

SHOREVIEWS

2016 Fall Recreation Catalog



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**Slice of
Shoreview Days:
July 22-24**



SHOREVIEW SUMMER FUN!

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

Police
Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul Kirkwold Drive, Arden Hills, MN 55112.
For non-emergencies call 651.484.3366
For emergencies call 911

Fire
Fire protection is provided by the Lake Johanna Fire Department.
For emergencies call 911 Dispatch
Non-emergency 651.767.0640

City Officials
Sandy Martin, Mayor
444 Lake Wabasso Court
Office: 651.490.4618
smartin@shoreviewmn.gov

Emy Johnson, Council Member
4700 Lorinda Drive
Cell: 763.443.5218
ejohnson@shoreviewmn.gov

Terry Quigley, Council Member
1212 Silverthorn Court
Home: 651.484.5418
tquigley@shoreviewmn.gov

Ady Wickstrom, Council Member
1252 Silverthorn Drive
Home: 651.780.5245
awickstrom@shoreviewmn.gov

Cory Springhorn, Council Member
173 Dennison Ave.
Cell: 651.403.3422
cspringhorn@shoreviewmn.gov

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

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

18th 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.

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



Friday Night Flix



Fridays at Dusk Enjoy FREE outdoor movies!

Haffeman Pavilion
(behind the Shoreview Community Center)
Aug. 12 The Good Dinosaur (PG)..... 8:30 P.M.
Aug. 1 The Lego Movie (PG) 8:10 P.M.
Sept. 4 Viewer's Choice..... 7:45 P.M.
Vote for the last movie of the Friday Night Flix series by July 26 at www.shoreviewcommunitycenter.com



On the cover: The Slice of Shoreview Days return to Island Lake County Park, July 22-24, bringing more summer fun to Shoreview. See page 3.

Slice of Shoreview Days 2016

*Celebrating Community: July 22 -24,
Island Lake County Park*

Every summer, the Slice of Shoreview Days summer festival turns Island Lake County Park into a small town. Don't miss the fun this year, beginning Friday, July 22 and lasting through Sunday, July 24. Mark your calendar for the event of the season!

NEW this year: Classic Car Parade at 11 a.m. on Sunday, July 24 along Victoria St. between Cummins (corner of I-694 and Victoria) and the park. Bring your blanket or chair and enjoy these vintage automobiles! There will also be Rubber Ducky races all weekend. And download the new 2016 Slice of Shoreview Days mobile app today – available for Apple and Android phones!



Introducing an all-new entertainment area: “Under the Little Tops”, Saturday afternoon, July 22 – front of Main Stage

- Noon.....Puppet wagon and Curious George™
- 1 P.M.....Balloon artist and the Raptor Center
- 2 P.M.....Puppet Wagon and the Ramsey County Sheriff K-9 show
- 3 P.M.....Hair Expressions and Magic by Justin Alan

Popular returning events include:

The Slice of Shoreview Parade, Classic Car Show, Lake Johanna Fire Department Open House and Slip n' Slide, carnival, petting zoo and pony rides, Dock Dogs, art show and craft fair, commercial booths, food booths, face painting, chalk art in the streets, climbing wall, Minnesota Timberwolves shootout, Bungee trampoline, Bingo, and more!

Live entertainment:

Friday

- 7 – 10 P.M. Karaoke and the Rockin' Hollywoods
- Dusk..... Fireworks

Saturday

- 4 – 6 P.M..... The JimTones
- 7 – 10 P.M. Bad Girlfriends
- Dusk..... Fireworks

Sunday

- 10:30 A.M. Church Service
- Noon – 3:45 P.M. Holy Rocka Rollaz
- 3:45 P.M Car and Motorcycle Show Awards



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

For a complete event schedule and details, visit www.SliceofShoreview.com. Stay up-to-date on Facebook at www.facebook.com/sliceofshoreview and Twitter @ShoreviewSlice.

City Manager Receives League of Minnesota Cities Award



Terry Schwerm, Shoreview's long-time City Manager, received the prestigious James F. Miller Leadership Award at the annual League of Minnesota Cities conference on June 15, 2016. This award is considered to be the League's highest honor for appointed city officials, and is presented in recognition of outstanding leadership in public service and dedication to the community. Terry has a distinguished record of public service that spans over 30 years and has served as Shoreview's City Manager since 1993. He has been instrumental in the development of Shoreview from a small second ring suburb into the outstanding, thriving community that it is today. He has also played a large role in establishing the Shoreview Community Center as one of the premier community centers in the state of Minnesota. Congratulations Terry, and thank you for your service!

Development Projects Bringing More Housing, Jobs and Services to Shoreview

The City Council, Economic Development Authority, and Economic Development Commission all work together to ensure that Shoreview maintains a strong, healthy, and positive business climate that promotes and fosters continued economic development, business growth and reinvestment in the community. Shoreview's strong wave of development continues with a number of new housing and commercial projects currently underway or recently approved, as summarized below:



Kowalski's Market

Kowalski's Market, a premier quality Twin Cities grocer, is planning to locate a new store in Shoreview after purchasing the former Rainbow Foods building at the northwest quadrant of Highway 96 and Hodgson Road.

Kowalski's is investing over \$15 million with the property acquisition and improvements. They will completely renovate the existing building for a full-service grocery store and central facility for their bakery/kitchen/catering operations for the metropolitan area. The Kowalski's Market will also include a wine shop, full service deli and a Starbucks.

The grocer expects to employ nearly 125 full-time and part-time positions for the grocery market, and another 60 full-time jobs associated with their bakery and production operations.

Kowalski's expects to complete the project and open the new store prior to Thanksgiving of this year.

North American Banking Company

A commercial building is being built adjacent to Highway 96 in front of the new Kowalski's Market. The building will include a branch of the North American Banking Company along with an office tenant space.



The McMillan – Mixed-Use Housing/Retail

Elevage Development Group received City approval for an upscale mixed-use housing and retail redevelopment named The McMillan (named after a railroad pioneer), located at the northwest corner of County Road E and Rice Street. The project involves the tear down of the old retail center property, as well as three adjacent properties that were all acquired by the developer. The \$30 million dollar development includes a five-story high end market rate rental apartment building of 134 units with underground parking, first floor retail spaces, and 14 luxury rental townhomes. Construction of the project has begun and is expected to take 18-24 months to complete.



Villas of Shoreview

Construction on an addition to the Shoreview Senior Living campus along Hodgson Road called the Villas of Shoreview is well underway. The project is a 31-unit market rate high end senior apartment building that will complement the existing senior housing options on the property. The project, located on Hodgson Road north of Highway 96, currently has 105-units of mixed congregate, assisted living, and memory care apartments.

Odds & Ends Again

Odds & Ends Again, a local shop for estate liquidations specializing in vintage and antique furniture and décor, is expanding and remodeling their building at 1080 County Road E. The project will include expanded retail/showroom space, new warehousing space, and interior remodeling of existing retail and office areas.

Best Western Plus

The property owner recently completed major building renovations as part of the rebranding of the Hampton Inn to a Best Western Plus. The hotel has undergone significant upgrades to interior spaces including guest rooms and renovated/expanded banquet and meeting space. The Green Mill restaurant was also redesigned and now has a much larger outdoor patio space. The property has also been rebranded as the North Metro Meeting & Event Center as part of this improvement project.

Ally Financial Services

Ally Financial, a national financial services company primarily serving the areas of auto financing, online banking, and corporate finance businesses, is now occupying space. The company consolidated and relocated 150 current employees to the facility, with a plan to create an additional 250 jobs by 2017. The company invested \$6.5 million in building upgrades and other costs associated with the move to Shoreview, and received State funding assistance of nearly \$650,000 through the Minnesota Job Creation Fund. Ally Financial was considering several other states for locating this operation, but preferred the Shoreview site because of the location and workforce.



Shoreview Regional Library

Construction continues on schedule for the new Ramsey County regional library being built in the Shoreview Commons, near the northeast corner of Highway 96 and Victoria Street. The new \$15.8 million Shoreview Library will include an expanded public library service area and community space, and new administrative offices for the County Library system (currently located in the existing library). The existing library building is being purchased by the Mounds View School District from Ramsey County, and will be renovated to accommodate their district administrative services.

The existing library will continue to operate throughout the construction until closing in December 2016 to move materials over to the new regional library for opening in January 2017. It is expected that the Mounds View School District would take possession of the existing library building in early 2017 and then proceed with their plans for improvements.

Shoreview's Planning Commission

Great communities do not simply happen. Great communities require careful planning and committed stewards to ensure that plans are implemented – intentionally and consistently. Where people live, work, and play, how they travel, and the quality of these experiences depend in large part upon something few people ever think about: land use planning. Shoreview has a Planning Commission whose mission is to assist with long-range planning in the community and to foster high quality development.

Who are the members of the Planning Commission? The Commission consists of 7 Shoreview residents appointed by the City Council. The members are citizen planners chosen from all walks of life and typically do not have formal planning training. Members are appointed for 3-year staggered terms.

What does the Planning Commission do?

The Commission's duties are to prepare and periodically review the City's comprehensive plan, adopt and enforce official controls to implement the City's plans, to act as the City's Board of Adjustments and Appeals, and to review and make recommendations on all development applications. The Planning Commission is an advisory group to the City Council in the City of Shoreview.

Where can I find more information?

Visit the Planning Commission page on the City of Shoreview website at www.shoreviewmn.gov/pc. The meeting schedule, list of members, agendas and minutes are posted here. Meetings typically occur the fourth Tuesday of each month at 7 P.M.

Business Spotlight

Multi-Clean

*“Better...Faster...Safer”
Solutions to Problems*



Located on the quiet end of Cardigan Road among office buildings, Multi-Clean produces high-performance commercial cleaning chemicals and floor maintenance products for the commercial cleaning industry. There are currently 20 full-time employees working at their Shoreview facility.

The company started from scratch in 1946 by two gentlemen in St. Paul – a chemist and one working in general maintenance – who sold cleaning machines and chemicals. These were sold to HB Fuller in 1970, who then sold it to the company that creates cleaning machines.

“They were ahead of their time,” said Mike Tarvin, Multi-Clean Vice President, who began his career with the company as a chemist 26 years ago. “They educated salespeople to solve [cleaning] problems – identifying challenges and then presenting products. We are [still] big on educating sales people, rather than selling products... the way is to identify problems and to solve them.”

Several things set Multi-Clean apart. “We have a multi-tasking system, and we own a patent [for it]. We’ve found that people who use waste cleaning chemicals were not measuring proper amounts; they use ready-to-use products (like Windex), and the bottles get thrown away,” explained Tarvin. “We got a patent on a dilution control system, a machine that mixes the chemical. And we really focused on that.”

Another example of the company’s unique approach is green cleaning, which is safer for people and the environment. Multi-Clean is independently certified green. “We teach our salespeople to educate customers on the [green cleaning] process and identify the positives.”

The “Better, faster, safer” company’s products are sold exclusively through partnerships with authorized, professional distributors who “show customers how to do a better job at cleaning and the more efficient use of our products,” Tarvin said.

Multi-Clean customers – who are their distributors’ customers – include hospitals, clinics, nursing homes and other health care facilities. They are also schools, office buildings and industrial factories.

Goals and Projects

One of the unique projects at this company involves harnessing bacteria to help with cleaning processes. “It’s using safe bacteria that keeps working after cleaning is done. They help to mitigate odors,” explained Tarvin. “It’s a growing category.” Multi-Clean develops its own products through its in-house lab.

Another example of developing a solution to a problem: “We’ve found that products used to degrease floors can cause skin burn – so we’re working on developing products that are safer,” Tarvin said. “We’re identifying products that are hazardous and we make products that are less hazardous.”

Involvement with the City

With Multi-Clean’s participation in the Business Retention Program (BRE), the company was identified as one of the core businesses the City wanted to keep. “We were impressed that we were identified,” said Tarvin. He added that the BRE visits to each site, along with Mayor Sandy Martin’s interest and concern about issues, add a personal touch and a face to a name.

Multi-Clean also applied to the Economic Gardening program (offered through Ramsey County) and was in the first group to participate. At no cost, it provided access to seminars with speakers, 50 hours of research, peer council (where leaders get together for workshops), and the ability to meet with other companies, along with other valuable resources.

“Based on their advice, we are maximizing our visibility through advertising and our website,” said Tarvin. “We’re in the process of developing social media and learning how to integrate it.”

“The City has been very accommodating in helping us,” he added.

WHY SHOREVIEW?

The City was Multi-Clean’s top choice:

- Proximity to most employees’ homes
- Open space
- Central Location
- Price was right
- Square footage
- No need for remodeling

★ CITY COUNCIL ELECTIONS ★

Primary Election – August 9, 2016
General Election – November 8, 2016

Council Vacancies

There are three seats up for reelection on the City Council in 2016: **(1) Mayor and (2) Councilmembers.** Persons interested in filing for office may come into City Hall Monday – Friday, 8:00 A.M. – 4:30 P.M. and fill out an affidavit of candidacy. The filing period is **August 2 – August 16.** You must be an eligible voter, live in Shoreview for at least 30 days before the election, and be at least 21 years of age. Cost is \$5.00.

How do I register to vote?

If you are not currently registered to vote, you can register in person, online, or by mail at the Ramsey County Elections office or at Shoreview City Hall. Pre-registration ends for the state primary on July 19, and pre-registration ends for the state general election on October 18. You may also register at the polls on Election Day.

Absentee Voting

You can vote by absentee ballot. With absentee voting, you can vote in person before Election Day or by mail. Absentee ballots will be available June 24, 2016 for the primary election. Ballots for the general election will be available September 23, 2016. Apply and/or vote at City Hall for the primary election during normal office hours, Monday – Friday, 8:00 A.M. – 4:30 P.M., or on Saturday, August 6, 10:00 A.M. – 3:00 P.M., or until 5:00 P.M. on Monday, August 8. Absentee ballot application forms can also be obtained from Ramsey County Elections. Visit their website at www.co.ramsey.mn.us for an application form.

Election Day Voting Tips

If you are concerned about standing in long lines, vote during nonpeak hours. Generally, peak voting hours are 7:00 A.M. – 9:00 A.M. and 4:00 P.M. – 8:00 P.M. Look for reserved election parking sites at all polling sites. All polling places are accessible for persons with disabilities. If necessary, election judges will bring a ballot to your car.

Shoreview's First Citizens' Academy Graduates

The 1st Annual Citizens' Leadership Academy class has completed their 6 week course. The course consisted of tours, speakers, games, interactive participation and question and answer sessions. Residents who signed up for this free course gained a wealth of knowledge in a variety of areas relating to how their city government operates. The next course will be offered in 2017. Please visit ShoreviewMN.gov for more information on the next session.

Some participant feedback:

"Very informative and interesting!"

"The most useful aspect was being able to relay this content to friends and neighbors."

"This was wonderful. I was talking about it all week!"

"This session truly hit all the notes – wonderful value imparted in this session!"

"The Q&A session was awesome, but the interactive, hands-on sessions were unforgettable! Wow!"

"It gave me a wonderful perspective of where we are as a city and where we are going!"

"Really enjoyed meeting the employees!"



Mayor Sandy Martin has expanded her weekly “Talk with the Mayor” office hours this summer with a health-conscious “Walk and Talk with the Mayor.” Mayor Martin will be leading an evening walk, exploring our scenic parks and trails throughout Shoreview, beginning at 5 P.M. on the following dates:

- Thursday, July 14
- Wednesday, August 17
- Thursday, Sept. 15

Everyone is invited to meet Mayor Martin and Rafa, her friendly Australian Labradoodle, and enjoy some of the best that Shoreview has to offer. The walks will begin and end 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.

Mayor Martin is also available by phone at 651.490.4618.



Trail Etiquette 101

The City of Shoreview has a variety of trails located throughout the community. These trails provide access to our neighborhoods, commercial centers and local and regional parks. Below are common courtesy rules that should be followed by all users to ensure everyone enjoys the trails.

Share the Trail

Cyclists, roller-bladers, and skateboarders should always yield to walkers. When you are approaching another trail user you should always make your presence known and only pass on the left. Communicating with other trail users is important for the safety of everyone. Call out “Passing on your left” or ringing a bell on your bike is helpful. It can be startling for walkers when someone on a bike approaches so quickly behind them unannounced and passes by. This is a dangerous practice and it also makes for negative feelings between hikers, cyclists, and other trail users.

Leave no Trace

Be sure to clean up after yourself. Some trail systems and park areas have garbage cans along the way for easy disposal of waste but you may need to carry garbage with you until you reach a waste receptacle. It is just as important that any animal waste from pets is cleaned up from the trails as well. Dog waste should be picked up with a garbage bag and disposed of in the trash.

Keep a Leash on Dogs

Dogs need to remain on a leash. It is proper etiquette to have control of your dog at all times whether it is on or off a leash. Many people are uncomfortable when someone’s dog comes up to sniff them or their dog.

Respect Others

Having respect for other trail users and adjacent property owners is very important. Showing respect by talking quietly and wearing headphones are appreciated.

EXPLORE
OUR
TRAILS >>



Shoreview is a bicycle-friendly community with an exceptional trail system that allows residents to connect to parks, shopping areas and the Shoreview Community Center.

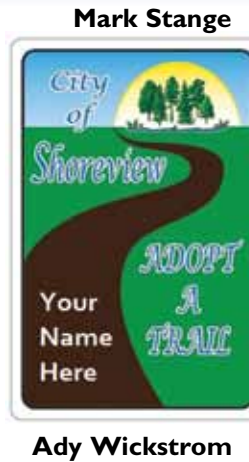
Visit ShoreviewMN.gov/trail-loops to download a map of scenic trail loops with varying lengths/distances.

You’ll also find fun places and green spaces to visit in Shoreview with our City Trail Map, found on the “Trails” web page.

Shoreview Appreciates Our Adopt-A-Trail Volunteers

We recognize and express our gratitude to the following Shoreview residents for adopting a trail segment in September 2015 as part of the City's Adopt-a-Trail Program. This two-year program includes expectations to clean up their trail segment at least twice each year. Custom-made signs were placed at the beginning and end of each segment, identifying the adopter(s).

- Zimmermann Family
- Erickson Family
- Hakes Family
- Friends of County Rd F & Victoria St
- Shoreview Einhausen Sister City
- Arden Hills-Shoreview Rotary Club
- Brickstone/Evergreen Families
- Gerry, Kris & Robert Wenner



- Lucy Piechocki & family
- Councilmember Cory Springhorn
- Maloney Family
- Jace Lindholm, Jenny & Kali Woods
- The Steffel Family
- Emy & Scott Johnson Family
- The Lai Family
- Ruthenberg & Ohlsen Families
- Wells Fargo

Tour Scenic Shoreview on the 2016 Tour de Trails



Set aside Sunday morning, July 24 to enjoy Shoreview's leisurely Tour de Trails bike ride – our annual event that celebrates our City as a bicycle-friendly community. It's a terrific way for family and friends to experience firsthand the exceptional bicycle paths that cover the length and breadth of the City. Suitable for family groups and casual cyclists alike, the tour offers a short and long loop on our trail system that lets participants bypass busy roads and highways. The event cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. See www.shoreviewmn.gov for more information. Pre-registration is accepted online through Thursday, July 21.

Human Rights Commission – Student Vacancy

The Shoreview Human Rights Commission currently has two vacancies for student representatives. Students must be a sophomore, junior or senior attending Mounds View High School or Irondale High School. Terms run concurrently with the school year. This is a great opportunity to serve your community and gain experience volunteering on a board or commission. It looks great on college applications too! If you are interested, please fill out the application at www.shoreviewmn.gov and email it to Rebecca Olson at rolson@shoreviewmn.gov by August 15, 2016.

Votes for Women Film Fest



Thursday, August 18 • 7:00 to 8:30 P.M.
Roseville Library • 2180 Hamline Ave. N. • Roseville, MN 55113

The Shoreview Human Rights Commission is co-hosting a Votes for Women Film Fest on Thursday, August 18th. Join the HRC, along with the Roseville Human Rights Commission, League of Women Voters and Harriet G. Walker DAR chapter, as they celebrate the road to women's suffrage, where we are today, and what the future holds. The film fest will include a short documentary on Inez Milholland, Forward Into Light and feature speaker Mary Jo McGuire, Ramsey County Commissioner. The event is free, but registration is required to ensure sufficient space. Please register at <http://votesforwomen.eventbrite.com>



August 2: This Year's Night to Unite

Team up with the Ramsey County Sheriff's Department, Lake Johanna Fire Department, Neighborhood Watch groups and Shoreview residents to celebrate another great Night to Unite on Tuesday, August 2, 2016 from 5 P.M. to 9 P.M.!

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

For more information and resources, visit the Ramsey County website at www.RamseyCountySheriff.us and click on **Night to Unite** under **Public Safety Resources**. Or contact the Ramsey County Sheriff's Office at 651.266.9333.

Block Party Permits

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

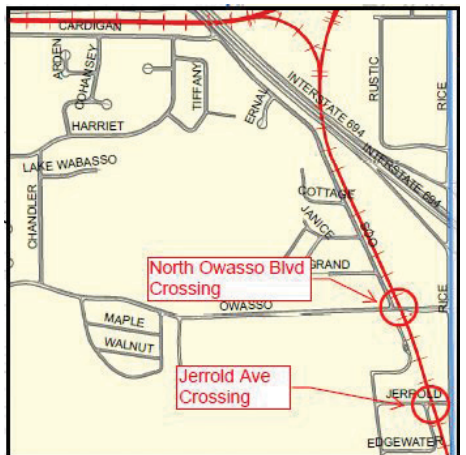
What's involved?

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

Railroad Quiet Zones Established

The City has established a 24-hour quiet zone on the north-south rail corridor at the Jerrold Avenue and the North Owasso Boulevard rail crossings. A Quiet Zone was previously established in 2014 for the east-west corridor at the Lexington Avenue and Victoria Street rail crossings. Railroad quiet zones allow locomotives to pass through urban areas without blowing their horns at every crossing as a warning to approaching traffic. Train horns will still be sounded if safety concerns are present, such as pedestrians near the crossing. Shoreview has completed the necessary improvements so all crossings within the City meet the Federal Rail Authority standards. Improvements including the installation of safety devices at crossings, such as raised medians, gates, flashing lights, bells and traffic-warning sign.

The City was able to make the needed crossing improvements at the Jerrold Avenue and North Owasso Boulevard crossings with \$500,000 in funding received through the State bonding bill. The City of Little Canada also received funding and has established a quiet zone along this same rail line.



North-South Rail Corridor Crossings

Pay Your Utility Bill and Go Paperless: It's Easy!


MAKE A DIRECT PAYMENT by credit card or from a checking or savings account

- To have your credit card charged automatically on the due date, go to the City of Shoreview website at www.shoreviewmn.gov. Set up an account and pay your bill online using the credit card you want to have automatically charged. Then go to "My Account" at the webstore welcome page and select that credit card as your autopay option for future bills. Be sure to click "save" in order for autopay to take effect.
- Pay utility bills directly from a checking or savings account by filling in the form below.

PAY ONLINE with credit card from the comfort of your home

- City of Shoreview website at www.shoreviewmn.gov
- Click **Online Payments**
- Select the appropriate login/sign in option:
- **If you are a new customer setting up your information for the first time**, sign in using the guest login. Find your account using the webstore ID located on your bill (this is different than the account number), then follow the prompts.
- **If you are a returning customer with an online account already set up**, sign in by entering your user name and password. Follow prompts to complete payment process.
- **Note:** Step by step directions are available by clicking on "FAQ", located on the right side of the webstore page, under the Shopping Cart. Also refer to 'Quick Hints'.

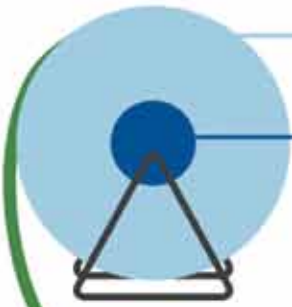
Authorization of Direct Payment Form

Clip and return 

ACCOUNT INFORMATION			BANK INFORMATION	
Customer Name			Bank Name <input type="checkbox"/> Checking <input type="checkbox"/> Savings	
Utility Account Number			Routing Number (between symbols : : on check)	
Service Address			Account Number	
City	State	Zip Code		
Telephone Number			Signature	Date
I authorize the City of Shoreview to make payments from my bank account for my utility payment. I agree that ACH transactions that I authorize, comply with all applicable laws.			I understand I control my payments and if I decide to discontinue this automatic payment service, I will notify the City of Shoreview in writing.	
I understand this process will become effective with the next billing cycle and I will pay any outstanding balance via another form of payment.			City of Shoreview also has the right to cancel my use of this plan and will notify me in writing of the cancellation.	

SAVE WATER IN THE YARD THIS SUMMER

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



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

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

Water use spikes in the summer!

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

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



Average family's water use:

320 gallons per day



During the summer, can be up to

1,000 gallons per day



Some even use up to

3,000 gallons per day



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



Simple Things We Can All Do

Step on it:

Step on the lawn: if the grass springs back, it doesn't need water.

Leave it long:

Longer grass promotes a more drought-resistant lawn, reduced evaporation, and fewer weeds.

Take a sprinkler break:

Grass isn't really meant to be bright green in the summer.



Urban and Suburban Gardening – the Easy Way!

Whether you love monarchs and hummingbirds, want to help the bees, or would like to have easy access to inexpensive herbs and vegetables, small-scale gardening can be a healthy way to go. Breaking the process up into a few simple steps can get you on your way. The first three steps can be done **the year before you plant** to break up the work of getting started!

- Identify a sunny location in your yard. Don't have a sunny location? Partial or even full shade can be fine for some herbs and native plants.
- Pull up the sod. Building raised beds can avoid this step, with convenient kits available at home and garden stores or you can find instructions on-line (for example, at squarefootgardening.org). Raised beds can reduce future weeding and are often used for herbs and veggies.
- Add compost, which is free at Ramsey County yard waste sites with best availability in early spring.
- Plant! Using native plants will give you the best variety of birds and insects, with good tolerance to extremes

of temperature and reduced watering needs. Herbs are also easy to grow. Some, like oregano, return year after year, and fresh herbs taste great in everything and are expensive at the store. Lettuce, kale, and other greens grow best from seed in cooler weather and can be planted every two weeks for continuous availability, while many people choose to purchase tomato and pepper plants that produce most of the hot part of the summer. Raspberries and strawberries are another delicious choice, but they like to spread.

- Mulch reduces weeds and water needs. This can also be obtained at Ramsey County sites.

You will need to clear your garden in the fall, using yard waste containers for disposal. If you choose native plants, leave the stalks all winter for landscape interest and to provide overwintering sites for native pollinators. Meet your neighbors over beautiful flower beds or share some produce!

Submitted by Leslie Sharkey, Shoreview EQC Member

Medicine Collection

Safely dispose of unwanted, expired and unused medicines for free at one of three public drop boxes in Ramsey County. 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. The nearest collection site for Shoreview Residents is the Sheriff's Patrol Station at 1411 Paul Kirkwold Dr., open Monday-Friday, 8:00 A.M. – 4:00 P.M. If you have any questions, visit RamseyRecycles.com or call the Ramsey County Recycling & Disposal Hotline 651-633-3279 (EASY Answered 24/7).



Medicine collection drop box at the Law Enforcement Center

Licensed Tree Trimming Companies

To protect the homeowner, the City requires tree contractors to provide valid bonding and general liability insurance. Trees are an investment, which is important to keep in mind when hiring a company to trim and/or remove trees. Strategically planted trees can save on heating and cooling costs, reduce storm water runoff, attract birds, and add value to your home.

The City keeps a current list online at www.shoreviewmn.gov/treetrimmers or you can call the Natural Resources Specialist at 651-490-4665 for a copy. The City does not endorse any of the contractors. Included in the licensed tree trimmers list are tips for hiring an arborist, resources to learn more about common tree diseases in Shoreview, and details about the services each company provides.



Dig This

Submitted by Jacci Krebsbach, Shoreview Historical Society

The Shoreview Historical Society and North Lake Owasso Neighborhood Group (NLONG) will be conducting a special archaeology project to conduct digging for Native American artifacts in and around Shoreview. Working with a certified archaeologist, our plan is to dig in eight sites on the shores of Vadnais Lake this summer. We are looking for volunteer youths and adults to help. There will be no fee for youths 14 – 18. Volunteers are invited to select one of the designated weekends, to be announced, during the months of July, August and ending in September 2016.

We'll start in July with shovel tests to determine the boundaries of each of the 8 archaeological sites. Based on artifacts indicators, a 1 meter square pit will then be dug to search further for artifacts. Soil will be shoveled out of the pit and placed in a shaker screen as indicated in the above photograph. The soil will be sifted by shaking back and forth by a volunteer as the archaeologist closely



watches for potential artifacts. Participants must be able to stoop, use a shovel and be outdoors for the 5 hour session. Be prepared to get dirty – wear old clothing and sturdy shoes. Bring a lunch and water bottle.

The contact persons are John Vadnais and Lu Slaten of the Historical Society. If you are interested and have family or friends who would be interested in participating in this exciting and hands-on project, further details will follow soon.



The Shoreview NORTHERN LIGHTS VARIETY BAND

Meet the Shoreview Northern Lights Variety Band this Summer. Looking for a new way to serve your community, have fun and meet new people? Join the Shoreview Northern Lights Variety Band. Membership is open to players 16 years of age and older. There are fall openings in the double reeds, percussion and euphonium sections. Auditions are not required. The band rehearses every Tuesday from 7 – 9 P.M. at the Shoreview Community Center.

Look for us at Shoreview's Concert in the Commons on Wednesday, July 20 at 7 P.M. in the Haffeman Pavilion (behind the Community Center) and at the Slice of Shoreview parade on Saturday, July 23. Find out more and contact us at www.snlvb.org.

Save the Date: Holiday Concert with special guests the Minnesota Boychoir is scheduled for 7 P.M. on Saturday, December 10 at Benson Great Hall, Bethel University.



Help Local Seniors through Senior Chore Program

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

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



Gallery 96: Back at the Slice

Gallery 96 will be back at the Slice of Shoreview at Island Lake Park on July 22-24.

We have a fun “make-and-take” art event planned that the whole family can enjoy. Create a piece of art that you can take with you and wear.

We will also be distributing information about Gallery 96 and our upcoming events, which include a raku firing event later this summer and our fall show which will be held one month early, during October instead of November, due to the move of the library. Look for the Gallery 96 tent!

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.

The Shoreview Community Garden Club

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

Get Social with the City



Follow us on Twitter @ cityofshoreview

Like us on facebook!

www.facebook.com/cityofshoreview

SHOREVIEW CALENDAR

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

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

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

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

JULY 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 Farmers' Market 3 pm, LLPL Planning Comm. 7 pm, CC	27 Concerts in the Commons 7 pm, SP	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 Econ. Development Authority 5 pm, CC City Council Meeting 7 pm, CC	2 Farmers' Market 3 pm, LLPL	3 Concerts in the Commons 7 pm, SP	4 Bikeways and Trails Committee 7 pm, LC	5	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 Commission 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						

SEPTEMBER 2016

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

OCTOBER 2016

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

Federal Elected Officials

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

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

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

State Elected Officials

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

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

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

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

County Elected Officials

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

Post Office – Retail Center

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

Animal Control

For animal complaints or to report a lost or found pet, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366.
For other emergencies, call 911.

All impounded animals will be held at the following location:
Hillcrest Animal Hospital
1320 Country Road D Circle
Maplewood, MN 55109
651.484.7211
Mon - Fri.....8 A.M. – 6 P.M.
Sat 8 A.M. – 12 P.M.
Sun.....Closed
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



Ambulance & Paramedic

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

Ramsey County Library – Shoreview

4750 Victoria Street North
Shoreview, MN 55126
Phone: 651.486.2300 | www.ramsey.lib.mn.us
Hours:
Mon 10:00 A.M. – 9:00 P.M.
Tues.-Wed..... 1:00 P.M. – 9:00 P.M.
Thurs.-Sat..... 10:00 A.M. – 5:00 P.M.
Sun..... 12:00 P.M. – 5:00 P.M.

Public Transportation

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

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

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

Community Support & Resources

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

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



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



Call for More Information

Community Center Information
651.490.4700
 Recreational Programs (classes)
651.490.4750
 Rental Information
651.490.4790
 City Information
651.490.4600
www.ShoreviewCommunityCenter.com

Find Us on Facebook

www.facebook.com/ShoreviewCommunityCenter

Daily Fees

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

Daily Pass

	Rate	Shoreview Resident
Adult (18 and over).....	\$ 9.99.....	\$ 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 Sept. 24	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 P.M. – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	4:00 P.M. – 9:00 P.M.*	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 P.M. – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

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

Holiday Hours

Sept. 5	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
Nov. 24	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon

**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.

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 55 for more information.

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership¹		
Family.....	\$ 780.00.....	\$ 620.00
Dual.....	\$ 685.00.....	\$ 550.00
Adult.....	\$ 460.00.....	\$ 355.00
Youth/Senior.....	\$ 365.00.....	\$ 300.00

Annual Membership Billed Monthly¹ (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

¹There 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.

Silver&Fit
memberships
are coming soon!
Call 651.490.4739
for more info.

NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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



Waterpark Hours

Starting Sept. 24.

Annual Pool Shutdown is Sept. 6-23, 2016

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

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

Holiday & School's Out Hours

Sept 5 Noon – 5:45 P.M.
 Oct 14 Noon – 9:45 P.M.
 Oct. 20 Noon – 9:00 P.M.*
 Oct. 21 Noon – 9:45 P.M.
 Nov. 4 Noon – 9:45 P.M.
 Nov. 21 Noon – 8:00 P.M.
 Nov. 22 Noon – 9:00 P.M.**
 Nov. 23 Noon – 8:00 P.M.
 Nov. 24 Closed
 Nov. 25 Noon – 9:45 P.M.

* Oct. 20: Waterpark will be limited 6:45-7:45 P.M.

** Nov. 22: Waterpark will be limited 5:20-6:40 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



Dive-In Movie Nov. 18

More details on page 46

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 – Sat8:00 A.M. – 8:00 P.M.

Sunday.....8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651.490.4700

for specific information.

Sept. 5.....8:00 A.M. – 6:00 P.M.

Nov. 248:00 A.M. – Noon

General Information

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



Kids Care

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

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

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

**Friday
4:00 P.M. – 8:00 P.M.**

Closed Sept. 5, Oct. 31 (P.M. only), Nov. 24

\$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



COMMUNITY CENTER

Shoreview Community Center



Call 651.490.4790 to book your party!

4580 Victoria Street North • Shoreview, MN 55126
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
For up to 8 children	\$144	\$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
For up to 8 children	\$168	\$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!



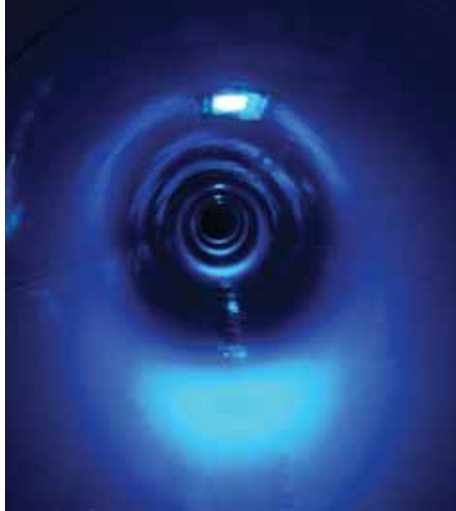
Shoreview
Community Center

Tropics Waterpark
& Fitness Center



Call 651.490.4790 to book your party!

4580 Victoria Street North • Shoreview, MN 55126
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

BRING YOUR OWN FOOD!

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
Includes 10 wristbands	\$ 190	\$ 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!

BRING YOUR OWN FOOD!

Rent one of our rooms on the upper level of the Community Center for your special gathering. Each room accommodates 20 partygoers for 2 hours of party time; adjoining rooms may be rented to accommodate up to 60. You may bring in your own food, cake, and decorations. **Daily passes are sold separately.**

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

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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FALL RECREATION PROGRAMS

REGISTRATION SCHEDULE

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

Shoreview Resident Priority

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

Begins Tuesday, August 9 at 8 A.M.

Annual Community Center Member Registration

Begins Thursday, August 11 at 8 A.M.

General Registration

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

Begins Friday, August 12 at 8 A.M.

*See page 62 for registration information.

5 EASY WAYS TO REGISTER

1. On-line at: www.shoreviewcommunitycenter.com
2. Mail-in
3. Fax 651.490.4797 payment by credit card only
4. Drop-off
5. In-person



Scan with Smartphone to register.

Shoreview Parks and Recreation

4580 Victoria St. N | Shoreview, MN 55126 Office
located on upper level of the Shoreview Community Center
651.490.4750

recreation@shoreviewmn.gov

www.ShoreviewCommunityCenter.com

Office Hours

Monday – Friday

8:00 A.M. – 4:30 P.M.

SHOREVIEW PARKS & RECREATION SWIM LESSONS

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

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

FREE SWIM CHECKS

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

Friday, Aug. 26..... 11:00 A.M. – 12:00 P.M.
 Sunday, Nov. 27 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
 Rate for 6 lessons: \$122; \$111 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$121; \$110 Shoreview Resident*
 Rate for 6 lessons: \$91; \$83 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 6 group lessons: \$60; \$54 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.**

SWIM LESSONS AT THE COMMUNITY CENTER POOL

WEEKLY CLASSES | 1 day per week for 8 weeks

Monday
A.M. Classes: 9/26 - 11/14
P.M. Classes: 9/26 - 9/21
No P.M. Class on 10/31

Tuesday
Sept 27 - Nov 15

Wednesday
Sept 28 - Nov 16

Thursday
Sept 29 - Dec 1
No Class: Oct 20, Nov 24

Friday
Sept 30 - Dec 2
No Class: Oct 21, Nov 25

MORNING

Time	Level	Activity #
9:00 A.M.	MR	430117-01
9:40 A.M.	LI	430101-01
10:20 A.M.	PS	430111-01

EVENING

4:30 P.M.	PS	430111-03
	L2	430102-01
	L3	430103-01
	PR	430114-04
	PR	430114-05
5:15 P.M.	PS	430111-04
	LI	430101-03
	L2	430102-02
	L2.5	430112-01
	L2.5	430112-02
	L4	430104-01
6:00 P.M.	SF 1	430110-03
	SF 2	
	MR	430117-03
	LI	430101-04
	L3	430103-02
	L5	430105-01
	YB	430113-01
6:45 P.M.	LI	430101-05
	L2	430102-03
	L2.5	430112-03
	L3	430103-03
	PR	430114-06
	PR	430114-07
7:25 P.M.	L2	430102-04
	PR	430114-08
	PR	430114-09
8:05 P.M.	PR	430114-10
	PR	430114-11
	PR	430114-12

EVENING

Time	Level	Activity #
4:30 P.M.	PS	430111-05
	LI	430101-06
	PR	430114-13
	PR	430114-14
	PR	430114-15
5:15 P.M.	MR	430117-04
	PS	430111-06
	L2.5	430112-04
	L3	430103-04
	PR	430114-16
6:00 P.M.	LI	430101-07
	L2	430102-05
	L2.5	430112-05
	L4	430104-02
	PR	430114-17
	PR	430114-18
6:45 P.M.	PS	430111-07
	LI	430101-08
	L2	430102-06
	L2.5	430112-06
	L5	430105-02
	PR	430114-19
7:25 P.M.	L2	430102-07
	L2.5	430112-07
	L6	430106-01
	PR	430114-20
	PR	430114-21
8:05 P.M.	PR	430114-22
	PR	430114-23
	PR	430114-24
	PR	430114-25
	PR	430114-26

MORNING

Time	Level	Activity #
9:10 A.M.	PR	430114-01
9:55 A.M.	PS	430111-02
10:40 A.M.	SF 1	430110-01
	SF 2	
11:20 A.M.	PR	430114-02

EVENING

4:30 P.M.	LI	430101-09
	L2	430102-08
	L2.5	430112-08
	PR	430114-27
	PR	430114-28
5:15 P.M.	PS	430111-08
	LI	430101-10
	L2	430102-09
	L2.5	430112-09
	L5	430105-03
6:00 P.M.	SF 1	430110-04
	SF 2	
	MR	430117-05
	L2	430102-10
	L2.5	430112-10
	L2.5	430112-11
	L3	430103-05
6:45 P.M.	PS	430111-09
	LI	430101-11
	L2	430102-11
	L3	430103-06
	L4	430104-03
	PR	430114-29
7:25 P.M.	L2	430102-12
	IS	430109-01
8:05 P.M.	PR	430114-30

EVENING

Time	Level	Activity #
4:30 P.M.	PS	430111-10
	L2	430102-13
	L2.5	430112-12
	PR	430114-31
	PR	430114-32
5:15 P.M.	MR	430117-06
	LI	430101-12
	L2.5	430112-13
	L2.5	430112-14
	L3	430103-07
6:00 P.M.	PS	430111-11
	LI	430101-13
	L3	430103-08
	L4	430104-04
	PR	430114-33
	PR	430114-34
6:45 P.M.	PS	430111-12
	LI	430101-14
	L2	430102-14
	L2.5	430112-15
	L3	430103-09
	YB	430113-02
7:25 P.M.	L2	430102-15
	L5	430105-04
	PR	430114-35
	PR	430114-36
	PR	430114-37
8:05 P.M.	PR	430114-38
	PR	430114-39
	PR	430114-40
	PR	430114-41
	PR	430114-42

MORNING

Time	Level	Activity #
9:10 A.M.	LI	430101-02
9:55 A.M.	SF 1	430110-02
	SF 2	
10:40 A.M.	MR	430117-02
11:20 A.M.	PR	430114-03

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)

6 Lessons

Group
 \$60; \$54 Shoreview Resident

Private
 \$122; \$111 Shoreview Resident

Semi-Private
 \$91; \$83 Shoreview Resident
 (2 participants of equivalent ability)

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

IS Intro to Swim Team

TWO DAY CLASSES

2 times per week for 3 weeks

Monday/Wednesday
Dec 5 - Dec 21

Tuesday/Thursday
Dec 6 - Dec 22

6 Lessons Only - discounted fee

6 Lessons Only - discounted fee

Saturday
Oct 1 - Nov 26
No Class: Oct 22

Sunday
Oct 2 - Nov 27
No Class: Oct 23

MORNING

Time	Level	Activity #
8:15 A.M.	PS	430111-13
	LI	430101-15
	L2	430102-16
	L2.5	430112-16
	YB	430113-03
	PR	430114-43
	PR	430114-44
	PR	430114-45
	PR	430114-46
	PR	430114-47

9:00 A.M.	MR	430117-07
	PS	430111-14
	LI	430101-16
	L2	430102-17
	L2.5	430112-17
	L2.5	430112-18
	L3	430103-10
	L4	430104-05
	L5	430105-05

9:45 A.M.	SF 1	430110-05
	PS	430111-15
	LI	430101-17
	L2	430102-18
	L2.5	430112-19
	L3	430103-11
	L6	430106-02
	YB	430113-04
	IS	430109-02
	PR	430114-48

10:30 A.M.	SF 2	430110-06
	MR	430117-08
	PS	430111-16
	LI	430101-18
	L2	430102-19
	L2.5	430112-20
	L3	430103-12
	L4	430104-06
	PR	430114-49

11:15 A.M.	PS	430111-17
	LI	430101-19
	L2	430102-20
	L2.5	430112-21
	L2.5	430112-22
	L3	430103-13
	L5	430105-06
	PR	430114-50
	PR	430114-51

MORNING

Time	Level	Activity #
9:00 A.M.	PS	430111-18
	LI	430101-20
	L2	430102-21
	L2.5	430112-23
	PR	430114-52

9:45 A.M.	MR	430117-09
	PS	430111-19
	LI	430101-21
	L3	430103-14
	PR	430114-53

10:30 A.M.	SF 1	430110-07
	SF 2	430110-07
	PS	430111-20
	LI	430101-22
	L4	430104-07
	PR	430114-54

11:15 A.M.	MR	430117-10
	L2	430102-22
	L2.5	430112-24
	YB	430113-05
	PR	430114-55

EVENING

Time	Level	Activity #
5:00 P.M.	PR	430114-56
	PR	430114-57
	PR	430114-58

5:40 P.M.	PR	430114-59
	PR	430114-60
	PR	430114-61

6:20 P.M.	PR	430114-62
	PR	430114-63
	PR	430114-64

EVENING

Time	Level	Activity #
4:30 P.M.	PR	430114-65
	PR	430114-66
	PR	430114-67
	PR	430114-68

5:15 P.M.	LI	430101-23
	L2	430102-23
	PR	430114-69
	PR	430114-70

6:00 P.M.	MR	430117-11
	PS	430111-21
	L3	430103-15
	PR	430114-71

6:45 P.M.	PS	430111-22
	LI	430101-24
	L2.5	430112-25
	PR	430114-72

7:30 P.M.	L2	430102-24
	L2.5	430112-26
	PR	430114-73
	PR	430114-74

A NOTE ABOUT COMMUNITY CENTER LESSONS

- Group classes with fewer than 2 registered participants are subject to cancellations.
- Students are not allowed to swim before or after lessons unless they have purchased a wristband during the following times: Weekday Morning lessons (school year only), Weekday Evening lessons (all year), and weekend Morning lessons (at 12:00 P.M. when the water park opens).
- If your child needs a quieter environment to learn please look at our Saturday & Sunday availability for lessons. The pool is exclusively for lessons and lap swim during this time.
- Children ages 4 and under may use either locker room or the family locker room. Children ages 5 and older must use the same-gender locker room or family locker room.
- Have your child use the bathroom and shower before entering the pool area. Instructors & lifeguards are not allowed to take a child to the bathroom during lessons.
- On the first day of lessons, we will meet on the pool patio located by the entrance to the pool prior the start of class to go over first day introductions.
- We do not have make up lessons for group or private lessons.
- The pool water temperature is kept between 83 and 84 degrees.



RED CROSS COMMUNITY CPR/AED

Tuesday, Oct. 11.....6:00 P.M. – 10:00 P.M.
 \$90; \$81 Shoreview Residents..... **Activity # 450301-01**

Deadline to Register: Tuesday, Oct. 4

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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

RED CROSS STANDARD FIRST AID

Thursday, Oct. 13.....6:00 P.M. – 8:30 P.M.
 \$58; \$53 Shoreview Resident..... **Activity # 450302-01**

Deadline to Register: Thursday, Oct. 6

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

RED CROSS COMMUNITY CPR/AED & FIRST AID

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

Tuesday, Oct. 11.....6:00 P.M. – 10:00 P.M.
 Thursday, Oct. 13.....6:30 P.M. – 8:30 P.M.
 \$102; \$93 Shoreview Residents..... **Activity # 450303-01**

Deadline to Register: Thursday, Oct. 6

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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

SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7

\$62; \$56 Shoreview Resident..... 8:00 A.M. – 12:00 P.M.

8:00 A.M. – 12:00 P.M.

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

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

Saturday, Sept 17..... **Activity # 450101-01**

Saturday, Oct 15..... **Activity # 450101-02**

Saturday, Nov 19..... **Activity # 450101-03**

Saturday, Dec 17..... **Activity # 450101-04**

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

SNORKELING

Ages 8 to 13

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

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

Saturday, Oct. 8..... **Activity # 430306-01**

Saturday, Dec. 10..... **Activity # 430306-02**

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

SCOUT MERIT BADGES

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

Swimming Merit Badge

\$57; \$51 Shoreview Resident..... **Activity # 430301-01**

Wednesday, Nov. 9..... 5:00 P.M. – 8:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Wednesday, Nov. 2

Lifesaving Merit Badge

\$63; \$57 Shoreview Resident..... **Activity # 430301-02**

Wednesday, Nov 9..... 5:00 P.M. – 8:30 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Wednesday, Nov. 2



- Training
- Nutrition
- Metabolics

Can your body change your mind?

Free demo week September 26th

New classes starting October 3rd



For more information contact us at
admin@refit-life.com or call 651-983-1368

RefitLIFE
Redefining fitness | Redefining life

Fall Personal Training Special!

September 1-30, 2016, take 10% off all Personal Training Packages!
(All sessions expire 9/30/2017. Limit 3 packages per customer)

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

Goals achieved through personal training:

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

Your goals, our resources!





Photos by Greg Lucid,
courtesy of the
Shoreview Press



Traditional Tae Kwon Do

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

BEGINNER CLASS

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

FALL SESSION A

Sept. 6 – Oct. 20 (7 weeks)

\$104; \$95 Shoreview Resident.....**Activity # 410230-01**

FALL SESSION B

Oct. 25 – Dec. 15 (No class Nov. 24, 7.5 weeks)

\$112; \$102 Shoreview Resident**Activity # 410232-01**

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.

FALL SESSION A

Sept. 6 – Oct. 20 (7 weeks)

\$104; \$95 Shoreview Resident.....**Activity # 410231-01**

FALL SESSION B

Oct. 25 – Dec. 15 (No class Nov. 24, 7.5 weeks)

\$112; \$102 Shoreview Resident**Activity # 410233-01**

Location: Gym Activity Room

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

FAMILY DISCOUNT

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

GROUP FITNESS CLASSES

Call for information: 651.490.4750

FALL SESSION August 29 – December 18 (16 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
\$44; \$41 Shoreview Resident

Yoga, Pilates, and Yogalates
\$51; \$46.25 Shoreview Resident

General Fitness Classes
\$35.50; \$33 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
\$11.60; \$10.30 Shoreview Resident

Indoor Group Cycling, Ballet Fitness, Zumba®, Zumba® Kids and Kettlebell
\$10.10; \$9.20 Shoreview Resident

General Fitness Classes Drop-in Rate
\$8.10; \$7.60 Shoreview Resident



KIDS FITNESS

For more info on Kids Fitness, contact Amy Ferguson: 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.

Saturdays.....9:30 A.M. – 10:15 A.M.
\$34; \$31 Shoreview Resident.....**Activity # 310519-01**

Family Yoga Workshop

Yoga is beneficial and fun for people of all ages. Bring your yoga mats and learn how to practice yoga together as a family!

Saturday, October 22..... 10:30 A.M. – 12:00 P.M.
\$10 per participant.....**Activity # 410552-01**



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.

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 level of intensity and chooses their own weight loads and resistance levels.

Warrior Sculpt

Combine Pilates, Strength and cardio and combine them in to one class! Take Yoga to a new level by adding light and heavy weights to traditional poses, and get your heart beating fast as you add cardio drills and squats in to the Pilates and Yoga fusion.

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.

Cardio Dance

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

Cardio Kickboxing

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

Core Fusion

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



Indoor Group Cycling

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

Kettlebell/HIIT **NEW CLASS!**

This class combines the strength benefits of a Kettlebell workout and the cardiovascular benefits of a High Intensity Interval Workout to provide an intense total body workout in 30 minutes.

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.

Cardio and Strength Conditioning

This class fuses cardiovascular and strength exercises to provide you a complete strength and cardiovascular workout. All levels of fitness welcome.

Tabata

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

Total Body Workout

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

Zumba®

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

SENIORFIT 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.

SeniorFIT Aqua Exercise

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

WATER OPTIONS

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

Aqua Fit

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



GROUP FITNESS

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

FALL FITNESS CLASSES 2016: August 29 – December 18 (16 Weeks).

Aqua Fit and SeniorFIT – Aqua Exercise will begin the week of Sept. 26, due to our annual pool shutdown.

		Reg/Sv. Res	Activity #
MONDAY (No class 9/5, 15 weeks)			
5:35 A.M.	Total Body Workout	\$92/84	410502-01
8:30 A.M.	Strength Conditioning	\$92/84	410539-01
8:30 A.M.	SeniorFIT – Strength Training*	\$92/84	410161-01
9:15 A.M.	Aqua Fit (starts 9/26)	\$73/67	410522-01
9:30 A.M.	Total Body Workout	\$92/84	410502-06
9:30 A.M.	Core Fusion	\$92/84	410527-01
11:40 A.M.	Mind/Body Yoga	\$138/124	410506-01
12:45 P.M.	SeniorFIT – Yoga & Stretch*	\$92/84	410163-01
TUESDAY			
5:35 A.M.	Core Fusion	\$98/90	410530-01
8:15 A.M.	SeniorFIT – Aqua Exercise* (starts 9/27)	\$73/67	410162-01
8:30 A.M.	Mind/Body Yoga	\$147/132	410506-02
8:30 A.M.	Power Pump	\$98/90	410523-02
9:15 A.M.	Aqua Fit (starts 9/27)	\$73/67	410522-02
9:30 A.M.	Step Cardio	\$98/90	410516-01
10:45 A.M.	Cardio Dance	\$98/90	410545-02
11:40 A.M.	Strength Conditioning	\$98/90	410502-05
12:45 P.M.	SeniorFIT – Strength Training*	\$98/90	410161-03
WEDNESDAY			
5:35 A.M.	Total Body Workout	\$98/90	410502-02
8:30 A.M.	Cardio & Strength Conditioning	\$98/90	410540-01
9:15 A.M.	Aqua Fit (starts 9/28)	\$73/67	410522-03
9:30 A.M.	Total Body Workout	\$98/90	410502-07
9:30 A.M.	SeniorFIT – Strength Training*	\$98/90	410161-02
10:40 A.M.	SeniorFIT – Yoga & Stretch*	\$98/90	410163-02
11:40 A.M.	Mind/Body Yoga	\$147/132	410506-04
THURSDAY (No class 11/24, 15 weeks)			
5:35 A.M.	Power Pump	\$92/84	410530-02
8:30 A.M.	Mind/Body Yoga	\$138/124	410506-07
8:30 A.M.	Power Pump	\$92/84	410523-06
9:15 A.M.	Aqua Fit (starts 9/29)	\$73/67	410522-04
9:30 A.M.	Step Cardio	\$92/84	410516-04
9:30 A.M.	Warrior Sculpt	\$92/84	410505-01
11:40 A.M.	Strength Conditioning	\$92/84	410539-04
12:45 P.M.	SeniorFIT – Strength Training*	\$92/84	410161-04
FRIDAY			
5:35 A.M.	Total Body Workout	\$98/90	410502-03
8:15 A.M.	SeniorFIT – Aqua Exercise* (starts 9/30)	\$73/67	410162-02
8:30 A.M.	Strength Conditioning	\$98/90	410539-02
8:30 A.M.	SeniorFIT - Advanced Circuit*	\$98/90	410165-01
9:15 A.M.	Aqua Fit (starts 9/30)	\$73/67	410522-05
9:30 A.M.	Cardio Dance	\$98/90	410545-01
9:30 A.M.	Total Body Workout	\$98/90	410502-08
10:40 A.M.	SeniorFIT – Yoga & Stretch	\$98/90	410163-03
SATURDAY			
8:30 A.M.	Zumba®	\$124/114	410544-06
8:30 A.M.	Kettlebell/HIIT	\$124/114	410510-01
9:30 A.M.	Warrior Sculpt	\$98/90	410505-03
9:30 A.M.	Music in Motion	\$49/45	410519-01
	*price per participant – 1 adult must register with child/children		
SUNDAY			
8:30 A.M.	Indoor Group Cycling	\$124/114	410512-09

*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.

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.

P.M. classes on next page

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

FALL FITNESS CLASSES 2016: August 29 – December 18 (16 Weeks).

Aqua Fit and SeniorFIT – Aqua Exercise will begin the week of Sept. 26, due to our annual pool shutdown.

	Reg/Sv. Res.	Activity #
MONDAY (No class 9/5, 15 weeks)		
4:10 P.M. Zumba®	\$116/\$107	410544-02
5:20 P.M.. Step and Strength	\$92/84	410514-01
5:20 P.M. Yogalates	\$138/124	410525-01
6:25 P.M.. Total Body Workout	\$92/84	410502-10
6:25 P.M. Warrior Sculpt	\$92/84	410505-02
6:30 P.M. Zumba®	\$116/107	410544-10
7:30 P.M. Power Pump	\$92/84	410523-04
TUESDAY		
4:30 P.M. Tabata (30 min.)	\$98/90	410513-02
5:20 P.M. Mind/Body Yoga	\$147/132	410506-03
5:20 P.M. Power Pump	\$98/90	410523-03
5:30 P.M. Aqua Fit (starts 9/27)	\$73/\$67	410522-06
6:25 P.M. Cardio Kickboxing	\$98/90	410501-01
6:30 P.M. Yogalates	\$147/132	410525-03
7:30 P.M. Yoga Strength	\$147/132	410524-02
7:30 P.M. Zumba®	\$124/\$114	410544-21
WEDNESDAY		
4:15 P.M. Kettlebell Training	\$98/90	410528-03
5:15 P.M. Step Cardio	\$98/90	410516-03
5:20 P.M. Yogalates	\$147/132	410525-02
6:25 P.M. Boot Camp	\$98/90	410532-02
6:25 P.M. Pilates Fusion	\$147/132	410511-01
6:25 P.M. Indoor Group Cycling	\$124/\$114	410512-05
7:30 P.M. Mind/Body Yoga	\$147/132	410506-06
7:30 P.M. Power Pump/Yoga Fusion	\$98/90	410526-01
THURSDAY (No class 11/24, 15 weeks)		
4:15 P.M. Indoor Group Cycling	\$116/107	410512-03
5:20 P.M. Yoga Strength	\$138/124	410524-01
5:20 P.M. Power Pump	\$92/84	410523-07
5:30 P.M. Aqua Fit (starts 9/29) class on 10/20 @ 6:45 P.M.	\$73/67	410522-07
6:25 P.M. Zumba®	\$116/107	410544-03
6:25 P.M. Pilates Fusion	\$138/124	410511-01
6:45 P.M. Aqua Fit (starts 9/29)	\$73/67	410522-08
7:30 P.M. Mind/Body Yoga	\$138/124	410506-05
FRIDAY		
4:30 P.M. Zumba®	\$124/114	410544-04
SUNDAY		
5:30 P.M. Candlelight Yoga	\$147/132	410537-01

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.

* 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.

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 to request a make-up pass.



Personal Training Special!

See page 33 for details

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
Prices effective September 1, 2016		
Fitness Assessment.....	\$33.50	\$28
Single Session	\$70	\$65
Three Sessions.....	\$195	\$179.50
Six Sessions	\$368	\$342
Twelve Sessions	\$697	\$644

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.

WISH UPON A BALLET



Ages 3 to 6

Tuesdays.....\$77

Session I: Sept. 13 – Oct. 25 (7 weeks)

Theme: The Little Mermaid

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

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

Session II: Nov. 1 – Dec. 13 (7 weeks)

Theme: Beauty and the Beast

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

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

Shoreview Community Center

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



SHOREVIEW COMMUNITY CENTER

A GIFT CARD

makes a great present for any **BIRTHDAY,** *Holiday,* OR **SPECIAL OCCASION.**

- reloadable
- never expires
- can hold any amount
- good at both service and parks & recreation desk

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

SPECIAL!

Host a
Poolside
Party Package
at the Shoreview Community Center!

INCLUDES:

- 10 Wristbands for full day use of Tropics Indoor Waterpark & Tropical Adventure Indoor Playground
- 2 Hours in private poolside party room
- Option to bring in your own food!

Call today! 651.490.4790

www.shoreviewcommunitycenter.com



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 AM9:00 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.





Tumbling

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

TODDLER AND PARENT

Ages 2 and 3 \$90; \$80 Shoreview Resident

Saturdays.....9:45 A.M. – 10:30 A.M.

Sept. 24 – Nov. 19 (no class Oct. 22)..... **Activity # 480101-01**

Saturdays..... 10:45 A.M. – 11:30 A.M.

Sept. 24 – Nov. 19 (no class Oct. 22)..... **Activity # 480101-02**

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

TUMBLING TYKES

Ages 3 and 4 \$90; \$80 Shoreview Res

Saturdays..... 11:45 A.M. – 12:30 P.M.

Sept. 24 – Nov. 19 (no class Oct. 22)..... **Activity # 480102-01**

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

ROLLY POLLYS

Ages 4 and 5 \$90; \$80 Shoreview Res

Saturdays..... 12:45 P.M. – 1:30 P.M.

Sept. 24 – Nov. 19 (no class Oct. 22)..... **Activity # 480103-01**

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

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8..... \$90; \$80 Shoreview Res

Saturdays..... 1:45 P.M. – 2:30 P.M.

Sept. 24 – Nov. 19 (no class Oct. 22)..... **Activity # 480104-01**

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



RECREATIONAL ICE SKATING INSTRUCTION

FALL 2016 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, Oct. 29 – Dec. 10 (7 week session)

Snowplow Sam to Level 4..... \$91; \$80 Shoreview Resident
Pre-snowplow.....\$144; \$131 Shoreview Resident
The Shoreview Arena, 96 and Victoria

Skate Rental is NOT available at the rink.

GROUP LESSONS

Pre-snowplow

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

Snowplow Sam

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

Level 1

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

Level 2

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

Level 3

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

Level 4

Teaches forward edges, forward crossovers & backward glides.



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

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

FALL ICE SKATING SCHEDULE

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





TOUCH-A-TRUCK

All Ages FREE
 Saturday, Sept. 17 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

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



HALLOWEEN SPOOKTACULAR

Friday, Oct. 21 6:30 P.M. – 8:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 460414-01**

Shoreview Community Center

Deadline to Register: Friday, Oct. 14

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



KIDS' GARAGE SALE

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

Shoreview Community Center Pavilion

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



DIVE-IN MOVIE

Friday, Nov. 18 7:00 P.M.
 Shoreview Community Center

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

LETTER FROM SANTA

\$5 per childActivity # 160102-01

Deadline to register: Friday, Dec. 16

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 19.



SANTA'S WORKSHOP

Saturday, December 17
\$7; \$6 Shoreview Resident

Session 1, 9:00 A.M. – 10:00 A.M.

YouthActivity # 160104-01
AdultActivity # 160104-02

Session 2, 10:30 A.M. – 11:30 A.M.

YouthActivity # 160104-03
AdultActivity # 160104-04

Deadline to Register: Monday, Dec. 12

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



KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12

Saturday, December 17..... 9:00 A.M. – 12:00 P.M.

Shoreview Community Center

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



HOLIDAY COOKIE DECORATING

Saturday, December 10.....\$14; \$12 Shoreview Resident

8:00 A.M. – 9:00 A.M.Activity # 160105-01

9:30 A.M. – 10:30 A.M.Activity # 160105-02

Shoreview Community Center

Deadline to Register: Wednesday, Dec. 7

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



FAMILY NEW YEAR'S EVE PARTY

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

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



PARTY

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



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

TROPICAL PACKAGE

Starting at \$152 for 8 people

INCLUDES:

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

ADVENTURE PACKAGE

Starting at \$136 for 8 people

INCLUDES:

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

ADD A THEME FOR ONLY \$12!

Choose from Princess, Pirate, or Under the Sea!

BASKETBALL

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

Island Lake Elementary - Gym

Tuesdays, Sept. 27 – Nov. 1**Activity # 490403-01**

Turtle Lake Elementary - Gym

Mondays, Sept. 26 – Oct. 31**Activity # 490403-02**

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

SOCCER

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

Island Lake Elementary - Gym

Wednesdays, Sept. 28 – Nov. 2**Activity # 490406-01**

Turtle Lake Elementary - Gym

Thursdays, Sept. 29 – Nov. 10**Activity # 490406-02**
(No class Oct. 20)

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

WRESTLING

Island Lake Elementary - Gym

Grades 1-5

Mondays, Sept. 26 – Oct. 313:30 P.M. – 4:30 P.M.
\$45 per participant.....**Activity # 490409-01**

Turtle Lake Elementary - Gym

Grades 1-5

Tuesdays, Sept. 27 – Nov. 13:30 P.M. – 4:30 P.M.
\$45 per participant.....**Activity # 490409-02**

Mounds View High School – Wrestling Room

Kindergarten

Tues. & Wed., Oct. 25 – Nov. 26:00 P.M. – 7:00 P.M.
\$30 per participant.....**Activity # 490409-03**

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 5 at Mounds View High School. A flyer will be handed out during class with tournament details.

FOOTBALL

Grades 1 to 34:40 P.M. – 5:40 P.M.
\$45 per participant

Island Lake Elementary - Gym

Tuesdays, Sept. 27 – Nov. 1**Activity # 490407-01**

Turtle Lake Elementary - Gym

Thursdays, Sept. 29 – Nov. 10**Activity # 490407-02**
(no class Oct. 20)

Huddle up, football is here! Kids will learn basic rules, strategies and skills to enjoy the game. Each week kids will participate in warm up exercises, drills and 2-hand touch or flag football games. Focus is on the fundamentals of the game, maintaining good sportsmanship and having FUN! No equipment is required.



OLYMPIC SPORTS

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

Island Lake Elementary - Gym

Thursdays, Sept. 29 – Nov. 10**Activity # 490405-01**
(No class Oct. 20)

Turtle Lake Elementary - Gym

Wednesdays, Sept. 28 – Nov. 2**Activity # 490405-02**

While watching the Olympics this Summer were you imagining yourself participating in the events right there with the Olympians? Well imagine no more and come try your skills and learn new events in our Olympic Sports Class! Students will participate in different individual and team events throughout this exciting new class!

LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Monday & Wednesday, Dec. 26 & 28 ... 10:00 AM – 11:30 AM
\$40 per participant.....**Activity # 190901-01**

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

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

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



MINI KICKERS SOCCER CAMP

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

Saturdays, October 8 – November 12

Shoreview Community Center Gym

Ages 6 to 8

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

Ages 3 to 5

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

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

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

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 3 – Mar. 11. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 4:00 P.M.

\$75; \$65 Shoreview Resident; \$20 late fee after Dec. 1

Setters, Grades 4-5Activity # 190304-01

Spikers, Grades 6-8Activity # 190304-02

Turtle Lake Elementary

Mounds View Community Center

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

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

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

COACHES MEETING

Tuesday, December 20 6:30 P.M. – 7:30 P.M.

Shoreview Community Center



Registration is open for these fall sports leagues! DEADLINE IS JULY 31

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 or schools 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.



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

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

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.**



PeeWees *Ages 5 to 7*

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

Beginners *Ages 7 to 11*

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

Advanced Beginners *Ages 9 to 11*

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

Intermediate *Ages 11 to 14*

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

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

Five lessons..... **Activity # 490602-01**
\$180; \$170 Shoreview Resident

Individual Private Lessons (90 minutes)

Five lessons..... **Activity # 490602-02**
\$260; \$250 Shoreview Resident

Semi Private Lessons (60 minutes)

Five lessons..... **Activity # 490603-01**
\$100; \$90 Shoreview Resident

(Each participant pays and must enroll with a partner)

Semi Private Lessons (90 minutes)

Five lessons..... **Activity # 490603-02**
\$145; \$135 Shoreview Resident

(Each participant pays and must enroll with a partner)

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

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

GROUP LESSONS

September 10 – October 8. If necessary, make-up lessons will be held October 15.

Class Level	Day	Time	Location		Activity #
Pee Wees	Sat	10:00 A.M. – 10:45 A.M.	Wilson	\$58; \$48	490606-01
Beginners	Sat	11:00 A.M. – 11:55 A.M.	Wilson	\$58; \$48	490607-01
Advanced Beginners	Sat	12:00 P.M. – 12:55 P.M.	Wilson	\$58; \$48	490608-01
Intermediate	Sat	1:00 P.M. – 1:55 P.M.	Wilson	\$58; \$48	490609-01

FALL SOFTBALL LEAGUES

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

Program Information

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

Registration deadline is July 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



Active Life Fair
A RESOURCE FAIR FOR ACTIVE AGING ADULTS & CARETAKERS

MONDAY, NOVEMBER 14TH, 2016 10 A.M. – 12 P.M.

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

YOUR SPECIAL DAY INCLUDES:

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

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

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

Bingo

One Wednesday/month
 1:00 P.M. **Activity # 500605-01**
 Aug. 31, Sept. 28, Oct. 26, Nov. 30, Dec. 28
 (\$0.25 per card – no min/max cards)

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 37 for SeniorFIT classes.

500 TOURNAMENT

Wednesday, September 14 1:00 P.M. – 4:00 P.M.
 \$10 per player **Activity # 400501-01**

Shoreview Community Center

Deadline to register: Monday, Sept. 12

Join our Shoreview 500 club for their 13th annual 500 Tournament! Cash prizes awarded for first through third place winners! Each player will be required to submit address, phone number and birth date. Limited tables available! **MUST REGISTER WITH A PARTNER.** Veggies, fruit and small munchies will be served. **No walk-ins.**



AARP DRIVER SAFETY PROGRAM

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

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

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

4 Hour Refresher Day Courses

AARP Member Rate: \$24; Non-Member Rate: \$29
 9:00 A.M. – 1:00 P.M.

Tuesday, September 13 **Activity # 450201-01**
 Tuesday, October 11 **Activity # 450201-02**
 Tuesday, November 8 **Activity # 450201-03**
 Tuesday, December 13 **Activity # 150201-01**

4 Hour Refresher Evening Courses

AARP Member Rate: \$24; Non-Member Rate: \$29
 5:30 P.M. – 9:30 P.M.

Wednesday, October 26 **Activity # 450202-01**
 Wednesday, December 28 **Activity # 150202-01**

8 Hour Evening Courses

AARP Member Rate: \$26; Non-Member Rate: \$31
 5:30 P.M. – 9:30 P.M. **Activity # 450203-01**

Monday, September 26 & Wednesday, September 28

5:30 P.M. – 9:30 P.M. **Activity # 450203-02**
 Monday, November 28 & Wednesday, November 30

DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday.....8:30 A.M. – 11:00 A.M.
 Sept. 12 – April 28.....\$3 or free to members
 Closed Oct. 20, Oct. 21, Nov. 24, Jan. 16, Feb. 20
 Shoreview Community Center Gymnasium (4 courts)
 4580 Victoria St. N.

Wednesdays..... 6:00 P.M. – 9:00 P.M.
 Oct. 5 – April 26.....\$3 per person
 Closed Nov. 23
 Island Lake School Gym (6 courts)
 3555 Victoria St. N.

Gym reserved exclusively for pickleball during these dates and times.

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

SHOREVIEW AREA PICKLEBALL CLUB

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

We're happy to welcome you to the fastest growing sport for adults in the Country. Pickleball is fun and easy to learn with a variety of play options available for everyone at any skill level. The choice is yours in the Shoreview



Area Pickleball Club. Join our club and give it a try...you will be happy you did! When you join the SAPC, you receive exclusive benefits for your membership: dedicated court time, free training for beginners, and email updates on gatherings and club news. Members will have the option to purchase a club t-shirt for an \$13 per shirt at the Parks and Recreation Office. 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



SOCIAL MEDIA: HOW TO USE FACEBOOK AND TWITTER

Wednesday, Oct. 12..... 1:30 P.M. – 3:00 P.M.
 \$20; \$15 Shoreview Resident.....**Activity # 400255-01**
Deadline to Register: Friday, October 7
 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.

HOW TO USE PINTEREST AND INSTAGRAM

Wednesday, Nov. 9..... 1:30 P.M. – 3:00 P.M.
 \$20; \$15 Shoreview Resident.....**Activity # 400226-01**
Deadline to Register: Friday, November 4
 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.

PUMKIN PIE & BINGO

Thursday, Nov. 17..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident.....**Activity # 400505-01**
Deadline to Register: Monday, November 14

Location: Shoreview Community Center

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



USING GENEALOGY SOFTWARE TO TELL YOUR FAMILY STORY

Wednesday, Sept. 28 6:00 P.M. – 7:30 P.M.
 \$35; \$30 Shoreview Resident **Activity # 400224-01**

Deadline to Register: Wednesday, September 21

Location: Shoreview Community Center

In this class you will learn how to enter your family tree information into genealogy software and how to create and print your family tree pedigree and ancestor reports. You will be able to export your information and share it with family members via email. Students should be comfortable using Windows or Mac, and have some experience using computer software.



AN INSIDE LOOK AT THE BEST GENEALOGY SUBSCRIPTIONS ON THE INTERNET

Wednesday, Oct. 26 6:00 P.M. – 7:30 P.M.
 \$35; 30 Shoreview Resident **Activity # 400223-01**

Deadline to Register: Wednesday, October 19

Location: Shoreview Community Center

Get an inside look at what is available to genealogists before paying for a membership. Discover what you might be missing by improving your search techniques. Feel free to bring your laptop and join the search for your family.



COLORING AND COFFEE

\$5 per participant 10:00 A.M. – 11:00 A.M.

Friday, Sept. 16 **Activity # 400215-01**

Deadline to Register: Wednesday, September 14

Tuesday, Nov. 29 **Activity # 400215-02**

Deadline to Register: Tuesday, November 22

Location: Shoreview Community Center

Come relax with a cup of coffee and color. Coloring is not just for kids anymore. It's relaxing; it's therapeutic. Enjoy a morning of relaxing, therapeutic coloring. Each participant will be provided with an adult coloring book and supplies to color and take home.



APPLE CRISP & BINGO

Thursday, Sept. 8 10:00 A.M. – 11:30 A.M.
 \$7; \$6 Shoreview Resident **Activity # 400302-01**

Deadline to Register: Wednesday, September 7

Location: Shoreview Community Center

Join us for a morning of fun! Enjoy some apple crisp while we play bingo! We will have lots of prizes to give away and a lucky winner will walk away with a gift card!

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)

MYSTERY TRIP AROUND SAINT PAUL

Thursday, October 13 10:00 A.M. – 4:00 P.M.
\$70; \$65 Shoreview Resident **Activity # 400301-01**

Deadline to Register: Friday, September 30

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

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

CHANHASSEN DINNER THEATRE: CAMELOT

Wednesday, December 7 10:30 A.M. – 5:00 P.M.
\$95; \$90 Shoreview Resident **Activity # 400304-01**

Deadline to Register: Monday, November 7

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

Camelot, one of the truly great American musical classics, comes to life at Chanhassen Dinner Theatres! Don't miss the legendary story of King Arthur, his knights of the Round Table, their valiant adventures, and a love story for the ages. *Camelot* features music, book and lyrics by the creative duo Alan Jay Lerner and Frederick Loewe (*My Fair Lady*, *Brigadoon*), and is based on the King Arthur legends found in T.H. White's novel *The Once and Future King*. In the story, Guinevere, King Arthur's lovely wife, encourages him to establish the Knights of the Round Table. As the Knights grow in fame, Lancelot, the most celebrated knight of all, becomes friend and confidant to Arthur when rumors begin to circulate about Lancelot and Guinevere. Can Camelot be the idealistic place of Arthur's dreams? (Price includes lunch, show, coach transportation, and svcc escort)

KNITTING – BEGINNING

Wednesdays, Sept. 14 - Oct. 19 6:00 P.M. – 8:00 P.M.
\$40; \$35 Shoreview Resident **Activity # 400227-01**

Deadline to register: Wednesday, September 7

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, Sept. 15 - Oct. 20 6:00 P.M. – 8:00 P.M.
\$40; \$35 Shoreview Resident **Activity # 400228-01**

Deadline to register: Wednesday, September 7

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.



ZENTANGLE

Saturdays, Oct. 8 - Oct. 29 10:30 A.M. – 12:00 P.M.
\$83; \$78 Shoreview Resident **Activity # 400229-01**

Deadline to Register: Friday, Sept. 30

Zentangle is a drawing method that enables people of all abilities to create beautiful images by using repeating patterns. In this workshop, emphasis will be on creating abstract images and learning how these are structured using basic elements of design. Required materials will be purchased from the instructor for \$10.00 the first class.

Jobs that Fit Your Lifestyle!



Part-time ♦ Flexible Hours ♦ Fun People

Child Care Attendants: Provide care for children ages 6 months to 12 years in our drop-off childcare center at the Shoreview Community Center. Experience working with pre-schoolers preferred. Mon-Fri daytime hours 8am-12:30pm & evening hours 4-9pm. Sat. 8am-12:30 pm. \$9.50-10.50/hour.

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

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

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

Lifeguards: Lifeguard in a tropical paradise at our beautiful indoor pool. No experience required. Training is provided for Ellis Certification. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon, evening and weekend hours. \$10.50-12.50/hour. During school year, M-F daytime (5am-4pm), \$12/hour.

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

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. \$13-15/hour,

Service Desk: Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of info, assist with concessions as needed. Must be available to work weekends. \$10-11/hour.

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

Special Event Staff: We're looking for creative people to work our special events, such as Kids Garage Sale, Halloween Hoopla, New Years Eve Party, Egg Hunt. Other duties include decorating and clean up. Hrs are varied for each event. 1-2 events held per month. \$9.50-10.50/hour.

Swimming Instructors (we will train): Instructors needed for morning and early evening lessons at the Community Center pool. \$10-13.50/class (35 min. classes).

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

Wave Cafe: Prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables & keep the lobby area neat. Daytime (school yr): \$10.50-11.50/hr. Eves/weekend/summer hrs: \$9.50-10.50/hour.

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

Youth Soccer Officials: Officiate soccer league games for children. Knowledge of soccer rules, previous officiating experience desired, soccer playing experience preferred, good interpersonal skills. Must be age 16 or older. 1-4 games; Sept-Oct. \$15-25/game.



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



FREE
Community Center
Membership!

MEALS ON WHEELS

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

FOOD SHELF DONATIONS

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

NORTHEAST YOUTH AND FAMILY SERVICES

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

SENIOR CHORE SERVICE

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



ATHLETIC ASSOCIATIONS

Irondale Baseball League

www.iblbaseball.com

Irondale Girls Fastpitch Association

www.knightsfastpitch.org

Irondale Youth Hockey Association

www.ihhaleague.org

Iron Mustang Wrestling

www.ironwrestling.com

Mounds View Basketball Association

www.moundsviewbasketball.com

Mounds View Area Youth Lacrosse Association

www.mvaylax.org

Mounds View Softball Association

www.moundsview.softballsystems.com

Mounds View Youth Hockey Association

www.moundsview.pucksystems2.com

Mounds View Youth Football League

www.moundsviewyouthfootball.org

North Suburban Aquatic Club

www.nsmakos.org

North Suburban Soccer Association

www.nssasoccer.org

Roseville Area Youth Hockey

www.rosevillehockey.org

Shoreview Area Youth Baseball

www.sayb.org

Shoreview Recreation Areas

 Web Page: www.shoreviewmn.gov

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	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
Bobby Theisen Park 3575 Vivian Ave.	15		1						6						1		2		
Bucher Park 5900 Mackubin Street	25	2	1												1		2		
Lake Judy Park 900 Tiller Lane	5		1/2																
McCullough Park 955 County Rd I	75	2	1							With grill 					1		2		
Ponds Park 190 Sherwood Road	1									Table only 									
Rice Creek Fields 5880 Rice Creek Parkway	10	4																	
Shamrock Park 5623 Snelling Ave.	23	2	1							With grill 					1		2		
Shoreview Commons and Community Center 4580 North Victoria	40	2	1					4	2	With grill 					1		2		
Sitzer Park 4344 Hodgson Road	8	2	1							With grill 							2		
Wilson Park 815 County Road F	13	2	1							Tables Only With grill 							2		

SWEETROLL SKATE PARK

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

Park Hours Hours subject to change.

Monday-Friday

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

Saturday

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

Sunday

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

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

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



Program Registration Form

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



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

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

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

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

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

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

YOUTH SPORTS LEAGUES *(Please fill out completely)*

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

School child attends: _____

Grade (2016-2017 school year): _____



Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

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

Coach Name: _____

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

Cash Check # _____ Credit Card  

Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

CVV Code _____ Signature _____
(3 digit code on back)

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

Special Needs/ Allergies/ Etc: _____

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

Signature: _____ Date: _____

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

Fall Registration Schedule Shoreview Resident Priority

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

Begins Tuesday, August 9 at 8 A.M.

Annual Community Center Member Registration

Begins Thursday, August 11 at 8 A.M.

General Registration

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

Begins Friday, August 12 at 8 A.M.

How to Register:

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

Registering on-line is easy!

1. Go to www.shoreviewcommunitycenter.com and click "Member Login".
2. Login with your user name and password
 - If you have never used our system before, you may create an account on-line. Please allow one business day to receive your username and password. We strongly encourage setting up your account **prior** to registration day.
 - 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



August 9	Farmers' Market Week
September 13	Apple Fest
October 18	Harvest Festival

FREE!

Live Entertainment

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



Master Gardeners
Second and Fourth Tuesdays



Indoor Farmers' Market

Select Tuesday Afternoons | 3-6pm
November 1, 15, December 6, 20
January 17 & February 21

Shoreview Community Center Lower Level Parking Lot
4580 Victoria Street North, Shoreview, MN 55126
www.ShoreviewCommunityCenter.com | 651.490.4750



City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126



slice of
SHOREVIEW DAYS 2016

Celebrating Community

JULY 22-24

ISLAND LAKE COUNTY PARK

New!

**Curious George
K-9 Show
Magic Justin
Puppet Wagon
Raptor Program
Rubber Duck Derby
Slice Mobile App**

Returning!

**Art Show & Booths • Bingo
Car & Motorcycle Show
Church Service
Dock Dogs • Kid's Climb
Parade • Petting Zoo
Timberwolves Shootout**

Entertainment!

**Bad Girlfriends
Holy Rocka Rollaz
Jim Tones
Karaoke
Rockin' Hollywoods**

Fireworks • Friday & Saturday • 10 pm

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