

SHOREVIEWS

2015 Spring Recreation Catalog

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

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

For non-emergencies call 651.484.3366
For emergencies call 911

Fire
Fire protection is provided by the *Lake Johanna Fire Department*.

For emergencies call 911 Dispatch
Non-emergency 651.767.0640

City Officials

Sandy Martin, Mayor
444 Lake Wabasso Court
Office: 651.490.4618
sandymartin444@gmail.com

Emy Johnson, Council Member
4700 Lorinda Drive
Home: 651.490.9779
emyjohnson26.2@gmail.com

Terry Quigley, Council Member
1212 Silverthorn Court
Home: 651.484.5418
tjquig@comcast.net

Ady Wickstrom, Council Member
1252 Silverthorn Drive
Home: 651.780.5245
ady@adywickstrom.com

Cory Springhorn, Council Member
173 Dennison Ave.
Cell: 651.403.3422
cory@coryspringhorn.com

Terry Schwerm, City Manager
Office: 651.490.4611
tschwerm@shoreviewmn.gov

Access Shoreview

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



New Views of Shoreview 2015 Photo Contest

The City of Shoreview is sponsoring a new photo contest! The 2015 Winter/Spring *New Views of Shoreview* Photo Contest aims to attract defining images of Shoreview and the quality of life that it offers its residents. Submissions will showcase what makes living in Shoreview so unique.

2015 Winter/Spring Contest Categories:

- People and Families
- Wildlife and Nature
- Activities and Events
- City Landmarks

Awards

An overall Grand Prize Winner will be chosen, as well as a People's Choice Winner – determined by online votes for overall favorite photo. In each category, a panel of judges will also choose a First, Second and Third Place Winner for cash prizes.

All winning photos will be showcased on the City of Shoreview's website and Facebook page. Select photos may also be featured in future issues of ShoreViews and/or other City communications materials with proper credit.

For full contest details, including official rules, submission form and instructions, please visit www.shoreviewmn.gov. Deadline for all submissions will be Monday, May 11, 2015.

The 2015 Environmental Speaker Series: Our Neighborhoods, Our Environment



March 18

Invasive Plants: They're Here – Help Control Them

Carole Gernes,
Ramsey County Cooperative Weed Management Area

Find out how you can spot invasive species in Shoreview and help prevent them from spreading.



April 15

What You Can Do for Pollinators

Heather Holm, Author

Hear about native pollinators that visit our gardens and how to provide food, water and nesting habitat for them.

Starts at 7 P.M. in the Shoreview City Council Chambers
Call 651-490-4650 for more information

2015 State Of The City Address

Mayor Sandy Martin

In preparation for the annual State of the City Address, it has been rewarding to take a look back at the accomplishments of the past year and recognize all that has been achieved. 2014 was a very good year for our City and it is worthwhile to take a few minutes to reflect on why we are considered one of the premiere communities in the Twin Cities Metropolitan Area. It is also a good time to look forward and anticipate some of the upcoming, planned, projects for 2015.

The outstanding reputation that we have earned is largely because of past elected officials throughout our 58 year history who understood the importance of long-range planning and had a vision for a community that would set the standard for exceptional livability. That vision includes quality facilities like our parks, the trail system, our one-of-a-kind Community Center and Indoor Water Park, and services and programs that are consistently ranked among the best in the metro area. These attributes, along with top-rated school districts, and citizens who actively participate in giving back to their community, have created this remarkable atmosphere and quality of life. It is a community that I have been proud to call my home for my entire life.

Before I review some of the highlights of the past year and identify some of the major projects we have planned for future years, I would like to welcome our newest Council member, Cory Springhorn. Cory will bring his enthusiasm and commitment to service to the City Council. He has worked in Human Resources in both the non-profit and private sectors, and has served as a member of our Human Rights Commission for the past 4 years. He is joining Council member Terry Quigley, who was re-elected to another four year term, along with continuing Council members Ady Wickstrom and Emy Johnson. All of these Council members give a tremendous amount of their time, energy and talent to help make Shoreview an excellent place to live, work and play.



Economic Development

Economic development in Shoreview has remained strong in 2014 with more than 1000 building permits issued totaling more than \$36 million in new valuation.

Leading the way was the construction of Lakeview Terrace, a high-quality apartment project, at the intersection of County Road E and Victoria Street. This is the first market rate apartment project in Shoreview since the 1970s. It also served as a public/private redevelopment partnership with the owners of Midland Terrace who have invested more than \$20 million into this project. There was substantial public investment required to realign Owasso Street and County Road E that improved both motorist and pedestrian safety at that intersection.

Another housing development, Applewood Point, is a 77-unit senior cooperative project currently under construction at the southwest corner of Hodgson Road and Tanglewood Drive. This project is expected to be completed by late summer of 2015. In addition, 25 single family homes are being constructed off Lexington Avenue near the City's north water tower. This development, called Autumn Meadows, has already sold two-thirds of the lots, demonstrating the strong demand for housing in Shoreview.

On the commercial side, renovations to convert the Hampton Inn to a Best Western Plus and to remodel the Green Mill Restaurant are underway. The hotel will receive upgrades to interior spaces including guest rooms and expanded banquet space, while the Green Mill will be completely redesigned and will feature a much larger outdoor patio space. Improvements should be complete sometime in the spring of 2015. A new branch of the City & County Credit Union, located along Red Fox Road, has now opened. This building is the third and final phase of the retail development that includes the Trader Joe's and a retail center along Red Fox Road. At the intersection of Hodgson Road and Gramsie Road, a vacant retail/office building was renovated and has become the new home for Hummingbird Floral, a popular and successful local florist in need of additional space to expand.



2015 State Of The City Address

The City has also been actively involved with the owner of the former Rainbow Foods property since it closed in 2014. The City has a strong interest in retaining a grocery store presence on the site, if possible. Our Economic Development Authority recently hired a retail consultant to assist in analyzing the commercial market and attracting quality retail uses that will be a benefit to our city.



Projects

One of the big issues to emerge in 2014 involved the increase in train traffic throughout southern Shoreview. One of the major impacts of the increased train traffic involved the sounding of train horns at four crossings from as many as 10-14 trains at all hours of the day and evening. This greatly impacted the quality of life of many Shoreview residents and generated the largest number of phone calls and emails that I have received on a city issue during my tenure as Mayor. The City worked diligently to engage Canadian Pacific in conversations that have led to improvements in the area, particularly at Cardigan Junction. The City was able to make the necessary improvements to the crossings at Victoria Street and Lexington Avenue in order to establish 24 hour quiet zones this past summer. We also worked closely with our State Legislative delegation who were able to secure \$500,000 in funding for Shoreview and another \$1.25 million for Little Canada to establish quiet zones at the other train crossings that run close to Rice Street. Since being awarded this funding, the cities of Shoreview and Little Canada have been working collaboratively to design the necessary improvements and seek State approvals that are necessary to utilize the funds. We are hopeful that the quiet zone improvements at North Owasso Boulevard and Jerrold Avenue will be completed in 2015.

For several years, our City has been actively lobbying the legislature for improvements to the I-694 highway section between Rice St. and Lexington Avenue. Finally, funds have been allocated to create a third general purpose lane for both eastbound and westbound traffic. This much needed project should relieve congestion and bottlenecks in the area and construction is currently scheduled to begin in 2016. Ramsey County is also scheduled to improve Lexington Avenue between County Road F and I-694 in 2015. This project will improve both motorist and pedestrian safety by creating better intersections with dedicated turn lanes at both County Road F and at Gramsie Road.

In the City's plans for many years is a major infrastructure improvement, a water treatment plant that will reduce the levels of iron and manganese in the city's drinking water. Shoreview is currently one of the largest municipal water producers which does not provide water treatment for these minerals that are considered secondary contaminants in our water supply. Although this is a very expensive project, the water treatment plant will provide improved operational efficiencies and a more consistent drinking water quality throughout our entire water system. The new water treatment plant is expected to be operational in 2016.

Parks, Recreation and Trails

Although it is hard to believe, the Shoreview Community Center will be celebrating its 25th anniversary in 2015. As a result of the expansion that occurred about 13 years ago and continuous updating and maintenance, the Community Center is an even more vibrant and exciting facility than it was when it opened 25 years ago. Our City Council and Park and Recreation Commission are currently exploring another expansion of the Center that would likely include a larger indoor playground area, as well as more space to continue to expand and grow our recreation program offerings in the area of fitness, youth programming and possibly the arts. We will be planning a "special celebration" to recognize the Community Center's 25th anniversary sometime next fall.



2015 State Of The City Address

The Shoreview Community Center and Shoreview Commons area will also continue to host our weekly Farmer's markets from mid-June through mid-October and our very popular weekly "Concert in the Commons" summer music series which begins in mid-June. Our annual Slice of Shoreview Days festival will take place at Island Lake Park in July.

We also anticipate that the Shoreview Ramsey County library will be reconstructed and converted into a "regional library" just south of the current library. The regional library will be much larger than the current library with expanded children and teen areas, more community space and longer operating hours. The City is working with Ramsey County on the repurposing of the current library to ensure that it remains compatible with the Shoreview Commons campus. This project is expected to begin later in 2015, with a projected opening late in 2016.

An exciting new feature in our park system in 2014 was the addition of six dedicated pickleball courts at Bobby Thiesen Park. Pickleball, which is described as a combination of tennis, badminton and ping pong, is the fastest growing recreational sport in the country. The courts were heavily used by the Shoreview Area Pickleball Club, with a current membership of more than 200 members, and we expect continued growth in the use of the courts in 2015.

The City also expanded the trail system in 2014 by constructing a trail along the east and north sides of Lexington Avenue between Royal Oaks Drive and the Rice Creek underpass. This new trail link now provides a continual trail connection from the city's southern border at County Road D to its northern border at County Road J.

Financial Condition

The City continues to maintain its excellent financial condition, primarily through its focus on long range financial planning. As a result of this planning, the City has maintained its AAA bond rating from Standard & Poor's, which is the highest bond rating available. This bond rating was reaffirmed when the City refunded two sets of bonds, which resulted in a lower interest rate and approximately \$360,000 in savings to Shoreview taxpayers.

The City has also maintained its ranking as one of the lowest taxing cities of our size in the metropolitan area. The City's share of property taxes on a median valued home in 2014 ranked 6th lowest of 28 other cities in our comparison group. Shoreview's tax on a median priced home is \$778, about 19% below the average of \$963.



Conclusion

As I conclude this address, I want to reiterate Shoreview's commitment to an open and accessible government. We strive to communicate with our residents through our ShoreViews newsletter, our updated website, and through other social media outlets like Facebook. We will also continue to broadcast and replay our City Council and Planning Commission meetings on Channel 16 and stream them on our website. I will continue to maintain regular office hours on Tuesdays from 3 P.M. to 5 P.M. for residents to stop by and communicate any concerns they might have. This has been a great opportunity for me to visit personally with many of you, and I look forward to meeting more of you in the future.

I know that Shoreview's staff prides itself on providing high quality services, programs and facilities that our residents have come to expect. They strive to make the "extra effort" so that your experience with the City is positive, and I would like to personally thank all of them for their outstanding service.

On behalf of the City Council, I would also like to thank our many committee and commission volunteers who provide the Council with sound recommendation and advice. Our community organizations such as the Shoreview Historical Society, Gallery 96, Shoreview Einhausen Sister City Association, the Northern Lights Variety Band, Slice of Shoreview, and Shoreview Community Foundation help build civic pride and make our community stronger.

It is truly an honor and privilege to serve as Mayor of our great city, and I look forward to working with you during 2015. Thank you and Happy New Year to everyone!





City Earns Financial Award

The Government Finance Officers Association (GFOA) awarded a Certificate of Achievement for Excellence in Financial Reporting to the City of Shoreview for its Comprehensive Annual Financial Report (CAFR) for the fiscal year ending December 31, 2013. This was the 29th consecutive year the city has received this prestigious award. In order to be awarded a Certificate of Achievement, the city had to publish an easily readable and efficiently organized CAFR. This report satisfied both generally accepted accounting principles and applicable legal requirements.

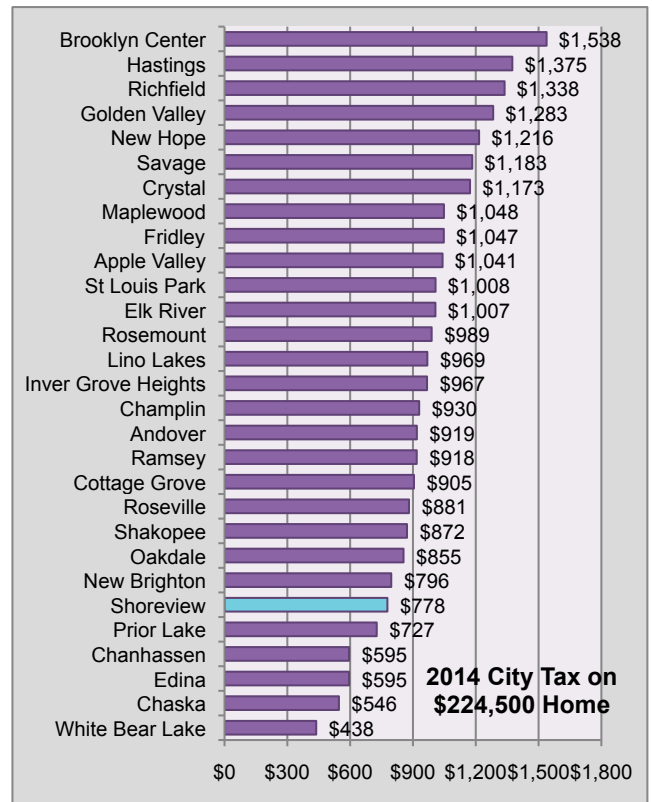
View Financial Reports Online

The City of Shoreview financial information is posted online. The 2014 Community Benchmarks, the 2015 Budget Summary along with other financial documents are available on our website at www.shoreviewmn.gov

Shoreview Compares Favorably Among Peer Communities

Comparisons of taxes and spending are useful to illustrate how other cities compare to Shoreview as well as to evaluate how Shoreview's ranking changes over time. To illustrate how Shoreview ranks in relation to metro-area cities with population levels closest to Shoreview, we have selected 14 cities larger and 14 cities smaller.

For 2014, Shoreview's share of property taxes for a \$224,500 home (Shoreview's median value in 2014) is illustrated in the graph (right). Shoreview ranks 6th lowest at \$778, and is about 19% below the average of \$963.



Shoreview Focuses on Long-Range Financial Planning

Shoreview has always taken the long-range approach to financial and budget planning. This approach leads to a more stable tax levy, aids in maintaining the City's bond rating, contributes to the City's strong financial position, and allows the City to strategically plan for the future.

The City of Shoreview prepares and adopts a biennial budget during odd-numbered years, and considers potential budget amendments for the second year. The budget process begins in May and continues through adoption in December. The City Council holds workshops to discuss the preliminary budget from August – November. The Council also holds a Public Hearing to receive resident input on the budget at a Council meeting in early December each year.

Although long-term financial planning has been a part of the normal business process in Shoreview for decades, in 2009 Shoreview expanded its efforts to include a Five-year Operating Plan (FYOP) which serves as a supplement to the Biennial Budget. This document contains 5-year projections for each operating fund that help formulate the City's long-term strategies and influence the biennial budget process.

This long-range approach serves to further develop Shoreview's financial resiliency, deliver a consistent program of public services, and maintain the trust and confidence of the citizens and business owners throughout Shoreview. It is also an important factor in achieving our AAA bond rating.

For more details or to view this document online, visit www.shoreviewmn.gov.

Your Tax Dollar

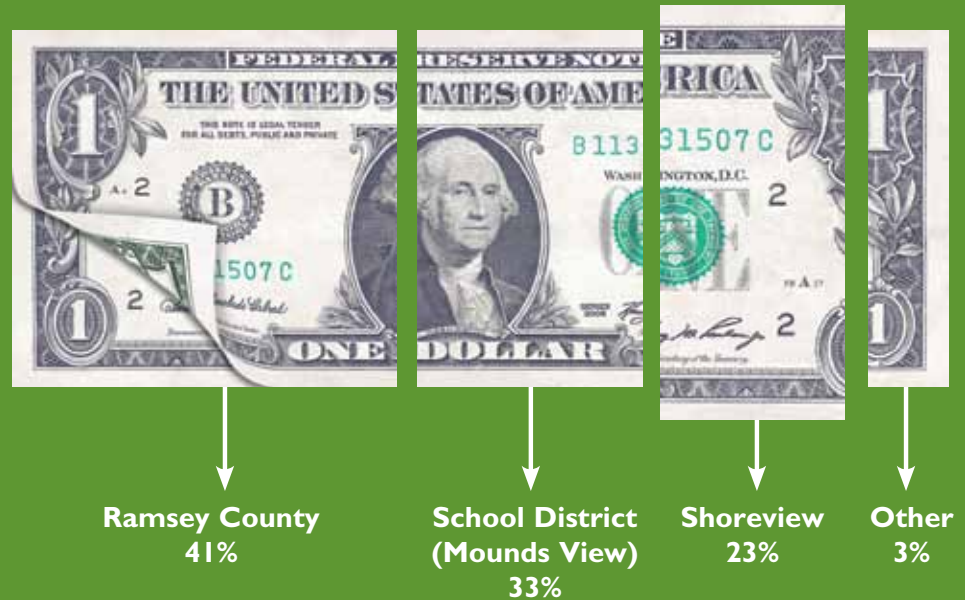
How it all breaks down

Property taxes are a primary source of funding for local government units, including counties, cities and towns, libraries and other special taxing districts. Property taxes are administered and collected by local governments. These funds are used to pay for a variety of services.

Your tax dollar is divided among several governmental entities. As the graphic shows, for every dollar of taxes paid, 23 cents go toward City services.

The largest portion of your tax dollar, 41%, goes to Ramsey County; 33% is distributed to the school district; 23% goes to the City of Shoreview to support activities in the General Fund; and the remaining 3% is divided up among the other taxing jurisdictions such as the Metropolitan Council and watershed districts.

Values are for residents within the Mounds View School District



City's Top Bond Rating Reaffirmed

Independent bond-rating agency Standard & Poor's reaffirmed their high bond rating for the City of Shoreview. Shoreview is one of 20 communities in the State with a stable outlook and an "AAA" rating.

In November of 2010, Standard & Poor's awarded Shoreview a general obligation bond rating of AAA, the company's highest rating. The agency reaffirmed the rating in the fall of 2014, when the City refunded older bond issues at a lower interest rate.

The bond rating helps to ensure that future Shoreview debt will be issued with the lowest possible interest rates and cost to the taxpayer. The bond refunding, completed in December 2014, saved taxpayers more than \$360,000.

The bond rating reflects the agencies' view of the City's:

“Very strong management with strong financial policies reflective in consistent ability to maintain balanced budgets”

– Standard & Poor's

Shoreview Salary Data

Minnesota state law requires that a city with a population of more than 15,000 residents must annually notify its residents of the positions and base salaries of its three highest-paid employees. For the City of Shoreview, as of January 2015, positions and salaries include:

- City Manager: \$150,510
- Assistant City Manager/Community Development Director: \$130,582
- Public Works Director: \$128,190

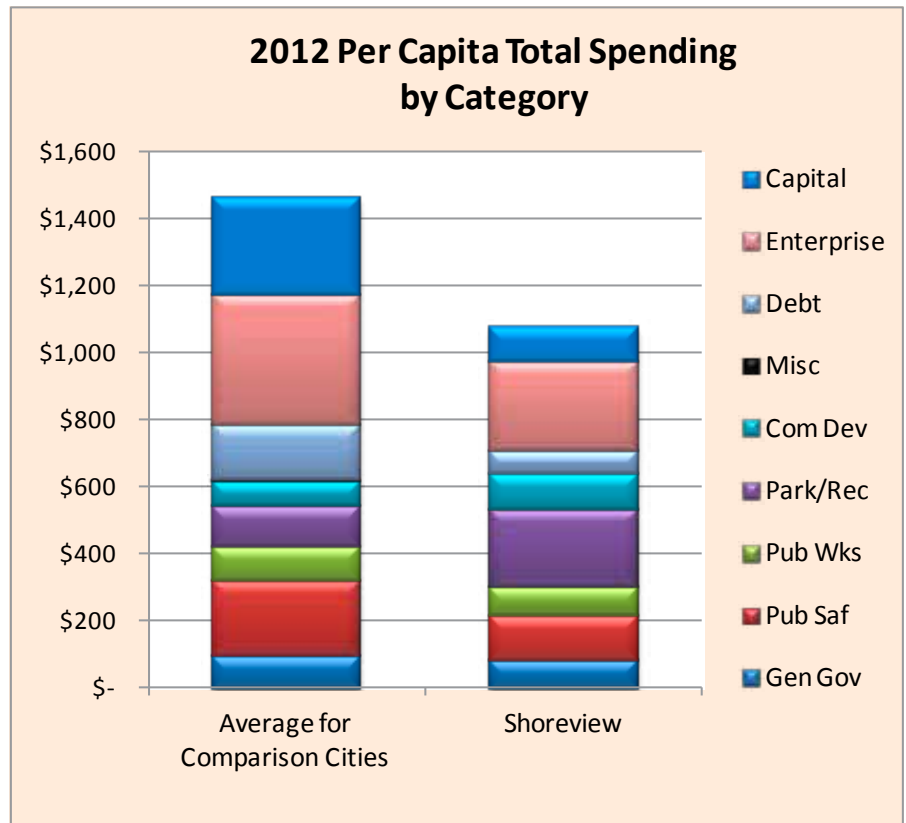
Shoreview's City Spending

Quality Services at an Affordable Price

Data obtained from the Office of the State Auditor helps Shoreview compare total spending per capita. For 2012 (the most recent year data is available), Shoreview's total spending was about \$1,075 per capita, which is about 26% below the average of \$1,463.

Although Shoreview spends more per capita on Parks and Recreation, this is due to extensive Community Center and Recreation Programs supported by memberships and user fees. Most other areas including debt payments, general government and public works are below average. Public Safety spending in Shoreview is the third lowest for all comparison cities, at \$133.13 per capita compared to the average of \$225.68. This is due to the efficiencies gained by contracting for both police and fire protection.

The City strives to maintain the services, programs and facilities that make Shoreview one of the premier suburban communities in the Twin Cities and does so in a financially efficient and sustainable manner.



Channel 16 City Meeting Broadcast Schedule

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

Shoreview City Council Meetings

Live: Every first and third Monday of the month at 7 P.M.

Replays: Available on our website at www.shoreviewmn.gov.

Shoreview Planning Commission Meetings

Live: Every fourth Tuesday of the month at 7 P.M.

Replays: Available on our website at www.shoreviewmn.gov

2015 Official City Newspaper

The Shoreview City Council has designated the *Shoreview-Arden Hills Bulletin* as the official legal newspaper for the year 2015 for legal and public hearing notices.



www.facebook.com/cityofshoreview

Celebrate Spring with Shoreview's Annual Tree Sale

The City is pleased to once again offer residents an annual tree sale to diversify Shoreview's tree species and encourage replanting of trees because of the Emerald Ash Borer found in the community. We encourage residents to plant a wide variety of trees – it will make your yard and the City's community forest more resilient. Residents can purchase up to 4 trees per household at wholesale prices. Tree orders are due by April 17, and the trees will be delivered by City crews in mid-May. The nursery will not guarantee trees at wholesale prices, so please be prepared to plant and care for the trees properly.



River Birch Clump



Prairifire Crabapple



Princeton Elm



Hackberry



Swamp White Oak



White Pine



Black Hills Spruce

River Birch Clump

A native, pyramidal to oval shape clump tree with cinnamon-brown exfoliating bark. Prefers moist soils. Resistant to bronze birch borer.

Prairifire Crabapple

An upright spreading tree becoming more rounded with age. Disease-resistant purple foliage maturing to red-green. Red buds open to single, purple-red flowers that do not fade. Persistent fruit.

Princeton Elm

A true American elm with a classic vase-shape, excellent disease resistance.

Hackberry

Fast-growing native tree with unique gray, corky bark. Tolerant of harsh urban conditions.

Swamp White Oak

A fast-growing oak with flaky-gray-brown bark. Can tolerate drought and heavy, poorly drained soil. Resistant to oak wilt.

White Pine

Fast-growing, soft-needled native evergreen with long blue-green foliage. Needs moist, well-drained soil. Intolerant of salts and air pollution.

Black Hills Spruce

Slow-growing native of the Black Hills with a compact, dense habit and bright to dark green needles.

2015 Tree Order Form

Name: _____

Address: _____

Telephone: _____ Cell phone: _____

Email address: _____

(if you wish to be notified the week the tree(s) will be delivered.)

SPECIES	CONTAINER SIZE	COST	QTY	SUBTOTAL
River Birch Clump	#10	\$95		
Prairifire Crabapple	#10	\$95		
Princeton Elm	#10	\$95		
Hackberry	#10	\$95		
Swamp White Oak	#10	\$110		
White Pine	#20	\$120		
Black Hills Spruce	#20	\$140		
TOTAL (Tax & delivery is included)				\$

Quantities should be available to fill the City's order — however, due to low nursery inventories, substitutions may be necessary.

Please make checks payable to the City of Shoreview and mail completed form and check by **April 17** to:

City of Shoreview Public Works
 Tree Sale
 4600 Victoria Street North
 Shoreview, MN 55126

Late orders will not be accepted.

Thinking About Home Improvements?

The HousingResource Center™ Specializes in:

HOME IMPROVEMENT FINANCING TOOLS

- MHFA Fix-Up Fund
- Shoreview Home Improvement Loan
- Contact the HRC to see if you qualify!

FREE CONSTRUCTION CONSULTATIONS

- Evaluation of home repair needs
- Advice on home improvements
- Assistance to homeowners in preparing and reviewing bid packages.
- Monitoring the construction process.

HOUSING INFORMATION

Information on a variety of housing related topics: referrals for first time homebuyers and rental information, home maintenance and safety; mortgage refinancing and foreclosure prevention programs.

Call **651-486-7401** for more details on these and other home improvement tools offered through the HouseResource Center.

HousingResource Center™ - North Metro

1170 Lepak Court | Shoreview, MN 55126 | 651-486-7401
www.housingresourcecenter.org

Proper Storage of Garbage and Recycling Containers



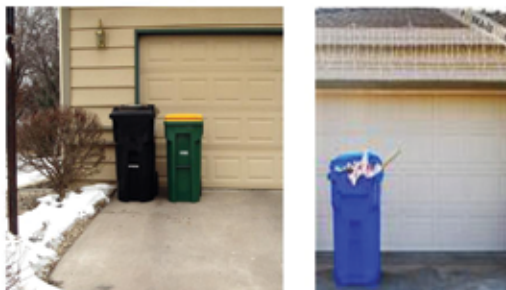
The City of Shoreview regulations require **all garbage, yard waste and recycling containers be stored within a fully enclosed building (typically a garage) or properly screened from view** from adjoining properties and the roadway.

Containers should **not be stored outside in front of the home or garage or on the side of garage**, unless screened with fencing or sufficient landscaping. They can also be stored inside the garage.

RIGHT! Properly Screened



WRONG! Improperly Stored



Questions or Need Information?

For more information on housing and property maintenance regulations, contact the City's Code Enforcement staff at 651.490.4687.



Metro Paint-A-Thon

Each year, on the first weekend in August, Metro Paint-A-Thon rallies volunteer teams from corporations, congregations, and civic groups to paint the homes of seniors and people with disabilities. The program helps homeowners remain living independently in their own homes and improves neighborhoods throughout the Twin Cities seven-county metropolitan area. Since 1984, Metro Paint-A-Thon volunteers have painted more than 6,000 homes.

Paint-A-Thon welcomes referrals and accepts applications from all eligible homeowners. To be considered, completed applications must be received by **April 14, 2015**. Selected homeowners are notified by mail in early July of each year.

To qualify, the applicant must meet the following criteria:

- Be over the age of 60 or have a permanent physical disability.
- Own and occupy a single-family home in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott or Washington county that needs the exterior painted, but does not need major repairs.

The monthly household income cannot exceed 200% of federal poverty level as defined in the chart below:

Household Size	1	2	3	4	5
Monthly Income	\$1,900	\$2,500	\$3,100	\$3,700	\$4,300

Please note: Metro Paint-A-Thon does not paint home interiors, duplexes, rental properties or homes the owner no longer occupies, nor do they prepare homes to go up for sale.

For more information, including a copy of the application or to fill it out online, you can go to the following website: <http://paintathon.gmcc.org/>

You can also find further information on the City website www.shoreviewmn.gov or contact the Shoreview Community Development Dept. at **651.490.4680**.

Annual Spring Street Sweeping

The Public Works Department will begin its annual street sweeping program in late March/early April. It's important to remove the salt residue as quickly as possible in the spring to minimize the amount of debris that runs off into the storm sewer system and, ultimately, into Shoreview's lakes.

The first round of sweeping is expected to collect 95 percent of the debris. Some of the streets may still have snow on them, so crews will return to do a more thorough sweeping once all of the streets have been swept the first time.

Crews work between the hours of 5 A.M. and 8 P.M. Exact dates are heavily dependent on weather, so please be sure to check www.shoreviewmn.gov for updates.



Spring Hydrant Flushing Begins Late March - Early April

City Utility Maintenance Crews will carry out our biannual flushing program in late March/early April to clean sediment from water mains and ensure proper operation of hydrants and valves.

You may notice a color change in your tap water following the flushing of the water main. The discoloration is normal and will last only a short time after the nearby hydrants have been flushed. The discolored water is safe for drinking, but you may choose to reschedule laundry or other work that may be affected by discoloration.

If you have any questions, call 651.490.4660. Information on exact dates of flushing will be posted at www.shoreviewmn.gov in mid-March.



The Shoreview NORTHERN LIGHTS VARIETY BAND

Want to play band music? Meet new people? Serve your community? Have fun? Then you are ready to join the Shoreview Northern Lights Variety Band (SNLVB). Band membership is open to wind instrument and percussion players 16 years of age or over. The band rehearses at the Shoreview Community Center on Tuesday evenings, 7:00 – 9:00 P.M. Auditions are not required.

Under the guidance of Music Director Merle Danielson, the band has 80 members that come from all walks of life and share a common interest in concert band music and community service. In July, the band will travel to and perform concerts in Shoreview's Sister City, Einhausen, Germany and other European locations. The SNLVB is a 501(c)(3) non-profit organization and is governed by a Board of Directors. Visit www.snlvb.com for more information.

Save the Date! Spring Concert on Saturday, April 18, at 7:00 P.M., at Benson Great Hall on the campus of Bethel University. Enjoy an evening of **Showstoppers** featuring Broadway and movie themes, along with SNLVB and audience favorites. See you there!



The Shoreview Community Garden Club

welcomes all gardeners – beginners to experienced. Speakers talk on a wide range of gardening topics. Summer tours are held to gain information and ideas. The Club meets at the Shoreview Community Center on the first Wednesday of each month at 7 P.M. To learn more, call Sandi at 651.484.4341 or e-mail sandilauer@comcast.net



Happy Spring from The Shoreview-Einhausen Sister City Association (SESCA)! The group has an updated website: www.sesca.org. Through the website, you can stay current on events, register for membership and view photos of the groups outings and social engagements. We welcome you to be a part of our Facebook community as well at www.facebook.com/ShoreviewEinhausen.

The group's annual German Dinner will take place on **Saturday, April 25, 2015** at 6 p.m. at the Gasthaus Bavarian Hunter Restaurant in Stillwater. The program will feature the exciting story of a young family who escaped from behind the Iron Curtain of communist Czechoslovakia on their journey to freedom. Their escape was 10 years in the planning, and it's an amazing story (titled "Journey to Freedom"). We welcome all to join us! Registration can be done through our website, or by emailing us at sistercity@sesca.org.

Our group is partnering with the Shoreview Northern Lights Variety band for a concert tour in Europe this July. For more information please contact band member and SESCO Vice President Cheryl Wason at sistercity@sesca.org.

SESCA, a volunteer community group, is committed to promote friendship and international goodwill by creating opportunities for Shoreview area citizens to experience German culture through a variety of fun social, educational, economic, municipal, and cultural activities. We do this by hosting both formal and informal dinner gatherings, trips for local citizens, offering scholarships for German language learners, and chances to host Germans when they visit our area.

Feel free to join us at our monthly meetings! Our next meetings will be Tuesday, April 7th and Tuesday, May 5th, 2015.



A view of SESCO's new website homepage

2015 Heritage Family of the Year:

Hans Eric and Louise (Louisa) Christina Nord Family

Hans Eric Nord and Louise Christina Asplund were children of Swedish immigrants who settled in the northern part of Shoreview off County Road J. They married in December 1910 and lived on Louise's family farm off today's Sherwood Road.

They were both instrumental in the creation of Bethany Lutheran church located on Turtle Lake Road. Hans Eric (known as Eric) was a dairy farmer, a Deacon in Bethany Lutheran church for over 49 years, and a member of District #35 (Turtle Lake) School Board.

Louisa was a housewife, farmer and the organist and choir director for Bethany Church. She also wrote a history of the church and was active in the Ladies Aid Society.

A program about the Nord family and their Shoreview history will be held on Sunday, April 26 from 3 P.M. to 5 P.M. at Incarnation Lutheran Church, 4880 Hodgson Rd, Shoreview. The public is welcome and refreshments will be served. For more information, visit

www.shoreviewhistoricalsociety.org



Is Your Teen Looking For Work This Summer?

Young people ages 15 and older can get great summer jobs in a supportive setting through Northeast Youth & Family Services' Senior Chore Program.

NYFS is a non-profit social service and mental health agency based in the northern suburbs. Their Senior Chore Program connects youth and adult workers with seniors in need of help with indoor and outdoor chores. Youth can earn \$10 to \$12 per hour as independent contractors for these services. This is an ongoing, part-time (5-10 hours per week) job opportunity. Youth can sign up now and start work immediately or wait until summer break begins.

Applicants 18 and over must pass a criminal background check. Youth between the ages of 15 to 17 must have parental permission and attend an orientation session with their parents before beginning work. All applicants must have access to reliable transportation.

For more information about job opportunities, please call NYFS' Senior Chore Program at 651.757.4061. For more information about NYFS, please visit us on the web at www.nyfs.org.



Build a Burger for the Troops:

Beyond the Yellow Ribbon of Suburban Ramsey County volunteers serve up burgers and fries at the White Bear Lake VFW, 4496 Lake Ave. S., every second Monday of the month from 5 to 8 P.M. Stop by for dinner and show your support for our Service members, veterans and their families!



SHOREVIEW CALENDAR

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

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

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

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

MARCH 2015

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

APRIL 2015

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

MAY 2015

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

JUNE 2015

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

Federal Elected Officials

U.S. Senator Amy Klobuchar
302 Hart Senate Office Bldg.
Washington, DC 20510
612.727.5220 or 202.224.3244
www.klobuchar.senate.gov/emailamy.cfm

U.S. Senator Al Franken
309 Hart Senate Office Building
Washington, DC 20510
651.221.1016 or 202.224.5641
info@franken.senate.gov

U.S. Representative Betty McCollum
1714 Longworth House Office Bldg.
Washington, DC 20515
651.224.9191 or 202.225.6631
www.house.gov/mccollum/contact.html

State Elected Officials

Governor Mark Dayton
130 State Capitol
75 Rev. Martin Luther King Jr. Blvd.
St. Paul, MN 55155
651.296.3391
mark.dayton@state.mn.us

State Senator Bev Scalze-District 42
75 Rev. Dr. Martin Luther King Jr. Blvd.
Capitol, Room 124, St. Paul, MN 55155-1606
651.296.5537
sen.bev.scalze@senate.mn

State Rep. Barb Yarusso-District 42A
507 State Office Building, 100 Rev. Martin
Luther King Jr. Blvd., St. Paul, MN 55155
651.296.0141
rep.barb.yarusso@house.mn

State Rep. Jason Isaacson-District 42B
545 State Office Building, 100 Rev. Martin
Luther King Jr. Blvd., St. Paul, MN 55155
651.296.7153
rep.jason.isaacson@house.mn

County Elected Officials

Ramsey County Commissioner
Blake Huffman
City Hall-220 Courthouse
15 W. Kellogg Boulevard, St. Paul, MN 55102
651.266.8350
blake.huffman@co.ramsey.mn.us

Post Office – Retail Center

1056 Highway 96 E.
Vadnais Heights, MN 55127
Phone: 651.407.9864
Mon.-Fri.....8:30 A.M. – 5:30 P.M.
Sat..... 9 A.M. – 1 P.M.

Animal Control

For animal complaints or to report a lost or found pet, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366.

For other emergencies, call 911.

All impounded animals will be held at the following location:

Hillcrest Animal Hospital
1320 Country Road D Circle
Maplewood, MN 55109
651.484.7211
Mon, Wed & Fri.....8 A.M. – 6 P.M.
Tues & Thurs.....8 A.M. – 8 P.M.
Animal Control on Facebook:
www.facebook.com/RCAAnimalControl

Police

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



**For non-emergencies,
call 651.484.3366**
For emergencies, call 911

Fire

**For emergencies,
call 911**
**Dispatch, Non-emergency
651.767.0640**
Lake Johanna Fire Department
Fire Chief, Tim Boehlke 651.481.7024
ljfd@ljfd.org



Ambulance & Paramedic

Ambulance and paramedic services are provided by Allina Medical Transportation.
For emergencies, call 911

Ramsey County Library – Shoreview

4750 Victoria Street North
Shoreview, MN 55126
Phone: 651.486.2300 | www.ramsey.lib.mn.us
Hours:
Mon.-Thurs.....10:00 A.M. – 9:00 P.M.
Fri., & Sat.10:00 A.M. – 5:00 P.M.
Sun..... noon – 5:00 P.M.

Public Transportation

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

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

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

Community Support & Resources

Northeast Youth and Family Services provides support programs for youth, families, adults and seniors. Services include mental health, youth development, and senior chore assistance.
3490 Lexington Avenue North, Suite 205,
Shoreview, MN 55126
651.486.3808 | www.nyfs.org
Mon., Tues. & Thurs. 8:00 A.M. – 8:00 P.M.
Wed.8:00 A.M. – 5:00 P.M.
Fri.....8:00 A.M. – 3:30 P.M.
Additional evening appointments may be available.

The **Senior LinkAge Line** connects seniors with the services they need, including housing, home health care, housekeeping, transportation, legal and financial assistance and more. Call 651.641.8612 or 1.800.333.2433.

GENERAL INFORMATION AND HOURS



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



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

Daily Fees

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



	Rate	Shoreview Resident
Daily Pass		
Adult (18 and over).....	\$ 9.95	\$ 8.50
Youth (1 to 17; under age 1 free with paying adult)	\$ 8.95	\$ 7.40
Family* (2 adults + children living in same household).....	\$34.75	\$ 28.00
Seniors (65 and older).....	\$ 8.95	\$ 7.40
*Family pass is limited to six individuals living in same household. Each additional person is \$4.50.		
Indoor Playground Only (ages 1 to 12)	\$ 5.00	\$ 5.00

Coupon Books (Includes 10 daily passes)

Adult	\$89.55	\$ 76.50
Youth/Senior	\$80.55	\$ 66.60
Playground	\$47.24	\$ 47.24

Senior Track Discount (65 and over – for track use only)

Per visit.....	\$ 4.55	\$ 3.45
Punch Card.....	\$40.00	\$ 31.00

Fees are subject to change. We welcome payment by Visa and MasterCard.  
 All rates above include sales tax.

Hours

	Community Center	Waterpark**	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	Closed	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651.490.4700 for specific information.

February 16	5:00 A.M. – 10:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
April 5	6:00 A.M. – 12:00 P.M.	Closed	8:00 A.M. – 12:00 P.M.
May 25	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.

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

Lap Swim Hours

- Lap swim is available at various times throughout the week. See the service desk for a schedule or view it on our website at www.shoreviewcommunitycenter.com.

Kids Care

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

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

Mon, Tues, Thurs	12:00 P.M. – 1:00 P.M.
Sunday	8:00 A.M. – Noon.

Drop-in Pickleball See page 54 for more information.

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership¹		
Family.....	\$ 771.00.....	\$ 609.00
Dual.....	\$ 677.00.....	\$ 540.00
Adult.....	\$ 453.00.....	\$ 351.00
Youth/Senior.....	\$ 362.00.....	\$ 287.00

Annual Membership Billed Monthly¹ (With one year membership agreement)

Family.....	\$ 71.00.....	\$ 58.00
Dual.....	\$ 61.50.....	\$ 52.50
Adult.....	\$ 43.00.....	\$ 35.00
Youth/Senior.....	\$ 37.00.....	\$ 29.00

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

Seasonal Membership (Three month)

Family.....	\$ 299.00.....	\$ 241.00
Dual.....	\$ 276.00.....	\$ 218.00
Adult.....	\$ 195.00.....	\$ 149.00
Youth/Senior.....	\$ 149.00.....	\$ 120.00

*Sales tax is included in price.

Persons aged 65 and older qualify for the Senior Citizen discounted rate. Youth are 17 and under. Dual Membership is two people residing in the same household. Family consists of 2 adults + dependent children under 23 living in same household. Proof of dual and family member qualification is required.

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



Membership questions?

Contact Guest Services at **651.490.4739**.

Membership Fees Credits

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



Annual Membership Includes Unlimited Use Of:

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

**Membership
Renewal Reward!**
The Community Center will be offering FREE
guest passes to all annual
membership renewals.



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.



Waterpark Hours

Monday & Wednesday . 4:00 – 8:00 P.M.
 Tuesday & ThursdayClosed*
 Friday 4:00 – 9:45 P.M.
 Saturday..... 12:00 – 7:45 P.M.
 Sunday..... 12:00 – 6:00 P.M.



*On Tuesdays and Thursdays, the Shark Attack Waterslide and Zero Depth Beach Area will be open 4:00-9:00 P.M.

Holiday & School's Out Hours

Feb. 16..... Noon – 8:00 P.M.
 March 12..... Noon – 9:00 P.M.
 March 13..... Noon – 9:45 P.M.
 March 16..... Noon – 8:00 P.M.
 March 17..... Noon – 9:00 P.M.
 March 18..... Noon – 8:00 P.M.
 March 19..... Noon – 9:00 P.M.
 March 20..... Noon – 9:45 P.M.
 April 3..... Noon – 9:45 P.M.
 April 5..... Closed



We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

Come experience our crystal clear water with our Sphagnum Moss water enhancement system. This green system has improved our water quality, clarity, and as well a reduction in chlorine use. It makes for a more natural swimming experience as the Sphagnum Moss treated water is better on your skin, hair, swim suit and best of all your eyes.

Riders of Shark Attack waterslide will be able to experience our one of a kind jukebox system. Riders will be able to choose from over 100 songs and enjoy a custom light and music show while they twist and turn down our thrilling slide.

Nothing can replace close adult supervision when using the pool. All children six years and under must be supervised by a paid adult swimmer. Supervisory adult must be within arm's reach of the child at all times.

Pool Information

- For our guests' safety, our lifeguards participate in ongoing training. Part of this training includes the use of life-like mannequins as a simulation device.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arm's reach. Arm flotation and flotation swimming suits are prohibited.
- Pool is open for general use during most hours that the Community Center is open. However, classes may be in session or pool amenities may be unavailable.
- Boys need to be 4 years old and under to be in the women's locker room, girls need to be 4 years old and under to be in the men's locker room with an adult. Please use the family locker rooms with opposite gender children age 5 and older.
- Complete pool and lap swim schedules are available at the service desk.
- For a complete list of Tropics Indoor Waterpark rules go to www.ShoreviewCommunityCenter.com



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

Rate & Hours

\$5.00 per child, ages 1-12

FREE to members

Mon – Sat 8:00 A.M. – 8:00 P.M.

Sunday..... 8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651.490.4700

for specific information.

February 16 8:00 A.M. – 8:00 P.M.

April 5 8:00 A.M. – Noon

May 25 8:00 A.M. – 6:00 P.M.

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about reserving space for your group, call **651.490.4790**.



Kids Care

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

**Monday – Saturday
8:00 A.M. – 12:30 P.M.**

**Monday – Thursday
4:00 P.M. – 8:30 P.M.**

**Friday
4:00 P.M. – 8:00 P.M.
Closed May 25**

\$1 per hour per child (no pro-rating for partial hours)

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. Reservations are allowed for Fitness Class participants. Children are taken on a first-come, first-served basis. Kids Care phone number: 651.490.4763.



SPEND YOUR BIRTHDAY IN THE TROPICS



It's a PIECE of CAKE!

Make your child's birthday party special!

Celebrate at the Tropics Indoor Waterpark and Tropical Adventure Indoor Playground.

Choose one of our birthday party packages and let us do the work! We are committed to making your child's birthday a fun and memorable event.

Call 651.490.4790 to reserve your party package today!



Coconut Cove – Private Party Room

TROPICAL PACKAGE - CAKE DEAL

Rate*: \$144; \$136 Shoreview Resident for up to 8 children.

Each additional child \$18; \$17 Shoreview Resident

- Full day use of Tropics Waterpark and Tropical Adventure Indoor Playground
- 90 minutes in Beachcomber Bay, our shared poolside birthday party room
- Personalized birthday cake and ice cream, pop or juice box, birthday plates, napkins and cups
- T-shirt and card for birthday child
- Large locker to store bags and gifts while you are enjoying the pool and playground

TROPICAL PACKAGE - MEAL DEAL



Rate*: \$168; \$160 Shoreview Resident for up to 8 children

Each additional child \$21; \$20 Shoreview Resident

- Includes everything in the Tropical Package Cake Deal plus your choice of hot-dog or corndog with chips, or pizza

ADVENTURE PACKAGE - CAKE DEAL

Rate*: \$128; \$120 Shoreview Resident for up to 8 children

Each additional child \$16; \$15 Shoreview Resident

- Full day use of Tropical Adventure Indoor Playground
- 90 minutes in Beachcomber Bay, our shared poolside birthday party room
- Personalized birthday cake and ice cream, pop or juice box, birthday plates, napkins and cups
- T-shirt and card for birthday child
- Large locker to store bags and gifts while you are enjoying the playground

ADVENTURE PACKAGE - MEAL DEAL

Rate*: \$152; \$144 Shoreview Resident for up to 8 children

Each additional child \$19; \$18 Shoreview Resident

- Includes everything in the Adventure Package Cake Deal plus your choice of hot-dog or corndog with chips, or pizza

Party Upgrades

THEMED PARTY OPTIONS: PRINCESS, PIRATE, OR UNDER THE SEA

Rate*: Add \$12 to your party package

Upgrade your child's party to include a special theme, including a personalized themed cake and matching paper products.

COCONUT COVE PRIVATE PARTY ROOM

Rate*: Add \$34 to your party package

Coconut Cove is a private party room located within Beachcomber Bay. With a beautiful underwater mural and view of Tropics Waterpark, it is the perfect setting for families looking for a quieter, more personalized party option to make your child's birthday even more special! Coconut Cove has a maximum capacity of 15. Upgrade consists of 90 minutes in party room.

Birthday Party Policies:

- No outside food or decorations allowed in Beachcomber Bay or Coconut Cove.
- Payment due at time of reservation.
- Fees are subject to change.
- When using the pool, all children six years old and under must be supervised by a paid adult swimmer (18 or older) and must be within arms' reach of that child at all times.

* Sales tax will be added to all rates listed above.

POOLSIDE PARTY ROOM PACKAGE

Rate*: \$180; \$164 Shoreview Residents

The Shoreview Community Center can accommodate larger groups, (up to 50 people) in our combined, private, poolside party rooms called Beach Comber Bay and Coconut Cove. Available: Fridays at either 5:00 P.M. or 7:30 P.M., or Saturdays at 5:30 P.M. during regular pool hours. Your group may bring in your own food or you may purchase food from our Wave Café. Package includes: 2 hours in the private rooms, for up to 50 people, and 10 admission wristbands for full day use of Tropics Indoor Waterpark and Tropical Adventures Indoor Playground. Additional wristbands may be obtained at our group rate when purchased within one transaction.

MEETING / PARTY ROOMS

Rate*: \$50; \$35 Shoreview Resident (*refundable damage deposit required*)

Rent one of our rooms on the upper level of the Community Center for your special gathering. Each room accommodates 20 partygoers for 2 hours of party time; adjoining rooms may be rented to accommodate more. These rooms are perfect for a larger birthday party, family gatherings, or team parties. You may bring in your own food, cake, and decorations. Daily passes are sold separately on the day of your event at our cashier on the lower level.



AFTER-HOURS PARTIES

Have the place to yourself and invite your friends! The Shoreview Community Center is available for exclusive use overnight and after-hours. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment (equal to 45 x Rate) is necessary to rent our facility after hours.

	Rate*	Shoreview Resident*
Two hours.....	\$ 10.75	\$ 10.25
Three hours.....	\$ 11.25	\$ 10.75
Four hours.....	\$ 11.75	\$ 11.25
Overnight.....	\$ 19.25	\$ 17.25

GROUP RATES *(during building hours)*

- All parties of 10 or more receive our special group rate pricing.
- Reservations are required for groups of 32 or more people.
- \$100 initial payment required at time of booking
- Call 651.490.4790 for group rate to ask questions, and to book your reservation.

*Sales tax will be added to all rates listed above.



Have your next event at the Shoreview Community Center!

We have the perfect setting for
scout groups, school groups,
family gatherings, church
groups, birthday parties
and team parties.

Enjoy the amenities the
Shoreview Community
Center has to offer!

**Call 651.490.4790 to
make your
reservation today!**



BANQUET ROOM RENTALS

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



Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Choose your own licensed caterer.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- New audio-visual equipment
- \$500 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 640.....	\$ 565
Friday	\$ 975.....	\$ 875
Saturday.....	\$ 1160.....	\$ 1090

*Fees are subject to change. Sales tax will be added to rates. Call for more information.



Wedell Community Room

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

- Seating up to 250.
- Choose your own licensed caterer.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$500 Refundable damage deposit is required.
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 405.....	\$ 330
Friday	\$ 710.....	\$ 610
Saturday.....	\$ 865.....	\$ 760

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 218.....	\$ 186
Friday and Saturday	N/A.....	N/A

*Fees are subject to change. Sales tax will be added to rates. Call for more information.



Call for More Information

Community Center Information

651.490.4700

Recreational Programs (classes)

651.490.4750

Rental Information

651.490.4790

City Information

651.490.4600

Haffeman Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651.490.4790.

Rate: \$200; \$180 Shoreview Resident

*Sales tax will be added to rate. Refundable damage deposit required.

Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651.490.4790. Rental fee is \$30 plus tax.

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

Meeting Rooms

We are able to accommodate 20 people per room, depending on the arrangements. Retractable walls allow flexibility for accommodating large groups and seminars.

- Meeting rooms are rented in 2-hour blocks.
- Rates are listed per room for each time block rented.

Rate: \$50; \$35 Shoreview Resident (50% of group living in Shoreview)

*Sales tax will be added to rate. Refundable damage deposit required for Friday, Saturday and Sunday rentals.

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment, including an interactive white board.

- Island Lake Room is rented in 2-hour blocks of time.

Rate: \$70; \$55 Shoreview Resident

*Sales tax will be added to rate.



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

SPRING RECREATION PROGRAMS

REGISTRATION SCHEDULE

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

Shoreview Resident Priority

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

Begins Monday, March 2 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, March 4 at 8 A.M.

General Registration

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

Begins Friday, March 6 at 8 A.M.

*See page 61 for registration information.

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5 EASY WAYS TO REGISTER

1. On-line at: www.shoreviewcommunitycenter.com
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



Scan with Smartphone
to register.

Shoreview Parks and Recreation

4580 Victoria St. N | Shoreview, MN 55126 Office
located on upper level of the Shoreview Community Center
651-490-4750
recreation@shoreviewmn.gov
www.ShoreviewCommunityCenter.com

Office Hours

Monday – Friday 8:00 A.M. – 4:30 P.M.



Ditch the workout, join the pool party!
Class details on page 35!

SHOREVIEW PARKS & RECREATION SWIM LESSONS

We use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on previously learned skills through group instruction or private instruction to get a more individualized lesson.

Our instructors participate in ongoing training sessions and are selected based on their desire to teach, enthusiasm, and swimming ability. Parent - instructor communication is vital to the success of each swimmer. Our mission is to provide an inclusive program for all.

FREE SWIM CHECKS

Do you know what level to sign up for? Stop by on one of the following days to find out! Swim checks take approximately 10 minutes.

Sunday, Mar. 15..... 11:00 A.M. – 12:00 P.M.
 Saturday, May 30..... 11:00 A.M. – 12:00 P.M.

If your child has had more than a 3 month break from swim lessons, it is recommended to repeat the previous level as a refresher.

PRIVATE LESSONS

Private Lessons (PR) *Ages 3 to Adult*

Rate for 8, 30-minute private or semi - private swim lessons; available at set times.

\$155; \$141 Shoreview Resident
 \$116; \$105 Shoreview Resident each for 2 participants of equivalent ability.

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Adults should contact the Aquatic Coordinator at 651.490.4766 to request an adult swim lesson instructor.

GROUP LESSONS

Rate for 8 group lessons: \$76:\$69 Shoreview Resident.

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

- (MR) & (PS) 1 to 4
- (L1) – (L3) 1 to 5
- (L4) – (L6) 1 to 6

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet for 35 minutes for eight sessions while Star Fish lessons are 30 minutes.



PARENT/CHILD LESSONS

Star Fish

(SF 1) *Ages 9 months to 24 months*

(SF 2) *Ages 24 months to 36 months*

This class is a parent/child program to promote water safety and water adjustment in a fun, safe and secure learning environment. One adult must accompany each child in the water.

Manta Ray (MR) *Ages 2 ½ to 4 years old*

This class will introduce your child to group learning gradually throughout the session, by having a parent accompany their child in the water for the first few weeks and gradually reduce their participation. The main goal of this class is to gain confidence and familiarity in a pool environment independently from a guardian. Swimmers will learn the following:

- Enter/Exit water independently
- Comfort with group instruction independent from guardian
- Blow bubbles
- Submerge head
- Arm scoops

BEGINNER LESSONS

Preschool (PS): Jelly Fish *Ages 3 - 4*

Preschool is an introduction level to group learning without a guardian in the water. The main goal is to gain confidence and knowledge in basic swim skills which include: floating and front crawl with an introduction to rhythmic breathing. Swimmers will learn the following:

- Unassisted Entry/Exit
- Front/Back Floats with instructor support
- Flutter kicking on front/back with barbell support
- Front crawl arms
- Rhythmic breathing with bubbles

Level 1 (L1): Angel Fish *Ages 4 or passed preschool*

Swimmers will learn basic exploration that leads to assisted swimming. Students should be comfortable in the water and come prepared to put their face in the water. The main objective of level 1 is to expand knowledge and confidence in floats, glides and front crawl with rhythmic breathing. Swimmers will learn the following:

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

BEGINNER LESSONS *continued*

Level 2 (L2): Sea Monkeys *Ages 5 or passed level 1*

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

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

Youth Beginner (YB) *Ages 6 & older*

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

INTERMEDIATE LESSONS

Level 2.5 (L 2.5): Otters

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

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

Level 3 (L3): Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. The main objective is to gain technique and endurance in the front and back crawl and elementary backstroke. Swimmers will learn the following:

- Flutter kick on front/back with equipment (50 yards)
- Front glide with flutter kick to front crawl
- Back glide with flutter kick to back crawl
- Front crawl with rhythmic breathing (25 yards)
- Back crawl (½ length)
- Elementary backstroke (25 yards)

Level 4 (L4): Sting Rays

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

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

Level 5 (L5): Dolphins

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

- Front crawl with 1 flip turn (100 yards)
- Back crawl with open turns (100 yards)
- Elementary backstroke (100 yards)
- Breaststroke (50 yards)
- Butterfly (½ length)
- Dolphin kick (50 yards)

Level 6 (L6): Orcas

Level 6 polishes strokes and develops a strong technique to allow swimming with more ease, efficiency and power over greater distances. Swimmers will learn the following:

- Front crawl with flip turns (200 yards)
- Back crawl with open turns (200 yards)
- Breaststroke with underwater pull outs (11 yards)
- Butterfly (25 yards)
- Individual Medley (100 yards)
- Sidestroke (25 yards)

Introduction to Swim Team (IS)

This is a great place to begin your journey into competitive swimming. Students will work on stroke technique and build endurance in the butterfly, backstroke, breaststroke and freestyle; along with competitive turns. **This class is one hour.**

\$119; \$108 Shoreview Resident



SHOREVIEW COMMUNITY CENTER POOL

Monday Mar 23 - May 11

Time	Level	Activity #
Morning		
9:00 A.M.	MR	230117-01
9:40 A.M.	LI	230101-01
10:20 A.M.	PS	230111-01
Evening		
4:30 P.M.	PS	230111-04
	L2	230102-02
	L3	230103-01
	PR	230114-02
	PR	230114-03
5:15 P.M.	MR	230117-03
	LI	230101-03
	L2	230102-03
	L2.5	230112-01
	L2.5	230112-02
	L4	230104-01
6:00 P.M.	PS	230111-05
	LI	230101-04
	L2	230102-04
	L2.5	230112-03
	L4	230104-02
	PR	230114-04
6:05 P.M.	SF 1 & 2	230110-03
6:45 P.M.	PS	230111-06
	LI	230101-05
	L2.5	230112-04
	L5	230105-01
	PR	230114-05
	PR	230114-06
7:30 P.M.	L2	230102-05
	PR	230114-07
	PR	230114-08
8:05 P.M.	PR	230114-09
	PR	230114-10
	PR	230114-11

Tuesday Mar 24 - May 12

Time	Level	Activity #
Evening		
4:30 P.M.	LI	230101-06
	PR	230114-12
	PR	230114-13
	PR	230114-14
	PR	230114-15
5:15 P.M.	PS	230111-07
	PS	230111-08
	L2	230102-06
	L3	230103-02
	L4	230104-03
6:00 P.M.	MR	230117-04
	LI	230101-07
	L2.5	230112-05
	L3	230103-03
	PR	230114-16
	PR	230114-17
6:45 P.M.	PS	230111-09
	LI	230101-08
	L2	230102-07
	L2.5	230112-06
	L3	230103-04
	L4	230104-04
7:30 P.M.	L2	230102-08
	L2.5	230112-07
	YB	230113-01
	PR	230114-18
	PR	230114-19
	PR	230114-20
8:05 P.M.	PR	230114-21
	PR	230114-22
	PR	230114-23
	PR	230114-24
	PR	230114-25

Wednesday Mar 25 - May 13

Time	Level	Activity #
Morning		
9:00 A.M.	L2	230102-01
9:55 A.M.	PS	230111-02
10:40 A.M.	SF 1 & 2	230110-01
11:20 A.M.	PR	230114-01
Evening		
4:30 P.M.	PS	230111-10
	LI	230101-09
	L2.5	230112-08
	PR	230114-26
	PR	230114-27
5:15 P.M.	PS	230111-11
	LI	230101-10
	L2	230102-09
	L2.5	230112-09
	L3	230103-05
6:00 P.M.	MR	230117-05
	LI	230101-11
	L2	230102-10
	L2.5	230112-10
	L2.5	230112-11
	L4	230104-05
6:05 P.M.	SF 1 & 2	230110-04
6:45 P.M.	PS	230111-12
	LI	230101-12
	L2	230102-11
	L2.5	230112-12
	PR	230114-28
	PR	230114-29
7:30 P.M.	L2	230102-12
	IS	230109-01
8:05 P.M.	PR	230114-30

LESSON RATES

8 Week Classes

Group

\$76; 69 Shoreview Resident

Private

\$155; 141 Shoreview Resident

Semi-Private

\$116; \$105 Shoreview Resident
(2 participants of equivalent ability)

AQUATIC KEY

SF 1 Starfish 9-24 months

SF 2 Stafish 24-36 months

MR Manta Ray

PS Preschool

LI Level 1, 2, etc.

YB Youth Beginner

PR Private Lessons

IS Intro to Swim Team

A NOTE ABOUT COMMUNITY CENTER LESSONS

If you wish to swim before or after class in the evenings a wristband may be purchased at the guest service desk.

On weekend mornings, your child will not be able to swim before or after class until open swim; which begins at noon.

Thursday Mar 26 - May 14

Time	Level	Activity #
Evening		
4:30 P.M.	L2	230102-13
	L2.5	230112-13
	YB	230113-02
	PR	230114-31
	PR	230114-32
5:15 P.M.	PS	230111-13
	LI	230101-13
	L2.5	230112-14
	L2.5	230112-15
	L4	230104-06
6:00 P.M.	MR	230117-06
	LI	230101-14
	L2	230102-14
	L3	230103-06
	L5	230105-02
	PR	230114-33
6:45 P.M.	PS	230111-14
	PS	230111-15
	L2.5	230112-16
	L2.5	230112-17
	L6	230106-01
	PR	230114-34
7:30 P.M.	L2	230102-15
	L3	230103-07
	L4	230104-07
	PR	230114-35
	PR	230114-36
	PR	230114-37
8:05 P.M.	PR	230114-38
	PR	230114-39
	PR	230114-40
	PR	230114-41
	PR	230114-41

Friday Mar 27 - May 15

Time	Level	Activity #
Morning		
9:00 A.M.	SF 1 & 2	230110-02
9:55 A.M.	MR	230117-02
10:40 A.M.	LI	230101-02
11:20 A.M.	PS	230111-03

Saturday Mar 28 - May 16

Time	Level	Activity #
Morning		
8:15 A.M.	PS	230111-16
	LI	230101-15
	L2	230102-16
	L2.5	230112-18
	YB	230113-03
	PR	230114-42
	PR	230114-43
	PR	230114-44
	PR	230114-45
	PR	230114-46
9:00 A.M.	MR	230117-07
	PS	230111-17
	LI	230101-16
	L2	230102-17
	L2.5	230112-19
	L2.5	230112-20
	L4	230104-08
	L5	230105-03
	PR	230114-47
	PR	230114-47
9:45 A.M.	PS	230111-18
	LI	230101-17
	L2	230102-18
	L2.5	230112-21
	L3	230103-08
	L6	230106-02
	YB	230113-04
	IS	230109-02
	PR	230114-48
	PR	230114-48
9:50 A.M.	SF 2	230110-05
10:30 A.M.	MR	230117-08
	PS	230111-19
	LI	230101-18
	L2	230102-19
	L2.5	230112-22
	L3	230103-09
	L4	230104-09
	PR	230114-49
	PR	230114-49
	PR	230114-49
10:35 A.M.	SF 1	230110-06
11:15 A.M.	PS	230111-20
	LI	230101-19
	L2	230102-20
	L2.5	230112-23
	L3	230103-10
	L5	230105-04
	PR	230114-50
	PR	230114-51
	PR	230114-51
	PR	230114-51

Sunday Mar 22 - May 17 No Class April 5

Time	Level	Activity #
Morning		
9:00 A.M.	PS	230111-21
	LI	230101-20
	L2	230102-21
	L2.5	230112-24
	PR	230114-52
9:45 A.M.	MR	230117-09
	PS	230111-22
	LI	230101-21
	L3	230103-11
	PR	230114-53
10:30 A.M.	SF 1 & 2	230110-07
	PS	230111-23
	LI	230101-22
	L4	230104-10
	PR	230114-54
11:15 A.M.	MR	230117-10
	L2	230102-22
	L2.5	230112-25
	YB	230113-05
	PR	230114-55
Evening		
6:15 P.M.	SF 1 & 2	230110-08
	PS	230111-24
	LI	230101-23
	L2	230102-23
	L3	230103-12
	L4	230104-11
	PR	230114-56
6:55 P.M.	MR	230117-11
	LI	230101-24
	L2	230102-24
	L2.5	230112-26
	L5	230105-05
	PR	230114-57
	PR	230114-58

RED CROSS COMMUNITY CPR/AED

Thursday, April 2 6:00 P.M. – 10:00 P.M.
 \$87; \$79 Shoreview Residents **Activity # 250301-01**

Deadline to Register: Thursday, March 26

This course provides certification in infant, child and adult CPR including AED use. The following information will be covered:

- Rescue breathing
- Obstructed Airway
- CPR with AED

Certification is awarded after successful completion of a written test and skill check off. Participants will receive a keychain, CPR mask and ready reference materials.

RED CROSS STANDARD FIRST AID

Tuesday, March 31 6:30 P.M. – 8:30 P.M.
 \$58; \$53 Shoreview Resident **Activity # 250302-01**

Deadline to Register: Tuesday, March 24

Learn how to provide basic first aid care for injuries and sudden illness until advanced medical personnel arrives. Ready reference materials are included.

RED CROSS COMMUNITY CPR/AED & FIRST AID

Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE!

Tuesday, March 31 6:00 P.M. – 10:00 P.M.
 and Thursday, April 2 6:30 P.M. – 8:30 P.M.
 \$102; \$93 Shoreview Residents **Activity # 250303-01**

Deadline to Register: Thursday, March 26

This course provides certification in infant, child and adult CPR including AED use. The following information will be covered:

- Rescue breathing
- Obstructed Airway
- CPR with AED

Certification is awarded after successful completion of a written test and skill check off. Participants will receive a keychain, CPR mask and ready reference materials.



NEW! RED CROSS LIFEGUARD REVIEW TRAINING

Ages 15 & older

Pack a lunch, swimsuit, towel and snacks!

\$141; \$129 Shoreview Residents **Activity # 250404-01**

Wednesday, April 29 5:00 P.M. – 8:00 P.M.
 Chippewa Middle School

Saturday, May 2 8:00 A.M. – 4:00 P.M.
 Shoreview Community Center

Deadline to register: Wednesday, April 22

This review course will give individuals the opportunity to review the course content which will include: recognizing, responding, and care for emergencies in an aquatic environment and more. To be eligible to participate in a review course, participants must have successfully completed a prior training. Students must hold a current certification to participate in this renewal course.

COURSE PREREQUISITES:

- Minimum age 15 years
- Tread water for 2 minutes
- 300 yard swim
- Retrieve 10 lb. brick from pool bottom



NEW! RED CROSS WILDERNESS & REMOTE FIRST AID

Ages 14 & older

Tuesday/Thursday, April 7, 9, 14, 16 5:00 – 9:00 P.M.
 \$95; \$86 Shoreview Resident **Activity #: 150304-01**

Deadline to Register: Tuesday, March 31

This course provides individuals a foundation of first aid principles and skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters, such as earthquakes and hurricanes. Certification is awarded after successful completion of a written test and skill check off; which is valid for 2 years.

COURSE PREREQUISITES:

- Possess current Adult CPR/AED certification
- Minimum age of 14 years on or before the last scheduled session of the course

SNORKELING

Ages 8 to 13

\$23; \$21 Shoreview Resident..... 11:00 A.M. – 12:00 P.M.

Saturday, Mar 14.....**Activity # 230306-01**

Saturday, Apr 25.....**Activity # 230306-02**

Come learn the basics of snorkeling and we will provide the equipment. A variety of abilities are encouraged to join us in discovering the underwater world. Basic swimming skills are needed.

DISCOVER SCUBA

Ages 12 & older

Wednesday, Apr 29..... 5:00 P.M. – 6:30 P.M.

\$40; \$35 Shoreview Resident.....**Activity # 230305-01**

Deadline to Register: Wednesday, Apr. 22

Location: Chippewa Middle School Pool

This is a great opportunity to learn how to use scuba gear under the care of a certified Scuba Instructor. The following skills are learned:

- Briefing on equipment
- Trying on gear
- Exploring the bottom of the pool

If you have asthma, you are required to provide a Doctor's note stating it is safe for you to participate.

SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7.....\$59; \$53 Shoreview Resident

Saturdays: 8:00 A.M. – 12:30 P.M.

March 7.....**Activity # 250101-01**

March 21.....**Activity # 250101-02**

April 18.....**Activity # 250101-03**

May 16.....**Activity # 250101-04**

During this class students will learn the responsibility that is needed for babysitting while gaining the required education. The class will cover the following skills of child care, first aid, sitter safety, crafts and toys, child proofing, nutrition and much more.



BOY SCOUT MERIT BADGES

Swimming and Lifesaving Merit Badges can be completed at the Shoreview Community Center and Chippewa Middle School. You will be asked to provide the Merit Badge Books and Certification Card. We will provide the Swimming or Lifesaving workbook and Instructor.

Swimming Merit Badge.....Activity # 230301-01

\$54; \$49 Shoreview Resident

Tuesday, Apr 21..... 5:00 P.M. – 9:00 P.M.

Location: Shoreview Community Center

Wednesday, Apr 29..... 5:00 P.M. – 7:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Tuesday, Apr. 14

Lifesaving Merit Badge.....Activity # 230301-02

\$60; \$54 Shoreview Resident

Wednesday, Apr 22..... 4:00 P.M. – 9:00 P.M.

Location: Shoreview Community Center

Wednesday, Apr 29..... 5:00 P.M. – 7:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Wednesday, Apr. 15



ALL ABOUT BOATING SAFETY

Ages 12 & over

\$45 per person.....8:00 A.M. – 4:00 P.M.

Saturday, Apr. 25.....**Activity # 250401-01**

Youth are ½ price if registered with a full paying adult

This boating class meets the requirements for watercraft operators permits in both Minnesota and Wisconsin. Many boat insurance companies offer discounts on boating insurance to boaters who successfully complete About Boating Safely. Topics include: Introduction to Boating, Boating Law, Boat Safety Equipment, Safe Boating, Navigation, Boating Problems, Trailering, storing and Protecting Your Boat, Hunting and Fishing, Water-skiing and River Boating. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.

GROUP FITNESS CLASSES

Call for information: 651.490.4750

SPRING SESSION *March 23 – May 31 (10 weeks)*

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

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651.490.4750.

Annual Members receive 30% off group fitness classes listed on pp. 36-37. Discount now available online!

FITNESS PUNCH CARDS

Give our fitness classes a try! This Punch Card will allow you to take five classes during the session. Note: if individual classes are full, Punch Card holders may not be able to participate. Drop-In class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes.

Cycling, Ballet Fitness, Zumba®, Zumba® Kids and Kettlebell
\$43; \$40 Shoreview Resident

Yoga, Pilates, and Yogalates
\$49.50; \$44.50 Shoreview Resident

All Other Fitness Classes
\$35; \$32 Shoreview Resident

Available for purchase at the Upper Parks and Recreation Desk during office hours.

* Prices effective January 1.

DROP-IN RATES

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

Yoga, Pilates, and Yogalates .. \$11.50; \$10 Shoreview Resident
Indoor Group Cycling, Ballet Fitness, Zumba®, Zumba® Kids and Kettlebell.....\$10; \$9 Shoreview Resident
All Other Fitness Classes Drop-in Rate
.....\$8; \$7.40 Shoreview Resident

* Prices effective January 1.

MIND/BODY OPTIONS

Ballet Fitness

The hottest fitness craze since Pilates, this class combines Ballet, Yoga and Pilates to build a strong back, hips, glutes, and core. Movements emphasize muscle lengthening and increasing overall strength. Parts of the class rely on simple choreography that is easy and fun to learn. **Pilates-Ballet Fitness** and **Yoga-Ballet Fitness** both emphasize the core fundamentals of Yoga or Pilates, with the added elements of strength, balance and conditioning found in Ballet Fitness. No previous dance experience required.

Mind/Body Yoga & Other Yoga Classes

Begin to experience inner peace through awareness of your mind, body and spirit through various Yoga classes. **Mind/Body Yoga** emphasizes flexibility, balance and overall strength. Each class teaches stretching (asana), breath awareness (pranayama), and deep relaxation through meditation. **Additional classes include Yoga Strength, Yogalates and Candlelight Yoga.** **Candlelight Yoga** is performed in the relaxing atmosphere of candlelight. **Yoga-Ballet Fitness** emphasizes the core fundamentals of traditional Yoga, and adds elements of strength, balance and conditioning found in Ballet Fitness.

Pilates

Pilates is a unique, body conditioning system comprised of stretching and strengthening exercises. It increases overall strength, improves posture, provides flexibility and balance, and strengthens the core muscles. Pilates unites body and mind, and creates a streamlined body. Pilates Ballet Fitness emphasizes the core fundamentals of Pilates, and adds elements of strength, balance and conditioning found in Ballet Fitness. Intermediate Pilates requires basic knowledge and previous Pilates experience.

STRENGTH OPTIONS

Kettlebell Training

Transform your body with kettlebell exercises that develop strength, power and stamina. This kettlebell class fuses exercises using kettlebell and non-kettlebell conditioning drills to provide a total body workout that will leave you feeling strong and lean.

Power Pump

Power Pump is a strength training workout that targets the major muscle groups to strengthen and tone your body. This class utilizes supersets, tempo changes, alternating slow and fast reps, and pulsing that challenges your body. Equipment used includes a weight bar, weight plates, dumbbells, and resistance bands. Power Pump is suitable for all fitness abilities. For best results, attendance twice a week is recommended.

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and various other equipment to strengthen every major muscle group in your body. Everyone works at their own ability and chooses their own weight loads and resistance levels.



STRENGTH/CARDIO OPTIONS

Boot Camp

This workout incorporates exercises designed to enhance your agility, speed, power, strength and quickness. Class formats may include Tabata, strength exercises, circuit training, core work, bodyweight exercises and a variety of other training methods to ensure you maximize your results.

BOSU® Fusion

BOSU® fusion combines step, strength, plyometric and core training exercises on the BOSU® Balance Trainer, and utilizes additional equipment like weights and bands to provide a full-body cardiovascular, core, and strength workout.

Cardio Dance

Increase cardiovascular endurance and burn fat as you workout using combinations of movements and floor patterns. The instructor provides modifications, including low-impact alternatives, to accommodate all fitness levels, creating a fun cardio class that will help you reach your goals safely and effectively.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, jabs, upper and full body movements to strengthen your body, and provide a great cardiovascular workout.

Core Fusion

If you're looking for a strong, lean and graceful body, then this class is for you. Core Fusion mixes body sculpting strength exercises with cardio, flexibility, and balance work to help you achieve a lean look.

Indoor Group Cycling

Indoor Group Cycling is fun, challenging and accommodates all fitness levels using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music. Climb hills, sprint, and ride in and out of the saddle to simulate cycling outdoors. The resistance of the stationary bikes is adjustable to provide a variety of intensities.

Step Cardio

Warm up with basic step moves, then learn fun patterns, combinations and movements on an adjustable step to work at all levels of endurance. Class ends with a core exercise component and a cool-down.

Step and Strength

This class improves cardio fitness, increases fat burning and builds muscle. This is a great cross-training class that utilizes an adjustable step and resistance equipment. All levels and abilities are encouraged to participate. This class will keep you moving and motivated.

Tabata

Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense exercise mixed with various other strength and cardio drills will torch calories, increase your cardiovascular endurance, and build muscle in minimal time. *30 minute class.

Total Body Workout

Work all of your muscles in this total body workout. Improve your agility, speed, strength and endurance. Classes utilize a variety of weights, bodyweight exercises, conditioning drills, cycling, kickboxing, core work, kettlebells and more. Come ready to work, leave feeling accomplished.

Zumba®

Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective and fun!

Zumba® Gold

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Perfect for Active older adults who are looking for a modified Zumba® class.



SENIORFIT CLASSES

The Shoreview Community Center is dedicated to helping seniors stay active and fit. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. These classes are available at no cost for any senior with an annual membership at the Shoreview Community Center.

SeniorFIT Advanced Circuit

This class balances cardiovascular and strength training, providing a well-rounded, efficient workout. Use a variety of fitness equipment like resistance bands and hand-weights, combined with non-impact aerobics, and motivating music to get moving.

SeniorFIT Strength Training

This strength training class focuses on increasing muscular strength, making everyday tasks such as lifting and bending safer and easier. Moving to your favorite music, the instructor will lead you in a variety of exercises using light weights, bands and exercise balls.

SeniorFIT Yoga and Stretch

Feel your stress melt away as the instructor takes you through yoga positions to increase your flexibility, improve your balance, and strengthen your core. Leave class feeling refreshed, relaxed and energized.

SeniorFIT Aqua Exercise

SeniorFIT Aqua Exercise is a low-impact yet highly effective class designed to increase strength, endurance, and range of motion. This class is held in the Community Center pool and swimming ability is not required.



WATER OPTIONS

All water classes are held in the Shoreview Community Center pool. The pool depth never exceeds 4½ feet, and the water temperature is regulated for maximum comfort. Swimming ability is not required – the gentle slope of the pool allows each participant to work at an appropriate depth.

Aqua Fit

Aqua Fit uses the water's natural resistant properties to help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

Aqua Zumba®

Description: This class combines the Zumba® philosophy with the water resistance of traditional aquatic fitness disciplines. Aqua Zumba® blends it all together into workouts that are cardio conditioning, body toning, and most of all – exhilarating beyond belief! With the high energy music, this is one pool party you don't want to miss!

BECOME A MEMBER TODAY!

No initiation fees | Affordable prices | State-of-the-Art fitness facility
Comfortable atmosphere | Health insurance discounts available

Annual Membership Includes Access To:

Fitness Center | 30% off Group Fitness Classes | Gymnasium
Tropics Indoor Waterpark | Indoor Playground | Track | & more!

Shoreview
Community Center

Tropics Waterpark
& Fitness Center

Family Fun, Affordable Fitness!



651.490.4700 | www.ShoreviewCommunityCenter.com

GROUP FITNESS

MORNING AND DAYTIME CLASSES All classes are 50 minutes unless otherwise indicated.

SPRING FITNESS CLASSES 2015: March 23 – May 31st (10 Weeks).

		Reg/Sv. Res	Activity #
MONDAY (No Classes 5/25)			
5:35 A.M.	Total Body Workout	\$53/\$49	210502-01
8:30 A.M.	Strength Conditioning	\$53/\$49	210539-01
8:30 A.M.	SeniorFIT – Strength Training*	\$53/\$49	210161-01
9:15 A.M.	Aqua Fit	\$53/\$49	210522-01
9:30 A.M.	Total Body Workout	\$53/\$49	210502-06
9:45 A.M.	Core Fusion	\$53/\$49	210527-01
11:45 A.M.	Mind/Body Yoga	\$80/\$73	210506-01
TUESDAY			
5:35 A.M.	Core Fusion/Power Pump	\$59/\$54	210530-01
8:15 A.M.	SeniorFIT – Aqua Exercise*	\$59/\$54	210162-01
8:30 A.M.	Mind/Body Yoga	\$89/\$81	210506-02
8:30 A.M.	Power Pump	\$59/\$54	210523-02
9:15 A.M.	Aqua Fit	\$59/\$54	210522-03
9:30 A.M.	Ballet Fitness	\$75/\$69	210508-01
9:30 A.M.	Step Cardio	\$59/\$54	210516-01
10:30 A.M.	Zumba® Gold	\$75/\$69	210543-01
11:40 A.M.	Strength Conditioning	\$59/\$54	210539-03
12:45 A.M.	SeniorFIT – Strength Training	\$59/\$54	210161-03
WEDNESDAY			
5:35 A.M.	Total Body Workout	\$59/\$54	210502-02
8:30 A.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-02
8:30 A.M.	Cardio & Strength Conditioning	\$59/\$54	210540-01
9:15 A.M.	Aqua Fit	\$59/\$54	210522-05
9:30 A.M.	Zumba®	\$75/\$69	210544-07
9:30 A.M.	Total Body Workout	\$59/\$54	210502-07
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$59/\$54	210163-02
11:45 A.M.	Mind/Body Yoga	\$89/\$81	210506-04
THURSDAY			
5:35 A.M.	Power Pump/Core Fusion	\$59/\$54	210530-02
8:15 A.M.	Aqua Zumba®	\$75/\$69	210522-10
8:30 A.M.	Mind/Body Yoga	\$89/\$81	210506-07
8:30 A.M.	Power Pump	\$59/\$54	210523-06
9:15 A.M.	Aqua Fit	\$59/\$54	210522-07
9:30 A.M.	Step Cardio	\$59/\$54	210516-04
9:30 A.M.	Core Fusion	\$59/\$54	210531-06
10:30 A.M.	Zumba® Gold	\$75/\$69	210543-02
11:40 A.M.	Strength Conditioning	\$59/\$54	210539-04
12:45 A.M.	SeniorFIT – Strength Training*	\$59/\$54	210161-04
FRIDAY			
5:35 A.M.	Total Body Workout	\$59/\$54	210502-03
8:15 A.M.	SeniorFIT – Aqua Exercise*	\$59/\$54	210162-02
8:30 A.M.	Strength Conditioning	\$59/\$54	210539-02
8:30 A.M.	SeniorFIT – Advanced Circuit	\$59/\$54	210165-01
9:15 A.M.	Aqua Fit	\$59/\$54	210522-09
9:30 A.M.	Total Body Workout	\$59/\$54	210502-08
9:30 A.M.	Cardio Dance	\$59/\$54	210545-01
10:40 A.M.	SeniorFIT - Yoga & Stretch	\$59/\$54	210163-03
SATURDAY (no classes 5/23)			
8:00 A.M.	Indoor Group Cycling	\$68/\$62	210512-08
8:30 A.M.	Kettlebell Training	\$68/\$62	210528-04
8:30 A.M.	Zumba®	\$68/\$62	210544-06
9:30 A.M.	Core Fusion	\$53/\$49	210531-03
SUNDAY (No class 4/5 & 5/24)			
8:30 A.M.	Indoor Group Cycling	\$60/\$55	210512-09

*SeniorFIT classes are available at no cost to those with an annual Senior membership at the Shoreview Community Center

P.M. classes on next page

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 36 & 37.

* SeniorFIT classes are available at no cost to anyone with a Senior membership at the Shoreview Community Center.

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

Classes with fewer than 6 registered participants are subject to cancellations.

Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.

For updated class times and locations, please see schedules available on-line and at the Community Center or scan this code.



CHILD CARE AVAILABLE!

Mon-Sat 8 A.M. – 12:30 P.M.
Mon-Thu 4 P.M. – 8:30 P.M.
Fri 4 P.M. – 8 P.M.

Rate \$1 per hour per child.

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.
SPRING FITNESS CLASSES 2015: March 23 – May 31st (10 Weeks).

		Reg/Sv. Res.	Activity #
MONDAY (No Class 5/25)			
4:10 P.M.	Zumba®	\$68/\$62	210544-02
5:20 P.M.	Step and Strength	\$53/\$49	210514-01
5:20 P.M.	Yogalates	\$80/\$73	210525-01
6:25 P.M.	Indoor Group Cycling	\$68/\$62	210512-01
6:25 P.M.	Core Fusion	\$53/\$49	210531-01
6:25 P.M.	Zumba®	\$68/\$62	210544-10
7:30 P.M.	Power Pump	\$53/\$49	210523-04
TUESDAY			
4:30 P.M.	Tabata (30 min.)	\$59/\$54	210513-01
5:20 P.M.	Mind/Body Yoga	\$89/\$81	210506-03
5:20 P.M.	Power Pump	\$59/\$54	210523-03
5:30 P.M.	Aqua Fit	\$59/\$54	210522-04
6:25 P.M.	Pilates	\$75/\$69	210507-03
6:25 P.M.	Cardio Kickboxing	\$59/\$54	210501-01
6:45 P.M.	Aqua Fit	\$59/\$54	210522-02
7:30 P.M.	BOSU® Fusion	\$59/\$54	210542-01
WEDNESDAY			
4:15 P.M.	Kettlebell Training	\$75/\$69	210528-03
5:15 P.M.	Step Cardio	\$59/\$54	210516-03
5:20 P.M.	Yogalates	\$89/\$81	210525-02
6:25 P.M.	Ballet Fitness	\$75/\$69	210508-02
6:25 P.M.	Boot Camp	\$59/\$54	210532-02
6:25 P.M.	Indoor Group Cycling	\$75/\$69	210512-05
7:30 P.M.	Mind/Body Yoga	\$89/\$81	210506-06
THURSDAY			
4:15 P.M.	Indoor Group Cycling	\$75/\$69	210512-03
5:20 P.M.	Yoga Strength	\$89/\$81	210524-01
5:20 P.M.	Power Pump	\$59/\$54	210523-07
5:30 P.M.	Aqua Fit (no class May 21)	\$53/\$49	210522-08
6:25 P.M.	Zumba®	\$75/\$69	210544-03
6:25 P.M.	Pilates (Intermediate)	\$89/\$81	210511-01
6:45 P.M.	Aqua Fit (no class May 21)	\$53/\$49	210522-06
7:30 P.M.	Mind/Body Yoga	\$89/\$81	210506-05
FRIDAY			
4:30 P.M.	Zumba®	\$75/\$69	210544-04
SUNDAY (No Class 4/5/15 & 5/24)			
6:00 P.M.	Candlelight Yoga	\$71/\$65	210537-01

*SeniorFIT classes are available at no cost to those with an annual Senior membership at the Shoreview Community Center.

A.M. classes for Saturday & Sunday on previous page

NOTES ABOUT GROUP FITNESS CLASSES:

- Classes with fewer than 6 registered participants are subject to cancellations.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Refunds are issued for medical reasons only.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Senior Fit classes are free to any senior with an annual Membership.
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.
- Group Fitness insurance Program available. See website for more information.
- Two make-up classes are available per class registration. Please email recreation@shoreviewmn.gov to request a make-up pass.

*** SeniorFIT classes are available at no cost to anyone with a Senior membership at the Shoreview Community Center.**

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 36 & 37.

Scan this code for an updated class schedule:



COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION

(Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651.490.4750.

INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res.Activity # 510299-01

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. **The schedule and sign-up sheet for teen equipment orientations are located on the desk in the fitness center,** or call 651.490.4768 to find out more.

KETTLEBELL TRAINING

A kettlebell is a weighted iron ball with a handle attached to it. In addition to traditional strength training exercises, kettlebells can be used to perform “swings,” “presses,” and a variety of other dynamic movements that require the large muscle groups to work together. Expect an increase in strength, power, coordination and stamina while developing muscles of the upper and lower body. One-on-one Kettlebell Training is available in packages of 1,3,6 and 12 sessions. Small group training sessions are also available and can be scheduled by calling 651.490.4750.

Personal Training:

Personal Training can benefit anyone regardless of physical condition or age. A trainer can plan a safe, effective program and provide one-on-one instruction to ensure that 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. **Meet the Trainers on page 39.**

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 the encouragement and accountability you need

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury
- Train for sports, triathlons, running events, and fitness challenges

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions.

Sessions	Regular	Resident
Fitness Assessment.....	\$ 31.....	\$ 26
Single Session.....	\$ 65.....	\$ 60
Three Sessions.....	\$183.....	\$168
Six Sessions.....	\$345.....	\$320
Twelve Sessions.....	\$652.....	\$602

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, posture assessment, cardiovascular testing, and sports-specific tests. You can register for a fitness assessment without signing up for personal training, however, assessments are included in personal training packages of 3, 6, and 12 sessions for first time clients.

Meet the Trainers

We have 6 certified personal trainers on staff. Trainer biographies are posted outside of the Fitness Center across from Studio 2 and at www.shoreviewcommunitycenter.com. Call 651.490.4750 for more information and to speak with the Fitness Supervisor to discuss which trainer can best help you achieve your goals.



Karen is dedicated to helping her clients reach their goals. She excels at working with clients recovering from illness, injury, and other health challenges and has also helped many clients achieve weight loss goals. **Certifications:** ACE Personal Trainer, NETA Group Fitness Instructor, ACE Course on Exercise for Special Populations.



Mike specializes in training athletes of all sports, abilities, and ages. He has trained sports teams, triathletes, cyclists, runners, and those interested in general fitness. Mike is highly energetic and motivating and enjoys working with everyone from young athletes to experienced competitive athletes. In addition to personal training Mike instructs Sports

Performance groups and fitness classes including Revving and has completed 27 marathons and 4 IronMan Triathlons. **Certifications:** ACE Personal Trainer, NASM Performance Enhancement Specialist, NETA Kettlebell.



Tim has experience working with clients of various goals. He has a background in training athletes of all sports with an extensive background working with track and field athletes, cross country runners, and golfers. Tim has a thorough understanding of movement science and has helped many clients with weight loss, muscular strength and conditioning,

posture and overall fitness. Tim has a B.S. in Physiological Sciences from the University of Arizona and is an ACSM Certified Personal Trainer.



Lindsay has assisted clients of all abilities, ages, and fitness levels in achieving their weight loss, body composition, fitness, and athletic goals through the use of strength training, endurance exercise, and cross training methods. Lindsay has a B.S. in Health and Wellness. **Certifications:** AFAA Primary Group Exercise Instructor, ACE Personal Trainer, YMCA Indoor

Cycling, Turbokick®, Les Mills Body Pump, and CrossFit Indoor Rowing.



Wanda works with a broad base of clients and focuses on general fitness and well-being. Wanda provides the motivation clients need to stay on track. She specializes in strength training for body composition, beginner strength training, and core training. Wanda has a B.S. in elementary education and human

development. **Certifications:** NETA Personal Trainer and Group Fitness Instructor.



Wendy draws from many disciplines and fitness philosophies to develop training methods that will most efficiently and effectively help her clients meet their goals. Wendy specializes in working with those interested in general fitness, athletes of all sports, and those wanting to improve core strength and posture.

Wendy has an extensive background in working with athletes, coaches soccer and lacrosse, and also instructs several fitness class formats including water exercise, kickboxing, strength training, and core formats. **Certifications:** ACE Group Fitness Instructor, ACE Certified Personal Trainer, YogaFit, Concept 2 Rowing, Turbokick® and National Coaching License in US Soccer & US LaCrosse.

Additional trainer biographies available at
WWW.SHOREVIEWCOMMUNITYCENTER.COM



Photos by Greg Lucid, courtesy of the Shoreview Press



Traditional 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 P.M. on the Wednesday following the first class of the session. **Pre-registration is required; dropins are not permitted.**

BEGINNER CLASS

Tuesdays and Thursdays 6:00 P.M. – 7:00 P.M.

WINTER SESSION B February 17 – March 26 (6 weeks)
 \$90; \$82 Shoreview Resident..... **Activity # 110232-011**

SPRING SESSION A March 31 – April 30 (5 weeks)
 \$75; \$68 Shoreview Resident..... **Activity # 210230-01**

SPRING SESSION B May 5 – June 4 (5 weeks)
 \$75; \$68 Shoreview Resident..... **Activity # 210232-01**

Gym Activity Room

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

Tuesdays and Thursdays 7:00 P.M. – 8:00 P.M.

WINTER SESSION B February 17 – March 26 (6 weeks)
 \$90; \$82 Shoreview Resident..... **Activity # 110233-01**

SPRING SESSION A March 31 – April 30 (5 weeks)
 \$75; \$68 Shoreview Resident..... **Activity # 210231-01**

SPRING SESSION B May 5 – June 4 (5 weeks)
 \$75; \$68 Shoreview Resident..... **Activity # 210233-01**

Gym Activity Room

For ages 7 and older who have completed the beginner class. This class will further the student's skills for powerful self defense. (Students must attend the beginner class prior to taking the advanced class even if they have Tae Kwon Do experience. Promotion to the advanced class may be determined at the instructor's discretion.) A uniform is required and available through the instructor.

FAMILY DISCOUNT
 \$15 off for second family member
 \$25 off for third family member

New year, new you!

Work with a personal trainer to help achieve your new year resolutions!

Goals achieved through personal training:

- Shape and tone your body
- Reduce body fat and build muscle
- Reach and maintain a healthy weight
- Train for sports, triathlons, running events, & fitness challenges
- Improve strength and cardiovascular fitness
- Recover from an injury



Your goals, our resources!

4580 Victoria St. N | www.ShoreviewCommunityCenter.com | 651.490.4768

PARTY IN THE *Tropics* AT THE SHOREVIEW COMMUNITY CENTER



For more information, please contact Shoreview Parks & Recreation at **651.490.4790**
4580 Victoria Street North
Shoreview, MN 55126
www.shoreviewcommunitycenter.com

TROPICAL PACKAGE

Starting at \$136 for 8 people

INCLUDES:

- Wristbands for full day use of Tropics Indoor Waterpark & Tropical Adventure Indoor Playground
- 90 minutes in shared poolside party room (private room available for additional fee)
- Personalized cake, ice cream cups, & pop or juice boxes
- T-shirt and card for the birthday child
- Free jumbo locker available for use

ADVENTURE PACKAGE

Starting at \$120 for 8 people

INCLUDES:

- Wristbands for full day use of Tropical Adventure Indoor Playground
- 90 minutes of shared poolside party room (private room available for additional fee)
- Personalized cake, ice cream cups, & pop or juice boxes
- T-shirt and card for the birthday child
- Free jumbo locker available for use

ADD A THEME FOR ONLY \$12!

Choose from Princess, Pirate, or Under the Sea!

For information on
2014-15 class availability
call 651.490.4750



2015-2016 School Year

A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition. Monthly tuition is charged August – April. School year dates are September 14, 2015 – May 27, 2016.

Our preschool program offers your child a variety of fun and educational activities designed to stimulate their social and intellectual development as they move along the road to Kindergarten.

Our unique location at the Shoreview Community Center allows for several one-of-a-kind opportunities that you won't find at other preschools.

Our playgrounds, both indoor and outdoor, along with gym space, allows us to incorporate physical education curriculum. The adjacent park, complete with pond and natural areas, gives our preschool the opportunity for nature and science programming. In addition, children have the option of including swim lessons at Tropics Indoor Waterpark as part of their preschool experience.

Our teachers have decades of teaching experience and create a warm, welcoming, and caring environment in which your child will thrive. Each class provides time for dramatic play, storytelling, music, arts & crafts, and a snack.

2½ TO 3 YEAR OLD CLASSES

Our preschool classes for 2½ to 3 year olds will offer your child a great first-time classroom experience. Class time will include opportunities for your child to learn socialization skills in a safe, large group experience, while focusing on learning colors, shapes, patterns and days of the week. Class curriculum will vary between Monday and Friday to accommodate children enrolled in both classes. Children must be 3 years old by March 1, 2016.

Monday Funday AM.....9:00 A.M. – 10:30 A.M.
Monday Funday PM..... 11:00 A.M. – 12:30 P.M.
\$58/month; \$53/month Shoreview Resident

Friday Funday AM.....9:00 A.M. – 10:30 A.M.
Friday Funday PM..... 11:00 A.M. – 12:30 P.M.
\$53/month;\$48/month Shoreview Resident



3 TO 4 YEAR OLD CLASSES

Our preschool classes designed for 3 and 4 year olds will provide a nurturing environment while having fun participating in early learning activities. Students will learn to recognize letters, numbers, colors, and shapes, as well as be introduced to writing skills. Children will learn social skills and self-help abilities through classroom routines and transitions provided each day. Physical education time and focus on large motor skills takes place in each class every week in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 3 years old by September 1, 2015.

Tiny Treasures

Wednesday & Friday.....9:00 A.M. – 11:30 A.M.
\$117/month; \$108/month Shoreview Resident

ABC's & 123's

Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
\$127/month; \$117/month Shoreview Resident



4 TO 5 YEAR OLD CLASSES

Our preschool classes designed for 4 to 5 year olds will prepare your child to be socially, academically and physically ready for Kindergarten. Classes will place emphasis on skill work including letter recognition and printing, counting and beginning math problems, cutting and scissors skills, as well as following directions in a classroom setting. Students will gain confidence and knowledge in how to relate to others in a group setting while learning through play. Each week students will enjoy physical education time and focus on large motor skills in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 4 years old by September 1, 2015.

Alpha Kids

Tuesday & Thursday 9:00 A.M. – 12:00 P.M.
\$137/month; \$129/month Shoreview Resident

Stepping Stones

Monday, Wednesday & Friday 12:30 P.M. – 3:30 P.M.
\$177/month; \$165/month Shoreview Resident



Kids Corner Preschool Lunch Bunch

Monday – Friday 11:30 A.M. - 1:00 P.M.
Entire School Year Registration \$10/day;
\$7/day Shoreview Resident
Daily Rate \$14/day; \$10 Shoreview Resident

Are you looking to extend your child's preschool day? This is an opportunity for your 3 to 5 year old child to stay late after class or come in early and enjoy the lunch hour with friends. Lunch is not provided; child must bring their own lunch. Please do not send any products containing peanut butter due to allergies. Sign up for one day or all 5 days. Minimum of 5 participants needed per day for lunch bunch to run.

SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

Busy Buddies

Monday 9:00 A.M. – 11:30 A.M.
\$93/month; \$85/month Shoreview Resident

This class will offer your 3 to 5 year old children a fun and energy-filled preschool adventure. Children will learn the basics of letters, science and Spanish. Swimming lessons are included in 8 week sessions during the fall, winter, and spring. Class time will also consist of constructive play, story time, music and movement, physical education, and snack. Children must be 3 by September 1, 2015.

Story Stretchers

Tuesday 9:00 A.M. – 11:30 A.M.
\$74/month; \$68/month Shoreview Resident

Your 3 to 5 year old child is sure to love this literature based class! The class will focus on ensuring your child understands the content of stories told during class by using dramatic play, acting, art, circle time, sensory, science, math, large muscle time, and snack. Development of a child's literacy skills is crucial during a child's early years. This class will heighten reading readiness, sharpen comprehension skills and help your child develop a love for reading. Children must be 3 by September 1, 2015.

Investigators

Wednesday 9:00 A.M. – 11:30 A.M.
\$76/month; \$70/month Shoreview Resident

This preschool class will give your 3 to 5 year old an opportunity to discover the world of science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 3 by September 1, 2015.

Math Monsters

Thursday 9:00 A.M. – 11:30 A.M.
\$71/month; \$66/month Shoreview Resident

This specialty preschool class will provide your 3 to 5 year old with a fun learning atmosphere that focuses on math skills. For all those kids who like numbers, solving problems, and having fun with shapes, this class has it all! A concentration on math is essential in the early years of child development and this class will include work on one to one correspondence, geometry, counting, along with having fun. Also included is 30 minutes of gym time and a snack. Children must be 3 by September 1, 2015.

**REGISTER
NOW**
for these
classes



TODDLER TIME

Ages 2 to 3

Saturdays 9:00 A.M. – 10:30 A.M.
\$18; \$16 Shoreview Resident

Life on the Farm

March 7 **Activity # 540235-07**

Growing Gardens

April 11 **Activity # 540235-08**

Things That Go

May 2 **Activity # 540235-09**

Bring your tots and enjoy a morning filled with exploration, art, music, stories and fun! This is a great opportunity to spend quality time with your toddler and introduce them to a classroom setting. Class activities are designed to build your child's confidence while enjoying the freedom to play and the structure of group activities. Each date activities will center on a designated theme. Parent participation and support are required to ensure a successful experience for your toddler.

ADVENTURE CLUB

Ages 3 to 5

Wednesdays..... 1:00 P.M. – 3:00 P.M.
\$28; \$25 Shoreview Resident

Rainforest

March 4 **Activity # 540236-07**

Farm

April 8..... **Activity # 540236-08**

Gardens

May 13 **Activity # 540236-09**

Come along and join us on our next great adventure! Let's soar through the universe on a hunt for life beyond our solar system and explore the amazing diversity of life on our planet. This program encourages preschoolers to use their natural curiosity to investigate and explore the world around them in an environment designed for young children. Classes are designed to provide an engaging learning experience while discovering a variety of environments through music, art, literacy and more. Each date activities will center on a designated theme.

BOOKWORMS

Ages 3 to 5

Thursdays..... 1:00 P.M. – 3:00 P.M.
\$28; \$25 Shoreview Resident

Big Red Barn

March 26 **Activity # 540237-07**

Mushroom in the Rain

April 16..... **Activity # 540237-08**

Froggy Learns to Swim

May 7 **Activity # 540237-09**

Literature lets a child's imagination soar! Through stories children learn about other people, places, and cultures. Each week highlights a new book and brings it to life through crafts, music, dance, drama and games. Books are selected to develop a love and interest in reading and books in your child!



DISCOVER THE OUTDOORS

Ages 3 to 5

Tuesdays..... 1:00 P.M. – 3:00 P.M.
April 21 – May 12..... **Activity # 540240-01**
\$105; \$95 Shoreview Resident

Creepy, crawly critters, plants and animals are all a part of the great outdoors! Children are born naturalists and explore the world with all of their senses. Join us on this journey of discovering the world of plants and animals and seeing all that nature has to offer through exploration, art, literature and more!



Tumbling

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. Due to space limitations, we are unable to provide an observation area; parents are invited to observe the final class. For answers to your questions about placement, call 651-490-4750.

TODDLER AND PARENT

Ages 2 and 3 \$82; \$72 Shoreview Resident
Saturdays.....9:45 A.M. – 10:30 A.M.
March 28 – May 16..... **Activity # 280101-01**
Saturdays..... 10:45 A.M. – 11:30 A.M.
March 28 – May 16..... **Activity # 280101-02**

A fast-paced class for energetic 2 and 3 year old toddlers to explore their motor skills. This class is an excellent opportunity for youngsters to safely increase body awareness and coordination. The loose structure of this class allows children to acquire skills according to their own abilities and interests. One child per adult. Parent participation and support are part of the class. No siblings will be allowed on gymnastics equipment.

TUMBLING TYKES

Ages 3 and 4 \$82; \$72 Shoreview Res
Saturdays..... 11:45 A.M. – 12:30 P.M.
March 28 – May 16..... **Activity # 280102-01**

Enhance your preschooler's hand-eye coordination and motor skills. Designed for active 3- and 4-year olds who want to learn basic tumbling, using special equipment designed for smaller gymnasts.

ROLLY POLLYS

Ages 4 and 5 \$82; \$72 Shoreview Res
Saturdays..... 12:45 P.M. – 1:30 P.M.
March 28 – May 16..... **Activity # 280103-01**

For the active 4- to 5-year old child, we offer a special class that teaches basic tumbling and works on hand-eye coordination and motor skills. Participants will begin to learn basic skills on floor, balance beam, bars and vault.

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8..... \$82; \$72 Shoreview Res
Saturdays..... 1:45 P.M. – 2:30 P.M.
March 28 – May 16..... **Activity # 280104-01**

Designed for children 5 to 8 years old who want to learn the sport of gymnastics. Emphasis will be on learning the basic positions and skills on the floor, beam, bars and vault.



WISH UPON A BALLET

Ages 3 to 6
Tuesdays..... 10:00 A.M. – 10:45 A.M.

Session II: Feb. 24 – Apr. 14 (7 weeks, no class March 17)
Theme: Magic Carpet

\$70.....**Activity # 170202-02**

Session III: Apr. 21 – May 26 (6 weeks)
Theme: Carnival of the Animals

\$60.....**Activity # 270202-01**

Shoreview Community Center

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



SPECIAL EVENTS



DIVE-IN MOVIE

Friday, Mar. 6 7:00 P.M.

Shoreview Community Center

Join your friends and family at the Tropics Indoor Water Park inside the Shoreview Community Center for Dive-In Movie nights! Guests can float with water noodles (not provided), relax on giant sea creatures, or lounge on pool-side chairs and enjoy a popular family friendly movie. No need to register. The purchase of a daily pass on the day of the movie will be your ticket. Free for Community Center Members. Please note the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.



SHOREVIEW EGG HUNT

Saturday, March 28..... 10:00 A.M.
\$10; \$8 Shoreview Res**Activity # 260219-01**

Shoreview Community Center Pavilion

Deadline to Register: Friday, March 20

Join the Bunny in an Old-Fashioned eggciting hunt for prized-filled eggs! Each participant will be given a Easter bag for the hunt! Space is limited. Register by March 20. The Shoreview Egg Hunt is held outdoors. Please, dress for the weather.

SCHOOL'S OUT DISCOVERY CAMP

School is out and summer fun has begun! Join us for the first week of summer at this special week of camp. Your child will enjoy a variety of fun activities, crafts, games, swimming and more. You can register your child for one, two, three, four or all five days of the week. Lunch will be included daily. Space is limited – register early.

Grades K – 8 (2014-15 School Year)

June 8-12.....6:30 A.M. – 6:00 P.M.
\$44/day

Shoreview Community Center

Monday, June 8.....**Activity # 340100-01**
Tuesday, June 9.....**Activity # 340100-02**
Wednesday, June 10.....**Activity # 340100-03**
Thursday, June 11.....**Activity # 340100-04**
Friday, June 12.....**Activity # 340100-05**



SHARE ✨ CREATE ✨ EXPLORE

Grades K-8 (during the 2014-15 School Year)

June 15 – August 28, 2015

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 11 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 2 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

*Registration will begin Thursday, Feb. 26, 2015, beginning at 8:00 A.M. Online and in-person registration materials are available February 1 online or by calling 651-490-4750.



BACK TO SCHOOL DISCOVERY CAMP

Summer is winding down and it is almost time to go back to school. Most summer camps have ended, but Summer Discovery has one more special week of fun for you! Your child will enjoy a variety of fun activities, crafts, games, swimming and more. You can register your child for one, two, three, four or all five days of the week. Lunch will be included daily. Space is limited – register early.

Grades K-8 (2014-15 School Year)

August 31 – September 3.....6:30 A.M. – 6:00 P.M.
\$44/day

Shoreview Community Center

Monday, August 31.....**Activity #340101-01**
Tuesday, Sept. 1.....**Activity #340101-02**
Wednesday, Sept. 2.....**Activity #340101-03**
Thursday, Sept. 3.....**Activity #340101-04**

ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM



June 8 – July 30

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

General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 8, 2015.

WEEKLY THEMES

- Week 1 – Imagination Station
- Week 2 – Terrific Trains
- Week 3 – Medieval Madness
- Week 4 – Stars & Stripes
- Week 5 – Crazy Cars
- Week 6 – Beach Banaza
- Week 7 – AQ Olympics
- Week 8 – Around the World



TINY TREKKERS

Ages 3-5

June 8 – July 30..... 9:00 A.M. – 11:30 A.M.
Rate: \$78; \$71 Shoreview Resident

Monday & Wednesday

Sitzer Park **Activity # 370501-01**
McCullough Park..... **Activity # 370501-02**

Tuesday & Thursday

Sitzer Park **Activity # 370502-01**
McCullough Park..... **Activity # 370502-02**

TRAVELERS

Grades K-5 (2014-15 School year)

June 8 – July 30..... 9:00 A.M. – 11:30 A.M.
Rate: \$78; \$71 Shoreview Resident

Monday & Wednesday

Sitzer Park **Activity # 370503-01**
McCullough Park..... **Activity # 370503-02**

Tuesday & Thursday

Sitzer Park **Activity # 370504-01**
McCullough Park..... **Activity # 370504-02**



OUTDOOR GAMES

Ages 7-11 Commons Park

Mondays, June 8 – July 27..... 1:00 P.M. – 3:00 P.M.
\$48; \$43 Shoreview Resident..... **Activity # 390514-01**

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

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

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

ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 10

June 8 – July 30
\$67; \$61 Shoreview Resident **Activity # 370507-01**

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 10th grade in the fall of 2015 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program.

* Participants will be required to attend a mandatory training on Wednesday, June 3 from 5:00 – 8:00 P.M. at the Shoreview Community Center. During this time, participants will meet with a program staff to determine park placement and dates to work with playground program. Weekly LIT meetings will take place on Wednesdays at noon at the Shoreview Community Center.



T-BALL & BASEBALL LEAGUES

Grade levels based on 2014–15 school year
(Must be 4 by June 1, 2015)

Games and practices last for one hour, starting at
6:00 P.M. or 7:15 P.M.

\$62; \$52 Shoreview Resident; \$10 late fee after April 24

Mini Sluggers (CoRec T-Ball), Ages 4-5
Tues & Thurs, June 2 – July 30.....**Activity # 390101-01**

Little Sluggers (CoRec Coach Pitch), Gr K-1
Tues & Thurs, June 2 – July 30.....**Activity # 390102-01**

Sluggers (CoRec Coach Pitch), Grades 2-3
Mon & Wed, June 1 – July 29.....**Activity # 390102-02**

This program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players receive a shirt and hat. In Little Sluggers, players have a designated pitch-count each at bat. A tee is brought in to assist the batter after the pitch count is reached. Parents will be informed of team assignment and first practice details shortly after the May 19 coaches meeting.

COACHES MEETING: Tuesday, May 19, 6:00 P.M.,
Shoreview Community Center

VOLUNTEER COACHES ARE NEEDED

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

SUMMER SOCCER LEAGUES

Grade levels based on 2015–16 school year
(Must be age 4 by June 1, 2015)

Games and practices last for one hour, starting at
6:00 P.M. or 7:15 P.M.

\$62; \$52 Shoreview Resident; \$10 late fee after April 24.

Mini Mites CoRec, Ages 4-K
Mondays, June 1 – July 27.....**Activity # 390201-01**

Mites CoRec, Grades 1 and 2
Mon & Wed, June 1 – July 29.....**Activity # 390201-02**

Squirts CoRec, Grades 3 and 4
Tues & Thurs, June 2 – July 30.....**Activity # 390201-03**

Our summer soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the May 18 coaches meeting.

COACHES MEETINGS: Monday, May 18, 6:00 P.M.,
Shoreview Community Center

IMPORTANT YOUTH SPORT LEAGUE INFORMATION

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





ELEMENTARY TRACK

Grades 4th & 5th
 \$55 for 5th grade; \$50 for 4th grade
 Practice Days 3:30 P.M. – 4:30 P.M.
 Track Meets 3:30 P.M. – 5:30 P.M.

Island Lake Elementary Gym – 1st Practice April 28

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

Turtle Lake Elementary Gym – 1st Practice April 27

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

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



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
 \$40 per participant

Island Lake Elementary Gym

Mondays, April 13 – May 18 **Activity # 290407-01**

Turtle Lake Elementary Gym

Wednesdays, April 15 – May 20 **Activity # 290407-02**

Jump, catch, dribble, and kick! Children will learn about sports and develop skills. Instructors will teach kids according to skill level. Sports include soccer, floor hockey, basketball, and others.

SOCCER

Grades 1 – 3 3:30 P.M. – 4:30 P.M.
 \$40 per participant

Island Lake Elementary Gym

Mondays, April 13 – May 18 **Activity # 290401-01**

Turtle Lake Elementary Gym

Wednesdays, April 15 – May 20 **Activity # 290401-02**

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

BASEBALL

Grades 1 – 3 3:30 P.M. – 4:30 P.M.
 \$40 per participant

Island Lake Elementary Gym

Tuesdays, April 14 – May 19 **Activity # 290402-01**

Turtle Lake Elementary Gym

Thursdays, April 16 – May 21 **Activity # 290402-02**

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

MUSTANG GIRLS SPRING BASKETBALL SKILLS CAMPS

Grades K-9 (2014-15 school year)
 Island Lake Elementary

Girls, Grades K-3

Tuesdays, April 7-28 6:00 P.M. – 7:00 P.M.
 \$40 **Activity # 290907-01**

Girls, Grades 3-5

Mondays, April 6-27 6:30 P.M. – 8:00 P.M.
 \$55 **Activity # 290907-02**

Girls, Grades 6-9

Tuesdays, April 7-28 7:00 P.M. – 8:30 P.M.
 \$55 **Activity # 290907-03**

Join Mounds View High School Girls Head Basketball Coach Dave Montgomery and current Mounds View players in a four-week skill-development session. This is a great way to keep improving fundamentals in the offseason. Each session will be age-appropriate and will challenge players to improve multiple elements of their game. Focuses will be on ball-skills, shooting form and footwork.

MINI KICKERS SOCCER CAMP

Ages 3 to 8.....\$75; \$70 Shoreview Resident
Saturdays, April 11 – May 16

Ages 6 to 8

9:00 A.M. – 9:45 A.M.....Activity# 290801-01

Ages 3 to 5

10:00 A.M. – 10:30 A.M.....Activity# 290801-02

10:35 A.M. – 11:05 A.M.....Activity# 290801-03

Shoreview Community Center Gym

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



SPRING SPORTS WARMUP

Ages 4 – 7.....Commons Park*

\$44; \$39 Shoreview Resident

* Soccer will meet at the small field by Skate Park.

* TBall & Baseball will meet at field by tennis courts

Soccer Warmup

Wednesdays, April 29 – May 20.....5:30 P.M. – 6:20 P.M.

Ages 4 & 5.....Activity #290802-01

Wednesdays, April 29 – May 20.....6:30 P.M. – 7:30 P.M.

Ages 6 & 7.....Activity #290802-02

TBall Warmup

Thursdays, April 30 – May 21.....5:30 P.M. – 6:20 P.M.

Ages 4 & 5.....Activity #290804-01

Baseball Warmup

Thursdays, April 30 – May 21.....6:30 P.M. – 7:30 P.M.

Ages 6 & 7.....Activity #290803-01

Are you ready for summer sports? Come out and get a head-start on this summer, learn the basic skills of soccer and baseball through small group activities and fun games. Classes are held outside; please dress appropriately for the weather.

Any cancelled classes will be made up the week of May 25.

WEATHER LINE

Weather line (651-490-4765) is updated by 3:30 P.M. After 3:30 P.M., the decision to hold class will be made on the field by the instructor.

SPRING TENNIS LESSONS

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

PRIVATE LESSONS

Individual Private Lessons (60 minutes)
 Five lessons: \$175; \$165 Shoreview Resident
 **Activity # 290602-01**

Individual Private Lessons (90 minutes)
 Five lessons: \$255; \$245 Shoreview Resident
 **Activity # 290602-02**

Semi Private Lessons (60 minutes)
 Five lessons: \$92; \$82 Shoreview Resident
 (Each participant pays registration fee and must enroll with a partner) **Activity # 290603-01**

Semi Private Lessons (90 minutes)
 Five lessons: \$135; \$125 Shoreview Resident
 (Each participant pays registration fee and must enroll with a partner) **Activity # 290603-02**

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

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



GROUP LESSONS

Saturdays, April 25 – June 6 (no class May 23)
Make-up lessons held June 13 and 20 if necessary

Youth Group Lessons: \$62; \$52 Shoreview Resident
 Wilson Park, 815 County Road F

Pee Wees
 9:00 A.M. – 9:45 A.M. **Activity # 290606-01**

Beginners
 10:00 A.M. – 10:55 A.M. **Activity # 290607-01**

Advanced Beginners
 11:00 A.M. – 11:55 A.M. **Activity # 290608-01**

Intermediate
 12:00 P.M. – 12:55 P.M. **Activity # 290609-01**

PeeWees
 Ages 5 to 7
 Peewees are taught the basics of tennis in a fun, exciting environment. The instructor introduces tennis slowly using low compression tennis balls and integrating games progressing at individual’s pace. Balls are provided. Children should bring their own junior size racquet and a water bottle.

Beginners
 Ages 7 to 11
 For players with little or no tennis experience. Instruction focuses on grip, rules, and fundamental strokes.

Advanced Beginners
 Ages 9 to 11
 Perfect for the player who has taken lessons, but needs stroke and technique improvement. Instruction focuses on stroke consistency and introduces new strokes.

Intermediate
 Ages 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.

SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams are registered with the Minnesota Recreation and Parks Association (MRPA) and with United States Slo-Pitch Softball Association (USSSA). USSSA rules are used for all games.

Program Information

Softballs and umpires are provided for all games. Summer league game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games in combined leagues). Leagues consist of 20 doubleheader games and a season ending single elimination playoff. League fees include USSSA Sanctioning fees and sales tax.

*Leagues run in collaboration with Adren Hills Parks and Recreation. **Registration deadline is March 27.**

Softball League Descriptions

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

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

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

Managers Meeting

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

Thursday, April 9 6:00 P.M.
Shoreview Community Center

Softball League Information

League	Day	Start Date	Games	Early Bird by 3/6	after 3/6	Activity #
CoRec D	Mon	4/20	20 Games: Doubleheaders & Playoffs	\$670	\$700	# 220801-01
Men's E	Tue	4/21	20 Games: Doubleheaders & Playoffs	\$630	\$660	# 220801-02
Men's D	Wed	4/22	20 Games: Doubleheaders & Playoffs	\$630	\$660	# 220801-03
CoRec D	Thu	4/23	20 Games: Doubleheaders & Playoffs	\$670	\$700	# 220801-04

ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

January 31 – April 25

*Gym closed on Saturday, Feb. 14.

\$5 per person; pay at door

Saturdays 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more information.

ADULT DROP-IN VOLLEYBALL

Rate: Daily admission or free to members

Mon, Tues, Thurs 12:00 P.M. – 1:00 P.M.

Sunday 8:00 A.M. – 12:00 P.M.

Shoreview Community Center Gym



FREE ACTIVITIES AT THE COMMUNITY CENTER

500

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

Bridge

Thursdays at 12:30 P.M. **Activity # 500604-01**
No partners required.

Bingo

One Wednesday monthly
1:00 P.M. **Activity # 500605-01**
\$0.25 per card (no max)
February 25, March 25, April 29, May 27

Book Club

Second Wednesday of the month
1:00 P.M. **Activity # 500606-01**
March 11, April 8, May 13
See website for book list.

BINGO & BANANA SPLITS

Friday, March 13 1:00 P.M. – 2:30 P.M.
\$6; \$5 Shoreview Resident (includes treat, prizes & bingo)
..... **Activity # 200504-01**

Deadline to Register: Friday, March 6

Shoreview Community Center

Shake off the winter blues with banana splits and bingo!
Join us for a great afternoon of fun! We will have lots of prizes to give away!

SPRING TEA

Thursday, April 30 1:00 P.M.
\$14; \$12 Shoreview Resident **Activity # 200509-01**

Deadline to Register: Friday, April 24

Shoreview Community Center

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



DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday 8:30 A.M. – 11:00 A.M.
Sept. 8 – May 29 \$3 or free to members
Shoreview Community Center Gymnasium (4 courts)
4580 Victoria St. N.

Wednesdays 6:15 P.M. – 9:00 P.M.
Jan. 7 – April 29 \$3 per person
Gym closed on March 18 & April 22
Island Lake School Gym (6 courts)
3555 Victoria St. N.

Gym reserved exclusively for pickleball during these dates and times.

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

SHOREVIEW AREA PICKLEBALL CLUB

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

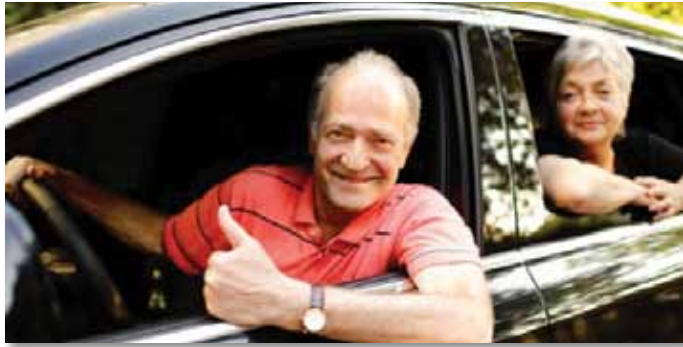
We're happy to welcome you to the fastest growing sport for adults in the Country. Pickleball is fun and easy to learn with a variety of play options available for everyone at any skill level. The choice is yours in the Shoreview Area Pickleball Club. Join our club and give it a try...you will be happy you did! When you join the SAPC, you receive exclusive benefits for your membership: dedicated court time, free training for beginners, and email updates on gatherings and club news. Membership is good for 2015 calendar year. Membership fee is used for basic expenses like balls, paddles, nets and print materials.

Bobby Theisen Park (6 dedicated pickleball courts)

*Monday – Friday 8:00 A.M. – 11:00 A.M.
*Tuesday, Thursday & Sunday 6:00 P.M. – 8:00 P.M.
*For experienced players

Commons Park (2 courts striped on tennis courts)

**Monday, Wednesday & Friday 9:00 A.M. – 11:00 A.M.
**For beginner and social players



AARP SMART DRIVER COURSE

The AARP Driver Safety Program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP trained volunteers. Registration deadline is 3 days prior to the class. AARP member cards must be presented at the time of registration to qualify for member rates. This rate includes a Shoreview administration fee.

2015 Course

8 Hour Evening Course 5:30 P.M. – 9:30 P.M.

AARP Member Rate: \$25; Non-Member Rate: \$30

Monday, February 23 and Wednesday, February 25

.....**Activity # 150204-01**

Monday, April 27 and Wednesday, April 29

.....**Activity # 250201-06**

4 Hour Day Course..... 9:00 A.M. – 1:00 P.M.

AARP Member Rate: \$23; Non-Member Rate: \$28

Tuesday, March 10**Activity # 250201-01**

Tuesday, April 14.....**Activity # 250201-03**

Tuesday, May 12**Activity # 250201-04**

4 Hour Evening Course 5:30 P.M. – 9:30 P.M.

AARP Member Rate: \$23; Non-Member Rate: \$28

Wednesday, March 25.....**Activity # 250201-02**

Wednesday, May 27.....**Activity # 250201-05**

AARP TAX AIDE

Income Tax Aide.....**Activity # 100601**
Wednesday, February 4 – April 15 9:00 A.M. – 1:00 P.M.

Property Tax Aide**Activity # 100602**
Wednesday, April 22 9:00 A.M. – 1:00 P.M.

Shoreview Community Center

AARP's Tax Aide volunteers will provide FREE tax assistance to seniors and low income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. **Bring your current tax records, last year's tax return, Social Security Card and Picture ID.** Income tax aid appointments are approximately 1 hour and property taxes are approximately 20 minutes. Please visit our website at www.shoreviewcommunitycenter.com or call 651-490-4750 to make an appointment. Appointments are necessary and will be reserved on a first come, first serve basis as space is limited.

If you are interested in volunteering as a member of the AARP Tax team contact District Coordinator, Tom Leiser at 651-483-5162. No experience necessary, and an extensive IRS approved training program is provided.



SENIORFIT

The Shoreview Community Center is dedicated to helping seniors stay active and fit. SeniorFIT group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. Any participant may register for these classes, however, these classes are only free to individuals with an annual senior membership. Please see page 35 for SeniorFIT classes.

LUNCH & MOVIE

Tuesday, February 17 12:30 P.M. – 3:30 P.M.
 \$12; \$10 Shoreview Resident..... **Activity # 100220-01**

Deadline to register: Friday, February 13

Shoreview Community Center

Come enjoy a delicious lunch while you sit back and relax and enjoy a movie. Movie title will be posted a week before the event.

UNDERSTANDING ESTATE PLANNING AND TRUSTS

Monday, February 23 6:30 P.M. – 8:30 P.M.
 \$30; \$25 Shoreview Resident..... **Activity # 100202-01**

Deadline to register: Monday, February 16

Shoreview Community Center

If you own a business, a cabin, condo or timeshare in another state; have minor children, want to avoid probate or protect assets for future generations, a trust may be a great estate planning tool for you. Several types of trusts – Revocable Living Trusts, Irrevocable Trusts and Support Trusts for children/grandchildren – will be discussed. Hear how trusts can protect assets from irresponsible family members, how to avoid probate, reduce estate taxes, or protect assets from creditors. Q&A time included. Instructor is an experienced estate planning, probate and business law attorney.



TECHNOLOGY SELF DEFENSE

Friday, February 27 9:00 A.M. – 11:00 A.M.
 \$30; \$25 Shoreview Resident..... **Activity # 100221-01**

Deadline to register: Friday, February 20

Shoreview Community Center

Join this class to learn how to protect yourself from technology threats. You will learn how to avoid scams online, defend your computer from viruses/malware, preserve your privacy, and ensure your data is backed up. We will also discuss proper password management.

HOW TO USE GENEALOGY SOFTWARE AND ANCESTRY.COM FOR YOUR FAMILY TREE.

Wednesday, March 4 6:00 P.M. – 7:30 P.M.
 \$35; \$30 Shoreview Resident..... **Activity # 100201-02**

Deadline to register: Wednesday, February 25

Shoreview Community Center

Learn how to organize your family tree information using software and the ancestry.com website. You will learn how to start your family tree and add documentation, as well as photos and stories. You will be able to print pedigrees and your family history for yourself and family members. Create a book to tell your story.

DIRTY ROTTEN SCOUNDRELS: OLD LOG THEATRE

Thursday, April 9 11:15 A.M. – 4:30 P.M.
 \$84; \$79 Shoreview Resident..... **Activity # 200305-01**

Deadline to register: Friday, March 20

Bus leaves the Community Center at 11:15 A.M.

Based on the popular film, Dirty Rotten Scoundrels centers on two competing con men living on the French Riviera. At first, the suave and experienced Lawrence Jameson takes the rookie con man, Freddy, under his wing. But soon, Freddy tries to compete directly with Lawrence. The competition comes to a peak when they agree that the first con man to extract \$50,000 from the female heiress, Christine Colgate, wins and the other must leave town forever. A hilarious series of schemes masquerades and double-crosses. **(Price includes show, lunch, coach transportation, and svcc escort)**

KEEPING THE CABIN IN THE FAMILY

Tuesday, April 7 6:30 P.M. – 8:30 P.M.
 \$30; \$25 Shoreview Resident..... **Activity # 200212-01**

Deadline to register: Tuesday, March 31

Shoreview Community Center

Keeping property in the family and avoiding problems requires a good plan and solid professional advice. Learn options and strategies for minimizing disputes and keeping a cabin or other family-owned property within the family for generations to come. Instructor is an attorney practicing in the areas of estate planning, real estate and business.

KNITTING – BEGINNING

Wednesdays, April 8 – May 136:00 P.M. – 8:00 P.M.
\$40; \$35 Shoreview Resident..... **Activity # 200202-01**

Deadline to register: Wednesday, April 1

Shoreview Community Center

Come learn the basic knitting techniques and how to read patterns. Also you will learn the correct way to hold the needles, count stitches, and pick up dropped stitches. Please bring a small scissors and zipped cloth bag in which to put your course materials. Required materials will be purchased from the instructor for \$20.00 the first night. Please, do not bring your own materials.



CROCHETING – BEGINNING

Thursdays, April 9 – May 14.....6:00 P.M. – 8:00 P.M.
\$40; \$35 Shoreview Resident..... **Activity # 200201-01**

Deadline to register: Wednesday, April 1

Shoreview Community Center

Come learn the basic crocheting techniques and how to read patterns. Also, you will learn the correct way to hold the hook and count stitches. Please bring a small scissors and a zipped cloth bag in which to put your course materials. Required materials will be purchased from the instructor for \$10.00 the first night. Please, do not bring your own materials.



MOUNT RUSHMORE: CARVING OF AN ICON

Friday, May 8.....10:00 A.M. – 11:30 A.M.
\$15; \$10 Shoreview Resident..... **Activity # 200224-01**

Deadline to register: Friday, May 1

Shoreview Community Center

Come and listen as David Jones presents on Mount Rushmore. Today, more than two million people each year visit Mount Rushmore in the Black Hills of South Dakota. Fourteen years, four hundred workers, 450,000 tons of rock, nearly one million dollars. Those are the statistics behind the carving of Mount Rushmore. The story is even more interesting. Following the discussion there will be a social and refreshments.

Jobs that Fit Your Lifestyle!

Part-time ♦ Flexible Hours ♦ Fun People



Adventure Quest Playground Coordinator: Oversee summer program including program development, staff supervision and communication with parents. Background in recreation and supervisor experience preferred. 8am-4:30pm. June-Aug. \$10.50-12.50/hr. Must commit for entire summer.

Adventure Quest Playground Instructors: Lead pre-school & elementary age children in Summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June-Aug. Daytime hrs. \$8.50-10/hr. Must commit for entire summer.

Child Care Attendants: Provide care for children ages 6 months to 12 years in our drop-off childcare center at the Shoreview Community Center. Experience working with pre-schoolers pref. M-F: 8am-12:30pm & Evening hrs 4-9pm. Sat: 8am-12:30pm. Currently looking to fill evening hours & Saturday morning. \$8-9/hr.

Fitness Instructors: All formats including cardio-kick, cycling, Tai Chi, kettle bells, ballet fitness, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification required. Morning, afternoon, evening and weekend hours available. \$15-21/hr.

Guest Service/Memberships: Introduce potential members to facility, features and membership benefits; retain members through follow-up calls and direct mail; provide rental information; operate in lead capacity at our Service Desk; troubleshoot guest issues and concerns; operate cash register and computer. \$9.50-11/hr.

Gymnastics Instructors: Teach beginning to intermediate level classes. Previous teaching, gymnastics experience and knowledge are preferred \$8.50-10/hr. Saturday hours available.

Lifeguards: Lifeguard in a tropical paradise at our beautiful indoor pool. No experience required. Training is provided for Ellis Certification. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon, weekend and evening hours. \$8.50-10/hr. School year M-F daytime (5am-4pm) \$10/hr.

Personal Trainers: Our emphasis is on helping people meet their fitness goals. Generate client base and providing one-on-one personalized fitness consultation, education, & motivation to fitness participants. Design safe, effective workouts & work on general health, sports specific conditioning, and general rehab. Nat'l training cert or exercise science/health degree desired. \$18-22/hr.

Seasonal Maintenance Workers: Parks, Streets and Utilities are hiring full-time summer help to perform general labor such as landscape and grounds care, street maintenance and repairs, water/sewer mtce. Must have HS diploma or GED, be 18+ yrs of age, lift/move 50-100 lbs. \$10.50-12.50/hr.

Service Desk: Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions when needed. \$8.50-9.50/hr.

Summer Discovery Coordinator: Oversee summer child care program. Duties include program development, staff supervision, communication with parents. Previous child-care or youth instruction experience required. Background in elementary education and supervisory experience preferred. Weekdays, M-F Hours vary between 6:00 am-6:30 pm. May-Aug. \$12.50-14.50/hr. Must commit for entire summer.

Summer Discovery Instructors: Supervise and care for children grades K-6 in full-day childcare. Plan and implement program activities ranging from arts & crafts to sports instruction. and field trips. Weekdays, M-F. Hours vary between 6:15am-6:15pm. Mid-May-Aug. \$8.75-11/hr. Must commit for entire summer.

Sports Instructors: Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:15-5:40pm. 5 hrs/wk. April-May. \$10-12.50/hr.

Swimming Instructors (we will train): Instructors needed for morning and early evening lessons at the Community Center pool. Mon-Sun. \$8.50-12/hr.

Tennis Instructors: Instruct youth and adults in beginning thru advanced tennis classes. Previous teaching experience along with playing experience required. Weekday mornings and evenings, April-August. \$13-15/hr. DOQ

Youth Soccer Officials: Officiate soccer league games for children. Knowledge of soccer rules, previous officiating experience desired, soccer playing experience preferred, good interpersonal skills. Must be age 16 or older. June-July weekday evenings; Sat mornings. \$15-25/game.

Wave Cafe: Attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Daytime (school yr) \$8.50-9.50/hr. Eves/weekends/summer \$8-9/hr.



Apply at: www.shoreviewmn.gov
Shoreview Parks & Recreation
4580 North Victoria Street, Shoreview MN
651-490-4750. Equal Opportunity Employer



FREE
Community Center
Membership!

MEALS ON WHEELS

The Meals On Wheels program is available to eligible seniors and certified, disabled individuals (regardless of age) who are residents of Mounds View School District 621. Hot, nutritious noon meals are delivered by volunteers Monday through Friday, except on holidays. For more information, call 651.621.7431.

FOOD SHELF DONATIONS

The Community Center is a year-round drop-off site for the Ralph Reeder Food Shelf. When you pack your gym bag, include a non-perishable food item to contribute to the food shelf. Look for the green bins. Thank you!

NORTHEAST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651.486.3808.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651.379.3451 to arrange for chore service.

ATHLETIC ASSOCIATIONS

Irondale Baseball League
www.iblbaseball.com

Irondale Girls Fastpitch Association
www.knightsfastpitch.org

Irondale Youth Hockey Association
www.iyhaleague.org

Iron Mustang Wrestling
www.ironwrestling.com

Mounds View Basketball Association
www.moundsviewbasketball.com

Mounds View Area Youth Lacrosse Association
www.mvaylax.org

Mounds View Softball Association
www.moundsview.softballsystems.com

Mounds View Youth Hockey Association
www.moundsview.pucksystems2.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

North Suburban Aquatic Club
www.nsmakos.org

North Suburban Soccer Association
www.nssasoccer.org

Roseville Area Youth Hockey
www.rosevillehockey.org

Shoreview Area Youth Baseball
www.sayb.com

Shoreview Recreation Areas



Web Page: www.shoreviewmn.gov

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts (lit courts)	Volleyball
Bobby Theisen Park 3575 Vivian Ave.	15		1					6						1		3	
Bucher Park 5900 Mackubin Street	25	2	1											1		2	
Lake Judy Park 900 Tiller Lane	5		1/2														
McCullough Park 955 County Rd I	75	2	1						With grill					1		2	
Ponds Park 190 Sherwood Road	1								Table only								
Rice Creek Fields 5880 Rice Creek Parkway	10	4															
Shamrock Park 5623 Snelling Ave.	23	2	1					2	With grill					1		2	
Shoreview Commons and Community Center 4580 North Victoria	40	2	1					2	With grill					1		2	
Sitzer Park 4344 Hodgson Road	8	2	1						With grill							2	
Wilson Park 815 County Road F	13	2	1						Tables Only With grill							2	

SWEETROLL SKATE PARK

The SweetRoll is a tier-one skating facility, located on the north side of the Shoreview Community Center, 4580 Victoria Street North, adjacent to the paved trail that runs under Highway 96. This allows access to the SweetRoll via the City of Shoreview's 41 miles of paved trails. The attractions include a wedge, a spine, a fun box, a quarter pipe, grind rails, and a mini ramp. The Skate Park will be open for inline skaters and skateboarders during the times listed below.

Park Hours Hours subject to change.

Monday–Friday

3:30 – 8:00 P.M. School Year
9:00 A.M. – 8:30 P.M. Summer

Saturday

9:00 A.M. – 7:30 P.M. School Year
9:00 A.M. – 8:30 P.M. Summer

Sunday

9:00 A.M. – 5:30 P.M. School Year & Summer

The following are operated by Ramsey County Parks. 651-748-2500 www.co.Ramsey.mn.us	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
Island Lake County Park 3611 Victoria Street	167											
Lake Owasso County Park 370 N. Owasso Blvd.	9											
Shoreview Ice Arena 877 Highway 96 (Hockey only)												
Snail Lake Regional Park 580 Snail Lake Blvd.	400											
Turtle Lake County Park 4979 Hodgson Road	9											

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

Spring Registration Schedule Shoreview Resident Priority

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

Begins Monday, March 2 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, March 4 at 8 A.M.

General Registration

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

Begins Friday, March 6 at 8 A.M.

How to Register:

1. On-line at www.shoreviewcommunitycenter.com
2. Mail in to: Shoreview Parks and Recreation
4580 Victoria St N
Shoreview, MN 55126
3. Fax to 651.490.4797 (credit card payment only)
4. Drop-off at our office, Community Center Service Desk, or City Hall drop box
5. In-person during normal business hours: M-F, 8 A.M. – 4:30 P.M.

Registering on-line is easy!

1. Go to www.shoreviewcommunitycenter.com and click "Member Login".
2. Login with your user name and password
 - If you have never used our system before, you may create an account on-line
 - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651.490.4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "add to cart" button and "enroll now" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
6. Continue shopping or proceed to check out.

Register Early!

Space is limited in most activities.

Registration Information

Registrations processed online are given immediate priority followed by in-person registration. Registrations received via mail, fax, or drop-off are processed as time permits.

1. Drop-off points include:
 - a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - b. The Shoreview Community Center Service Desk,
 - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
9. Financial aid for qualifying residents with financial limitations is available.
10. Voice/TDD: 651.490.4750.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.



Program Registration Form

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



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

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

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

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$

Are you a Community Center Annual member? Yes No Total Amount Enclosed \$ _____

YOUTH SPORTS LEAGUES *(Please fill out completely)*

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

School child attends: _____

Grade (2015-2016 school year): _____

Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

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

Coach Name: _____

PAYMENT TYPE If paying by credit card, please circle type.

Cash Check # _____ Credit Card

Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

Signature _____

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

Special Needs/ Allergies/ Etc: _____

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

Signature: _____ Date: _____

Your signature indicates you have read the registration information and understand all information relevant to your program choice.

SUMMER PREVIEW

2015

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

ADVENTURE QUEST ACADEMY
June 8 - July 30
 We will trek through the Summer exploring our parks through sports, crafts, games, and other special events.
Adventure Quest Carnival Come one, come all, join us for a carnival! We host this annual carnival for all to enjoy!



SHOREVIEW FARMERS' MARKET
Tuesdays
June 16- September 22.....3:00 - 7:00 P.M.
September 29 - October 20.....3:00 - 6:00 P.M.
 Now accepting vendor applications!
 To receive an application for our Summer market contact Stephanie at 651.490.4734, sschutta@shoreviewmn.gov or download an application at www.shoreviewmn.gov.



SPECIAL EVENTS
Wet and Wild Waterslide Join us on select Friday afternoons at Commons Park and slip down our giant waterslide!
Friday Fundays & Field Trips Adventure out with us this Summer on Fridays for field trips and theme days as we visit hot spots of the Twin Cities.
Puppet Wagon The puppet wagon will be performing at various parks throughout the Summer. Look for more information in the Summer Shoreviews.

CONCERT IN THE COMMONS
June 17 - August 19.....7:00 P.M.
 Come join us Wednesday nights as we celebrate with a Summer full of music for the whole family! Bring your blanket and a picnic dinner and make it a tradition.



FRIDAY NIGHT FLIX
August 7, 21 & September 4.....Dusk
 Join us Friday evenings at dusk at the Haffeman Pavilion for family friendly movies! Bring your blankets and popcorn!

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





City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

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POSTAL CUSTOMER

LOCAL

SHOREVIEW COMMUNITY CENTER



Invite any licensed caterer of your choice | Choose from two elegant banquet spaces
Perfect for wedding receptions, ceremonies, dinners and dances | Audio/visual equipment included
Seating up to 300 guests | Enjoy the beautiful Fireside Lounge adjacent to the Shoreview Room
Pavilion for outdoor ceremonies | Seating for 125 at outdoor picnic tables | Bring charcoal to use in our grills



4580 VICTORIA STREET NORTH, SHOREVIEW, MN 55126
WWW.SHOREVIEWCOMMUNITYCENTER.COM ☎ (651) 490-4790