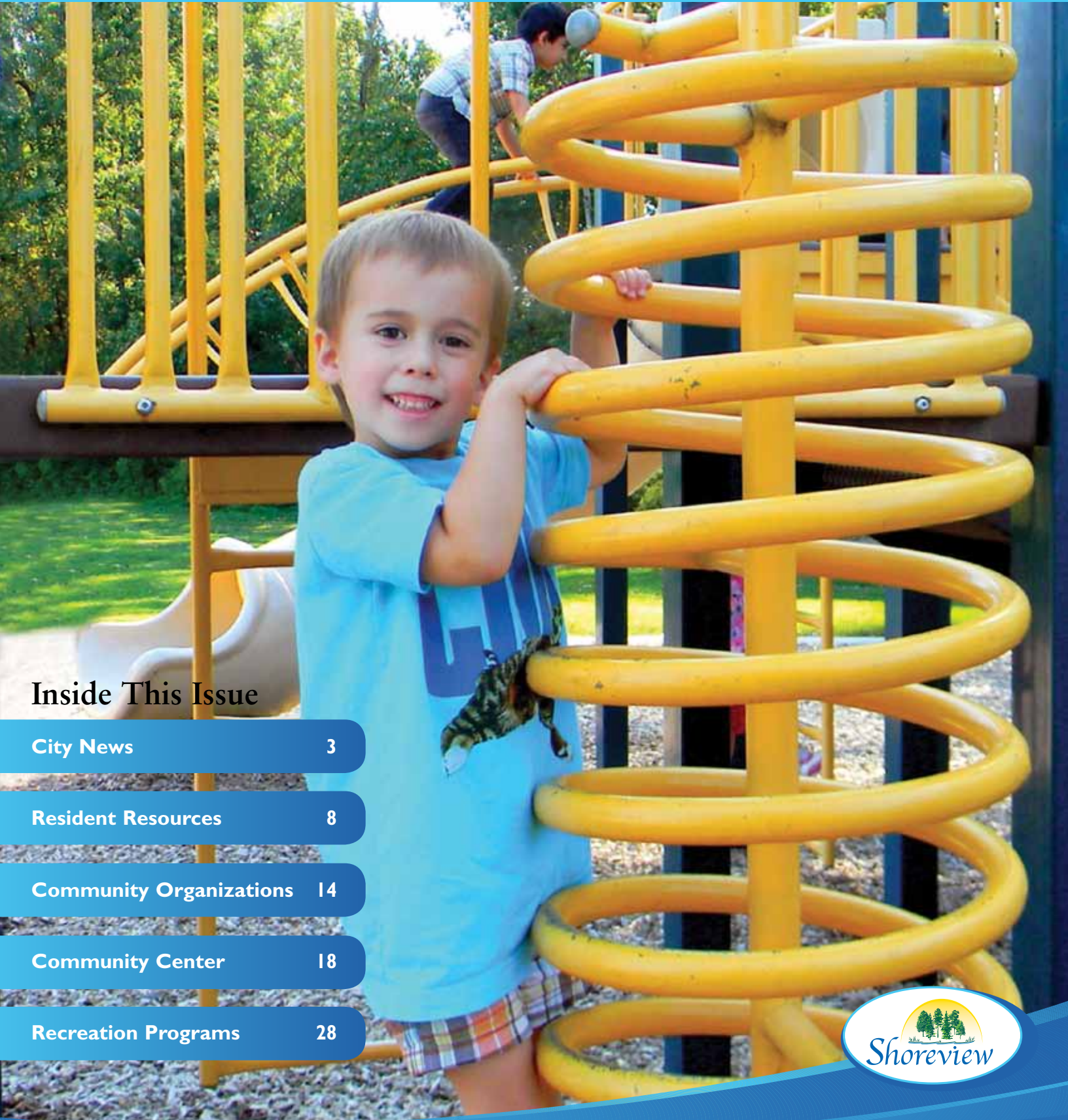


# SHOREVIEWS

2016 Summer Recreation Catalog



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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**

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**Terry Schwerm, City Manager**  
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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](http://www.shoreviewmn.gov).

# SHOREVIEW SUMMER FUN!

## 18<sup>th</sup> Annual Farmers' Market

### Tuesdays

June 14 – September 20 3-7 P.M.  
September 27 – October 18 3-6 P.M.  
Shoreview Community Center  
Lower Level Parking Lot & Pavilion

The popular Shoreview Farmers' Market brings the community together every week throughout the summer. Join us and enjoy fresh local produce, vibrant flowers, handcrafted artisan items and special events!



## 2016 Concert in the Commons

### Wednesdays @ 7 P.M.

**FREE!**

- June 15 The Backyard Band (*free ice cream!*) ..... Rock from 60's to today
- June 22 Hard Day's Night Tribute..... Beatles tribute band
- June 29 Tim Patrick and His Blue Eyes Band.....Sinatra Show - Big Band
- July 6 Forty Shades of Green and Rince Na Chroi.....Irish and Irish Dancers
- July 13 Church of Cash..... Johnny Cash tribute
- July 20 Shoreview Northern Lights Variety Band.....Community band
- July 27 The JimTones .....Oldies
- August 3 Mick Sterling and his Band.....Variety
- August 10 Two Girls and a Boyd.....Americana
- August 17 Stimulus Package.....Variety



## Slice of Shoreview Days 2016

**July 22-24** See page 14

Join in the three-day family event celebrating everything Shoreview! [sliceofshoreview.com](http://sliceofshoreview.com)

## 16<sup>th</sup> Annual Tour de Trails

### Sunday, July 24

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



On the cover: A preschooler enjoys one of Shoreview Commons Park's playgrounds as part of the Kids Corner Preschool physical education curriculum. Read more about Kids Corner Preschool on page 42.

## Shoreview to Celebrate 10 Years of Free Concerts



The Concert in the Commons Summer Music Series will celebrate 10 years of bringing outstanding musical talent to the residents of Shoreview in 2016. This year's 10-week concert series will

feature many of the favorite groups from previous years, along with several new acts that include some of the legends of the Twin Cities music scene.

The concert series opens on Wednesday, June 15th with the local favorite The Backyard Band performing a variety of top hits including songs by Billy Joel, Journey, Chicago and Bruce Springsteen. Bring the entire family to this opening night for free ice cream served by the Shoreview Community Foundation. On June 22nd, A Hard Day's Night, an outstanding Beatles tribute band, will make its first visit to Shoreview's concert series. It promises to be a great night to sit back and listen to the amazing songs from the "Fab Four."



Some of the returning groups this year include Tim Patrick and the Blue Eyes Band (June 29), 40 Shades of Green featuring the Rince na Chroi Irish dancers (July 6), the Johnny Cash Tribute Show – Church of Cash (July 13), Shoreview's very own Northern Lights Variety Band (July 20) and the JimTones (July 27).



In August, the concert series will showcase some legends in the Twin Cities music scene. On August 3rd, Mick Sterling, with 36 years in the music business, will be performing a variety of musical genres including rock and blues. The August 10th concert will feature Two Girls and a Boyd, with rich vocal harmonies provided by Mary Jane Alm, and Aimee and Boyd Lee, well-known and award winning Minnesota musicians and vocalists. The final concert on August 17th will be the high-energy group, Stimulus Package, playing a variety of rock and country hits from yesterday and today.

Mayor Sandy Martin stated, "These wonderful concerts are excellent opportunities for friends, neighbors and family to gather and enjoy a summer evening of great musical talent. I strongly encourage everyone to bring lawn chairs or blankets and take advantage of these free concerts."



This summer, Mayor Sandy Martin will expand her weekly "Talk with the Mayor" office hours with a health-conscious "Walk and Talk with the Mayor." Every 2nd Thursday of the month, beginning in June and lasting through September, Mayor Martin will be leading a walk beginning at 5 p.m., exploring our scenic parks and trails throughout Shoreview. The scheduled dates include:

**June 9 • July 14 • August 11 • September 8, 2016**

Everyone is invited to come meet Mayor Martin and Rafa, her friendly three-year-old Australian Labradoodle, and enjoy some fresh air and exercise while exploring some of the best that Shoreview has to offer. The walks will begin at the Shoreview Community Center in the upper parking lot.

In the event of rain, the outdoor walk may be cancelled. However, the Mayor will maintain her regular office hours at City Hall, most Tuesday afternoons from 3 p.m. to 5 p.m.

If you have other questions or concerns, she is also available by phone at 651.490.4618.



## City Developing Future Vision for the Shoreview Commons

The City has engaged a consulting firm to assist in the development of a new master plan for the Shoreview Commons civic campus and park area. With a new regional County library currently under construction on the campus and continued popularity of the Shoreview Community Center and variety of community events, the City Council believes a new master plan for the Shoreview Commons will be beneficial to long-range planning and guiding future improvements.

The 40-acre Shoreview Commons is considered the geographic center and heart of the community, located along Highway 96 at Victoria Street. Central to our recreational facilities and park system, the Shoreview Commons is a gathering place where people in the community come together for social, recreational, entertainment, and civic activities throughout the year. The civic campus includes the Shoreview Community Center and attached City Hall, Haffeman Outdoor Pavilion, Ramsey County Library, and Ramsey County Ice Arena.

In addition to the public buildings, Shoreview Commons also includes a skate park, ice skating area, hockey rink, warming house attached to the pavilion, play area near the pavilion, one softball field, one soccer field, sand volleyball area, paved trails, natural trail around a pond, and a neighborhood park component with hardcourt area for tennis/basketball/pickleball and playground. The Shoreview Commons is also the hub of outdoor community activities including the Farmer's Market and summer Concert in the Commons music series.

The City is hoping to develop a long-range plan to enhance the existing facilities through development of a signature central park environment. The master plan would be

used as a framework for creating a distinctive campus environment that includes new park features and amenities which reflect the values of the community and best serves residents and visitors of all ages. Core objectives established for the Shoreview Commons master plan efforts include:

- **Develop plans for future park improvements and other site amenities**
- **Enhanced connectivity between public facilities**
- **Improved on-site pedestrian and bicycle linkages**
- **Maintain safe and efficient traffic flow and parking**

The planning firm hired by the City is Stantec Consulting Services, which has considerable national experience in designing creative and functional public spaces and parks, including work with a number of metro area communities. Stantec is working closely with the City Council, and Parks and Recreation Commission, in developing the Shoreview Commons master plan.

The process will include opportunities for public input including both online feedback and an open house review once a draft concept master plan has been developed.



# Business Spotlight

## Torax Medical

*Raising Awareness and Developing Solutions to Suffering*

A small growing Shoreview-based company is making a powerful impact on lives by developing solutions to sensitive, often debilitating medical conditions – solutions that go beyond simply alleviating suffering.

Located on Lexington Avenue, Torax Medical is growing as it remains focused on helping people understand their disease and designing the solution, rather than a temporary fix.

The medical device company began when founder Todd Berg noticed diseases poorly served by medical devices and wanted to create better solutions. It began with a principal to develop designs and concepts, and three engineers with medical device backgrounds.

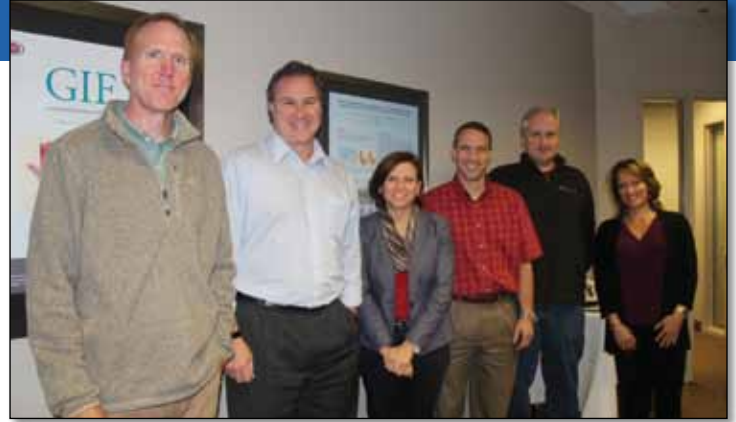
One of those problems is GERD – gastroesophageal reflux disease. It results in both pain and injury to the esophageal lining. “It is incredibly prevalent,” said Steve Bosrock, Torax Medical Vice President of Marketing, who says one in five U.S. adults suffer from its unpleasant symptoms, including acid heartburn and regurgitation. GERD is associated with a pre-cancerous condition known as Barrett’s esophagus, which increases the risk of esophageal cancer.

A common response is taking acid reflux medications, which provide only temporary relief. “Meds can help with symptoms, but [GERD] is a mechanical problem,” said Bosrock, “We want to raise awareness about that.”

“Our goals and challenges are fun to tackle. We see them as an opportunity,” said Bosrock, who has a background in the pharmaceutical industry. “We want to educate and re-educate on the disease, what causes it and the treatments. For patients, it’s education and advertising. For referring physicians – education and marketing.”

As a better solution to reflux disease, Torax Medical developed the unique LINX implant – a small, flexible band of interlinked titanium beads with magnetic cores. The magnets create a natural energy source that provides support to the sphincter and restores the body’s natural barrier to reflux.

*“It’s a brilliant design,” said Bosrock.  
“The toughest designs are the simple,  
elegant challenges.”*



The med-tech company recently received regulatory approval to sell another device made from magnetic beads called FENIX as a treatment for incontinence. The Food and Drug Administration clearance let Torax Medical expand into a new market. The company previously only had federal approval to sell its LINX device as a treatment for acid reflux disease.

With its focus on “creating mechanical solutions to mechanical problems,” Torax Medical’s ingenuity has received media attention with features on the NBC Nightly News, FOX News, CBS and ABC.

### WHY SHOREVIEW?

Outgrowing its previous location in Maple Grove, and with a need for different space, Torax Medical relocated in 2008. Its current Shoreview location offers its talent “a reasonable commute,” said Bosrock, “It’s centralized, along the 694 corridor, concentrated, has [other] medical device companies in the area... without driving 1½ hours to work.”

With a growing workforce and in-house production and testing, the medical device company has readily expanded into more spaces within the facility, surrounded by woods and trails.

Its 54 employees – including 32 in Minnesota and 4 overseas – continue to discover, develop and market solutions. “We have production, manufacturing, quality testing, R & D, a clinical team, marketing...a full range of active ties from this location. It’s a great facility,” Bosrock said.

## Young Artists Create “One Community of Many Colors” *Shoreview Human Rights Commission Hosts Annual Fourth Grade Poster Contest*

The Shoreview Human Rights Commission (HRC) has once again sponsored its annual art poster contest, “One Community of Many Colors” for fourth grade students in Shoreview. In its 23rd year, the contest commemorates Martin Luther King Jr. Day. The Commission received over 350 entries from the following schools: Island Lake, Turtle Lake, St. Odilia and Emmet D. Williams. Students were asked to create posters that included people of different races and cultures interacting positively with each other.

The posters were judged by the HRC on their expression of the theme, clarity of the message, quality of the art, its attractiveness, usage of the whole paper and the correct spelling of any text. The City Council recognized winners at their February 16th meeting.

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

Honorable Mention: Aarush Singh, Alexis Easley, Shirin Jaswal, Gabrielle Bullert, Lauren Ballinger, Phoebe Helen Hoyt, Tess Gaulke, Annabelle Huang, Haruna Vegami, Raya Cassidy



First Place: Amrite Rajesh

- |                      |                              |
|----------------------|------------------------------|
| <b>First Place</b>   | <b>Amrita Rajesh</b>         |
| <b>Second Place</b>  | <b>Ben Frigaard</b>          |
| <b>Third Place</b>   | <b>Samhita Kiran Kashyap</b> |
| <b>Fourth Place</b>  | <b>Christian Walker</b>      |
| <b>Fifth Place</b>   | <b>Jack LaBounty</b>         |
| <b>Sixth Place</b>   | <b>Phoebe Wang</b>           |
| <b>Seventh Place</b> | <b>Andrea Ameyaw</b>         |
| <b>Eighth Place</b>  | <b>Rosie Yenish</b>          |
| <b>Ninth Place</b>   | <b>Lincoln Maloney</b>       |
| <b>Tenth Place</b>   | <b>Yash Tiwari</b>           |

## Shoreview Channel 16 City Meeting Broadcast Schedule

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

### Shoreview City Council Meetings

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

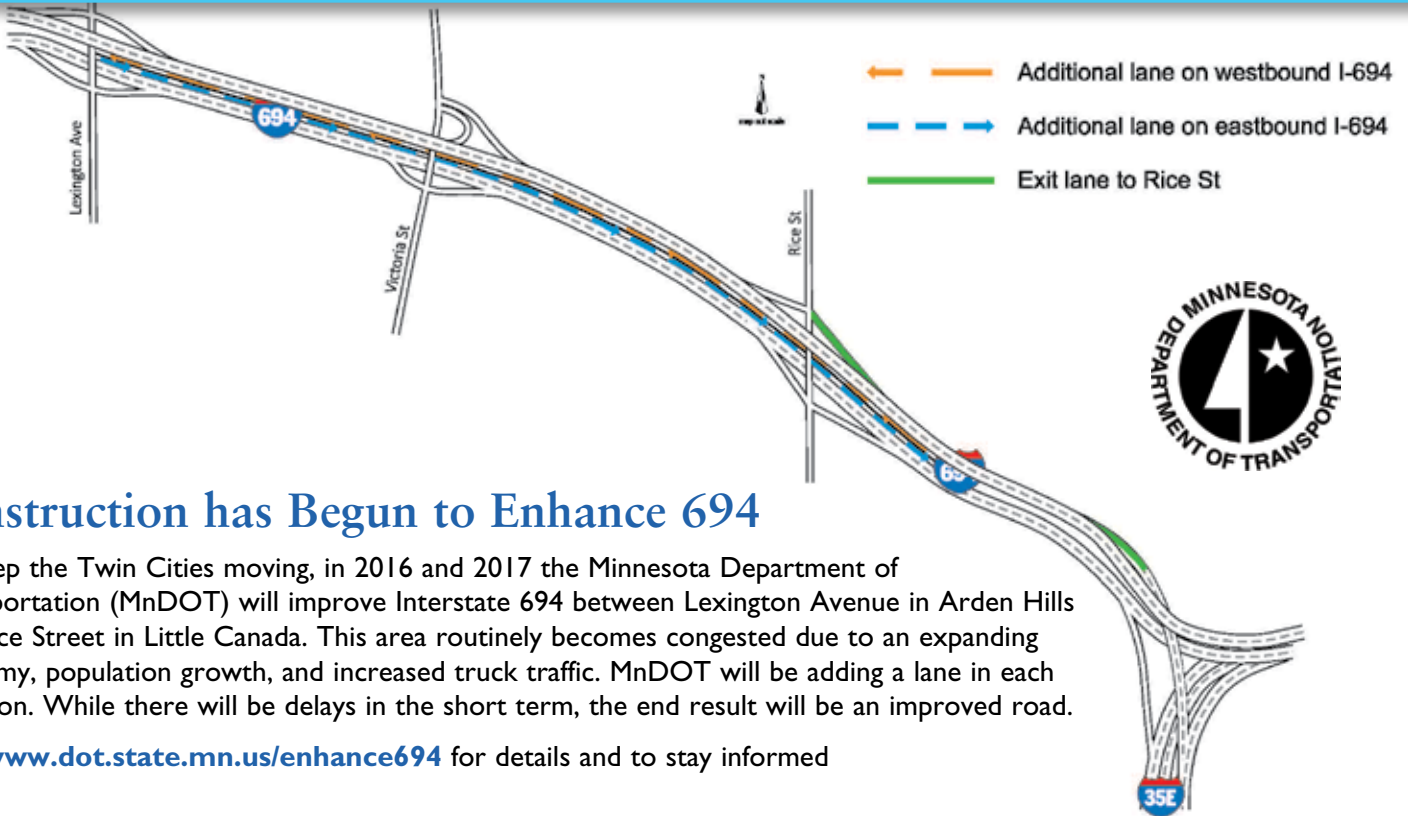
### Shoreview Planning Commission Meetings

- 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.

## Caring Youth Award

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

*Deadline: June 15, 2016. Visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov) for more details.*



## Construction has Begun to Enhance 694

To keep the Twin Cities moving, in 2016 and 2017 the Minnesota Department of Transportation (MnDOT) will improve Interstate 694 between Lexington Avenue in Arden Hills and Rice Street in Little Canada. This area routinely becomes congested due to an expanding economy, population growth, and increased truck traffic. MnDOT will be adding a lane in each direction. While there will be delays in the short term, the end result will be an improved road.

Visit [www.dot.state.mn.us/enhance694](http://www.dot.state.mn.us/enhance694) for details and to stay informed

## New Views of Shoreview Summer 2016 Photo Contest

Get ready for our first summer edition of the *New Views of Shoreview* photo contest! The call for community creativity is back – and this time, we are looking for photos capturing outdoor youth summer sports in our City. Presented by the City of Shoreview, this photo contest will showcase the best photographers among the City’s residents and the unique subjects that give them inspiration.

Start by thinking about one of these questions: “What is your family’s favorite summertime, outdoor sport?” or “Show us the next great Minnesota athlete competing in his or her favorite summer sport.” We’re looking for photos capturing young people enjoying summer sports in Shoreview – for example, beach volleyball, swimming, biking and running, in addition to baseball, tennis, basketball or soccer.

The deadline for all submissions will be **Monday, July 18, 2016**.

Visit the City’s website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov) for more details and entry form.



## Help Control Erosion and Protect Our Waters

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

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

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



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

**Do you have an unsealed, unused well on your property?** Unsealed wells can cause contamination of the groundwater supply, from which we all drink. If you have an unsealed, unused well on your property, the State of Minnesota requires property owners to obtain a Water Well Maintenance Permit or to have the well sealed. More information is available on the Minnesota Department of Health website at [www.health.state.mn.us/divs/eh/wells/sealing](http://www.health.state.mn.us/divs/eh/wells/sealing).

## Ramsey County Yard Waste Sites Return to Regular Hours

*Bring your organic waste, leaves, grass and garden waste*



Spring has sprung, and Ramsey County Yard Waste Sites are now operating with regular seasonal hours. Bring organic waste as well as leaves, grass clippings, trees and other types of yard waste to one of seven Ramsey County yard waste sites for recycling. More information on yard waste sites at [www.ramseycounty.us](http://www.ramseycounty.us) – click on the **Residents** drop-down menu, then **Recycling and Waste**, and then the **Yard waste** link.

Must be a Ramsey County resident

- Photo ID is required
- Organic waste, leaves, grass, garden plants, trees and shrubs are accepted
- Bags of yard waste must be emptied on-site and bags taken home

**Compost locations:**

**Arden Hills:**  
3530 Hudson Avenue

**White Bear Township:**  
5900 Sherwood Road



## Keep Shoreview Beautiful

### *By Maintaining Your Property This Spring*

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

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

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

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

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

Please call the Community Development Department at 651.490.4680 or email [communitydevelopment@shoreviewmn.gov](mailto:communitydevelopment@shoreviewmn.gov) if you have any questions about the property maintenance standards. You can also find more information at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

## Home Improvements?

### *You might need a permit*

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

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

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

For more information, contact the Community Development Department at 651.490.4680 or visit [www.shoreviewmn.gov](http://www.shoreviewmn.gov).

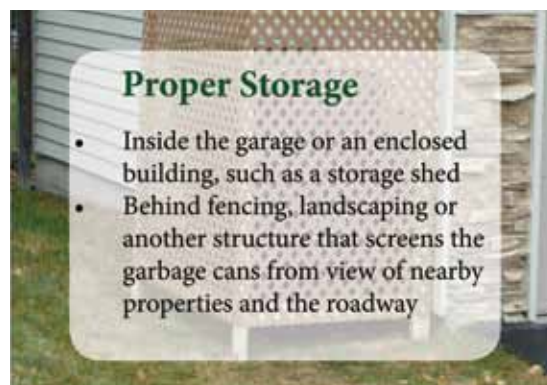
## Where Can I Store My Garbage Cans?

One of the common complaints the City receives relates to the storage of garbage cans. Many residents throughout the community store garbage cans and containers in the front of or on the side of their garage causing the containers to be visible to the neighborhood. While this may be convenient, the visibility of the containers to nearby properties and the general public can create a negative visual impact on the neighborhood.

The City Code states that all refuse shall be properly contained in a container designed for the storage of refuse accumulating on the premises between collections. Said containers shall be stored within a fully enclosed building or in an area designed for such purpose and properly screened from adjoining properties and the roadway.

Garbage cans cannot be stored outside in front of the home or garage nor on the side of garage, unless screened from view with fencing, landscaping or another structure. They can also be stored inside the garage or a shed.

**Questions or Need Information?** For further information, please contact the Code Enforcement Officer at 651.490.4687.





## Living with Wildlife – Wild Turkeys

Shoreview's abundance of open space and natural areas attracts its share of wildlife, from birds and deer to coyotes and wild turkeys. While many residents enjoy finding these animals in their natural habitat, it may not be enjoyable when those same animals are damaging landscaping, soiling lawns and declaring your property their territory. Wild turkeys are the most difficult to discourage from visiting your property. Once they settle in, they are messy and territorial. However, here are a few tips that may help.

### 1. Don't feed wildlife

Most conflicts with turkeys occur in areas where they're being fed by people. The first step towards resolving conflicts with turkeys is to eliminate sources of food such as direct handouts from people, unsecured garbage, and spilled bird seed. You may consider removing bird feeders (especially in the spring and summer) until the turkeys move on. Remember to also talk to your neighbors to ensure that they are not feeding turkeys either! City Code prohibits the intentional feeding of wild animals, except for feeding song birds if the feeder is at least five feet above ground.

*It's easy to scare turkeys away by making noises, popping open an umbrella, throwing tennis balls, or dousing the turkey with water from a hose or squirt gun.*

### 2. Scare away problem turkeys

Wild turkeys have a "pecking order" of dominance and may view people or pets who act fearful as underlings, chasing them or blocking the entrance to homes or

cars. If a wild turkey has invaded your yard, driveway, or neighborhood, it's important that you establish your dominance by hazing the turkey(s). It's easy to scare turkeys away by making noises (try waving your arms and yelling or blowing a whistle), popping open an umbrella, throwing tennis balls, or dousing the turkey with water from a hose or squirt gun. A leashed dog may also be effective in scaring a turkey away.

During mating season (February-May), male turkeys may venture into neighborhoods looking for females to mate with. They may respond aggressively to reflective surfaces, thinking that their reflection is an intruding male turkey. In this case, haze the turkey away and then temporarily cover the reflective surface if possible.

### 3. Educate your neighbors.

Remember that wild turkeys have a "pecking order" and that habituated birds may respond to you as they do to another turkey. The best defense against aggressive or persistent turkeys is to prevent the birds from becoming habituated in the first place by being bold to them. Everyone in the neighborhood must do the same; it will be ineffective if you do so only on your property. Habituated turkeys may attempt to dominate or attack people that the birds view as subordinates.

### Final notes:

Trapping and relocating "nuisance" turkeys is not an option. The methods used to trap turkeys in remote areas are often impractical or ineffective in urban or suburban areas due to safety or disturbance.

Although the turkeys may be driving you crazy, remember that the discharge of any firearm or air-powered weapon is prohibited in Shoreview.

## Are You Looking to Rent Your Home?

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

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



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

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



## Oak Wilt is now at High Risk: Don't Trim Your Trees!

### What is oak wilt?

Oak wilt is a fungal disease that kills thousands of oak trees every year. Oak wilt spreads in two ways: Through root grafts between similar species, radiating outward from a central infected tree; and over land, carried by oak sap beetles carrying fungal spores from tree to tree.

### What are the "risk season" references?

There are three risk seasons: High Risk, Low Risk and Safe. They refer to the probability that oak wilt will infect a tree. Specific dates vary depending on weather conditions.

**High Risk** months are typically April, May and June.

**Low Risk** months are March, July, August, September and October.

**Safe** months are November, December, January, February and March.

### How do I minimize the probability of oak wilt infection?

**Avoid any wounding during the High Risk** (and hopefully, the Low Risk) period...no pruning or trimming. If a tree is wounded, seal the wound quickly (within 15 minutes) with one coat of shellac (preferable) or a water-based paint. If oak wilt is in the area, it's the High Risk season, and the wounding is unattended for more than 15 minutes, the probability of infection rises dramatically.

If you suspect oak wilt this summer or have other questions, please contact the City at 651.490.4665. For more information on oak wilt, visit the City's Forestry webpage at [www.shoreviewmn.gov/forestry](http://www.shoreviewmn.gov/forestry).



**WaterFest 2016** is a free family festival celebrating our clean lakes and offers an opportunity for hands-on learning about the water quality, wildlife, and special ecological features of our beautiful watershed.

**Saturday, June 4, 2016**  
**11 A.M. – 4 P.M. (rain or shine)**  
**Lake Phalen Park, St. Paul**  
**North of Phalen Dr. & Wheelock Pkwy**

Join a fun-filled day of free activities featuring food, exhibits, activities, a parade and more. For more details, visit [www.rwmwd.org](http://www.rwmwd.org) and click on **Waterfest**.



**Saturday, June 4, 9 A.M. - 3 P.M.**  
**Community Pavilion at the Roseville Cub Foods**  
**1201 Larpenteur Ave. W., Roseville**

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



A 2011 residential rain garden project done through the RWMWD cost-share program.

## Cost-Share Program Available

It's not too early to start thinking about installing a rain garden or habitat restoration project on your property this year! The Ramsey Conservation District has cost share funds and free technical assistance available for Ramsey County residents who would like to implement qualified restoration projects such as rain gardens, native plantings and shoreline restorations that will create habitat and protect our lakes, streams and wetlands. Program goals include protecting surface and groundwater quality, increasing storm-water infiltration, increasing wildlife habitat and increasing diversity. Funds are available to homeowners, churches, homeowner associations, and

commercial properties interested in installing clean water projects

on their property. Projects are funded 50-100% depending on the type of project and location in the Watershed.

Visit [www.rwmwd.org/costshare](http://www.rwmwd.org/costshare) for more info. Technical service for the cost share program is provided by Ramsey Conservation District. Please call Michael Schumann at 651.266.7275 to schedule a site visit to see what opportunities are available on your property.

## Practical Tips for Healthy Lawns and Water Savings

For some Minnesotans, lawn care is a favorite past time. For others, it can be a daunting chore. Here are some simple practices to improve the quality of your lawn, recommended by the University of Minnesota Extension and the Minnesota Department of Agriculture:

**Water smart:** The City of Shoreview has odd/even lawn watering restrictions for residents. The unintended consequence of this restriction is that homeowners often think their lawns need to be watered every other day. Consider operating your irrigation system in manual mode by turning it on only when the lawn shows signs of drought. One great way to look for drought in your lawn is to use the footprint method (Image 1). If your lawn is drought stressed, consider irrigating with ½ inch of water every three to four days. An empty tuna or pet food can makes a great watering gauge.

**Mow high and do not bag clippings:** Mowing your lawn at 2.5 to 3.5 inches will help to maintain moisture, encourage root growth and grass density. The result of higher mowing heights include less irrigation required,

better tolerance to stress and reduced competition from weeds. Additionally, returning clippings to your lawn will recycle nutrients and reduce the fertilizer needed. Be sure to keep mower blades sharp.

**Fertilize at least once a year:** A thinning lawn can lead to soil erosion and nutrient runoff. One application of fertilizer in the fall around Labor Day will keep your lawn healthy. An additional application of fertilizer can be applied in the spring around Memorial Day if desired. Be sure to use phosphorus-free fertilizer unless you are establishing a new lawn or if you have a soil test indicating the need for phosphorus.

**Consider low maintenance grasses:** Choice of grass species can greatly impact the level of maintenance required. In general, Kentucky bluegrass and perennial ryegrass are high maintenance grasses that require more water and fertilizer than low maintenance alternatives. For Minnesota lawns, the fescue species (fine and tall fescue) are good alternatives.

### Characteristics of grasses for Minnesota lawns

Species	Mowing Quality	Fertilizer frequency	Drought requirement	Shade resistance	tolerance
Kentucky bluegrass	High	Frequent	High	Fair	Poor
Perennial ryegrass	High-Average	Frequent	High	Poor	Poor
Fine fescues	Average	Infrequent	Low	Good	Good
Tall fescue	Average	Frequent	Average	Good	Good

### Seasonal mowing heights for Minnesota lawns

- Spring .....2.5 – 3.5 inches
- Summer .....3+ inches, reduce frequency
- Fall .....2.5 – 3.5 inches
- Late fall .....2.5 – 3 inches, consider bagging the last mow of the season



The footprint method is a good way to determine if your lawn is dry. To use this, step on the grass, if it doesn't spring back up chances are good that it is drought stressed.

## Protect Your Ash Trees While Saving Cash

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

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

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

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



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

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

## Water Quality Report



As required by the federal Safe Drinking Water Act, the City of Shoreview is issuing the results of monitoring done on its drinking water for the period from Jan. 1 to Dec. 31, 2015. The purpose of this report is to advance consumers’ understanding of drinking water and heighten awareness of the need to protect precious water resources.

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

Visit [www.shoreviewmn.gov/water-quality-report](http://www.shoreviewmn.gov/water-quality-report) online to view the city’s annual water quality report, which includes information on the monitoring done on Shoreview drinking water in 2015. Please review the report, and if you have questions, contact Dan Curley, Public Works Superintendent, at 651.490.4672 or send an email to [dcurley@shoreviewmn.gov](mailto:dcurley@shoreviewmn.gov).

## Please Conserve Water: Remember Your Lawn Watering Dates

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

### Penalties for watering violations:

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



## “Celebrating Community” – July 22-24

Come and join the Slice of Shoreview Days in “Celebrating Community” July 22-24 when Island Lake County Park becomes a small town for a weekend. Slice of Shoreview Days is an annual festival celebrating Shoreview’s vibrant community and includes a wide variety of family events and activities. The “Slice,” as it has come to be known, offers something for all ages: Car show, parade, art fair, carnival, petting zoo, food, great music, amazing fireworks and more! For more information, please visit [www.sliceofshoreview.com](http://www.sliceofshoreview.com).

### Popular Favorites Returning:

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

### New This Year:

- Curious George
- K-9 Show
- Rubber Ducky Derby
- Puppet Wagon

### Musical Entertainment will showcase:

- Rockin’ Hollywoods
- JimTones
- The Bad Girlfriends
- Holy Rocka Rollaz

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

Check out these opportunities:

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



The Shoreview Historical Society celebrates its 25th anniversary in 2016, so let’s ask and answer some questions about our group.

**Q. What is the Mission Statement of the Shoreview Historical Society (SHS)?**

**A.** To “Preserve Today’s History for Tomorrow.” We are a volunteer group who strongly believes that documenting stories and collecting photos is critical for a vibrant connected community.

**Q. Is the SHS looking for new members? How much does it cost?**

**A.** Obviously a large membership base is extremely important and critical for the future of a volunteer organization. Annual memberships are: Adult \$15, Seniors & Students \$10, Family \$18. Gift memberships are also available, as are 3 year membership discounts.

**Q. If I want to become a member of the SHS, what would that involve? Lots of meetings and a huge time commitment?**

**A.** Definitely not! The only people who attend the monthly meetings are the Board: we welcome visitors and Board members to our meetings with advance notice. Although the membership helps sustain our financial base, the most critical role is to be interested in Shoreview’s past and present.

**Q. Do I have to be a Shoreview resident to become a SHS member?**

**A.** Absolutely not!! Members can live all over the world!!

**Q. Where is the Shoreview Historical Society?**

**A.** Our Board Members like to say it is located in our hearts! There is no SHS structure – most of our files are in our homes and at the Snail Lake Education Center (not open to the public). Artifacts are stored at North Star Mini storage and at the Lepak/Larson house. We are actively pursuing permanent affordable space for the SHS.

**Q. Are photos or artifacts ever on public display?**

**A.** Yes. Each year at the Slice of Shoreview. Photo exhibits, displays, books and SHS Board members are all part of the SHS 10’ x 20’ tent.

**Q. Where can I purchase a copy of the SHS book “Shoreview Reflections”?**

**A.** They are available for purchase at Shoreview City Hall – softcover is \$10 and hardcover is \$20.

**Q. Does the SHS ever need volunteer help?**

**A.** Absolutely! We always need people to help staff our SHS booth at Slice of Shoreview. We welcome all volunteers, friends and members of SHS.

For more info, please visit our website at [www.shoreviewhistoricalsociety.org](http://www.shoreviewhistoricalsociety.org).

Submitted by Jacci Krebsbach, Shoreview Historical Society

# SPRING CLEANUP DAY



**Saturday, May 21, 2016 7 A.M. – Noon**

**1425 Paul Kirkwold Drive (Hamline Avenue and Highway 96)**



## Items Accepted

- Electronics (TVs, Computers, etc.)
- Construction Debris
- Appliances
- Carpeting
- Mattresses/Box Springs
- Vacuum Cleaners
- Tires
- Water Softeners
- Furniture
- BBQ Grills
- Lawnmowers\*
- Snow Blowers\*
- Household Hazardous Waste\*\*

\* If an item has oil or gasoline, it must be drained or it will not be accepted. Used oil and gasoline can be disposed at the Ramsey County Household Hazardous Waste(HHW) site.

\*\*Household Hazardous Waste: You can avoid long wait times at Clean up Day by bringing your household hazardous waste to any one of the HHW drop off locations hosted by Ramsey County.

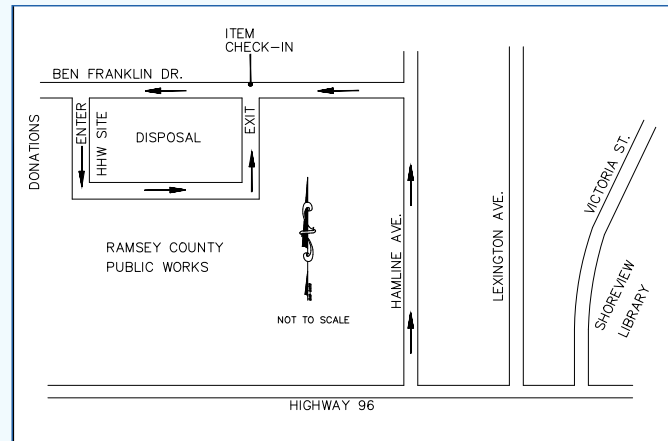
## Items Not Accepted

- No Brush/Yard Waste
- No Railroad Ties
- No Oversized Items such as hot tubs, boats, sheds
- No Engines containing gasoline or oil
- No Donations

## Charges by Vehicle Type/Load

Please remember, CASH or CHECK ONLY!

- Car: \$10
- All Other Vehicles: \$25 (includes SUVs, Minivans, Trucks, etc.)
- Trailers: \$35
- Oversized Loads such as U-Haul trucks will be subject to extra charges.



**Open to Shoreview and Arden Hills residents only.**

**Must bring proof of residency, such as driver's license or utility bill.**

**For more information: 651.490.4665 [www.shoreviewmn.gov/cleanupday](http://www.shoreviewmn.gov/cleanupday)**

## Don't want to wait until Cleanup Day?

**Check out these resources for donation options, recycling options, and proper disposal options:**

**A to Z Recycling and Disposal Guide:** Visit [Ramseyrecycles.com](http://Ramseyrecycles.com) and check out the **A TO Z RECYCLING & DISPOSAL GUIDE** where you can look up specific items from Aquariums to Zinc batteries. Quite often there are excellent reuse ideas, as well as donation locations. Most items will identify if they are recyclable or else provide disposal options. **Don't have internet access? Call the Recycling & Disposal Hotline at 651.633.3279, answered 24/7.**

**Medicine Collection:** Safely dispose of unwanted, expired and unused medicines for free at one of three public drop boxes in Ramsey County (pet medicines included). Safe disposal of unwanted medicine helps prevent crime, drug abuse, and accidental poisoning. Not flushing medicines down the drain or disposing of them in the trash helps protect our environment.

**Yard Waste and Organics:** Ramsey County operates seven **YARD WASTE COLLECTION SITES**. All sites are free and open to Ramsey County residents only, **a photo ID is required**. Items accepted vary by site – most yard waste sites have an Organics Recycling bin and the attendant can provide you free compostable bags.

**Household Hazardous Waste:** Many household products you use to clean your kitchen and bathroom, maintain your car and home, and control animals and insects contain hazardous materials. If a container has the words **CAUTION, WARNING, DANGER or POISON** on the label and still has product inside, it does not belong in the trash. Use Ramsey County's free household hazardous waste collection sites (open year round) for safe disposal. Energy efficient light bulbs and fluorescent light bulbs belong in the household hazardous waste category.

**Have a broken item that you wish to fix? Check out the RAMSEY COUNTY FIX-IT CLINICS!** Get household items fixed for free and learn valuable repair skills at an upcoming Fix-It Clinic. At Fix-It Clinics, residents bring in small household appliances, clothing, electronics, mobile devices and more to receive free guided assistance from volunteers with repair skills to disassemble, troubleshoot and fix items. Fix-It Clinics build community connections and reduce the number of repairable objects that are thrown in the trash.

**For more information on year-round recycling programs, visit [www.ramseyrecycles.com](http://www.ramseyrecycles.com) or call 651.633.3279 (answered 24/7).**

# SHOREVIEW CALENDAR

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

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

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

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

## MAY 2016

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





## JUNE 2016

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

## JULY 2016

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

## AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	3 Farmers' Market 3 pm, LLPL	4 Concerts in the Commons 7 pm, SP	5 Bikeways and Trails Committee 7 pm, LC	6	
Recycling Week: August 1-5						
7 	8 Council Workshop 7 pm, CC	9 Farmers' Market 3 pm, LLPL	10 Concerts in the Commons 7 pm, SP	11	12 Friday Night Flix 8:30 pm, SP	13
14 	15 City Council Meeting 7 pm, CC	16 Econ. Dev. Commission 7:30 am, UC Farmers' Market 3 pm, LLPL	17	18	19 Friday Night Flix 8:10 pm, SP	20
Recycling Week: August 15-19						
21	22 Environ. Quality Committee 7 pm, CC	23 Farmers' Market 3 pm, LLPL Planning Comm. 7 pm, CC	24 Human Rights Commission 7 pm, CC	25 Parks and Recreation Commission 7 pm, CC	26 Friday Night Flix 7:50 pm, SP	27
28 	29	30 Farmers' Market 3 pm, LLPL	31			
Recycling Week: August 29-September 2						



## 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](http://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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 - Fri.....8 A.M. – 6 P.M.  
Sat ..... 8 A.M. – 12 P.M.  
Sun.....Closed  
[www.hillcrestanimalhosp.com](http://www.hillcrestanimalhosp.com)

## Police

Police protection is provided by the *Ramsey County Sheriff's Department*. The District Office is located at 1411 Paul Kirkwold 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](mailto: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](http://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](http://www.nyfs.org)  
Mon., Tues. & Thurs. 8:00 A.M. – 8:00 P.M.  
Wed. .... 8:00 A.M. – 5:00 P.M.  
Fri..... 8:00 A.M. – 3:30 P.M.  
*Additional evening appointments may be available.*

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

# GENERAL INFORMATION AND HOURS



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



## Call for More Information

Community Center Information  
**651.490.4700**  
 Recreational Programs (classes)  
**651.490.4750**  
 Rental Information  
**651.490.4790**  
 City Information  
**651.490.4600**  
[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)

## Daily Fees

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

	Rate	Shoreview Resident
<b>Daily Pass</b>		
Adult (18 and over).....	\$ 9.99.....	\$ 8.55
Youth (1 to 17; under age 1 free with paying adult) .....	\$ 9.00.....	\$ 7.45
Family* (2 adults + children living in same household).....	\$36.00.....	\$ 29.00
Seniors (65 and older).....	\$ 9.00.....	\$ 7.45

\*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.....	\$89.90.....	\$ 76.95
Youth/Senior.....	\$80.90.....	\$ 67.00
Playground.....	\$45.00.....	\$ 45.00

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

Per visit.....	\$ 4.60.....	\$ 3.55
Punch Card.....	\$41.50.....	\$ 31.55

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

All rates above include sales tax.



## Hours

	Community Center	Waterpark** Starting June 13	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	Noon – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.*	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	Noon – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

\*On Tuesdays and Thursdays from 5:20 – 6:40 P.M., the Waterpark will be limited to the Shark Attack Waterslide, Zero Depth Beach Area and Water Walk.

### Holiday Hours Call 651.490.4700 for specific information.

May 30	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
July 4	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
Sept. 5	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.

\*\*See page 20 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](http://www.shoreviewcommunitycenter.com).

### Kids Care

Child care is available for patrons of the Community Center. See page 21 for details.

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

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

### Drop-in Pickleball See page 56 for more information.

## Membership Fees

	Rate*	Shoreview Resident*
<b>Annual Membership<sup>1</sup></b>		
Family.....	\$ 780.00.....	\$ 620.00
Dual.....	\$ 685.00.....	\$ 550.00
Adult.....	\$ 460.00.....	\$ 355.00
Youth/Senior.....	\$ 365.00.....	\$ 300.00

### Annual Membership Billed Monthly<sup>1</sup> (With one year membership agreement)

Family.....	\$ 73.00.....	\$ 60.00
Dual.....	\$ 63.00.....	\$ 54.00
Adult.....	\$ 44.00.....	\$ 36.00
Youth/Senior.....	\$ 38.00.....	\$ 30.00



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

### Seasonal Membership (Three month)

Family.....	\$ 305.00.....	\$ 245.00
Dual.....	\$ 282.00.....	\$ 222.00
Adult.....	\$ 200.00.....	\$ 154.00
Youth/Senior.....	\$ 155.00.....	\$ 125.00

\*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. Silver and Fit memberships coming soon!



## Annual Membership Includes Unlimited Use Of:

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

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



## NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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



# TROPICS INDOOR WATERPARK

## Waterpark Hours

Starting June 13

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

\*On Tuesdays and Thursdays from 5:20 – 6:40 P.M., the Waterpark will be limited to the Shark Attack Waterslide, Zero Depth Beach Area and Water Walk.

### Holiday & School's Out Hours

May 27 ..... Noon – 9:45 P.M.  
May 30 ..... Noon – 5:45 P.M.  
July 4 ..... Noon – 5:45 P.M.  
Sept. 5..... Noon – 5:45 P.M.



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

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

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

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

## Pool Information

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



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

## Rate & Hours

\$5.00 per child, ages 1-12

**FREE to members**

Mon – Sat .....8:00 A.M. – 8:00 P.M.

Sunday.....8:00 A.M. – 6:00 P.M.

**Holiday Hours** Call 651.490.4700

for specific information.

May 30 ..... 8:00 A.M. – 6:00 P.M.

July 4 ..... 8:00 A.M. – 6:00 P.M.

Sept. 5 ..... 8:00 A.M. – 6:00 P.M.

## General Information

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



## Kids Care

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

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

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

**Friday  
4:00 P.M. – 8:00 P.M.**

**Closed May 30, July 4 & Sept. 5**

**\$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 . . . . .	\$160	\$152
Each additional child . . . . .	\$20	\$19

#### #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 . . . . .	\$184	\$176
Each additional child . . . . .	\$23	\$22

### 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**



**Shoreview Community Center**



**Call 651.490.4790 to book your party!**

4580 Victoria Street North • Shoreview, MN 55126  
[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)



## 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
<b>For up to 8 children</b> .....	<b>\$144</b>	\$136
Each additional child .....	\$18	\$17

### #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
<b>For up to 8 children</b> .....	<b>\$168</b>	\$160
Each additional child .....	\$21	\$20

### 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**



## MAKE a SPLASH!

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!**

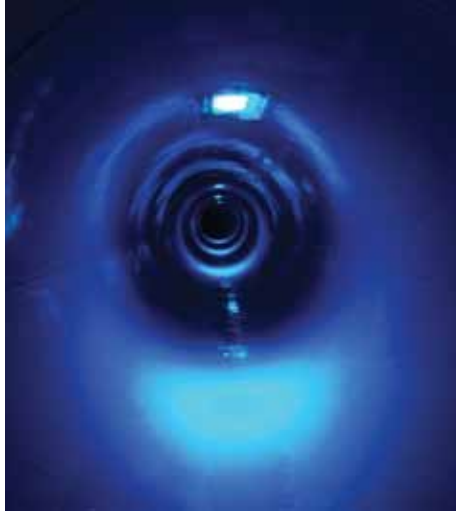


Shoreview  
Community Center



**Call 651.490.4790 to book your party!**

4580 Victoria Street North • Shoreview, MN 55126  
[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)



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



- 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
<b>Includes 10 wristbands</b> . . . . .	<b>\$ 190</b>	\$ 174
<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!



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

### 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 . . . . .	\$ 11.75	\$ 11.25
Three hours . . . . .	\$ 12.25	\$ 11.75
Four hours . . . . .	\$ 12.75	\$ 12.25
Overnight . . . . .	\$ 20.25	\$ 18.25



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 .....	\$ 680.....	\$ 600
Friday .....	\$ 1025.....	\$ 925
Saturday.....	\$ 1250.....	\$ 1175

\*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 .....	\$ 430.....	\$ 350
Friday .....	\$ 760.....	\$ 650
Saturday.....	\$ 920.....	\$ 820



## 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**

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday .....	\$ 240.....	\$ 205
Friday and Saturday.....	N/A.....	N/A

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

## 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. Pavilion rental hours are 8 A.M. – 8 P.M. daily.

Rate: \$225; \$200 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 table and chair set-up. Retractable walls allow flexibility for accommodating large groups and seminars.

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

Rate: \$50; \$35 Shoreview Resident (50% of group living in Shoreview and contact person is a Shoreview resident)

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

## Island Lake Room

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

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

Rate: \$70; \$55 Shoreview Resident

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



## Call for More Information

Community Center Information

**651.490.4700**

Recreational Programs (classes)

**651.490.4750**

Rental Information

**651.490.4790**

City Information

**651.490.4600**

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## SUMMER RECREATION PROGRAMS

### REGISTRATION SCHEDULE

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

#### Shoreview Resident Priority

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

**Begins Monday, May 9 at 8 A.M.**

#### Annual Community Center Member Registration

**Begins Wednesday, May 11 at 8 A.M.**

#### General Registration

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

**Begins Friday, May 13 at 8 A.M.**

\*See page 62 for registration information.

# 5 EASY WAYS TO REGISTER

1. On-line at: [www.shoreviewcommunitycenter.com](http://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](mailto:recreation@shoreviewmn.gov)

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

### Office Hours

Monday – Friday

8:00 A.M. – 4:30 P.M.

## SHOREVIEW PARKS & RECREATION SWIM LESSONS

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

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

### FREE SWIM CHECKS

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

Saturday, May 28..... 11:00 A.M. – 12:00 P.M.

Sunday, June 5..... 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: \$163; \$148 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$121; \$110 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: \$80; \$72 Shoreview Resident

Rate for 7 group lessons: \$70; \$63 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)

\$125; \$113 Shoreview Resident

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.**

### Junior Lifeguard (JL)

\$125; \$113 Shoreview Resident

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

# SWIM LESSONS AT THE COMMUNITY CENTER POOL

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

Session 1 June 13 – June 23			Session 2 June 27 – July 7 No class July 4			Session 3 July 11 – July 21			Session 4 July 25 – Aug 4			Session 5 Aug 8 – Aug 18									
Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #							
8:15 A.M.	L2	330102-01	8:15 A.M.	L2.5	330112-06	8:15 A.M.	PS	330111-05	8:15 A.M.	LI	330101-07	8:15 A.M.	YB	330113-07							
	L2.5	330112-01		L3	330103-04		L1	330101-05		L2	330102-08		PR	330114-36							
	L3	330103-01		YB	330113-03		L3	330103-06		YB	330113-05		PR	330114-37							
	YB	330113-01		PR	330114-11		PR	330114-19		PR	330114-27		PR	330114-38							
	PR	330114-01		PR	330114-12		PR	330114-20		PR	330114-28		PR	330114-39							
9:00 A.M.	PR	330114-02	9:00 A.M.	PS	330111-03	9:00 A.M.	PR	330114-21	9:00 A.M.	PR	330114-29	9:00 A.M.	PS	330111-09							
	PS	330111-01		LI	330101-03		MR	330117-03		MR	330117-05		LI	330101-11							
	L2	330102-02		L2.5	330112-07		L2	330102-06		PS	330111-07		L2.5	330112-14							
	L2.5	330112-02		L3	330103-05		L2.5	330112-09		LI	330101-08		L3	330103-10							
	L3	330103-02		L5	330105-01		L5	330105-02		L3	330103-08		L5	330105-05							
9:45 A.M.	L4	330104-01	9:45 A.M.	PR	330114-13	9:45 A.M.	L6	330106-02	9:45 A.M.	L4	330104-05	9:45 A.M.	IS	330109-01							
	PR	330114-03		MR	330117-02		YB	330113-04		PR	330114-30		PR	330114-40							
	JL	350305-01		L2.5	330102-04		JL	350305-02		PR	330114-31		MR	330117-06							
	MR	330117-01		L4	330104-03		PS	330111-06		LI	330101-09		L2	330102-11							
	L1	330101-01		PR	330114-14		LI	330101-06		L2	330102-09		L2.5	330112-15							
9:45 A.M.	L2.5	330112-03	10:30 A.M.	PR	330114-15	10:30 A.M.	L2.5	330112-10	10:30 A.M.	L2.5	330112-12	10:30 A.M.	L4	330104-06							
	L2.5	330112-04		PR	330114-16		L4	330104-04		L5	330105-03		L6	330106-03							
	L4	330104-02		PS	330111-04		PR	330114-22		PR	330114-32		PR	330114-41							
	L6	330106-01		LI	330101-04		PR	330114-23		PR	330114-33		PS	330111-10							
	PR	330114-04		L2	330102-05		MR	330117-04		PR	330114-34		LI	330101-12							
10:30 A.M.	PS	330111-02	10:30 A.M.	L2.5	330112-08	10:30 A.M.	L2	330102-07	10:30 A.M.	PS	330111-08	10:30 A.M.	L2	330102-12							
	LI	330101-02		PR	330114-17		L2.5	330112-11		LI	330101-10		L2.5	330112-16							
	L2.5	330112-05		PR	330114-18		L3	330103-07		L2	330102-10		L3	330103-11							
	YB	330113-02		PR	330114-19		PR	330114-24		L2.5	330112-13		L4	330104-07							
	PR	330114-05		PR	330114-20		PR	330114-25		L3	330103-09		YB	330113-08							
11:15 A.M.	PR	330114-06	10:30 A.M.	PR	330114-18	10:30 A.M.	PR	330114-26	10:30 A.M.	L5	330105-04	11:15 A.M.	PS	330111-11							
	PR	330114-07		10:30 A.M.	L2		330102-05	10:30 A.M.		PR	330114-35		10:30 A.M.	PR	330114-35						
	L2	330102-03			10:30 A.M.		L2.5			330112-08	10:30 A.M.			LI	330101-10	10:30 A.M.	YB	330113-06			
	L3	330103-03					10:30 A.M.			PR				330114-17	10:30 A.M.		L2	330102-10	10:30 A.M.		
	PR	330114-08								10:30 A.M.				PR			330114-18	10:30 A.M.		L2.5	330112-13
PR	330114-09	10:30 A.M.	PR			330114-19			10:30 A.M.			L3		330103-09			10:30 A.M.				
PR	330114-10		10:30 A.M.	PR		330114-20		10:30 A.M.				L5	330105-04	10:30 A.M.							

### Session 6 Aug 22 – Sept 1

Time	Level	Activity #
8:15 A.M.	PR	330114-42
	PR	330114-43
	PR	330114-44
	PR	330114-45
9:00 A.M.	L2.5	330112-17
	YB	330113-09
	PR	330114-46
9:45 A.M.	PR	330114-47
	PS	330111-12
	PR	330114-48
	PR	330114-49
10:30 A.M.	PR	330114-50
	MR	330117-07
	L2	330102-13
	PR	330114-51
11:15 A.M.	PR	330114-52
	LI	330101-13
	L3	330103-12
	PR	330114-53
	PR	330114-54

## LESSON RATES

### 8 Lessons

#### Group

\$80; \$72 Shoreview Resident

#### Private

\$163; \$148 Shoreview Resident

#### Semi-Private

\$121; \$110 Shoreview Resident

(2 participants of equivalent ability)

### 7 Lessons

#### Group

\$70; \$63 Shoreview Resident

## AQUATIC KEY

**SF 1** Starfish 9-24 months

**SF 2** Starfish 24-36 months

**MR** Manta Ray

**PS** Preschool

**LI** Level 1, 2, etc.

**YB** Youth Beginner

**PR** Private Lessons

**JL** Junior Lifeguard

**IS** Intro to Swim Team

## WEEKLY CLASSES

1 day per week for 8 weeks

Monday June 13 – Aug 8 No class July 4			Wednesday June 15 – Aug 3			Saturday June 11 – Aug 6 No class July 2		
Time	Level	Activity #	Time	Level	Activity #	Time	Level	Activity #
4:30 P.M.	PS	330111-14	4:30 P.M.	PS	330111-17	8:15 A.M.	LI	330101-19
	LI	330101-14		L2	330102-18		L2.5	330112-24
	L2.5	330112-18		PR	330114-62		PR	330114-69
	L3	330103-13		PR	330114-63		PR	330114-70
5:15 P.M.	YB	330113-10	5:15 P.M.	PR	330114-64	9:00 A.M.	MR	330117-11
	MR	330117-09		PS	330111-18		PS	330111-19
	L2	330102-15		LI	330101-16		L2	330102-21
	L2.5	330112-19		L2.5	330112-22		L3	330103-18
6:00 P.M.	L2.5	330112-20	6:00 P.M.	L3	330103-16	9:45 A.M.	SF 1	330110-03
	L4	330104-08		YB	330113-12		SF 2	330110-03
	SF 1	330110-01		SF 1	330110-02		LI	330101-20
	SF 2	330110-01		SF 2	330110-02		L2.5	330112-25
6:45 P.M.	PS	330111-15	6:45 P.M.	MR	330117-10	10:30 A.M.	YB	330113-13
	L2	330102-16		LI	330101-17		PS	330111-20
	L3	330103-14		L2.5	330112-23		L2	330102-22
	L6	330106-04		L4	330104-10		L5	330105-08
7:30 P.M.	PR	330114-59	7:30 P.M.	L5	330105-07	11:15 A.M.	PR	330114-71
	PS	330111-16		LI	330101-18		MR	330117-12
	LI	330101-15		L2	330102-19		LI	330101-21
	L2.5	330112-21		L3	330103-17		L4	330104-11
8:05 P.M.	L4	330104-09	8:05 P.M.	IS	330109-02		PR	330114-72
	L5	330105-06		PR	330114-65			
	YB	330113-11		PR	330114-66			
	L3	330103-15		L2	330102-17			
8:05 P.M.	PR	330114-60	8:05 P.M.	PR	330114-67			
	PR	330114-61		PR	330114-68			

## A NOTE ABOUT COMMUNITY CENTER LESSONS

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

## Sunday June 12 – Aug 7 No class July 3

Morning			Evening		
Time	Level	Activity #	Time	Level	Activity #
9:00 A.M.	LI	330101-22	6:15 P.M.	SF 1	330110-05
	L2	330102-23		SF 2	330110-05
	L2.5	330112-26		PS	330111-22
	PR	330114-73		LI	330101-24
9:45 A.M.	PR	330114-73	6:55 P.M.	L2.5	330112-28
	MR	330117-13		L3	330103-20
	PS	330111-21		L5	330105-09
	L2.5	330112-27		YB	330113-15
10:30 A.M.	YB	330113-14	6:55 P.M.	MR	330117-15
	SF 1	330110-04		LI	330101-25
	SF 2	330110-04		L2	330102-24
	LI	330101-23		L2.5	330112-29
11:15 A.M.	L3	330103-19		L4	330104-13
	PR	330114-74		PR	330114-77
	MR	330117-14		PR	330114-78
	L4	330104-12			
11:15 A.M.	PR	330114-75			
	PR	330114-76			

## TWO DAY CLASSES

2 times per week for 4 weeks

Monday/Wednesday June 27 – July 20 No class July 4			Tuesday/Thursday June 7 – July 30 Aug 2 – Aug 25		
Time	Level	Activity #	Time	Level	Activity #
11:15 A.M.	L2	330102-14	4:45 P.M.	PR	330114-91
	PR	330114-55		PR	330114-92
	PR	330114-56		MR	330117-17
11:15 A.M.	MR	330117-08	4:45 P.M.	PS	330111-27
	PS	330111-13		L2.5	330112-35
	PR	330114-57		YB	330113-19
11:15 A.M.	PR	330114-58	5:30 P.M.	LI	330101-30
				L2	330102-29
				L4	330104-16
11:15 A.M.	L2	330102-25	6:15 P.M.	PR	330114-93
	L2.5	330112-30		L2.5	330112-31
	L4	330104-14		L5	330105-10
	YB	330113-16		L2	330102-26
5:30 P.M.	PS	330111-23	7:00 P.M.	L2.5	330112-32
	LI	330101-26		PR	330114-80
	L3	330103-21		PR	330114-81
	PR	330114-79		YB	330113-17
6:15 P.M.	PS	330111-24	7:45 P.M.	PR	330114-82
	LI	330101-27		PR	330114-83
	L2.5	330112-31		PR	330114-84
	L5	330105-10			
7:00 P.M.	L2	330102-26			
	L2.5	330112-32			
	PR	330114-80			
	PR	330114-81			
7:45 P.M.	YB	330113-17			
	PR	330114-82			
	PR	330114-83			
	PR	330114-84			

Monday/Wednesday June 27 – July 20 No class July 4			Tuesday/Thursday June 7 – July 30 Aug 2 – Aug 25		
Time	Level	Activity #	Time	Level	Activity #
11:15 A.M.	L2	330102-14	4:45 P.M.	PR	330114-91
	PR	330114-55		PR	330114-92
	PR	330114-56		MR	330117-17
11:15 A.M.	MR	330117-08	4:45 P.M.	PS	330111-27
	PS	330111-13		L2.5	330112-35
	PR	330114-57		YB	330113-19
11:15 A.M.	PR	330114-58	5:30 P.M.	LI	330101-30
				L2	330102-29
				L4	330104-16
11:15 A.M.	L2	330102-25	6:15 P.M.	PR	330114-93
	L2.5	330112-30		L2.5	330112-31
	L4	330104-14		L5	330105-10
	YB	330113-16		L2	330102-26
5:30 P.M.	PS	330111-23	7:00 P.M.	L2.5	330112-32
	LI	330101-26		PR	330114-80
	L3	330103-21		PR	330114-81
	PR	330114-79		YB	330113-17
6:15 P.M.	PS	330111-24	7:45 P.M.	PR	330114-82
	LI	330101-27		PR	330114-83
	L2.5	330112-31		PR	330114-84
	L5	330105-10			
7:00 P.M.	L2	330102-26			
	L2.5	330112-32			
	PR	330114-80			
	PR	330114-81			
7:45 P.M.	YB	330113-17			
	PR	330114-82			
	PR	330114-83			
	PR	330114-84			

July 5 – July 28		
Time	Level	Activity #
4:45 P.M.	MR	330117-16
	LI	330101-28
	L2.5	330112-33
	L4	330104-15
5:30 P.M.	PS	330111-25
	L2	330102-27
	L3	330103-22
	PR	330114-85
6:15 P.M.	PS	330111-26
	LI	330101-29
	L2.5	330112-34
	YB	330113-18
7:00 P.M.	L2	330102-28
	L3	330103-23
	PR	330114-86
	PR	330114-87
7:45 P.M.	L5	330105-11
	PR	330114-88
	PR	330114-89
	PR	330114-90

## RED CROSS COMMUNITY CPR/AED

Ages 16+

Tuesday, July 12 .....6:00 P.M. – 10:00 P.M.  
\$90; \$81 Shoreview Residents ..... **Activity # 350301-01**

**Deadline to Register: Tuesday, July 5**

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

Ages 16+

Thursday, July 14.....6:00 P.M. – 8:30 P.M.  
\$58; \$53 Shoreview Resident..... **Activity # 350302-01**

**Deadline to Register: Thursday, July 7**

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

Ages 16+

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

Tuesday, July 12 .....6:00 P.M. – 10:00 P.M.  
and Thursday, July 14.....6:30 P.M. – 8:30 P.M.  
\$102; \$93 Shoreview Residents..... **Activity # 350303-01**

**Deadline to Register: Tuesday, July 5**

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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



## RED CROSS LIFEGUARD TRAINING

Ages 15 & older

Pack a lunch, swimsuit, towel and snacks!

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

8:00 A.M. – 4:00 P.M.

Sunday, June 5; Saturday, June 11; Sunday, June 12;  
Wednesday, June 15

All training is at the Shoreview Community Center except for Wednesday, June 15, which will be held at Chippewa Middle School Pool.

**Deadline to register: Monday, May 30**

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

### COURSE PREREQUISITES:

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





## SNORKELING

Ages 8 to 13

\$24; \$22 Shoreview Resident..... 11:00 A.M. – 12:00 P.M.

Friday, June 24.....**Activity # 330306-01**

Friday, July 15.....**Activity # 330306-02**

Friday, August 12.....**Activity # 330306-03**

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

## SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7.....\$62; \$56 Shoreview Resident

8:00 A.M. – 12:00 P.M.

Saturday, June 4.....**Activity # 350101-01**

Saturday, June 18.....**Activity # 350101-02**

Saturday, July 9.....**Activity # 350101-03**

Saturday, July 23.....**Activity # 350101-04**

Saturday, August 13.....**Activity # 350101-05**

Saturday, August 27.....**Activity # 350101-06**

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



## BOY SCOUT MERIT BADGES

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

**Swimming Merit Badge.....Activity # 330301-01**  
\$57; \$51 Shoreview Resident

Wednesday, June 15..... 12:00 P.M. – 3:00 P.M.

**Deadline to Register: Wednesday, June 8**

**Location:** Chippewa Middle School Pool

**Lifesaving Merit Badge.....Activity # 330301-02**  
\$63; \$57 Shoreview Resident

Wednesday, June 15..... 12:00 P.M. – 4:00 P.M.

**Deadline to Register: Wednesday, June 8**

**Location:** Chippewa Middle School Pool

## BOY SCOUT SWIM CHECKS

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

The swimmer will be asked to demonstrate the following:

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

You will need to bring the following:

- Boy Scouts of America Swim Test Certification form

### Monday, June 6

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

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

### Thursday, June 23

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

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

### Sunday, July 10

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

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

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

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

### Thursday, July 28

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

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



Photos by Greg Lucid,  
courtesy of the  
Shoreview Press



## Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do. A \$10 late fee will be assessed for registrations received after 12 P.M. on the Wednesday following the first class of the session. **Pre-registration is required; dropins are not permitted.**

### BEGINNER CLASS

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

#### SUMMER SESSION A

June 7 – July 14 (No class July 5 and 7, 5 weeks)

\$75; \$68 Shoreview Resident.....**Activity # 310230-01**

#### SUMMER SESSION B

July 19 – August 18 (5 weeks)

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

**Location:** Gym Activity Room

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Loose fitting clothing required, no uniform needed.

### ADVANCED CLASS

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

#### SUMMER SESSION A

June 7 – July 14 (No class July 5 and 7, 5 weeks)

\$75; \$68 Shoreview Resident.....**Activity # 310231-01**

#### SUMMER SESSION B

July 19 – August 18 (5 weeks)

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

**Location:** Gym Activity Room

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

### FAMILY DISCOUNT

\$15 off family total for second family member  
\$25 off family total for third family member  
(\$25 max discount per family)

## GROUP FITNESS CLASSES

Call for information: 651.490.4750

### SUMMER SESSION June 13 – August 28 (11 weeks)

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

Shoreview 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 38-39. 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; \$40.25 Shoreview Resident

Yoga, Pilates, and Yogalates  
\$50; \$46.25 Shoreview Resident

General Fitness Classes  
\$35.50; \$32.50 Shoreview Resident

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

## 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; \$10.25 Shoreview Resident

Indoor Group Cycling, Ballet Fitness, Zumba®, Zumba® Kids and Kettlebell  
\$10; \$9 Shoreview Resident

General Fitness Classes Drop-in Rate  
\$8; \$7.50 Shoreview Resident

## KIDS FITNESS

For more info on Kids Fitness, contact Amy Ferguson: [aferguson@shoreviewmn.gov](mailto:aferguson@shoreviewmn.gov).

### Music In Motion

Designed for you and your children to attend together, this class encourages children to move and groove to tunes while working on mobility, strength and balance. Ages 3-6. Parent or adult must register with child/children.

### Zumba® Kids (ages 7-11)

Perfect for our younger Zumba® fans! Kids 7-11 years get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

#### Session 1 (4 weeks, no class July 4)

Mondays, June 13 – July 11 ..... 10:30 A.M. – 11:15 A.M.  
\$27/\$24 Shoreview Resident.....**Activity #: 310244-01**

#### Session 1 (5 weeks)

Thursdays, June 16 – July 14..... 10:30 A.M. – 11:15 A.M.  
\$34; \$30 Shoreview Resident.....**Activity #: 310244-03**

#### Session 2 (4 weeks)

Mondays, July 18 – August 8..... 10:30 A.M. – 11:15 A.M.  
\$27; \$24 Shoreview Resident.....**Activity #: 310244-02**

Thursdays, July 21 – August 11 ..... 10:30 A.M. – 11:15 A.M.  
\$27; \$24 Shoreview Resident.....**Activity #: 310244-04**

**Location:** Shoreview Community Center Studio 1

### Yoga Kids

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Note: participants are encouraged to dress in layers to accommodate varied studio temperatures.

#### Session 1 (9 Weeks)

Tuesdays, June 14 – August 9..... \$61/\$54 Shoreview Resident  
Ages 5-7 ..... 1:00 P.M. – 1:45 P.M.....**Activity # 310241-01**

Ages 8-11 ..... 2:00 P.M. – 2:45 P.M.....**Activity # 310241-02**

**Location:** Shoreview Community Center Studio 1

### Kids Ballet Fitness

This class is a great way for kids to experience both the dance and fitness components of Ballet. Kids Ballet Fitness combines ballet, Yoga and Pilates that emphasize muscle lengthening and increase overall strength and function to improve overall fitness and Ballet specific fitness. No previous experience is required.

#### Session 1 (6 weeks)

Fridays, June 17 – July 22..... 11:45 A.M. – 12:15 P.M.  
\$41/\$36 Shoreview Resident.....**Activity # 310245-01**

## MIND/BODY OPTIONS

### 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, breath awareness, and deep relaxation through meditation. Additional classes include Yoga Strength, Yogalates (a fusion of Yoga and Mat Pilates) and Candlelight Yoga. Candlelight Yoga is performed in the relaxing atmosphere of candlelight.

## 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.

### Cycle Boot Camp

This fusion of Indoor Group Cycling and Boot Camp combines traditional indoor cycling on stationary cycles, and strength and cardio exercises performed off the bike to maximize your workout time.

### Indoor Group Cycling

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

### Step Cardio

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

### Step and Strength

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

### Tabata

Tabata features 20 second intervals of intense 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.

## Themed Cycle Fridays

Join instructor Mike for these fun, 90 minute adventure rides with themed music and activities. Each themed cycle is \$10 per person.

## 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 feeling strong. Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love with less impact.

## SENIOR CLASSES

### 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 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 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.

## WATER OPTIONS

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

### Aqua Fit

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



# GROUP FITNESS

## MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated.  
 SUMMER FITNESS CLASSES 2016: June 13 – Aug. 28 (11 Weeks), Evening classes on July 4 will receive a make-up pass.

<b>MONDAY</b>		Reg/Sv. Res	Activity #
5:35 A.M.	Total Body Workout	\$68/\$62	310502-01
7:30 A.M.	Aqua Fit	\$68/\$62	310522-01
8:30 A.M.	Strength Conditioning	\$68/\$62	310539-01
8:30 A.M.	SeniorFIT - Strength Training*	\$68/\$62	310161-01
9:30 A.M.	Total Body Workout	\$68/\$62	310502-06
9:30 A.M.	Core Fusion	\$68/\$62	310527-01
11:40 A.M.	Mind/Body Yoga	\$102/\$91	310506-01
<b>TUESDAY</b>			
5:35 A.M.	Core Fusion	\$68/\$62	310530-01
7:30 A.M.	Aqua Fit	\$68/\$62	310522-02
8:30 A.M.	Mind/Body Yoga	\$102/\$91	310506-02
8:30 A.M.	Power Pump	\$68/\$62	310523-02
9:30 A.M.	Step Cardio	\$68/\$62	310516-01
10:30 A.M.	Zumba Gold®	\$86/\$79	310543-01
11:40 A.M.	Strength Conditioning	\$68/\$62	310502-05
12:45 P.M.	SeniorFIT - Strength Training*	\$68/\$62	310161-03
<b>WEDNESDAY</b>			
5:35 A.M.	Total Body Workout	\$68/\$62	310502-02
7:30 A.M.	Aqua Fit	\$68/\$62	310522-03
8:30 A.M.	Cardio & Strength Conditioning	\$68/\$62	310540-01
9:30 A.M.	Total Body Workout	\$68/\$62	310502-07
9:30 A.M.	SeniorFIT - Strength Training*	\$68/\$62	310161-02
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$68/\$62	310163-02
11:40 A.M.	Mind/Body Yoga	\$102/\$91	310506-04
<b>THURSDAY</b>			
5:35 A.M.	Power Pump	\$68/\$62	310530-02
7:30 A.M.	Aqua Fit	\$68/\$62	310522-04
8:30 A.M.	Mind/Body Yoga	\$102/\$91	310506-07
8:30 A.M.	Power Pump	\$68/\$62	310523-06
9:30 A.M.	Step Cardio	\$68/\$62	310516-04
9:30 A.M.	Core Fusion	\$68/\$62	310531-06
11:40 A.M.	Strength Conditioning	\$68/\$62	310539-04
12:45 P.M.	SeniorFIT - Strength Training*	\$68/\$62	310161-04
<b>FRIDAY</b>			
5:35 A.M.	Total Body Workout	\$68/\$62	310502-03
7:30 A.M.	Aqua Fit	\$68/\$62	310522-05
8:30 A.M.	Strength Conditioning	\$68/\$62	310539-02
8:30 A.M.	SeniorFIT - Advanced Circuit*	\$68/\$62	310165-01
8:35 A.M.	SeniorFIT - Aqua Exercise*	\$68/\$62	310162-01
9:30 A.M.	Cardio Dance	\$68/\$62	310545-01
9:30 A.M.	Total Body Workout	\$68/\$62	310502-08
10:40 A.M.	SeniorFIT - Yoga & Stretch	\$68/\$62	310163-03
<b>SATURDAY</b>			
8:30 A.M.	Zumba®	\$86/\$79	310544-06
8:30 A.M.	Kettlebell/HIIT	\$86/\$79	310521-01
9:30 A.M.	Core Fusion	\$68/\$62	310531-03
9:30 A.M.	Music in Motion	\$34/\$31	310519-01
*price per participant – 1 adult must register with child/children			
<b>SUNDAY</b>			
8:30 A.M.	Cycle Boot Camp	\$86/\$79	310512-09

\*SeniorFIT classes are available at no cost to those with an annual Senior membership at the Shoreview Community Center; this does not include Silver and Fit Memberships.

P.M. classes on next page

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 38 & 39.

\* 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.

### CHILD CARE AVAILABLE!

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

Rate \$1 per hour per child.

## EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.  
SUMMER FITNESS CLASSES 2016: June 13 – Aug. 28 (11 Weeks), Evening classes on July 4 will receive a make-up pass.

			Reg/Sv. Res.	Activity #
<b>MONDAY</b>				
4:10 P.M.	Zumba®		\$86/\$79	310544-02
5:20 P.M.	Step and Strength	No class July 4	\$68/\$62	310514-01
5:20 P.M.	Yogalates	No class July 4	\$102/\$91	310525-01
6:25 P.M.	Cycle Boot Camp	No class July 4	\$86/\$79	310534-01
6:25 P.M.	Core Fusion	No class July 4	\$68/\$62	310531-01
6:30 P.M.	Zumba®	No class July 4	\$86/\$79	310544-10
7:30 P.M.	Power Pump	No class July 4	\$68/\$62	310523-04
<b>TUESDAY</b>				
4:30 P.M.	Tabata (30 min.)		\$68/\$62	310513-02
5:20 P.M.	Mind/Body Yoga		\$102/\$91	310506-03
5:20 P.M.	Power Pump		\$68/\$62	310523-03
5:30 P.M.	Aqua Fit		\$68/\$62	310522-06
6:25 P.M.	Cardio Kickboxing		\$68/\$62	310501-01
<b>WEDNESDAY</b>				
4:15 P.M.	Kettlebell Training		\$86/\$79	310528-03
5:15 P.M.	Step Cardio		\$68/\$62	310516-03
5:20 P.M.	Yogalates		\$102/\$91	310525-02
6:25 P.M.	Boot Camp		\$68/\$62	310532-02
6:25 P.M.	Indoor Group Cycling		\$86/\$79	310512-05
7:30 P.M.	Mind/Body Yoga		\$102/\$91	310506-06
7:30 P.M.	Power Pump		\$68/\$62	310523-08
8:00 P.M.	Aqua Fit		\$68/\$62	310522-07
<b>THURSDAY</b>				
5:20 P.M.	Power Pump		\$68/\$62	310523-07
5:30 P.M.	Aqua Fit		\$68/\$62	310522-08
6:25 P.M.	Zumba®		\$86/\$79	310544-03
6:25 P.M.	Mind/Body Yoga		\$102/\$91	310506-05
<b>FRIDAY</b>				
4:30 P.M.	Zumba®		\$86/\$79	310544-04
<b>SUNDAY</b>				
5:30 P.M.	Candlelight Yoga		\$102/\$91	310537-01

SeniorFIT classes are available at no cost to those with an annual Senior membership at the Shoreview Community Center, this does not include Silver and Fit Memberships.

**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 only seniors with an annual Senior Membership. This does not include Silver and Fit Memberships.
- 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](mailto:recreation@shoreviewmn.gov) to request a make-up pass.



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

**Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 38 & 39.**

## 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 strength and cardiovascular equipment and provide guidelines for safe exercise. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651.490.4750.

## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

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

Shoreview Community Center

The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness 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. 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.



### Personal Training:

Personal Training can benefit everyone regardless of activity level, physical condition or age. A trainer can plan a safe, effective program and provide one-on-one instruction to ensure you use proper form and technique, exercise at the appropriate intensity, and maximize the effectiveness of your workout. Personal Trainers serve as coaches, educators and a source of encouragement to help you overcome obstacles and stick to your program.

### Personal 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.





# SUMMER DISCOVERY

SHARE ✨ CREATE ✨ EXPLORE

Grades K-6 (during the 2015-16 School Year)

June 13 – August 26, 2016

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

Program registration requires an 11-week commitment with up to two weeks unpaid vacation allowed per child. Participants have the ability to register for 3, 4, or 5 days per week. A \$75 non-refundable registration fee is due at time of registration.

**Weekly Tuition:**

- 5 Days/Week – \$200
- 4 Days/Week – \$172
- 3 Days/Week – \$141



## PUPPET WAGON

**Come out to the park and enjoy the Shoreview Puppet Wagon!** This is a free event, no preregistration required. Shows last approximately 30 minutes.

Mondays	Location	Time
June 20	Sitzer Park Shamrock Park	12:30 P.M. 2:30 P.M.
June 27	Bucher Park Commons Park	12:30 P.M. 2:30 P.M.
July 11	McCullough Park Sitzer Park	12:30 P.M. 2:30 P.M.
July 18	Bobby Theisen Park Shamrock Park	12:30 P.M. 2:30 P.M.
July 25	McCullough Park Sitzer Park	12:30 P.M. 2:30 P.M.

### Puppet Wagon Special Event Dates

Wednesday, June 22	Sunrise Park Lino Lakes	7:00 P.M.
Wednesday, July 6	Highland Meadows Park Lino Lakes	7:00 P.M.
Wednesday, July 20	Clearwater Creek Park Lino Lakes	7:00 P.M.
Saturday, July 23	Slice of Shoreview Island Lake Park	12:00 P.M. & 2:00 P.M.
Monday, August 1	Commons Park Shoreview	7:00 P.M.

## WET & WILD

Ages 5 and up

June 24 & July 22..... 12:30 P.M. – 2:30 P.M.  
Commons Park

Shoreview’s outdoor waterslide—back by popular demand. This is a free event, no registration necessary.

## ADVENTURE QUEST CARNIVAL

All ages

July 15..... 1:00 P.M. – 4:00 P.M.  
\$3 per child..... **Activity # 370508-01**

**Location:** Shoreview Community Center

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



**2016-2017 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 12, 2016 – May 26, 2017.**

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, 2017.

**Monday Funday AM**.....9:00 A.M. – 10:30 A.M.  
**Monday Funday PM** ..... 11:00 A.M. – 12:30 P.M.  
 \$64/month; \$58/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.  
 \$58/month;\$52/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, 2016.

**Tiny Treasures**  
 Wednesday & Friday.....9:00 A.M. – 11:30 A.M.  
 \$130/month; \$119/month Shoreview Resident

**ABC's & 123's**  
 Tuesday & Thursday ..... 1:00 P.M. – 3:30 P.M.  
 \$141/month; \$128/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, 2016.

### Alpha Kids

Tuesday & Thursday ..... 9:00 A.M. – 12:00 P.M.  
\$156/month; \$142/month Shoreview Resident

### Stepping Stones

Monday, Wednesday & Friday..... 12:30 P.M. – 3:30 P.M.  
\$200/month; \$182/month Shoreview Resident

## SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

### Busy Buddies

Monday.....9:00 A.M. – 11:30 A.M.  
\$103/month; \$94/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, 2016.

### Story Stretchers

Tuesday.....9:00 A.M. – 11:30 A.M.  
\$85/month;\$77/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, 2016.

### Investigators

Wednesday.....9:00 A.M. – 11:30 A.M.  
\$83/month; \$75/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, 2016.

### Math Monsters

Thursday.....9:00 A.M. – 11:30 A.M.  
\$80/month;\$73/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, 2016.



## ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM

June 13 – August 4 (no program July 4)

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

**Register  
Now!**



### General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 13, 2016.

## WEEKLY THEMES

- Week 1 – Jammin' in the Jungle
- Week 2 – Diggin' for Dinos
- Week 3 – Lost in Space
- Week 4 – Underwater Investigators
- Week 5 – Crazy Carnival
- Week 6 – Loony Library
- Week 7 – Fairy Tales
- Week 8 – Science Spectacular

**Looking for  
more than 2 days/wk?  
Consider attending  
both sessions!**

## TINY TREKKERS

Ages 3-5

June 13 – August 4 ..... 9:00 A.M. – 11:30 A.M.

No class July 4

Rate: \$85; \$78 Shoreview Resident

Monday & Wednesday

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

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

Tuesday & Thursday

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

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

## TRAVELERS

Grades K-5 (2015-16 School year)

June 13 – August 4 ..... 9:00 A.M. – 11:30 A.M.

No class July 4

Rate: \$85; \$78 Shoreview Resident

Monday & Wednesday

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

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

Tuesday & Thursday

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

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



## ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 10

June 13 – August 5

No class July 4

\$74; \$67 Shoreview Resident ..... **Activity # 370507-01**

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 10th grade in the fall of 2016 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program.

\* Participants will be required to attend a mandatory training on Thursday, June 9 from 5:00 – 8:00 P.M. at the Shoreview Community Center. During this time, participants will meet with a program staff to determine park placement and dates to work with playground program. Weekly LIT meetings will take place on Wednesdays at noon at the Shoreview Community Center.

## OUTDOOR GAMES

Ages 7-11 ..... Commons Park

Mondays, June 13 – August 1 ..... 1:00 P.M. – 3:00 P.M.

No class July 4

\$50; \$45 Shoreview Resident..... **Activity # 390514-01**

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

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

## Adventure Quest Academy

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

### AMAZING ARTISTS

Ages 4 to 8..... Sitzer Park  
Tuesday, Wednesday, Thursday,  
June 14 – 23 ..... 1:00 P.M. – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370518-01**

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

### JR. NATURALIST

Ages 4 to 8..... Bucher Park  
Tuesday, Wednesday, Thursday,  
June 14 – 23 ..... 1:00 P.M. – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370519-01**

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

### SECRET AGENT LAB

Ages 4 to 8..... Sitzer Park  
Tuesday, Wednesday, Thursday,  
June 28 – July 7..... 1:00 P.M. – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370520-01**

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

### MAGNIFICENT SCULPTURES

Ages 4 to 8..... Bucher Park  
Tuesday, Wednesday, Thursday,  
June 28 – July 7..... 1:00 P.M. – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370521-01**

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

### SUPER SPACE CADETS

Ages 4 to 8..... Sitzer Park  
Tuesday, Wednesday, Thursday,  
July 12 – July 21 ..... 1:00 – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370522-01**

3...2...1...Blast off! Come along on this super space adventure as we explore the universe and all its planets. We will make a variety of crafts that are out of this world including our very own rockets.

### BEYOND THE BEAD

Ages: 4 to 8..... Bucher Park  
Tuesday, Wednesday, Thursday,  
July 12 – 21 ..... 1:00 – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370523-01**

Join us for this class where we will be exploring the world of jewelry making. We will make different pieces of jewelry to adorn you with. You'll be sparkling with beautiful jewelry from head to toe when this class is over.

### MAD SCIENTISTS

Ages 4 to 8..... Sitzer Park  
Tuesday, Wednesday, Thursday,  
July 26 – August 4..... 1:00 – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370524-01**

Do you love doing experiments and letting out your inner scientist? Then this is the class for you! We will perform a variety of fun science experiments in this crazy course as well as learn basic safety skills and have a hands-on approach to science.

### NATURE PHOTOGRAPHY

Ages: 4 to 8..... Bucher Park  
Tuesday, Wednesday, Thursday,  
July 26 – August 4..... 1:00 – 3:00 P.M.  
\$50; \$46 Shoreview Resident..... **Activity # 370525-01**

Capture life through a different lens. Learn the basics to the art of photography and create your own photo portfolio. Participants are encouraged to bring their own camera, or you can register to receive a disposable camera. We will focus on basic skills of photography and practice shooting pictures to fill the frame, use the rule of thirds, take pictures of people, places, and things, using various backgrounds, and much, much more. Photo developing will be covered in the cost of registration. Staff will need to collect SD cards in cameras to print photos.

## SILLY SAFARI

Ages 4 to 10..... Commons Park  
 Friday, June 17..... 9:00 A.M. – 11:00 A.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370509-01**

Swing on in for a jungle full of fun! Join us for this exciting expedition through the jungle as we discover the mysteries of the animal kingdom one by one. Ain't no lion about it, you'll have a rroaring good time!

## WATER OLYMPICS

Ages 4 to 10..... Commons Park  
 Friday, June 17..... 1:00 P.M. – 3:00 P.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370510-01**

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

## DINO DIG

Ages 4 to 10..... Commons Park  
 Friday, June 24..... 9:00 A.M. – 11:00 A.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370511-01**

Have you ever wondered what it would be like to be a paleontologist? Join us on this Dino Dig as we learn more about the Pterodactyl, Velociraptor, Triceratops, T-rex, and more. This ancient adventure will begin to unlock the mysteries of a time when Dinosaurs roamed the earth.

## UNDERWATER INVESTIGATORS

Ages 4 to 10..... Commons Park  
 Friday, July 8..... 9:00 A.M. – 11:00 A.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370512-01**

This underwater adventure is one you won't want to miss! Come along as we dive into an exploration of sea life and all things ocean related. We will discover more about everything from the giants of the sea to the smallest creatures in the sand.

## WILD OUTDOOR WATER GAMES

Ages 4 to 10..... Commons Park  
 Friday, July 8..... 1:00 P.M. – 3:00 P.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370513-01**

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

## SUPERHERO ACADEMY

Ages 4 to 10..... Commons Park  
 Friday, July 22..... 9:00 A.M. – 11:00 A.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370514-01**

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

## MISSION IMPOSSIBLE

Ages 4 to 10..... Commons Park  
 Friday, July 29..... 9:00 A.M. – 11:00 A.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370515-01**

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



## SPLISH SPLASH

Ages 4 to 10..... Commons Park  
 Friday, July 29..... 1:00 P.M. – 3:00 P.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370516-01**

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

## SCIENCE SPECTACULAR

Ages 4 to 10..... Commons Park  
 Friday, August 5..... 9:00 A.M. – 11:00 A.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 370517-01**

Hands-on learning is the best way to discover, imagine and create! We will work together to explore the world of science and all that it holds for us. You are sure to have a blast while you get your hands dirty in this class with fun science activities and projects!

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

## WATER PARK OF AMERICA

Ages 6 and up

June 17..... Drop off at 9:00 A.M., Pick up at 5:00 P.M.  
\$45; \$40 Shoreview Resident.....**Activity # 370701-01**

Surf on Minnesota’s only Cascade Falls Flow Rider, catch a wave in the Lake Superior wave pool or challenge your fears in America’s longest indoor family raft ride at ten stories high and over a mile long. This indoor water park is also equipped with the Fort Snelling activity island with a zero depth entry, body and tube slides, activity pool with hoops, nets, and balancing logs, and much more. **Please bring a swimsuit, towel, and bag lunch or money for the concession area.** Register by 6/10.

## SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 6 and up

June 24..... Drop off at 8:15 A.M., Pick up at 4:30 P.M.  
\$51; \$46 Shoreview Resident.....**Activity # 370704-01**

Imagine traveling 300 feet of ocean tunnel where sharks, stingrays and giant sea turtles swim so close, you’ll feel like you can reach out and touch them! Join us as we explore the all new Sea Life Aquarium at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by 6/17.

## VALLEYFAIR

Ages 6 and up

July 8 ..... Drop off at 8:30 A.M., Pick up at 6:00 P.M.  
\$55; \$50 Shoreview Resident.....**Activity # 370703-01**

From flips and dips to a 200-foot drop, there’s excitement galore on Valleyfair’s seven thrilling roller coasters, including Steel Venom, an impulse coaster with a twist! Don’t miss Power Tower—275 feet of extreme scream! There’s something for everyone at Valleyfair! All rides inside the park are included in admission, including the water rides. We will not be visiting Challenge Go Cart Park. **Bring sunscreen, swimsuit, towel and a bag lunch or money for concessions.** Register by 7/1.

## WILD MOUNTAIN

Ages 6 and up

July 22..... Drop off at 8:45 A.M., Pick up at 4:30 P.M.  
\$50; \$45 Shoreview Resident.....**Activity # 370702-01**

Join us for a fun day as we go to Wild Mountain in Taylor’s Falls, MN! If you are ready to get wet they have several large waterslides, a lazy river, and other fun attractions to use. If you want to stay dry you can enjoy the Go-Karts, or take the chairlift to the top of the mountain and wind down the 1700’ long Alpine Slide track back down to the bottom. **Please bring a swimsuit, towel, sunscreen and a bag lunch or money for concessions.** Register by 7/15.

## CASCADE BAY

Ages 6 and up

July 29 .....Drop off at 10:00 A.M., Pick up at 4:45 P.M.  
\$45; \$40 Shoreview Resident.....**Activity # 370705-01**

Join us as we spend the day swimming and water sliding at Cascade Bay pool in Eagan. Relax on the lazy river or challenge your wild side on the Typhoon Slide, Hurricane Slide, or Twin Falls. **Lunch will consist of a slice of pizza and a beverage. Please bring a swimsuit, towel and sunscreen.** Register by 7/22.



**Registration is open for these summer sports leagues! DEADLINE IS APRIL 29**

## VOLUNTEER COACHES ARE NEEDED

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

## 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 request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that friend requests can be honored.
- No friend requests, roster changes, or refunds will be honored after the registration deadline.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.
- Practice days in Fall Soccer and Flag Football are chosen by the coach in late August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.



## T-BALL & BASEBALL LEAGUES

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

(Must be 4 by June 1, 2016)

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

\$70; \$60 Shoreview Resident; \$20 late fee after April 29

**Mini Sluggers** (CoRec T-Ball), Ages 4-5

Tues & Thurs, June 2 – July 28.....**Activity # 390101-01**

**Little Sluggers** (CoRec Machine Pitch), Gr K-1

Tues & Thurs, June 2 – July 28.....**Activity # 390102-01**

**Sluggers** (CoRec Machine Pitch), Grades 2-3

Mon & Wed, June 1 – July 27.....**Activity # 390102-02**

This program is designed to introduce youth to the game of baseball. Each age level will include instructional practices and games. A pitching machine is used in the baseball leagues. The Little Sluggers age level is a blend of T-Ball and Baseball. At this level, children are transitioning from hitting off a tee to learning how to hit "live" pitching. There is a designated pitch count each at bat. A tee is brought in to assist the batter after the pitch count is reached. Children will receive a team shirt and hat. Parents will be informed of team assignment and first practice details shortly after the May 24 coaches meeting.

**COACHES MEETING:** Tuesday, May 24, 6:00 P.M.,  
Shoreview Community Center

## SUMMER SOCCER LEAGUES

**Grade levels based on 2016–17 school year**

(Must be age 4 by June 1, 2016)

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

\$70; \$60 Shoreview Resident; \$20 late fee after April 29.

**Mini Mites CoRec**, Ages 4-K

Mon & Wed, June 1 – July 27.....**Activity # 390201-01**

*Team schedule will vary throughout the season, meeting 1-2 times per week.*

**Mites CoRec**, Grades 1 and 2

Mon & Wed, June 1 – July 27.....**Activity # 390201-02**

**Squirts CoRec**, Grades 3 and 4

Tues & Thurs, June 2 – July 28.....**Activity # 390201-03**

Our summer soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the May 23 coaches meeting.

**COACHES MEETINGS:** Monday, May 23, 6:00 P.M.,  
Shoreview Community Center



**Registration deadline for fall soccer & flag football is July 29**



## FLAG FOOTBALL LEAGUES

Grade levels based on 2016-17 school year

**Practice:** One practice per week beginning the week of August 22; day and time TBD by coach

**Games:** Saturdays, September 10 – October 15

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.

\$90; \$80 Shoreview Resident; \$20 late fee after July 29.

- CoRec, Grade K ..... **Activity # 490207-01**
- CoRec, Grades 1-2..... **Activity # 490207-02**
- CoRec, Grades 3-4..... **Activity # 490207-03**
- CoRec, Grades 5-6..... **Activity # 490207-04**

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 16 coaches meeting.

**COACHES MEETING:** Tuesday, August 16, 6:00 P.M., Shoreview Community Center

## FALL SOCCER LEAGUES

Grade levels based on 2016-17 school year  
(Must be age 4 by September 1, 2016)

**Practice:** One practice per week beginning the week of August 22; day and time TBD by coach

**Games:** Saturday mornings, September 10 – October 15  
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.

\$70; \$60 Shoreview Resident; \$20 late fee after July 29.

- 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 15 coaches meeting.

**COACHES MEETING:** Monday, August 15, 6:00 P.M., Shoreview Community Center



## LEISER'S MUSTANG BASKETBALL CAMPS

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

Camp (based on 2015-16 school year)	Session	Fee	Dates	Time	Location	Activity #
Age 5 – K (CoRec)	—	\$35	July 11, 13, 15	10:00 A.M.-10:30 A.M.	Island Lake School	<b>390909-01</b>
Grades 1-2 (Girls)	—	\$55	June 20-23	9:30 A.M.-10:30 A.M.	Island Lake School	<b>390911-03</b>
Grades 1-2 (Boys) \$105 if registering for both sessions	Session 1	\$55	June 27-30	11:15 A.M.-12:15 P.M.	June 27–29: Island Lk June 30: Turtle Lk	<b>390911-01</b>
	Session 2	\$55	July 18-21	10:45 A.M.-11:45 A.M.	Island Lake School	<b>390911-02</b>
Grades 3-5 (Boys) \$175 if registering for both sessions	Session 1	\$92	July 11-15	12:00 P.M.-2:15 P.M.	Island Lake School	<b>390910-01</b>
	Session 2	\$92	July 18-22	12:00 P.M.-2:15 P.M.	Island Lake School	<b>390910-02</b>
Grades 6-7 (Boys) \$195 if registering for both sessions	Session 1	\$102	June 27-30 & July 11-14	10:00 A.M.-12:00 P.M.	Mounds View HS	<b>390910-03</b>
	Session 2	\$102	July 18-21 & July 25-28	10:00 A.M.-12:00 P.M.	Mounds View HS	<b>390910-04</b>
Grades 8-9 (Boys) \$195 if registering for both sessions	Session 1	\$102	June 27-30 & July 11-14	12:15 P.M.-2:15 P.M.	Mounds View HS	<b>390910-05</b>
	Session 2	\$102	July 18-21 & July 25-28	12:15 P.M.-2:15 P.M.	Mounds View HS	<b>390910-06</b>



## MUSTANG GIRLS SUMMER BASKETBALL CAMP

Grades 3-8 (2015-16 school year)

**Location:** Mounds View High School

June 13-16..... 12:30 P.M. – 3:00 P.M.  
\$95 per participant..... **Activity #390907-01**

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

## WEKO'S MUSTANG GIRLS VOLLEYBALL CAMP

Grades 3-9 (2016-17 school year)

June 13-16 & June 20-23

**Location:** Mounds View High School

**Grades 3-6** ..... 8:30 A.M. – 10:00 A.M.  
 \$115 per participant..... **Activity #390903-01**

**Grades 7-9** ..... 10:00 A.M. – 12:00 P.M.  
 \$145 per participant..... **Activity #390903-02**

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

## MINI-SPORT SAMPLER

Ages 4-6

June 20-23.....9:00 A.M. – 12:00 P.M.  
 \$100; \$90 Shoreview Resident..... **Activity # 390912-01**

**Location:** Royal Hills Park (Arden Hills)

July 25-28.....9:00 A.M. – 12:00 P.M.  
 \$100; \$90 Shoreview Resident..... **Activity # 390912-02**

**Location:** Perry Park (Arden Hills)

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

## SKATEBOARDING – BEGINNER

Ages 4-8

June 20-23..... 10:00 A.M. – 12:00 P.M.  
 \$110; \$100 Shoreview Resident ..... **Activity # 390920-01**

**Location:** Shoreview Community Center Skate Park

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

## SKATEBOARDING

Ages 7-12

June 27-30..... 10:00 A.M. – 12:00 P.M.  
 \$110; \$100 Shoreview Resident ..... **Activity # 390914-01**

**Location:** Shoreview Community Center Skate Park

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

## CHEERLEADING & DANCE

Ages 4-8

June 27-30..... 1:00 P.M. – 4:00 P.M.  
 \$100; \$90 Shoreview Resident..... **Activity # 390918-01**

**Location:** Turtle Lake School Gym

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



## MINNESOTA UNITED FC SOCCER CAMP

Ages 3-12.....July 11-15

**Location:** Shamrock Park

Ages 3-6 ..... 9:00 A.M. – 10:30 A.M.  
 \$96 per participant..... **Activity # 390904-01**

Ages 7-12.....9:00 A.M. – 12:00 P.M.  
 \$156 per participant..... **Activity # 390904-02**

Minnesota United FC is a professional soccer team based right here in Minnesota. Join us as we host the Minnesota United FC Soccer Camp for a fun, week-long camp for players of all skill levels. Every participant receives individual instruction to improve their game. Once at camp, all participants will be split into age/skill levels accordingly. Shin guards are recommended. **Children will receive a camp t-shirt and bag.**

## TBALL

Ages 4-6

June 13-16..... 9:00 A.M. – 12:00 P.M.  
\$100; \$90 Shoreview Resident..... **Activity # 390913-01**

**Location:** Perry Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of TBall through skill development and small group games. Sports Unlimited staff will focus on helping the children learn the rules of baseball while working on team play and sportsmanship. Individual skills taught: throwing, catching, hitting, base running and fielding. Please bring baseball glove, water bottle, sunscreen, snack and a great attitude!

## BASEBALL

Ages 7-12

June 13-16..... 1:00 P.M. – 4:00 P.M.  
\$100; \$90 Shoreview Resident..... **Activity # 390922-01**

**Location:** Perry Park (Arden Hills)

This camp is designed to introduce the young athlete to the sport of baseball through skill development and small group games. Sports Unlimited staff will focus on helping the children learn the rules of baseball while working on team play and sportsmanship. Individual skills taught: throwing, catching, hitting, base running and fielding. Please bring baseball glove, water bottle, sunscreen, snack and a great attitude!

## FLOOR HOCKEY

Ages 6-12

July 11-14..... 1:00 P.M. – 4:00 P.M.  
\$100; \$90 Shoreview Resident..... **Activity # 390924-01**

**Location:** Turtle Lake School Gym

This camp will focus on the fundamental skills of Floor Hockey using small group activities, scrimmages and fun games. Children will learn the rules of Floor Hockey while working on team play and sportsmanship.

## VOLLEYBALL

Ages 6-12

July 11-14..... 9:00 A.M. – 12:00 P.M.  
\$100; \$90 Shoreview Resident..... **Activity # 390917-01**

**Location:** Turtle Lake School Gym

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

## LACROSSE

Ages 5-8

July 18-21 ..... 9:00 A.M. – 12:00 P.M.  
\$100; \$90 Shoreview Residents..... **Activity # 390915-01**

**Location:** Perry Park (Arden Hills)

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



## SNAG GOLF

Ages 6-12

July 18-21 ..... 1:00 P.M. – 4:00 P.M.  
\$100; \$90 Shoreview Resident..... **Activity # 390923-01**

**Location:** Perry Park (Arden Hills)

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

## FLAG FOOTBALL

Ages 6-12

July 25-28 ..... 1:00 P.M. – 4:00 P.M.  
\$100; \$90 Shoreview Resident..... **Activity # 390921-01**

**Location:** Perry Park (Arden Hills)

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

## Tennis Lessons

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



## PRIVATE LESSONS

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

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

### Individual Private Lessons (60 minutes)

Five lessons: \$180; \$170 Shoreview Resident

Summer ..... **Activity # 390602-01**

### Individual Private Lessons (90 minutes)

Five lessons: \$260; \$250 Shoreview Resident

Summer ..... **Activity # 390602-02**

### Semi Private Lessons (60 minutes)

Five lessons: \$100; \$90 Shoreview Resident

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

Summer ..... **Activity # 390603-01**

### Semi Private Lessons (90 minutes)

Five lessons: \$145; \$135 Shoreview Resident

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

Summer ..... **Activity # 390603-02**

## GROUP LESSONS

Youth group lessons: \$67; \$57 Shoreview Resident

Adult group lessons: \$100; \$90 Shoreview Resident

### PeeWees

Ages 5 to 7

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

### Beginners

Ages 7 to 11

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

### Advanced Beginners

Ages 9 to 11

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

### Intermediate

Ages 11 to 14

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

### Adult Basics

Ages 18+

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

## SUMMER EVENING LESSONS

*Mondays: June 13 - July 25 (no class July 4). If necessary, make-up lessons will be August 1 & 8.*  
*Tuesdays: June 14 - July 19. If necessary, make-up lessons will be July 26 & August 2.*  
*Wednesdays: June 15 - July 20. If necessary, make-up lessons will be July 27 & August 3.*  
*Thursdays: June 16 - July 21. If necessary, make-up lessons will be July 28 & August 4.*

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

## SUMMER MORNING LESSONS

*June 13-30. If necessary, make-up lessons will be July 6 & 7.*

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

*July 11-28. If necessary, make-up lessons will be the week of August 1.*

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

*August 8-17. If necessary, make-up lessons will be August 11 & 18.*

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

## 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 22 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 7/11	Reg. Rate After 7/11	Activity #
CoRec D	Monday	August 8	10 Games – Doubleheaders	\$370	\$395 .....	420801-01
Men's E	Tuesday	August 9	10 Games – Doubleheaders	\$345	\$370 .....	420801-02
Men's D	Wednesday	August 10	10 Games – Doubleheaders	\$345	\$370 .....	420801-03
CoRec D	Thursday	August 11	10 Games – Doubleheaders	\$370	\$395 .....	420801-04

## ADAPTED KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 13 ..... 6:00 P.M. or 7:00 P.M.  
\$100 per team ..... **Activity # 320702-01**

**Location:** Various fields in Shoreview

Are you interested in participating in an adapted sports program? Gather up your team of family, friends and neighbors to join the Adapted Kickball League. This league gives people with disabilities and peers the opportunity to make new friends, learn new skills and have tons fun while being part of a team. Games are self-officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules are emailed to team managers the week of June 6. Individuals looking to find a team are encouraged to contact the Parks and Recreation office. **Registration deadline is May 27 or until league is full.**



## ADULT DROP-IN VOLLEYBALL

Rate: Daily admission or free to members

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

Shoreview Community Center Gym

## 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.

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. Members will have the option to purchase a club t-shirt for an additional fee. Membership is good for 2016 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 & Friday .....9:00 A.M. – 11:00 A.M.  
 \*\*\*For beginner and social players

## FREE ACTIVITIES AT THE COMMUNITY CENTER

### 500

Mondays at 12:30 P.M. .... **Activity #500603-01**  
 No partners required, No 500 on May 30 and July 4

### Bingo

One Wednesday monthly at 1:00 P.M. .... **Activity #500605-01**  
 \$0.25 per card (no max)  
 April 27, May 25, June 29, July 27, August 31, September 28

## AARP SMART DRIVER COURSE

The AARP Driver Safety Program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium.

### For the first time, one attends the 8-hour seminar.

To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP trained volunteers. Registration deadline is 3 days prior to the class. AARP member cards must be presented at the time of registration to qualify for member rates. This rate includes a Shoreview administration fee.



### 2016 Courses

**8 Hour Evening Course** ..... 5:30 P.M. – 9:30 P.M.  
 AARP Member Rate: \$26; Non-Member Rate: \$31  
 Monday, April 25 and Wednesday, April 27  
 .....**Activity # 250201-06**

**4 Hour Day Course**..... 9:00 A.M. – 1:00 P.M.  
 AARP Member Rate: \$24; Non-Member Rate: \$29  
 Tuesday, May 10 .....**Activity # 250201-04**

**4 Hour Evening Course** ..... 5:30 P.M. – 9:30 P.M.  
 AARP Member Rate: \$24; Non-Member Rate: \$29  
 Wednesday, May 25 .....**Activity # 250201-05**

## 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 38 for SeniorFIT classes.



## GENEALOGY RESEARCH ON THE INTERNET

Wednesday, June 8..... 6:00 P.M. – 7:30 P.M.  
 \$35; \$30 Shoreview Resident..... **Activity # 300303-01**

**Deadline to Register: Wednesday, June 1**

**Location:** Shoreview Community Center

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

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

Wednesday, May 25..... 6:00 P.M. – 7:30 P.M.  
 \$35; 30 Shoreview Resident ..... **Activity # 200203-02**

Wednesday, August 3..... 6:00 P.M. – 7:30 P.M.  
 \$35; \$30 Shoreview Resident..... **Activity # 300304-01**

**Deadline to Register: Wednesday, July 27**

**Location:** Shoreview Community Center

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

## SPRING TEA

Thursday, May 19 ..... 1:30 P.M.  
 \$16; \$14 Shoreview Resident..... **Activity # 200509-01**

**Deadline to Register: Friday, May 13**

**Location:** Shoreview Community Center

It's time for the Annual Spring Tea! Don your fanciest attire and your favorite Spring hat. Bring a teacup and teapot if you have one to share! We will serve a variety of teas and many delicate appetizers. Pre-registration is required. No walk-in registrations allowed.



## SOCIAL MEDIA: HOW TO USE FACEBOOK AND TWITTER

Friday, July 15..... 10:00 A.M. – 11:30 A.M.  
 \$20; \$15 Shoreview Resident..... **Activity # 300308-01**

**Deadline to Register: Friday, July 8**

**Location:** 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. Ipads, 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.



## SOCIAL MEDIA: HOW TO USE PINTEREST AND INSTAGRAM

Thursday, May 12..... 1:30 P.M. – 3:00 P.M.  
 \$20; \$15 Shoreview Resident..... **Activity # 200224-01**

**Deadline to Register: Thursday, May 5**

Thursday, August 25 ..... 10:00 A.M. – 11:30 A.M.  
 \$20; \$15 Shoreview Resident..... **Activity # 300308-02**

**Deadline to Register: Friday, August 19**

**Location:** 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. Ipads, 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.

## BINGO & DOUGHNUTS

Wednesday, June 15..... 10:00 A.M. – 11:30 A.M.  
 \$6; \$5 Shoreview Resident ..... **Activity # 300513-01**

**Deadline to Register: Friday, June 10**

**Location:** Shoreview Community Center

Join us for a morning of Bingo, doughnuts, fruit, and coffee! We will have lots of prizes to give away and a lucky winner will walk away with a gift card to Cub Foods! (Price includes treat, prizes, & bingo)

## TAYLOR FALLS SCENIC BOAT TOUR

Thursday, August 18 ..... 9:30 A.M. – 2:30 P.M.  
 \$65; \$60 Shoreview Resident..... **Activity # 300305-01**

**Deadline to Register: Friday, July 29**

Bus leaves from Shoreview Community Center at 9:30 A.M.

Sit back and relax... Take in the beautiful views of the St. Croix River. We will be boarding the Taylor Falls Scenic Boat Tours. Our licensed boat pilot and tour guide will point out the unique rock formations that were left behind as the glaciers retreated thousands of years ago. We will enjoy a box lunch which includes a deli sandwich, fruit, chips, cookie and a beverage. Trip will take place rain or shine. (Price includes boat tour, lunch, coach transportation, and svcc escort)

## ALEXANDER RAMSEY HOUSE & LUNCH

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

**Deadline to Register: Thursday, May 26**

Bus leaves from Shoreview Community Center at 10:00 A.M.

Join us as we head down to the famous Alexander Ramsey House. The Alexander Ramsey House is a Victorian-era home filled with thousands of original family items and furnishings. We will be escorted around the house by a costumed guide while they tell us stories and history about the house. After our tour we will head to the historic Fabulous Fern for a pre-selected lunch! Moderate Walking. (Price includes tour, lunch, coach transportation, and svcc escort)

## MYSTERY TRIP TO OWATONNA & LUNCH

Thursday, July 14..... 8:00 A.M. – 4:30 P.M.  
 \$80; \$75 Shoreview Resident..... **Activity # 300307-01**

**Deadline to Register: Thursday, June 23**

Bus leaves from Shoreview Community Center at 8:00 A.M.

Join us as we make our way down to Owatonna, Minnesota for a day full of adventure. We will take in the beautiful views and history of the city. Our tour guide has a fun day planned. Moderate walking. (Price includes transportation, lunch, tour admissions, and svcc escort).

## KNITTING – BEGINNING

Wednesdays, June 8 - July 13 ..... 6:00 P.M. – 8:00 P.M.  
 \$40; \$35 Shoreview Resident..... **Activity # 300301-01**

**Deadline to register: Wednesday, June 1**

Shoreview Community Center

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



## CROCHETING – BEGINNING

Thursdays, June 9 - July 14 ..... 6:00 P.M. – 8:00 P.M.  
 \$40; \$35 Shoreview Resident..... **Activity # 300302-01**

**Deadline to register: Thursday, Wednesday, June 1**

Shoreview Community Center

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

# Jobs that Fit Your Lifestyle!



Part-time ♦ Flexible Hours ♦ Fun People

**Adventure Quest Playground Instructors:** Lead pre-school & elementary age children in Summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June-Aug. Daytime hrs. \$9.50-10.50/hr. Must commit for entire summer.

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

**Guest Service/Memberships:** Introduce potential members to facility, features and membership benefits; retain members through follow-up calls and direct mail; provide rental information; operate in lead capacity at our Service Desk; troubleshoot guest issues and concerns; operate cash register and computer. \$10.75-11.50/hr.

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

**Music Instructor:** Teach private piano lessons to summer program participants, ages 5-12. Approx 10-12 students that participate in piano lessons. Mon. Tues. & Thurs. Lessons are one-half hour in length. \$15-20/hour depending on qualifications.

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

**Pool Coordinator:** Coordinate activities inside the pool area including all pool operations, supervise staff, assist in scheduling unfilled shifts, interpret and carry out pool policy for patrons and staff, operate and maintain pool systems, assist with training, perform in accordance with appropriate safety & security standards. \$12-14.50/hr,

**Service Desk:** Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of information, assist with concessions when needed. \$9.50-10.50/hr.

**“Summer Discovery” Instructors:** Supervise and care for children grades K-6 in full-day childcare. Plan and implement program activities ranging from arts & crafts to sports instruction and field trips. Weekdays, M-F. Hours vary between 6:15am-6:15pm. Mid-May-Aug. \$10-11.50/hr. Must commit for entire summer.

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

**Tennis Instructors:** Instruct youth and adults in beginning thru advanced tennis classes. Previous teaching experience along with playing experience desired. Weekday mornings and evenings, June-August. \$14-16/hr. DOQ

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

**Wave Cafe:** Attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Daytime (school yr) \$9.50-10.50/hr. Eves/weekends/summer \$9.25-10/hr.



Apply at: [www.shoreviewmn.gov](http://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](http://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](http://www.iblbaseball.com)

### Irondale Girls Fastpitch Association

[www.knightsfastpitch.org](http://www.knightsfastpitch.org)

### Irondale Youth Hockey Association

[www.ihhaleague.org](http://www.ihhaleague.org)

### Iron Mustang Wrestling

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

### Mounds View Basketball Association

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

### Mounds View Area Youth Lacrosse Association

[www.mvaylax.org](http://www.mvaylax.org)

### Mounds View Softball Association

[www.moundsview.softballsystems.com](http://www.moundsview.softballsystems.com)

### Mounds View Youth Hockey Association

[www.moundsview.pucksystems2.com](http://www.moundsview.pucksystems2.com)

### Mounds View Youth Football League

[www.moundsviewyouthfootball.org](http://www.moundsviewyouthfootball.org)

### North Suburban Aquatic Club

[www.nsmakos.org](http://www.nsmakos.org)

### North Suburban Soccer Association

[www.nssasoccer.org](http://www.nssasoccer.org)

### Roseville Area Youth Hockey

[www.rosevillehockey.org](http://www.rosevillehockey.org)

### Shoreview Area Youth Baseball

[www.sayb.org](http://www.sayb.org)

## Shoreview Recreation Areas



Web Page: [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Indoor Pickleball Courts	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts (lit courts)	Volleyball	Circuit Training
<b>Bobby Theisen Park</b> 3575 Vivian Ave.	15		1						6						1		2		
<b>Bucher Park</b> 5900 Mackubin Street	25	2	1												1		2		
<b>Lake Judy Park</b> 900 Tiller Lane	5		1/2																
<b>McCullough Park</b> 955 County Rd I	75	2	1							With grill					1		2		
<b>Ponds Park</b> 190 Sherwood Road	1									Table only									
<b>Rice Creek Fields</b> 5880 Rice Creek Parkway	10	4																	
<b>Shamrock Park</b> 5623 Snelling Ave.	23	2	1							With grill					1		2		
<b>Shoreview Commons and Community Center</b> 4580 North Victoria	40	2	1					4	2	With grill					1		2		
<b>Sitzer Park</b> 4344 Hodgson Road	8	2	1							With grill							2		
<b>Wilson Park</b> 815 County Road F	13	2	1							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 <a href="http://www.co.Ramsey.mn.us">www.co.Ramsey.mn.us</a>	Acres	Boat Ramp	X-Country Skiing	Fishing	Hiking Trails	Hockey Rinks	Golf Course	Paths	Picnic Areas	Playground Eq.	Shelter	Swimming
<b>Island Lake County Park</b> 3611 Victoria Street	167											
<b>Lake Owasso County Park</b> 370 N. Owasso Blvd.	9											
<b>Shoreview Ice Arena</b> 877 Highway 96 (Hockey only)												
<b>Snail Lake Regional Park</b> 580 Snail Lake Blvd.	400											
<b>Turtle Lake County Park</b> 4979 Hodgson Road	9											

For detailed park info and maps, visit [www.GoRamsey.org](http://www.GoRamsey.org)

## Summer Registration Schedule Shoreview Resident Priority

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

**Begins Monday, May 9 at 8 A.M.**

## Annual Community Center Member Registration

**Begins Wednesday, May 11 at 8 A.M.**

## General Registration

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

**Begins Friday, May 13 at 8 A.M.**

### How to Register:

1. On-line at [www.shoreviewcommunitycenter.com](http://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](http://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 green "+" button and "add to cart" 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.

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



**Tuesday Afternoons**  
**June 14 - September 20 | 3-7 p.m.**  
**September 27 - October 18 | 3-6 p.m.**

**SPECIAL EVENT DAYS**



June 14	Herbs, Gardens, & Art
July 5	Red, White & Blueberries
August 9	National Farmers' Market Week
September 13	Apple Fest
October 18	Harvest Festival

**FREE! Live Entertainment**

Music by: Gabriel Komjathy  
Interactive Acoustic Guitar | Children's Music  
6/14, 7/5, 7/19, 8/9, 8/23, 9/13, 9/27, 10/4 & 10/11



**Master Gardeners**

Second and Fourth Tuesdays



Join our Frequent  
Shopper Program!

**Shoreview Community Center**  
**Lower Level Parking Lot**

4580 Victoria Street North, Shoreview, MN 55126  
[www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com) | 651.490.4750



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

Presorted Standard  
U.S. Postage Paid  
Twin Cities, MN  
Permit No. 5606

**FREE!**

# 2016 Concert in the Commons

## Wednesdays @ 7 p.m.

- June 15** The BackYard Band (& free ice cream!)..... Rock from 60's to today
- June 22** Hard Day's Night Tribute ..... Beatles Tribute Band
- June 29** Tim Patrick & His Blue Eyes Band..... Sinatra Show - Big Band
- July 6** Forty Shades of Green & Rince Na Chroi ..... Irish & Irish Dancers
- July 13** Church of Cash ..... Johnny Cash Tribute
- July 20** Shoreview Northern Lights Variety Band ..... Community Band
- July 27** The JimTones ..... Oldies
- August 3** Mick Sterling & His Band ..... Variety
- August 10** 2 Girls & a Boyd ..... Americana
- August 17** Stimulus Package ..... Variety

# 2016 Friday Night Flix

## Fridays @ Dusk



Est. Start Time:



- August 12** The Good Dinosaur (PG) ..... 8:30 p.m.
- August 19** Minions (PG) ..... 8:10 p.m.
- August 26** Viewer's Choice! ..... 7:45 p.m.

Vote for Viewer's Choice online: [www.ShoreviewCommunityCenter.com/special-events/friday-night-flix](http://www.ShoreviewCommunityCenter.com/special-events/friday-night-flix)

**JOIN US!**

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

For more information on these free events, visit our website @ [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)