

SHOREVIEWS

2017 Fall Recreation Catalog

Slice of
Shoreview Days:
July 21-23

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

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

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

City Officials
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Office: 651.490.4618
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Terry Schwerm, City Manager
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tschwerm@shoreviewmn.gov

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

SHOREVIEW SUMMER FUN!

19th Annual Farmers' Market

Tuesday afternoons

June 6 – September 12 3-7 P.M.
September 19 – October 24 3-6 P.M.
Shoreview Community Center
Lower Level Parking Lot

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



2017 Concert in the Commons

Haffeman Pavilion/ Shoreview Commons – 7 P.M.

FREE!

- July 12 Church of Cash.....Jonny Cash Tribute
- July 19 Shoreview Northern Lights Variety Band.....Community Band
- July 26 Armadillo Jump.....R&B/Rockin' Blues
- August 2 Wild Honey.....Funk & Rock
- August 9 The R-Factor.....Variety



17th Annual Tour de Trails

Sunday, July 23 – see page 9

A great way for family and friends to experience the City's scenic bicycle paths!

Friday Night Flix

FREE!
New locations!

Join us Friday nights at parks in Shoreview for a family-favorite movie on the giant inflatable screen. Bring snacks, lawn chairs, and blankets! 8 P.M.

- August 18** Minions (PG) at Shamrock Park
5623 Snelling Avenue
- August 25** Sing (PG) at Bobby Theisen
Park, 3575 Vivian Avenue



On the cover: The Slice of Shoreview Days return to Island Lake Park, July 21-23, bringing more summer fun to Shoreview. See page 3.



slice of
SHOREVIEW DAYS
2017
JULY 21-23, 2017

Celebrate Shoreview’s birthday, and have a slice on us!

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 21 and lasting through Sunday, July 23. Mark your calendar for the event of the season!

Don’t miss the Classic Car Parade at noon on Sunday, July 23 along Victoria St. between Cummins (corner of I-694 and Victoria) and the park. Bring your blanket or chair and enjoy these vintage automobiles! Come test out Knockerball in the field. It’s great fun for all ages!

Introducing an all-new entertainment area:

“Under the Little Tops”

Saturday afternoon, July 22 – front of Main Stage

- Noon.....Puppet wagon and Circle Up with Hooperina
- 1 P.M.....Ramsey County K9 Unit and Global Games
- 2 P.M.....Puppet Wagon and Magic by Justin Alan
- 3 P.M.....MN Bubble Party and Friends of the Ramsey County Library Storytelling

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, art show and craft fair, commercial booths, food booths, face painting, chalk art in the streets, Raptor program, Bungee trampoline, Bingo, and more!



Live entertainment:

FRIDAY

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

SATURDAY

- 10 A.M..... Parade
- 1 – 3 P.M..... Shoreview’s Birthday Party – FREE slice of cake
- 3 – 6 P.M..... The Rockin’ Hollywoods
- 7 – 10 P.M. High and Mighty Band
- 10 P.M..... Fireworks

SUNDAY

- 10:30 A.M. Church Service
- Noon – 3 P.M.. Church of Cash on Main Stage and Holy Rocka Rollaz at the Car Show
- 3:30 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.



Shoreview Community Center Plans to Expand

Construction begins this September

History of the Community Center

The Shoreview Community Center opened its doors in November 1990 to serve as the social, recreational, and cultural focal point for the City. Since its opening, the Community Center has achieved this goal. Today, more than 500,000 members and guests visit one of the premier community centers in the state of Minnesota to enjoy its variety of facilities.

In the early 2000's, the City decided to expand the Community Center in response to the growing interest of Shoreview residents in wellness and fitness. A state-of-the-art fitness center was incorporated into a major building expansion and remodeling project that was completed in 2002. This new expansion fueled tremendous growth in Shoreview residents use of the Community Center, with large increases in membership. In 2009, the Tropical Adventure Indoor Playground was constructed to further enhance the amenities and features of the Community Center.



As a result of continued growth in recreation programs and strong demand for use of Community Center facilities, and with a goal to maintain the Community Center as a vibrant community facility, the City Council and Parks & Recreation Commission authorized a study of a possible expansion of the Community Center in 2014. This study, conducted by BWBR Architects, identified several potential options for an enhanced Community Center. The study was updated in 2016 to further refine the project scope. The City is now working with BWBR Architects on detailed design plans for another major expansion and remodeling of the Community Center.

Planned Community Center Expansion

The City Council, Parks & Recreation Commission and City staff have worked closely with BWBR Architects to develop a plan that will create exciting new amenities and spaces for activities and programs that will further enhance the Center's appeal to the community. The plan includes two distinct expansion areas, including an expansion of the Tropics Indoor Waterpark and a major addition adjacent to the gymnasium.





Waterpark and Family Locker Rooms

The project includes a 5,000 square foot expansion of the Tropics Indoor Waterpark that will include a new zero depth shallow water splash pool with many interactive play features and waterslides for children ages 2-10. The new addition will include floor to ceiling windows to allow natural light in the pool area, along with an adjacent outdoor plaza area. As part of the Waterpark expansion, the City will also renovate the locker room areas to add eight much-needed family changing rooms.

Two Level Addition

The proposal also includes a two level 15,000 sq. ft. expansion adjacent to the gymnasium.

The lower-level expansion space will create a new entrance into the indoor playground area. The Tropical Adventure Indoor Playground will be expanded to provide a larger playground, a dedicated toddler play area, improved seating for Adults, and possibly some designated areas for parties and small groups. The lower level also includes a series of four group fitness rooms/studios that will be used for our extensive group fitness classes and youth activities. The Wave Cafe seating area will be remodeled and expanded to include new booths adjacent to the gym. Once the new group fitness studios are complete, the current fitness center/studio will be remodeled slightly to provide expanded stretching and functional training areas.

The upper level of this expansion will include four new multi-purpose meeting and activity rooms that would be accessed from a new hallway off of the Fireside Lounge. These rooms would be used for a variety of activities, including the City's full-day summer childcare program, expanded art and cultural programs for both youth and adults, and general meeting space. In addition, the upper-level includes new restrooms that will serve the large- banquet and new multi-purpose rooms. There will also be a new outdoor deck accessible from the Fireside Lounge.



Timing and Cost

The estimated cost for this major Community Center expansion project is about \$12 million. The project will be financed primarily through a bond issue with the debt services being paid from a variety of sources including existing capital project funds and an increase in the City's debt levy.

The project is currently in the design development phase and bidding is expected to occur this summer, with a late summer/early fall construction start. The project will likely be fully completed by the summer/fall of 2018.

destination shoreview2040

Comprehensive Plan

Thrive MSP 2040 is the Metropolitan Council's policy document which guides development in the region through the year 2040 and addresses land use, transportation, water resources, parks, housing, economic competitiveness and resiliency. The Metropolitan Land Planning Act requires all communities within the Twin Cities Metropolitan Area to have a comprehensive plan; that it be updated at least every 10 years; and that it is in conformance with Thrive MSP 2040. The City's Comprehensive Plan needs to be revised per these policies and presented to the Metropolitan Council for adoption by December of 2018.

Shoreview's Comprehensive Plan, most recently updated in 2008, provides a long-term vision, complete with strategic goals, objectives, policies and recommendations that guides land use development and policies through the year 2030. Cities use the comprehensive plan as a policy guide for decision-making regarding land use, transportation, pedestrian and bicycle facilities, parks, utilities and public facilities. The plan also reflects the community's social and economic values. The current Comprehensive Plan can be found online at Shoreviewmn.gov.

Destination Shoreview 2040 is the City's theme for the Plan update. The City's advisory groups will be highly involved in this process and are working to complete a draft plan throughout the next year. A draft of the Plan will be presented to the public in the Spring/Summer of 2018. Formal adoption of the Plan by the City Council is expected in December of 2018.



How to Get Involved

Resident input is essential to this process, several opportunities are available for you to get involved. These include the following:

- **Video Animation Series**
A video animation series that provides brief background and introduction to key topics and chapters of the Comprehensive Plan are available on the City's website. These videos are intended to educate residents and gather community feedback on key topics including demographics, land use and housing, economic development, natural resources and resiliency. A brief survey will be incorporated after each video.

- **Community Conversations**
A speaker series, hosted by the City, during the summer and fall of 2017 will explore key issues and provide opportunities for community dialogue and input. These are being held in the Shoreview Room at the Shoreview Community Center. Each starts at 6:30 P.M.

July 12 Demographics
Susan Brower, State Demographer

August 10 Land Use and Development
TBD

September 21 Economic Development
TBD

October 12 Housing and Neighborhoods
TBD

November 9 Natural Resources and Resiliency
TBD

- **Open Houses**
Property owners directly impacted by a land use change will be invited to an open house that will provide information on the proposed changes. These will be held in the fall of 2017.

The Draft Plan will also be presented at an open house in the summer of 2018.

- **Formal Review process**
The formal review process, with the Planning Commission holding the public hearing is anticipated to occur in the late fall of 2018. The City Council will need to adopt the plan no later than December of 2018.

The City wants you to be part of this journey. Please check out the City's webpage and take advantage of the opportunities to be involved in this process.

Bees are the Buzz in Shoreview

Did you know that the City of Shoreview recently changed their ordinances to allow the keeping of honeybees on all single family residential properties? Shoreview joins a number of suburbs and cities, including Minneapolis and St. Paul, which allow



beekeeping in residential neighborhoods. The City had received a number of inquiries from residents who are interested in producing honey and/or addressing the decline in the bee population by establishing back-yard bee hives. The practice had been limited to large properties – 2 acres or more – but now will be allowed more broadly, with conditions.

On May 15th, the City Council approved a text amendment to our City Code that allows the keeping of domestic, non-Africanized honey bees on single-family residential properties. According to the Minnesota Hobby Beekeepers Association, domestic strains of honey bees have been selectively bred to be gentle, produce honey, be non-aggressive, and not to swarm. Additionally, people who are stung sometimes confuse honey bees with yellow jackets, hornets and wasps. Unlike honey bees, those insects can sting repeatedly. Yellow jackets sting the most in the United States and are the most aggressive, often seeking food in picnic areas and near trash containers.

This new ordinance addresses primary issues associated with the keeping of bees on single-family residential properties. In addition, licensing ensures the standards of the ordinance are met. The permitted number of bee communities/colonies is on a tiered system based on the size of the property.

The City will conduct an inspection of the property to determine compliance with the license and ordinance standards. The apiary (hive and honey comb) should be kept from public view and located in the rear or side yards. Apiaries should also maintain a minimum 15' setback from the property line and 25' from adjoining residential dwelling unit and any right of way/trail.

Under the ordinance, to obtain a beekeeping license, residents will have to complete an educational course, place the hives an appropriate distance from neighboring property lines, include a water source, and a neighborhood notification letter would be sent to residences within 150 feet. This intent is to inform nearby property owners that the proposed activity or use has been reviewed by the City and complies with the Code requirements.

For questions or more information, please contact the Community Development Department at 651.490.4680.

Mayor Sandy Martin is bringing some of her “Talk with the Mayor” office hours on a health-conscious “Walk and Talk with the Mayor” this summer. Every 3rd Tuesday of the month, lasting through September, Mayor Martin will lead a walk beginning at 3 P.M. at the Shoreview Community Center in the upper parking lot.

Everyone is invited to come meet Mayor Martin and Rafa, her friendly Australian Labradoodle, and enjoy some fresh air and exercise while exploring some of the best that Shoreview has to offer.

Mark these scheduled dates on your calendar:

- July 18
- August 15
- September 19

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. Please check the City’s website at www.shoreviewmn.gov to confirm any cancellations or changes.

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



Where can I store my garbage cans?

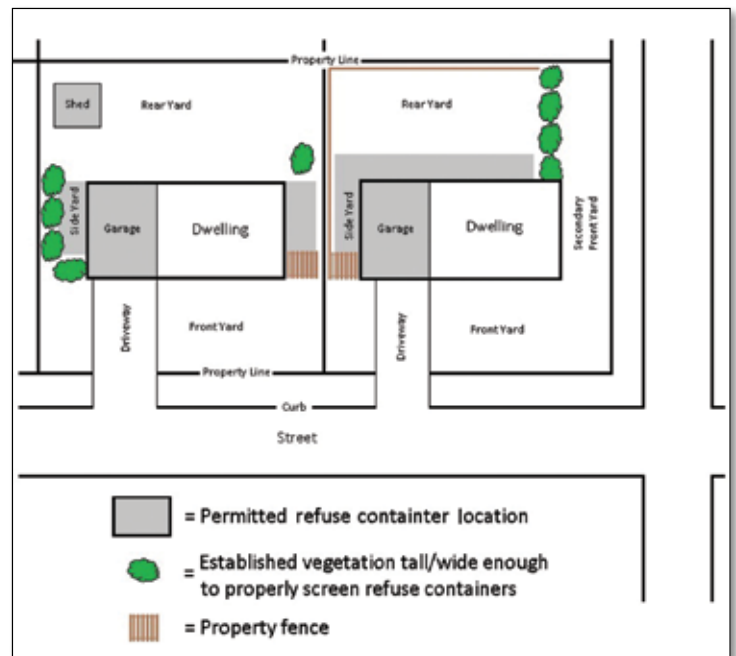
One of the common complaints the City receives relates to the storage of garbage/recycling/yard waste cans. Many residents throughout the community store garbage cans and containers in the front of or on the side of their garage causing the containers to be visible to the neighborhood. While this may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

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

If you are storing your refuse/recycling/yard waste containers in front of your home or if they are visible to the neighborhood, you may be notified by the Code Enforcement Staff that the containers are not being stored in compliance with the City Code and will be asked to store them in accordance with the City's regulations.

Questions or Need Information?

For further information, please contact the Code Enforcement Officer at 651-490-4687.



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.



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.

Tour Scenic Shoreview on the 2017 Tour de Trails

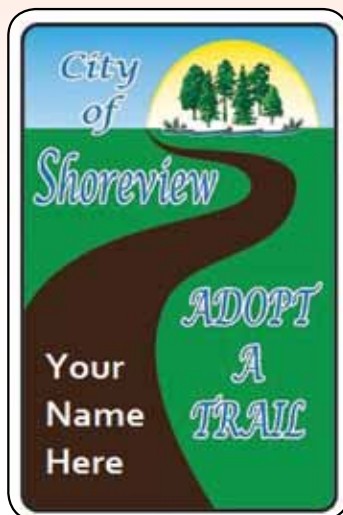
Set aside Sunday morning, July 23 to enjoy Shoreview's leisurely Tour de Trails bike ride – our annual event that celebrates our City as a bicycle-friendly community. It's a terrific way for family and friends to experience firsthand the exceptional bicycle paths that cover the length and breadth of 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 20.



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. 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).

- Mark Stange**
- 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**
- Ady Wickstrom**



- 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**

Please check ShoreviewMN.gov later this summer for information on how to sign up for a new two-year program!



August 1:

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 1, 2017 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. 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.

City Enhances Water Conservation Efforts

New sprinkling restrictions to take effect May 15

As a municipal water supplier, the City of Shoreview has a long, positive history of efficient operation and thoughtful promotion of water conservation. To continue to build on these conservation efforts, the city has updated its watering restrictions for all residents, including those with private wells.

Between May 15 and September 15, watering restrictions will again be in effect that limit unattended watering of lawns, shrubs, and gardens to odd/even days based on a resident's address. In addition, to recognize the inefficiency of mid-day watering due to evaporation during the hottest part of the day, and to ensure availability of an adequate supply of city water during high-demand periods, watering will only be allowed **BEFORE** 11:00 A.M. or **AFTER** 5:00 P.M. (No watering between the hours of 11 A.M. – 5 P.M.). These restrictions will also apply to residents with private wells.

These restrictions do not apply for water uses including car washing, filling of children's swimming pools, children playing in a hose operated sprinkler or water toy, or hand-held watering of trees, shrubs, and other plants.



If you have questions, please contact the Shoreview Public Works Department at 651.490.4650.

Feed Your Lawn with Grass Clippings

You might not know it, but how you mow your lawn can impact nearby lakes, rivers and wetlands. Grass clippings contain phosphorus, the nutrient that turns our lakes green with algae.

If you get clippings in the gutter while mowing, sweep the clippings back onto your lawn. Not only will it protect lakes, rivers and wetlands, the clippings provide nutrients back to your lawn reducing how much fertilizer you need.

In addition, intentionally blowing or placing lawn waste, such as grass clippings and leaves, in the street is a violation of the City's Code.

Save the Food and Reduce Waste

Did you know that 40% of food in America is wasted? As discussed by the Shoreview Environmental Quality Committee's speaker, Christopher Goodwin of Eureka Recycling, all of that wasted food proves to be costly. Here in the Twin Cities, it adds up to \$1,200 worth of food being thrown away annually. Your wallet isn't the only thing paying the price. Food waste has a significant environmental impact. After all, it's not just the food that's being wasted. The fuel, water, fertilizer and labor that were required to produce and transport the food are tossed out as well. Thankfully, reducing food waste is easy. Try out these food saving tips and give both your bank account and the planet a break.

- **Plan out your meals.** Meal planning brings order to the chaos of grocery shopping and ensures that food purchased becomes food eaten.
- **Create a "Use It Up" shelf or bin in the fridge.** Placing food that is nearing expiration in a prominent location can help ensure that it is eaten before it goes bad.
- **Write purchase dates on egg cartons to ensure that older ones are used first.**
- **Don't place milk in the refrigerator door.** This is the warmest portion of the fridge, and milk expires quicker here.
- **Store cucumbers by refrigerating them upright; stalk down in a container of water.**
- **Store mushrooms in a paper bag, not plastic.** This allows them to breathe and extends shelf life.
- **To revive a stale baguette, briefly run it under cold water and place it in a hot oven for ten minutes.**
- **Don't store bananas with other fruit.** They produce ethylene gas which speeds up the ripening process.
- **The freezer is your friend.** Freezing is a great option to preserve nearly all food types for months at a time.
- **Compost.** Turn the food waste that remains into fertile soil and keep it out of the landfill.



Source: Eureka Recycling and SaveTheFood.com

To find more food saving tips, visit savethefood.com.

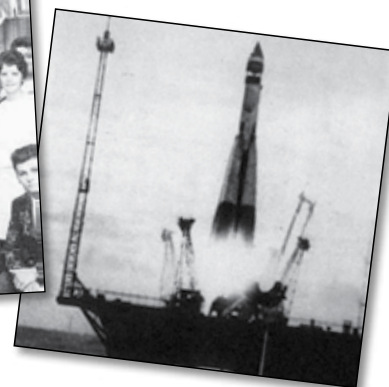
1957: Fun Facts

Shoreview, Minnesota consists of 12.75 square miles and was carved out of Mounds View Township in April 1957 when it became the Village of Shoreview.

Here are some fun facts about what also happened in 1957:

1. The Milwaukee Brewers won the World Series
2. The Detroit Lions won the Super Bowl
3. The Boston Celtics were winners in the NBA
4. The Montreal Canadiens won the Stanley Cup
5. Iron Legs won the Kentucky Derby
6. Nikita Khrushchev was Time Magazine's Man of the Year
7. Marian Mc Knight from South Carolina was Miss America
8. In 1957, 1 of 7 US workers' income was earned in textile or apparel industries
9. Alfred Fielding and Marc Chavannes accidentally invented bubble wrap while trying to crate plastic wallpaper
10. Cool kids were watching American Bandstand with Dick Clark
11. Gunsmoke was the most popular TV show
12. Elvis, Pat Boone, and the Everly Brothers were popular on the radio
13. Federal troops were sent in to Little Rock, Arkansas
14. The European Common Market was created
15. Sputnik was launched
16. Average cost of a new house: \$12,200
17. Average monthly rent: \$90
18. Average yearly wage: \$4550
19. Cost of a gallon of gas: 24¢
20. The Wham-O company produces the first frisbee

Visit the SHS booth July 21-23 at the Slice of Shoreview to see some fun historical photos of Shoreview's early days!



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. Auditions are not required. The band rehearses every Tuesday from 7 to 9 P.M. at the Shoreview Community Center. Look for us at Shoreview's Concert in the Commons on July 19 at 7 P.M. in the Haffeman Pavilion (behind the Community Center) and at the Slice of Shoreview parade on July 22. Find out more and contact us at www.snlvb.org.

Save the Date – Holiday Concert with special guests the Minnesota Boychoir is Saturday, December 9, 7 P.M., Benson Great Hall, Bethel University.



Not Ready for Fall?

Try a Mindfulness class at NYFS

Sometimes it helps to learn how to slow down before we speed up. Learning to take a mindfulness break every day can help you be more productive and less anxious at the same time. Northeast Youth & Family Services is offering a five-session class on mindfulness: a state of active, open attention on the present that can reduce anxiety, increase focus and improve relationships with yourself and the people around you.

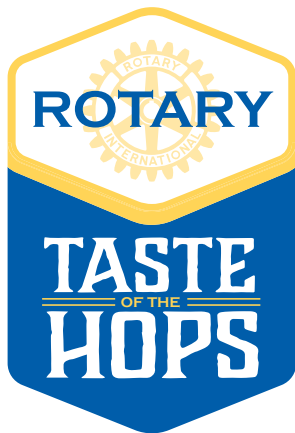
Sessions will be held from 6 to 7 P.M. on Tuesdays from Aug. 1 through Aug. 29 at NYFS Headquarters, 3490 Lexington Avenue in Shoreview. The cost is \$50 for the entire series. To get a taste of what mindfulness looks like, check out a free 60-second exercise by visiting www.nyfs.org. Under the Services link, click on Mental Health and then Special Programs.

For more information or to register, please call 651.486.3808.



It's Oktoberfest in August!

The Arden Hills/Shoreview Rotary Club invites everyone to Snail Lake Park on Friday, August 18 from 5:30 – 8:30 P.M. to drink beer, eat food, and enjoy music for charity! The Club's TASTE OF THE HOPS beer tasting event will raise money for its annual STRIVE Scholarship, which awards \$2500 toward higher education for the Mounds View High School student who begins 12th grade in the lower 1/3 of the class and raises his or her GPA the most by the end of that same year. Mark your calendar! Order tickets today! Check out the event website www.tasteofhops.com for more details.



Shoreview's Sister City

Did you know that Shoreview has a sister city in Germany?

Shoreview's official relationship with Einhausen, a town of 8,000 residents in south-central Germany roughly an hour south of Frankfurt, is administered and fostered by the Shoreview Einhausen Sister City Association, a nonprofit based in Shoreview and founded in 2001.

Instrumental in the creation of this association was Cheryl Wason, a former teacher of German language and culture at Mounds View High School. Ms. Wason has been leading independent student tours to Germany and surrounding countries, including homestay weeks in Einhausen, since 1989. I had the pleasure of participating in the 1996 tour, during the summer between my sophomore and junior years at Mounds View, and have recently joined the SESCO Board of Directors.

SESCA builds on these student exchanges by encouraging ties among the communities' adults, as well. Within the last few years, Shoreview has welcomed a delegation of Einhausen residents on a leg of their tour of the United States. SESCO has also coordinated exchanges involving local musical groups such as the Shoreview Northern Lights Variety Band. Every year in the spring, SESCO holds an annual member dinner featuring a German buffet and a keynote speaker, typically at Gasthaus Bavarian Hunter near Stillwater.

To keep on top of current and future SESCO events, please visit www.sesca.org and join the mailing list!

– Barry Lawson
Mounds View High School Class of 1998
Saint Paul, MN
SESCA Board of Directors

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 2017

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

AUGUST 2017

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

SEPTEMBER 2017

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

OCTOBER 2017

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

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 Jason Isaacson-District 42
95 University Ave. W., Minnesota Senate Bldg.,
Rm. 2321, St. Paul, MN 55155
651.296.5537
sen.jason.isaacson@senate.mn

State Rep. Randy Jessup-District 42A
477 State Office Building, 100 Rev. Martin
Luther King Jr. Blvd., St. Paul, MN 55155
651.296.0141
rep.randy.jessup@house.mn

State Rep. Jamie Becker-Finn-District 42B
307 State Office Building, 100 Rev. Martin
Luther King Jr. Blvd. St. Paul, MN 55155
651.296.7153
rep.jamie.becker-finn@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

4560 Victoria Street North
Shoreview, MN 55126
Phone: 651.486.2300
www.rclreads.org
Mon-Thu 10 A.M. – 9 P.M.
Fri-Sat..... 10 A.M. – 5 P.M.
Sun..... 12 – 5 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

Ralph Reeder Food Shelf
Appt. Line: 651.621.7451
Office: 651.621.7450
www.ralphreederfoodshelf.org

The **Senior LinkAge Line** connects seniors to 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).....	\$ 10.00.....	\$ 8.75
Youth (1 to 17; under age 1 free with paying adult)	\$ 9.25.....	\$ 7.60
Family* (2 adults + children living in same household).....	\$37.00.....	\$ 30.00
Seniors (65 and older).....	\$ 9.25.....	\$ 7.60

*Family pass is limited to six individuals living in same household. Each additional person is \$4.50.

Indoor Playground Only (ages 1 to 12) \$ 5.25 \$ 5.25

Coupon Books (Includes 10 daily passes)

Adult.....	\$90.00.....	\$ 78.75
Youth/Senior.....	\$83.25.....	\$ 68.40
Playground.....	\$47.25.....	\$ 47.25

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

Per visit.....	\$ 4.70.....	\$ 3.65
Punch Card.....	\$42.30.....	\$ 32.85

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



Hours

	Community Center	Waterpark** Starting Sept. 16	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. 4	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
Nov. 23	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon

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

Lap Swim Hours

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

Kids Care

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

Drop-in Volleyball

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

Drop-in Pickleball

See page 53 for more information.

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership¹		
Family.....	\$ 815.00.....	\$ 650.00
Dual.....	\$ 700.00.....	\$ 570.00
Adult.....	\$ 475.00.....	\$ 370.00
Youth/Senior.....	\$ 380.00.....	\$ 315.00

Annual Membership Billed Monthly¹ (With one year membership agreement)

Family.....	\$ 75.00.....	\$ 62.00
Dual.....	\$ 65.00.....	\$ 56.00
Adult.....	\$ 45.00.....	\$ 37.00
Youth/Senior.....	\$ 39.00.....	\$ 31.00

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

Seasonal Membership (Three month)

Family.....	\$ 310.00.....	\$ 250.00
Dual.....	\$ 290.00.....	\$ 230.00
Adult.....	\$ 210.00.....	\$ 160.00
Youth/Senior.....	\$ 160.00.....	\$ 130.00

*Sales tax is included in price.

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

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



Membership questions?

Contact Guest Services at **651.490.4739**.

Membership Fees Credits

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



Annual Membership Includes Unlimited Use Of:

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

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



Silver&Fit[®] memberships are now available!

Call 651.490.4739 for more information. Silver&Fit[®] information socials will be held the first Tuesday of each month in the Fireside Lounge, 9 A.M. - 10 A.M.

NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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



Waterpark Hours

Starting September 16

Monday & Wednesday ...4:00 – 8:00 P.M.
 Tuesday & Thursday4:00 – 9:00 P.M.*
 Friday4:00 – 9:45 P.M.
 Saturday.....Noon – 7:45 P.M.
 Sunday.....Noon – 6:00 P.M.

*On Tuesdays and Thursdays, the Waterpark will be limited to the Shark Attack Waterslide, Zero Depth Beach Area and Water Walk.

Holiday & School's Out Hours

Sept. 4.....Noon – 5:45 P.M.
 Oct. 13Noon – 9:45 P.M.
 Oct. 19Noon – 9:00 P.M.
 Oct. 20Noon – 9:45 P.M.
 Nov. 3.....Noon – 9:00 P.M.
 Nov. 20Noon – 8:00 P.M.
 Nov. 21Noon – 9:00 P.M.
 Nov. 22Noon – 8:00 P.M.
 Nov. 23Closed
 Nov. 24Noon – 9:45 P.M.



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

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

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

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

Pool Information

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



**Dive-In Movie
 Friday,
 November 17
 at 7:00 P.M.**

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

Rate & Hours

\$5.25 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. 4..... 8:00 A.M. – 6:00 P.M.
Nov. 23 8:00 A.M. – Noon

General Information

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



Kids Care

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

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

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

Friday
4:00 P.M. – 7:00 P.M.
Closed Sept. 4, Oct. 31 (P.M. only) and Nov. 23

\$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 Community Center members and 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!



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	\$ 168	\$ 160
Each additional child	\$ 21	\$ 20

#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	\$ 192	\$ 184
Each additional child	\$ 24	\$ 23

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



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	\$ 152	\$ 144
Each additional child	\$ 19	\$ 18

#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	\$ 176	\$ 168
Each additional child	\$ 22	\$ 21

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!



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



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	\$199	\$180

**Additional wristbands may be purchased at our discounted group rate the day of your event.*

**\$25 refundable damage deposit required. Sales tax extra.*

RENT A PARTY ROOM!



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

Meeting Room (Per 2-hour time block)	Rate	Shoreview Resident
Monday-Thursday	\$50	\$35
Friday-Sunday	\$60	\$45

**\$25 refundable damage deposit required. Sales tax extra.*

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 (*both swimming & non-swimming*).

PARTY DURATION	Rate	Shoreview Resident
Two hours	\$12.00	\$11.50
Three hours	\$12.50	\$12.00
Four hours	\$13.00	\$12.50
Overnight	\$20.50	\$18.50

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	\$ 700.....	\$ 625
Friday	\$ 1,100.....	\$ 1,000
Saturday.....	\$ 1,350.....	\$ 1,250

*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	\$ 450.....	\$ 375
Friday	\$ 800.....	\$ 700
Saturday.....	\$1,000.....	\$ 900

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 260.....	\$ 225
Friday and Saturday.....	N/A.....	N/A

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

Call for More Information

Community Center Information

651.490.4700

Recreational Programs (classes)

651.490.4750

Rental Information

651.490.4790

City Information

651.490.4600

Haffeman Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651.490.4790. Pavilion rental hours are 8 A.M. – 8 P.M. daily.

Rate: \$250; \$225 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.

Meeting Room (Per 2-hour time block)	Rate*	Shoreview Resident*
Monday-Thursday	\$ 50.....	\$ 35
Friday-Sunday	\$ 60.....	\$ 45

**Sales tax will be added to rate. Refundable damage deposit required. For organizations, Shoreview Residency applies when 50% of group lives in Shoreview and contact person is a Shoreview resident.*



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: \$75; \$60 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

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 8 at 8 A.M.**

Annual Community Center Member Registration

Begins Thursday, August 10 at 8 A.M.

General Registration

Anyone may register at this time. No residency or membership required. **Begins Friday, August 11 at 8 A.M.**

Phone Registration

Begins Monday, August 14 at 8 A.M.

*See page 62 for registration information.

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6 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
6. Over the phone after August 14



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.

Sunday, August 6..... 11:00 A.M. – 12:00 P.M.
 Sunday, November 26..... 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: \$176; \$160 Shoreview Resident
 Rate for 6 lessons: \$132; \$120 Shoreview Resident

Semi-Private Lessons:

Rate for 8 lessons: \$131; \$119 Shoreview Resident*
 Rate for 6 lessons: \$98; \$89 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: \$84; \$76 Shoreview Resident
 Rate for 6 group lessons: \$63; \$57 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 3 ½ 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 4 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 Lifeguarding (IL)

During this class you will join a professional lifeguard to learn about water safety, first aid techniques, and basic water rescues. Participants will get the chance to shadow a lifeguard in rotation to gain a better understanding of the daily responsibilities of a lifeguard.

Introduction to Swim Team (IS)

\$131; \$119 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
Sept. 18 - Nov. 6

Tuesday
Sept. 19 - Nov. 14
No Class: Oct 31

Wednesday
Sept. 20 - Nov. 8

Thursday
Sept 21 - Nov. 16
No Class: Oct 19

Friday
Sept 22 - Nov. 17
No Class: Oct 20

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

\$84; \$76 Shoreview Resident

Private

\$176; \$160 Shoreview Resident

Semi-Private

\$131; \$119 Shoreview Resident
(2 participants of equivalent ability)

6 Lessons

Group

\$63; \$57 Shoreview Resident

Private

\$132; \$120 Shoreview Resident

Semi-Private

\$98; \$89 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

CHIPPEWA MIDDLE SCHOOL

Saturday
Sept. 23 - Nov. 18
No Class: Oct. 21

Saturday
Sept. 23 - Nov. 18
No Class: Oct. 21

MORNING

Time	Level	Activity #
8:15 A.M.	PS	430111-13
	L1	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
	L1	430101-16
	L2	430102-17
	L2.5	430112-17
	L2.5	430112-18
	L3	430103-10
	L4	430104-05
	PR	430114-48
	PR	430114-49

9:45 A.M.	SF 1	430110-05
	PS	430111-15
	L1	430101-17
	L2	430102-18
	L2.5	430112-19
	L3	430103-11
	L6	430106-02
	YB	430113-04
	PR	430114-50
	PR	430114-51

10:30 A.M.	SF 2	430110-06
	MR	430117-08
	PS	430111-16
	L1	430101-18
	L2	430102-19
	L2.5	430112-20
	L3	430103-12
	L4	430104-06
	PR	430114-52

11:15 A.M.	PS	430111-17
	L1	430101-19
	L2	430102-20
	L2.5	430112-21
	L2.5	430112-22
	L3	430103-13
	L5	430105-05
	PR	430114-53
	PR	430114-54

AFTERNOON

Time	Level	Activity #
12:00 P.M.	L3	430103-14
	IS	430109-02
	PR	430114-55

12:45 P.M.	L5	430105-06
	PR	430114-56

1:30 P.M.	L4	430104-07
	IL	450305-01
	PR	430114-57

2:15 P.M.	L5	430105-07
	L6	430106-03
	PR	430114-58

Sunday
Sept. 24 - Nov. 19
No Class: Oct. 22

MORNING

Time	Level	Activity #
9:00 A.M.	SF 1	430110-07
	SF 2	

	L1	430101-20
	L2	430102-21
	L2.5	430112-23
	PR	430114-59

9:45 A.M.	MR	430117-09
	PS	430111-18
	L1	430101-21
	L3	430103-15
	PR	430114-60

10:30 A.M.	SF 1	430110-08
	SF 2	
	PS	430111-19
	L1	430101-22
	L4	430104-08
	PR	430114-61

11:15 A.M.	MR	430117-10
	L2	430102-22
	L2.5	430112-24
	YB	430113-05
	PR	430114-62

TWO DAY CLASSES

2 times per week for 3 weeks

Monday/Wednesday
Dec. 4 - Dec. 20

Tuesday/Thursday
Dec. 5 - Dec. 21

6 Lessons Only - discounted fee

6 Lessons Only - discounted fee

EVENING

Time	Level	Activity #
5:00 P.M.	PR	430114-63
	PR	430114-64
	PR	430114-65

5:40 P.M.	PR	430114-66
	PR	430114-67
	PR	430114-68

6:20 P.M.	PR	430114-69
	PR	430114-70
	PR	430114-71

EVENING

Time	Level	Activity #
4:30 P.M.	PR	430114-72
	PR	430114-73
	PR	430114-74
	PR	430114-75

5:15 P.M.	L1	430101-23
	L2	430102-23
	PR	430114-76
	PR	430114-77

6:00 P.M.	MR	430117-11
	PS	430111-20
	L3	430103-16
	PR	430114-78

6:45 P.M.	PS	430111-21
	L1	430101-24
	L2.5	430112-25
	PR	430114-79

7:30 P.M.	L2	430102-24
	L2.5	430112-26
	PR	430114-80
	PR	430114-81

A NOTE ABOUT COMMUNITY CENTER LESSONS

- Swimming lessons will not be canceled if Mounds View School District cancels their after school activities due to weather.
- 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 is temperature is kept between 83 and 84 degrees.

RED CROSS COMMUNITY CPR/AED

Ages 16+

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

Deadline to Register: Tuesday, October 3

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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

RED CROSS STANDARD FIRST AID

Ages 16+

Thursday, October 12.....6:00 P.M. – 8:30 P.M.
\$58; \$53 Shoreview Resident..... **Activity # 450302-01**

Deadline to Register: Tuesday, October 3

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

RED CROSS COMMUNITY CPR/AED & FIRST AID

Ages 16+

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

Tuesday, October 10.....6:00 P.M. – 10:00 P.M.
and Thursday, October 12.....6:30 P.M. – 8:30 P.M.
\$102; \$93 Shoreview Residents..... **Activity # 450303-01**

Deadline to Register: Tuesday, October 3

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.

SNORKELING

Ages 8 to 13

\$25; \$23 Shoreview Resident..... 11:00 A.M. – 12:00 P.M.

Friday, October 20..... **Activity # 430306-01**

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



BABYSITTING 101

Grades 5 to 7 \$65; \$59 Shoreview Resident

Saturdays, 8:00 A.M. – 12:00 P.M.

August 5 **Activity # 350101-05**

August 19..... **Activity # 350101-06**

September 16..... **Activity # 450101-01**

October 14..... **Activity # 450101-02**

November 18..... **Activity # 450101-03**

December 16..... **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.



BOY SCOUT MERIT BADGES

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

Swimming Merit Badge **Activity # 430301-01**
\$60; \$54 Shoreview Resident

Thursday, November 16 5:00 P.M. – 8:00 P.M.

Deadline to Register: Thursday, November 9

Location: Chippewa Middle School Pool

Lifesaving Merit Badge **Activity # 430301-02**
\$66; \$60 Shoreview Resident

Thursday, November 16 5:00 P.M. – 8:30 P.M.

Deadline to Register: Thursday, November 9

Location: Chippewa Middle School Pool



**Join The Team at
Shoreview
Community Center**
Apply online at shoreviewcommunitycenter.com

**Saturday, November 11
10:00 A.M. - 1:00 P.M.**



AQUATIC LEADERSHIP PROGRAMS

These Aquatic Teen Leadership Programs have been designed for teens who would like to expand their knowledge and skills on water safety, communication, and leadership. Students of the Jr. Lifeguard and Swim Instructor Aid program will be learning life skills that they will be able to carry on and help others in the future by preventing injury through teaching, providing first aid, or lifeguarding skills.

Daily sessions will consist of physical training, lecture/demonstration, team building activities, and leadership training. Once completing the course, participants will have the opportunity to continue to gain knowledge and experience volunteering either with our swim lessons program as a Swim Instructor Aid or as a Jr. Lifeguard in our Tropics Indoor Waterpark.

SWIM INSTRUCTOR AID TRAINING 1.0

Ages 14-16 \$33; \$30 Shoreview Resident

Activity # 430319-01

Saturdays, Sept. 30 – Nov. 18 10:00 A.M. – 11:30 A.M.
No class Oct. 21

Do you want to get ready for a fun and exciting career as a swim instructor aid? This class will focus on teaching participants key principles of teaching and mastering basic skill progressions with a focus on: kicking, parent & toddler communication, water adjustment, class organization, holds & supports, water safety.

JR. LIFEGUARD 1.0

Ages 14-16 \$33; \$30 Shoreview Resident

Activity # 450306-01

Sundays, Oct. 1 – Nov. 12 12:30 P.M. – 2:30 P.M.
No class Oct. 22

Location: Shoreview Community Center Pool & Room 206

Do you want to get ready for an exciting career as a lifeguard? This course provides a foundation of lifeguarding and life skills that will allow for a smooth transition to any lifeguard certification program. This course focuses on the following key areas: recognition of people in possible trouble, conscious & unconscious rescues, rule enforcement & public relations, first aid certification, and fitness.

Course prerequisites:

- 50 yard swim of front crawl or breaststroke
- Retrieve a 10 lb brick bring it to a wall from a depth of 4 ft
- Swim under water 10 ft

NEW! SMALL GROUP TRAINING

\$40; \$35 Shoreview Resident/per session
 Mondays & Wednesdays at 5:30 A.M.
 Tuesdays & Thursdays at 7:30 P.M.

Are you in a workout rut? Do you skip workouts because you're bored, or you simply don't want to exercise? Mix up your workout routine and have fun by working out with a personal trainer in a small group setting. Small group training adds motivation and camaraderie while holding you accountable to yourself and your group.

Our personal trainers will design an exercise program tailored to meet your specific needs while modifying exercises for each individual. This type of training allows you to personal train at a reduced price. Register for small group training with a group of 3-5 of your friends, or register by yourself and get placed with a group of 3-5 people. Personal trainers will arrange small group training sessions based on your group's available times. Registration forms are available at the Parks and Recreation front desk.

Mondays at 5:30 A.M. **Activity # 510317-01**
 Wednesday at 5:30 A.M. **Activity # 510317-02**
 Tuesdays at 7:30 P.M. **Activity # 510317-03**
 Thursdays at 7:30 P.M. **Activity # 510317-04**

UPCOMING WORKSHOPS

FOAM ROLLING WORKSHOP

September 9, 10:30am, #410556-01
 \$15; \$10 Shoreview Resident

Learn the basic principles of foam rolling, including myofascial release techniques and stretches to lessen pain and improve your flexibility to help you take your workouts to the next level.

POWER STRENGTH WORKSHOP

October 7th, 10:30am, #410556-02
 \$15; \$10 Shoreview Resident

Learn how to build a foundation of lifting weights for muscle gain and overall strength building.

FAMILY YOGA WORKSHOP

November 5th, 3:30pm, #410556-03
 \$15; \$10 Shoreview Resident

Learn calming and stress relieving techniques to practice as a family. Ages 4-11 and adult family members.

PERSONAL TRAINING:

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 Training comes in packages of 1, 3, 6 and 12 sessions. All sessions expire one year from the date of purchase.

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

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.

Sessions	Regular	Resident
Fitness Assessment.....	\$34	\$29
Single Session.....	\$72	\$67
Three Sessions.....	\$201	\$185
Six Sessions.....	\$379	\$352
Twelve Sessions.....	\$718	\$663
Twenty-four Sessions.....	\$1360	\$1236

Buddy Personal Training:

Buddy Sessions	Regular	Resident
Assessment.....	\$34.50	\$29
Single Session.....	\$54	\$50
Three Sessions.....	\$153	\$140
Six Sessions.....	\$285.50	\$264
Twelve Sessions.....	\$539	\$498

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.

GROUP FITNESS CLASSES

Call for information: 651.490.4750

FALL SESSION September 5 – December 17 (15 weeks)
(No class Nov. 23, 14 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 36-37. Discount now available online!

FITNESS PUNCH CARDS

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

Cycling, Zumba®, Kettlebell, TRX®
\$45; \$42 Shoreview Resident

Yoga, Pilates, and Yogalates
\$52.50; \$48 Shoreview Resident

General Fitness Classes
\$36.50; \$34 Shoreview Resident

Available for purchase at the Upper Parks and Recreation Desk during office hours: M-F, 8 A.M. – 4:30 P.M. Over the phone payment accepted at 651.490.4750.

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
\$11.80; \$10.60 Shoreview Resident

Indoor Group Cycling, Zumba®, TRX®, Kettlebell
\$10.20; \$9.40 Shoreview Resident

General Fitness Classes Drop-in Rate
\$8.30; \$7.80 Shoreview Resident

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, and Aqua Yoga. Candlelight Yoga is performed in the relaxing atmosphere of candlelight.

TRX® Yoga **NEW CLASS!**

This class incorporates suspension training through the use of TRX® to compliment, enhance and support your yoga practice. Enhance your flexibility and balance by utilizing TRX® to help deepen your poses and to build strength around the body's core. This class is appropriate for all levels.

Head 2 Toe Stretch (35 minutes) **NEW CLASS!**

This 35-minute classes focuses on stretching the major muscle groups, increasing flexibility and improving your athletic performance. This class is appropriate for everyone, and will benefit people of all fitness levels.

AQUA YOGA

Wednesdays, 8:15-9am, \$5 each!

Sept. 20	Activity #410550-01
Oct. 4	Activity #410550-02
Oct. 25 ...	Activity #410550-03
Nov. 1 ...	Activity #410550-04
Nov. 15 ...	Activity #410550-05
Nov. 29 ...	Activity #410550-06
Dec. 6 ...	Activity #410550-07

STRENGTH/CARDIO OPTIONS

Beginner TRX® NEW CLASS!

Learn the fundamentals behind the setup of the TRX®, as well as the core principles of TRX® exercises, while getting a great workout.

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 and Strength Conditioning

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

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.

Classic Cycle, Strength and Stretch

This low impact class incorporates cycling, strength exercises and a stretching component to provide a total body workout.

Classic Strength

This class focuses on strength exercises and routines while protecting your joints by keeping the moves low impact.

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.

Functional Training

Train your body to move more efficiently, build strength and train to prevent injuries with this class focused on improving movement and strength.

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/TRX®

This class combines the strength benefits of a traditional Kettlebell workout and the cardiovascular benefits of a High Intensity Interval Workout (H.I.I.T.) and Total Resistance Training (TRX®) resulting in an intense total body workout in 30 minutes.

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.

Minute Burn

Feel the ultimate burn as you rotate through three rounds of 1-minute exercises each for your upper body, lower body, and core, followed by a 1-minute cardio burst. Class concludes with an extended core portion and stretch.

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.

Power Strength

Power Strength class is a progressive weight lifting workout, focusing on your form and learning body mechanics while executing the lift. There is a set routine with challenging the reps and weights, but this is not a choreographed lift class set to aerobics music. Looking to increase muscle strength and learn about proper lifting technique? This is the class for you!

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.

Strength Conditioning

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

Tabata (30 min.)

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.

TRX® Suspension Training (30 minutes)

Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. Class size is limited, register to guarantee a spot.

Warrior Sculpt

Combine Pilates, Strength and cardio into one class. Take Yoga to a new level by adding light and heavy weights to traditional poses, and get your heart rate up by adding cardio drills and squats.

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 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.

SeniorFIT Yoga and Stretch

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

WATER OPTIONS

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

Aqua Fit

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

Cardio Aqua Dance

Achieve long-term benefits while experiencing an absolute blast in our pools with exciting calorie burning and body energizing movements! The water provides natural resistance, making every step more challenging to help tone muscles.

Shoreview Community Center
AQUA FITNESS



REGISTRATION NOW OPEN! JOIN US FOR:

<div style="border: 2px solid #0070C0; border-radius: 50%; padding: 10px; width: 80px; margin: 0 auto;"> <p>CARDIO AQUA DANCE</p> </div> <p>Wednesday 9:15AM</p>	<div style="border: 2px solid #0070C0; border-radius: 50%; padding: 10px; width: 80px; margin: 0 auto;"> <p>AQUA FIT</p> </div> <p>Monday, Tuesday, Thursday, Friday 9:15AM Tuesday & Thursday 6:15PM</p>	<div style="border: 2px solid #0070C0; border-radius: 50%; padding: 10px; width: 80px; margin: 0 auto;"> <p>SENIOR AQUA FIT</p> </div> <p>Tuesday & Friday 8:15AM</p>
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NO SWIMMING EXPERIENCE NEEDED, NON-MEMBERS WELCOME!
For more information, please visit shoreviewcommunitycenter.com

Shoreview Community Center

MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated.

FALL FITNESS CLASSES 2017: September 5 – December 17 (15 Weeks). No class Sept. 4 and Nov. 23 (14 weeks).

Aqua Fit & SeniorFIT - Aqua Exercise will begin the week of September 18, due to our annual pool shutdown.

		Reg/Sv. Res	Activity #
MONDAY No Class 9/4 – 14 weeks			
5:35 A.M.	Total Body Workout (60 minutes)	\$89/\$81	410502-01
7:30 A.M.	Mind Body Yoga	\$134/\$120	410506-09
8:30 A.M.	Classic Strength Conditioning	\$89/\$81	410561-02
8:30 A.M.	SeniorFIT - Strength Training*	\$89/\$81	410161-01
9:15 A.M.	Aqua Fit (starts 9/18)	\$57/\$53	410522-01
9:30 A.M.	Total Body Workout	\$89/\$81	410502-06
9:30 A.M.	TRX (30 Minutes)	\$113/\$104	410557-08
10:15 A.M.	Minute Burn	\$89/\$81	410558-01
11:40 A.M.	Mind/Body Yoga	\$134/\$120	410506-01
TUESDAY			
5:35 A.M.	Core Fusion	\$95/\$87	410530-01
6:30 A.M.	TRX (30 minutes)	\$122/\$111	410557-07
8:15 A.M.	SeniorFIT - Aqua Exercise* (starts 9/19)	\$57/\$53	410162-01
8:30 A.M.	Mind/Body Yoga	\$143/\$129	410506-02
8:30 A.M.	Power Pump	\$95/\$87	410523-02
9:15 A.M.	Aqua Fit (starts 9/19)	\$57/\$53	410522-02
9:30 A.M.	Step Cardio	\$95/\$87	410516-01
9:30 A.M.	SeniorFIT - Yoga & Stretch*	\$95/\$87	410163-01
10:30 A.M.	Cardio Dance	\$95/\$87	410545-02
11:40 A.M.	Strength Conditioning	\$95/\$87	410539-03
12:45 P.M.	SeniorFIT - Strength Training*	\$95/\$87	410161-03
WEDNESDAY			
5:35 A.M.	Total Body Workout (60 minutes)	\$95/\$87	410502-02
8:30 A.M.	Cardio & Strength Conditioning	\$95/\$87	410540-01
9:15 A.M.	Cardio Aqua Dance (starts 9/20)	\$57/\$53	410553-01
9:30 A.M.	Indoor Cycle	\$122/\$111	410566-01
9:30 A.M.	Total Body Workout	\$95/\$87	410502-07
9:30 A.M.	SeniorFIT - Strength Training*	\$95/\$87	410161-02
10:30 A.M.	SeniorFIT - Yoga & Stretch*	\$95/\$87	410163-02
11:00 A.M.	TRX (30 minutes)	\$122/\$111	410557-01
11:40 A.M.	Mind/Body Yoga	\$143/\$129	410506-04
THURSDAY No Class on 11/23 – 14 weeks			
5:35 A.M.	Power Pump	\$89/\$81	410530-02
7:30 A.M.	Yoga TRX	\$113/\$104	410561-01
8:30 A.M.	Mind/Body Yoga	\$134/\$120	410506-07
8:30 A.M.	Power Pump	\$89/\$81	410523-06
9:15 A.M.	Aqua Fit (starts 9/21)	\$51/\$47	410522-03
9:30 A.M.	Step Cardio	\$89/\$81	410516-04
10:40 A.M.	Yogalates	\$134/\$120	410525-04
11:00 A.M.	Functional Training	\$89/\$81	410503-02
11:40 A.M.	Strength Conditioning	\$89/\$81	410539-04
12:45 P.M.	SeniorFIT - Strength Training*	\$89/\$81	410161-04
FRIDAY			
5:35 A.M.	Total Body Workout (60 minutes)	\$95/\$87	410502-03
8:15 A.M.	SeniorFIT - Aqua Exercise* (starts 9/22)	\$57/\$53	410162-02
8:30 A.M.	Classic Strength Conditioning	\$95/\$87	410561-01
8:30 A.M.	SeniorFIT - Advanced Circuit*	\$95/\$87	410165-01
9:15 A.M.	Aqua Fit (starts 9/22)	\$57/\$53	410522-04
9:30 A.M.	Total Body Workout	\$95/\$87	410502-08
9:30 A.M.	Cardio Strength	\$95/\$87	410504-02
10:30 A.M.	SeniorFIT - Yoga & Stretch*	\$95/\$87	410163-03
SATURDAY			
8:30 A.M.	Zumba®	\$122/\$111	410544-06
8:30 A.M.	Indoor Cycle	\$122/\$111	410512-09
8:30 A.M.	TRX/Kettlebell/HIIT	\$122/\$111	410510-01
9:30 A.M.	Warrior Sculpt	\$95/\$87	410505-03
10:30 A.M.	Head 2 Toe Stretch NEW CLASS!	\$95/\$87	410556-01

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

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

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

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

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

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. – 7 P.M.

Rate \$1 per hour per child.

See page 19 for additional information and holiday hours.

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

P.M. classes on next page

EVENING CLASSES All classes are 50 minutes unless otherwise indicated.

FALL FITNESS CLASSES 2017: September 5 – December 17 (15 Weeks). No class Sept. 4 and Nov. 23 (14 weeks).

Aqua Fit & SeniorFIT - Aqua Exercise will begin the week of September 18, due to our annual pool shutdown.

MONDAY	<i>No Class 9/4 – 14 weeks</i>	Reg/Sv. Res.	Activity #
5:20 P.M.	Power Strength	\$89/\$81	410559-01
5:20 P.M.	Yogalates	\$134/\$120	410525-01
6:25 P.M.	Total Body Workout	\$89/\$81	410502-10
6:25 P.M.	Warrior Sculpt	\$89/\$81	410505-02
6:30 P.M.	Zumba®	\$113/\$104	410544-10
7:30 P.M.	Power Pump	\$89/\$81	410523-04
TUESDAY			
4:30 P.M.	Tabata (30 minutes)	\$98/\$87	410513-02
5:20 P.M.	Mind/Body Yoga	\$143/\$129	410506-03
5:20 P.M.	Power Pump	\$98/\$87	410523-03
6:15 P.M.	Aqua Fit (starts 9/19)	\$57/\$53	410522-05
6:25 P.M.	Cardio Kickboxing	\$98/\$87	410501-01
6:30 P.M.	Yogalates	\$143/\$129	410525-03
7:30 P.M.	Yoga Strength	\$143/\$129	410524-02
7:30 P.M.	Beginner TRX	\$113/\$104	410560-01
WEDNESDAY			
4:15 P.M.	Kettlebell Training	\$122/\$111	410528-03
5:15 P.M.	Step Cardio	\$98/\$87	410516-03
5:20 P.M.	Yogalates	\$143/\$129	410525-02
6:25 P.M.	Functional Training Boot Camp	\$98/\$87	410503-01
6:25 P.M.	Indoor Group Cycling	\$122/\$111	410512-05
7:30 P.M.	Cardio Kickboxing	\$98/\$87	410501-02
THURSDAY <i>No Class on 11/23 – 14 weeks</i>			
4:30 P.M.	TRX	\$113/\$104	410557-03
5:20 P.M.	Power Strength	\$89/\$81	410559-02
6:15 P.M.	Aqua Fit (starts 9/21)	\$51/\$47	410522-06
6:25 P.M.	Zumba®	\$113/\$104	410544-03
6:25 P.M.	Pilates Fusion	\$134/\$120	410511-01
7:30 P.M.	Mind/Body Yoga	\$134/\$120	410506-05
FRIDAY			
4:30 P.M.	Zumba®	\$122/\$111	410544-04
SUNDAY			
5:30 P.M.	Candlelight Yoga	\$143/\$129	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 36 & 37.

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. Silver and Fit members receive a 30% discount off group fitness class registration fees (exclusions apply).
- 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.



BLACK FRIDAY PUNCH CARD SALE

**Punch cards purchased between November 24-26
will have 8 class passes instead of 5!**

Special registration forms will be available at Parks & Recreation.
Call 651.490.4750 for more information.



Fall Personal Training Special!

September 1-30, 2017, take 10% off all Personal Training Packages!
(All sessions expire 9/30/2018. 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

Fitness is Just the Beginning!



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



651.490.4790

rentals@shoreviewmn.gov

www.shoreviewcommunitycenter.com

TROPICAL PACKAGE

Starting at \$160 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 \$144 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!

TROPICAL VACATION DAY

at the Shoreview Community Center!

Reserve your 2018 pool & playground group and receive 2017 pricing! Groups of 10+ are \$8.33 (\$7.77 tax exempt) per person & chaperones are complimentary! Call 651.490.4790 today!



651.490.4790
rentals@shoreviewmn.gov
shoreviewcommunitycenter.com



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 TAE KWON DO

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

FALL SESSION A

September 12 – October 26 (7 weeks)

\$105; \$98 Shoreview Resident.....**Activity # 410230-01**

FALL SESSION B

October 31 – December 14 (6.5 weeks, no class Nov. 23)

\$97.50; \$91 Shoreview Resident.....**Activity # 410232-01**

ADVANCED CLASS

Tuesdays and Thursdays 6:30 P.M. – 7:30 P.M.

FALL SESSION A

September 12 – October 26 (7 weeks)

\$105; \$98 Shoreview Resident.....**Activity # 410231-01**

FALL SESSION B

October 31 – December 14 (6.5 weeks, no class Nov. 23)

\$97.50; \$91 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.

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. 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. Registration forms are available at the front desk and lower level service desk. The schedule is located on the desk in the fitness center, or call 651.490.4768 to find out more.



FAMILY DISCOUNT

\$15 off for second family member

\$25 off for third family member

(\$25 max discount per family)



TUMBLING

Saturdays.....Sept. 23- Nov. 18 (No class: Oct. 21)
\$92; \$82 Shoreview Resident

Children will discover the sport of tumbling within a positive, educational atmosphere. Participants will learn basic skills on floor, balance beam, bars, and vault. Along with athletics, participants will learn self-discipline and have fun. Due to space limitations, we are unable to provide an observation area; parents are invited to observe the final class.

Toddler and Parent.....Ages 2 and 3
Parent participation and support are required as part of this class.
Please only send one adult with child.

9:45 A.M. – 10:30 A.M.Activity # 480101-01
10:45 A.M. – 11:30 A.M.Activity # 480101-02

Tumbling Tykes.....Ages 3 and 4
11:45 A.M. – 12:30 P.M.Activity # 480102-02

Rolly Pollys.....Ages 4 and 5
12:45 P.M. – 1:30 P.M.Activity # 480103-01

Beginners Headstanders/Handstanders.....Ages 5 to 8
1:45 P.M. – 2:30 P.M.Activity # 480104-01

WISH UPON A BALLET



Ages 3 to 6
Tuesdays

Session I: Sept. 12 – Oct. 24 (7 weeks)

Theme: Sleeping Beauty\$78
9:30 A.M. – 10:15 A.M.Activity # 470202-01

Session II: Oct. 31 – Dec. 12 (7 weeks)

Theme: Cinderella\$78
9:30 A.M. – 10:15 A.M.Activity # 470203-01

Shoreview Community Center

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



REGISTER NOW!



2017-2018 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: September 11 – May 24, 2018

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, 2018.

Monday Funday AM.....9:00 A.M. – 10:30 A.M.
\$68/mo; \$62/mo SV Res.....**Activity # 540280-01**

Monday Funday PM 11:00 A.M. – 12:30 P.M.
\$68/mo; \$62/mo SV Res.....**Activity # 540280-02**

Friday Funday AM.....9:00 A.M. – 10:30 A.M.
\$61/mo; \$55/mo SV Res.....**Activity # 540281-01**

Friday Funday PM..... 11:00 A.M. – 12:30 P.M.
\$61/mo; \$55/mo SV Res.....**Activity # 540281-02**



3 TO 4 YEAR OLD CLASS

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, 2017.

Tiny Treasures

Wednesday & Friday.....9:00 A.M. – 11:30 A.M.
\$138/mo; \$125/mo SV Res.....**Activity # 540282-01**



3 TO 5 YEAR OLD CLASS

Our preschool class designed for 3 to 5 year olds will provide a combination of early learning activities in an environment that will prepare your child for the next step. The class will be divided into age groups and ability while focusing on skill work including letters, numbers, colors, shapes, printing, counting and beginning math problems. Students will learn social skills and gain confidence and understanding in how to relate to others through group play. Each week physical education time will be included with activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 3 years old by September 1, 2017.

ABC's & 123's

Tuesday & Thursday 1:00 P.M. – 3:30 P.M.
\$149/mo; \$136/mo SV Res..... **Activity # 540283-01**

Discount for enrolling in FIVE afternoons per week!

Are you looking to enroll your **4 to 5 year old** child in class 5 days per week? Receive a 15% discount if you enroll your child in both afternoon classes. Your child will enjoy a fun learning environment every afternoon by participating in Stepping Stones **and** ABC's & 123's.

Combined Discounted Monthly Tuition:

\$306/month; \$279/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, 2017.

Alpha Kids

Tuesday & Thursday 9:00 A.M. – 12:00 P.M.
\$163/mo; \$149/mo SV Res..... **Activity # 540284-01**

Stepping Stones

Monday, Wednesday & Friday 12:30 P.M. – 3:30 P.M.
\$211/mo; \$192/mo SV Res..... **Activity # 540285-01**



SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

Enhance your child's learning experience by enrolling in one or more specialty classes Your 3 to 5 year old child will enjoy a fun, unique, and energy-filled preschool class. Classes will include a focused learning area, along with early educational concepts, individual and group discovery, art projects, creative movement, and snack. Children must be 3 by September 1, 2017.

Busy Buddies

Monday 9:00 A.M. – 11:30 A.M.
\$109/mo; \$99/mo SV Res..... **Activity # 540286-01**

This action packed class includes swimming lessons taught by certified lifeguards in Tropics Indoor Waterpark. Eight week sessions of swimming lessons are included the last 30 minutes of class during the fall, winter, and spring.

Story Stretchers

Tuesday 9:00 A.M. – 11:30 A.M.
\$90/mo; \$82/mo SV Res..... **Activity # 540287-01**

Development of a child's literacy skills is crucial during a child's early years. This literature based class will heighten reading readiness, sharpen comprehension skills & help your child develop a love for reading.

Investigators

Wednesday 9:00 A.M. – 11:30 A.M.
\$87/mo; \$79/mo SV Res..... **Activity # 540288-01**

Kids are curious about exploring the earth and how things work together. This class will give your child a hands-on opportunity to discover the world of science and all of its wonders.

Math Monsters

Thursday 9:00 A.M. – 11:30 A.M.
\$84/mo; \$77/mo SV Res..... **Activity # 540289-01**

For all of 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 on one correspondence, geometry, and counting while having fun.

RECREATIONAL ICE SKATING INSTRUCTION

FALL 2017 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 28 – December 9 (7 weeks)

Snowplow Sam to Level 3 \$93; \$82 Shoreview Resident
Pre-snowplow.....\$147; \$134 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.



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. – 9:50 A.M.	Snowplow	470401-01
	Level 1	470402-01
	Level 3	470404-01
9:55 A.M. – 10:25 A.M.	Snowplow	470401-02
	Level 2	470403-01
	Level 1	470402-02
10:30 A.M. – 11:00 A.M.	Pre-Snowplow	470400-01
	Snowplow	470401-03
	Level 2	470403-02
11:00 A.M. – 11:35 A.M.	Pre-Snowplow	470400-02





TOUCH-A-TRUCK

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

Shoreview Community Center Lower Level Parking Lot

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

KIDS' GARAGE SALE

Kids grades K-5
Saturday, September 9 9:00 A.M. – 12:00 P.M.
\$20 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.

PIRATE TAKEOVER

Sunday, September 17 2:30 P.M.– 4:00 P.M.
\$14; \$12 Shoreview Resident..... **Activity # 460418-01**

Shoreview Community Center

Aarrrrgg! Come if ye dare to Pirate Takeover! We need shipmates to swab the deck, walk the plank & hunt fer pirate treasure. Kids will enjoy a variety of carnival games, crafts, refreshments, and a temporary tattoo! Kids are encouraged to dress in their best pirate outfit. Children must be accompanied by an adult. Admissions is good for 1 child and 1 adult. Register by Friday, September 15 and Save! Price at the door is \$15 per couple.



HALLOWEEN SPOOKTACULAR

Friday, October 27 6:30 P.M. – 8:00 P.M.
\$14; \$12 Shoreview Resident..... **Activity # 460414-01**

Shoreview Community Center

Deadline to Register: Thursday, October 26

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. Admission is good for 1 child and 1 adult. Register by Thursday, Oct. 26 and Save! Price at the door is \$15 per couple.



DIVE-IN MOVIE

Friday, November 17 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. Bring a non-perishable item to donate to the Ralph Reeder Food Shelf and receive one free glow stick! (limit one per person, while supplies last). Please note the hot tub will be closed during and after the movie. Movie titles will be posted at the Community Center or call 651-490-4750 for more information.

LETTER FROM SANTA

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

Deadline to register: Friday, December 15

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 9
\$7; \$6 Shoreview Resident

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

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

Deadline to Register: Monday, December 4

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 9..... 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 \$1 to \$15. The Parks and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.



HOLIDAY COOKIE DECORATING

Saturday, December 16.....\$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, December 13

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.**

BASKETBALL

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

Island Lake Elementary - Gym

Tuesdays, Sept. 26 – Oct. 31Activity # 490403-01

Turtle Lake Elementary - Gym

Mondays, Sept. 25 – Oct. 30Activity # 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 3 3:30 P.M. – 4:30 P.M.
\$45 per participant

Island Lake Elementary - Gym

Wednesdays, Sept. 27 – Nov. 1Activity # 490406-01

Turtle Lake Elementary - Gym

Thursdays, Sept. 28 – Nov. 9Activity # 490406-02
(No class Oct. 19)

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.

LACROSSE

Grades 3 to 5 3:30 P.M. – 4:30 P.M.
\$45 per participant

Island Lake Elementary - Gym

Thursdays, Sept. 28 – Nov. 9Activity # 490405-01
(No class Oct. 19)

Turtle Lake Elementary - Gym

Wednesdays, Sept. 27 – Nov. 1Activity # 490405-02

Get ready to have some fun in this exciting new class! This non-contact lacrosse class will teach the basics for players who are new to the sport. Participants will learn the different skills including: cradle, scoop, pass, catch and shoot. They will get to utilize these skills through drills and games. All equipment is provided.

WRESTLING

Island Lake Elementary - Gym

Grades 1-5
Mondays, Sept. 25 – Oct. 303:30 P.M. – 4:30 P.M.
\$45 per participant.....Activity # 490409-01

Turtle Lake Elementary - Gym

Grades 1-5
Tuesdays, Sept. 26 – Oct. 313:30 P.M. – 4:30 P.M.
\$45 per participant.....Activity # 490409-02

Mounds View High School – Wrestling Room

Kindergarten
Mon. & Wed., Oct. 23 – Nov. 16:00 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 4 at Mounds View High School. A flyer will be handed out during class with tournament details.



LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Wednesday & Friday, Dec. 27 & 29.... 10:00 A.M. – 12:00 P.M.
\$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 7 – November 18 (No class Oct. 21)

Shoreview Community Center Gym

Ages 6 to 8

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

Ages 3 to 5

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

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

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

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 2 – Mar. 10. 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 19 6:30 P.M. – 7:30 P.M.

Shoreview Community Center



Registration is open for these fall sports leagues! DEADLINE IS JULY 28

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 2017-18 school year
(Must be age 4 by September 1, 2017)

Practice: One practice per week beginning the week of August 21; day and time TBD by coach

Games: Saturday mornings, September 9 – October 14
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.
\$72; \$62 Shoreview Resident; \$20 late fee after July 28.

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 14 coaches meeting.

COACHES MEETING: Monday, August 14, 6:30 P.M.,
Shoreview Community Center

FLAG FOOTBALL LEAGUES

Grade levels based on 2017-18 school year

Practice: One practice per week beginning the week of August 21; day and time TBD by coach

Games: Saturdays, September 9 – October 14
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.
\$92; \$82 Shoreview Resident; \$20 late fee after July 28.

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

Youth will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, rushing and offensive and defensive strategies. Teams are led by volunteer coaches. Players receive an NFL team jersey. Parents will be informed of team assignment and first practice details shortly after the August 15 coaches meeting.

COACHES MEETING: Tuesday, August 15, 6:30 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

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

Beginners Ages 7 to 11

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

Advanced Beginners Ages 9 to 11

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

Intermediate Ages 11 to 14

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

GROUP LESSONS

September 9 – October 7. If necessary, make-up lessons will be held October 14.

Class Level	Day	Time	Location		Activity #
Pee Wees	Sat	10:00 A.M. – 10:45 A.M.	Wilson	\$65; \$55	490606-01
Beginners	Sat	11:00 A.M. – 11:55 A.M.	Wilson	\$65; \$55	490607-01
Advanced Beginners	Sat	12:00 P.M. – 12:55 P.M.	Wilson	\$65; \$55	490608-01
Intermediate	Sat	1:00 P.M. – 1:55 P.M.	Wilson	\$65; \$55	490609-01

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

Five lessons..... **Activity # 490602-01**
\$190; \$180 Shoreview Resident

Semi Private Lessons (60 minutes)

Five lessons..... **Activity # 490603-01**
\$110; \$100 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.



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 21 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 7	10 Games – Doubleheaders	\$370	\$395.....	420801-01
Men's E	Tuesday	August 8	10 Games – Doubleheaders	\$345	\$370.....	420801-02
Men's D	Wednesday	August 9	10 Games – Doubleheaders	\$345	\$370.....	420801-03
CoRec D	Thursday	August 10	10 Games – Doubleheaders	\$370	\$395.....	420801-04



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. 30, Sept. 27, Oct. 25, Nov. 29, Dec. 27
 (\$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 35 for SeniorFIT classes.

500 TOURNAMENT

Wednesday, September 20 1:00 P.M. – 4:00 P.M.
 \$10 per player **Activity # 400501-01**

Shoreview Community Center

Deadline to register: Monday, September 18

Join our Shoreview 500 club for their 14th 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.**



SILVER & FIT® MEMBERSHIPS

Check with your health insurance provider to see if you qualify for a Silver&Fit® membership! These memberships include free admission* to the Community Center (*admin fee may apply); membership does not include SeniorFIT group fitness classes. Join us for an information social the first Tuesday of each month, 9 A.M. –10 A.M., in the Fireside Lounge.

AARP DRIVER SAFETY PROGRAM

An auto insurance discount can be obtained by those ages 55 and over who complete an introductory 8 hour Smart Driver course. A 4 hour refresher course is needed every three years thereafter. AARP members are eligible for a discounted rate, however, your membership number must be provided at the time of registration. Payment must be made at the time of registration. Please bring your current driver's license with you to the class. Seminars are taught by AARP trained volunteers. Registration deadline is 3 days prior to the class. This rate includes a 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

4 Hour Refresher Day Courses

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

- Thursday, September 21 **Activity # 450201-01**
- Thursday, October 9 **Activity # 450201-02**
- Thursday, November 15 **Activity # 450201-03**
- Thursday, December 12 **Activity # 150201-01**

4 Hour Refresher Evening Courses

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

- Monday, September 11 **Activity # 450202-01**
- Wednesday, October 25 **Activity # 450202-02**
- Thursday, November 2 **Activity #450202-03**
- Wednesday, December 20 **Activity #150202-01**

8 Hour Evening Courses

AARP Member Rate: \$26; Non-Member Rate: \$31
 9:00 A.M. – 1:00 P.M. **Activity # 450203-01**

- Tuesday, September 26 and Thursday, September 28
- 5:30 P.M. – 9:30 P.M. **Activity # 450203-02**
- Monday, November 27 and Wednesday, November 29

DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday.....8:30 A.M. – 11:00 A.M.
 October 2 – April 27..... \$3 or free to members
 Closed Oct. 19 & 20, Nov. 23 & 24, Dec. 25, Jan. 15, Feb. 19
 Shoreview Community Center Gymnasium (4 courts)
 4580 Victoria St. N.

Gym reserved exclusively for pickleball during these dates and times.

Wednesdays..... 6:00 P.M. – 9:00 P.M.
 Oct. 4 – April 25 \$3 per person
 Closed Nov. 22
 Island Lake School Gym (6 courts)
 3555 Victoria St. N.

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.

DROP-IN PICKLEBALL PUNCH CARD \$30
 Available for purchase at the Parks & Recreation Office
 Monday– Friday..... 8:00 A.M. – 4:30 P.M.
 651.490.4750
 Punch card is good for both Drop-In locations.

APPLE CRISP & BINGO

Thursday, September 14..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400302-01**
 Location: Shoreview Community Center

Join us for an afternoon 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! (Price includes treats, prizes & Bingo)

BINGO & BOSTON CREAM PIE

Monday, October 23 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400215-01**
 Location: Shoreview Community Center

Come celebrate National Boston Cream Pie day! We will celebrate with some Boston Cream Pie and bingo! We will have lots of prizes to giveaway and a lucky winner will walk away with a gift card ! (Price includes treats, prizes & Bingo)

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 \$20 per shirt at the Parks and Recreation Office. Membership is good for 2017 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 (6 courts striped on tennis courts)

***Monday, Wednesday & Friday8:30 A.M. – 11:00 A.M.
 ***For beginner and social players

PUMPKIN PIE & BINGO

Thursday, November 16..... 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400505-01**
 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 Food! (Price includes treats, prizes & Bingo)

BINGO & UGLY CHRISTMAS SWEATERS

Friday, December 15 1:30 P.M. – 3:00 P.M.
 \$7; \$6 Shoreview Resident **Activity # 400223-01**
 Location: Shoreview Community Center

Come celebrate National Ugly Christmas Sweater Day! Wear your favorite Ugly Sweater! We will have a special treat while you enjoy Bingo! We will have lots of prizes to giveaway and a lucky winner will walk away with a gift card! (Price includes treats, prizes & Bingo)



IPAD WORKSHOP

Tuesday, September 5 – 19 10:30 A.M. – 12:00 P.M.
 \$99 per person.....**Activity # 400226-01**

Deadline to register: Tuesday, August 29

Location: Shoreview Community Center

If you are new to iPad and the Apple world of technology with little to no experience, then this Hands-On practice workshop is perfect for you! Basic overview of the iPad and usage along with many of its setting, accessories, icons, apps, commands and controls will be the highlight of the class. You will become extremely comfortable using your iPad once you complete this great workshop where you'll soon be browsing the web, comfortable with security, privacy, passcodes, email and maybe even time for some fun apps such as photos/ videos activities. Class taught by "Raythecomputerguy".

SMARTPHONE WORKSHOP

Tuesday, October 3 – 17 10:30 A.M. – 12:00 P.M.
 \$99 per person.....**Activity # 400224-01**

Deadline to register: Tuesday, September 26

Location: Shoreview Community Center

This Hands-On workshop is for people with little to no experience who are challenged with working with their Smartphone's (iPhone or Android). The class will cover most common cellphone options including texting, calls, voice messages and security management. Many of the cell phone settings, Wi-Fi, security, fonts, maps, photos/ videos, accessories, icons & apps management, commands and controls will be among the highlighted points. You will become extremely comfortable using your cell phone once you complete this workshop where you'll soon be handle with confidence your calls, messages, and texts, browse the web, email, and launch many fun apps like GPS, mail, music, news, weather and Google search. You will learn how to connect or remove Wi-Fi networks, print and access cloud technology. If time permits, we learn about secure access to bank, credit card and health accounts. Class taught by "Raythecomputerguy".



EMAIL ACCOUNT & MANAGEMENT WORKSHOP

Tuesday, November 7 – 21 10:30 A.M. – 12:00 P.M.
 \$99 per person.....**Activity # 400225-01**

Deadline to register: Tuesday, October 31

Location: Shoreview Community Center

This Hands-On Email Workshop is for people with little to no experience who are challenged with working with their Email Account management (Gmail, Yahoo, etc.). The class will cover most common online email account options including New Account & Contact List Creation, writing new Email, Reply, Forward, and Download Emails attached media/ files. Also, Security management, Internet connection, Email Dictation using smart devices, fonts, and control settings will be among the highlighted points. You will become extremely comfortable using your Email Account Management System once you complete this workshop where you'll soon be handling with confidence your Emails exchanges and learn how to identify and avoid suspicious hackers. You will learn how to connect to Wi-Fi networks, print and access cloud technology. We learn about secure online banking, credit card and health accounts communications. Class taught by "Raythecomputerguy".

COMPUTER USER GROUP

First Tuesday of each month 8:30 A.M. – 10:00 A.M.
FREE

Location: Shoreview Community Center

Ask "Ray TheComputer Guy" anything regarding your Information Technology needs. He will be available every First Tuesday of each month from 8:30 A.M. – 10:00 A.M. at the Shoreview Community Center to answer any technology related questions or concerns you may have. He can provide you with alternative solution options if your questions remain. This is a FREE service to you as a part of Shoreview Community Center services. This will not be offered if the Tuesday falls on a Holiday.



SENIOR SEMINAR: BENEFITS OF FUNERAL & CREMATION PRE-PLANNING

Wednesday, September 13 10:00 A.M. – 11:00 A.M.
FREE **Activity #: 400229-01**

Location: Shoreview Community Center

Are you a Veteran? Find out what burial benefits you and your family are entitled to for your service to our country. Learn how to protect your funeral expenses from the county or nursing home. Learn how you can guarantee the cost of your Funeral or Cremation plan for life. Jason Mattura an independent Funeral Pre-planning Consultant will be presenting and answering questions on the above mentioned topics. Individuals of all ages are welcome to attend this free program, however, pre-registration is required.

KNITTING – BEGINNING

Wednesdays, Sept. 13 - Oct. 18 6:00 P.M. – 8:00 P.M.
\$40; \$35 Shoreview Resident **Activity # 400227-01**

Deadline to register: Wednesday, September 6

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. 14 - Oct. 19 6:00 P.M. – 8:00 P.M.
\$40; \$35 Shoreview Resident **Activity # 400228-01**

Deadline to register: Wednesday, September 6

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.

SENIOR SEMINAR: ARTHRITIS TALK

Monday, September 18 10:30 A.M. – 11:30 A.M.
FREE **Activity #: 400301-01**

Location: Shoreview Community Center

Please join, Dr Oberto-Medina a Rheumatologist with Multicare Associate's and Rachel Egan with Nova Care Rehab for an interactive presentation on living with arthritis in your hands. Come learn about the disease process of arthritis, ways to cope with pain and deformity, and learn techniques to protect your joints. Demo orthoses, strength checks, and adaptive equipment will be available to participants as well. Rheumatology is a science that intertwines many other specialties including neurology, orthopedic, endocrinology, dermatology and many more. So please join us and decide if you need our help. An educated patient makes better treatment options

GRANDPARENT/ GRANDCHILD FALL TEA

Thursday, October 19 1:30 P.M. – 3:00 P.M.
\$25; \$20 Shoreview Resident **Activity #: 400304-01**
\$10.00 for each additional person

Deadline to register: Thursday, October 12

Location: Shoreview Community Center

It's MEA break for the kiddos! Spend the afternoon with your grandchildren at an old fashion tea party. A variety of refreshments, teas and lemonade will be served as you sit back and enjoy some good conversations with your grandchildren! Space is limited.



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. Saturdays 8am-12:30 pm. \$9.50-10.50/hour.

Fitness Instructors: All formats including cardio-kick, cycling, kettle bells, ballet fitness, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification required. Morning, afternoon, evening and weekend hours available. \$24-35/class.

Gym Supervisors: Supervise adult drop-in Pickleball. Interest in Pickleball and an ability to work with people desired. Wednesday evening from 6:00 - 9:00 pm. Oct-April. \$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. Ensure the safety of pool guests by preventing and responding to emergencies. No experience required. Training is provided for Ellis Certification. 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: We emphasize 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, sport specific conditioning, and general fitness. National training certification required. \$19-23/hour.

Preschool Instructor: Plan and teach a creative recreation preschool program. Help children explore the areas of art, music, dramatic play, physical fitness and literature as they develop their cognitive skills, including language and problem solving abilities. Degree in Elementary Ed. with preschool curriculum experience preferred. Approximately 25-30 hrs/week. Sept-May. \$16-19/hr.

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

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.

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. Saturdays, 1-4 games/day. Sept-Oct. \$15-25/game.



Apply at: 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.ihaleague.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/Irondale 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 915 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

SHOREVIEW COMMUNITY CENTER



Invite any licensed caterer of your choice | Two elegant banquet spaces to choose from
AV Equipment included | Seating up to 300 guests | Receptions, ceremonies, & dinners
Enjoy the beautiful Fireside Lounge adjacent to the Shoreview Room



4580 Victoria Street North, Shoreview, MN 55126 | 651.490.4790
Shoreviewcommunitycenter.com | Rentals@shoreviewmn.gov



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 Silver & Fit® member? Yes No

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 (2017-2018 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: _____

If you are registering in person, do not write your credit card information on this form

If paying by credit card please circle type

PAYMENT TYPE

Cash Check # _____ Credit Card

Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

CVW Code _____ Zip 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.



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 Silver & Fit® member? Yes No

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 (2017-2018 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: _____

If you are registering in person, do not write your credit card information on this form

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 _____ Zip 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 8 at 8 A.M.

Annual Community Center Member Registration

Begins Thursday, August 10 at 8 A.M.

General Registration

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

Begins Friday, August 11 at 8 A.M.

Phone Registration

Begins Monday, August 14 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.
6. Over the phone after May 15

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, MasterCard, AMEX, and Discover 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 for certain programs.
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 6 - September 12 | 3-7 p.m.
September 19 - October 24 | 3-6 p.m.
(No Market July 4)

SPECIAL EVENT DAYS

July 11	Crafts & Cream
August 8	Family Day
September 12	Apple Fest
October 24	Harvest Festival



FREE!

Live Entertainment

Music by: Gabriel Komjathy

Interactive Acoustic Guitar | Children's Music
7/11, 7/25, 8/8, 8/22, 8/29, 9/5, 9/19, 10/3, 10/10
Perfect Music Entertainment - DJ
7/18 and 8/15



Master Gardeners

Second and Fourth Tuesdays



Indoor Farmers' Market

Select Tuesday Afternoons | 3-6pm

November 7 & 21, December 5 & 19

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

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slice of  **2017**
SHOREVIEW DAYS

**Celebrate Shoreview's
 Birthday**

and have a "slice" on us!

JULY 21-23

ISLAND LAKE COUNTY PARK

Shoreview Birthday Party - Saturday 1-3



New!

- Knockerball
- Raptor Center Program
- Little Big Tops
- MOA Sweet Summer Truck
- Robotics Extravaganza
- Pet Rescue Booths
- Root Beer and Hymn Sing
- NEW Carnival
- Meet the Princess (Whimsey Factory)
- NEW Sunday Breakfast

Returning!

- Art and Commercial Booths
- Bingo
- Bungy Trampoline and Kids Klimb
- Car Show
- Chalk Art in the Streets
- Church Service • Face Painting
- Fireworks • Food Booths
- LJFD Open House • Parade
- Petting Zoo and Pony Rides
- Slip n Slide • Tour de Trails

Entertainment!

- Jim Tones
- Bad Girlfriends
- Rockin' Hollywoods
- High and Mighty
- Church of Cash
- Holy Rocka Rollaz

Fireworks • Friday & Saturday • 10 pm

www.sliceofshoreview.com