

SHOREVIEWS

2015 Summer Recreation Catalog

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Shoreview
summer fun
is just around
the corner



City Hall	651.490.4600
Community Center	651.490.4700
Parks and Recreation	651.490.4750
Building Permits	651.490.4690
Code Enforcement	651.490.4687
Forestry	651.490.4650
Human Resources	651.490.4619
Planning and Zoning	651.490.4680
Recycling	651.490.4650
Sewer & Water 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
 tquig@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.

SHOREVIEW SUMMER FUN!

17th Annual Farmers' Market 2015

Tuesdays

June 16 – September 22 3-7 P.M.
 September 29 – October 20 3-6 P.M.
 Shoreview Community Center
 Lower Level Parking Lot & Pavilion

The weekly Shoreview Farmers' Market brings the community together throughout the summer. Enjoy fresh local produce, handcrafted artisan items, vibrant flowers and special events!



2015 Concert in the Commons

Wednesdays @ 7 P.M.

- June 17 The Backyard Band (*free ice cream!*)Variety
- June 24 Tim Patrick and Blue Eyes BandJazz
- July 1 SoulmatesBlues
- July 8 Forty Shades of Green & Rince Na ChroiIrish/Irish Dancers
- July 15 Jim TonesOldies
- July 22 Shoreview Northern Lights BandCommunity Band
- July 29 Church of CashJohnny Cash Tribute
- August 5 The Sound ExchangeA Capella
- August 12 The Castaways1950 to Today
- August 19 Jana AndersonVariety



Slice of Shoreview Days 2015

July 24, 25 & 26 See page 13
 Join in the three-day family event celebrating everything Shoreview! sliceofshoreview.com

15th Annual Tour de Trails

Sunday, July 26

The leisurely Tour de Trails bike ride celebrates Shoreview as a bicycle-friendly community. It's a great way for family and friends to experience our City's exceptional bicycle paths. The event cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. Visit www.shoreviewmn.gov for more information and to register online.



On the Cover: Children soaking up some sunshine and enjoying the playground at Shoreview Commons as a fun part of Shoreview Parks and Recreation's Summer Discovery program.

Summer in the City of Shoreview: Enjoy the Free Concerts

The 9th year of the Concert in the Commons Summer Music Series will kick off on Wednesday, June 17th with the popular **Backyard Band** performing a variety of top hits, including songs by Billy Joel, Bruce Springsteen, Journey and the Beatles. Bring the whole family for free ice cream served by the Shoreview Community Foundation at this event.

This year's ten-week concert series will feature seven different musical genres, ranging from Jazz to the Blues to a cappella and Irish Folk Music. There are four returning groups this year, including the **Backyard Band**; the **JimTones** (July 15) and **40 Shades of Green** with the **Rince Na Chroi Irish Dancers** (July 8). The **Shoreview Northern Lights Variety Band** will make their annual appearance at the Concert Series on July 22.

Our first tribute band, the **Church of Cash**, will sing the songs of the "Man in Black" on July 29th, and a fantastic a cappella group, **The Sound Exchange**, will bring their dazzling harmonies to Shoreview on August 5th. Another concert will feature **The Castaways**, who had a major hit with the song "Liar, Liar," performing on August 12th. **Jana Anderson**, a



Minnesota singer who has performed with many superstars including Fleetwood Mac, Don Henley and Stevie Nicks, brings her outstanding vocals in several musical genres to the final concert of the 2015 season on August 19th.

All of the concerts in this year's Summer Music Series begin at 7:00 P.M. at the Haffeman Pavilion at the Shoreview Community Center. Everyone is invited to bring lawn chairs or blankets and their favorite beverages and snacks, every Wednesday evening from June 17 through August 19 to experience music on beautiful summer evenings.

Mayor Sandy Martin commented, "These free concerts are a tremendous opportunity for families, neighbors and friends to get together and enjoy some of the best musical entertainment that the Twin Cities has to offer."



This spring and summer, Mayor Sandy Martin will be changing her weekly "Talk with the Mayor" office hours to a health-conscious "Walk and Talk with the Mayor." Almost every Tuesday beginning May 5th through August 25th, Mayor Martin will be leading a walk beginning at 3:30 P.M., exploring our scenic parks and trails throughout Shoreview.

Everyone is invited to come meet Mayor Martin and Rafa, her friendly two year old Australian Labradoodle, and enjoy some of the best that Shoreview has to offer this spring and summer. The first week of the "Walk and Talk with the Mayor" will begin at the Shoreview

Community Center on Tuesday, May 3rd in the upper parking lot. Future walks will begin at other venues throughout Shoreview and will be announced on the City's website and on Facebook.

In the event of rain, the Mayor will hold her regular office hours at City Hall from 3 P.M. to 5 P.M. If you have other questions or concerns, she is also available by phone at 651.490.4618.



Spring and Summer Construction Updates

Here are some anticipated projects that may impact traffic patterns in Shoreview over the next several months.

Lexington Avenue Reconstruction from I-694 to County Road F

Ramsey County is working with the cities of Shoreview and Arden Hills to reconstruct Lexington Avenue from north of County Road F to I-694. Improvements would include the replacement of the signal at County Road F, adding dedicated right and left turn lanes on County F, adding dual left turn lanes on north and south bound Lexington, and adding right turn lanes to the ramps to both east and west bound I-694. A multi-use trail will also be added on the west side of Lexington Avenue between County Road F and I-694.

Highway 96 Interchange at I-35W

Ramsey County, in cooperation with MnDOT and the cities of Arden Hills and New Brighton, is leading the design for reconstruction of the Highway 96 interchange at I-35W. Construction will begin in Spring 2015 and is expected to be complete in Fall 2015.

Pedestrian Bridge Replacement

Ramsey County is planning to replace the Rice Creek pedestrian bridge that is located on the east side of Lexington Avenue just south of County Road J. Replacement of the bridge is expected to start in the spring/summer of 2015.



Resurfacing

This summer, the County plans to resurface County Road I from Lexington Avenue to Hodgson Road and Lexington Avenue from County Highway 96 to County Road I. The County does not plan to do any work in the intersections, so they will not be affected. The resurfacing will consist of milling off the surface of the existing pavement and installing a new asphalt surface.

Projects are expected to begin construction in the spring/summer of 2015. Information on the projects as well as drawings showing the proposed improvements are located on the Ramsey County website: <http://www.co.ramsey.mn.us/pw/index.html>



Rice Creek Commons

Ramsey County purchased the Twin Cities Army Ammunition Plant site in April 2013, located at the intersection of I-35W and Highway 10 in Arden Hills. According to officials, the goal is to create a mixed use development that includes housing, commercial, retail, light manufacturing and recreational uses.

A new website was recently launched that offers the most recent news, project timelines and updates on the project. Anyone interested in learning more about this project can visit www.ricecreekcommons.com.

Young Artists Create “One Community of Many Colors”

Shoreview Human Rights Commission Hosts Annual Fourth Grade Poster Contest

The Shoreview Human Rights Commission (HRC) has once again sponsored its annual art poster contest, “One Community of Many Colors,” for fourth grade students in Shoreview. In its 22nd year, the contest commemorates Martin Luther King Jr. Day. The Commission received over 320 entries from the following schools: Island Lake, Turtle Lake, St. Odilia and Emmet D. Williams. Students were asked to create posters that include people of different races and cultures interacting positively with each other – for example, cooperating, sharing, playing, helping, working or solving problems together.

The posters were judged by the HRC on their expression of the theme, the clarity of the message, the quality of the art, its attractiveness, usage of the whole sheet of paper and the correct spelling of any text. The City Council recognized winners at their March 2nd meeting.

Posters were on display during February at the Community Center. Winners are also invited to participate in the Slice of Shoreview parade alongside the HRC members in July.

Honorable Mention winners are: Navya Ramesh, Trystan Bidania, Kya Yang, Emily Fatkhiyev, Addison Knoll, Joy Ren, Nya Aadland, Jade Wierzchowski, Cecilia Savard and Jonas Ojanen.

- First Place** **Harini Avula**
- Second Place** **Bella Tran**
- Third Place** **Claire Li**
- Fourth Place** **Aurora Wang**
- Fifth Place** **Samantha Gillis**
- Sixth Place** **Seoyun Chang**
- Seventh Place** **Emily Zhao**
- Eighth Place** **Claire O’Quinn**
- Ninth Place** **Aubree Klein**
- Tenth Place** **Anuva Borgaonkar**



First Place: Harini Avula



Second Place:
Bella Tran



Third Place:
Claire Li

2015 Caring Youth Award

The Shoreview Human Rights Commission is now accepting Caring Youth Award nominations for outstanding young volunteers in our community.

Deadline: May 20, 2015. Visit www.shoreviewmn.gov for more details.



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



Thinking About Home Improvements?

Whatever your home improvement and housing needs may be, call the *HousingResource Center*™ — North Metro to learn more!

651-486-7401

The *HousingResource Center*™ Specializes in:

HOME IMPROVEMENT FINANCING TOOLS:

MHFA FIX UP FUND

Before you begin your home improvement project, call to learn about the MHFA Fix Up Fund loan! You may be eligible for up to \$35,000! Most home improvements qualify, except for luxury items (such as swimming pools). The maximum income amount is \$96,500.

SHOREVIEW HOME IMPROVEMENT LOAN PROGRAM

The City of Shoreview is offering loans to residents to encourage home improvement and increase the home values within the City of Shoreview. You may be eligible for up to \$20,000 to use toward energy efficiency and/or improvements that may improve the livability of the home, function of the operating systems, and overall appearance of the structure and property. The total gross annual household income cannot exceed 120% of the Shoreview median household income and the current value of the house cannot exceed \$314,640.

RAMSEY COUNTY DEFERRED LOAN

This zero interest loan is for owner-occupied, single family properties. Maximum loan is \$15,000 for home improvements. Eligible properties must be at least 15 years old and meet the estimated market value limit. Condominium and townhomes are eligible for interior repairs only. There are two tiers for income. Tier-One is Low Income Households, with a gross annual income at or below 50% of the area median income. Tier-Two is Medium Income for households with a gross annual income between 50% and 80% of the area median income. Finance terms depend on Tier.

Call 651-486-7401 for more details on these loans or other home improvement financing tools offered through the *HousingResource Center*, including the MHFA Rehabilitation Loan and the Rental Property Loan.

FREE CONSTRUCTION CONSULTATIONS

Free Construction consultations are available to residents in participating communities, and include:

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

HOUSING INFORMATION

In addition, the *HousingResource Center* provides 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.

***HousingResource Center*™ — North Metro**
1170 Lepak Court
Shoreview, MN 55126
651-486-7401
www.housingresourcecenter.org

Minimize Erosion and Protect Our Waters

Shoreview is characterized by the number of lakes and wetlands located throughout the City. These water features provide a wide range of benefits to residents' quality of life. In order to help maintain the quality of these water bodies for current and future residents, it is important to use sound practices to minimize erosion and protect our waters.

Erosion occurs when bare ground is exposed to wind and water. Erosion transports soil from properties to our wetlands, streams and lakes, which can degrade water quality and change habitats. Using the following practices to limit erosion at your home will help maintain the quality of surface water and reduce the cost of maintaining the City's storm water system.

- Keep soil and debris off of sidewalks and streets. Rain can quickly wash the sediment to catch basins and surface waters from these hard surfaces.
- The grassy boulevard area (10 to 15 feet from the street) acts to filter sediment from runoff. If that area is disturbed, act promptly to re-sod the area or use a fiber blanket to prevent erosion.
- Any project that disturbs ground cover should include erosion control measures. This can be as simple as securing a tarp over small piles of soil. Larger disturbed areas require different types of control protection.



- Keep leaves and grass clippings away from streets, driveways, sidewalks and other paved areas. Grass clippings contain phosphorus, the nutrient that turns lakes green with algae.

If you have questions or would like more information, please visit our website at www.shoreviewmn.gov/erosioncontrol or call our Natural Resources Specialist at 651.490.4665.

Do you have an unsealed, unused well on your property? Unsealed wells can cause contamination of the groundwater supply, from which we all drink. If you're a Shoreview resident with an unsealed, unused well on your property, money is currently available from the Ramsey Conservation District to help seal it. Call 651.266.7270 or email ann.whiteeagle@co.ramsey.mn.us for more info.

Ramsey County Yard Waste Sites Begin Regular Season Hours



Spring has sprung! Ramsey County Yard Waste Sites begin operating with regular seasonal hours on March 30 (weather permitting). Leaves, grass clippings, trees and other types of yard waste are banned from the trash, so bring these items to one of seven Ramsey County yard waste sites for recycling. More information on yard waste sites at http://www.co.ramsey.mn.us/ph/rt/collection_sites.htm

- Must be a Ramsey County resident
- Photo ID is required
- Leaves, grass, garden plants, trees and shrubs are accepted
- Bags of yard waste must be emptied on-site and bags taken home

Compost locations:

Arden Hills:
3530 Hudson Avenue

White Bear Township:
5900 Sherwood Road

Spring Spruce Up

Spring is a great time to start thinking about starting a home improvement project. Depending on the type of project, a permit from the City may be required. Many residents are not aware that most home improvement projects are required to have a permit, including new fences, sheds, driveway replacements, as well as any window, door and roof replacement project.

Residents may sometimes overlook the benefits of obtaining a permit and appropriate inspections. However, permits serve as a permanent record that work was done in accordance with building codes, giving reasonable assurance that the home or structure is safe from hazards and health risks.

Permit applications are available on the City website at www.shoreviewmn.gov or at City Hall. City staff is available to help answer questions regarding permits. Staff from the Housing Resource Center can also provide construction consultations for your project – a free service for residents. Please call the Center at 651.486.4701 or refer to their website at www.housingresourcecenter.org.

For more information, contact the Community Development Department at 651.490.4680 or visit www.shoreviewmn.gov.

Keep Shoreview Beautiful

By Maintaining Your Property This Spring

Our City is known for its quality residential neighborhoods primarily because of our community standards for property maintenance. To help preserve this quality, the City has adopted property maintenance codes designed to establish residential standards for appearance and upkeep:

Grass and Weeds: Please keep grass and weeds shorter than nine inches in grass plots, lawn areas and boulevards. Non-wooded vegetation on vacant properties cannot exceed 18 inches in growth height.

Vehicles and Equipment: Two recreational vehicles and/or trailers may be stored outside on a residential property area as follows:

- Rear yard – at least 10 ft. from rear property line
- Side yard – at least 5 ft. from property line, unless otherwise approved by the City
- Front yard – only on an approved driveway surface, and at least 5 ft. from a side property line

Please park currently licensed automobiles in a garage or outside on an asphalt, concrete or approved surface. Vehicles must be owned or leased by the occupant of the premises where parked and stored.

Please call the Community Development Department at 651.490.4680 or email communitydevelopment@shoreviewmn.gov if you have any questions about the property maintenance standards. You can also find more information at www.shoreviewmn.gov.

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.

Energy Conservation Deferred Loan

Put an end to drafty houses and big energy bills with the Energy Conservation Deferred Loan. Receive up to \$6,500 in forgivable financing for the energy improvements you need today, including new furnaces, boilers, and insulation. Eligible upgrades will be identified in a home energy audit. Make zero payments, pay zero interest, and owe nothing when you own your home for ten additional years. To qualify, your house must be built before 1994 and have a value of less than \$251,750. Your household income, excluding the value of your home, autos, and retirement fund must be under \$50,000.

More information, including income limits and other restrictions can be found here: <http://thenec.org/financing/ramsey-county>



You can contact LeAnne at the NEC at 651.789.5706 or leanek@thenec.org. Information is also available at TheNEC.org.

This program is brought to you by Ramsey County in partnership with the Neighborhood Energy Connection, a 29-year nonprofit organization that provides energy conservation information, services and programs to residents and communities across Minnesota.



It's Garage Sale Season: Here's What You Need to Know

- Residential properties can have 2 garage sales in a year
- Cannot exceed 4 consecutive days
- Signs must not obstruct visibility for pedestrians or vehicular traffic
- One promotional sign can be displayed on the property where the sale is being held from 7 A.M. – 8 P.M. on the day(s) of the event
- Signs must comply with the City's sign regulations
 - Size limits
 - Location limits
 - Height location limits
- No more than 2 directional signs permitted off premises

Are You Looking to Rent Your Home?

The City of Shoreview has established a licensing program requiring property owners who own rental housing to obtain a license. This program applies to single-family attached/detached homes, townhomes, mobile homes and multi-family dwelling units that are being used as rental properties. Licensing enables the community to ensure that these units and properties are maintained and used in accordance with the City's standards. This program supports the City's goal of preserving stable neighborhoods and property values.

Licenses are issued annually and required to be renewed each year if the property continues to be used as a rental housing unit. To obtain or renew a license, please call Brent Marshall, the Housing and Code Enforcement Officer at 651.490.4687 or visit our website at www.shoreviewmn.gov. From the Departments drop-down menu, select Community Development, then Housing, and then Rental Housing.



Help Prevent the Spread of Oak Wilt

Many of Shoreview's neighborhoods are characterized by beautiful, mature oak trees. These trees provide many natural amenities that help keep our community attractive. To help preserve the beauty and natural features of our community, it is important to be aware of and maintain the health of our trees. Oak wilt is a disease caused by a specific fungus that can spread through pruning or other types of wounds to the tree. The most efficient and cost-effective means of controlling oak wilt is through prevention.

Oak trees are most susceptible to this fungus during the spring and summer months. To prevent the introduction of oak wilt, avoid pruning trees during this time. The best time to prune oak trees is during the fall and winter months. If you have to prune or do other work around oak trees during these months, be sure to take precautions such as using a pruning paint or sealant. If you suspect oak wilt this summer or have other questions, please contact the City at 651.490.4665.

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: Monday, Wednesday, Friday and Saturday at 12:30 P.M. and 7 P.M.
Tuesday, Thursday and Sunday at 12:30 A.M., 8 A.M. and 3 P.M.

Shoreview Planning Commission Meetings

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

Replays: Monday, Wednesday, Friday and Saturday at 12:30 A.M. and 8 A.M.
Tuesday, Thursday and Sunday at 7 P.M.



WaterFest 2015 is a free family festival celebrating our clean lakes and offers an opportunity for hands-on learning about the water quality, wildlife, and special ecological features of our beautiful watershed.

Saturday, May 30, 2015
11 A.M. – 4 P.M. (rain or shine)
Phalen Lake Park, St. Paul
North of Phalen Dr. & Wheelock Pkwy

Join a fun-filled day of free activities featuring food, exhibits, activities, a parade and more. For more details, visit www.rwmwd.org and click on **Waterfest**.



Saturday, June 6, 9 A.M. - 3 P.M.
Free and open to all (rain or shine)
1201 Larpenteur Ave. W., Roseville

The Landscape Revival – Native Plant Expo and Market offers gardeners one convenient location to shop for Minnesota native plants from 12 local native growers and learn how to use the plants from eight conservation organizations. Accessory products such as organic compost, rain barrels and native plant seed will also be for sale. The goal of Landscape Revival is to promote the use of native plants by educating about their benefits for wildlife habitat, pollinators and water quality. The event is sponsored by Saint Paul Audubon Society, Wild Ones and Blue Thumb.

Put Your Food Scraps to Work *Make Less Trash, Save More Cash*



Cut back on your trash and save some cash this spring! A recent study shows a third or more of what's in a Minnesotan's trash are things that could be composted. You don't need a backyard compost bin to compost that stuff – or even need a backyard. Ramsey County residents can drop off food scraps, non-recyclable paper and other items considered “organics” – food waste and non-recyclable paper – at Ramsey County's Yard Waste Sites (except for Arden Hills) and they'll make sure the items get turned into dirt.

To get started, pick up a free compostable bag at Shoreview City Hall or the Ramsey County compost site. Simply put your organics in the bag, drop it off for free at the compost site, and pick up another free bag.

You may be pleasantly surprised by all the things considered “organics” – for instance:

- Food scraps: banana peels, apple cores, stale bread, coffee grounds, egg shells, bones – even dairy products and meat
- Pizza boxes
- Non-recyclable paper: napkins, cotton balls, Q-tips, tissues, boxes for frozen foods, coffee filters and egg cartons

A complete list and more details are available on Ramsey County's website, RamseyAtoZ.com, or call the Recycling & Disposal Hotline at 651.633.EASY(3279), answered 24/7. Search “organics recycling” from the website, or contact the Ramsey County master gardeners at 651.704.2071 (leave a message and a master gardener will return your call).

Once you start composting, you should see empty space in your garbage cart – which means you can switch to a smaller cart and save some cash!

Remember, this service is only available to Ramsey County residents. No organic waste can be accepted from businesses.

Green Community Awards

The City of Shoreview is recognizing residents and businesses that are helping improve water quality, becoming more energy efficient and taking other steps to reduce their environmental impact.

Applications for the annual Shoreview Green Community Awards are available now at Shoreview City Hall, 4600 Victoria Ave. N or on the City's website www.shoreviewmn.gov. The application deadline is June 1, 2015.

The awards recognize residents and businesses using best management practices for improving water quality in local lakes, streams and wetlands; improving energy efficiency or using renewable forms of energy such as solar panels; and/or using other environmentally preferred practices. The awards are sponsored by Shoreview's Environmental Quality Committee (EQC).

“Many of our neighbors are taking steps to protect our natural resources. All those steps add up and have a significant impact on our quality of life in Shoreview,” according to EQC Chair Tim Pratt. Past winners have noticed impacts such as lower home utility bills, increased visits to yards from song birds and butterflies, and improved water quality in nearby lakes and ponds.

The program is intended to be educational, rather than competitive, and applicants are asked to share one tip that others could use to achieve similar results.

Winners receive a small lawn stake they can proudly display, and they will be recognized at the Slice of Shoreview and at a City Council meeting.

For more information, call 651.490.4665 or visit www.shoreviewmn.gov.



City Again Offers Option to Protect Ash Trees from EAB

In response to Shoreview’s Emerald Ash Borer infestation, the City will once again offer a program to effectively combat the problem: Residents can choose to have their ash trees injected with a preventative insecticide, at a reduced cost.

Through research, this tree injection method has been shown as the most successful option to protect ash trees, with treatments needed only once every two to three years. The City’s approved Emerald Ash Borer Management Plan also prefers this trunk injection treatment method over others because all chemicals stay in the tree, with no potential to pollute groundwater or runoff into our lakes, wetlands, and the storm water system.

Small holes are drilled into the trunk of the tree and the insecticide is injected with a needle, much like an IV to the tree’s system. The insecticide then spreads throughout the canopy of the tree and wards off Emerald Ash Borers from feeding in treated trees.

If you are interested in protecting your ash trees using this method, please call Neva Widner, Natural Resources



Specialist at 651.490.4665 for an inspection and quote on this service. Residents choosing to use the City’s tree injection program must sign a contract and waiver allowing City staff to perform treatments within the boulevard or private property.

Please note that ash trees are one of the last species to leaf out, so inspections and treatment will not take place until canopies are full – usually in late May or early June.

Water Quality Report



As required by the federal Safe Drinking Water Act, the City of Shoreview is issuing the results of monitoring done on its drinking water for the period from Jan. 1 to Dec. 31, 2014. The purpose of this report is to advance consumers’ understanding of drinking water and heighten awareness of the need to protect precious water resources.

We are proud to report that no contaminants were detected at levels that violated state and federal drinking water standards.

Visit www.shoreviewmn.gov/departments/public-works/utilities/utility-billing/water-services online to view the city’s annual water quality report, which includes information on the monitoring done on Shoreview drinking water in 2014. Please review the report, and if you have questions, contact Dan Curley, Public Works Superintendent, at 651.490.4672 or send an email to dcurley@shoreviewmn.gov.

Please Conserve Water: Remember Your Lawn Watering Dates

Please conserve water when sprinkling your lawn this summer, and remember that water use restrictions will be in effect from May 15 to September 15. Residents with even-numbered houses (last digit of house address) can water lawns on even-numbered calendar days, and odd-numbered houses on odd-numbered calendar days. Exceptions to these limitations include: private wells, car washing, filling a children’s pool, children playing in a hose-operated sprinkler or water toy, and hand-held watering of plants and shrubs. Residents with newly-sodded or seeded yards may obtain a two-week exemption by calling the Public Works Department at 651.490.4650.

Penalties for watering violations:

1st Penalty.....	Warning
2nd Penalty	\$25
3rd Penalty.....	\$50
4th Penalty.....	Referred to the City Attorney for prosecution



Slice of Shoreview Days: Light Our Fire, July 24th-26th

Come and join the Slice of Shoreview Days in “Lighting our Fire” July 24-26, when Island Lake County Park becomes a small town for a weekend. Slice of Shoreview Days is an annual festival celebrating Shoreview’s vibrant community and incorporates a wide variety of family events and activities. The “Slice,” as it has come to be known, offers something for all ages: Car show, parade, art fair, carnival, petting zoo, food, great music and amazing fireworks! It’s a tradition that is a highlight of the summer! Don’t miss it! For more information, please visit www.sliceofshoreview.com.

Popular Favorites Returning:

- Fireworks on Friday and Saturday night
- Dock Dogs
- Carnival
- Petting Zoo and Pony Rides
- Sunday morning church service
- Car and Motorcycle Show

Musical Entertainment will showcase:

- Kevin Hall – The Magic Maniac
- Rockin’ Hollywoods
- Rock It Science with the Ladies of the 80’s
- The Good, The Bad, and The Funky
- Holy Rocka Rollaz

Looking for ways to get involved in the Slice of Shoreview Days?

Check out these opportunities:

- Booths for art vendors, businesses, non-profits, and food vendors
- Car and Motorcycle show
- Sponsor an event and have your business recognized
- Show off your business or organization in the parade
- Volunteer during the weekend and come join the fun!



Shoreview Historical Society:

Working to Preserve Today’s History for Tomorrow

In 2016, the Shoreview Historical Society will celebrate 25 years of fulfilling our mission statement – to Preserve Today’s History for Tomorrow. We take that responsibility very seriously. Although we are not an organization that has a museum, we are a society that preserves the history of our community in records, photos and documents. We do this for you!

The good news is that we present programs at the Community Center and the library, we have a rotating display at the Shoreview Community Center, and we host a large historical display each July at Slice of Shoreview.

The bad news is that we do not have one permanent home that is accessible to the public. Our valuable collection of archives and photos are kept at a number of locations, including Snail Lake School, Scandia Shores, North Star mini storage, the basement of the Lepak/Larson house, and in various SHS members’ homes.

Our long-term plan is to continue preserving our community’s history, and yours, in a responsible manner, and we hope to do this all in one location. We in the SHS are working toward the goal of having a permanent home that would enable us to serve you and Shoreview, and that would allow us more collaboration with other Shoreview groups. We are working with these other community groups and the City to address these needs.

For more information about the Shoreview Historical Society, please visit us online at www.shoreviewhistoricalsociety.org.



The SHS assisted with the restoration of the historic Guerin Gas Station, one of the first gas stations in northern Ramsey County and built in 1926



Gallery 96: Visual Art of the Community

Spring Show

Gallery 96 will hold its spring exhibition in May at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street. The theme of the show, "ARTitecture," will include works of art inspired by architecture and buildings locally and internationally. An opening reception will be held Friday, May 8 from 6 to 8 P.M. It is free and open to the public. Refreshments will be served and cash prizes will be awarded to the artists.

News on future events and shows can be found on the Gallery 96 website at www.gallery96.org or on the Gallery 96 Facebook page.

Art Discussion

Gallery 96's monthly Art Discussion meets on the second Tuesday of each month from 7 to 9 P.M. at the Shoreview Community Center. Check the TV monitor in the lobby for the room number. All artists are still encouraged to bring a work(s) of art in any medium for discussion. Works in progress are welcome, or come and join in the discussion and see the exhibition. The event is free, and you do not need to be a Gallery 96 member to attend. Upcoming meetings will be May 12, June 9 and July 14.

New Members

Gallery 96 is looking for new members. Annual membership fees are modest, and whether you are an artist in any type of medium looking for places to show your art, or a supporter of the arts in the community, Gallery 96 invites your support. You do not need to be a Shoreview resident.

Membership levels:

- **\$25 Level** includes eligibility for submitting artwork to juried exhibitions, Gallery 96 Views, and invitations to openings, gallery talks and art discussions.
- **\$40 Level** includes the above benefits for the entire family (must be 18+ to submit art.)
- **\$100 Founding Member** includes the above benefits and indicates strong support for the visual arts.

Please mail your check (payable to Gallery 96 Art Center), along with your name, address and email address, to: Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127.



The Shoreview Community Garden Club

welcomes all gardeners – beginners or 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.

Volunteering Opportunities



No matter what your skills, interests or schedule may be, there is an opportunity for you to get involved in Shoreview and surrounding communities. Visit www.shoreviewmn.gov and go to the **About Us** drop-down menu to the **Community** link. Check out all the ways you can make a difference!

SPRING CLEANUP DAY



Saturday, June 6, 2015 7 A.M. – 1 P.M.

1425 Paul Kirkwold Drive (Hamline Avenue and Highway 96)



Charges By Vehicle Type/Loads

- Car \$10
 - All Others \$25
 - Trailers \$35
- Oversize loads (over 8'x10') will be subject to extra charges

Items Accepted

- Construction Debris
- Exercise Equipment
- Mattresses/Box Springs
- Vacuum Cleaners
- Water Softeners
- Landscape Timbers
- BBQ Grills
- Generators
- Snow Blowers
- Televisions
- Keyboards
- Printers
- Tires
- Lawn Mowers
- Furniture
- Computers
- Appliances

Not Accepted

- Brush/Yard Waste
- No oversize items such as hot tubs, boats, sheds, railroad ties

No Donations Will Be Accepted

Call for pick-up options:

- Disabled American Veterans – 651.487.2002
- Epilepsy Foundation of Minnesota – 651.287.2300
- Lupus Foundation of Minnesota – 651.748.0400
- Salvation Army – 651.789.0099
- Vietnam Veterans of America – 651.778.8387
- TwinCitiesFreeMarket.org – Local non-profit network to give and get free stuff

If you have items in good condition that you no longer use, nearby drop-off locations include:

Goodwill

- 1627 W. County Road B, Roseville – 651.634.3609
 - 2500 Cleveland Ave. N., Roseville – 651.633.6228
 - 2580 White Bear Ave., Maplewood – 651.770.2401
- www.goodwilleasterseals.org

Bridging, Inc.

- 1633 Terrace Dr., Roseville – 651.631.3255
- www.bridging.org

Electronic Recycling

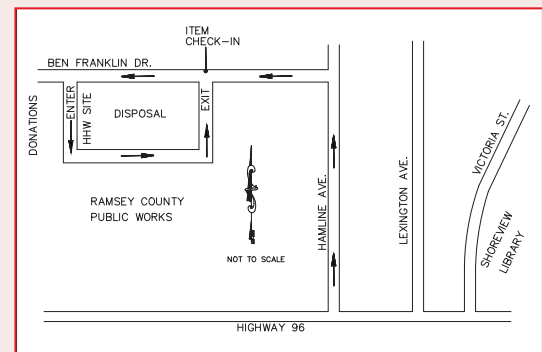
Unwanted electronics will be accepted for recycling, including computers, printers, keyboards and televisions – however, you don't have to wait till Spring Cleanup Day! Many options are available for convenient year-round collection of these items. Please visit RamseyAtoZ.com or call the Recycling and Disposal Hotline at **651.633.EASY (3279)**, answered 24/7, for more details.

Household Hazardous Waste

If you are only bringing household hazardous waste items – for example, a couple of old paint cans – you can avoid long wait times at Cleanup Day. Just visit RamseyAtoZ.com or call **651.633.EASY (3279)**, answered 24/7, to learn options for other drop-off dates and locations.

ACCEPTED ITEMS

- **Home Improvement Items**
Paint/thinners/solvents/adhesives/driveway sealant/wood preservatives/stains/aerosol cans/lead/paint chips
- **Automotive Products**
Used oil and filters/brake fluid/gasoline/antifreeze/auto batteries
- **Lawn and Garden Chemicals**
Weed killer/insecticides/pesticides
- **Items with Mercury**
Thermometers/fluorescent lights/switches/thermostats/vapor lamps
- **Cleaning Products**
Drain openers/oven cleaners/bathroom cleaners/rust removers
- **Recreational Products**
Rechargeable batteries/
button batteries/
propane tanks/
pool chemicals/
gas cylinders



Residents MUST present a Shoreview or Arden Hills ID

Please remember: The gate will be closed at 1:00 P.M.

Yard waste and donations will not be accepted during the Cleanup Day.

More information: 651.490.4650 www.shoreviewmn.gov



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** Starting June 8	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	Noon – 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.

May 25	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
July 4	6:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
September 7	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

Starting June 8

Monday & Wednesday . Noon – 8:00 P.M.
 Tuesday & Thursday Noon – 9:00 P.M.*
 Friday Noon – 9:45 P.M.
 Saturday..... Noon – 7:45 P.M.
 Sunday..... Noon – 6:00 P.M.

*On Tuesdays and Thursdays from 5:20 – 6:30 P.M., the Waterpark will be limited to the Shark Attack Waterslide, Zero Depth Beach Area and Water Walk.

Holiday & School's Out Hours

May 22 Noon – 9:45 P.M.
 May 25 Noon – 5:45 P.M.
 June 5 Noon – 9:45 P.M.
 July 4 Noon – 5:45 P.M.
 Sept. 7 Noon – 5:45 P.M.



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.

May 25 8:00 A.M. – 6:00 P.M.

July 4 8:00 A.M. – 6:00 P.M.

Sept. 7 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, July 4, Sept. 7

\$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.





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
- Beach towel 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
- Beach towel 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., Saturdays at 5:30 P.M., or Sundays at 4:30 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!



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.
- Kitchen Use 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.

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. Refundable damage deposit required.



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

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SUMMER 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, April 27 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, April 29 at 8 A.M.

General Registration

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

Begins Friday, May 1 at 8 A.M.

*See page 61 for registration information.

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.

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.

Saturday, May 30..... 11:00 A.M. – 12:00 P.M.
Saturday, June 6..... 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

ADVANCED LESSONS

Level 5 (L5): Dolphins

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

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

Level 6 (L6): Orcas

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

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

Introduction to 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

Junior Lifeguard (JL) *Ages 9 & older*

Join a professional lifeguard to learn about water safety, first aid techniques, and basic water rescues. At the end of the session you will have a better understanding of the work our lifeguards do on a daily basis.

SUMMER MORNING SESSION Monday – Thursday, 4 times per week for 2 weeks

Session 1 June 15 – June 25			Session 2 June 29 – July 9			Session 3 July 13 – July 23			Session 4 July 27 – Aug 6			Session 5 Aug 10 – Aug 20				
Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #		
8:10 A.M.	L2	330102-01	8:10 A.M.	L2	330102-04	8:10 A.M.	L1	330101-07	8:10 A.M.	L1	330101-10	8:10 A.M.	L2	330102-14		
	L3	330103-01		L2.5	330112-05		L2	330102-08		L2	330102-11		YB	330113-07		
	PR	330114-01		L3	330103-05		YB	330113-04		PR	330114-34		PR	330114-38		
	PR	330114-02		YB	330113-03		PR	330114-24		PR	330114-35		PR	330114-39		
	PR	330114-03		PR	330114-15		PR	330114-25		PR	330114-36		PR	330114-40		
8:55 A.M.	PS	330111-01	8:55 A.M.	PS	330111-05	8:55 A.M.	PS	330111-07	8:55 A.M.	PS	330111-09	8:55 A.M.	PS	330111-11		
	L1	330101-01		L1	330101-04		L2	330102-09		L1	330101-11		L1	330101-15		
	L2	330102-02		L2	330102-05		L2.5	330112-09		L2.5	330112-13		L2	330102-15		
	L2.5	330112-01		L2.5	330112-06		L3	330103-08		L3	330103-11		L2.5	330112-17		
	L3	330103-02		L3	330103-06		L4	330104-05		L4	330104-07		L3	330103-14		
	L4	330104-01		L4	330104-03		PR	330114-26		L5	330105-04		L4	330104-09		
	L5	330105-01		JL	350305-01		PR	330114-27		YB	330113-06		L5	330105-06		
	YB	330113-01		PR	330114-16		PR	330114-28					PR	330114-41		
	PR	330114-04		PR	330114-17		9:40 A.M.	PS		330111-08	9:00 A.M.		SF 1	330110-02		
	PR	330114-05		9:40 A.M.	MR		330117-01	L1		330101-08	SF 2			9:40 A.M.	MR	330117-02
	9:40 A.M.	PS		330111-02	9:40 A.M.		L1	330101-05		9:40 A.M.	L1		330101-08	9:40 A.M.	L1	330101-12
L1		330101-02	L2	330102-06		L2.5	330112-10	L2	330102-12		L2.5	330112-18				
L2.5		330112-02	L2.5	330112-07		L3	330103-09	L2.5	330112-14		L3	330103-15				
L2.5		330112-03	L4	330104-04		L4	330104-06	L4	330104-08		L4	330104-10				
L3		330103-03	L4	330104-04		YB	330113-05	L5	330105-05		JL	350305-02				
L4		330104-02	L5	330105-02		PR	330114-29	L6	330106-02		PR	330114-42				
L6		330106-01	PR	330114-18		PR	330114-30	IS	330109-01		PR	330114-43				
PR		330114-06	PR	330114-19		10:25 A.M.	L2	330102-10	10:25 A.M.		PS	330111-10				
PR		330114-07	9:45 A.M.	SF 1		330110-01	L2.5	330112-11	L1		330101-13	10:25 A.M.	L1		330101-16	
			SF 2				L2.5	330112-12	L2		330102-13	L2	330102-17			
10:25 A.M.	PS	330111-03	10:25 A.M.	L1	330101-06	10:25 A.M.	L3	330103-10	10:25 A.M.	L2.5	330112-15	10:25 A.M.	L2.5	330112-19		
	L1	330101-03		L2	330102-07		L5	330105-03		L2.5	330112-16		L3	330103-16		
	L2.5	330112-04		L2.5	330112-08		PR	330114-31		L3	330103-12		L5	330105-07		
	YB	330113-02		L3	330103-07		PR	330114-32		PR	330114-37		YB	330113-08		
	PR	330114-08		PR	330114-20		11:10 A.M.	L1		330101-09	11:10 A.M.		L1	330101-14	PR	330114-44
	PR	330114-09		PR	330114-21		PR	330114-33		L3	330103-13		11:10 A.M.	L1	330101-17	
	PR	330114-10		11:10 A.M.	PS		330111-06									
PR	330114-11	PR	330114-22													
11:10 A.M.	PS	330111-04	11:10 A.M.	PR	330114-23											
	L2	330102-03														
	L3	330103-04														
	PR	330114-12														
	PR	330114-13														

Session 6 Aug 24 – Sept 3

Time	Level	Activity #
8:15 A.M.	L2	330102-18
	PR	330114-45
	PR	330114-46
	PR	330114-47
	PR	330114-48
9:00 A.M.	L1	330101-18
	PR	330114-49
	PR	330114-50
	PR	330114-51
	PR	330114-52
9:45 A.M.	PS	330111-12
	PR	330114-53
	PR	330114-54
	PR	330114-55
	PR	330114-56
10:30 A.M.	L1	330101-19
	L2.5	330112-20
	YB	330113-09
	PR	330114-57
	PR	330114-58
11:15 A.M.	PS	330111-13
	L2	330102-19
	L3	330103-17
	PR	330114-59
	PR	330114-60

LESSON RATES

8 Lessons

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

L1 Level 1, 2, etc.

YB Youth Beginner

PR Private Lessons

JL Junior Lifeguard

IS Intro to Swim Team

SWIM LESSONS AT THE COMMUNITY CENTER POOL

WEEKLY CLASSES

1 day per week for 8 weeks

Monday June 15 – Aug 3			Wednesday June 17 – Aug 5			Saturday June 13 – Aug 8 No class July 4			
Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	
4:05 P.M.	PS	330111-20	4:05 P.M.	PS	330111-23	8:15 A.M.	L1	330101-32	
	L1	330101-26		L2	330102-33		L2	330102-36	
	L2.5	330112-29		PR	330114-A1		L2.5	330112-35	
	L3	330103-23		PR	330114-A2		PR	330114-A9	
4:50 P.M.	MR	330117-05	4:50 P.M.	PS	330111-24	9:00 A.M.	PR	330114-B1	
	L2	330102-30		L1	330101-29		PS	330111-26	
	L2.5	330112-30		L2.5	330112-32		L2	330102-37	
	YB	330113-12		L3	330103-26		L5	330105-12	
5:35 P.M.	PR	330114-95	5:35 P.M.	YB	330113-13	9:05 A.M.	PR	330114-B2	
	PS	330111-21		PS	330111-25		SF 1	330110-07	
	L2	330102-31		L1	330101-30		L1	330101-33	
	L3	330103-24		L2.5	330112-33		L2	330102-38	
	L6	330106-04		L4	330104-16		L2.5	330112-36	
	PR	330114-96		L5	330105-11		YB	330113-14	
6:20 P.M.	PR	330114-97	5:40 P.M.	SF 1	330110-06	9:50 A.M.	PR	330114-B3	
	PS	330111-22		SF 2	330110-08		SF 2	330110-08	
	L1	330101-27		L1	330101-31		10:30 A.M.	PS	330111-27
	L2.5	330112-31		L2	330102-34		L1	330101-34	
	L4	330104-15		L2.5	330112-34		L2	330102-39	
6:25 P.M.	L5	330105-10	6:20 P.M.	L3	330103-27	L3	330103-28		
	SF 1	330110-05		PR	330114-A4	PR	330114-B4		
	SF 2	330110-05		PR	330114-A5	11:15 A.M.	MR	330117-06	
7:05 P.M.	L1	330101-28	7:05 P.M.	L2	330102-35	PS	330111-28		
	L2	330102-32		PR	330114-A6	L1	330101-35		
	L3	330103-25		PR	330114-A7	L4	330104-17		
7:50 P.M.	PR	330114-98	7:50 P.M.	PR	330114-A8	PR	330114-B5		
	PR	330114-99		PR	330114-A8				

TWO DAY CLASSES

2 times per week for 4 weeks

Monday/Wednesday June 29 – July 22			July 27 – Aug 19		
Time	Level	Activity #	Time	Level	Activity #
11:10 A.M.	L2	330102-20	11:10 A.M.	MR	330117-03
	L2.5	330112-21		L2.5	330112-22
	PR	330114-61		PR	330114-63
	PR	330114-62		PR	330114-64

Tuesday/Thursday

June 9 – July 2

July 7 – July 30

June 9 – July 2			July 7 – July 30 <i>continued</i>			
Time	Level	Activity #	Time	Level	Activity #	
4:05 P.M.	L2.5	330112-23	7:05 P.M.	L2	330102-27	
	L1	330101-20		L6	330106-03	
4:50 P.M.	L2	330102-21		PR	330114-76	
	L4	330104-11		PR	330114-77	
	YB	330113-10	PR	330114-78		
5:35 P.M.	PS	330111-14	7:50 P.M.	PR	330114-79	
	L2	330102-22		PR	330114-80	
	L3	330103-18		PR	330114-81	
PR	330114-65	PR		330114-82		
6:20 P.M.	PS	330111-15	Aug 4 – Aug 27	Time	Level	Activity #
	L2	330102-23		4:05 P.M.	PR	330114-83
	L2.5	330112-24		PR	330114-84	
L4	330104-12	PR		330114-85		
7:05 P.M.	L1	330101-21	PR	330114-86		
	L2	330102-24	4:50 P.M.	PS	330111-18	
	PR	330114-66	L2	330102-28		
	PR	330114-67	L2.5	330112-27		
7:50 P.M.	PR	330114-68	L3	330103-21		
	PR	330114-69	YB	330113-11		
	PR	330114-70	5:35 P.M.	MR	330117-04	
	PR	330114-71	L1	330101-24		

July 7 – July 30

Time	Level	Activity #
4:05 P.M.	PR	330114-72
	PR	330114-73
4:50 P.M.	PS	330111-16
	L1	330101-22
	L2	330102-25
	L2.5	330112-25
5:35 P.M.	L4	330104-13
	PS	330111-17
	L2	330102-26
	L3	330103-19
6:20 P.M.	PR	330114-74
	PR	330114-75
	L1	330101-23
	L2.5	330112-26
	L3	330103-20
6:25 P.M.	L5	330105-08
	SF 1	330110-03
	SF 2	330110-03

A NOTE ABOUT COMMUNITY CENTER LESSONS

If you wish to swim before or after class in the evenings at the Community Center a wristband may be purchased at the guest service desk. On weekend and weekday mornings, your child will not be able to swim before or after class until open swim, which begins at noon.

Sunday June 14 – Aug 9 No class July 5

Morning			Evening		
Time	Level	Activity #	Time	Level	Activity #
9:00 A.M.	L1	330101-36	6:15 P.M.	SF 1	330110-10
	L2	330102-40		SF 2	330111-31
	L2.5	330112-37		L1	330101-38
	L3	330103-29		L2.5	330112-39
9:45 A.M.	MR	330117-07	6:55 P.M.	L3	330103-30
	PS	330111-29		L5	330105-13
	L2.5	330112-38		YB	330113-16
	YB	330113-15		MR	330117-09
10:30 A.M.	PR	330114-B6	L1	330101-39	
	SF 1	330110-09		L2	330102-41
	SF 2	330110-09		L2.5	330112-40
	L1	330101-37		L4	330104-18
	PR	330114-B7		PR	330114-C4
	PR	330114-B8		PR	330114-C5
11:15 A.M.	PR	330114-B9			
	MR	330117-08			
	PS	330111-30			
	PR	330114-C1			
	PR	330114-C2			
	PR	330114-C3			

RED CROSS COMMUNITY CPR/AED

Tuesday, July 146:00 P.M. – 10:00 P.M.
\$87; \$79 Shoreview Residents **Activity # 350301-01**

Deadline to Register: Tuesday, July 7

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

Thursday, July 16.....6:00 P.M. – 8:30 P.M.
\$58; \$53 Shoreview Resident..... **Activity # 350302-01**

Deadline to Register: Thursday, July 9

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, July 146:00 P.M. – 10:00 P.M.
and Thursday, July 16.....6:30 P.M. – 8:30 P.M.
\$102; \$93 Shoreview Residents..... **Activity # 350303-01**

Deadline to Register: Tuesday, July 7

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 LIFEGUARD TRAINING

Ages 15 & older

Pack a lunch, swimsuit, towel and snacks!

\$281; \$258 Shoreview Resident **Activity # 350402-01**

8:00 A.M. – 4:00 P.M.

Saturday, June 6; Sunday, June 7; Friday, June 12;

Saturday, June 13

All training is at the Shoreview Community Center except for Friday, June 12, which will be held at Chippewa Middle School Pool.

Deadline to register: Friday, June 5

American Red Cross Lifeguard Training includes certification in Lifeguard training, Standard First Aid/CPR/AED, current for 2 years. This course provides all information necessary to recognize, respond, and care for emergencies in an aquatic environment and more. Certification will be issued after successful completion of a written exam and skill check off. Participants will receive a manual and CPR mask to take home.

COURSE PREREQUISITES:

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



SNORKELING

Ages 8 to 13

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

Friday, July 17.....**Activity # 330306-01**

Friday, August 7.....**Activity # 330306-02**

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

Friday, June 12..... 10:00 A.M. – 11:30 A.M.

\$40; \$35 Shoreview Resident.....**Activity # 330305-01**

Deadline to Register: Friday, June 5

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

8:00 A.M. – 12:00 P.M.

Friday, June 19.....**Activity # 350101-01**

Saturday, June 27.....**Activity # 350101-02**

Saturday, July 11.....**Activity # 350101-03**

Saturday, July 25.....**Activity # 350101-04**

Saturday, August 15.....**Activity # 350101-05**

Saturday, August 29.....**Activity # 350101-06**

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 **Chippewa Middle School pool**. 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 # 330301-01
\$54; \$49 Shoreview Resident

Friday, June 12..... 11:00 A.M. – 4:00 P.M.

Deadline to Register: Friday, June 12

Location: Chippewa Middle School Pool

Lifesaving Merit Badge.....Activity # 330301-02
\$60; \$54 Shoreview Resident

Friday, June 12..... 11:00 A.M. – 4:00 P.M.

Deadline to Register: Friday, June 5

Location: Chippewa Middle School Pool

BOY SCOUT SWIM CHECKS

If you need to complete your Boy Scout swim check before you leave for summer camp, register for a time and date below. Our certified lifeguard will determine if you are a learner, beginner, or swimmer and complete the certification card after the swim test. \$5 per participant.

The swimmer will be asked to demonstrate the following:

- Jump feet first into water over their head and begin swimming
- Swim 75 yards in a strong manner using: sidestroke, breaststroke, trudgen or crawl
- Swim 25 yards using an easy, resting backstroke
- Float for 1 minute

You will need to bring the following:

- Boy Scouts of America Swim Test Certification form

Monday, June 8

7:00 P.M. – 7:30 P.M..... **Activity # 330301-03**

7:30 P.M. – 8:00 P.M..... **Activity # 330301-04**

Thursday, June 18

6:00 P.M. – 6:30 P.M..... **Activity # 330301-05**

6:30 P.M. – 7:00 P.M..... **Activity # 330301-06**

Sunday, July 12

11:00 A.M. – 11:30 A.M..... **Activity # 330301-07**

11:30 A.M. – 12:00 P.M. **Activity # 330301-08**

6:00 P.M. – 6:30 P.M..... **Activity # 330301-09**

6:30 P.M. – 7:00 P.M..... **Activity # 330301-10**

Thursday, July 23

7:00 P.M. – 7:30 P.M..... **Activity # 330301-11**

7:30 P.M. – 8:00 P.M..... **Activity # 330301-12**

GROUP FITNESS CLASSES

Call for information: 651.490.4750

SUMMER SESSION June 8 – Aug. 30 (12 weeks)
(no class 7/3, 7/4, 7/5)

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.

Adult Sports Conditioning

Increase speed, agility, and improve your cardiovascular fitness while building strength and stamina with this class. This 50-minute class will use a combination of various equipment and body-weight exercises to increase sports performance, increase lean muscle and give you a great workout.

Teen Sports Conditioning

Increase speed, agility, and improve your cardiovascular fitness while building strength and stamina with this class. This 50-minute class will use a combination of various equipment and body-weight exercises to increase sports performance, increase lean muscle and give you a great workout. This class is great for sports training in the off-season!

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.



GROUP FITNESS

MORNING AND DAYTIME CLASSES

SUMMER FITNESS CLASSES 2015: June 8 – August 30 (12 Weeks).

		Reg/Sv. Res	Activity #
MONDAY			
5:35 A.M.	Total Body Workout	\$71/\$65	310502-01
7:30 A.M.	Aqua Fit	\$71/\$65	310522-01
8:30 A.M.	Strength Conditioning	\$71/\$65	310539-01
8:30 A.M.	SeniorFIT – Strength Training*	\$71/\$65	310161-01
9:30 A.M.	Total Body Workout	\$71/\$65	310502-06
9:45 A.M.	Core Fusion	\$71/\$65	310527-01
11:45 A.M.	Mind/Body Yoga	\$107/\$97	310506-01
TUESDAY			
5:35 A.M.	Core Fusion	\$71/\$65	310530-01
7:30 A.M.	Aqua Fit	\$71/\$65	310522-02
8:30 A.M.	Mind/Body Yoga	\$107/\$97	310506-02
8:30 A.M.	Power Pump	\$71/\$65	310523-02
9:30 A.M.	Ballet Fitness	\$90/\$83	310508-01
9:30 A.M.	Step Cardio	\$71/\$65	310516-01
10:30 A.M.	Zumba® Gold	\$90/\$83	310543-01
11:40 A.M.	Total Body Workout	\$71/\$65	310502-05
12:45 A.M.	SeniorFIT – Strength Training	\$71/\$65	310161-03
WEDNESDAY			
5:35 A.M.	Total Body Workout	\$71/\$65	310502-02
7:30 A.M.	Aqua Fit	\$71/\$65	310522-03
8:30 A.M.	SeniorFIT - Strength Training*	\$71/\$65	310161-02
8:30 A.M.	Cardio & Strength Conditioning	\$71/\$65	310540-01
9:30 A.M.	Zumba®	\$90/\$83	310544-07
9:30 A.M.	Total Body Workout	\$71/\$65	310502-07
10:40 A.M.	SeniorFIT – Yoga & Stretch*	\$71/\$65	310163-02
11:45 A.M.	Mind/Body Yoga	\$107/\$97	310506-04
THURSDAY			
5:35 A.M.	Power Pump	\$71/\$65	310530-02
7:30 A.M.	Aqua Fit	\$71/\$65	310522-04
8:30 A.M.	Mind/Body Yoga	\$107/\$97	310506-07
8:30 A.M.	Power Pump	\$71/\$65	310523-06
9:30 A.M.	Step Cardio	\$71/\$65	310516-04
9:30 A.M.	Core Fusion	\$71/\$65	310531-06
10:30 A.M.	Zumba® Gold	\$90/\$83	310543-02
11:40 A.M.	Strength Conditioning	\$71/\$65	310539-04
12:45 P.M.	SeniorFIT – Strength Training*	\$71/\$65	310161-04
FRIDAY (No Class 7/3)			
5:35 A.M.	Total Body Workout	\$65/\$59	310502-03
7:30 A.M.	Aqua Fit	\$65/\$59	310522-05
8:30 A.M.	SeniorFIT - Aqua Exercise*	\$65/\$59	310162-02
8:30 A.M.	Strength Conditioning	\$65/\$59	310539-02
8:30 A.M.	SeniorFIT – Advanced Circuit	\$65/\$59	310165-01
9:30 A.M.	Total Body Workout	\$65/\$59	310502-08
9:30 A.M.	Cardio Dance	\$65/\$59	310545-01
10:40 A.M.	SeniorFIT – Yoga & Stretch	\$65/\$59	310163-03
SATURDAY (No Class 7/4)			
8:00 A.M.	Indoor Group Cycling	\$83/\$76	310512-08
8:30 A.M.	Kettlebell Training	\$83/\$76	310528-04
8:30 A.M.	Zumba®	\$83/\$76	310544-06
9:30 A.M.	Core Fusion	\$65/\$59	310531-03
SUNDAY (No Class 7/5)			
8:30 A.M.	Indoor Group Cycling	\$83/\$76	310512-09

*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 34 & 35.

* 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.
SUMMER FITNESS CLASSES 2015: June 8 – August 30 (12 Weeks).

	Reg/Sv. Res.	Activity #
MONDAY		
4:10 P.M. Zumba®	\$90/\$83	310544-02
5:00 P.M. Adult Sports Conditioning	\$90/\$83	310533-01
5:20 P.M. Step and Strength	\$71/\$65	310514-01
5:20 P.M. Yagalates	\$107/\$97	310525-01
6:00 P.M. Teen Sports Conditioning	\$90/\$83	310533-02
6:25 P.M. Indoor Group Cycling	\$90/\$83	310512-01
6:25 P.M. Core Fusion	\$71/\$65	310531-01
6:30 P.M. Zumba®	\$90/\$83	310544-10
7:30 P.M. Power Pump	\$71/\$65	310523-04
TUESDAY		
4:30 P.M. Tabata (30 min.)	\$71/\$65	310513-02
5:20 P.M. Mind/Body Yoga	\$107/\$97	310506-03
5:20 P.M. Power Pump	\$71/\$65	310523-03
5:30 P.M. Aqua Fit	\$71/\$65	310522-07
6:25 P.M. Pilates	\$90/\$83	310507-03
6:25 P.M. Cardio Kickboxing	\$71/\$65	310501-01
7:30 P.M. BOSU® Fusion	\$71/\$65	310542-01
WEDNESDAY		
4:15 P.M. Kettlebell Training	\$90/\$83	310528-03
5:15 P.M. Step Cardio	\$71/\$65	310516-03
5:20 P.M. Yagalates	\$107/\$97	310525-02
6:25 P.M. Ballet Fitness	\$90/\$83	310508-02
6:25 P.M. Boot Camp	\$71/\$65	310532-02
6:25 P.M. Indoor Group Cycling	\$90/\$83	310512-05
7:30 P.M. Mind/Body Yoga	\$107/\$97	310506-06
8:00 P.M. Aqua Fit	\$71/\$65	310522-08
THURSDAY		
4:15 P.M. Indoor Group Cycling	\$90/\$83	310512-03
5:20 P.M. Yoga Strength	\$107/\$97	310524-01
5:20 P.M. Power Pump	\$71/\$65	310523-07
5:30 P.M. Aqua Fit	\$71/\$65	310522-09
6:25 P.M. Zumba®	\$90/\$83	310544-03
6:25 P.M. Pilates (Intermediate)	\$107/\$97	310511-01
7:30 P.M. Mind/Body Yoga	\$107/\$97	310506-05
FRIDAY (No Class 7/3)		
4:30 P.M. Zumba®	\$83/\$76	310544-04
SUNDAY (No Class 7/5)		
6:00 P.M. Candlelight Yoga	\$98/\$89	310537-01

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

* 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 34 & 35.

Scan this code for an updated class schedule:



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.



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.

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.



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.

SUMMER SESSION A

June 9 – July 16 (5.5 weeks, no class 7/2)

\$83; \$75 Shoreview Resident **Activity # 310230-01**

SUMMER SESSION B

July 21 – August 20 (5 weeks)

\$75; \$68 Shoreview Resident **Activity # 310232-01**

Location: 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.

SUMMER SESSION A

June 9 – July 16 (5.5 weeks, no class 7/2)

\$83; \$75 Shoreview Resident **Activity # 310231-01**

SUMMER SESSION B

July 21 – August 20 (5 weeks)

\$75; \$68 Shoreview Resident **Activity #310233-01**

Location: 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



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.

Summer 2015

Preschool Fun Under the Sun

Tuesday & Thursday,
June 9 – July 30 9:30 A.M. – 11:15 A.M.
\$170; \$155 Shoreview Resident **Activity #370500-01**
Location: Bucher Park

Come along for a fun adventure at the park this summer. We will be enjoying a morning of fun under the sun with activities that your 2½ – 3 year old is sure to love! During our time together we will stay busy with large muscle activities, music & movement, story time and a snack. Children must be 2 by January 1, 2015.

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!

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 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**

Register now!

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, and more! You can register your child for one, two, three or four 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

Location: 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**

PUPPET WAGON

Come out to the park and enjoy the Shoreview Puppet Wagon! This is a free event, no preregistration required.

Shows last approximately 30 minutes.

Mondays	Location	Time
June 15	Sitzer Park	2:30 P.M.
	Shamrock Park	7:00 P.M.

June 22	Bucher Park	12:30 P.M.
	Commons Park	2:30 P.M.

June 29	McCullough Park	12:30 P.M.
	Sitzer Park	2:30 P.M.

July 13	Bobby Theisen	12:30 P.M.
	Shamrock Park	2:30 P.M.

July 20*	Commons Park	7:00 P.M.
<i>*Enjoy popcorn with the show and a craft afterwards</i>		

July 27	McCullough Park	12:30 P.M.
	Sitzer Park	2:30 P.M.

WET & WILD

Ages 5 and up

June 19 & July 10..... 12:30 P.M. – 2:30 P.M.
FREE at Commons Park

Shoreview's outdoor waterslide—back by popular demand.
No registration necessary.

ADVENTURE QUEST CARNIVAL

All ages

July 17..... 1:00 P.M. – 4:00 P.M.
\$3 per child.....**Activity # 370508-01**

Location: Shoreview Community Center

Come one, come all join us for a carnival! Shoreview Parks and Recreation summer Adventure Quest program hosts this annual carnival for all to enjoy. Come and try your luck at many games including Ring 'Em, Duck Pond, Hockey Shot, Race track and more! **Register in advance or pay at the door.**

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 Bonanza
- 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).

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.

Adventure Quest Academy

The Adventure Quest Academy provides your child with a variety of opportunities to try new things and expand their interests. Each 2 week session explores a topic in-depth, promoting creativity and the power of imagination.

AMAZING ARTISTS

Ages 4 to 8..... Sitzer Park
 Tuesday, Wednesday, Thursday,
 June 9 – 18 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370518-01**

Are you a mini-Monet or pint-sized Picasso? This class is back by popular demand and gives children ample opportunity to express their inner artist through a variety of mediums. Along the way they will learn to use shapes, textures and colors to bring their designs to life.

JR. NATURALIST

Ages 4 to 8..... Bucher Park
 Tuesday, Wednesday, Thursday,
 June 9 – 18 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370519-01**

Start your journey to becoming the next great Minnesota Naturalist! We will discover the world of plants and animals while we see all that nature has to offer. We will also explore ways to help preserve the earth.

SECRET AGENT LAB

Ages 4 to 8..... Sitzer Park
 Tuesday, Wednesday, Thursday,
 June 23 – July 2..... 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370520-01**

This Secret Agent Camp is a fun journey into the world of detection, spy science, and forensics. During our time together, you will experience all kinds of cool science and take home a scientific project each day.

MAGNIFICENT SCULPTURES

Ages 4 to 8..... Bucher Park
 Tuesday, Wednesday, Thursday,
 June 23 – July 2..... 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370521-01**

Back by popular demand! This time around we will try our hand at clay sandcastles, paper mache, gak and more! You are bound to get your hands dirty in this class! We will be exploring a variety of forms of materials which to use for sculpting. You will be amazed by the magnificent sculptures we will build!

GOOFY GARDENERS

Ages 4 to 8..... Sitzer Park
 Tuesday, Wednesday, Thursday,
 July 7 – July 16 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370522-01**

Start your journey to becoming the next great Minnesota Gardener! We will discover the world of plants, including vegetables and flowers while we see all that nature has to offer. We will see what we can make grow by planting some flowers and vegetables, as well as explore creating art with some of the many elements of nature.

BANG, BOOM, CRASH!

Ages: 4 to 8..... Bucher Park
 Tuesday, Wednesday, Thursday,
 July 7 – 16..... 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370523-01**

Have you got rhythm beating inside of you? Do you love to move and groove to the music? Well come share that love of music in this class! We will create music using everyday items such as brooms, pots, newspaper, and even plastic bags! We will end the class with a performance of some of our unique routines.

INVENTOR'S WORKSHOP

Ages 4 to 8..... Sitzer Park
 Tuesday, Wednesday, Thursday,
 July 21 – 30..... 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370524-01**

If you enjoy creating inventions from everyday objects you find around the house or drawing your own creations, then this is the class for you! We will use creative thinking, design and invention to create our own extraordinary objects and explore the process of invention.

BUGGIN' OUT

Ages: 4 to 8..... Bucher Park
 Tuesday, Wednesday, Thursday,
 July 21 – 30..... 1:00 P.M. – 3:00 P.M.
 \$48; \$44 Shoreview Resident..... **Activity # 370525-01**

Come explore the world of creepy, crawly creatures! Learn about insects, spiders, ladybugs, and butterflies. You will have fun making art insects and even more fun making edible bugs!

SUPERHERO ACADEMY

Ages 4 to 10..... Commons Park
Friday, June 12..... 9:00 A.M. – 11:00 A.M.
\$15; \$13 Shoreview Resident..... **Activity # 370509-01**

Calling all Superheroes! Come dressed as your favorite Superhero and get ready to complete multiple tasks in order to become a certified Superhero. We will also create new identities and super powers before the morning is complete.

WATER OLYMPICS

Ages 4 to 10..... Commons Park
Friday, June 12..... 1:00 P.M. – 3:00 P.M.
\$15; \$13 Shoreview Resident..... **Activity # 370510-01**

This Shoreview version of the Olympics using water games is one you won't want to miss! Get ready to make a soggy dash for the finish line as we slide through the afternoon with an assortment of water relays. Come dressed with swimsuit and towel.

PIRATES COVE

Ages 4 to 10..... Commons Park
Friday, June 19..... 9:00 A.M. – 11:00 A.M.
\$15; \$13 Shoreview Resident..... **Activity # 370511-01**

Ahoy Matey! With a compass that doesn't point north and sails full of holes, we'll sail the ocean to find our treasure of gold! Join us for a swashbuckling good time at this pirate event. Don't forget your eye patch!

BUBBLE BONANZA

Ages 4 to 10..... Commons Park
Friday, June 26..... 9:00 A.M. – 11:00 A.M.
\$15; \$13 Shoreview Resident..... **Activity # 370512-01**

Bubbles galore! Join us as we play games and do crafts that all use bubbles. You won't want to miss out on the contest to see who can make the biggest bubble!

WILD OUTDOOR WATER GAMES

Ages 4 to 10..... Commons Park
Friday, June 26..... 1:00 P.M. – 3:00 P.M.
\$15; \$13 Shoreview Resident..... **Activity # 370513-01**

Capture the water balloon! Cool off with us as we play a giant game of capture the flag and other tag games using water balloons and other water sources. Come dressed with your swimsuit and towel and get ready to be soaking wet!

TERRIFIC TIE-DYE

Ages 4 to 10..... Commons Park
Friday, July 10..... 9:00 A.M. – 11:00 A.M.
\$15; \$13 Shoreview Resident..... **Activity # 370514-01**

Back by popular demand! Add a splash of color to your summer at this Tie-Dye Party! We will experiment with the world of tie-dye and color a variety of things. All items to tie-dye will be included except a t-shirt. Please bring a white t-shirt to tie-dye.

MISSION IMPOSSIBLE

Ages 4 to 10..... Commons Park
Friday, July 24..... 9:00 A.M. – 11:00 A.M.
\$15; \$13 Shoreview Resident..... **Activity # 370515-01**

Wish you could be a spy like 007? You will be at this spy training camp! You will make your own spy gadgets and even go on a super secret mission.



SPLISH SPLASH

Ages 4 to 10..... Commons Park
Friday, July 24..... 1:00 P.M. – 3:00 P.M.
\$15; \$13 Shoreview Resident..... **Activity # 370516-01**

Drip...Drip...Drop! Look out because you are sure to be soaked after this afternoon of fun in the sun. We will play a variety of water games and enjoy cooling off on a hot afternoon. Come dressed with swimsuit and towel.

ALL BALL EXTRAVAGANZA

Ages 4 to 10..... Commons Park
Friday, July 31..... 9:00 A.M. – 11:00 A.M.
\$15; \$13 Shoreview Resident..... **Activity # 370517-01**

Put on your tennis shoes and get ready for a morning of extreme fun! Your skills will be put to the test while playing a variety of outdoor games using all shapes and sizes of balls. Get ready for anything from dodgeball to football to kickball and more.

FANTASTIC FRIDAY FIELD TRIPS

Sizzling hot summer fun—that’s how everyone describes our summer trips. Parents love them because all our trips are chaperoned by our attentive staff. Kids love them because the trips take them to exciting places. Trips fill up fast, so sign up early. Bus pick-up and drop-off will be at the Shoreview Community Center. Event times listed are approximate only. **Supervision is not available before trip drop-off time. Meet in the Fireside Lounge to check-in and out.**

WATER PARK OF AMERICA

Ages 6 and up

June 19..... Drop off at 9:00 A.M., Pick up at 5:00 P.M.
\$45; \$40 Shoreview Resident..... **Activity # 370701-01**

Surf on Minnesota’s only Cascade Falls Flow Rider, catch a wave in the Lake Superior wave pool or challenge your fears in America’s longest indoor family raft ride at ten stories high and over a mile long. This indoor water park is also equipped with the Fort Snelling activity island with a zero depth entry, body and tube slides, activity pool with hoops, nets, and balancing logs, and much more. **Please bring a bag lunch or money for the concession area.** Register by 6/12.

GRAND SLAM & FLAHERTY’S

Ages 6 and up

June 26..... Drop off at 8:30 A.M., Pick up at 4:30 P.M.
\$45; \$40 Shoreview Resident..... **Activity # 370702-01**

Come join us for a day filled with FUN at Flaherty’s and Grand Slam! Challenge your friends to see who gets the most strikes in bowling, play lazer tag, mini golf, crazy kars, arcade games (4 tokens), jump in the inflatable play zone and take some swings in the batting cages! **Lunch will consist of a hot dog, pop, and a bag of chips.** Participants can bring extra spending money for concessions and additional arcade games. Register by 6/19.

VALLEYFAIR

Ages 6 and up

July 10..... Drop off at 8:30 A.M., Pick up at 6:00 P.M.
\$53; \$48 Shoreview Resident..... **Activity # 370703-01**

From flips and dips to a 200-foot drop, there’s excitement galore on Valleyfair’s seven thrilling roller coasters, including Steel Venom, an impulse coaster with a twist! Don’t miss Power Tower—275 feet of extreme scream! There’s something for everyone at Valleyfair! All rides inside the park are included in admission, including the water rides. We will not be visiting Challenge Go Cart Park. **Bring sunscreen, swimsuit, towel and a bag lunch or money for concessions.** Register by 7/3.

SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 6 and up

July 24..... Drop off at 8:15 A.M., Pick up at 4:30 P.M.
\$49; \$44 Shoreview Resident..... **Activity # 370704-01**

Imagine traveling 300 feet of ocean tunnel where sharks, stingrays and giant sea turtles swim so close, you’ll feel like you can reach out and touch them! Join us as we explore the all new Sea Life Aquarium at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by 7/10.

CASCADE BAY

Ages 6 and up

July 31Drop off at 10:00 A.M., Pick up at 4:45 P.M.
\$44; \$39 Shoreview Resident..... **Activity # 370705-01**

Join us as we spend the day swimming and water sliding at Cascade Bay pool in Eagan. Relax on the lazy river or challenge your wild side on the Typhoon Slide, Hurricane Slide, or Twin Falls. **Lunch will consist of a slice of pizza and a beverage. Please bring a swimsuit, towel and sunscreen.** Register by 7/24.



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



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



FALL SOCCER LEAGUES

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

Practice: One practice per week beginning the week of August 24; day and time TBD by coach

Games: Saturday mornings, September 12 – October 17
Games and practices last for 1-hour. Starting times may vary week-to-week. Practices will be during the evening between 6:00 P.M. – 8:00 P.M. and games between 9:00 A.M. – 2:00 P.M.

\$62; \$52 Shoreview Resident; \$10 late fee after July 31.

- Mini Mites CoRec, Ages 4-K Activity # 490208-01**
- Mites CoRec, Grades 1-2..... Activity # 490208-02**
- Squirts CoRec, Grades 3-4 Activity # 490208-03**
- Pee Wee CoRec, Grades 5-6..... Activity # 490208-04**

Youth will learn the basic fundamental skills, rules, and strategies of the fun and exciting game of soccer. Teams are led by volunteer coaches. 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 August 13 coaches meeting.

COACHES MEETING: Thursday, August 13, 6:00 P.M.,
Shoreview Community Center

Receive an
NFL team jersey

FLAG FOOTBALL LEAGUES

Grade levels based on **2015–16 school year**

Practice: One practice per week beginning the week of August 24; day and time TBD by coach

Games: Saturdays, September 12 – October 17
Games and practices last for 1-hour. Starting times may vary week-to-week. Practices will be during the evening between 6:00 P.M. – 8:00 P.M. and games between 1:00 P.M. – 4:00 P.M.

\$82; \$72 Shoreview Resident; \$10 late fee after July 31.

- CoRec, Grades K-2 Activity # 490207-01**
- CoRec, Grades 3-5..... Activity # 490207-02**
- CoRec, Grades 6-8..... Activity # 490207-03**

Youth will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, rushing and offensive and defensive strategies. Teams are led by volunteer coaches. Players receive an NFL team jersey. Parents will be informed of team assignment and first practice details shortly after the August 17 coaches meeting.

COACHES MEETING: Monday, August 17, 6:00 P.M.,
Shoreview Community Center

REGISTRATION
DEADLINE FOR
FALL SOCCER &
FLAG FOOTBALL
JULY 31



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.
- Practice days in Fall Soccer and Flag Football are chosen by the coach in late August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- 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.

VOLUNTEER COACHES ARE NEEDED FOR SUMMER & FALL

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.

LEISER'S MUSTANG BASKETBALL CAMPS

Join Mounds View Basketball Coach, Dave Leiser, in these Mustang basketball camps. These camps will focus on the fundamentals by using age-appropriate drills, games, and contests. All camp participants receive a camp t-shirt. Wear basketball shoes and bring a water bottle. Please contact Dave at 651-621-7045 if you have any questions or requests. Go Mustangs!

Camp (grades as of 2014-15 school year)	Session	Fee	Dates	Time	Location	Activity #
Kindergarten CoRec Ages 5-K	—	\$35	July 13, 15, 17	10:00 AM-10:30 AM	Island Lake Elem	390909-01
Little Dribblers (Boys) Gr. 1-2 <i>\$5 discount if registering for both sessions</i>	Session 1	\$60	June 22-26	11:15 AM-12:15 PM	Island Lake Elem	390911-01
	Session 2	\$60	July 20-24	10:45 AM-11:45 AM	Island Lake Elem	390911-02
Little Dribblers (Girls) Gr. 1-2	—	\$50	June 15-18	9:00 AM-10:00 AM	Island Lake Elem	390911-03
Mustang (Boys) Gr. 3-5 <i>\$10 discount if registering for both sessions</i>	Session 1	\$92	July 13-17	12:00 PM-2:15 PM	Island Lake Elem	390910-01
	Session 2	\$92	July 20-24	12:00 PM-2:15 PM	Island Lake Elem	390910-02
Mustang (Boys) Gr. 6-7 <i>\$10 discount if registering for both sessions</i>	Session 1	\$100	June 22-25 & June 29- July 2	10:00 AM-12:00 PM	Mounds View HS	390910-03
	Session 2	\$100	July 13-16 & 20-23	10:00 AM-12:00 PM	Mounds View HS	390910-04
Mustang (Boys) Gr. 8-9 <i>\$10 discount if registering for both sessions</i>	Session 1	\$100	June 22-25 & June 29- July 2	12:15 PM-2:15 PM	Mounds View HS	390910-05
	Session 2	\$100	July 13-16 & 20-23	12:15 PM-2:15 PM	Mounds View HS	390910-06



MUSTANG GIRLS SUMMER BASKETBALL CAMP

Grades 3-8 (2014-15 school year)

Location: Mounds View High School

June 8-11 12:30 P.M. – 3:00 P.M.
\$95..... **Activity #390907-01**

Come join Mounds View head coach Dave Montgomery and his varsity players for a fun week of basketball. Each day will include fundamentals work, fun contests and scrimmages. Instruction will cover shooting fundamentals, passing and ball-handling skills, defensive positioning, and more. Players are grouped by grade or experience and there will be a 7:1 player to coach ratio. Current and former varsity players will help with camp each day and all participants will receive a t-shirt (**indicate a t-shirt size when registering**). Feel free to contact Dave 651-245-1291 with any questions.



WEKO'S MUSTANG GIRLS VOLLEYBALL CAMP

Grades 3-9 (2015-16 school year)

June 8-11 & June 15-18

Location: Mounds View High School

Grades 3-6 8:30 A.M. – 10:00 A.M.
\$105 **Activity #390903-01**

Grades 7-9 10:00 A.M. – 12:00 P.M.
\$135 **Activity #390903-02**

Come join Mounds View varsity volleyball coach Tom Weko for a great two weeks of learning the game of volleyball. Players will be grouped by grade and playing experience with a maximum 8:1 player to coach ratio. Fundamentals and advanced skills will be taught based on age and ability. Former and current college players as well as current varsity players will provide instruction each day. Contests and games will be held daily. Participants should bring knee pads, wide wrist bands (optional), water bottle and a great attitude. Participants will receive a t-shirt (**please indicate a t-shirt size when registering**). You can contact Coach Weko at 612-802-6264 with any questions.

CHALLENGER SPORTS BRITISH SOCCER CAMP

Ages 3-12.....July 13-17

Location: Shamrock Park

Ages 3-4 9:00 A.M. – 10:00 A.M.
\$69 per participant..... **Activity # 390904-01**
**A fun introduction to the very basic elements of the game.*

Ages 5-6 10:00 A.M. – 12:00 P.M.
\$115 per participant..... **Activity # 390904-02**
**Fundamental practices, skill-building activities and small sided games.*

Ages 7-12.....9:00 A.M. – 12:00 P.M.
\$156 per participant..... **Activity # 390904-03**
**Emphasis is placed upon individual skill development, core techniques and small sided games.*

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country. Participants will get the opportunity to learn the great game of soccer from some of the best international soccer coaches. These experienced coaches study the game at all levels and have identified the key techniques and skills that your child needs to work on and master to reach their true potential. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament. Shin guards are optional.

Participants will receive a free soccer ball, camp t-shirt and soccer poster. **If you register by May 30 you will also receive a free Challenger Sports British Soccer Jersey.**



CHEERLEADING & DANCE

Ages 4-8

June 10-12..... 1:00 P.M. – 4:00 P.M.
 \$82; \$77 Shoreview Resident..... **Activity # 390918-01**

Location: Turtle Lake School Gym

This camp helps children explore cheerleading, dance and tumbling in a fun and non-competitive setting. Participants will learn motion/jump technique, sideline/performance cheers, and dance routines. On the final day participants will perform a cheerleading program in front of their friends and family. Participants receive a set of pom-poms.

MINI-SPORT SAMPLER

Ages 4-6

June 15-18..... 1:00 P.M. – 4:00 P.M.
 \$92; \$87 Shoreview Resident..... **Activity # 390912-01**

July 20-23 9:00 A.M. – 12:00 P.M.
 \$92; \$87 Shoreview Resident..... **Activity # 390912-02**

Location: Royal Hills Park (Arden Hills)

Mini-Sport helps children explore baseball, soccer, lacrosse and flag football in a fun and non-competitive setting. The coaches are committed to helping the young athletes start off on the right foot, as they take their first steps into sports.

SKATEBOARDING – BEGINNER

Ages 4-8

June 15-18..... 10:00 A.M. – 12:00 P.M.
 \$101; \$96 Shoreview Resident..... **Activity # 390920-01**

Location: Shoreview Community Center Skate Park

Learn the basics of skateboarding by using the unique SkateStart skateboard. Each SkateStart skateboard uses a revolutionary new system that uses markings on the grip tape to indicate proper foot placement for pushing (purple), rolling (red), and ollieing (orange), or PRO, to get kids to the fun parts of skating quickly. Campers are required to bring a helmet, water, snack and sunscreen; we provide the SkateStart skateboard and all pads. Please wear appropriate shoes; no open toed shoes or crocs.

BOWLING CAMP

Ages 5 to 18

Location: Flaherty's Arden Bowl
 (1273 West County Road E, Arden Hills, 55112)

Little Strikers (Ages 5 to 10)

Tuesday – Thursday, June 16-18..... 10:00 A.M. – 11:30 A.M.
 \$40 per participant..... **Activity # 390901-01**

Strikers (Ages 7 to 18)

Monday – Thursday, July 20-23..... 10:00 A.M. – 12:00 P.M.
 \$60 per participant..... **Activity # 390901-02**

Little Strikers camp will teach bowling basics. Kids will visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun!

Strikers camp is designed for bowlers to improve their technique and form with professional instructors. Or if you're new to bowling, this camp will get you ready to join a Fall league with your friends!

Participants in both camps will receive lunch each day of camp. Lunch will be served 30 minutes prior to camp ending. Transportation NOT provided. **Registration deadline is 1 week prior to the camp start date.**

SKATEBOARDING

Ages 7-12

June 22-25..... 10:00 A.M. – 12:00 P.M.
 \$101; \$96 Shoreview Resident..... **Activity # 390914-01**

Location: Shoreview Community Center Skate Park

Skateboarding is one of the world's fastest growing sports. Whether you are just learning or looking to learn more advanced tricks, this camp is for you. Individual skills/tricks taught: balance, stopping, turning, ollie, nollie, heelflip and kickflips. Bring a skateboard and helmet. Knee pads, elbow pads and wrist guards are optional.



flaherty's
arden bowl

FOOT GOLF

Ages 6-12

June 22-25..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390913-01**

Location: Shamrock Park

This camp is designed to introduce children to the fun and exciting sport of Foot Golf. This is a sport where players kick a soccer ball into a large cup in as few shots as possible. Each day will focus on learning the rules, drills and games.

VOLLEYBALL

Ages 6-12

July 6-9..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390917-01**

August 3-6 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390917-02**

Location: Turtle Lake School Gym

This camp is designed to introduce the young athlete to the sport of volleyball through skill development and small group games focusing on helping the children learn the rules of volleyball while working on team play and sportsmanship. Individual skills taught: spiking, serving, setting and hitting.



FLAG FOOTBALL

Ages 6-12

July 13-16..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390912-01**

August 3-6 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390912-02**

Location: Perry Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of flag football focusing on passing, catching, kicking along with learning the strategies of offense and defense.

LACROSSE

Ages 5-8

July 13-16..... 9:00 A.M. – 12:00 P.M.
\$92; \$87 Shoreview Residents..... **Activity # 390915-01**

Location: Perry Park (Arden Hills)

Youth will be introduced to the fun and exciting game of Lacrosse in a non-contact manner. Participants will learn the basic fundamental skills including catching, throwing, scooping and cradling. Instructors will also focus on helping kids learn the rules of lacrosse while working on team play and sportsmanship. All equipment is provided.

ULTIMATE FRISBEE

Ages 6-12

July 20-23 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390922-01**

Location: Shamrock Park

This camp is designed to introduce young athletes to the sport of Ultimate Frisbee through skill development and small group games. Staff will focus on helping children learn the rules of Ultimate Frisbee while working on team play and sportsmanship. Each day will be devoted to Ultimate instruction, drills, practices and games.

BADMINTON

Ages 6-12

July 27-30..... 9:00 A.M. – 12:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390924-01**

Location: Shamrock Park

This camp is designed to teach children the popular game of Badminton. Learn the basic rules, fundamental skills and etiquette of the game in a fun, safe and non-competitive environment.

SNAG GOLF

Ages 6-12

July 27-30..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390923-01**

Location: Shamrock Park

This camp is specifically designed for the entry level golfer. Sports Unlimited uses SNAG (Starting New at Golf) equipment which involves golf clubs with oversized plastic heads and tennis ball sized velcro golf balls to help kids develop the skills of hitting the ball. Kids will learn fundamentals of the grip, stance, swing, ball contact, putting, chipping and driving. All equipment is provided.

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

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.

Individual Private Lessons (60 minutes)

Five lessons: \$175; \$165 Shoreview Resident

Summer **Activity # 390602-01**

Individual Private Lessons (90 minutes)

Five lessons: \$255; \$245 Shoreview Resident

Summer **Activity # 390602-02**

Semi Private Lessons (60 minutes)

Five lessons: \$92; \$82 Shoreview Resident

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

Summer **Activity # 390603-01**

Semi Private Lessons (90 minutes)

Five lessons: \$135; \$125 Shoreview Resident

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

Summer **Activity # 390603-02**

GROUP LESSONS

Youth group lessons: \$62; \$52 Shoreview Resident

Adult group lessons: \$92; \$82 Shoreview Resident

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.

Adult Basics

Ages 18+

Brushing up on your tennis skills – or even just getting started – is easy and fun with our Basics class, an accelerated six-lesson program. All tennis basics will be covered, including actual play led by instructor. Instructor will group participants of similar ability.

SUMMER EVENING LESSONS

June 8 - July 16. Make-up lessons held weeks of July 20 & 27.

Class Level	Day	Time	Location	Activity #
Pee Wees	M	6:00 – 6:45 P.M.	McCullough	390606-06
Pee Wees	T	6:00 – 6:45 P.M.	McCullough	390606-07
Beginners	T	7:00 – 7:55 P.M.	McCullough	390607-06
Beginners	Th	6:00 – 6:55 P.M.	McCullough	390607-07
Advanced Beginners	Th	7:00 – 7:55 P.M.	McCullough	390608-06
Intermediate	W	6:00 – 6:55 P.M.	McCullough	390609-06
Adult Basics	M	7:00 – 8:30 P.M.	McCullough	390601-01
Adult Basics	W	7:00 – 8:30 P.M.	McCullough	390601-02

SUMMER MORNING LESSONS

June 8-25. Make-up lessons will be held the week of June 29 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	9:00 – 9:45 A.M.	Wilson	390606-01
Pee Wees	T, Th	9:00 – 9:45 A.M.	McCullough	390606-02
Beginners	M, W	9:50 – 10:45 A.M.	Wilson	390607-01
Beginners	T, Th	9:50 – 10:45 A.M.	McCullough	390607-02
Advanced Beginners	M, W	10:50 – 11:45 A.M.	Wilson	390608-01
Advanced Beginners	T, Th	10:50 – 11:45 A.M.	McCullough	390608-02
Intermediate	M, W	11:50 A.M. – 12:45 P.M.	Wilson	390609-01
Intermediate	T, Th	11:50 A.M. – 12:45 P.M.	McCullough	390609-02

July 6-23. Make-up lessons will be held the week of July 27 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	9:00 – 9:45 A.M.	Wilson	390606-03
Pee Wees	T, Th	9:00 – 9:45 A.M.	McCullough	390606-04
Beginners	M, W	9:50 – 10:45 A.M.	Wilson	390607-03
Beginners	T, Th	9:50 – 10:45 A.M.	McCullough	390607-04
Advanced Beginners	M, W	10:50 – 11:45 A.M.	Wilson	390608-03
Advanced Beginners	T, Th	10:50 – 11:45 A.M.	McCullough	390608-04
Intermediate	M, W	11:50 A.M. – 12:45 P.M.	Wilson	390609-03
Intermediate	T, Th	11:50 A.M. – 12:45 P.M.	McCullough	390609-04

August 3-12. Make-up lessons held August 6 & 13 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M,T,W	9:00 – 9:45 A.M.	McCullough	390606-05
Beginners	M,T,W	9:50 – 10:45 A.M.	McCullough	390607-05
Advanced Beginners	M,T,W	10:50 – 11:45 A.M.	McCullough	390608-05
Intermediate	M,T,W	11:50 A.M. – 12:45 P.M.	McCullough	390609-05

USTA JUNIOR TEAM TENNIS LEAGUE

Ages 14 and under

Mon. and Wed., June 8 – July 29 1:30 P.M. – 3:30 P.M.
 \$90; \$80 Shoreview Resident.....**Activity # 390604-01**

Location: Mounds View High School

A mid-level program for kids entering grades 5–9 who are comfortable with full-court match play. Juniors play on a Shoreview/Arden Hills team in a traveling league with teams from neighboring communities. **Transportation not provided.** Space is limited.

FALL 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. League game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games). As we get later in Fall, some games will start at 5:50 P.M. due to less daylight. No playoffs for fall leagues. League fees include USSSA Sanctioning fees and sales tax. Leagues are run in collaboration with Arden Hills Parks and Recreation.

Registration deadline is July 24 for Fall Leagues.

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.

League	Day	Start Date	Games	Early Bird Rate by 7/10	Reg. Rate After 7/10	Activity #
CoRec D	Monday	August 10	10 Games – Doubleheaders	\$365	\$395	420801-01
Men's E	Tuesday	August 11	10 Games – Doubleheaders	\$340	\$370	420801-02
Men's D	Wednesday	August 12	10 Games – Doubleheaders	\$340	\$370	420801-03
CoRec D	Thursday	August 13	10 Games – Doubleheaders	\$365	\$395	420801-04

ADAPTIVE KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 15 6:10 P.M. or 7:15 P.M.
\$100 per team **Activity # 320702-01**

Location: Various fields in Shoreview

Are you interested in participating in an adaptive sports program? Gather up your team of family, friends and neighbors to join the Adaptive Kickball League. This league gives people with disabilities and peers the opportunity to make new friends, learn new skills and have tons fun while being part of a team. Games are self-officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules are emailed to team managers the week of June 8. Individuals looking to find a team are encouraged to contact the Parks and Recreation office. **Registration deadline is May 29 or until league is full.**



ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.
Sundays 8:00 A.M. – Noon
Community Center Daily Admission Fee

Drop in for recreational pick-up matches arranged by the players.

FREE ACTIVITIES AT THE COMMUNITY CENTER

500
 Mondays at 12:30 P.M.Activity # 500603-01
 No 500 on June 1
 No partners required

Bingo
 One Wednesday monthly at 1:00 P.M
Activity # 500605-01
 \$0.25 per card (no max)
 April 29, May 27, June 24, July 29, August 26, September 30

Book Club
 Second Wednesday of the month at 1:00 P.M.
Activity # 500606-01
 May 13, June 10, September 9
 No Book Club July and August
 See website for book selection



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
 ***For all skill level 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, 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, 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, May 27 **Activity # 250201-05**



SPRING TEA

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

Deadline to Register: Friday, April 24

Location: Shoreview Community Center

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



MOUNT RUSHMORE: CARVING OF AN ICON

Friday, May 8, 2015 10:00 A.M. – 11:30 A.M.
\$15; \$10 Shoreview Resident..... **Activity # 200224-01**

Deadline to Register: Friday, May 1

Location: 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.

RED CROSS BLOOD DRIVE

Tuesday, June 2 1:00 P.M. – 7:00 P.M.

Location: Shoreview Community Center

Almost everyone during their life will know someone who needs a blood transfusion. There is no substitute and still only one source of blood for transfusion – volunteer blood donors. Give Blood – Give Life. For more information call 651-490-4750. **To register visit www.redcrossblood.org and search by sponsor code SHOREVIEW.**

KNITTING - BEGINNING

Wednesday, June 3 – July 8 6:00 P.M. – 8:00 P.M.

\$40; \$35 Shoreview Resident **Activity # 300301-01**

Deadline to Register: Wednesday, May 27

Location: 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

Thursday, June 4 – July 9 6:00 P.M. – 8:00 P.M.

\$40; \$35 Shoreview Resident **Activity # 300302-01**

Deadline to Register: Wednesday, May 27

Location: 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.

GENEALOGY RESEARCH ON THE INTERNET

Wednesday, May 20 10:00 A.M. – 11:30 P.M.

\$35; \$30 Shoreview Resident **Activity # 300303-01**

Deadline to Register: Wednesday, May 13

Wednesday, July 8 6:00 P.M. – 7:30 P.M.

\$35; \$30 Shoreview Resident **Activity # 300303-02**

Deadline to Register: Wednesday, July 1

Location: Shoreview Community Center

We'll discuss birth, marriage and death records, census data, and military records. You will learn where to find old history books that may mention your family members and their part in settling the counties throughout the United States. We'll show you the best and most reliable websites and you will learn the tricks to solving problems and breaking down the brick walls that might be blocking your research.

GENEALOGY OPEN FORUM

Wednesday, June 3 1:00 P.M. – 3:30 P.M.

\$20; \$15 Shoreview Resident **Activity # 300308-01**

Deadline to Register: Wednesday, May 27

Wednesday, August 19 1:00 P.M. – 3:30 P.M.

\$20; \$15 Shoreview Resident **Activity # 300308-02**

Deadline to Register: Wednesday, August 12

Location: Shoreview Community Center

Have you hit a brick wall in researching your family tree? Are you looking for new resources to answer your questions? Would you like some hints on how to tell your story? Join us for an open forum so you can ask your questions and learn from other researchers.

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

Wednesday, June 17 10:00 A.M. – 11:30 A.M.

\$35; \$30 Shoreview Resident **Activity # 300304-01**

Deadline to Register: Wednesday, June 10

Wednesday, August 5 6:00 P.M. – 7:30 P.M.

\$35; \$30 Shoreview Resident **Activity # 300304-02**

Deadline to Register: Wednesday, July 29

Location: Shoreview Community Center

Learn how to organize your family tree information using software and the ancestry.com website. The class will focus on using and navigating genealogy software. Once you have entered your family information you will be able to load photos and documents and source information for each member of your family. This will allow you to print pedigrees and family group sheets as well as other charts. With a little practice you can even create a book to tell your story.

STILLWATER RIVER BOAT CRUISE

Thursday, June 11 10:00 A.M. – 2:30 P.M.
\$65; \$60 Shoreview Resident..... **Activity # 300305-01**

Deadline to Register: Friday, May 22

Location: Bus leaves SVCC at 10:00 A.M.

Sit back and relax...Take in the beautiful views of the St. Croix River. We will be boarding a St. Croix River Paddleboat and enjoy a delicious lunch buffet of sliced meats and cheeses served with fresh bakery rolls, sandwich fixings, fresh fruit, seasonal salad and a warm entrée selection and a gourmet cookie assortment. Cash Bar will be available on Boat. Trip will take place Rain or Shine. **(Price includes Paddleboat tour, Lunch, Coach Transportation, and SVCC Escort)**



RUNNING ACES HARNESS TRACK & DINNER

Wednesday, August 26.....6:00 P.M.
\$22; \$20 Shoreview Resident..... **Activity # 300307-01**

Deadline to Register: Friday, August 14

Location: Running Aces Harness Track

... AND THEY'RE OFF! Nothing like a summer night at the horse races in Forest Lake! Dinner Starts promptly at 6:00 P.M. at Winner's Circle Restaurant and Lounge and race at 7:00 P.M. Price includes the Finish Line package; \$10 food voucher for you to redeem on your meal, \$2 wager, \$10 gaming voucher for the card room, race packet and a race named after our group. Betting will be on your own tab when you get there! **Transportation NOT provided. Meet at Running Aces: 15201 Zurich Street NE, Columbus, 55025.**

LANDMARK CENTER & SAINT PAUL HOTEL

Thursday, July 9..... 10:00 A.M. – 2:30 P.M.
\$65; \$60 Shoreview Resident..... **Activity # 300306-01**

Deadline to Register: Friday, June 19

Location: Shoreview Community Center

Come and learn as we take a walking tour of the Landmark Center as we are brought back in time when the Gangsters who resided in St. Paul during the 1930s and whose path took them into the Federal Court House (now Landmark Center). Guides tell of their "lives as gangsters" and how the criminal justice system functioned during that era. Told with humor, accuracy and liveliness, these tours educate about the life and times of people like "Ma" Barker, Alvin "Creepy" Karpis, John Dillinger and his moll Evelyn Freschette, and more. Many of them were held in our third floor Detention Room, were tried in Courtroom 317, or faced down J. Edgar Hoover's G-men on the front steps. After the Tour we will enjoy lunch at M. Street Grill located in the St. Paul Hotel. Lunch will feature carved meats, fish, soup, salad, an assortment of side dishes. **(Price includes Landmark Center Tour, Lunch, Coach Transportation, and SVCC Escort).**



Jobs that Fit Your Lifestyle!



Part-time ♦ Flexible Hours ♦ Fun People

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 preferred. M-F: 8am-12:30pm & Evening hrs 4-9pm. Sat: 8am-12:30pm. \$8-9/hr.

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

Lifeguards: Lifeguard in a tropical paradise at our beautiful indoor pool. No experience required. Training is provided for Ellis Certification. Ensure 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-daytime (5am-4pm) M-F. \$10/hr.

Personal Trainers: Our emphasis is on helping people meet their fitness goals. Generate client base and providing one-on-one personalized fitness consultations, education, & motivation to clients. Design safe, effective workouts & work on general health, sports specific conditioning, and general fitness. National training certification required. \$18-22/hr.

Preschool Instructor: Plan and teach a creative recreation preschool program. Help children explore the areas of art, music, dramatic play, physical fitness and literature as they develop their cognitive skills, including language and problem solving abilities. Degree in Elementary Ed. with preschool curriculum experience preferred. Approximately 25-30 hrs/week. Sept-May. \$15 -18/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” 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.

Swimming Instructors (we will train): Instructors needed for morning and early evening lessons at the Community Center pool. Mon-Sun. \$8.50-12/class (35 min classes)

Tennis Instructors: Instruct youth and adults in beginning thru advanced tennis classes. Previous teaching experience along with playing experience desired. Weekday mornings and evenings, June-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; \$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

Summer Registration Schedule Shoreview Resident Priority

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

Begins Monday, April 27 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, April 29 at 8 A.M.

General Registration

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

Begins Friday, May 1 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.

Sign up for our e-newsletter
online for weekly information and
follow us on Facebook!



Tuesday Afternoons
June 16 - September 22 | 3-7 p.m.
September 29 - October 20 | 3-6 p.m.

SPECIAL EVENT DAYS



June 16	Watermelon Madness
July 7	Red, White and Blueberries
August 4	Farmers Market Week
September 15	Salsa Showdown
October 20	Harvest Festival

FREE!

Live Entertainment

Music by: Gabriel Komjathy
Interactive Acoustic Guitar | Children's Music
July 7 & 21, Aug. 4 & 18, Sept. 8 & 22, Oct. 6



Shoreview Community Center
Lower Level Parking Lot

4580 Victoria Street North, Shoreview, MN 55126
www.ShoreviewCommunityCenter.com | 651.490.4750



**New! Frequent
Shopper Program!**



City of Shoreview
 4600 Victoria Street North
 Shoreview, MN 55126

FREE!

2015 Concert in the Commons

Wednesdays @ 7 p.m.

June 17	The Back Yard Band (& free ice cream!)	Variety
June 24	Tim Patrick & His Blue Eyes Band	Jazz
July 1	Soulmates	Blues
July 8	Forty Shades of Green & Rince Na Chroi	Irish & Irish Dancers
July 15	Jim Tones	Oldies
July 22	Shoreview Northern Lights Variety Band	Community Band
July 29	Church of Cash	Johnny Cash Tribute
August 5	The Sound Exchange	A Capella
August 12	Castaways	1950 -Today
August 19	Jana Anderson	Variety

2015 Friday Night Flix

Fridays @ Dusk



Est. Start Time:



August 7	Big Hero 6 (PG)	8:30 p.m.
August 21	The Lego Movie (PG)	8:10 p.m.
September 4	The Little Rascals (PG)	7:45 p.m.

JOIN US!

Located at:
Haffeman Pavilion (Behind the Shoreview Community Center)

For more information on these free events, visit our website @ www.ShoreviewCommunityCenter.com