

SHOREVIEWS

2015 Fall Recreation Catalog

Slice of Shoreview Days:
July 24-26, 2015

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City Hall	651.490.4600
Community Center	651.490.4700
Parks and Recreation	651.490.4750
<hr/>	
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
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 Office: 651.490.4618
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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.

- July 15 Jim Tones Oldies
- July 22 Shoreview Northern Lights Band.....Community Band
- July 29 Church of Cash..... Johnny Cash Tribute
- August 5 The Sound Exchange..... A Capella
- August 12 The Castaways 1950 to Today
- August 19 Jana Anderson.....Variety

FREE!



Friday Night Flix

Estimated start time

Fridays at Dusk Enjoy FREE outdoor movies!

Haffeman Pavilion
 (behind the Shoreview Community Center)

- Aug. 7 Big Hero 6 (PG) 8:30 P.M.
- Aug. 21 The Lego Movie (PG) 8:10 P.M.
- Sept. 4 The Little Rascals (PG) 7:45 P.M.



On the Cover: Summer fun has begun in Shoreview! Don't miss the Slice of Shoreview Days, July 24-26 at Island Lake County Park. See page 3.



Slice of Shoreview Days

“Light Our Fire” – July 24th - July 26th

The Slice of Shoreview Days is an annual festival celebrating Shoreview’s vibrant community and offers a wide variety of events and activities. Affectionately nicknamed “The Slice,” this annual summertime tradition includes many family-oriented activities including a parade, carnival, petting zoo, pony rides, car show, art and craft fair, live entertainment, food booths, Lake Johanna Fire Department’s open house and fireworks.

The Slice opens at 4 P.M. on Friday, July 24th with the Dock Dogs® event and the Rockin’ Hollywoods taking the center stage at 7 P.M. Be sure to stay for the fantastic fireworks at dusk. On Saturday, July 25th, the popular Slice Parade will begin at 10 A.M. and Coconut Kevin’s Beach Party will take the stage at 12:45 P.M., followed by Rock It Science and Ladies of the 80’s. Visit the delicious food booths for dinner and then listen to The Good, the Bad, and the Funky. Fireworks will grace the skies at dusk again. On Sunday, July 26th, enjoy the Tour de Trails bike ride, followed by the exciting Car and Motorcycle Show. The Holy Rocka Rollaz will perform throughout the afternoon.

For a complete schedule and more details, visit www.sliceofshoreview.com. Stay up-to-date with the Slice of Shoreview on Facebook: www.facebook.com/sliceofshoreview.

The Slice of Shoreview is run by volunteers and sponsored by donations from the City of Shoreview and local businesses. Everyone can enjoy a “slice” of the excitement with free admission and free parking at Deluxe Corporation.



Get Fit – One Step at a Time

Shoreview forms walking club to promote community wellness on the path to better health

The Parks and Recreation Department will kick off a new initiative – a Shoreview Walking Club at a meeting on August 12, 2015. The goal of the Shoreview Walking Club is to promote community health and wellness by encouraging Shoreview residents to use the City’s extensive trail and sidewalk system. Shoreview Mayor Sandy Martin said, “I believe the creation of a Walking Club is consistent with one of the core responsibilities of local government – the health and welfare of its residents and I am very supportive of this effort.”

Based on our community surveys, we know that many Shoreview residents are interested in improving their overall wellness; and research has shown that even modest amounts of exercise can have a positive health impact. It is also known that it is far easier to both begin and then maintain an exercise routine if it is done as part of a group. It is with this knowledge that a new initiative, the Shoreview Walking Club, is being created. The goal of this program is to create a registry of several self directed walking groups under the umbrella of the Walking Club, that would walk 2-4 times per week at various times and locations. These informal groups will hopefully provide encouragement and support to participants, and also

create opportunities for new social interactions and friendships. Some of the key objectives for the Shoreview Walking Club include:

- Creating a registry of walking groups that includes key contacts, times, and location of regular walks that would be available to interested residents.
- Distributing copies of trail maps with various walking routes for different areas of the City.
- Providing a Shoreview Walking Club logo shirt for members who register with the Club.
- Holding periodic seminars at the Community Center on health and wellness topics such as diet, healthy eating, strength training, etc.
- Providing incentives for Shoreview Walking Club members that meet certain fitness goals and objectives.

If you have always wanted to exercise and didn’t know where to start, or would like more information about the creation of the Shoreview Walking Club, please attend the kick off meeting at 6:00 P.M. on August 12, 2015 at the Community Center. For more information, contact 651.490.4750.



What's Happening Around Town?

As you travel around Shoreview, you may wonder about the latest construction project or what's happening on an empty property. Here's an update on some ongoing projects.

Regional Library Update

Ramsey County is moving ahead with the design-build phase for the new Shoreview Regional Library. This library will replace the existing branch library with a new 38,000-square-foot Regional Library on a site just to the south of the current facility near Highway 96 and Victoria Street.

According to Ramsey County officials, the schedule calls for construction to get underway by November, 2015. The existing library would continue to operate throughout the construction period until closing in December, 2016 to move materials over to the new regional library for the grand opening in January of 2017.

The County also continues to explore options for the sale and/or re-use of the existing library facility, including a potential lease-purchase agreement with the Mounds View School District for the possible relocation of the district administration offices currently located at Snail Lake Education Center.



Green Mill/Hampton Inn

The Green Mill restaurant and Hampton Inn hotel at 1000 Gramsie Road have undergone major exterior and interior renovations. The project is part of a planned conversion of the hotel to a Best Western Plus in the next year. The hotel received upgrades to interior spaces including guest rooms, addition of elevators, and expanded banquet space. The Green Mill restaurant was completely redesigned and now includes a much larger outdoor patio space. Work is expected to be completed by mid-2015.

Applewood Pointe

Construction continues on the Applewood Pointe of Shoreview senior housing cooperative at 4785 Hodgson Road (on the former Kozlak's Royal Oak restaurant property at Tanglewood Drive and Hodgson Road). According to the developer, nearly all of the 77 units have been sold. They are on track for completion by late summer of this year. The City of Shoreview strives to maintain an array of housing options for residents, and the cooperative concept will be the first complex of its kind for senior citizens in the community.



Raising Canes

Construction continues on Raising Cane's, a restaurant chain specializing in chicken fingers, at 3780 Lexington Avenue (in the Super Target parking outlot). Raising Cane's is very popular in the South and is growing in popularity in the Midwest market. The restaurant should be finished this summer, with a grand opening sometime in August.

Retail & Restaurant Market Analysis

A demand for sit-down quality restaurants has long been identified in our community surveys as one of the highest ranked services desired by our residents. The City continues to listen to residents' feedback and has been working to attract these types of services to our community. In late 2014, the City engaged the services of a prominent retail market expert to prepare two separate but related studies to identify current market conditions and actions the City could take to attract more quality sit-down restaurants to the community, and secure a new high-end grocer or other desired uses for the former Rainbow Foods property. The City plans to use the data and recommendations of this market analysis to continue to be proactive in bringing in new quality use or redevelopment to the community. The information contained in this report will also be used to identify market demand for casual dining restaurants in the City of Shoreview.



Former Rainbow Foods

Since Roundy’s announced their departure from the Twin Cities grocery market last year, resulting in the closing of the local Rainbow Food’s at Highway 96 and Hodgson Road, the City has been working closely with the property owner and their development partner on exploring options for the property. The Economic Development Authority (EDA) has been leading the effort on behalf of the City in working toward securing a high quality re-use of the vacant building, with the hope of attracting a new grocer and additional retail uses to serve the area. Redevelopment options are currently under consideration by the property owner and developer, and the City anticipates they will present their plans for approval yet this year.



Shoreview Corporate Center Addition

The City of Shoreview, in conjunction with the Minnesota Department of Employment and Economic Development (MnDEED) and GreaterMSP, recently announced the relocation and expansion of Ally Financial to occupy a large portion of the 4000 Lexington Avenue building at the Shoreview Corporate Center. Ally Financial received assistance from the Minnesota Job Creation Fund to relocate and expand their Twin Cities operations into Shoreview, eventually bringing over 400 jobs to the area. Ally Financial is a national financial services company primarily serving the areas of auto financing, online banking, and corporate finance businesses. According to State officials, Ally Financial was considering several other states for locating this operation, but selected Shoreview because of the great location and skilled local workforce.

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.

Business Spotlight

Express Solutions

Business database programs that speak your language

Out of a quiet, small company in Shoreview come customized solutions that make working with technology a whole lot easier for the end-user – especially non-profits that serve elderly populations.

Jean Houlding, President of Stillwater Express Solutions, worked for two decades in the corporate world. She also worked with a non-profit to train the disadvantaged to become programmers before she founded Stillwater Express Solutions.

Clients of Stillwater Express are small- to medium-sized businesses that need custom programming which can be turned into software that can be sold to other clients.

“We work with clients who need software services but who are not so big that they need their own staff,” Houlding said. “We’ve been around for over 15 years, and when we started, there was literally nothing available to purchase [for clients like ours].”

“What we’ve found is that their goals are never articulated. And 75 percent of software projects fail to meet business goals,” she said. “A lot of people hate software and computers. We not only help people find software but identify their goals and get requirements formalized.”

“We not only help people find software, but identify their goals.”

Shoreview

The company assumed its current identity in 1999 and moved from their previous location in Stillwater to look for a more convenient location for its employees. “We liked the central location of Shoreview. The building spoke to us. We love being here – it’s accessible by clients, and professional but not intimidating,” said Houlding. “This location has all the amenities. We’re backed up to a residential area so we can go on ‘think walks,’ and the Y is close by.”



Nationally Recognized

Two of their products are now used nationally. The program for Meals on Wheels, Seniors Express, is used in 22 states. Ride Express, their senior transportation system, is used in half a dozen states. Overall, the company currently has about 100 clients and 7 active projects. “We’re unusual in that we don’t stick with a niche – we’re not a one-product company. We’re customized. Our mission is to make your computer system part of your work system. It should be easy to work with. Our approach is: ‘Whenever you’re on the screen, you should never feel lost.’”

Toward the Future

Thinking ahead for Stillwater Express: “We may have to be reengineered to be accessed in the cloud,” said Houlding. “We’d like to get into the cloud without redeveloping.”

Visit Stillwater Express Solutions online at:
www.stillwaterexpress.com

WHO WE ARE

Product: Custom Programming that can be turned into software and sold to other clients
Clients: Small-Medium sized businesses
Size: 100+ Clients
Staff: 3 Full time, 2 Part time

WHY SHOREVIEW?

Accessible by clients
Professional but not intimidating
Has all the amenities
“Think Walks”

Lake Johanna Fire Department Continues To Improve Service

In July, the Lake Johanna Fire Department (LJFD) achieved a very important service milestone. The Department now has Duty Crews serving Shoreview, Arden Hills and North Oaks 24 hours per day, 7 days a week. Duty Crews, also known as shift crews, are paid on-call firefighters who staff two stations and respond directly to both fire and medical calls. According to Fire Chief Tim Boehlke, Duty Crews allow the Department to greatly improve response time to emergencies and provide much better service to our communities.



reduced response time by more than three minutes. This faster response has helped save lives and minimizes major property loss.”

Since the start of the Duty Crew Program, the Fire Department is also responding to nearly all medical calls. All of the Department’s firefighters are trained as emergency medical technicians (EMTs) and they are often the first to arrive to medical emergencies. In 2014, the Department responded to nearly 1450 calls in Shoreview and more than 2400 across all three contract communities. About 75% of the calls are medical calls. Boehlke said, “I am very excited that we have reached full implementation of the Duty Crew Program. It provides better public safety service to residents in our communities and, as we look toward the future, also provides a more sustainable service model for the Lake Johanna Fire Department.”

Over the past six years, the LJFD has been implementing a Duty Crew Program that provides for staffing of two stations with paid on-call firefighters. These firefighters then respond directly to all fire calls and medical emergencies. This new fire service model has been gaining in popularity over the past several years and is now used in many Twin Cities suburban communities. Previously, paid on-call firefighters were paged out and had to leave their homes or places of business when there were fire emergencies. The firefighters first drove to the station and then responded to the call. Chief Boehlke stated, “Staffing the stations with Duty Crews allows firefighters to respond directly to an emergency and has



Get Fired-Up About Summer

It’s that time of year when residents are able to spend long-awaited, pleasant summer evenings sitting by the flames of an outdoor fire, stargazing and sharing conversation with neighborhood friends and family.

Please be sure to follow the rules for open burning within City limits. These regulations are intended to maintain public health and safety, and to prevent wildfires.

Light Your Fire

Be aware of local burning bans in effect, as well as wind speed – which must be below 10 miles per hour.

You can light things up with permitted starter fuels, such as dry, untreated kindling; charcoal fire starter; paraffin candles; propane gas torches. Only clean, natural wood can be burned. Flammable liquids/accelerant cannot be used to start recreational fires.

Remember: 3 x 3

Be sure to build your fire no more than three feet high, and at least 25 feet away from any building.



Surround it with a “fire ring” of non-combustible material, such as rocks or bricks, no more than three feet in diameter.

A person knowledgeable in the use of fire extinguisher equipment must constantly attend the fire. An attendant must supervise the fire until it has been extinguished.

Recreational fires do not require a permit; however, all other open fires do require one.

The Fire Department is authorized to immediately discontinue open burning if it is determined that smoke emissions are offensive to occupants of surrounding properties or contributing to a hazardous condition.

Night to Unite is August 4: Register Your Event Now!

Team up with the Ramsey County Sheriff's Department, Lake Johanna Fire Department, Neighborhood Watch groups and Shoreview residents to celebrate Night to Unite on Tuesday, August 4, 2015 from 5 P.M. to 9 P.M.!

Join this fun annual event and get to know your neighbors and prevent crime. Gatherings will be visited by the Police Department, Fire Department, elected officials and other city staff. Night to Unite has proven to be an effective and enjoyable way to promote police-community partnerships and help residents feel safer and more connected with their neighbors.

Make sure your party is registered by July 17. For more information and resources, visit the Ramsey County website at www.co.ramsey.mn.us/sheriff and click on **Crime Prevention**. Or contact the Ramsey County Crime Prevention Unit at 651.266.7336 or crimeprevention@co.ramsey.mn.us.



Reduce and Prevent Crime with Neighborhood Watch

Want to reduce the fear of crime and add to the safety and security of your neighborhood? Get involved with Neighborhood Watch, an organized group of neighbors working together with the Ramsey County Sheriff's Office. It's designed to:

- Teach citizens techniques to reduce the risk of being victimized at home or in public.
- Train citizens on how to recognize and report suspicious activities.
- Help neighborhoods to make homes more secure.
- Show citizens how to properly mark property to identify it.
- Allow neighbors to get to know each other so that any out-of-place activity can be recognized, reported, and investigated.
- Develop a cohesive body of concerned citizens addressing issues concerning the entire community.

Block Party Permits

If you're planning a neighborhood block party, you'll need a block party permit – available on the City of Shoreview website at www.shoreviewmn.gov under the Resources page. You can also call Public Works at 651.490.4650 and fax it back to 651.490.4696 or e-mail it to publicworks@shoreviewmn.gov. The City appreciates being notified and wishes you and your neighbors a very enjoyable get-together.

What's involved?

- Barricades will be dropped off before the event.
- The city's allowance to block off the street is not to be considered as permission for any ordinance violation.
- Signs should be placed on barricades informing drivers there is a block party in effect.
- Bands and loud music are not allowed due to noise ordinances.
- Ramsey County Deputy and firefighters can be invited to stop by: Call 651.266.7336.
- City maintenance, fire chief and sheriff patrol will be notified of the block party permit.

Neighborhood Watch groups provide local law enforcement with extra eyes and ears to watch out for all types of criminal activity and promote neighborhood security. Community watches can address all types of crime, but their primary focus is typically residential burglary and other crimes around the home, such as larceny and vandalism. Their presence can also help deter criminals who would attempt to conduct drug- or gang-related activities in the neighborhood.

Create your own Neighborhood Watch group to connect with – and strengthen – your community. Learn more by visiting www.co.ramsey.mn.us/sheriff and click on **Crime Prevention**.

Overnight and Special Event Parking

The City of Shoreview prohibits parking on city streets between the hours of 2 A.M. and 5 A.M. Temporary overnight parking permits are available at www.shoreviewmn.gov. The City can allow parking on streets posted “No Parking” for special events such as graduation parties, garage sales and other reasons. A permit for these purposes is available from the Public Works Department at City Hall. Please call 651.490.4650 with any questions.



Tour Scenic Shoreview on the 2015 Tour de Trails

Plan to set aside Sunday morning, July 26 to enjoy the leisurely Tour de Trails bike ride – our annual event that celebrates Shoreview as a bicycle-friendly community. It’s a terrific way for family and friends to experience firsthand the exceptional bicycle paths that cover the length and breadth of the City. Suitable for family groups and casual cyclists alike, the tour offers a short and long loop on our trail system that lets participants bypass busy roads and highways. The event cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. See www.shoreviewmn.gov for more information.



**Get Social
with the City**



Follow us on Twitter
@ cityofshoreview

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

Selma: The Bridge to the Ballot

Public Screening co-sponsored by Shoreview & Roseville Human Rights Commissions

The Shoreview and Roseville Human Rights Commissions invite residents and students to attend a public screening of a short film Selma: The Bridge to the Ballot. (The film has been rated appropriate for students in grades 6-12 or older.)

In honor of the 50th anniversary of the Voting Rights Act of 1965, Minnesota State Senator John Marty will introduce this film documentary on the story of the forgotten heroes in the fight for voting rights – the courageous students and teachers of Selma, Alabama, who stood up against injustice despite facing intimidation,

arrests and violence. Senator Marty’s father, Rev. Dr. Martin Marty, was asked by Dr. Martin Luther King, Jr. to join him on the historic Selma to Montgomery march. Earlier this year Senator Marty joined his father on a trip back to Selma to commemorate the march.

This event is free and open to the public and will take place at the Ramsey County Library in Roseville on Monday, August 3rd from 7:00 to 8:30 P.M. Registration is requested to ensure adequate space. Please visit the City’s website to register and for more information.

Every Drop Counts

From the drought in California to our drinking water quality – water is getting a lot of attention these days. Now is a great time to share some facts about Shoreview's Water Utility.

Between 2000 and 2014, water use in the City has steadily declined. This occurred while Shoreview's population remained steady and significant commercial, industrial, and retail development and expansion occurred.

During this time period, the City Council made some important decisions that have helped achieve this downward trend such as:

- Implementing a Tiered Water Rate structure
- Initiating Odd/Even Watering Restrictions
- Increasing water conservation education and outreach efforts.

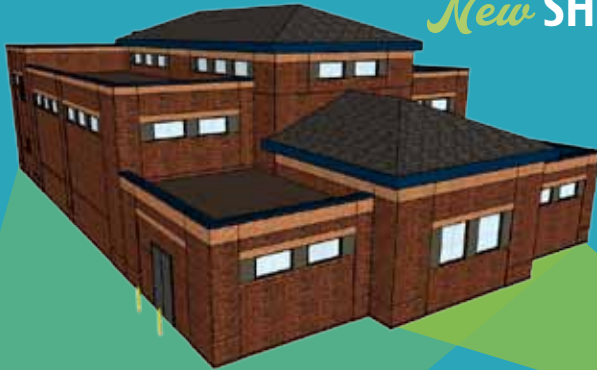
These targeted efficiency and conservation efforts have been part of a comprehensive approach to resource management for fulfilling the community's water

needs. While these efforts have helped to preserve and sustain our water resources, the City has also been planning for improvements to the City's drinking water infrastructure. The City is making a long-term investment to maintain the high quality of drinking water for its residents by building a water treatment plant (WTP).

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.

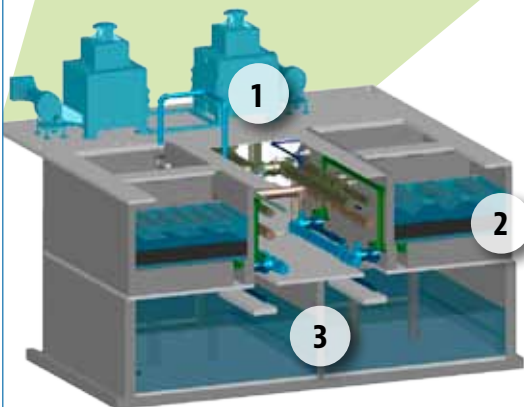
Visit www.shoreviewmn.gov/water-report online to view the City's annual water report, which includes information on the monitoring done on Shoreview drinking water in 2014. If you have questions or would like to request a paper copy, please contact Public Works at 651.490.4650 or email at publicworks@shoreviewmn.gov.

New SHOREVIEW WATER TREATMENT PLANT



The City of Shoreview and Advanced Engineering and Environmental Services (AE2S) have completed the design of a new 8 million gallon per day (MGD) water treatment plant (WTP). This new WTP will provide treatment capacity for the needs of our growing community while ensuring our long term ability to provide an abundant supply of safe, high quality water to our residents. This important project is scheduled to begin construction in June of 2015 and will be complete by the spring of 2017.

what's inside:



- 1. Forced Draft Aeration:** The facility is equipped with two (2) forced draft aerators. These aerators are designed to provide preliminary oxidation to the iron and release any dissolved gases present in the water. These aerators will also help to limit the need for chlorine use in the drinking water.
- 2. Conventional Filtration:** The facility is equipped with six (6) conventional filters which filter iron and manganese from the water after aeration.
- 3. Backwash reclaim:** Backwash water from the filters is sent to one of the two (2) 250,000 gallon reclaim basins where the iron and manganese that is removed from the water is settled out. The clarified water is then suctioned from the top of this basin and pumped to the beginning of the WTP where it is reused. This process allows for very little waste in the treatment process.

Summer Water Conservation

Summer's rising temperatures often leads to rising outdoor water use, mainly due to more lawn and landscape watering. Using water efficiently is important throughout the year, but sometimes the timing of water use can make a big difference for community water supplies—and your water bill. Help reduce outdoor water use and create a healthier landscape by following these tips:

- **First, review your water bills** and compare your winter water use with your summer use to get a sense of how much extra water you use outdoors when it's hot.
- **Step on it:** Grass doesn't always need water just because it's hot out. Step on the lawn, and if the grass springs back, it doesn't need water. An inexpensive soil moisture sensor can also show the amount of moisture at the plant's roots and discourage overwatering.
- **Leave it long:** Raise your lawn mower blade. Longer grass promotes deeper root growth, resulting in a more drought-resistant lawn, reduced evaporation, and fewer weeds.
- **Tune up your system:** Inspect irrigation systems and check for leaks and broken or clogged sprinkler heads, then actually fix them.

- **Timing is everything:** Know how much water your landscape actually needs before you water or set your sprinkler. Generally, it's best to water lawns and landscapes in the early morning and evening, after the sun goes down, because significant amounts of water can be lost due to evaporation during the heat of the day.
- **Look for the label:** If your system uses a clock timer, consider upgrading to a WaterSense controller. Local weather data is used to determine when and how much to water. This can save an average home nearly 8,800 gallons of water annually.

SAVE WATER IN THE YARD THIS SUMMER

As temperatures rise in the summer, so does our outdoor water use, mostly on lawns and landscapes.

29 billion gallons of daily household water use across the U.S.

9 billion gallons come from daily residential outdoor water use, mainly for landscape irrigation.

Water use spikes in the summer!

Depending on the region, homeowners use **30-60%** of their water outdoors.

50% of that is wasted, in part, due to overwatering.

Average family's water use: **320 gallons per day**

During the summer, can be up to **1,000 gallons per day**

Some even use up to **3,000 gallons per day**

—equal to leaving a garden hose running for nearly **8 hours!**

Simple Things We Can All Do

- **Step on it:** Step on the lawn: if the grass springs back, it doesn't need water.
- **Leave it long:** Longer grass promotes a more drought-resistant lawn, reduced evaporation, and fewer weeds.
- **Take a sprinkler break:** Grass isn't really meant to be bright green in the summer.



Outdoor Fun for Dogs in Shoreview

Dogs need to exercise and socialize, too! Bring them out for some fun at the off-leash dog areas located within the hockey rinks at Bucher Park, Wilson Park and Bobby Theisen Park. The City provides benches and trash receptacles in each of these areas, which are open through November 1st. They are intended to complement the large County-operated off-leash dog area in the Rice Creek Open Space off Lexington Avenue in northwest Shoreview.

The following rules apply:

- Owners must ensure that dogs are leashed prior to entering and upon leaving the area.
- Owners must be in verbal control of their dogs at all times and prevent aggressive behavior, biting, fighting or excessive barking.
- Owners are liable for damage or injury inflicted by their dogs.
- Owners are responsible for cleanup and disposal of feces.

Good Pet Owners Make Good Neighbors

Be a responsible pet owner

Licensing

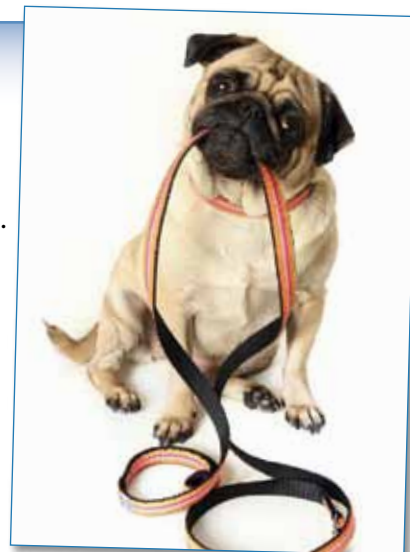
Shoreview City Code requires that all domestic animals in the City be licensed and registered. For pets that lose the license tag, duplicate tags are available at City Hall.

Cleaning Up

It's a good time to remember the need to clean up after our pets. City ordinance requires dog owners to clean up their own yards and to clean up dog droppings immediately and dispose of it properly when out for walks – please carry supplies for excrement removal.

Leash Laws

Animals are not allowed to roam freely and must be confined to inside your property line by fencing, leash or enclosure. You must have your pet restrained on a leash when off your property. While exercising your pet, a leash no more than 6 feet in length must be used. Leash laws are an important part of the City Code of Ordinances which can be found on the city website at www.shoreviewmn.gov.



Gallery 96 will be back at the Slice of Shoreview at Island Lake Park on July 24-26. We have a fun interactive art event planned that the whole family can enjoy.

Everyone is invited to create 4 large works of art from found pieces of wood. Small items will be glued onto wood forms with a glue gun. Examples might be spools, tools, chop sticks, Lincoln logs or toy cars as a toy theme for children. The final pieces will be spray-painted one color a la Louise Nevelson (an American sculptor known for her monumental, monochromatic, wooden wall pieces and outdoor sculptures). Aside from being a fun activity to choose and place the wood pieces, it will teach visitors about an important female artist in history.

We will also be distributing information about Gallery 96 and our upcoming events. Look for the Gallery 96 tent!

Visit the Shoreview Historical Society at the Slice



“Where are you located?” That’s the question we in the Shoreview Historical Society are often asked.

The public face of the Society is our annual presence at the Slice of Shoreview, this year being held July 24-26 at Island Lake County Park. In our 10' X 20' tent, we welcome visitors to check out our historical displays and share stories. Our historical book, *Shoreview Reflections*, is available for purchase at a reduced price: \$10. To volunteer in our tent, contact our website at www.shoreviewhistoricalsociety.org. It’s a fun way to spend a couple of hours – in the shade!

Our Heritage Family of the Year, the Hans Eric and Louise Nord Family, will also have a fascinating photo display in our tent. Pioneers in Shoreview’s early history, the Nord family was instrumental in the creation of Incarnation Church. The family will also participate in the Slice parade on Saturday, July 25 at 10 A.M.



Ron Flor, 2013 Heritage Family member, shows photos to Slice of Shoreview visitors at the SHS tent.

In anticipation of the 25th anniversary of the SHS in 2016, the Board will begin conducting interviews and oral histories. If you or someone you know is a potential interview subject, stop by our tent.

We also welcome suggestions for future programs and displays. Currently, the SHS maintains a display at the Shoreview Community Center.

Mark your calendar for the Slice of Shoreview, and make plans to stop by our “home” for a visit. We’d love to see you!

The Shoreview NORTHERN LIGHTS VARIETY BAND

Meet the Shoreview Northern Lights Variety Band this Summer Looking for a new way to serve your community, have fun and meet new people? Join the Shoreview Northern Lights Variety Band. We welcome new members age 16 years of age and older. There are fall semester openings in many sections, including percussion and clarinets. Auditions are not required. The band rehearses every Tuesday from 7 to 9 P.M. at the Shoreview Community Center. Look for us at the Slice of Shoreview parade on July 25, and ask us about becoming a member. We are also performing at Shoreview’s Concert in the Commons on July 22 at 7 P.M.

in the Haffeman Pavilion (behind the Community Center). Want to know more? Please contact us by visiting www.snlvb.com.



Help Local Seniors through Senior Chore Program

Northeast Youth & Family Services has summertime and year-round openings for hardworking youth and adults who are interested in helping local seniors live independently in their homes for as long as possible. Their Senior Chore Program connects youth and adults with seniors who need help with tasks like house cleaning, lawn care and seasonal yard work. Workers can earn \$10 to \$12 per hour as independent contractors and set a schedule that is convenient for them.



Youth between the ages of 15 and 17 must have parental permission and attend an orientation session. Applicants 18 and over must pass a criminal background check. For more information, please call NYFS’ Senior Chore Program at 651.757.4061 or visit us on the web at www.nyfs.org.

SHOREVIEW CALENDAR

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

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

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

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

JULY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Concert in the Commons 7 pm, SP	2 Bikeways and Trails Committee 7 pm, LC	3 City Offices Closed Independence Day	4
Recycling Week July 6-10						
5 	6	7 Farmers Market 3 pm, LLPL	8 Concert in the Commons 7 pm, SP	9	10	11
12	13 Econ. Development Authority 5 pm, CC City Council Mtg/Workshop 7 pm, CC	14 Farmers Market 3 pm, LLPL	15 Concert in the Commons 7 pm, SP	16 Public Safety Meeting 7 pm, LC	17	18
Recycling Week July 20-24						
19 	20 City Council Meeting 7 pm, CC	21 Economic Development Commission 7:30 am, UC Farmers Market 3 pm, LLPL	22 Concert in the Commons 7 pm, SP	23 Parks and Recreation Commission 7 pm, CC	24	25
26	27 Environ. Quality Comm 7 pm, CC	28 Farmers Market 3 pm, LLPL Planning Commission 7 pm, CC	29 Concert in the Commons 7 pm, SP	30	31	

AUGUST 2015

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

SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Farmers Market 3 pm, LLPL	2	3 Bikeways and Trails Committee 7 pm, LC	4 Friday Night Flix 7:45 pm, SP	5
Recycling Week August 31 - September 4						
6	7 City Offices Closed Labor Day	8 Farmers Market 3 pm, LLPL Econ. Dev. Authority 5 pm, CC City Council Meeting 7 pm, CC	9	10	11	12
13 	14 Council Workshop 7 pm, CC	15 Econ. Development Commission 7:30 am, UC Farmers Market 3 pm, LLPL	16	17 Public Safety Meeting 7 pm, LC	18	19
Recycling Week September 14-18						
20	21 City Council Meeting 7 pm, CC	22 Farmers Market 3 pm, LLPL Planning Commission 7 pm, CC	23 Human Rights Commission 7 pm, CC	24 Parks and Recreation Commission 7 pm, CC	25	26
27 	28 Environ. Quality Comm 7 pm, CC	29 Farmers Market 3 pm, LLPL	30			
Recycling Week September 28 - October 2						

OCTOBER 2015

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

Federal Elected Officials

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

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

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

State Elected Officials

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

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

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

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

County Elected Officials

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

Post Office – Retail Center

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

Animal Control

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

For other emergencies, call 911.

All impounded animals will be held at the following location:
Hillcrest Animal Hospital
1320 Country Road D Circle
Maplewood, MN 55109
651.484.7211

Mon, Wed & Fri.....8 A.M. – 6 P.M.
Tues & Thurs.....8 A.M. – 8 P.M.
Animal Control on Facebook:
www.facebook.com/RCAntimalControl

Police

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

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



Fire

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



Ambulance & Paramedic

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

Ramsey County Library – Shoreview

4750 Victoria Street North
Shoreview, MN 55126
Phone: 651.486.2300 | www.ramsey.lib.mn.us

Hours:

Mon.....10:00 A.M. – 9:00 P.M.
Tues.-Wed.....1:00 P.M. – 9:00 P.M.
Thurs.-Sat.....10:00 A.M. – 5:00 P.M.
Sun.....12:00 P.M. – 5:00 P.M.

Public Transportation

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

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

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

Community Support & Resources

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

3490 Lexington Avenue North, Suite 205,
Shoreview, MN 55126
651.486.3808 | www.nyfs.org
Mon., Tues. & Thurs. 8:00 A.M. – 8:00 P.M.
Wed. 8:00 A.M. – 5:00 P.M.
Fri..... 8:00 A.M. – 3:30 P.M.
Additional evening appointments may be available.

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



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

Find Us on Facebook
www.facebook.com/ShoreviewCommunityCenter

Daily Fees

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

Daily Pass

	Rate	Shoreview Resident
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 Sept. 19	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	Limited*	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

*On Tuesdays and Thursdays from 4:00 – 9:00 P.M., the Waterpark will be limited to the Shark Attack Waterslide, Zero Depth Beach Area and Water Walk.

Holiday Hours

September 7	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
November 26	5:00 A.M. – 12:00 P.M.	Closed	8:00 A.M. – 12:00 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

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.



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 September 19

Monday & Wednesday ..4:00 – 8:00 P.M.
 Tuesday & ThursdayLimited*
 Friday4:00 – 9:45 P.M.
 Saturday.....Noon – 7:45 P.M.
 Sunday.....Noon – 6:00 P.M.

*On Tuesdays and Thursdays from 4:00 – 9:00 P.M., the Waterpark will be limited to the Shark Attack Waterslide, Zero Depth Beach Area and Water Walk.

Holiday & School's Out Hours

Sept. 7.....Noon – 5:45 P.M.
 Oct. 9.....Noon – 9:45 P.M.
 Oct. 15Noon – 9:00 P.M.
 Oct. 16Noon – 9:45 P.M.
 Nov. 6.....Noon – 9:45 P.M.
 Nov. 23Noon – 8:00 P.M.
 Nov. 24Noon – 9:00 P.M.
 Nov. 25Noon – 8:00 P.M.
 Nov. 26Closed
 Nov. 27Noon – 9:45 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.

Sept. 7..... 8:00 A.M. – 6:00 P.M.
Nov. 26 8:00 A.M. – Noon

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 Nov. 26, Dec. 24, 25, 31, Jan. 1

\$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 four 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

ALL-INCLUSIVE PARTY PACKAGES

ALL-INCLUSIVE TROPICAL PACKAGES

Waterpark and Indoor Playground Admission

#1) ALL-INCLUSIVE TROPICAL CAKE DEAL

- 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, & cups
- Beach towel and card for birthday child
- Large locker to store bags and gifts while you are enjoying the pool and playground
- Printable invites

	Rate	Shoreview Resident
For up to 8 children	\$ 150	\$ 142
Each additional child	\$ 18 ^{.75}	\$ 17 ^{.75}

#2) ALL-INCLUSIVE TROPICAL MEAL DEAL

BEST VALUE!

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

	Rate	Shoreview Resident
For up to 8 children	\$ 174	\$ 166
Each additional child	\$ 21 ^{.75}	\$ 20 ^{.75}

UPGRADE YOUR PARTY!

THEMED PARTY OPTIONS:

Princess, Pirate, or Under the Sea

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

Rate: Add \$12 to your party package





ALL-INCLUSIVE ADVENTURE PACKAGES

Indoor Playground Admission Only

#3) ALL-INCLUSIVE ADVENTURE CAKE DEAL

- 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, & cups
- Beach towel and card for birthday child
- Large locker to store bags and gifts while you are enjoying the playground
- Printable invites

	Rate	Shoreview Resident
For up to 8 children	\$ 134	\$ 126
Each additional child	\$ 16 ^{.75}	\$ 15 ^{.75}

#4) ALL-INCLUSIVE ADVENTURE MEAL DEAL

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

	Rate	Shoreview Resident
For up to 8 children	\$ 158	\$ 150
Each additional child	\$ 19 ^{.75}	\$ 18 ^{.75}

COCONUT COVE PRIVATE PARTY ROOM

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.

Rate: Add \$34 to your party package



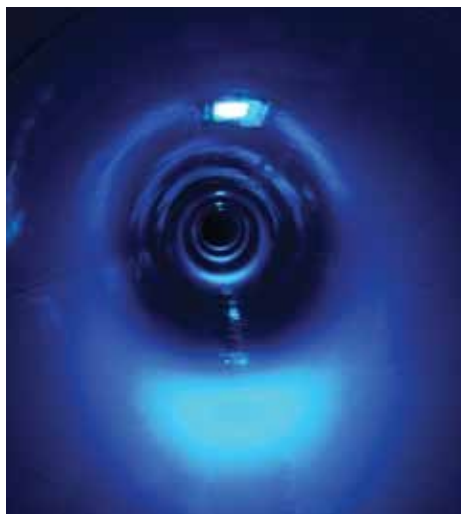
It's a PIECE of CAKE!

Make your child's birthday party special! Celebrate at the Tropics Indoor Waterpark and Tropical Adventure Indoor Playground.

Choose one of our four 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!





Shark Attack Waterslide

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!



POOLSIDE PARTY PACKAGE Waterpark & Indoor Playground

BRING YOUR OWN FOOD!

- Full day use of Tropics Indoor Waterpark and Tropical Adventures Indoor Playground
- 2 hours of private poolside party room for up to 50 people
- Option to bring in your own food or you may purchase food from our Wave Cafe
- Free jumbo locker available for use
- Printable invites



Available Times:

Fridays at 5 p.m. or 7:30 p.m.
Saturdays at 5:30 p.m.
Sundays at 4:30 p.m.

	Rate	Shoreview Resident
Includes 10 wristbands	\$180	\$164
<i>*Additional wristbands may be purchased at our discounted group rate the day of your event.</i>		
<i>*\$25 refundable damage deposit required.</i>		

RENT A PARTY ROOM!

BRING YOUR OWN FOOD!

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 up to 60. You may bring in your own food, cake, and decorations. **Daily passes are sold separately.**

	Rate	Shoreview Resident
Per 2-hour time block	\$50	\$35
<i>*\$25 refundable damage deposit required.</i>		

BIRTHDAY PARTY POLICIES

Payment due at time of reservation • Fees subject to change
Tax will be added to listed prices • No outside food or decorations allowed in Beachcomber Bay or Coconut Cove with exception to Poolside Party Package rental. • 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.

Call 651.490.4790 to book your party!

Shoreview Community Center



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

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 of 45 people is necessary to rent our facility overnight.

All guests in attendance of an after-hours event must be paid for.

PARTY DURATION	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

We also have special group rates for groups or parties that want to use the facility during building hours. Please call 651-490-4790 for more information or email us at rentals@shoreviewmn.gov

Minimum of 45 people required.

Refundable damage deposit: \$100

Sales tax will be added to these prices.

Fees subject to change.

We welcome payment by Visa or Mastercard.



Make a Splash!

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!**



**Shoreview
Community Center**



**Call 651.490.4790
to book your party!**

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

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.
- Kitchen Use Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires MN 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 MN licensed caterer for kitchen use.

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

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

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



Call for More Information

Community Center Information

651.490.4700

Recreational Programs (classes)

651.490.4750

Rental Information

651.490.4790

City Information

651.490.4600

Haffeman Pavilion

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

Rate: \$200; \$180 Shoreview Resident

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

Picnic Shelter Rentals

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

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

Meeting Rooms

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

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

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

*Sales tax will be added to rate. Refundable damage deposit required for all party rentals.

Island Lake Room

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

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

Rate: \$70; \$55 Shoreview Resident

*Sales tax will be added to rate. 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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FALL 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, July 27 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, July 29 at 8 A.M.

General Registration

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

Begins Friday, July 31 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.

Friday, Aug. 21 11:00 A.M. – 12:00 P.M.
Sunday, Nov. 29 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

30-minute swim lessons; available at set times.

Private Lessons:

Rate for 8 lessons: \$155; \$141 Shoreview Resident

Rate for 6 lessons: \$116; \$106 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$116; \$105 Shoreview Resident*

Rate for 6 lessons: \$87; \$79 Shoreview Resident*

*Cost 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

Rate for 6 group lessons: \$57; \$52 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

SWIM LESSONS AT THE COMMUNITY CENTER POOL

Monday Sept 21 - Nov 9

Time	Level	Activity #
Morning		
9:00 A.M.	MR	430117-01
9:40 A.M.	L1	430101-01
10:20 A.M.	PS	430111-01
Evening		
4:30 P.M.	PS	430111-03
	L2	430102-02
	L3	430103-01
	PR	430114-03
	PR	430114-04
5:15 P.M.	PS	430111-04
	L1	430101-03
	L2	430102-03
	L2.5	430112-01
	L2.5	430112-02
	L4	430104-01
6:00 P.M.	PS	430111-05
	L1	430101-04
	L3	430103-02
	L5	430105-01
	YB	430113-01
6:05 P.M.	SF 1 & 2	430110-03
6:45 P.M.	L1	430101-05
	L2	430102-04
	L2.5	430112-03
	L3	430103-03
	PR	430114-05
	PR	430114-06
7:25 P.M.	L2	430102-05
	PR	430114-07
	PR	430114-08
8:05 P.M.	PR	430114-09
	PR	430114-10
	PR	430114-11

Tuesday Sept 22 - Nov 10

Time	Level	Activity #
Evening		
4:30 P.M.	PS	430111-06
	L1	430101-06
	PR	430114-12
	PR	430114-13
	PR	430114-14
5:15 P.M.	MR	430117-03
	PS	430111-07
	L2.5	430112-04
	L3	430103-04
	PR	430114-15
6:00 P.M.	L1	430101-07
	L2	430102-06
	L2.5	430112-05
	L4	430104-02
	PR	430114-16
	PR	430114-17
6:45 P.M.	PS	430111-08
	L1	430101-08
	L2	430102-07
	L2.5	430112-06
	L5	430105-02
	PR	430114-18
7:25 P.M.	L2	430102-08
	L2.5	430112-07
	L6	430106-01
	PR	430114-19
	PR	430114-20
8:05 P.M.	PR	430114-21
	PR	430114-22
	PR	430114-23
	PR	430114-24
	PR	430114-25

Wednesday Sept 23 - Nov 11

Time	Level	Activity #
Morning		
9:10 A.M.	L2	430102-01
9:55 A.M.	PS	430111-02
10:40 A.M.	SF 1 & 2	430110-01
11:20 A.M.	PR	430114-01
Evening		
4:30 P.M.	L1	430101-09
	L2	430102-09
	L2.5	430112-08
	PR	430114-26
	PR	430114-27
5:15 P.M.	PS	430111-09
	L1	430101-10
	L2	430102-10
	L2.5	430112-09
	L5	430105-03
6:00 P.M.	MR	430117-04
	L2	430102-11
	L2.5	430112-10
	L2.5	430112-11
	L3	430103-05
6:05 P.M.	SF 1 & 2	430110-04
6:45 P.M.	PS	430111-10
	L1	430101-11
	L2	430102-12
	L3	430103-06
	L4	430104-03
	PR	430114-28
7:25 P.M.	L2	430102-13
	IS	430109-01
8:05 P.M.	PR	430114-29

LESSON RATES

8 Lessons

Group

\$76; \$69 Shoreview Resident

Private

\$155; \$141 Shoreview Resident

Semi-Private

\$116; \$106 Shoreview Resident
(2 participants of equivalent ability)

6 Lessons

Group

\$57; \$52 Shoreview Resident

Private

\$116; \$106 Shoreview Resident

Semi-Private

\$87; \$79 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

IS Intro to Swim Team

SWIM LESSONS AT THE COMMUNITY CENTER POOL

Thursday Sept 24 - Nov. 19 No Class: Oct 15

Time	Level	Activity #
Evening		
4:30 P.M.	PS	430111-11
	L2	430102-14
	L2.5	430112-12
	PR	430114-30
	PR	430114-31
5:15 P.M.	MR	430117-05
	L1	430101-12
	L2.5	430112-13
	L2.5	430112-14
	L3	430103-07
6:00 P.M.	PS	430111-12
	L1	430101-13
	L3	430103-08
	L4	430104-04
	PR	430114-32
	PR	430114-33
6:45 P.M.	PS	430111-13
	L1	430101-14
	L2	430102-15
	L2.5	430112-15
	L3	430103-09
7:25 P.M.	YB	430113-02
	L2	430102-16
	L5	430105-04
	YB	430113-03
	PR	430114-34
8:05 P.M.	PR	430114-35
	PR	430114-36
	PR	430114-37
	PR	430114-38
	PR	430114-39
PR	430114-40	

Friday Sept 25 - Nov 20 No Class: Oct 16

Time	Level	Activity #
Morning		
9:10 A.M.	L1	430101-02
9:55 A.M.	SF 1 & 2	430110-02
10:40 A.M.	MR	430117-02
11:20 A.M.	PR	430114-02

Saturday Sept 26 - Nov 21 No Class: Oct 17

Time	Level	Activity #
Morning		
8:15 A.M.	PS	430111-14
	L1	430101-15
	L2	430102-17
	L2.5	430112-16
	YB	430113-04
	PR	430114-41
	PR	430114-42
	PR	430114-43
	PR	430114-44
	PR	430114-45
9:00 A.M.	MR	430117-06
	PS	430111-15
	L1	430101-16
	L2	430102-18
	L2.5	430112-17
	L2.5	430112-18
	L3	430103-10
	L4	430104-05
	L5	430105-05
	9:45 A.M.	PS
L1		430101-17
L2		430102-19
L2.5		430112-19
L3		430103-11
L6		430106-02
YB		430113-05
IS		430109-02
PR		430114-46
PR		430114-46
9:50 A.M.	SF 1	430110-05
10:30 A.M.	MR	430117-07
	PS	430111-17
	L1	430101-18
	L2	430102-20
	L2.5	430112-20
	L3	430103-12
	L4	430104-06
	PR	430114-47
	PR	430114-47
	PR	430114-47
10:35 A.M.	SF 2	430110-06
11:15 A.M.	PS	430111-18
	L1	430101-19
	L2	430102-21
	L2.5	430112-21
	L2.5	430112-22
	L3	430103-13
	L5	430105-06
	PR	430114-48
	PR	430114-49
	PR	430114-49

Sunday Sept 27 - Nov 22 No Class: Oct 18

Time	Level	Activity #
Morning		
9:00 A.M.	PS	430111-19
	L1	430101-20
	L2	430102-22
	L2.5	430112-23
	PR	430114-50
9:45 A.M.	MR	430117-08
	PS	430111-20
	L1	430101-21
	L3	430103-14
	PR	430114-51
10:30 A.M.	SF 1 & 2	430110-07
	PS	430111-21
	L1	430101-22
	L4	430104-07
	PR	430114-52
11:15 A.M.	MR	430117-09
	L2	430102-23
	L2.5	430112-24
	YB	430113-06
	PR	430114-53

TWO DAY CLASSES Tuesday/Thursday Dec 1 - Dec 17

6 Lessons Only - discounted fee

Time	Level	Activity #
Evening		
4:30 P.M.	PR	430114-54
	PR	430114-55
	PR	430114-56
	PR	430114-57
	PR	430114-57
5:15 P.M.	L1	430101-23
	L2	430102-24
	PR	430114-58
	PR	430114-59
	PR	430114-59
6:00 P.M.	MR	430117-10
	PS	430111-22
	L3	430103-15
	PR	430114-60
	PR	430114-60
6:45 P.M.	PS	430111-23
	L1	430101-24
	L2.5	430112-25
	PR	430114-61
	PR	430114-61
7:30 P.M.	L2	430102-25
	L2.5	430112-26
	PR	430114-62
	PR	430114-62
	PR	430114-63

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.



RED CROSS COMMUNITY CPR/AED

Thursday, Nov. 19.....6:00 P.M. – 10:00 P.M.
\$87; \$79 Shoreview Residents..... **Activity # 450301-01**

Deadline to Register: Thursday, Nov. 12

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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

RED CROSS STANDARD FIRST AID

Tuesday, Nov. 17.....6:00 P.M. – 8:30 P.M.
\$58; \$53 Shoreview Resident..... **Activity # 450302-01**

Deadline to Register: Tuesday, Nov. 10

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, Nov. 17.....6:00 P.M. – 10:00 P.M.
and Thursday, Nov. 19.....6:30 P.M. – 8:30 P.M.
\$102; \$93 Shoreview Residents..... **Activity # 450303-01**

Deadline to Register: Tuesday, Nov. 10

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.

SUPERSITTER BABYSITTING CLINIC

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

8:00 A.M. – 12:00 P.M.

Saturday, Aug 15..... **Activity # 350101-05**
Saturday, Aug 29..... **Activity # 350101-06**
Saturday, Sept 19..... **Activity # 450101-01**
Saturday, Oct 24..... **Activity # 450101-02**
Saturday, Nov 14..... **Activity # 450101-03**
Saturday, Dec 19..... **Activity # 450101-04**

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

SNORKELING

Ages 8 to 13

Saturday, Oct 17..... 11:00 A.M. – 12:00 P.M.
\$23; \$21 Shoreview Resident..... **Activity # 430306-01**
Saturday, Nov 28..... 11:00 A.M. – 12:00 P.M.
\$23; \$21 Shoreview Resident..... **Activity # 430306-02**
Saturday, Dec. 19..... 11:00 A.M. – 12:00 P.M.
\$23; \$21 Shoreview Resident..... **Activity # 430306-03**

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

SCOUT MERIT BADGES

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

Swimming Merit Badge

\$54; \$49 Shoreview Resident..... **Activity # 430301-01**

Thursday, Nov. 12..... 4:00 P.M. – 8:00 P.M.

Location: Community Center Pool

Wednesday, Nov. 18..... 5:00 P.M. – 7:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Thursday, Nov. 5

Lifesaving Merit Badge

\$60; \$54 Shoreview Resident..... **Activity # 430301-02**

Monday, Nov. 16..... 4:00 P.M. – 8:00 P.M.

Location: Community Center Pool

Wednesday, Nov 18..... 5:00 P.M. – 7:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Monday, Nov. 9



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.

FALL SESSION A

Sept. 8 – Oct. 22 (7 weeks)

\$104; \$95 Shoreview Resident.....**Activity # 310230-01**

FALL SESSION B

Oct. 27 – Dec. 17 (7.5 weeks, no class Nov. 26)

\$112; \$102 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.

FALL SESSION A

Sept. 8 – Oct. 22 (7 weeks)

\$104; \$95 Shoreview Resident.....**Activity # 310231-01**

FALL SESSION B

Oct. 27 – Dec. 17 (7.5 weeks, no class Nov. 26)

\$112; \$102 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

GROUP FITNESS CLASSES

Call for information: 651.490.4750

FALL SESSION Sept. 7 – Dec. 20 (15 weeks)
(no class 9/7, 11/26, 11/29)

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 pages 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

Barre/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.

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 (pranyama), and deep relaxation through meditation. **Additional classes include Yoga Strength, Yogalates and Candlelight Yoga.** **Candlelight Yoga** is performed in the relaxing atmosphere of candlelight.

Pilates Fusion

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. This energizing workout incorporates various tools to keep the class fun and challenging. Pilates Fusion level 1 is great for any level, beginner or advanced. Pilates Fusion level 2 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.



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

FALL FITNESS CLASSES 2015: September 7 – December 20 (15 Weeks).

MONDAY	<i>(no class 9/7, 14 weeks)</i>	Reg/Sv. Res	Activity #
5:35 A.M.	Total Body Workout	\$83/\$76	410502-01
8:30 A.M.	Strength Conditioning	\$83/\$76	410539-01
8:30 A.M.	SeniorFIT - Strength Training*	\$83/\$76	410161-01
9:15 A.M.	Aqua Fit <i>(begins 9/21)</i>	\$77/\$70	410522-01
9:30 A.M.	Total Body Workout	\$83/\$76	410502-06
9:45 A.M.	Core Fusion	\$83/\$76	410527-01
11:45 A.M.	Mind/Body Yoga	\$125/\$113	410506-01
TUESDAY			
5:35 A.M.	Core Fusion	\$89/\$81	410530-01
8:15 A.M.	SeniorFIT - Aqua Exercise* <i>(begins 9/22)</i>	\$77/\$70	410162-01
8:30 A.M.	Mind/Body Yoga	\$134/\$122	410506-02
8:30 A.M.	Power Pump	\$89/\$81	410523-02
9:15 A.M.	Aqua Fit <i>(begins 9/22)</i>	\$77/\$70	410522-02
9:30 A.M.	Barre/Ballet Fitness	\$111/\$104	410508-01
9:30 A.M.	Step Cardio	\$89/\$81	410516-01
10:30 A.M.	Zumba Gold®	\$111/\$104	410543-01
11:40 A.M.	Total Body Workout	\$89/\$81	410502-05
12:45 A.M.	SeniorFIT - Strength Training*	\$89/\$81	410161-03
WEDNESDAY			
5:35 A.M.	Total Body Workout	\$89/\$81	410502-02
8:30 A.M.	SeniorFIT - Strength Training*	\$89/\$81	410161-02
8:30 A.M.	Cardio & Strength Conditioning	\$89/\$81	410540-01
9:15 A.M.	Aqua Fit <i>(begins 9/23)</i>	\$77/\$70	410522-03
9:30 A.M.	Zumba®	\$111/\$104	410544-07
9:30 A.M.	Total Body Workout	\$89/\$81	410502-07
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$89/\$81	410163-02
11:45 A.M.	Mind/Body Yoga	\$134/\$122	410506-04
THURSDAY <i>(No class 11/26, 14 weeks)</i>			
5:35 A.M.	Power Pump	\$83/\$76	410530-02
8:30 A.M.	Mind/Body Yoga	\$125/\$113	410506-07
8:30 A.M.	Power Pump	\$83/\$76	410523-06
9:15 A.M.	Aqua Fit <i>(begins 9/24)</i>	\$71/\$65	410522-04
9:30 A.M.	Step Cardio	\$83/\$76	410516-04
9:30 A.M.	Core Fusion	\$83/\$76	410531-06
10:30 A.M.	Dance Fit & Strength	\$83/\$76	410543-02
11:40 A.M.	Strength Conditioning	\$83/\$76	410539-04
12:45 A.M.	SeniorFIT - Strength Training*	\$83/\$76	410161-04
FRIDAY <i>(No class 11/27, 14 weeks)</i>			
5:35 A.M.	Total Body Workout	\$83/\$76	410502-03
8:15 A.M.	SeniorFIT - Aqua Exercise* <i>(begins 9/25)</i>	\$71/\$65	410162-02
8:30 A.M.	Strength Conditioning	\$83/\$76	410539-02
8:30 A.M.	SeniorFIT - Advanced Circuit*	\$83/\$76	410165-01
9:15 A.M.	Aqua Fit <i>(begins 9/25)</i>	\$71/\$65	410522-05
9:30 A.M.	Total Body Workout	\$83/\$76	410502-08
9:30 A.M.	Cardio Dance	\$83/\$76	410545-01
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$83/\$76	410163-03
SATURDAY <i>(No class 11/28, 14 weeks)</i>			
8:00 A.M.	Indoor Group Cycling	\$104/\$97	410512-08
8:30 A.M.	Kettlebell Training	\$104/\$97	410528-04
8:30 A.M.	Zumba®	\$104/\$97	410544-06
9:30 A.M.	Core Fusion	\$83/\$76	410531-03
SUNDAY <i>(No class 11/29, 14 weeks)</i>			
8:30 A.M.	Indoor Group Cycling	\$104/\$97	410512-09

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

P.M. classes on next page

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

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

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

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

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

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



CHILD CARE AVAILABLE!

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

Rate \$1 per hour per child.

EVENING CLASSES All classes are 50 minutes unless otherwise indicated.

FALL FITNESS CLASSES 2015: September 7 – December 20 (15 Weeks).

		Reg/Sv. Res.	Activity #
MONDAY (No class 9/7, 14 weeks)			
4:10 P.M.	Zumba®	\$104/\$97	410544-02
5:00 P.M.	Adult Sports Conditioning	\$104/\$97	410533-01
5:20 P.M.	Step and Strength	\$83/\$76	410514-01
5:20 P.M.	Yogalates	\$125/\$113	410525-01
6:00 P.M.	Teen Sports Conditioning	\$104/\$97	410533-02
6:25 P.M.	Core Fusion	\$83/\$76	410531-01
6:25 P.M.	Indoor Cycling	\$90/\$83	310512-01
6:30 P.M.	Zumba®	\$104/\$97	410544-10
7:30 P.M.	Power Pump	\$83/\$76	410523-04
TUESDAY			
4:30 P.M.	Tabata (30 min.)	\$89/\$81	410513-02
5:20 P.M.	Mind/Body Yoga	\$134/\$122	410506-03
5:20 P.M.	Power Pump	\$89/\$81	410523-03
5:30 P.M.	Aqua Fit (begins 9/22)	\$77/\$70	410522-06
6:25 P.M.	Pilates Fusion Level I	\$134/\$122	410507-03
6:25 P.M.	Cardio Kickboxing	\$89/\$81	410501-01
6:45 P.M.	Aqua Fit (begins 9/22)	\$77/\$70	410522-07
7:30 P.M.	BOSU Fusion	\$89/\$81	410542-01
7:30 P.M.	Zumba® *NEW CLASS!	\$111/\$104	410544-21
WEDNESDAY			
4:15 P.M.	Kettlebell Training	\$111/\$104	410528-03
5:15 P.M.	Step Cardio	\$89/\$81	410516-03
5:20 P.M.	Yogalates	\$134/\$122	410525-02
6:25 P.M.	Barre/Ballet Fitness	\$111/\$104	410508-02
6:25 P.M.	Boot Camp	\$89/\$81	410532-02
6:25 P.M.	Indoor Group Cycling	\$111/\$104	410512-05
7:30 P.M.	Mind/Body Yoga	\$134/\$122	410506-06
7:30 P.M.	Power Pump *NEW CLASS!	\$89/\$81	410523-08
THURSDAY (No Class 11/26, 14 weeks)			
4:15 P.M.	Indoor Group Cycling	\$104/\$97	410512-03
5:20 P.M.	Yoga Strength	\$125/\$113	410524-01
5:20 P.M.	Power Pump	\$83/\$76	410523-07
5:30 P.M.	Aqua Fit (begins 9/24)	\$71/\$65	410522-08
6:25 P.M.	Zumba®	\$104/\$97	410544-03
6:25 P.M.	Pilates Fusion Level I	\$125/\$113	410511-01
6:45 P.M.	Aqua Fit (begins 9/24)	\$71/\$65	410522-09
7:30 P.M.	Mind/Body Yoga	\$125/\$113	410506-05
FRIDAY (No class 11/27)			
4:30 P.M.	Zumba®	\$104/\$97	410544-04
SUNDAY (No class 11/29, 14 weeks)			
6:00 P.M.	Candlelight Yoga	\$125/\$113	410537-01

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

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

Scan this code for an updated class schedule:



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

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

NOTES ABOUT GROUP FITNESS CLASSES:

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



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

Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. 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 sheets 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 an attached handle. 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 encouragement and accountability

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Strengthen 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, while 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. All sessions expire one year from the date of purchase.

Sessions	Regular	Resident
Fitness Assessment.....	\$ 32.....	\$ 27
Single Session.....	\$ 67.....	\$ 62
Three Sessions.....	\$ 186.....	\$ 171
Six Sessions.....	\$ 351.....	\$ 326
Twelve Sessions.....	\$ 664.....	\$ 614

What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, postural assessment, cardiovascular testing, and sports-specific tests. 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.

NEW FITNESS CLASSES!

Adult & Teen Sports Conditioning



Class details on page 34

Discover your potential!

Work with a personal trainer to help achieve your fitness goals!

Goals achieved through personal training:

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

Your goals, our resources!





2015-2016 School Year

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



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

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

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

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

2½ TO 3 YEAR OLD CLASSES

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

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

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



3 TO 4 YEAR OLD CLASSES

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

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

ABC's & 123's
 Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
 \$127/month; \$117/month Shoreview Resident



4 TO 5 YEAR OLD CLASSES

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

Alpha Kids

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

Stepping Stones

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

Kids Corner Preschool Lunch Bunch

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

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



SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

Busy Buddies

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

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

Story Stretchers

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

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

Investigators

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

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

Math Monsters

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

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

TODDLER TIME

Ages 2 to 3

Saturdays 9:00 A.M. – 10:30 A.M.
\$19; \$17 Shoreview Resident

Fall into Fun

September 26..... **Activity # 540235-01**

Pumpkin Patch

October 24..... **Activity # 542035-02**

Terrific Turkeys

November 21..... **Activity # 540235-03**

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



WISH UPON A BALLET



Ages 3 to 6

Tuesdays.....\$72

Session I: Sept. 15 – Oct. 27 (7 weeks)

Session I students receive a free ballet tutu or crown.

Theme: Snow White

9:30 A.M. – 10:15 A.M. **Activity # 470202-01**

10:15 A.M. – 11:00 A.M. **Activity # 470202-02**

Session II: Nov. 3 – Dec. 15 (7 weeks)

Theme: Hansel and Gretel

9:30 A.M. – 10:15 A.M. **Activity # 470203-01**

10:15 A.M. – 11:00 A.M. **Activity # 470203-02**

Shoreview Community Center

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





Tumbling

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

TODDLER AND PARENT

Ages 2 and 3 \$84; \$74 Shoreview Resident
Saturdays.....9:45 A.M. – 10:30 A.M.
Sept. 26 – Nov. 21 (no class Oct. 17)..... **Activity # 480101-01**
Saturdays..... 10:45 A.M. – 11:30 A.M.
Sept. 26 – Nov. 21 (no class Oct. 17)..... **Activity # 480101-02**

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

TUMBLING TYKES

Ages 3 and 4 \$84; \$74 Shoreview Res
Saturdays..... 11:45 A.M. – 12:30 P.M.
Sept. 26 – Nov. 21 (no class Oct. 17)..... **Activity # 480102-01**

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

ROLLY POLLYS

Ages 4 and 5 \$84; \$74 Shoreview Res
Saturdays..... 12:45 P.M. – 1:30 P.M.
Sept. 26 – Nov. 21 (no class Oct. 17)..... **Activity # 480103-01**

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

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8..... \$84; \$74 Shoreview Res
Saturdays..... 1:45 P.M. – 2:30 P.M.
Sept. 26 – Nov. 21 (no class Oct. 17)..... **Activity # 480104-01**

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



RECREATIONAL ICE SKATING INSTRUCTION

FALL 2015 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 24 – December 5 (7 week session)
 \$85; \$75 Shoreview Resident (Snowplow Sam to Level 4
 and Specialized Classes)
 \$134; \$122 Shoreview Resident (Pre-snowplow)
 The Shoreview Arena, 96 and Victoria



Skate Rental is NOT available at the rink.

GROUP LESSONS

Pre-snowplow

Beginning skating class for 4-8 year old participants that are unable to stand on the ice with out assistance from an adult. This class will help participants gain the strength and confidence to stand on their own on the ice while introducing preliminary skating moves and techniques. All participants must wear a helmet while on the ice.

Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year olds. These classes will help develop the familiarity, coordination and strength needed to maneuver on skates. All participants must wear a helmet while on the ice. This class is for beginning skaters with no previous skating experience. Participants must be able to stand on ice skates without assistance.

Level 1

Beginning class for those that are comfortable on the ice. Includes getting up, forward glide, two-foot gliding, and snowplow stop. All participants must wear a helmet on the ice.

Level 2

Teaches backward skating, backward glide, forward one-foot glide, two foot turn from forward to backward. All participants must wear a helmet on the ice.

Level 3

Includes forward and backward one foot snowplow stop, turns, forward swizzles and stroking.

Level 4

Teaches forward edges, forward crossovers & backward glides.

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

Helmets: For safety, all participants in Pre-Snowplow Sam, Snowplow Sam, Level 1, and Level 2 are required to wear helmets. Bike helmets are acceptable. (Helmets not provided.)

FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	470401-01
	Level 1	470402-01
	Level 3	470404-01
10:00 A.M. – 10:35 A.M.	Snowplow	470401-02
	Level 2	470403-01
	Level 4	470405-01
10:40 A.M. – 11:15 A.M.	Pre-Snowplow	470400-01





TOUCH-A-TRUCK

All Ages FREE
Saturday, Sept. 19 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

This is your chance to not only touch, but hop right in the drivers seat of a fire engine, police car, snow plow, or dump truck! Come on out to the Shoreview Community Center and check out all of the city trucks. Rain or shine.



KIDS' GARAGE SALE

Kids grades K-5
Saturday, Sept. 19 9:00 A.M. – 12:00 P.M.
\$17 per table **Activity # 460415-01**

Shoreview Community Center Pavilion

Calling all kids! Here's your chance to make a little money to use for holiday shopping or to find special gifts at bargain prices. Kids in grades K–5 may rent a table to sell toys, games, books, and sporting goods. Please do not bring food items to sell. Pre-registration is required. Arrive between 8 – 8:30 A.M. to set up your table. Remember to bring money for making change. Parents should assist child as needed. Sale will be held outside at Shoreview Community Center Pavilion. Rain or shine.



HALLOWEEN SPOOKTACULAR

Friday, October 23 6:30 P.M. – 8:00 P.M.
\$6; \$5 Shoreview Resident Youth **Activity # 460414-01**
\$6; \$5 Shoreview Resident Adult **Activity # 460414-02**

Shoreview Community Center

Deadline to Register: Friday, Oct. 16

Come join the spooky fun! Enjoy DJ music and dance to the monster mash, create a Halloween craft, bingo, and more! Children must be accompanied by an adult. Pre-registrations is required. No walk-ins allowed.



DIVE-IN MOVIE

Friday, November 20 7:00 P.M.
Shoreview Community Center

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

LETTER FROM SANTA

\$5 per child.....Activity # 160102-01

Deadline to register: Monday, Dec. 7

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 14.



SANTA'S WORKSHOP

Saturday, December 12
\$6; \$5 Shoreview Resident

Session 1, 9:00 A.M. – 10:00 A.M.
Youth.....Activity # 160104-01
Adult.....Activity # 160104-02

Session 2, 10:30 A.M. – 11:30 A.M.
Youth.....Activity # 160104-03
Adult.....Activity # 160104-04

Deadline to Register: Monday, Dec. 7

Come spend the morning with Santa at his workshop! Were you will enjoy a continental breakfast, a craft, and visiting time with Santa himself! You don't want to miss out on this memorable family fun! Don't forget to check out the Kids Secret Holiday Shopping Spree after! Each session is limited to 30 kids. Children must be accompanied by an adult. Pre-registration required. No Walk-ins Allowed.



KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12
Saturday, December 12.....9:00 A.M. – 12:00 P.M.
Shoreview Community Center

Are the kids looking for gifts for family members and friends around the Holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Parks and Recreation Staff and volunteers, while mom and dad sit back and relax in the fireside lounge. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts range from \$0.50 to \$15. The Parks and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.



HOLIDAY COOKIE DECORATING

Saturday, December 19.....9:00 A.M. – 10:00 A.M.
\$12; \$10 Shoreview Resident.....Activity # 160105-01
Shoreview Community Center

Deadline to Register: Friday, Dec. 11

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



FAMILY NEW YEAR'S EVE PARTY

\$10 youth (ages 1-17).....**Activity # 160103-01**
 \$8 adults (ages 18 & over).....**Activity # 160103-02**
 Wednesday Dec. 31.....6:00 P.M. – 8:00 P.M.

Bring the whole family to Shoreview's annual New Year's Eve Party! Join us for face painting, crafts, and games. As always, adventure awaits in the Tropical Adventure Indoor Playground and Tropics Indoor Waterpark. Zoom down the water slide while enjoying a light and music show. Ring in the New Year with a spectacular balloon drop at 7:45 p.m. Fee includes admission to the waterpark, playground, and all activities. Concessions are available for an additional fee at the Wave Café. Register by December 30th and save! Price is \$12 at the door.



PARTY

IN THE
Tropics
AT THE
**SHOREVIEW
COMMUNITY
CENTER**



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

TROPICAL PACKAGE

Starting at \$142 for 8 people

INCLUDES:

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

ADVENTURE PACKAGE

Starting at \$126 for 8 people

INCLUDES:

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

ADD A THEME FOR ONLY \$12!

Choose from Princess, Pirate, or Under the Sea!

After School Sports

Our After School Sports program offers variety of age appropriate activities with a focus on fun. All classes are for boys and girls, and are held for 6 sessions. Participants should meet in the gym for each class. For more information, please call 651-490-4750.

BASKETBALL

Grades 1 to 33:30 P.M. – 4:30 P.M.
\$45 per participant

Island Lake Elementary - Gym
Tuesdays, Sept. 22 – Oct. 27**Activity # 490403-01**

Turtle Lake Elementary - Gym
Mondays, Sept. 21 – Oct. 26**Activity # 490403-02**

Learn fundamentals of basketball and play in some games each class period. We provide the instruction and equipment; kids provide the desire to learn and have fun. Class meets inside gym.

SOCCER

Grades 1 to 33:30 P.M. – 4:30 P.M.
\$45 per participant

Island Lake Elementary - Gym
Wednesdays, Sept. 23 – Oct. 28**Activity # 490406-01**

Turtle Lake Elementary - Gym
Thursdays, Sept. 24 – Nov. 5**Activity # 490406-02**
(No class Oct. 15)

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



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
\$45 per participant

Island Lake Elementary - Gym
Wednesdays, Sept. 23 – Oct. 28**Activity # 490407-01**

Turtle Lake Elementary - Gym
Mondays, Sept. 21 – Oct. 26**Activity # 490407-02**

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



WRESTLING

Kindergarten to Grade 5
\$45 per participant

Island Lake Elementary - Gym
Mondays, Sept. 21 – Oct. 26**Activity # 490409-01**
3:30 P.M. – 4:30 P.M.

Turtle Lake Elementary - Gym
Tuesdays, Sept. 22 – Oct. 27**Activity # 490409-02**
3:30 P.M. – 4:30 P.M.

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, October 31 at Mounds View High School. A flyer will be handed out during class with tournament details.

LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Monday & Wednesday, Dec. 28 & 30 ... 10:00 AM – 11:30 AM
\$40 per participant.....**Activity # 190901-01**

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

Deadline to Register: 1-week prior to the camp start date.

This camp is designed for beginning bowlers. Kids will learn bowling basics. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun! Participants will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided.



MINI KICKERS SOCCER CAMP

Ages 3 to 8.....\$75; \$70 Shoreview Resident

Saturdays, October 10 – November 14

Shoreview Community Center Gym

Ages 6 to 8

9:00 A.M. – 9:45 A.M.....**Activity # 490801-01**

Ages 3 to 5

10:00 A.M. – 10:30 A.M.....**Activity # 490801-02**

10:35 A.M. – 11:05 A.M.....**Activity # 490801-03**

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

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 2 – Feb. 27. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 4:00 P.M.

\$62; \$52 Shoreview Resident

Setters, Grades 4-5Activity # 190304-01

Spikers, Grades 6-8Activity # 190304-02

Turtle Lake Elementary

Mounds View Community Center

Recreational league play for girls grades 4-8. This instructional league will teach girls the basic skills, rules, and strategies of the fun and exciting game of volleyball. Program consists of one practice and one game each week. Games and practices will last for one hour. Players will receive a t-shirt.

Register by December 1 for the Girls Volleyball League. No special friend requests accepted after the deadline.

Volunteer coaches are needed for the Girls Volleyball League. 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.

COACHES MEETING

Wednesday, December 16..... 6:00 P.M. – 7:00 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

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

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 the fall league 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.

**REGISTRATION
DEADLINE
IS JULY 31**



VOLUNTEER COACHES ARE NEEDED FOR FALL LEAGUES

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.

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.**



REGISTRATION IS NOW OPEN FOR AUGUST GROUP LESSONS!

PeeWees Ages 5 to 7

Peeweesees 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.

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

Five lessons..... **Activity # 490602-01**
\$175; \$165 Shoreview Resident

Individual Private Lessons (90 minutes)

Five lessons..... **Activity # 490602-02**
\$255; \$245 Shoreview Resident

Semi Private Lessons (60 minutes)

Five lessons..... **Activity # 490603-01**
\$92; \$82 Shoreview Resident

(Each participant pays and must enroll with a partner)

Semi Private Lessons (90 minutes)

Five lessons..... **Activity # 490603-02**
\$135; \$125 Shoreview Resident

(Each participant pays and must enroll with a partner)

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

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

GROUP LESSONS

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

Class Level	Day	Time	Location	Rate	Activity #
Pee Wees	M,T,W	9:00–9:45 A.M.	McCullough	\$62; \$52	390606-05
Beginners	M,T,W	9:50–10:45 A.M.	McCullough	\$62; \$52	390607-05
Advanced Beginners	M,T,W	10:50–11:45 A.M.	McCullough	\$62; \$52	390608-05
Intermediate	M,T,W	11:50 A.M.–12:45 P.M.	McCullough	\$62; \$52	390609-05

September 12 – October 10. Make-up lessons held October 17 if necessary.

Class Level	Day	Time	Location	Rate	Activity #
Pee Wees	Sat	10:00–10:45 A.M.	Wilson	\$54; \$44	490606-01
Beginners	Sat	11:00–11:55 A.M.	Wilson	\$54; \$44	490607-01
Advanced Beginners	Sat	12:00–12:55 P.M.	Wilson	\$54; \$44	490608-01
Adult Basics	Sat	1:00–2:30 P.M.	Wilson	\$79; \$69	490601-01

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

MEN'S 5-ON-5 OFFICIATED BASKETBALL LEAGUE

Monday evenings, starting January 4.

\$500 per team

Men's B..... **Activity # 120101-01**

Island Lake Elementary Gym

Deadline to register: Monday, Dec. 14 or until league is full.

Teams play 8 officiated games and single elimination playoffs for the top finishers. Call Program Supervisor at 651-490-4753 for additional information.



BROOMBALL LEAGUES

Games begin in mid-December (weather permitting)

\$300 per team

Men's D Monday evenings..... **Activity # 120301-01**

Shoreview Commons Rink

(behind Shoreview Community Center)

Deadline to register: Monday, Nov. 30 or until league is full.

Teams play 6 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets.



FREE ACTIVITIES AT THE COMMUNITY CENTER

500

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

Bridge

Thursdays at 12:30 P.M. **Activity # 500604-01**
No Bridge Nov. 26 & Dec. 24 & 31. No partners required

Bingo

One Wednesday/month
1:00 P.M. **Activity # 500605-01**
Aug. 26, Sept. 30, Oct. 28, Nov. 25, Dec. 30
(\$0.25 per card – no min/max cards)

Book Club

Second Wednesday of the month
1:00 P.M. **Activity # 500606-01**
Sept. 9, Oct. 14, Nov. 4, Dec. 9
See website for book list.

SENIORFIT

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

500 TOURNAMENT

Wednesday, September 23 12:30 P.M. – 4:30 P.M.
\$10 per player **Activity # 400501-01**
Shoreview Community Center

Deadline to register: Monday, Sept. 21

Join our Shoreview 500 club for their 12th annual 500 Tournament! Cash prizes awarded for first through third place winners! Each player will be required to submit address, phone number and birth date. Limited tables available! **MUST REGISTER WITH A PARTNER.** Veggies, fruit and small munchies will be served. **No walk-ins.**



AARP DRIVER SAFETY PROGRAM

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. This rate includes an Shoreview administration fee.

AARP member cards MUST BE PRESENTED at the time of registration to qualify for member rates.

All classes held at Shoreview Community Center
For first time, one must attend an 8 hour course.

4 Hour Refresher Day Courses

AARP Member Rate: \$23; Non-Member Rate: \$28
9:00 A.M. – 1:00 P.M.

Tuesday, September 8 **Activity # 450201-01**
Tuesday, October 6 **Activity # 450201-02**
Tuesday, November 10 **Activity # 450201-03**
Tuesday, December 15 **Activity # 150201-01**

4 Hour Refresher Evening Courses

AARP Member Rate: \$23; Non-Member Rate: \$28
5:30 P.M. – 9:30 P.M.

Wednesday, October 21 **Activity # 450202-01**
Wednesday, December 30 **Activity # 150202-01**

8 Hour Evening Courses

AARP Member Rate: \$25; Non-Member Rate: \$30
5:30 P.M. – 9:30 P.M. **Activity # 450203-01**

Monday, September 21, Wednesday, September 23
5:30 P.M. – 9:30 P.M. **Activity # 450203-02**
Monday, November 30, Wednesday, December 2



DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday.....8:30 A.M. – 11:00 A.M.

Sept. 8 – May 27 \$3 or free to members

Closed Nov. 26, Dec. 24 & 25

Shoreview Community Center Gymnasium (4 courts)

4580 Victoria St. N.

Wednesdays..... 6:00 P.M. – 9:00 P.M.

Oct. 7 – April 27 \$3 per person

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.

*For experienced players

**Tuesday, Thursday & Sunday 6:00 P.M. – 8:00 P.M.

**For all skill level players

Commons Park (4 courts striped on tennis courts)

***Monday, Wednesday & Friday9:00 A.M. – 11:00 A.M.

***For beginner and social players



SOCIAL MEDIA: HOW TO USE FACEBOOK AND TWITTER

Thursday, Oct. 15..... 1:30 P.M. – 3:00 P.M.

\$20; \$15 Shoreview Resident.....**Activity # 400255-01**

Deadline to Register: Friday, October 9

Shoreview Community Center

Learn the basics of navigating facebook and twitter. We will go step-by-step on the basics to utilizing quick user tools for social networking. I pads, laptops or smart phones are welcome to bring to class. Media devices are not necessary but highly recommended. A social media guide will be given out to each participant.

PUMKIN PIE & BINGO

Wednesday, Nov. 18 1:30 P.M. – 3:00 P.M.

\$6; \$5 Shoreview Resident**Activity # 400505-01**

Deadline to Register: Friday, Nov. 13

Location: Shoreview Community Center

Join us for a great afternoon of fun! Enjoy a piece of pumpkin pie while we play Bingo! We will have lots of prizes to give away and a lucky winner will walk away with a gift card to Cub Foods.

HOW TO USE PINTEREST AND INSTAGRAM

Thursday, Nov. 12..... 1:30 P.M. – 3:00 P.M.

\$20; \$15 Shoreview Resident.....**Activity # 400226-01**

Deadline to Register: Friday, November 6

Shoreview Community Center

Learn the basics of navigating pinterest and instagram. We will go step-by-step on the basics to utilizing quick user tools for social networking. I pads, laptops or smart phones are welcome to bring to class. Media devices are not necessary but highly recommended. A social media guide will be given out to each participant.



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

Wednesday, August 5..... 6:00 P.M. – 7:30 P.M.
\$35; \$30 Shoreview Resident.....**Activity # 300304-02**
Deadline to Register: Wednesday, July 29

Wednesday, November 4..... 6:00 P.M. – 7:30 P.M.
\$35; \$30 Shoreview Resident.....**Activity # 400224-01**
Deadline to Register: Wednesday, October 27

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.



GENEALOGY OPEN FORUM

Wednesday, August 19..... 1:00 P.M. – 3:30 P.M.
\$20; \$15 Shoreview Resident.....**Activity # 300308-02**
Deadline to Register: Wednesday, August 12

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.

KEEPING THE CABIN IN THE FAMILY

Tuesday, October 27..... 6:30 P.M. – 8:30 P.M.
\$30; \$25 Shoreview Resident.....**Activity # 400215-01**
Deadline to Register: Tuesday, October 20

Shoreview Community Center

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

GENEALOGY RESEARCH ON THE INTERNET

Wednesday, September 30..... 6:00 P.M. – 7:30 P.M.
\$35; \$30 Shoreview Resident.....**Activity # 400223-01**
Deadline to Register: Wednesday, Sept. 23

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. Learn the best and most reliable websites, and tricks to solving problems that might be blocking your research.



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. 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, and \$10 gaming voucher for the card room. Betting will be on your own tab when you get there! **Transportation NOT provided. Meet at Running Aces: 15201 Zurich Street NE, Columbus, 55025.**



MYSTERY TRIP TO RED WING & LUNCH

Thursday, Sept. 24.....8:30 A.M. – 4:30 P.M.
 \$75; \$70 Shoreview Resident..... **Activity # 400301-01**

Deadline to Register: Friday, Sept. 11

Bus will leave the Shoreview Community Center at 8:30 A.M.

Join us as we make our way down to Red Wing, Minnesota for a day full of adventure. We will take in some of the most breathtaking historic sites surrounded by the gorgeous bluffs and the great Mississippi River. Bring some extra money for those treasures you might find! (Price Includes Transportation, Lunch, Tour admissions, and SVCC escort)



HISTORY THEATRE: GLENSHEEN & LUNCH

Thursday, Oct. 22.....8:30 A.M. – 2:00 P.M.
 \$77; \$72 Shoreview Resident..... **Activity # 400302-01**

Deadline to Register: Friday, September 14

Bus will leave the Shoreview Community Center at 8:30 A.M.

A world premiere that uncovers the murder mystery at the great Glensheen Mansion on Lake Superior in Duluth. This American tragedy was one of the most intriguing and public stories in Minnesota history. Hatcher and Poling explore the complex nature of the investigation and the bizarre behavior of the accused murderer, Roger Caldwell, and his wife Marjorie. Glensheen is a dark musical with crackling satirical edge – in the vein of Broadway favorites Sweeney Todd or Chicago. After the performance, we will enjoy a delicious lunch at a local St. Paul Restaurant. (Price includes transportation, lunch, show, & SVCC Escort.)

CHANHASSEN DINNER THEATRE: SISTER ACT

Wednesday, Dec. 2..... 10:30 A.M. – 5:00 P.M.
 \$95; \$90 Shoreview Resident..... **Activity # 400304-01**

Deadline to Register: Tuesday, November 3

Bus will leave the Shoreview Community Center at 10:30 A.M.

Chanhasseen is pleased to produce another Midwest Premiere! Direct from Broadway, Sister Act is the feel-amazing musical comedy smash called, “Ridiculously fun,” by the New York Post. Featuring original music by 8-time Oscar-winner, Alan Menken (Beauty and the Beast, The Little Mermaid, Little Shop of Horrors, Newsies) Sister Act tells the hilarious story of Deloris Van Cartier, a wannabe diva whose life takes a surprising turn when she witnesses a crime and the cops hide her away in the last place anyone would expect – a convent! Set around the Christmas holidays, Deloris helps her fellow sisters find their voices as she also rediscovers her own in a sparkling tribute to the universal power of friendship. (Price includes Lunch, Show, Transportation, and SVCC Escort)

Active Life Fair

A RESOURCE FAIR FOR ACTIVE AGING ADULTS & CARETAKERS

MONDAY, NOVEMBER 9TH, 2015 10 A.M. – 1 P.M.

Join us for the Active Life Fair at the beautiful Shoreview Community Center! The Active Life Fair is a resource fair for adults 65+ and their caretakers. You will have the opportunity to gather information regarding local programs and services about health, fitness and wellness opportunities to improve your quality of life.

YOUR SPECIAL DAY INCLUDES:

Senior Housing Facilities | Hearing Checks
Membership Info. | SeniorFIT Classes
Area Agencies of Aging | Computer Info.
Balance Screens | Retirement Planning

Walk this way... to better health!

Shoreview STEPS into a new community based health initiative! Everyone knows that moving and staying active are essential to a longer, healthier and richer quality of life. Research proves that exercising with a group keeps people more motivated and accountable. Joining a walking group is more than just exercising with others; it is social support, relaxation, and friendship. On August 12th from 6 p.m.-7p.m. at the Shoreview Community Center we will be having an informational meeting about our new Shoreview Walking Club. Join us on getting fit one STEP at a time. Please call 651.490.4750 for more information, or visit: www.ShoreviewCommunityCenter.com



Jobs that Fit Your Lifestyle!



Part-time ♦ Flexible Hours ♦ Fun People

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. Mon-Fri daytime hours 8am-12:30pm & evening hours 4-9pm. Sat. 8am-12:30 pm. \$9-9.75/hour.

Fitness Instructors: All formats including cardio-kick, cycling, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification preferred. Morning, afternoon, evening and weekend hours available. \$22-33/class.

Guest Service/Memberships: Introduce potential members to the 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. \$10.75-11.50/hour.

Gym Supervisors: Supervise adult drop-in pickleball. Interest in pickleball and an ability to work with people desired. Wednesday evening hours available. Oct-May. \$11-12/hour.

Ice Skating Instructors: Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching experience desired. 2-4 hours; Saturday mornings. October-February. \$11.50-12.50/hour DOQ.

Lifeguards: Lifeguard in a tropical paradise at our beautiful indoor pool. No experience required. Training is provided for Ellis Certification. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon, evening and weekend hours. \$9.50-11.50/hr. During school year, M-F daytime (5am-4pm), \$11/hour.

Personal Trainers: Our emphasis is on helping people meet their fitness goals. Generate client base and provide one-on-one personalized fitness consultations, education, and motivation to clients. Design safe, effective workouts and work on general health, sports specific conditioning, and general fitness. National training certification required. \$19-23/hour.

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 info, assist with concessions as needed. Must be available to work weekends. \$9.50-10.50/hour.

Sports Instructors: Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:30-5:40pm. 5 hours/week. Sept-May. \$10.50-13.50/hour.

Special Event Staff: Supervise and lead special events, such as Egg Hunt, Kids Garage Sale, Halloween Hoopla, New Years Eve Party. Other duties include decorating and clean up. Hours are varied for each event. 1-2 events held per month. \$9-10/hour.

Swimming Instructors (we will train): Instructors needed for morning and early evening lessons at the Community Center pool. \$9.50-13/class (35 min. classes).

Tumbling Instructors: Teach beginning to intermediate level classes. Previous gymnastics & teaching experience are preferred. Saturday hours available. \$10-11.50/hour.

Wave Cafe: Prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables & keep the lobby area neat. Daytime (school yr): \$9.50-10.50/hr. Eves/weekend/summer hrs: \$9.25-10/hr.

Youth Flag Football Officials: Officiate Flag Football league games for children. Knowledge of football rules, previous officiating experience desired, football playing experience preferred, good interpersonal skills. Must be age 16 or older. Weekday afternoons between 1-4pm. Sept-Oct. \$15-25/game.

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. 1-4 games; Sept-Oct. \$15-25/game.



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

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

SENIOR CHORE SERVICE

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

ATHLETIC ASSOCIATIONS

Irondale Baseball League

www.iblbaseball.com

Irondale Girls Fastpitch Association

www.knightsfastpitch.org

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.org

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	Circuit Training
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

Fall Registration Schedule Shoreview Resident Priority

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

Begins Monday, July 27 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, July 29 at 8 A.M.

General Registration

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

Begins Friday, July 31 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
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



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 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!

Indoor Farmers' Market
Tuesday, November 17 | 3-6 p.m.
Tuesday, December 15 | 3-6 p.m.



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

LIGHT OUR FIRE!

slice of
SHOREVIEW 2015
NEW DAYS

★ **JULY 24-26** ★

ISLAND LAKE COUNTY PARK



www.sliceofshoreview.com