

SHOREVIEWS

Shoreview City Newsletter and Recreation Catalog



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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**
- Sandy Martin, Mayor**
444 Lake Wabasso Court
Office: 651.490.4618
sandymartin444@gmail.com
- Emy Johnson, Council Member**
4700 Lorinda Drive
Home: 651.490.9779
emyjohnson26.2@gmail.com
- Terry Quigley, Council Member**
1212 Silverthorn Court
Home: 651.484.5418
tquigley@q.com
- Ady Wickstrom, Council Member**
1252 Silverthorn Drive
Home: 651.780.5245
ady@adywickstrom.com
- Ben Withhart, Council Member**
275 Demar Avenue
Home: 651.481.1040
Cell: 952.292.4866
benwithhart@yahoo.com
- Terry Schwerm, City Manager**
Office: 651.490.4611
tschwerm@shoreviewmn.gov

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

Coming Soon: Trader Joe's



The City helped attract a new Trader Joe's to serve the community as part of a phased retail development on Red Fox Road near Lexington Avenue and Interstate 694. The popular national specialty market was announced and approved in late 2012, with construction of the store expected to begin soon with completion by early fall of this year.



City of Shoreview Receives EDAM Award

Mayor Sandy Martin announced that the City of Shoreview has been honored with the Business Retention Project of the Year Award by the Economic Development Association of Minnesota (EDAM). The City is being recognized for the adoption of a comprehensive Business Retention and Expansion (BRE) Program that focuses efforts on retaining and growing key existing businesses, including personal visits by members of the City Council, Economic Development Commission, and City staff. The BRE program has contributed to recent business expansion projects by two leading companies in Shoreview, PaR Systems and TSI Incorporated. These projects will provide new jobs and added tax base to the community. The City was officially presented the award at the EDAM annual winter conference at a ceremony on Jan. 24.



From left to right:
Ady Wickstrom, Councilmember;
Ben Withhart, EDA President and Councilmember; Blake Huffman, Former EDA President and Councilmember - current Ramsey County Commissioner; Gene Marsh - EDA and EDC member; Emy Johnson - EDA member and Councilmember; Sue Denking - EDC member; Jonathan Weinhagen - EDC member

2013 State Of The City

Mayor Sandy Martin

As we begin 2013, I am looking at the future of our great City with a renewed sense of hope and excitement. For the past five years, the nation and our state have been slowly recovering from a sluggish economy that was characterized by slow economic growth, unemployment, declining home values, increasing health care costs, and an aging and more diverse population.

However, during the past several months, we have started to see evidence of a more sustained recovery, at least at the City level. In Shoreview, home values are increasing again, and we have seen a significant amount of economic development that has started in the past year. These are all positive indications that our economy is slowly improving.

Before I review some of the highlights of the past year and talk about some of the exciting projects that are planned for 2013, I would like to congratulate and welcome our newest Councilmember Emy Johnson. Emy has officially taken office tonight and brings with her enthusiasm and a love of Shoreview. She has excellent credentials that include corporate experience with her work at Target, government experience with her service on the City's Economic Development Authority, and non-profit foundation experience with her volunteer work with the Shoreview Community Foundation. She is joining Councilmembers Ady Wickstrom who was re-elected to a 5th four-year term and continuing Councilmembers Terry Quigley and Ben Withhart. These Councilmembers all give a tremendous amount of time, energy and talent to make Shoreview one of the premier suburban communities in the Twin Cities metro area.

In Shoreview, home values are increasing again, and we have seen a significant amount of economic development that has started in the past year. These are all positive indications that our economy is slowly improving.

— Mayor Sandy Martin

Economic Development

During 2012, there was a significant amount of economic development activity in Shoreview. In September, a new retail center on Red Fox Road opened. This new retail center includes Chipotle, Leeann Chin and Five Guys restaurants, greatly expanding the number of dining choices

in the City. I am also very excited to announce that a Trader Joe's market will be constructed as part of this new retail development located near the Super Target on Lexington Avenue. The City Council and staff have worked diligently for the past several months in an effort to attract Trader Joe's to this site.



In early December, the new Shoreview Senior Living apartment complex located along Hodgson Road just two blocks north of Highway 96 opened. This new 105-unit complex includes independent living, assisted living, and memory care apartments, expanding the types of senior housing available in the City.

The City also continues to work with Tycon Companies on the redevelopment of the Midland Plaza retail center located at the intersection of Victoria Street and Owasso Street. The new development is expected to provide more than 104 upscale market rate apartments, further expanding the housing options. As part of this redevelopment, Owasso Street will be realigned to create an improved, pedestrian friendly County Road E/Victoria Street intersection.

During 2012, the City welcomed Cummins Power Generation who opened their headquarters building in the former Medtronic building located at the northeast corner of Victoria Street and I-694. Two other major Shoreview employers are currently expanding their presence in the City. TSI, Inc., a company specializing in the manufacture of precision air quality measurement instruments, is adding a 58,000 square foot addition to their building and is planning to add up to 180 new employees in the next several years. Similarly, PaR Systems, a high tech robotics company, is currently constructing a 43,000 square foot building which will allow them to accommodate production of large specialty equipment for assisting with nuclear cleanup projects such as Fukushima.

The City Council and its Economic Development Authority have worked closely with these companies to help insure that they could accomplish their expansion goals while maintaining and expanding job opportunities in our City.

2013 State Of The City, *cont.*

Community Center, Parks and Trails



The Shoreview Community Center continues to be as exciting and vibrant gathering place for our community now as it was when it opened in 1990. During the past few years, we have continued to add new features such as the Tropical Adventure Indoor Playground and a new light and sound system for our Shark Attack waterslide to attract new families to the Center. We have also

continued to update our fitness center equipment and expand our fitness offerings to better serve all residents of the City. The Community Center has a number of different membership options and is very affordable. The Twin Cities Consumer Checkbook recently named the Community Center as a best value in ratings submitted by members of the facility. If your New Year's resolution includes improving health and wellness, I encourage you to take a look at our Community Center and all it has to offer. During 2013, we intend to begin looking at another potential expansion to the Center to further expand our fitness space and explore other improvements to the facility.

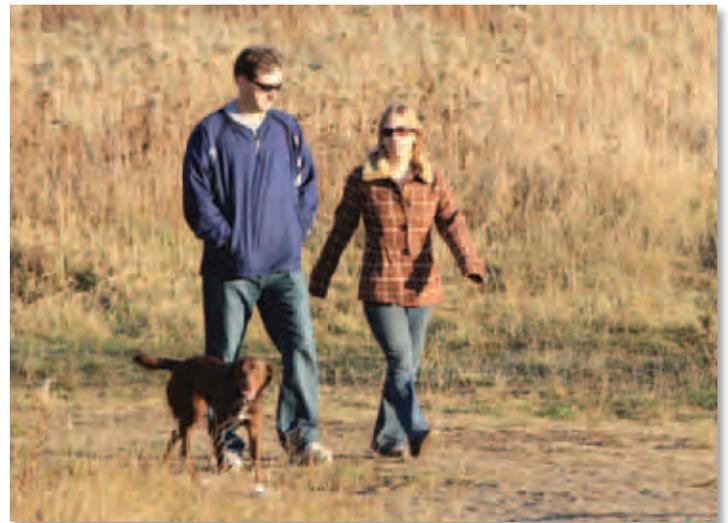
The Community Center also is the location of many special events and activities including the weekly Farmers' Market that typically runs Tuesdays from mid-June to mid-October; and our Concert in the Commons Summer Music Series held on Wednesday evenings.



The City is also planning a major park renovation at Bucher Park located in northeast Shoreview in 2013. During the past year, our Parks and Recreation Commission worked closely with a park planning firm and residents of the Bucher Park area to develop an updated Master Plan for the park. The project will be bid this winter and we anticipate an early spring construction start. Major improvements will include a new entry plaza and new playground area, new picnic shelter, as well as an expansion of the trail system in the park.

Our 50 miles of trails and sidewalks continue to be the most used recreation resource in the City. Almost 50% of Shoreview residents indicate that they use the trails on a weekly basis.

Within the next five years, one of my goals is to further expand the trail system along some street corridors in central and southern Shoreview.



Environmental Initiatives

The City is continuing its strong focus on environmental issues. While the City has historically had an emphasis on water quality due to our eleven lakes and numerous wetland areas in the community, in 2013 the City will be actively involved in the Minnesota Green Step Cities Program and the Urban Land Institute's Regional Indicators Program. These programs will review numerous environmental factors in the City including energy and water use. Ultimately, participation in these programs will lead to the City exploring methods to lessen our environmental impact and become more sustainable.

We are also continuing our efforts to combat the emerald ash borer and protect our urban forest. Working with the State Department of Agriculture staff, our staff has

identified several more infested ash trees in the Shamrock Park neighborhood in northwest Shoreview. In 2013, the City again plans to offer affordable preventative trunk injections that help protect ash trees. We are also encouraging residents to consider investing in a diversity of trees for their yard. Our 2013 tree sale that is currently underway is an excellent way to obtain trees at wholesale prices.

The Environmental Quality Committee is again offering its Environmental Speaker Series beginning on Wednesday, January 16. Each month from January-April, the EQC will have a different guest speaker talking about a variety of environmental topics.

Financial Condition

The City continues to be in excellent financial condition as evidenced by our AAA bond rating from Standards & Poors. This is the highest rating available and was achieved as a result of our long-term financial planning efforts, sound financial policies and practices, low debt levels, strong income levels of Shoreview residents, and continued expansion of our commercial/industrial tax base.



The City Council is also very proud that we have maintained our rating as one of the most cost effective cities in the metropolitan area. During our biennial budget, the City's tax levy went up a total of about 2.9% or less than 1.5% per year. Among similar sized cities, the City's share of property taxes on a median home value of about \$236,000 during 2012 was \$731, which is 24% below the average of \$966. This is in the bottom 20th of 29 cities that are similar to Shoreview. Our per capital spending, based on data from the State Auditor, also ranks in the bottom 20% of comparable cities, nearly 34% below the average.

Conclusion

During my nearly 40 years of involvement with the City, I am more convinced than I ever have been that government, at the local level, has the most significant impact on the quality of life in the City. I take great pride in the fact that 84% of our residents believe the City is headed in the right direction according to our most recent community survey. The City Council and I remain committed to insuring that our government process is open and accessible, and that our residents are well informed. We accomplish this by televising all of the regular meetings of the City Council and Planning

Commission, and through other communication vehicles like our improved and expanded ShoreViews newsletter, and our online Access Shoreview that is available on our website after each City Council meeting. During 2013, we anticipate launching an updated website that should not only improve the overall appearance of the site, but also make site navigation much easier.

On behalf of the Council, I would like to thank our many committee and commission volunteers who provide sound recommendations and advice to the City Council, our community organizations such as the Shoreview Community Foundation, Historical Society, Gallery 96 and Northern Lights Variety Band who help build civic pride, and our City staff who are committed to providing high quality public services to our residents.

It is an honor and privilege to serve as Mayor of our great City, and I look forward to working with you during 2013. Thanks for listening, and Happy New Year.



During a visit to Turtle Lake Elementary School, Mayor Sandy Martin was asked to speak to approximately 180 students about the different levels of government, focusing on local government and her responsibilities as Mayor.

"The students were very attentive and had excellent questions about taxes, the libraries, and various other issues — and especially the Emerald Ash Borer and city efforts to deal with it," said Mayor Martin, who had been invited by Ms. Elyse Leiser, 4th grade teacher.

Channel 16 City Meeting Broadcast Schedule

Channel 16 provides access to government information through public meetings, including Shoreview City Council and Planning Commission meetings, as well as community events.

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. & 7 p.m.

Tuesday, Thursday and Sunday at 12:30 a.m., 8 a.m. & 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.

Shoreview Salary Data

Minnesota state law requires that a city with a population of more than 15,000 residents must annually notify its residents of the positions and base salaries of its three highest-paid employees. For the City of Shoreview, as of January 2013, positions and salaries include:

- City Manager \$139,173
- Finance Director \$126,443
- Assistant City Manager/Community Development Director \$122,450

2013 Official City Newspaper

The Shoreview City Council has designated the Shoreview-Arden Hills Bulletin as the official legal newspaper for the year 2013 for legal and public hearing notices.

Annual Street Sweeping to Begin in Early April

The Public Works Department will begin its annual street sweeping program in early April. It is important to remove the salt residue and other debris from City streets as quickly as possible in the spring to minimize the amount of debris that runs off into the storm sewer system and, ultimately, into Shoreview's lakes.

The first round of sweeping is expected to collect 95 percent of the debris. Some of the streets may still have snow on them, so crews will return to do a more thorough sweeping once all of the streets have been swept one time. As time permits, a second - and sometimes third - sweeping is performed.

Exact dates are heavily dependent on weather, so please be sure to check our website at www.shoreviewmn.gov for updates. Crews will work between the hours of 5 a.m. and 8 p.m.



2013 Spring Cleanup Day

Spring cleaning – made easy!

Saturday, May 18 – 8 a.m. to 3 p.m.
Highway 96 and Hamline Avenue

For more details, watch for upcoming articles here, and visit the City's website at www.shoreviewmn.gov



Spring Hydrant Flushing on April 1

City Utility Maintenance Crews will carry out our biannual hydrant flushing program beginning April 1 to clean sediment from water mains and ensure proper operation of hydrants and valves.

During the flushing process in your neighborhood, you may notice a color change in your tap water. The discoloration is normal and will last only a short time. The discolored water is safe for drinking, but you may choose to reschedule laundry or other work that may be affected by discoloration.



If you have any questions, call 651.490.4660. For information on exact dates of flushing, and when your zone is complete, visit the City's website.



Councilmember Ady Wickstrom named to Metro Cities Board of Directors

City of Shoreview Councilmember Ady Wickstrom was recently named to the Metro Cities Board of Directors. She previously served on their Transportation Committee and was Metropolitan Governance Committee Chair. Metro Cities' primary objective is to be an effective voice for metropolitan cities at the Legislature and Metropolitan Council, so as to influence state legislation affecting metro area cities, and regional policies that accommodate the needs of metro area cities.

Hoarding: It's More Than Just Clutter



In late December, Lake Johanna Fire Department responded to a fatal house fire in Shoreview. The Department's response efforts were complicated by the "hoarding" situation found inside the home. The Fire Department, as well as City and County staff, have become more aware of these hoarding situations in the community. The staff work with property owners or occupants to develop long-term solutions that attempt to resolve the health and safety concerns associated with this condition.

What is hoarding? For years, social service professionals struggled to differentiate between mere clutter or poor housekeeping and what is a potentially unhealthy amount of material in a living space. Professionals also wanted to avoid passing moral judgments on a person's choices. Today, most experts agree that the condition of "compulsive hoarding" is defined by three main features:

- The **accumulation** and failure to discard a large number of objects that seem to be useless or of limited value;
- **Extensive clutter** in living spaces that prevents the effective use of the spaces;
- **Impairment** of basic living activities.

In some situations, "stuff" people accumulate become as important as their family and friends, and in some extreme cases, sadly more important. They may never share with those closest to them what their home looks like on the inside. Some are isolated from society. Often, family and friends have not been inside the home for many, many years. This can be a carefully-protected secret that can cause immense stress. Often, drapes and shades are closed on the house and cars will also be full of "stuff." Sometimes, folks that hoard rent storage units and fill them up with more of their things.

Hoarding can interfere with basic life activities and cause health and safety concerns that may even result in death. For example, rotting food can lead to rodent or insect infestations. Backed-up sewers can lead to feces and urine spread throughout the home. Excessive accumulation of highly-combustible items such as clothes, newspapers, books and magazines may block hallways and doorways. These conditions can create risks related to the spread of disease or fire. These health and safety risks increase when hoarding happens in a multi-family residential unit such as an apartment or townhome.

A hoarding situation also presents a multitude of issues for emergency responders and firefighters. The risk of fire greatly increases due to excessive combustibles, which can significantly add to the fuel load of the home. A fire can spread very quickly due to this fuel load. Thirty years ago, the flashover point in most North American homes occurred after 28 to 29 minutes. Now, due to increased use of plastics and synthetics in clothing, furniture, and other household items — including those gathered as part of a hoarding trove — the flashover point may occur in as little as three minutes.

In homes where hoarding behavior occurs, it is common to find inoperable smoke detectors, which are vital for early detection of a fire. Combustibles stored too close to the furnace and hot water heater is a very common but preventable problem. Blocked ingress/egress windows and limited mobility from excessive accumulation makes it difficult for residents to exit — and more difficult for responders to enter a burning building, complicating their efforts to locate and rescue victims inside.

In response to this issue, a multi-faceted approach involving the City, County, Lake Johanna Fire Department, and other necessary resources has been developed to provide short- and long-term solutions for the occupant so they can continue to reside in their home and improve their living condition. These solutions typically include:

- Finding an alternate housing arrangement for the occupant during remediation
- Working with the occupant on the clean-up of the home
- Creating a long-term maintenance plan to ensure that the home remains in compliance with the applicable County, City and Fire Code standards
- Providing the occupant with social services, as needed
- Connecting the occupant with healthcare providers who specialize in the treatment of this lifestyle

If you or someone you know is in this situation, or if you suspect a hoarding situation in your neighborhood, there are resources available to help.

Please do not hesitate to call or e-mail the following:

City of Shoreview – Kathleen Nordine
(651) 490-4682 or knordine@shoreviewmn.gov

Ramsey County – Kay Wittgenstein
(651) 266-1285 or kay.wittgenstein@co.ramsey.mn.us



Metro Paint-A-Thon

Each year, on the first weekend in August, Metro Paint-A-Thon rallies volunteer teams from corporations, congregations, and civic groups to paint the homes of seniors and people with disabilities. The program helps homeowners remain living independently in their own homes and improves neighborhoods throughout the Twin Cities seven-county metropolitan area. Since 1984, Metro Paint-A-Thon volunteers have painted more than 6,000 homes.

Paint-A-Thon welcomes referrals and accepts applications from all eligible homeowners. To be considered, completed applications must be received by **April 12, 2013**. Selected homeowners are notified by mail in early **July** of each year.

To qualify, the applicant must meet the following criteria:

- Be over the age of 60 or have a permanent physical disability.
- Own and occupy a single-family home in Anoka, Carver, Dakota, Hennepin, Ramsey, Scott or Washington County that needs the exterior painted, but does not need major repairs.

The monthly household income cannot exceed 200% of federal poverty level as defined in the chart below:

Household Size	1	2	3	4	5
Monthly Income	\$1,800	\$2,500	\$3,100	\$3,700	\$4,300

Please note: Metro Paint-A-Thon does not paint home interiors, duplexes, rental properties or homes the owner no longer occupies, nor do we prepare homes to go up for sale.

For more information, including a copy of the application, visit paintathon.gmcc.org online.

You can also find further information on the City website www.shoreviewmn.gov or call Community Development at 651.490.4680.

Help yourself, help your wallet and help your earth at the same time.

Purchase a rain barrel and/or compost bin at the City of Roseville's one-day sale.

Compost bins will be \$55 and rain barrels \$69.

Preorder Only

You must pre-order on the Recycling Association of Minnesota website: www.recyclingminnesota.org.
Registration begins March 1.



Pick Up Only
Saturday, April 20, 2013
9:00 a.m. - 1:00 p.m.

Roseville City Hall
2660 Civic Center Drive
Roseville, MN 55113

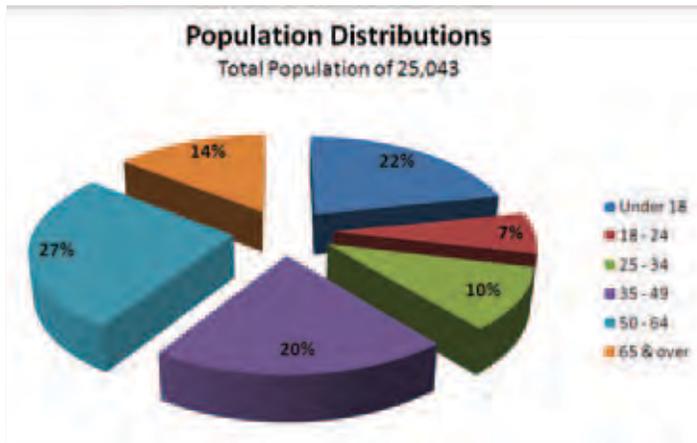
The Changing Face of Shoreview

The City continually reviews its demographics to respond to our residents' changing needs. A recent review of demographic data from the United States Census Bureau in 2010 and 2011 revealed some key changes taking place in our community.

Population and Age

Shoreview's population is relatively stable but has declined slightly from a peak in the mid-2000s. According to the 2010 Census, Shoreview was estimated to be the home for 25,043 people, a decline from 25,377. This decline in population can be attributed to an aging population, smaller household sizes and limited opportunities for new development or redevelopment.

Our population is aging, with 41% of the population over the age of 50, and those 65 years and older accounting for 14.4% of the population. The continued aging of our residents, coupled with more than 80% of households choosing to remain in their homes, creates an imbalance with the majority of residents aging in place.



Housing and Income

Homeownership within the community remains high; in 2011, it was estimated to be at 84.4%. Demographic studies have found that half of these homeowners are over the age 55 and is reflective of difficulties younger households have in finding available and affordable housing. Nine percent (9%) of our owner-occupied households are under the age of 35. The median home value for owner-occupied housing between 2007 and 2011 was \$258,200 – quite a bit higher than that of the state, \$210,400.

The high ownership occupancy rate is partially due to the fact that single-family detached homes account for 60.2% of our housing stock, while 27% is townhomes and condominiums. Rental apartment communities

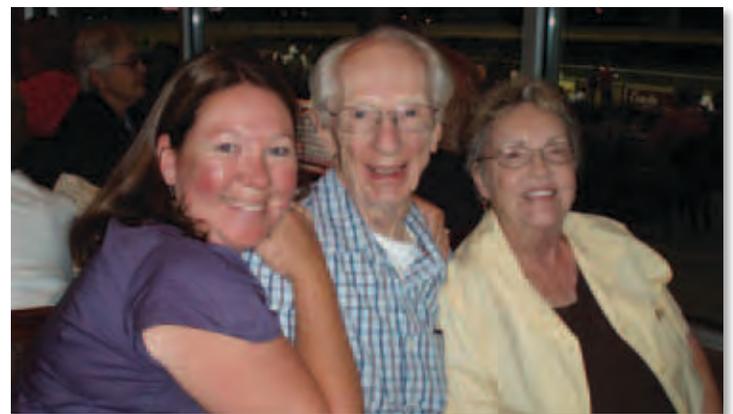
provide 11% of the housing units available in the community. Rental housing serves a key group of younger and older households and is important in providing housing choice, contributing to a balanced housing stock.

The median household income for the community during that same time period was \$82,908 –again, quite a bit higher than the state household income of \$58,476. Households in poverty account for 3.4% of the population, much less than Minnesota's population poverty level of 11%.

Ethnicity

Suburban communities are seeing shifts in their ethnic makeup. While the majority of Shoreview's population (87.4%) remains Caucasian, there has been an increase in some minority populations. The African-American and Hispanic resident populations each grew from approximately 1% in 2000 to 2.2% of the total city population in 2010. Another ethnic group which has grown is the Asian population, which accounted for 3.7% in 2000 and increased to 7.2% of the population in 2010. In addition, 9.2% of residents speak a language other than English in the home.

This demographic data is useful as the City continues to strategically plan for the future. For example, housing and population data is being used to develop strategies that increase housing opportunities for young households and encourage home maintenance and neighborhood preservation. More demographic information can be found at www.census.gov.



The Shoreliners Senior Club, sponsored by Shoreview Parks and Recreation, provides a variety of social activities each month for men and women over 50. Its goal is to help seniors socialize, make new friends, and provide opportunities for personal growth. Beverly and Gene Stilwell, Shoreview residents, celebrated Gene's birthday with dinner at a Shoreliners event (pictured above), accompanied by Lesley Young, recreation programmer. To learn more about the Shoreliners and other senior programs, call Lesley at 651.490.4734.

Annual Tree Sale Returns to Shoreview

To diversify Shoreview's tree species, and to reforest as a result of the Emerald Ash Borer found in the community, the City is bringing back an annual tree sale. Residents can purchase up to four trees per household at wholesale prices. Tree orders are due by March 31st and the trees will be delivered by City crews in mid-May. The nursery will not guarantee trees at wholesale prices, so please be prepared to plant and care for the trees properly.



River Birch Clump



Prairifire Crabapple



Princeton Elm



Hackberry



Swamp White Oak



White Pine



Black Hills Spruce

River Birch Clump

A native, pyramidal to oval shape clump tree with cinnamon-brown exfoliating bark. Prefers moist soils. Resistant to bronze birch borer.

Prairifire Crabapple

An upright spreading tree becoming more rounded with age. Disease-resistant purple foliage maturing to red-green. Red buds open to single, purple-red flowers that do not fade. Persistent fruit.

Princeton Elm

A true American elm with a classic vase-shape, excellent disease resistance.

Hackberry

Fast-growing native tree with unique gray, corky bark. Tolerant of harsh urban conditions.

Swamp White Oak

A fast-growing oak with flaky-gray-brown bark. Can tolerate drought and heavy, poorly drained soil. Resistant to oak wilt.

White Pine

Fast-growing, soft-needled native evergreen with long blue-green foliage. Needs moist, well-drained soil. Intolerant of salts and air pollution.

Black Hills Spruce

Slow-growing native of the Black Hills with a compact, dense habit and bright to dark green needles.

2013 Tree Order Form

Name: _____

Address: _____

Telephone: _____ Cell phone: _____

Email address: _____

(if you wish to be notified the week the tree(s) will be delivered.)

SPECIES	CONTAINER SIZE	COST	QTY	SUBTOTAL
River Birch (clump)	#10	\$85		
Prairifire Crabapple	#10	\$85		
Princeton Elm	#10	\$85		
Hackberry	#10	\$85		
Swamp White Oak	#10	\$99		
White Pine	#15	\$92		
Black Hills Spruce	#20	\$120		
TOTAL (Tax & delivery is included)				\$

Quantities should be available to fill the City's order — however, due to low nursery inventories, substitutions may be necessary.

Please make checks payable to the City of Shoreview and mail completed form and check by **March 31st** to:

City of Shoreview Public Works
 Tree Sale
 4600 Victoria Street North
 Shoreview, MN 55126

Late orders will not be accepted.

2013 Shoreview Historical Society (SHS) Heritage Family of the Year: Lawrence and Michaline Trojanowski

In the late 1800's, Lawrence and Michaline (Czaplinska) Trojanowski emigrated, along with their four children Michael, Frances, Andrew, and John from Krakow, Poland. Two more children, Hattie and Bernice, were born in this country. After her husband's death, Michaline settled in Mounds View township near Hamline and Lexington Avenues.

When the sons and daughters married, each one received 50 acres from their mother to establish a homestead. Daughter Frances married John Dombrowski - their homestead was near the water tower on N. Lexington. The land east of Hamline was owned by Andrew and his wife Frances Moga Trojanowski.

Son John and his wife Julia Malaski Trojanowski built a home at 5711 N. Lexington - now home of the Lexington Estate townhomes. Michael and daughter Hattie and her husband Joseph Fabyanski each received property located north of John's.

Almost 100 years ago, this small community of Mounds View Township between Hamline and Lexington Avenues, from County Road I to J, boasted seven homes. These families were of Polish and Swedish Heritage: Trojanowski, Dombrowski, Fabyanski, Noren, Carlson and Larson. Many descendants of the families remain in the area.

A historical program and reception will be held at 2 p.m. on Sunday, April 21 at the Shoreview Community Center. The public is invited.

Leave Your Bug Spray Behind for this Trip "Up North"

The Shoreview-Einhausen Sister City Association (SESCA) is celebrating its 10th anniversary with a trip to Germany this summer from August 8-26. Sponsored by SESCO and organized by CETA Tours, the trip invites you to Experience Germany's Majestic 'Up North' - and that's just what we'll do! You'll experience its rich culture, fascinating history, and have a chance to enjoy the hospitality of our sister city, Einhausen. This guided tour's highlights include motor coach travel from Berlin with stops and stays in Stralsund, Hamburg, Bremen, Cologne, Einhausen and more. For more information about SESCO and details about the trip's unique activities, visit www.sesca.org.



Farm of John and Julia Trojanowski, which is now the location of the Lexington Estates Townhomes. Their four children - Alice, Lawrence, Irene and Roy - were born while living on this farm. The cars belonged to the children who came weekly to help their parents.



Farm of John and Frances Dombrowski, located on the north side of Lexington Avenue near Hamline Avenue. The house still stands today.

Shoreview Community Foundation Invites 2013 Grant Requests

The Shoreview Community Foundation provides funds to nonprofit organizations that help serve our community. If you are part of an organization that needs to raise funds, then the Foundation may be able to help. The Foundation's grant focus areas are:

- Recreational places (*parks, trails, open space, wetlands, woodlands*)
- Community enhancements and leadership development
- Human services
- Arts and cultural activities
- Historical preservation

Letters of inquiry proposing 2013 grant projects should be submitted to the Shoreview Community Foundation by March 31. Initial inquiries must only contain a brief description of the project, the geographic area served and the amount requested. If the project is a strong candidate for funding, a full grant application will be sought.

More details and grant guidelines can be found at www.shoreviewcommunityfoundation.org. Follow the Shoreview Community Foundation on Facebook for more information.

The Shoreview NORTHERN LIGHTS VARIETY BAND

Spring Concert Set for Saturday, April 20

Bring the entire family to the band's Spring Concert on Saturday, April 20, 2013 at 7 p.m. Tickets are available at the Shoreview Community Center, online or from any band member and are \$10 in advance or \$12 at the door.

Visit www.snlyb.com for more information about the band, a membership application, and a list of summer concerts.



slice of 2013 SHOREVIEW DAYS July 26-28



Great Entertainment!

Rockin' Hollywoods • Rock It Science • High & Mighty
Dock Dogs Are Back!!

Volunteers are needed to help plan the 2013 event. The committee meets the first Tuesday of the month at 6 p.m. at the Green Mill. Please contact Jacci at 651-483-2416 to find out how YOU can help!



Slice is on Social Media
www.sliceofshoreview.com



Thinking About Home Improvements?

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

Our services are provided free!
651-486-7401



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

CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community for the community – programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at www.CTVNorthSuburbs.org. For more information, call 651-792-7515.

Shoreview Garden Club

The Shoreview Community Garden Club meets at the Shoreview Community Center on the first Wednesday of the month at 7 p.m. All gardeners, from beginners to experienced, are welcome. Speakers talk on a wide range of gardening topics, and summer tours are held to exchange information and ideas. A Spring Plant Sale is held with members contributing hardy plants from their gardens to raise money for speakers and activities during the year. For more information, call Sandi at 651-484-4341 or e-mail sandilauer@comcast.net.

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
(CCPL) Comm. Center Parking Lot

(SCC) Shoreview Community Center
(SCP) Shoreview Commons Park

MARCH 2013

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

APRIL 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 City Council Meeting 7 pm, CC	2	3	4 Bikeways and Trails Committee 7 pm, LC	5	6
Recycling Week April 1-5						
7	8 Economic Dev Auth 5 pm, CC Council Workshop 7 pm, CC	9	10	11	12	13
14	15 City Council Meeting 7 pm, CC	16 Economic Development Commission 7:30 am, UC	17 Winter Speaker Series: Water 7 pm, CC	18	19	20 SNLVB Concert 7 pm
Recycling Week April 15-19						
21	22 Environ. Quality Comm 7 pm, CC	23 Planning Commission 7 pm, CC	24 Human Rights Commission 7 pm, CC	25 Parks and Recreation Commission 7 pm, CC	26	27
28	29	30				
Recycling Week April 29-May 3						

MAY 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 Bikeways and Trails Committee 7 pm, LC	3	4
Recycling Week April 29-May 3						
5	6 City Council Meeting 7 pm, CC	7	8	9	10	11
12	13 Economic Dev Auth 5 pm, CC Council Wkp 7 pm, CC	14	15	16 Public Safety Meeting 7 pm, LC	17	18
Recycling Week May 13-17						
19	20 City Council Meeting 7 pm, CC	21 Economic Development Commission 7:30 am, UC	22 Human Rights Commission 7 pm, CC	23 Parks and Recreation Commission 7 pm, CC	24	25
26	27 City offices closed - Memorial Day	28 Planning Commission 7 pm, CC	29	30	31	
Recycling Week May 28-31 and June 1 (May 27 is a holiday)						

JUNE 2013

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

Federal Elected Officials

U.S. Senator Amy Klobuchar
320 Hart Senate Office Bldg.
Washington, DC 20510
651.727.5220
www.klobuchar.senate.gov/emailamy.cfm

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

U.S. Representative Betty McCollum
1714 Longworth House Office Bldg.
Washington, DC 20515
651.224.9191
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
mark.dayton@state.mn.us

State Rep. Bev Scalze-District 54B
357 State Office Building
St. Paul, MN 55155
Rep.bev.scalze@house.mn

State Rep. Barb Yarusso-District 42A
507 State Office Building, 100 Rev. Martin Luther King Jr. Blvd., St. Paul, MN 55155
651-296-0141
rep.barb.yarusso@house.mn

State Rep. Jason Isaacson-District 42B
545 State Office Building, 100 Rev. Martin Luther King Jr. Blvd., St. Paul, MN 55155
651-296-7153
rep.jason.isaacson@house.mn

County Elected Officials

Ramsey County Commissioner

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

Post Office – Retail Center

4390 McMenemy Street
Vadnais Heights, MN 55127
Phone: 651.481.1951

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 Highway 61
Maplewood, MN 55109
651.484.7211

Mon, Wed and Fri 8 A.M. – 6 P.M.
Tues and Thurs 8 A.M. – 8 P.M.

Police

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



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

Fire

**For emergencies,
call 911**
**Dispatch, Non-emergency
651.767.0640**



Lake Johanna Fire Department
Fire Chief, Tim Boehlke 651.481.7024
lffd@lffd.org

Ambulance & Paramedic

Ambulance and paramedic services are provided by Allina Medical Transportation.

For emergencies, call 911

Ramsey County Library – Shoreview

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

Hours:

Mon. 10:00 A.M. – 9:00 P.M.
Tues. & Wed. 1:00 P.M. – 9:00 P.M.
Thurs., Fri., & Sat. 10:00 A.M. – 5:00 P.M.
Sun. noon – 5:00 P.M.

Public Transportation

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

Metro Transit: Make your commute to downtown Minneapolis easier. Just hop on Route 261 from Shoreview Community Center to Minneapolis. Ride Route 261B each weekday evening. 612-373-3333

Metro Mobility: Metro Mobility is door-through-door public transportation system for people with disabilities in the Minneapolis-St. Paul area and many adjoining suburbs. 651-602-1111

Community Support & Resources

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

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

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

GENERAL INFORMATION AND HOURS



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



Call for More Information

Community Center Information
651-490-4700
 Recreational Programs (classes)
651-490-4750
 Rental Information
651-490-4790
 City Information
651-490-4600
www.ShoreviewCommunityCenter.com

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.

	Rate	Shoreview Resident
Daily Pass		
Adult (18 and over).....	\$ 9.45.....	\$ 7.90
Youth (1 to 17; under age 1 free with paying adult)	\$ 8.40.....	\$ 6.90
Family* (2 adults + children living in same household)	\$ 33.20.....	\$ 26.60
Seniors (65 and older)	\$ 8.40.....	\$ 6.90

*Family pass is limited to six individuals living in same household. Each additional person is \$4.29.

Indoor Playground Only (ages 1 to 12)..... \$ 5.00.....\$ 5.00

Coupon Books (Includes 10 daily passes)

Adult	\$ 84.70.....	\$ 71.00
Youth/Senior	\$ 75.60.....	\$ 61.70
Playground	\$ 46.00.....	\$ 46.00

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

Per visit.....	\$ 4.35.....	\$ 3.32
Punch card.....	\$ 35.00.....	\$ 27.35

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

All rates above include sales tax.



Hours

	Community Center	Waterpark** (through June 7, 2013)	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

Easter, March 31	6:00 A.M.-12:00 P.M.	Closed	8:00 A.M.-12:00 P.M.
May 27	5:00 A.M.-6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M.-6:00 P.M.
July 4	5:00 A.M.-6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M.-6:00 P.M.
Sept. 2	5:00 A.M.-6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M.-6:00 P.M.

*See page 18 for extended waterpark hours on school's out days. Starting June 8, the water park will be opening at noon daily.

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.
- Lap Swim at Chippewa Middle School Tuesdays, March 26 – May 14, 5:30 P.M. – 7 P.M. Free to members.

Kids Care

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

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

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

Drop-in Pickleball Rate: daily admission or free to members. See page 73 for schedule.

MEMBERSHIP FEES AND BENEFITS

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership¹		
Family	\$ 734.00.....	\$ 580.00
Dual.....	\$ 645.00.....	\$ 515.00
Adult	\$ 432.00.....	\$ 335.00
Youth/Senior	\$ 345.00.....	\$ 274.00
Annual Membership Billed Monthly¹ (With one year membership agreement)		
Family	\$ 66.70	\$ 54.70
Dual.....	\$ 58.00	\$ 49.30
Adult	\$ 40.50	\$ 32.80
Youth/Senior	\$ 35.00	\$ 27.40
Seasonal Membership (Three month)		
Family	\$ 285.00.....	\$ 230.00
Dual.....	\$ 263.00.....	\$ 208.00
Adult	\$ 186.00.....	\$ 142.00
Youth/Senior	\$ 142.00.....	\$ 115.00

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

*Sales tax is included in price.

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



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

Membership questions?

Contact Guest Services at **651-490-4739**.

Membership Fees Credits

The Shoreview Community Center participates with the following insurance companies, which offer monthly reimbursements up to \$20 toward qualifying annual memberships. Eligibility and workout requirements vary. Please visit our Guest Services Office for more information, or call 651-490-4739. **Direct Deposit Now Available!** Your insurance reimbursements can be directly deposited into your bank account. See our Guest Services office for forms.



Annual Membership Includes Unlimited Use Of:

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

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



NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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



TROPICS INDOOR WATERPARK

Waterpark Hours

Monday & Wednesday 4:00 – 8:00 P.M.
Tuesday & Thursday.... 6:00 – 9:00 P.M.
Friday 4:00 – 9:45 P.M.
Saturday..... 12:00 – 7:45 P.M.
Sunday..... 12:00 – 6:00 P.M.

Holiday & School's Out Hours

March 14.....Noon – 9:00 P.M.
March 15.....Noon – 9:45 P.M.
March 18-21Noon – 9:00 P.M.
March 22.....Noon – 9:45 P.M.
March 29.....Noon – 9:45 P.M.
Easter, March 31Closed
April 5.....Noon – 9:45 P.M.
May 24.....Noon – 9:45 P.M.
Mem. Day, May 27.....Noon – 5:45 P.M.
July 4Noon – 5:45 P.M.
Sept. 2.....Noon – 5:45 P.M.



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

Starting June 8, the water park will be open at noon daily.

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
March 8, 7 P.M.**

TROPICAL ADVENTURE INDOOR PLAYGROUND | KIDS CARE

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

Rate & Hours

\$5.00 per child, ages 1-12

FREE to members

Mon – Sat 8:00 A.M. – 8:00 P.M.

Sunday..... 8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651-490-4700 for specific information.

Easter, March 31 .. 8:00 A.M. – 12:00 P.M.

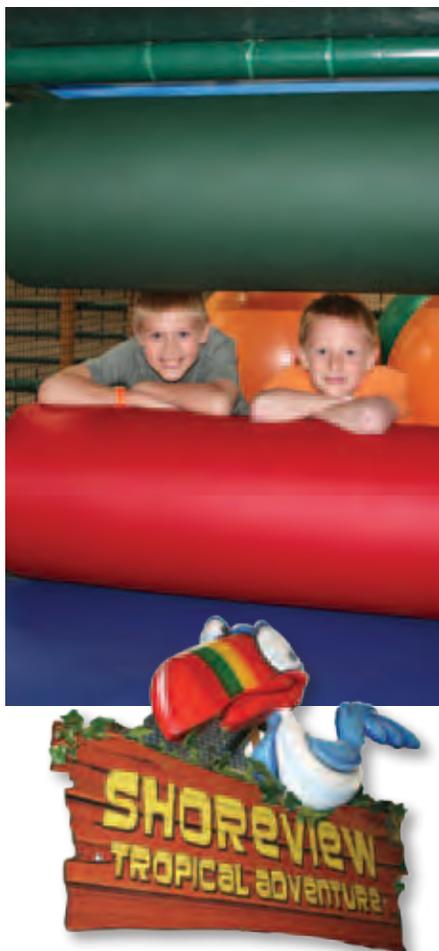
May 27 8:00 A.M. – 6:00 P.M.

July 4 8:00 A.M. – 6:00 P.M.

Sept. 2..... 8:00 A.M. – 6:00 P.M.

General Information

- Wristbands and socks are required
- The playground is an unsupervised area
- Parents and guardians are responsible for supervision of their children
- Children 6 and under must be accompanied by an adult
- Groups visiting the playground are posted at the entrance each week
- For information about reserving space for your group, **call 651-490-4790.**



Kids Care

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

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

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

**Friday
4:00 P.M. – 8:00 P.M.
Closed May 27, July 4, Sept. 2**

\$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. No reservations required. Children are taken on a first-come, first-served basis. Kids Care phone number: 651-490-4763.



SPEND YOUR BIRTHDAY IN THE TROPICS



It's a PIECE of CAKE!

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

Choose one of our birthday party packages and let us do the work! We are committed to making your child's birthday a fun and memorable event.

Call 651-490-4790 to reserve your party package today!



Coconut Cove – Private Party Room

TROPICAL PACKAGE - CAKE DEAL

Rate*: \$136; \$128 Shoreview Resident for up to 8 children.

Each additional child \$17; \$16 Shoreview Resident

- Full day use of Tropics Waterpark and Tropical Adventure Indoor Playground
- 90 minutes in Beachcomber Bay, our shared poolside birthday party room
- Personalized birthday cake and ice cream, pop or juice box, birthday plates, napkins, cups, and balloons
- T-shirt and card for birthday child
- Large locker to store bags and gifts while you are enjoying the pool and playground

TROPICAL PACKAGE - MEAL DEAL

Rate*: \$160; \$152 Shoreview Resident for up to 8 children

Each additional child \$20; \$19 Shoreview Resident

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



ADVENTURE PACKAGE - CAKE DEAL

Rate*: \$120; \$112 Shoreview Resident for up to 8 children

Each additional child \$15; \$14 Shoreview Resident

- Full day use of Tropical Adventure Indoor Playground
- 90 minutes in Beachcomber Bay, our shared poolside birthday party room
- Personalized birthday cake and ice cream, pop or juice box, birthday plates, napkins, cups, and balloons
- T-shirt and card for birthday child
- Large locker to store bags and gifts while you are enjoying the playground

ADVENTURE PACKAGE - MEAL DEAL

Rate*: \$144; \$136 Shoreview Resident for up to 8 children

Each additional child \$18; \$17 Shoreview Resident

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

Party Upgrades

THEMED PARTY OPTIONS: PRINCESS, PIRATE, OR UNDER THE SEA

Rate*: Add \$10 to your party package

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

COCONUT COVE PRIVATE PARTY ROOM

Rate*: Add \$30 to your party package

Coconut Cove is a private party room located within Beachcomber Bay. With a beautiful underwater mural and view of Tropics Waterpark, it is the perfect setting for families looking for a quieter, more personalized party option making your child's birthday even more special! Coconut Cove has a maximum capacity of 15. Upgrade consists of 90 minutes in party room.

Birthday Party Policies:

- No outside food or decorations allowed in Beachcomber Bay or Coconut Cove.
- Payment due at time of reservation.
- Fees are subject to change.

• When using the pool, all children six years old and under must be supervised by a paid adult swimmer (18 or older) and must be within arms' reach of that child at all times.

* Sales tax will be added to all rates listed above.

PARTY IN THE TROPICS

POOLSIDE PARTY PACKAGE

Rate*: \$175; \$160 Shoreview Residents

Available Fridays and Saturdays after 5pm during regular pool hours
The Shoreview Community Center can accommodate larger groups in Beachcomber Bay, a private poolside party room, on Friday and Saturday evenings after 5:00 p.m. Groups may bring in their own food or purchase food from the Wave Café. Party package includes 2 hours in a private poolside party room for up to 50 people and 10 wristbands for a full day use of Tropics Indoor Waterpark and Tropical Adventures Indoor Playground; additional wristbands may be purchased at our daily pass rate.



MEETING / PARTY ROOMS

Rate*: \$45; \$30 Shoreview Resident

Rent one of our rooms on the upper level of the Community Center for your special gathering. Each room accommodates 20 partygoers for 2 hours of party time; adjoining rooms may be rented to accommodate more. These rooms are perfect for a larger birthday party, family gatherings, or team parties. You may bring in your own food, cake, and decorations. Daily passes are sold separately.



**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
to make your
reservation today!**

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 is necessary to rent our facility overnight.

	Rate*	Shoreview Resident*
Two hours.....	\$ 10.50	\$ 10.00
Three hours	\$ 11.00	\$ 10.50
Four hours.....	\$ 11.50	\$ 11.00
Overnight.....	\$ 19.00	\$ 17.00

GROUP RATES *(during building hours)*

- All parties of 10 or more receive our special group rate
- Reservations are required
- \$100 initial payment required at time of booking
- Call 651-490-4790 for group rate and reservation information

*Sales tax will be added to all rates listed above.



BANQUET ROOM RENTALS

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.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- New audio-visual equipment
- \$300 Refundable damage deposit is required.
- Choose your own licensed caterer
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 625.....	\$ 550
Friday	\$ 950.....	\$ 850
Saturday.....	\$1,160.....	\$1,060

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

Community Room

The Community Room features round tables, oak parquet dance floor, indirect lighting, and audio/visual equipment.

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$300 Refundable damage deposit is required.
- Choose your own licensed caterer
- Catering Fee – \$100 for events up to 100 guests. \$200 for events over 100 guests. Requires licensed caterer for kitchen use.

Full Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 395.....	\$ 320
Friday	\$ 695.....	\$ 595
Saturday.....	\$ 845.....	\$ 740

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210.....	\$ 180
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

COMMUNITY & MEETING ROOM FACILITIES

Haffeman Pavilion

It's not too early to reserve your space for a family picnic, company event, or graduation gathering at the Haffeman Pavilion located behind the Shoreview Community Center. Picnic tables accommodate up to 125 people! Call to reserve your date: 651-490-4790.

Rate: \$195; \$170 Shoreview Resident

*Sales tax not included. 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		

Meeting Rooms

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

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

Rate: \$45; \$30 Shoreview Resident (50% of group living in Shoreview)

*Sales tax will be added to rate.

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.

Rate: \$65; \$50 Shoreview Resident

*Sales tax will be added to rate.



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

SPRING/SUMMER RECREATION PROGRAMS

REGISTRATION SCHEDULE

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

Shoreview Resident Priority

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

Begins Monday, March 11 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, March 13 at 8 A.M.

General Registration

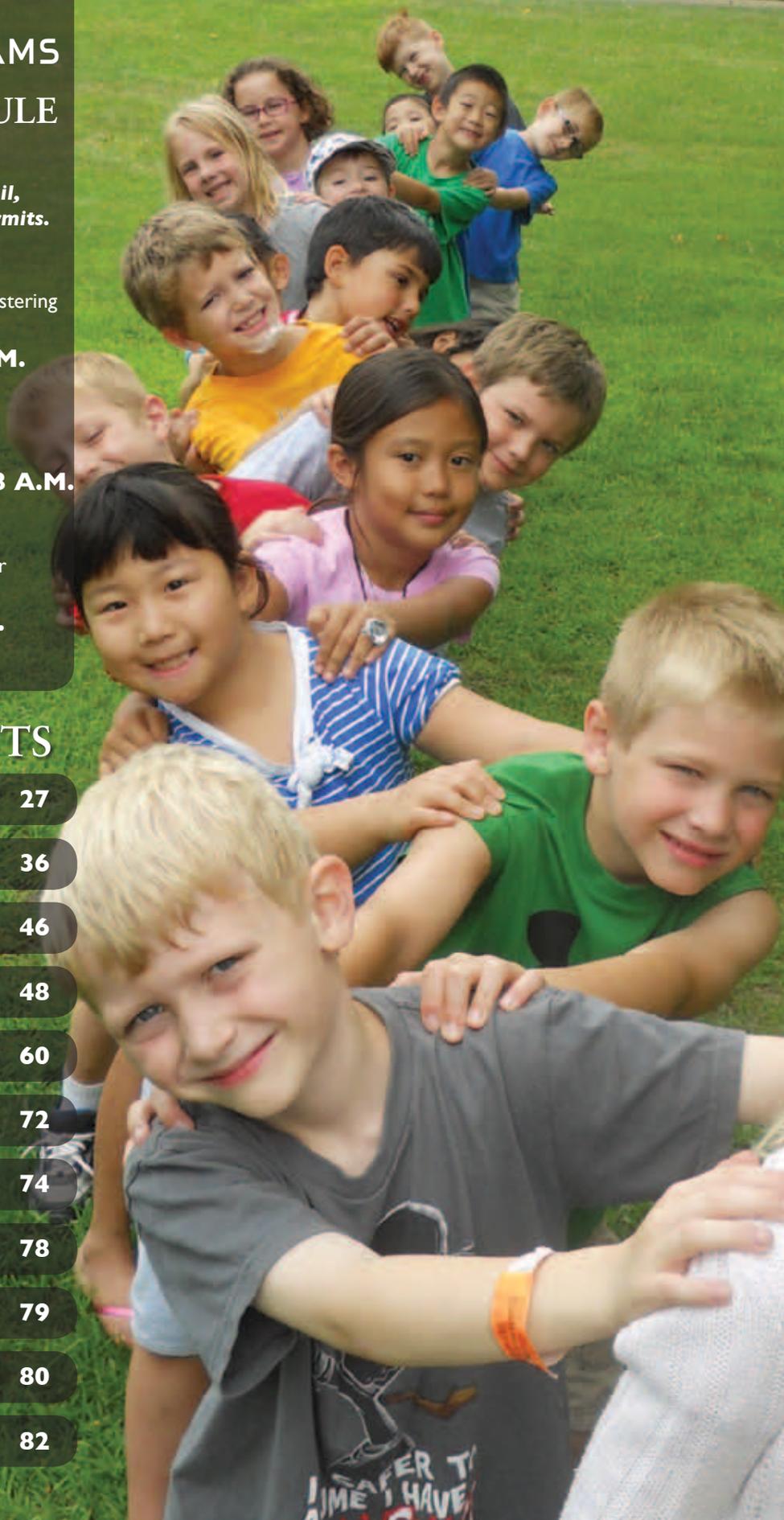
Anyone may register at this time. No residency or membership required.

Begins Friday, March 15 at 8 A.M.

*See page 82 for registration information.

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5 EASY WAYS TO REGISTER

1. On-line at: www.shoreviewcommunitycenter.com
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person



Scan with Smartphone to register.

Shoreview Parks and Recreation
4580 Victoria St. N | Shoreview, MN 55126 Office
 located on upper level of the Shoreview Community Center
651-490-4750
recreation@shoreviewmn.gov
www.ShoreviewCommunityCenter.com

Office Hours
 Monday – Friday 8:00 A.M. – 4:30 P.M.

MARCH 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
	Drop-In Pickleball Every Mon, Wed, & Fri 8 a.m. - 11 a.m. March 15, 18, 20, 22, 29 8 a.m. - 10 a.m.				1	2 Lifeguard Training Begins
3	4	5 500 Club meets every Monday at 12:30 p.m.	6	7 Discover Scuba	8 Dive-In Movie	9 Snorkeling Scout Swim Badges
10 Scout Lifesaving Merit Badges	11 Shoreview Residents Priority Registration Begins	12	13 Annual Community Center Member Registration Begins	14 School's Out Camp Waterpark Opens @ Noon	15 General Registration Begins	16 Supersitter Clinic Free Swim Checks
17 Free Swim Checks	18 Travel Talk	19	20 Bingo	21 Free Fitness Class Week	22 Bingo & Banana Splits	23 Swim Lessons Begin Tumbling Begins
24 Fitness Classes Begin	25	26 CPR/AED Class	27	28 First Aid Class	29 Deadline for Adult Softball Leagues Waterpark Opens @ Noon	30 Egg Hunt
31 Waterpark Closed						

APRIL 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
	1	2 QuickWitz Begins	3	4 Bridge Club meets every Thursday at 12:30 p.m.	5 Waterpark Opens @ Noon	6
7	8	9	10 Drop-in Basketball @ Island Lake every Wed. 6:30 p.m.	11	12	13 Supersitter Clinic Mini Kickers Begins
14	15	16 Preschool 101 Class	17	18	19	20
21	22 Tennis Lessons Begin	23 Senior Trip to Orpheum (Mary Poppins)	24 Small Urban Garden Spaces Class	25 Scout Lifesaving Merit Badges	26 Deadline to register for summer youth sports leagues!	27
28	29	30 Wish Upon A Ballet Begins				
						Drop-In Pickleball Every Mon, Wed, & Fri 8 a.m. - 11 a.m. April 5 8 a.m. - 10 a.m.

MAY 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
	Drop-In Pickleball Every Mon, Wed, & Fri through May 31 8 a.m. - 11 a.m. May 24, 27; 8 a.m. - 10 a.m.	1	2	3	4	
5		Dish It Up Tae Kwon Do Begins		Digital Photography Session I Begins		
12		Senior Spring Tea				Pet Pageant
19	Travel Talk Moonlight Yoga	Como Sunken Garden Trip	Pinning, Tweeting, Posting Class	Digital Photography Session II Begins	Waterpark Opens @ Noon	
26	Zumba in the Pavilion Waterpark Opens @ Noon					Youth Sports Leagues Begin

JUNE 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
						1
<ul style="list-style-type: none"> Adventure Quest Playgrounds begin June 10! A variety of sports and enrichment camps are offered weekly during the summer. 						
Beginning June 8, the Waterpark Opens @ Noon Daily						
2	3	4	5	6	7	8
			Pinning, Tweeting, Posting Class	Last Day of School!		
9	10 SUMMER PROGRAMS BEGIN! Swim Lesson Session I	11 Free Fitness June	12 Class Week 10-16	13	14 Youth Trip to Water Park of America	15
		Farmers' Market: Tribute to John Steiner	Concert: Dan Perry & Ice Cream			Friday Fun Day
16	17 Senior Trip to Stillwater	18 Farmers' Market: Senior Day	19 Concert: Inside Straight	20	21 Wet & Wild	22
	Puppet Wagon				Friday Fun Day	
23	24 Moonlight Yoga	25 Farmers' Market: It's All About the Kids!	26 Concert: Brat Pack Radio	27	28 Youth Trip to Sea Life Aquarium & Nickelodeon Universe	29
	Swim Lesson Session 2				Friday Fun Day	
	Puppet Wagon					

JULY 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
	1 Puppet Wagon	2 Farmers' Market: Red, White & Blueberry Festival	3	4 Community Center Closes @ 6	5	6
7	8 Swim Lesson Session 3 Puppet Wagon	9 Farmers' Market: Roll it Forward Bike Donation	10 Concert: 40 Shades of Green	11	12 Wet & Wild	13
					Friday Fun Day	
14	15 Puppet Wagon	16 Farmers' Market: Bee Educated	17 Senior Trip to James J. Hill House	18	19 Adventure Quest Carnival	20
			Concert: Terramara			
21	22 Swim Lesson Session 4 Puppet Wagon	23 Tae Kwon Do Begins	24 Concert: Shoreview Northern Lights Variety Band	25 Deadline to register for youth fall soccer!	26 Slice of Shoreview July 26-28	27
		Farmers' Market: Pie Contest			Island Lake County Park	
					Friday Fun Day	
28	29 Puppet Wagon	30 Farmers' Market: Fabulous 50's	31 Concert: R-Factor			
Slice of Shoreview Island Lake County Park						

AUGUST 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
				1	2 Wet & Wild	3
					Friday Fun Day	
4	5 Swim Lesson Session 5	6 Farmers' Market	7 Concert: Jim Tones	8	9 Senior Trip to Lake Superior	10
					Friday Night Flix Hotel Transylvania	
11	12 Adult Softball Begins	13 Farmers' Market: Senior Day	14 Senior Trip to Running Aces	15	16	17
			Concert: Dirty Shorts Brass Band			
18	19 Travel Talk	20	21	22	23	24
		Farmers' Market: Dairy Day	Concert: Prior Ave			
	Swim Lesson Session 6				Friday Night Flix Rise of the Guardians	
25	26	27	28	29	30	31
	Back to School Discovery Camp					
		Farmers' Market: Ain't Easy Bein' Green				

SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on skills previously learned, making each level progressive throughout the session.

We welcome students of all abilities to participate in our group lessons. Private lessons are also available for students who prefer individualized instruction. Our instructors participate in ongoing training sessions and are selected based on their desire to teach, their enthusiasm, and their swimming ability. Parent-instructor communication is vital to the success of each swimmer. Please contact the Aquatic Coordinator if there is anything your instructor can provide to maximize your swimmer's experience. Our mission is to provide an inclusive program for all.

The Community Center pool water temperature is kept between 83 and 84 degrees.

Group Lessons

Rate for 8 group lessons: \$71; \$63 Shoreview Resident

These lessons will have 1 instructor to a maximum student ratio of:

PS	1 to 4
L1-L3	1 to 5
L4-L7	1 to 6



Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. Star Fish lessons are 30 minutes. For more information on group lesson levels please refer to descriptions located to the right.

Private Lessons (PR)

Ages 3 to Adult

Rate for eight, 30-minute private or semi-private swim lessons, available at set times.

\$142; \$130 Shoreview Resident

\$108; \$99 Shoreview Resident each for two 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. Private lessons are available for all levels, ages 3 to adult. Adults should contact the Aquatic Coordinator at 651-490-4766 to request an adult swim lesson instructor. Available private lessons are located on pages 30-33.

FREE SWIM CHECKS

Do you know what level to sign up for? Stop by on one of the following days to find out! If you plan on staying for open swim starting at 12 P.M., please purchase a wrist band at the front desk. Swim checks take approximately 10 minutes.

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, March 16, May 11, June 1

Sunday, March 17, May 12, June 2

6:00 P.M. – 7:00 P.M.

Thursday, May 23

If your child has had more than a 3 month break from swimming lessons, it is recommended to repeat the previous level as a refresher.

PARENT/CHILD LESSONS

Star Fish 1 (SF1) Ages 9 Months to 24 Months

Star Fish 2 (SF2) Ages 24 Months to 36 Months

The Star Fish program is a parent/child program for swimmer and non-swimmer parents to promote water safety and water adjustment in a safe and secure learning environment. Each class will be geared toward the respective age group. One adult must accompany each child in the water.

Manta Ray (MR) Ages 2-1/2 – 4 years old

This class will introduce your child to group learning, gradually throughout the session. The first few weeks a parent will be accompanying their child in the water. As the child becomes more comfortable and confident, the parent will participate less throughout the class. This is a great class for those children looking for a more gradual introduction to group instruction, need additional one on one instruction, or have a fear of the water. The goal is to have each child comfortable in the water with an instructor and ready for group lessons.

- comfort with group instruction
- enter and exit independently
- front/back float with instructor support
- kicking on front/back with instructor support
- jumping in on instructor's cue
- submerging head



BEGINNER LESSONS

Preschool (PS) – Jelly Fish

Ages 3 and 4

This level is an introduction to the pool, group learning and lessons without a guardian in the water. Little ones get comfortable and learn to enjoy activities in the water safely.

Swimmers will learn the following:

- Comfort with group instruction
- Enter/Exit water independently
- Blow Bubbles
- Submerge face in water
- Front/back float with support
- Flutter kick on front/back with support

Level 1 (L1) – Angel Fish

Ages 4 or passed preschool level

Level 1 offers the opportunity to learn basic exploration that leads to assisted swimming. Students must be comfortable in the water without parents and should come prepared to put their faces in the water for retrieving objects.

Swimmers will learn the following:

- Supported float on the front and back
- Supported kicking on the front and back
- Fully submerged face to retrieve objects underwater
- Front/back glides with support
- Swimmers will also receive an orientation to deep water with support

Youth Beginner (YB)

Ages 6 and over

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken them for several years. Students will be in 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.

Level 2 (L2) – Sea Monkeys

The objective of Level 2 is to help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, fully submerged in an area they can touch. Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 8 yards.
- Personal safety skills
- Flutter kick with support



INTERMEDIATE LESSONS

Level 2.5 (L2.5) – Otters

Level 2.5 bridges the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water.

Swimmers will learn the following:

- Flutter kick on front and back with support in deep water
- Front crawl
- Deep water

Level 3 (L3) – Seals

Level 3 builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

- Coordinate front crawl
- Coordinate back crawl
- Elementary backstroke
- Treading water
- Flutter kicks and whip kick

Level 4 (L4) – Sting Rays

Level 4 develops endurance in previously learned strokes and introduces the breaststroke. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Treading water, 1 minute
- Open turns

ADVANCED LESSONS

Level 5 (L5) – Dolphins

Level 5 refines coordination and increases endurance of keystrokes. Swimmers will learn the following:

- Elementary backstroke
- Front and back crawl
- Breaststroke
- Butterfly (introduction)

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances.

Swimmers will learn the following:

- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Turns

Level 7 (L7) – Sharks

- Endurance skills
- Intro to sets
- Stroke techniques

Junior Lifeguard (JL)

Ages 9+

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

Introduction To Swim Team (IS)

Must have completed Level 6 or equivalent.

This class will introduce your swimmer to the basics of swim team. Participants will be given instruction on butterfly, backstroke, breaststroke, and freestyle, including competitive turns. They will work on stroke technique and build endurance at the same time. It is a great place to begin your journey to competitive swimming.



Synchronized Swimming (SS)

Sundays, Jun. 30 – Aug. 25 (no class July 7)6:55 P.M. – 7:30 P.M.
\$71; \$63 Shoreview Resident..... **Activity # 330118-01**

Learn the basics of synchronized swimming. The swimmers will learn basic figures, performance arms, sculling, and gain flexibility and endurance in the water throughout the session. On the last day, parents are invited to watch a short performance from the synchronized swimming class. Swimmers must be:

- comfortable in deep water
- float on their front and back
- swim 150 yards front crawl continuously



ADULT/TEEN LESSONS

Stroke Technique (ST)

Saturdays, Jun. 15 – Aug. 10 (no class July 6) ..7:30 A.M. – 8:05 P.M.
\$71; \$63 Shoreview Resident..... **Activity # 330108-01**

This class is perfect for the fitness swimmer or triathlete that wants to work on stroke technique to improve endurance and efficiency. Work outs will be provided focusing on different key points to help you improve your technique and speed. **An additional work outs will be given to participants to do on their own through out the week.** This class will focus on freestyle, backstroke, & breaststroke.

SUMMER MORNING SESSIONS Monday – Thursday

SESSION 1 June 10 - June 20

Time	Level	Activity #
Morning		
8:10 AM	PS	330111-01
	L1	330101-01
	L2	330102-01
	L2.5	330112-01
	L3	330103-01
	YB	330113-01
	PR	330114-01
8:55 AM	PS	330111-02
	L1	330101-02
	L2	330102-02
	L2.5	330112-02
	L3	330103-02
	L4	330104-01
	L5	330105-01
9:40 AM	PS	330111-03
	L1	330101-03
	L2	330102-03
	L2.5	330112-03
	L3	330103-03
	L4	330104-02
	L6	330106-01
10:25 AM	PS	330111-04
	L2	330102-04
	L2.5	330112-04
	L4	330104-03
	PR	330114-08
	PR	330114-09
	11:10 AM	L1
L2		330102-05
L3		330103-04
L7		330107-01
PR		330114-10
PR		330114-11

SESSION 2 June 24 - July 3 Week 1: M-F Week 2: M-W

Time	Level	Activity #
Morning		
8:10 AM	PS	330111-05
	L1	330101-05
	L2	330102-06
	L2.5	330112-05
	L5	330105-02
	YB	330113-03
	PR	330114-12
8:55 AM	MR	330117-01
	L1	330101-06
	L2	330102-07
	L2.5	330112-06
	L3	330103-05
	L4	330104-04
	L6	330106-02
9:40 AM	PS	330111-06
	PS	330111-07
	L1	330101-07
	L2	330102-08
	L2.5	330112-07
	L3	330103-06
	L4	330104-05
9:45 AM	SF 1 & 2	330110-01
	L1	330101-08
	L2	330102-09
	L2.5	330112-08
	L7	330107-02
	PR	330114-16
	PR	330114-17
11:10 AM	PS	330111-08
	PR	330114-18
	PR	330114-19

SESSION 3 July 8 - July 18

Time	Level	Activity #
Morning		
8:10 AM	MR	330117-02
	L1	330101-09
	L2	330102-11
	L2.5	330112-10
	L3	330103-07
	L5	330105-03
	YB	330113-05
8:55 AM	PS	330111-09
	L1	330101-10
	L2.5	330112-11
	L3	330103-08
	L4	330104-06
	L6	330106-03
	L6	330106-03
9:40 AM	PS	330111-10
	L1	330101-11
	L2	330102-12
	L2.5	330112-12
	L4	330104-07
	L7	330107-03
	L7	330107-03
10:25 AM	PS	330111-11
	L2	330102-13
	L2.5	330112-13
	L3	330103-09
	L5	330105-04
	L5	330105-04
	L5	330105-04
11:10 AM	L1	330101-12
	L4	330104-08

TWO DAY CLASSES Mon/Wed (2 times/wk for 4 weeks)

June 24 - July 17

Time	Level	Activity #
Morning		
11:10 AM	L2	330102-10
	L2.5	330112-09
	PR	330114-20
	PR	330114-21

July 22 - Aug 14

Time	Level	Activity #
Morning		
11:10 AM	PS	330111-15
	L4	330104-11
	PR	330114-37
	PR	330114-38

AQUATIC KEY

- SF1 Star Fish 9-24 mths
- SF2 Star Fish 24-36 mths
- MR Manta Ray
- PS Preschool
- L1 Level 1,2, etc...
- YB Youth Beginner
- PR Private Lessons
- JL Junior Lifeguard
- SS Synchronized Swimming
- IS Intro to Swim Team

LESSON RATES

8 Lessons

Group

\$71; \$63 Shoreview Resident

Private

\$142; \$130 Shoreview Resident

Semi-Private

\$108; \$99 Shoreview Resident

(2 participants of equivalent ability)

SESSION 4 July 22 - Aug 1

Time	Level	Activity #	
Morning			
8:10 AM	PS	330111-12	
	L1	330101-13	
	L2	330102-14	
	PR	330114-28	
	PR	330114-29	
	PR	330114-30	
	PR	330114-31	
8:55 AM	PR	330114-32	
	PS	330111-13	
	L1	330101-14	
	L2	330102-15	
	L2.5	330112-14	
	L3	330103-10	
	L5	330105-05	
9:00 AM	YB	330113-06	
	PR	330114-33	
	PR	330114-34	
	SF 1 & 2	330110-02	
	9:40 AM	L1	330101-15
		L2	330102-16
		L2.5	330112-15
L4		330104-09	
L5		330105-06	
L6		330106-04	
PR		330114-35	
PR		330114-36	
IS		330109-01	
10:25 AM		MR	330117-03
	PS	330111-14	
	L2.5	330112-16	
	L3	330103-11	
	L4	330104-10	
11:10 AM	L2	330102-17	
	L3	330103-12	

SESSION 5 Aug 5 - Aug 15

Time	Level	Activity #
Morning		
8:10 AM	PS	330111-16
	L2	330102-18
	L4	330104-12
	YB	330113-07
	PR	330114-39
	PR	330114-40
	PR	330114-41
8:55 AM	L1	330101-16
	L2	330102-19
	L2.5	330112-17
	L3	330103-13
	L4	330104-13
	L5	330105-07
	L7	330107-04
	PR	330114-42
	PR	330114-43
	9:40 AM	MR
PS		330111-17
L2		330102-20
L2.5		330112-18
L3		330103-14
L4		330104-14
PR		330114-44
PR		330114-45
PR		330114-46
JL		350305-03
10:25 AM	PS	330111-18
	L1	330101-17
	L2.5	330112-19
	L3	330103-15
	L5	330105-08
11:10 AM	YB	330113-08
	L1	330101-18
	L6	330106-05

SESSION 6 Aug 19 - Aug 29

Time	Level	Activity #
Morning		
8:15 AM	PR	330114-47
	PR	330114-48
	PR	330114-49
8:45 AM	PR	330114-50
	SF 1&2	330110-03
	PS	330111-19
8:50 AM	PR	330114-51
	PR	330114-52
	PR	330114-53
	PR	330114-54
9:25 AM	L1	330101-19
	L2	330102-21
	PR	330114-55
	PR	330114-56
	IS	330109-02
10:00 AM	PR	330114-57
	PR	330114-58
	PR	330114-59
	PR	330114-60
	PR	330114-61
10:05 AM	SF 1&2	330110-04
	PS	330111-20
10:35 AM	PR	330114-62
	PR	330114-63
	PR	330114-64
	PR	330114-65
10:45 AM	MR	330117-05
	L1	330101-20
11:10 AM	PR	330114-66
	PR	330114-67
	PR	330114-68
11:25 AM	PS	330111-21
	L2	330102-22

A Note About Community Center Lessons

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



TWO DAY CLASSES Tuesday / Thursday

June 6 - July 2*

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	L1	330101-36
	L2.5	330112-34
4:50 PM	MR	330117-11
	L1	330101-37
	L2.5	330112-35
	L4	330104-20
	YB	330113-13
5:35 PM	PS	330111-36
	L2	330102-38
	L3	330103-24
	L5	330105-14
6:20 PM	PS	330111-37
	PS	330111-38
	L2	330102-39
	L2.5	330112-36
	L3	330103-25
	PR	330114-91
7:05 PM	L1	330101-38
	L2	330102-40
	L4	330104-21
	PR	330114-92
	PR	330114-93
	PR	330114-94
7:50 PM	L7	330107-06
	L6	330106-07
	PR	330114-95

July 9 - Aug 1

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PS	330111-39
	PR	330114-96
4:50 PM	PR	330114-97
	L1	330101-39
	L2	330102-41
	L2.5	330112-37
	L2.5	330112-38
	PR	330114-98
5:35 PM	PR	330114-99
	PS	330111-40
	L1	330101-40
6:20 PM	L3	330103-26
	L4	330104-22
	L1	330101-41
	L2	330102-42
	L2.5	330112-39
	L3	330103-27
6:25 PM	L5	330105-15
	SF 1/2	330110-12
7:05 PM	PS	330111-41
	L2	330102-43
	L4	330104-23
	L6	330106-08
	PR	330114-a1
	PR	330113-14
7:50 PM	PR	330114-a2
	PR	330114-a3
	IS	330109-03
	IS	330109-03

Aug 6 - Aug 29

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PS	330111-42
	PR	330114-a4
4:50 PM	PR	330114-a5
	PR	330114-a6
	PR	330114-a7
	L1	330101-42
	L2	330102-44
	L2.5	330112-40
5:35 PM	L3	330103-28
	YB	330113-15
	PS	330111-43
	L1	330101-43
6:20 PM	L4	330104-24
	PR	330114-a8
	PR	330114-a9
	MR	330117-12
	L3	330103-29
	L5	330105-16
7:05 PM	PR	330114-b1
	L1	330101-44
	L2	330102-45
	L6	330106-09
7:50 PM	IS	330109-04
	L7	330107-07
	PR	330114-b2
	PR	330114-b3
	PR	330114-b4
	PR	330114-b4

*Please note: this session begins on Thursday, June 6 and ends on Tuesday, July 2.

AQUATIC KEY

- SF1 Star Fish 9-24 mths
- SF2 Star Fish 24-36 mths
- MR Manta Ray
- PS Preschool
- L1 Level 1,2, etc...
- YB Youth Beginner
- PR Private Lessons
- JL Junior Lifeguard
- SS Synchronized Swimming
- IS Intro to Swim Team



LESSON RATES

8 Lessons Group

\$71; \$63 Shoreview Resident

Private

\$142; \$130 Shoreview Resident

Semi-Private

\$108; \$99 Shoreview Resident
(2 participants of equivalent ability)

A Note About Community Center Lessons

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

WEEKLY CLASSES 1 Day Per Week For 8 Weeks

MONDAY June 10 - July 29

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PS	330111-22
	LI	330101-21
	L2.5	330112-20
	L3	330103-16
4:50 PM	MR	330117-06
	L2	330102-23
	L2.5	330112-21
	L3	330103-17
	YB	330113-09
5:35 PM	PS	330111-23
	L2	330102-24
	L4	330104-15
	L5	330105-09
	PR	330114-69
	PR	330114-70
6:20 PM	PS	330111-24
	LI	330101-22
	L2.5	330112-22
	L2.5	330112-23
	L3	330103-18
	L6	330106-06
6:25 PM	SF 1	330110-05
7:05 PM	L1	330101-23
	L2	330102-25
	L4	330104-16
7:10 PM	SF 2	330110-06
7:50 PM	L2	330102-26
	PR	330114-71
	PR	330114-72

WEDNESDAY June 12 - July 31

Time	Level	Activity #	
Afternoon/Evening			
4:05 PM	PS	330111-25	
	LI	330101-24	
	L2.5	330112-24	
	YB	330113-10	
	PR	330114-73	
4:50 PM	PR	330114-74	
	PS	330111-26	
	L2	330102-27	
	L4	330104-17	
5:35 PM	PR	330114-75	
	PR	330114-76	
	PS	330111-27	
	LI	330101-25	
	L2.5	330112-25	
5:40 PM	L3	330103-19	
	L5	330105-10	
	SF 1	330110-07	
	6:20 PM	LI	330101-26
	L2	330102-28	
6:25 PM	L2.5	330112-26	
	L7	330107-05	
	PR	330114-77	
	SF 2	330110-08	
	7:05 PM	PS	330111-28
7:50 PM	L2	330102-29	
	L3	330103-20	
	L2	330102-30	
	PR	330114-78	
	PR	330114-79	

SATURDAY June 15 - Aug 10

No class July 6

Time	Level	Activity #	
Morning			
8:15 AM	PS	330111-29	
	LI	330101-27	
	L2.5	330112-27	
	YB	330113-11	
	PR	330114-80	
9:00 AM	PS	330111-30	
	L2	330102-31	
	L5	330105-11	
	PR	330114-81	
9:05 AM	SF 1	330110-09	
9:45 AM	PS	330111-31	
	LI	330101-28	
	L2	330102-32	
	L2.5	330112-28	
	L2.5	330112-29	
9:50 AM	PR	330114-82	
	SF 2	330110-10	
	10:30 AM	PS	330111-32
	LI	330101-29	
	L2	330102-33	
11:15 AM	L3	330103-21	
	PR	330114-83	
	MR	330117-07	
	LI	330101-30	
	L4	330104-18	
	PR	330114-84	

SUNDAY June 16 - Aug 11

No class July 7

Time	Level	Activity #
Morning		
9:00 AM	MR	330117-08
	PS	330111-33
	LI	330101-31
	L2.5	330112-30
9:45 AM	L3	330103-22
	PS	330111-34
	LI	330101-32
	L2	330102-34
	L2.5	330112-31
10:30 AM	L4	330104-19
	MR	330117-09
	L2	330102-35
	YB	330113-12
11:15 AM	PR	330114-85
	PR	330114-86
	LI	330101-33
	L5	330105-12
	PR	330114-87
	PR	330114-88

SUNDAY June 30 - Aug 25

No class July 7

Time	Level	Activity #	
Evening			
6:15 PM	PS	330111-35	
	LI	330101-34	
	L2	330102-36	
	L2.5	330112-32	
	L3	330103-23	
	L5	330105-13	
	SF 1/2	330110-11	
	6:55 PM	MR	330117-10
		LI	330101-35
		L2	330102-37
		L2.5	330112-33
L4		330104-27	
PR		330114-89	
PR		330114-90	
SS	330118-01		



Looking
for Spring
Lessons?
VISIT OUR WEBSITE
FOR THE
SCHEDULE

RED CROSS LIFEGUARDING TRAINING

Ages 15+ Pack a lunch, swimsuit, towel and snacks!

Fri – Mon, June 7-10 8:00 A.M. – 5:00 P.M.
\$240; \$225 Shoreview Resident **Activity # 350402-01**

Shoreview Community Center/Irondale High School Pool

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

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



SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7 \$56; \$48 Shoreview Resident

Saturdays 8:00 A.M. – 12:30 P.M.

Mar. 16 **Activity # 150101-01**

April 13 **Activity # 150101-02**

May 11 **Activity # 250101-01**

June 29 **Activity # 350101-01**

July 20 **Activity # 350101-02**

Aug. 17 **Activity # 350101-03**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 5 participants to run the class.

RED CROSS COMMUNITY CPR/AED

6:00 P.M. – 10:00 P.M.

Tuesday, March 26 **Activity # 150301-02**

Tuesday, April 16 **Activity # 250301-01**

Tuesday, July 16 **Activity # 350301-01**

\$80; \$72 Shoreview Resident

Shoreview Community Center

This course provides certification in infant, child and adult CPR including AED. Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, CPR, and how to use an AED. Certification will be issued after successful completion of a written test and skill check off. Participants will receive a keychain, CPR mask and ready reference materials. If you are interested in gaining your First Aid Certificate check out our discounted rates below when you sign up for both.

RED CROSS STANDARD FIRST AID

6:00 P.M. – 8:30 P.M.

Thursday, Mar. 28 **Activity # 150302-02**

Thursday, April 18 **Activity # 250302-01**

Wednesday, July 17 **Activity # 350302-01**

\$52; \$47 Shoreview Resident

Shoreview Community Center

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

RED CROSS COMMUNITY CPR/AED AND FIRST AID

Sign up for both CPR & First Aid Certifications and take advantage of our REDUCED RATE! Refer to course descriptions above.

Tues. Mar. 26, 6:00 P.M. – 10:00 P.M. and

Thurs. Mar. 28, 6:30 P.M. – 8:30 P.M.

..... **Activity # 150303-02**

Tues. April 16, 6:00 P.M. – 10:00 P.M. and

Thurs. April 18, 6:30 P.M. – 8:30 P.M.

..... **Activity # 250303-01**

Tues. July 16, 6:00 P.M. – 10:00 P.M. and

Wed. July 17, 6:30 P.M. – 8:30 P.M.

..... **Activity # 350303-01**

\$92; \$84 Shoreview Resident

Shoreview Community Center

SCOUT MERIT BADGES

Sign up your scout troop or yourself to have your Merit Badge completed at the Shoreview Community Center pool. We will provide the Merit Badge Counselor, workbook, and work with your scout to complete the requirements for each Badge. All merit badges will be completed with the understanding our pool is only 4-1/2 feet deep. Some of the diving requirements/demonstrations will not be completed due to the safety of our participants.

Swimming Merit Badge

The Scout will learn about safety when swimming and diving, how swimming can contribute to overall fitness and health, and gain some basic competitive swimming skills.

\$49; \$45 Shoreview Resident

Saturday, Mar. 9, 8 A.M. – 12 P.M. **Activity # 130301-02**

Tuesday, April 23, 5 P.M. – 9 P.M. . **Activity # 130301-03**

Lifesaving Merit Badge

The Scout will be better prepared in an emergency to assist those in water accidents by learning the correct rescue skills and when to use them.

\$55; \$50 Shoreview Resident

Sunday, March 10, 8 A.M. – 1 P.M. **Activity # 130301-04**

Thursday, April 25, 4 P.M. – 9 P.M. . **Activity # 130301-05**

SNORKELING

Ages 8 to 13

Saturday, March 9 11:00 A.M. – 12:00 P.M.

\$22; \$20 Shoreview Resident..... **Activity # 130306-01**

Friday, June 21 9:00 A.M. – 10:00 A.M.

\$22; \$20 Shoreview Resident..... **Activity # 330306-01**

Friday, August 2 9:00 A.M. – 10:00 A.M.

\$22; \$20 Shoreview Resident..... **Activity # 330306-02**

Community Center Pool

Come learn the basics of snorkeling, we will provide the equipment for youth ages 8 to 13. For those over the age of 13 years and would like to learn the basics are required to provide their own snorkeling gear (goggles and snorkel). A variety of abilities are encouraged to join us in discovering the underwater world although basic swimming skills are needed.

BOY SCOUT SWIM CHECKS

Saturday, May 18, 11:30 A.M. – 12:00 P.M.

..... **Activity #330301-01**

Sunday, May 19, 11:30 A.M. – 12:00 P.M.

..... **Activity #330301-02**

Monday, May 20, 7 – 7:30 P.M. **Activity #330301-03**

Wednesday, May 29, 5:30 – 6:00 P.M.

..... **Activity #330301-04**

Saturday, June 8, 11:30 A.M. – 12:00 P.M.

..... **Activity #330301-05**

Saturday, June 22, 11:30 A.M. – 12:00 P.M.

..... **Activity #330301-06**

Saturday, July 20, 11:30 A.M. – 12:00 P.M.

..... **Activity #330301-07**

Shoreview Community Center Pool

You must pre-register in order to complete the swim test. If you need to complete your Boy Scout swim check before you leave for summer camp, register for a time and date above. You will need to bring the Boy Scouts of America Swim Test Certification form for the certified lifeguard to sign off on after the swimmer completes the test. Our certified lifeguard will determine if you are a learner, beginner, or swimmer and complete the certification card for you after the swimming test. The swimmer will be asked to demonstrate the following:

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

If you would like to swim after your swim test is completed, you will need to purchase a wristband at the front desk. Open swim will begin at noon.

ABOUT BOATING SAFELY

Ages 12 & over

Saturday, April 27 8:00 A.M. – 4:00 P.M.

\$40 per person..... **Activity # 250401-01**

Youth are 1/2 price if registered with a full paying adult

Shoreview Community Center

This class meets the requirements for watercraft operators permits in Minnesota and Wisconsin. Boat insurance companies may offer discounts to boaters who complete this course. Topics include: Boating Law, Safety Equipment, Navigation, Trailering, Storing and Protecting Your Boat, Hunting and Fishing, Water-skiing and River Boating. The course is taught by trained, experienced instructors from the U.S. Coast Guard Auxiliary.



FITNESS REGISTRATION

Call for information: 651-490-4750

SPRING SESSION March 25 – June 9 (11 weeks)
No class March 31 or May 27.

SUMMER SESSION June 17 – August 25 (10 weeks)
No class July 4.

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

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651-490-4750.

Annual Members receive 30% off group fitness classes listed on pp. 40-41. 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.

Revvig, Latin Fusion, Zumba® and Kettlebell
\$42; \$38 Shoreview Resident

Yoga, Pilates, and Yoyalates
\$48; \$45 Shoreview Resident

All Other Fitness Classes
\$32; \$30 Shoreview Resident

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.

DROP-IN RATES

Drop-in passes allow you to attend a class. Drop-in schedule will be available the first week of classes.

Yoga, Pilates, and Yoyalates \$11; \$10 Shoreview Resident
Revvig, Latin Fusion, and Zumba® and Kettlebell

..... \$9.50; \$8.50 Shoreview Resident

All Other Fitness Classes Drop-in Rate

..... \$8; \$7 Shoreview Resident

MIND/BODY OPTIONS

Core Fusion

If you’re looking for a strong, toned, and graceful body then this class is for you. Core Fusion mixes body sculpting with flexibility, strength training and balance work. Core Fusion will build upon the influences of Yoga and Pilates, but don’t expect to hear water falls in the background because this high-energy class will have you moving to the sounds of the top 40’s in a non-stop low impact format.

Core Training

Core Training is a well designed, time efficient, complete workout for everyone. It will improve balance, stability, mobility, and overall quality of movement. This class will build functional movement and create usable strength and power. Equipment used is a weighted ball and a stability ball.

Mind/Body Yoga & Candlelight Yoga

Begin to experience a new awareness of yourself: body, mind, and spirit. This class is appropriate for those new to yoga or returning students. Mind/Body Yoga emphasizes flexibility, balance, and overall strength. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Candlelight Yoga is performed in the relaxing atmosphere of candlelight.

** One-on-one personal Yoga sessions are available. Please call 651-490-4768 to find out more.

Pilates

Pilates is a method of body conditioning, a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance. Pilates unites body and mind and creates a more streamlined shape.

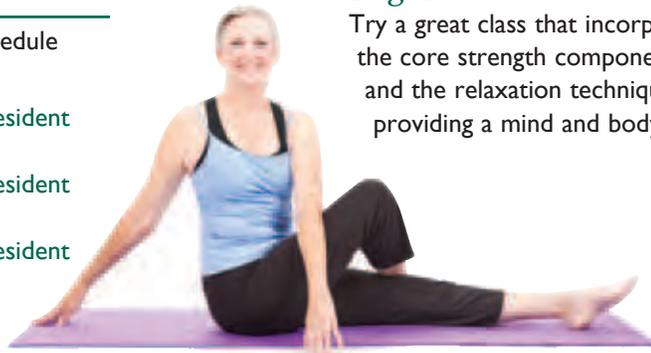
Intermediate Pilates requires basic knowledge and previous Pilates experience.

Yoga Strength

Gain strength, stamina, and balance with this non-purist, athletic style of yoga. Bring your body and mind together for peak performance.

Yoyalates

Try a great class that incorporates both the core strength component of Pilates and the relaxation techniques of yoga providing a mind and body workout.



STRENGTH OPTIONS

BOSU Fusion

BOSU Fusion combines elements of step, strength, plyometric, and core training on the BOSU Balance Trainer with additional equipment including Kettlebells to provide a full-body cardiovascular, core, and strength workout.

Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness "TOYS" as you alternate between cardio-strength exercises. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

Strength, Core, and Cardio/Strength Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. These classes will use a variety of exercises to safely help you improve your quality of life with an emphasis on improvements in cardiovascular health and muscular performance. Participants will experience increased energy levels and the group setting will provide the motivation that will encourage an active lifestyle.

Kettlebell Training

Kettlebell exercises develop strength, power, stamina and provide a full-body workout that will help you transform your body. Kettlebell classes will also incorporate non-kettlebell conditioning drills for an even greater challenge.

Power Pump

Power Pump is a strength training workout targeting all of the major muscles to strengthen and tone you into shape. This class will utilize supersets, tempo changes, slow reps, and pulses that will challenge your body and save you some time in the gym. Equipment used includes a variable weight bar and selected weight plates. Dumbbells and bands will hit those forgotten muscles. For the best results, two times per week is suggested. Power Pump is suitable for everyone from beginners to advanced strength trainers. Resistance training not only increases strength and performance in activities and sports, it also helps decrease the occurrence of injuries and can prevent conditions such as arthritis and osteoporosis. Classes great for all levels.

Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body. Everyone works at their own ability and chooses their own weight loads and resistance levels. Whether you are trying to increase your bone density, build strength, or tone your body.



Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. Classes will include a variety of weights, bodyweight exercises, conditioning drills, cycling, kickboxing, core work, kettlebells and more. Come ready to work!

CARDIO OPTIONS

Boot Camp

Boot Camp is the definition of workout variety, including kettlebells, free weights, step, BOSU, and sports agility equipment to complete a high intensity total body workout. This is the perfect class for those who enjoy group fitness as a means to push workouts to the next level without the feel of typical aerobics classes.

Cardio Groove

Using combinations of movements and floor patterns, you will increase endurance and burn fat as you move and "groove" to your favorite tunes. The instructor provides options and modifications, including low-impact alternatives, to accommodate all ability and fitness levels creating a fun cardio class that will help you reach your goals safely and effectively.

Cardio Kickboxing/Turbokick

A dynamic and energetic class that combines kicks, jabs, and strong arm and leg work to warm you up and keep you moving. A great way to strengthen muscles and burn body fat.

Latin Cardio Kick

A fusion class combining Latin dance steps and routines, cardio kickboxing, and total body condition. This class will focus on all areas for a high energy total body workout.

CARDIO OPTIONS, cont.

Latin Fusion

Latin Fusion is a high energy workout that takes Latin dance movements and adds a twist of aerobic, step and hip hop moves. This class will get you in the groove with the combination of Hip Hop and Latin dance combos that are designed for all levels and produce a high level of energy expenditure. Showcase your versatility and passion with a smooth, fun routine that everyone can enjoy. All levels welcome!



Revvng

Cycling is an activity that produces one of the highest rates of calorie expenditure. Revvng is an indoor group cycling class that 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 with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary revvng bikes is adjustable to accommodate all levels and intensities.

Step and Strength

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

Step It Up!

Start out with some basic step moves to get warmed up. The next step is to learn some fun patterns, combinations, and movements on an adjustable height step to meet all levels of endurance. Class ends with a cool down and core exercises.

Tabata

Tabata classes apply the Tabata Protocol of interval training to strength training, plyometrics, total body, and additional training methods to provide a high intensity workout. Participants will find that Tabata is a highly efficient means of exercise that will give them the best results in the shortest time. Due to the structure of the Tabata Protocol class will be 30 minutes in length.

Zumba®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you’ve got Zumba®!

Zumba Gold®

Zumba Gold® is an innovative, fun and exciting class designed for the active older adult, the true beginner, people who are not used to exercising, or those who may be limited physically. Compared to the regular Zumba® class Zumba Gold® is done at a lower pace and intensity, but is just as fun. The same great Latin styles of music and dance are used including Merengue, Salsa, Cha Cha, Salsa, Rock & Roll, Flamenco, and Tango. Zumba Gold® instructors ensure that the routines are easy to learn and follow for participants of all abilities and ages so that success can be achieved quickly and participants can have FUN!

PRENATAL OPTIONS

PreNatal Exercise & Yoga

PreNatal Exercise will provide pregnant and nursing mothers exercises to improve the health of the mother and baby during and following pregnancy. Intensity levels and exercises will be modified to ensure maximum safety and benefits for participants. The class will include yoga, strength training, pelvic floor and abdominal exercises, and cardiovascular exercise appropriate for pregnant and nursing mothers.

PostNatal Exercise: Movin’ Mommies

See page 42.



WATER OPTIONS

Water Classes

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 Flow

This lower-intensity water exercise class is designed to accommodate individuals desiring a class of lower intensity than Aqua Splash as well as those with conditions that may limit exercise capabilities. Aqua Flow is taught in a group setting with exercises and activities designed to develop muscular strength, muscular endurance, and improve range of motion.

Aqua Splash

Let our instructor lead you through a safe, low-impact workout in a comfortable water environment. The water's natural resistant properties help you increase overall muscle strength and endurance while conditioning your cardiovascular system.

SENIORFIT CLASSES

The Shoreview Community Center is dedicated to helping seniors stay active and fit. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. These classes are available at no cost for any senior with an annual membership at the Shoreview Community Center.

SeniorFIT Strength Training

This strength training class will focus on increasing muscular strength making everyday tasks such as lifting and bending safer and easier. Moving to your favorite music, our instructor will lead you in a variety of exercises using light weights, bands, and exercise balls.

SeniorFIT Circuit

Circuit classes provide a great balance between cardiovascular and strength training giving you a well rounded and efficient workout. This class will use a variety of fitness equipment, non-impact aerobics, and motivating music to get you moving.



SeniorFIT Yoga and Stretch

Feel your stress melt away as the instructor takes you through yoga moves to increase your flexibility, balance, and core strength. You will leave this class feeling refreshed, relaxed, and energized.

SeniorFIT Splash

SeniorFIT Splash 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.

GROUP FITNESS

MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated.

SPRING: Mar. 25 - June 9 (11 weeks). No class Sunday, March 31st or Monday, May 27th. SUMMER: June 17 - August 25 (10 weeks). No class July 4.

Time	Class	Spring Rate Shrw Res.	Spring Activity#	Sum. Rate Shrw Res.	Summer Activity#
MONDAY					
(No class May 27)					
5:35 A.M.	Total Body Workout	\$54/\$49	210502-01	\$54/\$49	310502-01
7:30 A.M.	Aqua Splash	-	-	\$54/\$49	310522-01
8:30 A.M.	Core Conditioning	\$54/\$49	210538-01	\$54/\$49	310538-01
8:30 A.M.	SeniorFIT - Strength Training*	\$54/\$49	210161-01	\$54/\$49	310161-01
9:15 A.M.	Aqua Splash	\$54/\$49	210522-01	-	-
9:30 A.M.	Circuit	\$54/\$49	210505-01	\$54/\$49	310505-01
9:30 A.M.	Core Fusion	\$54/\$49	210531-03	\$54/\$49	310531-03
10:30 A.M.	Zumba®	\$72/\$66	210544-12	\$72/\$66	310544-12
11:40 A.M.	Mind/Body Yoga	\$86/\$79	210506-01	\$86/\$79	310506-01
TUESDAY					
5:35 A.M.	Core Fusion	\$59/\$54	210531-04	\$54/\$49	310531-04
7:30 A.M.	Aqua Splash	-	-	\$54/\$49	310522-03
8:15 A.M.	SeniorFIT - Splash*	\$59/\$54	210162-01	-	-
8:30 A.M.	Mind/Body Yoga	\$94/\$87	210506-02	\$86/\$79	310506-02
8:30 A.M.	Power Pump	\$59/\$54	210523-02	\$54/\$49	310523-02
9:15 A.M.	Aqua Splash	\$59/\$54	210522-03	-	-
9:30 A.M.	Pilates	\$94/\$87	210507-01	-	-
9:30 A.M.	Latin Cardio Kick	-	-	\$54/\$49	310509-01
9:30 A.M.	Step It Up	\$59/\$54	210516-01	\$54/\$49	310516-01
10:40 A.M.	Zumba Gold®	\$78/\$72	210543-01	\$72/\$66	310543-01
11:40 A.M.	Strength Training	\$59/\$54	210541-01	\$54/\$49	310541-01
1:45 P.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-03	\$54/\$49	310161-03
WEDNESDAY					
5:35 A.M.	Total Body Workout	\$59/\$54	210502-02	\$54/\$49	310502-02
7:30 A.M.	Aqua Splash	-	-	\$54/\$49	310522-05
8:30 A.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-02	\$54/\$49	310161-02
8:30 A.M.	Cardio & Strength Conditioning	\$59/\$54	210540-01	\$54/\$49	310540-01
9:15 A.M.	Aqua Splash	\$59/\$54	210522-05	-	-
9:30 A.M.	Zumba®	\$78/\$72	210544-07	\$72/\$66	310544-07
9:30 A.M.	NEW! Core Training	\$59/\$54	210527-01	\$54/\$49	310527-01
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$59/\$54	210163-02	\$54/\$49	310163-02
THURSDAY					
(No class July 4)					
5:35 A.M.	Core Fusion	\$59/\$54	210531-02	\$49/\$44	310531-02
7:30 A.M.	Aqua Splash	-	-	\$49/\$44	310522-07
8:15 A.M.	Aqua Flow	\$59/\$54	210521-01	-	-
8:30 A.M.	Pilates	\$94/\$87	210507-02	\$78/\$71	310507-02
8:30 A.M.	Power Pump	\$59/\$54	210523-06	\$49/\$44	310523-06
9:15 A.M.	Aqua Splash	\$59/\$54	210522-07	-	-
9:30 A.M.	Step It Up	\$59/\$54	210516-04	\$49/\$44	310516-04
9:30 A.M.	Mind/Body Yoga	\$94/\$87	210506-07	\$78/\$71	310506-07
10:40 A.M.	Zumba Gold®	\$78/\$72	210543-02	\$66/\$60	310543-02
11:40 A.M.	Strength Training	\$59/\$54	210541-02	\$49/\$44	310541-02
12:40 P.M.	Mind/Body Yoga	\$94/\$87	210506-04	\$78/\$71	310506-04
1:45 P.M.	SeniorFIT - Strength Training*	\$59/\$54	210161-04	\$49/\$44	310161-04
FRIDAY					
5:35 A.M.	Total Body Workout	\$59/\$54	210502-03	\$54/\$49	310502-03
7:30 A.M.	Aqua Splash (No Class June 28)	-	-	\$49/\$44	310522-09
8:15 A.M.	SeniorFIT - Splash*	\$59/\$54	210162-02	-	-
8:30 A.M.	SeniorFIT - Circuit*	\$59/\$54	210165-01	\$54/\$49	310165-01
8:30 A.M.	Strength Conditioning	\$59/\$54	210539-02	\$54/\$49	310539-02
8:35 A.M.	SeniorFIT - Splash* (No Class June 28)	-	-	\$49/\$44	310162-02
9:15 A.M.	Aqua Splash	\$59/\$54	210522-09	-	-
9:30 A.M.	Circuit	\$59/\$54	210505-03	\$54/\$49	310505-03
9:30 A.M.	Zumba®	\$78/\$72	210544-08	\$72/\$66	310544-08
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$59/\$54	210163-03	\$54/\$49	310163-03
SATURDAY					
8:15 A.M.	Reving	\$78/\$72	210512-08	\$72/\$66	310512-08
8:30 A.M.	Kettlebell Training	\$78/\$72	210528-04	\$72/\$66	310528-04
8:30 A.M.	Zumba®	\$78/\$72	210544-06	\$72/\$66	310544-06
9:30 A.M.	Power Pump	\$59/\$54	210523-09	\$54/\$49	310523-09
9:30 A.M.	NEW! TurboKick	\$59/\$54	210503-01	-	-
SUNDAY					
(No class March 31)					
8:30 A.M.	Reving	\$72/\$66	210512-09	-	-
10:00 A.M.	Reving	\$72/\$66	210512-10	-	-
4:30 P.M.	PreNatal Exercise & Yoga (no class 3/31 or 5/26)	\$78/\$71	210510-01	-	-
5:00 P.M.	Zumba® and Strength	\$72/\$66	210546-01	\$72/\$66	310546-01
6:00 P.M.	Candlelight Yoga	\$86/\$79	210537-01	\$86/\$79	310537-01

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 40 & 41.

*** SeniorFIT classes are available at NO COST for any senior with an annual membership to the Shoreview Community Center.**

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

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

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

CHILD CARE AVAILABLE!

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

Rate \$1 per hour per child.

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

SPRING: Mar. 25 - June 9 (11 weeks). No class Sunday, March 31st or Monday, May 27th. SUMMER: June 17 - August 25 (10 weeks). No class July 4.

Time	Class	Spring Rate Shrvw Res.	Spring Activity#	Sum. Rate Shrvw Res.	Summer Activity#
MONDAY					
(No class May 27)					
4:10 P.M.	Zumba®	\$72/\$66	210544-02	\$72/\$66	310544-02
4:15 P.M.	NEW! Kettlebell Training	\$72/\$66	210528-01	\$72/\$66	310528-01
5:20 P.M.	Step and Strength	\$54/\$49	210514-01	\$54/\$49	310514-01
5:20 P.M.	Total Body Workout	\$54/\$49	210502-05	\$54/\$49	310502-05
5:30 P.M.	Reving	\$72/\$66	210512-01	—	—
6:25 P.M.	NEW! Cardio Groove	\$54/\$49	210504-01	\$54/\$49	310504-01
6:25 P.M.	Core Fusion	\$54/\$49	210531-01	\$54/\$49	310531-01
6:30 P.M.	NEW! Reving	—	—	\$72/\$66	310512-01
7:30 P.M.	Zumba®	\$72/\$66	210544-10	\$72/\$66	310544-10
7:30 P.M.	Power Pump	\$54/\$49	210523-04	\$54/\$49	310523-04
8:05 P.M.	Aqua Splash	\$54/\$49	210522-02	\$54/\$49	310522-02
TUESDAY					
4:30 P.M.	Tabata (30 min)	\$59/\$54	210513-02	\$54/\$49	310513-02
5:05 P.M.	Aqua Splash	\$59/\$54	210522-04	\$54/\$49	310522-04
5:20 P.M.	Mind/Body Yoga	\$94/\$87	210506-03	\$86/\$79	310506-03
5:20 P.M.	Power Pump	\$59/\$54	210523-03	\$54/\$49	310523-03
6:25 P.M.	Pilates	\$94/\$87	210507-03	\$86/\$79	310507-03
6:25 P.M.	Cardio Kickboxing	\$59/\$54	210501-01	\$54/\$49	310501-01
7:30 P.M.	Total Body Workout	\$59/\$54	210502-04	\$54/\$49	310502-04
7:30 P.M.	BOSU Fusion	\$59/\$54	210542-01	\$54/\$49	310542-01
WEDNESDAY					
4:00 P.M.	Kettlebell Training	\$78/\$72	210528-03	\$72/\$66	310528-03
5:15 P.M.	Step It Up	\$59/\$54	210516-03	\$54/\$49	310516-03
5:20 P.M.	Yogalates	\$94/\$87	210525-02	\$86/\$79	310525-02
6:25 P.M.	Reving	\$78/\$72	210512-05	\$72/\$66	310512-05
6:30 P.M.	Boot Camp	\$59/\$54	210532-02	\$54/\$49	310532-02
7:05 P.M.	Mind/Body Yoga	\$94/\$87	210506-06	\$86/\$79	310506-06
7:30 P.M.	NEW! Latin Fusion	\$78/\$72	210545-01	\$72/\$66	310545-01
8:05 P.M.	Aqua Splash	\$59/\$54	210522-06	\$54/\$49	310522-06
THURSDAY					
(No class July 4)					
4:00 P.M.	NEW! SeniorFIT - Splash*	\$59/\$54	210162-03	—	—
4:15 P.M.	Reving	\$78/\$72	210512-03	—	—
4:30 P.M.	NEW! Tabata (30 min)	\$59/\$54	210513-03	\$49/\$44	310513-03
5:05 P.M.	Aqua Splash	\$59/\$54	210522-08	\$49/\$44	310522-08
5:20 P.M.	Yoga Strength	\$94/\$87	210524-01	\$78/\$71	310524-01
5:20 P.M.	Power Pump	\$59/\$54	210523-07	\$49/\$44	310523-07
6:25 P.M.	Cardio Kickboxing	\$59/\$54	210501-03	\$49/\$44	310501-03
6:25 P.M.	Pilates (Intermediate)	\$94/\$87	210511-01	\$78/\$71	310511-01
7:30 P.M.	Mind/Body Yoga	\$94/\$87	210506-05	\$78/\$71	310506-05
7:30 P.M.	Zumba®	\$78/\$72	210544-03	\$66/\$60	310544-03
FRIDAY					
4:30 P.M.	Zumba®	\$78/\$72	210544-04	\$72/\$66	310544-04
5:30 P.M.	Power Pump	\$59/\$54	210523-05	\$54/\$49	310523-05

* SeniorFIT classes are available at NO COST for any senior with an annual membership to the Shoreview Community Center.

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 40 & 41.

NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- 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.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off group fitness class registration fees (exclusions apply).
- Senior Fit classes are free to any senior with an annual Membership.
- Fitness class attendance for members is applicable to the minimum monthly visits required by insurance providers to receive insurance reimbursements.
- All classes are 50 minutes unless indicated.
- For updated class times and locations, please see schedules available on-line and at the Community Center.
- Minimum age is 14. Ages 12 & 13 may sign up with a parent/guardian.



ZUMBA® IN THE PAVILION

Memorial Day May 27th..... 4:30 P.M. – 5:30 P.M.
 \$10..... **Activity # 210553-01**

Pavilion next to the Community Center / Instructor: Tina

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Achieve long term health benefits and experience an hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®! Class will be moved to studio 2 if needed due to weather. Space is limited. Register in advance.



ZUMBA® JAM! PJ PARTY

Friday, March 22 5:00 – 7:00 P.M.
 \$10..... **Activity # 210550-01**

Studio 2

Come experience 2 hours of high-energy fun and get a great workout! Come dressed in your favorite pajamas and “JAM” with instructors Tina and Jan as they lead you through some heart-thumping, hip-shaking Zumba® dance choreography for 2 hours of calorie-burning, stress-relieving fun! Space is limited. Register early to reserve your space.

MOVIN’ MOMMIES

Thursdays, Jun 21 – Aug 22 (9 weeks, no class July 4)
 9:15 A.M. – 10:15 A.M.

\$80; \$75 Shoreview Res. **Activity # 310215-01**

Tuesdays, Jun 18 – Aug 20 (10 weeks) 4:15 P.M. – 5:15 P.M.

\$85; \$80 Shoreview Res. **Activity # 310215-02**

Outside (class can be moved indoors due to weather)

Grab your stroller and your kiddo and come get fit! This outdoor circuit training class will incorporate cardio and resistance training using the stroller, resistance bands, small weights and the environment around us. The best part is your child will be right there with you! Your child must be able to stay in the stroller for the duration of the class, but no need to worry – we will keep the kids entertained with movement, motion, and music! Of course your child’s wellbeing will be top priority. No need to worry if you need to stop and change a diaper or comfort your little one - we all understand! The class will be 1 hour in length with 45 minutes dedicated to cardio, toning and stretching and 15 minutes dedicated to play, socializing and mommy talk. Whether you are a new mom trying to get back into the workout world or an experienced mom looking to add some variety to your day, this class is for you!

MOONLIGHT YOGA

\$10 per class* Please register in advance.

Monday, May 20, 8:00 P.M..... **Activity #310550-01**

Monday, June 24, 8:30 P.M..... **Activity #310550-02**

Monday, July 22, 8:30 P.M..... **Activity #310550-03**

Monday, August 19, 8:00 P.M. **Activity #310550-04**

Monday, September 16, 7:00 P.M.... **Activity #310550-05**

Take your mind/body Yoga practice outside with Yoga in the moonlight. The moon will be in near full-phase on these evenings and will provide a natural source of light and contribute to the mind/body experience of Yoga. Classes will be held outside on the east side of the community center next to the pavilion. In the event of inclement weather, class will be held indoors and “moonlight” will be simulated.

* Punch Card not valid for this class. Participants may pre-register or purchase a non-resident yoga drop-in pass at the service desk on the day of class.



KETTLEBELL TRAINING

A kettlebell is a weighted iron ball with a handle attached to it. In addition to traditional strength training exercises, kettlebells can be used to perform “swings”, “presses”, and a variety of other dynamic movements that require all of the muscles of the body to work together. You can expect to increase strength, power, coordination and stamina while developing all of the muscles of the upper and lower body. One-on-one Kettlebell Training is available in packages of 1,3,6 and 12 sessions. Small group training sessions are also available and can be scheduled by calling 651-490-4768.



COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

All members of the community center are encouraged to attend a fitness equipment orientation.

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651-490-4740.



INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res... **Spring Activity # 210299-01**
\$40; \$35 Shoreview Res.

.....**Summer Activity # 310299-01**

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. The schedule and sign-up sheet for teen equipment orientations is located on the desk in the fitness center, or call 651-490-4768 to find out more.

Personal Training can benefit anyone regardless of physical condition or age. A trainer can plan a safe, effective program and provide the one-on-one instruction to ensure that you are using proper form and technique, exercising at the appropriate intensity, and maximizing the effectiveness of your workout to achieve your health and fitness goals. Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

Personal trainers will:

- Identify realistic goals and determine safe strategies to achieve those goals
- Customize a program to fit your ability and health status
- Monitor progress & adapt your routine for consistent improvement
- Educate you on fitness principles and correct form to aid in progress and prevent injuries
- Achieve maximum results in minimum time
- Provide the encouragement and accountability you need.

Goals Achieved Through Personal Training:

- Reach and maintain a healthy weight
- Reduce body fat and build muscle
- Shape and tone your body
- Improve strength and cardiovascular fitness
- Recover from an injury

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, which makes them more likely to stick to their program because they are accountable to someone else for their exercise time. Others prefer to see a trainer periodically to update their exercise program or for fitness testing to receive feedback on their progress. Personal Training comes in packages of 1, 3, 6 and 12 sessions.

Sessions	Regular	Resident
Fitness Assessment	\$ 26	\$ 23
Single Session	\$ 62	\$ 57
Three Sessions	\$ 178	\$ 163
Six Sessions	\$ 332	\$ 308
Twelve Sessions	\$ 627	\$ 580

Meet the Trainers

We have 8 certified personal trainers on staff. Trainer biographies are posted outside of the Fitness Center across from Studio 2 and at www.shoreviewcommunitycenter.com. Call 651-490-4768 for more information and to speak with the Fitness Supervisor to discuss which trainer can best help you achieve your goals.



Karen Cossack

Karen is dedicated to helping her clients reach their goals. She excels at working with clients recovering from illness, injury, and other health challenges. Certifications: ACE Personal Trainer; Group Fitness Instructor; ACE Course on Exercise for Special Populations



Holly DeRouche

Holly specializes in correct body mechanics and preventing the aggravation of previous injuries. She excels in distance running, cross-training for injury prevention, and working with those new to exercise. Holly has a B.S. in Health Sciences and a doctorate in Physical Therapy. Certifications: NETA Personal Trainer.



Adrienne Peppin

Adrienne's philosophy is staying focused on the 4 D's: Decision-Determination-Discipline-Dedication. She specializes in working with clients interested in losing weight, gaining strength, and increasing range of motion. Certifications: NDEITA Personal Trainer and Fitness Instructor.

**Additional trainer biographies available at www.shoreviewcommunitycenter.com*

What is a Fitness Assessment?

Assessments are used to determine your current level of fitness. Measurements and tests taken during assessments will be specific to the goals of the individual and may include body measurements, body fat calculations, resting heart rate and/or blood pressure, flexibility testing, muscular strength and/or endurance testing, posture assessment, cardiovascular testing, and sports-specific tests. You can register for a fitness assessment without signing up for personal training, however, assessments are included in personal training packages of 3, 6, and 12 sessions.

Get Fit! Body Challenge

The Body Challenge is a fitness and weight loss program that combines fitness classes, group training sessions, weekly individual exercise prescription, and nutrition consultations. Support from fellow participants and accountability through the personal training staff will help keep you committed to your goals. The Spring Get Fit! Body Challenge will get you in shape for summer and help you to overcome the inactivity and weight gain that commonly occurs during winter months. Participants of past Body Challenge programs have experienced substantial improvements in body measurements and weight loss of one to three pounds per week!



Program includes:

- Free access to group fitness classes at the Community Center
- A weekly small group training session with a personal trainer**
- Pre and post body measurements
- Tracking of physical activity, nutrition, and progress towards goals

Each week participants will receive:

- Analysis and feedback on exercise and nutrition logs
- Exercise recommendations from a personal trainer
- Suggestions and tips for improved nutrition habits
- Informative articles discussing exercise and nutrition principles



GET FIT! BODY CHALLENGE

April 1 – May 27 (8 weeks)

Activity # 210239-01

\$349 per session

Informational meeting:

Thursday, March 28 at 5:00 P.M.

Get Fit! Body Challenge Trainer

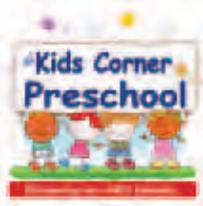


Wanda Brown

Wanda works with a broad base of clients and focuses on general fitness and well-being, strength training, and youth fitness. Wanda provides the motivation clients need to stay on track. Wanda has a B.S. in elementary education and human development. Certifications: NDEITA Personal Trainer and Group Fitness Instructor.

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class and two free personal training sessions.

**Membership or a daily pass to the community center is required to use the facility when not participating in group fitness classes or group/ personal training sessions.



2013-2014 School Year

School year dates are September 9, 2013 – May 23, 2014. **To determine class availability and for a registration form please call 651-490-4750 or visit our website.** A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition.

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 January 1, 2014.

Monday Funday AM..... 9:00 A.M. – 10:30 A.M.

Monday Funday PM 11:00 A.M. – 12:30 P.M.

\$54/month; \$49/month Shoreview Resident

Friday Funday AM..... 9:00 A.M. – 10:30 A.M.

Friday Funday PM 11:00 A.M. – 12:30 P.M.

\$49/month; \$44/month Shoreview Resident



3 TO 4 YEAR OLD CLASSES

Our preschool classes designed for 3 and 4 year olds will provide a nurturing environment while having fun participating in early learning activities. Students will learn to recognize letters, numbers, colors, and shapes, as well as be introduced to writing skills. Children will learn social skills and self-help abilities through classroom routines and transitions provided each day. Physical education time and focus on large motor skills takes place in each class every week in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 3 years old by September 1, 2013.

Tiny Treasures

Wednesday & Friday..... 9:00 A.M. – 11:30 A.M.

\$106/month; \$100/month Shoreview Resident

ABC's & 123's

Tuesday & Thursday..... 1:00 P.M. – 3:30 P.M.

\$115/month; \$108/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, 2013.

Alpha Kids

Tuesday & Thursday..... 9:00 A.M. – 12:00 P.M.
\$124/month; \$119/month Shoreview Resident

Stepping Stones

Monday, Wednesday & Friday..... 12:30 P.M. – 3:30 P.M.
\$160/month; \$153/month Shoreview Resident



SPECIALTY CLASSES

Busy Buddies

Monday..... 9:00 A.M. – 11:30 A.M.
\$86/month; \$79/month Shoreview Resident

This class will offer your 3 to 5 year old children a fun and energy-filled preschool adventure. Children will learn the basics of letters, science and Spanish. Swimming lessons are included in 8 week sessions during the fall, winter, and spring. Class time will also consist of constructive play, story time, music and movement, physical education, and snack. Children must be 3 by September 1, 2013.

Investigators

Wednesday..... 9:00 A.M. – 12:00 P.M.
\$70/month; \$65/month Shoreview Resident

This preschool class will give your 4 to 6 year olds an opportunity to discover the world of science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 4 by September 1, 2013. Kindergarteners are welcome.

NEW!

PRESCHOOL 101

Ages 2 to 3

Tuesdays, April 16 – May 14..... 6:00 – 7:30 P.M.
\$40; \$35 Shoreview Resident..... **Activity # 270301-01**
Shoreview Community Center

This is a great opportunity for your 2 and 3 year olds to come and check out what a preschool class is like. If you aren't sure if your child is ready for the upcoming school year, or you just want them to see what a preschool class is like, then this is the class for you! Your child will have a chance to listen to stories, sing songs, create art projects, and get a better understanding of what a preschool class will be like.

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 10 days after first class.

FAMILY DISCOUNT
 \$15 off for second family member
 \$25 off for third family member

BEGINNER CLASS

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

- SPRING A** March 26 – May 2 (6 weeks)
 \$90; \$82 Shoreview Resident..... **Activity # 210230-01**
- SPRING B** May 7 – June 6 (5 weeks)
 \$76; \$68 Shoreview Resident..... **Activity # 210232-01**
- SUMMER A** June 11 – July 18 (no class July 2 and 4, 5 weeks)
 \$76; \$68 Shoreview Resident..... **Activity # 310230-01**
- SUMMER B** July 23 – August 22 (5 weeks)
 \$76; \$68 Shoreview Resident..... **Activity # 310232-01**

For ages 7 and older. This class is designed for individuals and families and will teach basic principals and techniques. Small groups or individual attention will be provided as necessary if varying skill levels are apparent. Wear loose fitting clothing. You do not need a uniform for this class.

ADVANCED CLASS

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

- SPRING A** March 26 – May 2 (6 weeks)
 \$90; \$82 Shoreview Resident..... **Activity # 210231-01**
- SPRING B** May 7 – June 6 (5 weeks)
 \$76; \$68 Shoreview Resident..... **Activity # 210233-01**
- SUMMER A** June 11 – July 18 (no class July 2 and 4, 5 weeks)
 \$76; \$68 Shoreview Resident..... **Activity # 310231-01**
- SUMMER B** July 23 – August 18 (5 weeks)
 \$76; \$68 Shoreview Resident..... **Activity # 310233-01**

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.



CHEER AMERICA

Ages 4 to 16.....Thursdays

- SPRING:** Feb. 14 – Apr. 18 (10 weeks)
- SUMMER:** June 6 – Aug. 22 (10 weeks – no class July 4)
- 6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)
- \$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes coordination and physical fitness, self-esteem, and teamwork. Join us on the last class day for a recital. Register any time! **Summer registration and information session: June 6, 6:00 P.M. – 7:00 P.M.**





Tumbling

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

TODDLER AND PARENT

Ages 2 and 3 \$78; \$68 Shoreview Resident
Saturdays..... 9:45 A.M. – 10:30 A.M.
Mar. 23 – May 18 (no class Mar. 30)... **Activity # 280101-01**
Saturdays..... 10:45 A.M. – 11:30 A.M.
Mar. 23 – May 18 (no class Mar. 30)... **Activity # 280101-02**

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

TUMBLING TYKES

Ages 3 and 4 \$78; \$68 Shoreview Res
Saturdays..... 11:45 A.M. – 12:30 P.M.
Mar. 23 – May 18 (no class Mar. 30)... **Activity # 280102-01**

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

ROLLY POLLYS

Ages 4 and 5 \$78; \$68 Shoreview Res
Saturdays..... 12:45 P.M. – 1:30 P.M.
Mar. 23 – May 18 (no class Mar. 30)... **Activity # 280103-01**

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

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8..... \$78; \$68 Shoreview Res
Saturdays..... 1:45 P.M. – 2:30 P.M.
Mar. 23 – May 18 (no class Mar. 30)... **Activity # 280104-01**

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



REGISTRATION
is currently open for Spring
Tumbling classes.

WISH UPON A BALLET 

Ages 3 to 6..... Shoreview Community Center

Tuesdays..... 10:00 A.M. – 10:45 A.M.

Apr. 23 – May 28 (6 weeks)

\$52..... **Activity #270202-01**

Wednesdays..... 5:45 P.M. – 6:30 P.M

Apr. 24 – May 29 (6 weeks)

\$52..... **Activity #270202-02**

Wednesdays..... 6:30 P.M. – 7:15 P.M

Apr. 24 – May 29 (6 weeks)

\$52..... **Activity #270202-03**

Ages 3 to 7..... Island Lake School

Tuesdays..... 10:00 A.M. – 10:45 A.M.

July 9 – Aug. 13 (5 weeks)

\$61..... **Activity #370202-01**

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.



SHARE ✨ CREATE ✨ EXPLORE

Grades K-8 (during the 2012-13 School Year)
June 10 – August 23, 2013

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 11 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

*Registration will begin Thursday, February 28, 2013, beginning at 8:00 A.M. Registration materials are available February 1 online or by calling 651-490-4750.

Summer Discovery will hold an optional week Aug. 26-30. Registration for this week will be separate and on a first-come, first-served basis. Space is limited. See page 51.



SCHOOL'S OUT DISCOVERY CAMPS

REGISTER NOW!

We are your resource for childcare on school's out days! Your child will participate in fun activities, crafts, games, and pool time at the Tropics Indoor Waterpark under the supervision of our highly trained and qualified staff. Choose before and after care to tailor this program to your specific schedule. Please send a bag lunch, swimsuit, and towel. We will provide all other supplies, including a snack. **Space is limited – register early!**

Grades K-5

Time 9:00 A.M. – 5:00 P.M.
 Before Care..... 7:00 A.M. – 9:00 A.M.
 After Care 5:00 P.M. – 6:00 P.M.
 \$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

Spring Break, March 14-22

Hey kids! Enjoy a tropical vacation at the Shoreview Community Center during your spring break. You will swim in the Tropics Indoor Water Park where it is always 80 and sunny. You will go on a tropical adventure in the indoor playground racing through tunnels and flying down the five level spiral slide! We will break up the day with crafts, games, and snacks. What a great way to spend your spring break!

Thursday, March 14	Activity #260208-01
Before/After	Activity #260208-02
Friday, March 15	Activity #260208-03
Before/After	Activity #260208-04
Monday, March 18.....	Activity #260208-05
Before/After	Activity #260208-06
Tuesday, March 19	Activity #260208-07
Before/After	Activity #260208-08
Wednesday, March 20.....	Activity #260208-09
Before/After	Activity #260208-10
Thursday, March 21	Activity #260208-11
Before/After	Activity #260208-12
Friday, March 22	Activity #260208-13
Before/After	Activity #260208-14



BACK TO SCHOOL SUMMER DISCOVERY CAMP

Summer is winding down and it is almost time to go back to school. Most summer camps have ended, but Summer Discovery has one more special week of fun for you! Your child will enjoy a variety of fun activities, crafts, games, swimming and more. You can register your child for one, two, three, four or all five days of the week. Lunch will be included daily. Please bring a swimsuit, towel, and socks each day. Space is limited – register early.

Grades K-8 (2012-13 School Year)

August 26-30..... 6:30 A.M. – 6:00 P.M.
 \$41/day

Shoreview Community Center

Monday, August 26.....	Activity #340035-01
Tuesday, August 27	Activity #340035-02
Wednesday, August 28.....	Activity #340035-03
Thursday, August 29	Activity #340035-04
Friday, August 30	Activity #340035-05



DIVE-IN MOVIE

Friday, Mar. 8 7:00 P.M.
 Crafts & Games 6:00 P.M. – 7:30 P.M.

Shoreview Community Center

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

SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, March 30 9:30 A.M. – 11:00 A.M.
 \$12 per child..... **Activity # 260219-01**

Shoreview Community Center Pavilion

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. **Please register by Monday, March 25. The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**

Schedule: 9:30 A.M.	Check In
9:45 A.M. – 10:00 A.M.	Egg Hunt
10:00 A.M. – 11:00 A.M.	Special Entertainment

PET PAGEANT

Saturday, May 18..... 1:00 P.M. – 3:00 P.M.
 Free **Activity # 260220-01**

Haffeman Pavilion – Shoreview Community Center

This event will give you a chance to show off your special pet and meet all kinds of animals that belong to families in our community including rabbits, fish, snakes, dogs, cats, chickens and more! Remember what you need to make your pet comfortable such as potty bags, water, crate and especially a leash for everyone’s safety! Space is limited. **Pre-registration is required.**

WET & WILD

Ages 6 and up

June 21, July 12 & Aug. 2 1:00 P.M. – 3:30 P.M.
 FREE at Commons Park

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

ADVENTURE QUEST CARNIVAL

All ages

July 19..... 1:00 P.M. – 4:00 P.M.

Shoreview Community Center

Come one, come all join us for a carnival! Shoreview Parks and Recreation summer Adventure Quest program hosts this annual carnival for all to enjoy. Come and try your luck at many games including Ring ‘Em, Duck Pond, Hockey Shot, Race track and more! All game tickets cost five cents – what a deal! No registration necessary. Game tickets will go on sale beginning at 12:30 PM on July 19. Coins not required. Check and cash accepted.

PUPPET WAGON

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

Mondays

June 17	Sitzer Park	1:30 P.M.
	Shamrock Park	6:00 P.M.

June 24	McCullough Park	12:30 P.M.
	Commons Park	2:30 P.M.

July 1	Wilson Park	12:30 P.M.
	Bucher Park	2:30 P.M.

July 8	Bobby Theisen	12:30 P.M.
	Shamrock Park	2:30 P.M.

July 15	Sitzer Park	12:30 P.M.
	Commons Park	2:30 P.M.

July 22	McCullough Park	1:30 P.M.
	Bucher Park	6:00 P.M.

July 29	Sitzer Park	12:30 P.M.
	Shamrock Park	2:30 P.M.

For specific show information please call the Shoreview Parks and Recreation Department at 651-490-4750.



Mayer Arts Musical Theater Camps

The mission of Mayer Arts is to not only provide training for those who are serious about learning but also to offer classes that are tons of fun! We teach proper technique, terminology, body awareness, and appreciation for the arts. Our goal is that students will not only find a love for the arts but also build healthy habits and self-esteem—skills that will be helpful to them for the rest of their lives. www.mayerarts.com

LITTLE MERMAID

Ages 3 - 4Arden Hills City Hall
Monday – Thursday, July 29-Aug. 1..... 9:00 A.M. – 10:00 A.M.
\$52..... **Activity # 370205-01**

Ages 4 - 8Arden Hills City Hall
Monday – Thursday, July 29-Aug. 1..... 1:00 P.M. – 4:00 P.M.
\$132 **Activity # 370205-02**

Let’s go under the sea! We will dance and sing to the Little Mermaid’s beautiful music and put together our own show! We will also make fun sea shell crafts! No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to observe the final 30 minutes of the final class. Be part of Ariel’s world!

PRINCESS AND THE POP STAR

Monday – Thursday, July 8-11\$132
Ages 4-8.....9:00 A.M. – 12:00 P.M.
Arden Hills City Hall..... **Activity # 370203-01**

Princesses Just Want to Have Fun! We will dance and sing to music from the Princess and the Popstar and put together our own show! We will also make our own fun crafts such as microphones and crowns. No experience necessary. All that is needed are comfortable clothing and lightweight tennis shoes or dance shoes. Please bring a nut free snack and beverage daily. Friends and family are invited to observe the final 30 minutes of the final class. It’s a perfect day!

X-FACTOR TALENT COMPETITION

Monday – Thursday, July 8-11\$132
Ages 7-12..... 1:00 P.M. – 4:00 P.M.
Arden Hills City Hall..... **Activity # 370217-01**

Do you have the X-Factor? Come and show us what you’ve got in the fun musical theater camp. We will create our own story about an x-factor competition and present it to our families on the last day of camp. Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet, or jazz shoes. Bring a nut free snack and beverage daily. Friends and family are invited to observe a special performance during the last 30 minutes of the final class.



AbraKadoodle Art Camps

AbraKadoodle is the nation’s leader in creative art education. In AbraKadoodle programs, children learn about artists, techniques, artistic style, and use of media as well as art history, international styles and cultural background. The curriculum is designed by artists and educators and exceeds national standards. Sign up your child for AbraKadoodle art camps and watch them shine! Campers should bring a beverage and nut free snack. www.abrakadoodle.com

GIRLS RULE ART SCHOOL

Monday – Thursday, June 17 – 20.....\$133
Ages 5-10.....9:30 A.M. – 12:00 P.M.
Arden Hills City Hall..... **Activity # 370207-01**

Does your daughter love art? Does she love bright colored paint, glitter, rhinestones and paper mache? If so, this is the camp for her! In this fun camp we’ll make a paper mache kitty, paint batik designs on t-shirts, sculpt animals out of clay, create a duct tape purse, learn how to draw horses or unicorns on canvas panels and more. We’ll even listen to girly music and paint your nails. Come with your best friend or make a new one at camp! Bring a plain white T-shirt, beverage, nut free snack and recess attire.

BEST OF ABRAKADOODLE PRESCHOOL ART CAMP

Monday – Thursday, June 17 – 20 \$133
 Ages 3-6 1:00 P.M. – 3:30 P.M.
 Arden Hills City Hall..... **Activity # 370208-01**

This awesome camp is filled with our all-time favorite art projects from the past 9 years! We'll paint and collage animals, sculpt ladybugs out of clay, use oil and chalk pastels, make masks using plaster wrap, and more! We even have a few fun surprises in store for you (did someone say paint throwing??!!) with unusual art materials (some might even glow in the dark!) Bring a beverage, nut free snack, and recess attire.

PRINCESS ART CAMP

Monday & Wednesday, July 15 & 17.....\$69
 Ages 3-69:30 A.M. – 12:00 P.M.
 Arden Hills City Hall..... **Activity # 370209-01**

Come dressed like your favorite princess as we celebrate all things magical! Create a glittered princess wand, make a jeweled tiara, paint a pretty princess picture on canvas, make a castle and more. We'll even learn to walk, talk, and curtsy like a princess as we listen to girly music, read princess stories, and have our nails painted. Bring a beverage, nut free snack and recess attire. Costumes welcome, but bring a change of clothes. www.abrakadoodle.com



PIRATE TREASURE ART CAMP

Monday & Wednesday, July 15 & 17.....\$69
 Ages 3-61:00 P.M. – 3:30 P.M.
 Arden Hills City Hall **Activity # 370210-01**

Ahoy Mateys! Set sail for a Pirate Adventure! Make a pirate hat, paint a gigantic pirate ship, go on a treasure hunt to find buried treasure, paint a treasure chest, and more! Along the way we'll sing pirate songs, listen to pirate music and read pirate stories. Arrrrrgh! Bring a beverage and nut free snack or we'll make you walk the plank. Costumes welcome, but bring a change of clothes.

Computer Explorers Camps

COMPUTER EXPLORERS offers a variety of programs which challenge students to be innovative technology users. Working together in small groups to complete technology projects reinforces collaborative team-effort both in school and in the work place. Mastering the technology of today prepares our students for the technology of tomorrow. www.computerexplorers.com

ROBOTIC BUILDERS: ROBOTIC ZOO

Monday – Thursday, June 24-27\$133
 Entering grades K-3.....9:00 A.M. – 12:00 P.M.
 Arden Hills City Hall..... **Activity # 370214-01**

New Models! Have fun while learning how to design, construct, and program robotic animals! Students take a robotics journey in this class as they build and program motorized animals. This fun hands-on class offers everything students need to construct robots that can be programmed from a computer. We will be using Lego Education's Wedo Robotics Sets to introduce students to engineering and programming concepts. Possible models include an Attacking Crocodile, Orka Whale, Rocking Horse, Sea Turtle and a Manta Ray.

EXTREME ROBOTICS: ROBO-SPORTS

Monday – Thursday, June 24-27\$133
 Entering grades 3-6 12:30 P.M. – 3:30 P.M.
 Arden Hills City Hall..... **Activity # 370215-01**

New Builds! Design, build and program robots to take your engineering skills to a higher level. Using the NXT Intelligent brick from LEGO®, servo motors, advanced ultrasonic, touch and light sensors, and specialize lego technic engineering components, students will build extreme robots, program them to accomplish tasks, respond to external stimuli, and overcome challenges. Students working in small teams will control the robot with the NXT programs, and then have the opportunity to experiment and modify the programs. Students will then be challenged to morph their projects into better, stronger or faster robots. Possible robots built are a Robotic Arm, Baseball Batter, Pitching Machine, Mini-Golf Swinger, a Flipping Gymnast, and a Ball Hunter.



VIDEO GAME DESIGN, JR.

Monday – Thursday, July 22-25..... \$133
 Entering grades K-2..... 9:00 A.M. – 12:00 P.M.
 Arden Hills City Hall..... **Activity # 370217-01**

Create YOUR OWN VIDEO GAME! Love video games? Students as young as 5 years old can create their own platform video games in this cool class! Choose your storyline with dragons, princesses, or wild wacky aliens; add challenges and levels of difficulty, then share by email or post on the web to challenge family and friends. Now the 5-8 year olds can practice math, logic, and programming and put their video game talents to work! Game will be in an animated flash format, viewable in most internet browsers. Bring a jump drive to the last day of class or files can be emailed to parents.

VIDEO GAME ROBOTICS

Monday – Thursday, July 22-25.....\$133
 Entering grades 3-6 12:30 P.M. – 3:30 P.M.
 Arden Hills City Hall..... **Activity # 370218-01**

Brand New Class! Build robotics and use them as controllers for your Scratch video game animation projects!! All new learning projects. You and your partner will use LEGO Robotics kits to build a controller for your Scratch game (think Wii). This amazing course uses the most innovative tools available to experiment with robots & sensors that communicate with the computer to control your games! Dazzle your friends and family with what you create and learn. Students will be guided through projects, and then get the opportunity to customize and experiment with programming and robotic components.



BASICS TO ENGINEERING & ROBOTICS

Monday & Tuesday, August 5 & 6\$55
 Ages 3 ½ - 6 10:00 A.M. – 12:00 P.M.
 Arden Hills City Hall..... **Activity # 370212-01**

Young children love to explore and learn! In this unique class they learn to do just that. Our hands-on exploration of robotics introduces students to the basic concepts of programming, math & engineering. Our Lego engineering projects take shape and will amaze our young students! This course is a great all-around adventure for the youngest learners. Students will be introduced to hands-on robotics fun. Students will program a floor robot that can draw, dance and make music. We use a floor robot to compete in a robo-olympic, then engineer a robotic crawler using the Mindstorm Lego Robotics System Components.

BASICS TO BUILDING AND ENGINEERING: PULLEYS

Wednesday & Thursday, August 7 & 8\$55
 Ages 3 ½ - 6 10:00 A.M. – 12:00 P.M.
 Arden Hills City Hall..... **Activity # 370213-01**

Young children love to build! In this unique class they learn to do just that. Our hands-on exploration of simple machines introduces students to the basic concepts of physical science, math & engineering. Our Lego engineering projects take shape and will amaze our young architects! This course is a great all-around adventure for the youngest learners. Students working in pairs will be introduced to simple machines and pulleys. Projects may include: Ice Hockey Player, Funny Dog, and Moving Scarecrow.

AVENGER SUPER HEROES FILM SCHOOL

Monday – Thursday, August 5-8\$133
 Entering grades K-3..... 12:30 P.M. – 3:30 P.M.
 Arden Hills City Hall..... **Activity # 370220-01**

CAPTAIN AMERICA, THOR, HULK, BATMAN, SUPERMAN, SPIDERMAN or WONDER WOMAN! Pick your characters to star in your own mini-movie. Action figures, Legos, backdrops and props will be available for filming in class. Handle all of the technical details including using a digital movie camera, filming scenes, stop-motion animation, downloading footage to the computer, digital editing and adding finishing special effects and transitions to the movie. In this exciting hands-on learning class, our instructors will take your student through the entire digital film making steps from start to finish using Frames Software. Student groups' final projects will be emailed to parents, or students may bring a USB jump drive the last day to take home their films immediately. Student photography release must be signed for class.

ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM



June 10 – August 1 (No program July 4)

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

General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 10, 2013.

WEEKLY THEMES

- Week 1 – Around the World
- Week 2 – Superhero Training
- Week 3 – Beach Bonanza
- Week 4 – Red, White and Blue
- Week 5 – Winter in July
- Week 6 – Dino Dayz
- Week 7 – Blast from the Past
- Week 8 – Time Travelers

TRAVELERS

Grades K-5 (2012-2013 School year)

Monday – Thursday, June 10 – August 1

Rate: \$130; \$124 Shoreview Resident

9:00 A.M. – 11:30 A.M.

Sitzer Park **Activity # 370503-01**

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

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

TINY TREKKERS

Ages 3-5

June 10 – August 1 9:00 A.M. – 11:30 A.M.

Rate: \$73; \$67 Shoreview Resident

Monday & Wednesday

Sitzer Park **Activity # 370501-01**

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

Tuesday & Thursday

Sitzer Park **Activity # 370502-01**

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



OUTDOOR GAMES

Ages 7-11 Commons Park

Mondays, June 10 – July 29 1:00 P.M. – 3:00 P.M.

\$45; \$40 Shoreview Resident..... **Activity # 390514-01**

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

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

ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 10

June 10 – August 1

\$64; \$56 Shoreview Resident **Activity # 370507-01**

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 10th grade in the fall of 2013 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program.

* Participants will meet with a program staff the week before the program to determine park placement and dates to work with playground program. Weekly LIT meetings will take place on Wednesdays at noon at the Shoreview Community Center.

Adventure Quest Academy

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

WHERE THE WILD THINGS ARE

Ages 4 - 8 Sitzer Park

Tuesday, Wednesday, Thursday

June 11 - 20 1:30 P.M. – 3:30 P.M.

\$40..... **Activity # 370518-01**

Do you love animals? Join us on an adventure around the rainforest where we will learn about a variety of wild and unusual animals through hands on experiments, games and more!

INVENTORS WORKSHOP

Ages 8 - 12 Sitzer Park

Tuesday, Wednesday, Thursday

June 11 - 20 1:30 P.M. – 3:30 P.M.

\$40..... **Activity # 370519-01**

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

BUGGIN' OUT

Ages 4 - 8 Sitzer Park

Tuesday, Wednesday, Thursday

June 25 – July 3 (no class Thursday, July 4) 1:30 P.M. – 3:30 P.M.

\$34..... **Activity # 370520-01**

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

SECRET AGENT LAB

Ages 8 - 12 Sitzer Park

Tuesday, Wednesday, Thursday

June 25 – July 3 (no class Thursday, July 4) 1:30 P.M. – 3:30 P.M.

\$34..... **Activity # 370521-01**

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

FITNESS FRENZY

Ages 4 - 8 Sitzer Park

Tuesday, Wednesday, Thursday

July 9 – July 18 1:30 P.M. – 3:30 P.M.

\$40..... **Activity # 370522-01**

Whether you are a fitness guru or not, you will love this class! We will introduce you to a variety of fitness activities that have an emphasis on fun. We will also talk about the importance of healthy eating and introduce you to a variety of healthy snacks, some of which you will make yourself.

BANG, BOOM, CRASH!

Ages 8 - 12 Sitzer Park

Tuesday, Wednesday, Thursday

July 9 – July 18 1:30 P.M. – 3:30 P.M.

\$40..... **Activity # 370523-01**

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

PINT SIZE PICASSO

Ages 4 - 8 Sitzer Park

Tuesday, Wednesday, Thursday

July 23 – August 1 1:30 P.M. – 3:30 P.M.

\$40..... **Activity # 370524-01**

Pint-size Picasso will encourage creative thinking, confidence, and a sense of play and wonder through the introduction of many different art media. Each day we will get our fingers dirty as we make projects and explore concepts from various artists.

NATURE'S FURY – NATURAL DISASTERS

Ages 8 - 12 Sitzer Park

Tuesday, Wednesday, Thursday

July 23 – August 1 1:30 P.M. – 3:30 P.M.

\$40..... **Activity # 370525-01**

Tornados, Hurricanes, Volcanoes, Earthquakes, and more! Investigate these natural disasters through games and activities. Create your own tornado and volcano. Come join the fun!

Friday Fun Days

Ages 4 to 10

OUTBACK ADVENTURE

Friday, June 14..... 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370508-01**

Sitzer Park

Come along as we go on a treasure hunt to the Land Down Under! We will enjoy some native games while we learn about koala bears, kangaroos, alligators and other animals that call Australia home. This Outback Adventure is one you will never forget!

WACKY WATER GAMES

Friday, June 14..... 1:30 P.M. – 3:30 P.M.
\$10..... **Activity #370509-01**

Commons Park

Cool off with us as we have an afternoon filled with WaCkY Water Games! Come dressed with your swimsuit and towel and get ready to be soaking wet!

SUPERHERO ACADEMY

Friday, June 21..... 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370510-01**

Sitzer Park

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

SIZZLIN’ SUMMERTIME FUN

Friday, June 28..... 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370511-01**

Sitzer Park

It may be sizzlin’ hot outside, but this is sure to be one cool morning of fun! Join us as we explore the sun and the powerful effect it has on the earth, along with a variety of exciting summertime activities.

MAKIN’ A SPLASH

Friday, June 28..... 1:30 P.M. – 3:30 P.M.
\$10..... **Activity #370512-01**

Commons Park

Slippery, soggy, wet, wonderful water! Get ready to make a splash as we dive into an afternoon filled with fun water activities. Come dressed with your swimsuit and towel.

WINTER WONDERLAND

Friday, July 12..... 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370513-01**

Sitzer Park

It may not be winter time in Minnesota, but we will celebrate all of our favorite winter pastimes. From igloos to snowmen, ice games and more, this will be fun galore!

MOVIN’ AND A GROOVIN’

Friday, July 26..... 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370514-01**

Sitzer Park

The disco ball will be turning, the music will be playing! Get ready for a dance-off like you have never seen before. We will learn an assortment of new moves and enjoy a groovy treat.

WATER EXTRAVAGANZA

Friday, July 26..... 1:30 P.M. – 3:30 P.M.
\$10..... **Activity #370515-01**

Commons Park

Grab your swimsuit and towel and get ready to get wet! During this water extravaganza we will be testing your skills with some water games you may have never played before. You are sure to have a blast and enjoy cooling off on a warm afternoon.

BACK TO THE FUTURE

Friday, August 2..... 9:30 A.M. – 11:30 A.M.
\$10..... **Activity #370516-01**

Sitzer Park

“Great Scott!” Jump in your Delorean and join us for an adventure as we travel through time. We will explore time travel and take a peek at what it was like living in different time periods.



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

WATER PARK OF AMERICA

Ages 6 and up

June 14..... Drop off at 9:00 A.M., Pick up at 4:45 P.M.
\$43; \$38 Shoreview Resident..... **Activity # 370701-01**

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

GRAND SLAM & FLAHERTY’S

Ages 6 and up

June 21..... Drop off at 8:30 A.M., Pick up at 4:30 P.M.
\$43; \$38 Shoreview Resident..... **Activity # 370702-01**

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

SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 6 and up

June 28..... Drop off at 8:45 A.M., Pick up at 4:30 P.M.
\$46; \$41 Shoreview Resident..... **Activity # 370703-01**

Imagine traveling 300 feet of ocean tunnel where sharks, stingrays and giant sea turtles swim so close, you’ll feel like you can reach out and touch them! Join us as we explore the all new Sea Life Aquarium at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by 6/26.

VALLEYFAIR

Ages 6 and up

July 12..... Drop off at 8:30 A.M., Pick up at 6:00 P.M.
\$52; \$47 Shoreview Resident..... **Activity # 370704-01**

From flips and dips to a 200-foot drop, there’s excitement galore on Valleyfair’s seven thrilling roller coasters, including Steel Venom, an impulse coaster with a twist! Don’t miss Power Tower—275 feet of extreme scream! There’s something for everyone at Valleyfair! All rides inside the park are included in admission, including the water rides. We will not be visiting Challenge Go Cart Park. **Bring sunscreen, swimsuit, towel and a bag lunch or money for concessions.** Register by 7/10.

THE WORKS & HYLAND PLAY AREA

Ages 6 and up

July 26..... Drop off at 9:00 A.M., Pick up at 4:15 P.M.
\$39; \$34 Shoreview Resident..... **Activity # 370705-01**

Climb, swing and slide to your heart’s content! Join us as we visit Hyland Play Area (previously known as Chutes and Ladders) for a day of fun and play on a huge, award-winning creative play area including hexagonal climbers, platforms and slides up to 50-feet long. After lunch, we will visit The Works to check out a museum where technology is demystified and visitors learn about engineering and science through hands on workshops! After our tour we will explore science with a messy chemistry workshop. **Please send a bag lunch with your child.** Register by 7/24.

CASCADE BAY

Ages 6 and up

August 2..... Drop off at 10:00 A.M., Pick up at 4:30 P.M.
\$42; \$37 Shoreview Resident..... **Activity # 370706-01**

Join us as we spend the day swimming and water sliding at Cascade Bay pool in Eagan. Relax on the lazy river or challenge your wild side on the Typhoon Slide, Hurricane Slide, or Twin Falls. **Lunch will consist of a hot dog, chips, and a beverage. Please bring a swimsuit, towel and sunscreen.** Register by 7/31.

ELEMENTARY TRACK

Grades 4th & 5th
 \$55 for 5th grade; \$50 for 4th grade
 Practice Days 3:30 P.M. – 4:30 P.M.
 Track Meets 3:30 P.M. – 5:30 P.M.

Island Lake Elementary Gym – 1st Practice April 30
 4th Grade **Activity #290408-01**
 5th Grade **Activity #290408-02**

Turtle Lake Elementary Gym – 1st Practice April 29
 4th Grade **Activity #290408-03**
 5th Grade **Activity #290408-04**

On your mark, get set, have fun! Join your friends this spring in Elementary Track as we put fun in fitness. Participate in the high jump, 60-meter dash, relay events and much more! At the first practice a detailed schedule will be handed out with all the track practice and meet dates. Team shirts will be available for purchase from your track coach for a nominal fee.



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
 \$38 per participant
Island Lake Elementary Gym
 Tuesdays, April 23 – May 28..... **Activity # 290407-01**
Turtle Lake Elementary Gym
 Tuesdays, April 16 – May 28 (no class April 30)
 **Activity # 290407-02**

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

BASEBALL & SOCCER

Grades 1 – 3 3:30 P.M. – 4:30 P.M.
 \$38 per participant

Island Lake Elementary Gym
 Tuesdays, April 23 – May 28..... **Activity # 290401-01**

Turtle Lake Elementary Gym
 Tuesdays, April 16 – May 28 (no class April 30)
 **Activity # 290401-02**

Throw, catch, dribble, and kick—these fun activities make this class a hit! Our instructor will lead sessions in soccer and baseball.

DODGEBALL & NITROBALL

Grades 2 – 5 3:30 P.M. – 4:30 P.M.
 \$38 per participant

Island Lake Elementary Gym
 Wednesdays, April 24 – May 29..... **Activity # 290402-01**

Turtle Lake Elementary Gym
 Wednesdays, April 17 – May 22..... **Activity # 290402-02**

This class will introduce your child to the new and exciting game of NitroBall, a spin-off on the classic game of volleyball and a familiar favorite in Dodgeball. Get ready for your kids to have fun playing these two action packed games, jumping and running while getting a fabulous cardio workout! Exercise and fun all in one!



MINI KICKERS SOCCER CAMP

Ages 3 to 8..... \$65; \$60 Shoreview Resident
Saturdays, April 13 – May 18

Ages 6 to 8

9:00 A.M. – 9:45 A.M..... **Activity# 290801-01**

Ages 3 to 5

10:00 A.M. – 10:30 A.M..... **Activity# 290801-02**

10:35 A.M. – 11:05 A.M..... **Activity# 290801-03**

Shoreview Community Center Gym

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.



SPRING SPORTS WARMUP

Ages 4 – Grade 3..... \$40, \$35 Shoreview Resident
Commons Park

- * Soccer will meet at the small field by Skate Park.
- * TBall & Baseball will meet at field by tennis courts

Spring Soccer Warmup, 4 years to Kindergarten

5:00 P.M. – 5:50 P.M.

Mondays, April 22 – May 13 **Activity #290802-01**

Wednesdays, April 24 – May 15 **Activity #290802-02**

Spring Soccer Warmup, Grades 1 to 3

6:00 P.M. – 7:00 P.M.

Mondays, April 22 – May 13 **Activity #290803-01**

Wednesdays, April 24 – May 15 **Activity #290803-02**

Spring TBall Warmup, 4 & 5 years old

5:00 P.M. – 5:50 P.M.

Tuesdays, April 23 – May 14..... **Activity #290804-01**

Thursdays, April 25 – May 16..... **Activity #290804-02**

Spring Baseball Warmup, Kindergarten to Grade 3

6:00 P.M. – 7:00 P.M.

Tuesdays, April 23 – May 14..... **Activity #290805-01**

Thursdays, April 25 – May 16..... **Activity #290805-02**

Are you ready for summer sports? Come out and get a head-start on this summer, learn the basic skills of soccer or baseball through drills and games. You and your friends will have a great time. Classes are held outside; please dress appropriately for the weather. **Any cancelled classes will be made up the week of May 20.**

WEATHER LINE

Weather line **(651-490-4765)** is updated by 3:30 P.M. After 3:30 P.M., the decision to hold class will be made on the field by the instructor.



SOFTBALL LEAGUES

Grade levels based on 2012–13 school year

Mondays and Wednesdays, May 29 – July 31. Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$57, \$47 Shoreview Resident; \$10 late fee after April 26.

Girls (Coach-Pitch), Grades 3-5..... **Activity # 390301-01**

The youth slow pitch softball program is designed to improve participant's skills and teamwork while creating a fun, positive environment. Every effort is made to rotate players through all positions and provide equal playing time. Players will receive a t-shirt and hat.

COACHES MEETING: Thursday, May 16, 7:15–8:15 P.M., Shoreview Community Center

T-BALL & BASEBALL LEAGUES

Grade levels based on 2012-13 school year

(Must be 4 by May 30, 2013)

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

\$57, \$47 Shoreview Resident; \$10 late fee after April 26.

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

Tues & Thurs, May 30 – July 30..... **Activity # 390101-01**

Little Sluggers (CoRec Coach Pitch), Gr K-1

Tues & Thurs, May 30 – July 30..... **Activity # 390102-01**

Sluggers (CoRec Coach Pitch), Grades 2-3

Tues & Thurs, May 30 – July 30..... **Activity # 390103-01**

This program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players will receive a t-shirt and hat. A tee will be used if necessary in the Little Sluggers league.

COACHES MEETING: Thursday, May 16, 6:00–7:00 P.M., Shoreview Community Center

SUMMER SOCCER LEAGUES

Grade levels based on 2013–14 school year

(Must be age 4 by June 3, 2013)

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

\$57, \$47 Shoreview Resident; \$10 late fee after April 26.

Mini Mites CoRec, Ages 4-K

Mondays, June 3 – July 29..... **Activity # 390201-01**

Mites CoRec, Grades 1 and 2

Mon. & Wed., May 29 – July 29..... **Activity # 390202-01**

Squirts CoRec, Grades 3 and 4

Tues. & Thurs., May 30 – July 30..... **Activity # 390203-01**

Our soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Program consists of one practice and one game each week (Mini Mites—one day a week). Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS: Wednesday, May 15, 6:00–7:00 P.M., Shoreview Community Center



REGISTRATION
DEADLINE FOR
SUMMER SPORTS

APRIL 26

FALL SOCCER LEAGUES

Grade levels based on **2013-14 school year**
(Must be age 4 by September 7, 2013)

Practice: Begin practicing late August; one evening practice per week; day and time TBD by coach.

Games: Saturday mornings, September 7 – October 12

\$55; \$45 Shoreview Resident; \$10 late fee after July 25.

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

Bantams CoRec, Grades 7-8..... Activity # 490208-05

Recreational league play for children ages four years old to grade 8. Boys and girls will learn the skills, rules, and strategies of the fun and exciting game of soccer. Program consists of one practice and one game each week. Mini Mites meet one day per week. When games begin, Mini Mites will no longer have a weekly practice. Players will receive a t-shirt and are required to wear shin guards.

COACHES MEETINGS: Thursday, August 15
6:00 P.M. – 7:00 P.M.
Shoreview Community Center



**REGISTRATION
DEADLINE FOR
FALL SOCCER
JULY 25**

VOLUNTEER COACHES ARE NEEDED FOR SUMMER & FALL

Volunteer coaches are needed for all youth sports leagues. If you sign up to be a coach, your child's registration fee will be refunded at the end of the season (one child per team coached). Please complete the box on the registration form if you are interested in coaching. If you have any questions contact Jeremy Bailey 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 special request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the registration deadline.
- Practice days in the fall league are chosen by the coach in late August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.

MOUNDS VIEW MUSTANG CAMPS

LEISER'S MUSTANG SPRING SKILLS CAMP

Grade 8

April 2 & 4.....6:30 P.M. – 8:00 P.M.
\$15..... **Activity # 290910-02**

Grade 9

March 26 & 28.....6:30 P.M. – 8:00 P.M.
\$15..... **Activity # 290910-01**

Island Lake Elementary

Join Mounds View High School Head Basketball Coach Dave Leiser and other Mounds View coaches for these Skill Development and Evaluation Camps.

LEISER'S MUSTANG BASKETBALL CAMPS

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



Camp (grades as of '12-'13 school yr)	Session	Fee	Dates	Time	Location	Activity #
Kindergarten CoRec Ages 5-K	—	\$34	July 15, 17, 19	10:00 AM-10:30 AM	Island Lake Elem	390909-01
Little Dribblers (Boys) Gr. 1-2 <i>\$.5 discount if registering for both sessions</i>	Session 1	\$60	June 17-21	11:00 AM-12:00 PM	Island Lake Elem	390911-01
	Session 2	\$60	July 22-26	11:00 AM-12:00 PM	Island Lake Elem	390911-02
Little Dribblers (Girls) Gr. 1-2	—	\$49	July 8-11	9:00 AM-10:00 AM	Island Lake Elem	390911-03
Mini Clinic (Boys) Gr. 3-4	—	\$25	June 18 & 20	1:00 PM-2:30 PM	Valentine Hills Elem	390908-01
Mustang (Boys) Gr. 3-5 <i>\$.11 discount if registering for both sessions</i>	Session 1	\$91	July 15-19	12:00 PM-2:15 PM	Island Lake Elem	390910-01
	Session 2	\$91	July 22-26	12:00 PM-2:15 PM	Island Lake Elem	390910-02
Mustang (Boys) Gr. 6-7 <i>\$.10 discount if registering for both sessions</i>	Session 1	\$100	June 24-27 & July 8-11	10:00 AM-12:00 PM	Mounds View HS	390910-03
	Session 2	\$100	July 15-18 & 22-25	10:00 AM-12:00 PM	Mounds View HS	390910-04
Mustang (Boys) Gr. 8-9 <i>\$.7 discount if registering for both sessions</i>	Session 1	\$100	June 24-27 & July 8-11	12:15 PM-2:15 PM	Mounds View HS	390910-05
	Session 2	\$100	July 15-18 & 22-25	12:15 PM-2:15 PM	Mounds View HS	390910-06

WEKO'S MUSTANG GIRLS VOLLEYBALL CAMP

Grades 3-9 ('13-'14 school year)
June 10-13 & June 17-20
Mounds View High School

Grades 3-5 8:30 A.M. – 10:00 A.M.
\$105 **Activity #390903-01**

Grades 6-9 10:00 A.M. – 12:00 P.M.
\$135 **Activity #390903-02**

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



MONTGOMERY'S MUSTANG GIRLS BASKETBALL CAMP

Grades 3-8 ('12-'13 school year)
Mounds View High School

June 10-13 12:30 P.M. – 3:00 P.M.
\$95 **Activity #390907-01**

Join the Mounds View head coach Dave Montgomery and his varsity players for a fun week of basketball. Each day will include fundamentals work, fun contests and scrimmages. Varsity players will help with instruction each day and all participants will receive a t-shirt. Call Dave at 651-245-1291 with any questions.

BETHEL BASEBALL CAMP

Ages 10-12

June 10-13 8:00 A.M. – 12:30 P.M.
\$197 per child **Activity # 390902-01**

Bethel Baseball Field (3900 Bethel Drive, Arden Hills, 55112)

Bethel University baseball coach and former Minnesota Twins player Brian Raabe would like the opportunity to teach your youngster the great game of baseball. Campers will focus on developing fielding, throwing and hitting skills through a variety of different baseball drills, games and fun mini-scrimmages. Space is limited, so register today!

CHALLENGER SPORTS BRITISH SOCCER CAMP

Ages 3-12

July 15-19 Shamrock Park

Ages 3-4 9:00 A.M. – 10:00 A.M.
\$96 per participant **Activity # 390904-01**

**A fun introduction to the very basic elements of the game.*

Ages 5-6 10:30 A.M. – 12:00 P.M.
\$112 per participant **Activity # 390904-02**

**Fundamental practices, skill-building activities and small sided games.*

Ages 7-12 1:30 P.M. – 4:30 P.M.
\$150 per participant **Activity # 390904-03**

**Emphasis is placed upon individual skill development, core techniques and small sided games.*

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

Participants will receive a free soccer ball, camp t-shirt and soccer poster. **If you register by May 31 you will also receive free Challenger Sports British Soccer Jersey.**



Sports Unlimited Camps provide fundamental skill development for boys and girls from ages 4-12 with the emphasis on fun! The camps help players learn the core skills and techniques used in each sport and then allow them to practice these skills in a number of games and scrimmages.

- Registration deadline is one week before camp starts
- All campers receive quality instruction, water bottle, fun, games, and sportsmanship award

Campers will need to:

- Wear t-shirt, shorts, socks, athletic shoes
- Bring sunscreen, water bottle and snack.

CHEERLEADING & DANCE

Ages 4-8

June 12-14..... 9:00 A.M. – 12:00 P.M.
\$80; \$75 Shoreview Resident..... **Activity # 390918-01**

Turtle Lake Elementary Gym

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

MINI-SPORT SAMPLER

Ages 4-6

June 17-20..... 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390912-01**

Shamrock Park

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

SKATEBOARDING – BEGINNER

Ages 4-7

June 17-20..... 10:00 A.M. – 12:00 P.M.
\$96; \$91 Shoreview Resident..... **Activity # 390920-01**

Shoreview Community Center Skate Park

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

SKATEBOARDING – ADVANCED

Ages 8-12

June 24-27..... 9:00 A.M. – 12:00 P.M.
\$95; \$90 Shoreview Resident..... **Activity # 390914-01**

Shoreview Community Center Skate Park

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

TBALL

Ages 4-6

June 24-27..... 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390922-01**

Commons Park (Adult Softball Field)

This camp is designed to introduce children to the fun game of TBall. Sports Unlimited staff will focus on helping children learn the rules of the game, throwing, catching, hitting, base running and fielding. Children should bring a baseball glove. All other equipment is provided.

VOLLEYBALL

Ages 6-12

July 8-11 1:00 P.M. – 4:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390917-01**

Turtle Lake Elementary Gym

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

LACROSSE

July 15-18..... 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Residents..... Perry Park (Arden Hills)

Ages 5-7 **Activity # 390915-01**
Ages 8-12..... **Activity # 390915-02**

This camp is designed for both boys and girls ages 5–12. Non-contact lacrosse, also known as “soft lacrosse” is played. Individual skills taught: catching, throwing, scooping and cradling. All equipment is provided. If one age group does not have enough participants enrolled, camps could be combined.

SNAG GOLF

Ages 5-8

July 15-18 1:00 P.M. – 4:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390923-01**

Shamrock Park

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

FLOOR HOCKEY

Ages 6-10

July 22-25 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390913-01**

Turtle Lake Elementary Gym

This camp will focus on the fundamental skills of Floor Hockey using small group activities, scrimmages and fun games. Floor Hockey combines the stick handling, passing and shooting skills of Ice Hockey. **No inline skates allowed.** Hockey sticks will be provided.

GOLF

Ages 8-12

July 22-25 1:00 P.M. – 4:00 P.M.
\$94; \$89 Shoreview Resident..... **Activity # 390919-01**

Perry Park (Arden Hills)

The Sports Unlimited golf program was created to meet the growing needs of the new generation of young golfers. We will instruct the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will also be covered. All campers will receive a sleeve of Sports Unlimited golf balls.

GAME ON

Ages 4-6

July 29-August 1 10:00 A.M. – 12:00 P.M.
\$76; \$71 Shoreview Resident..... **Activity # 390924-01**

Shamrock Park

This camp will introduce campers to all their favorite playground games: Ships Across the Ocean, Animal Tag, Red Light-Green Light, Kickball, Capture the Flag, Sharks and Minnows, Duck-Duck-Grey Duck, Dodgeball (soft sponge balls), Steal the Bacon and many more.

FLAG FOOTBALL

Ages 6-12

July 29-August 1 9:00 A.M. – 12:00 P.M.
\$89; \$84 Shoreview Resident..... **Activity # 390921-01**

Perry Park (Arden Hills)

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

BOWLING CAMP

Ages 5 to 18

Flaherty's Arden Bowl

(1273 West County Road E, Arden Hills, 55112)

Little Strikers (Ages 5 to 10)

Tuesday – Thursday, June 18-20 10:00 A.M. – 11:30 A.M.
\$40 per participant..... **Activity # 390901-01**

Strikers (Ages 7 to 18)

Monday – Thursday, July 15-18 10:00 A.M. – 12:00 P.M.
\$60 per participant..... **Activity # 390901-02**

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

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

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



USTA TEAM TENNIS JUNIOR TEAM

Ages 14 and under 1:30 P.M. – 3:30 P.M.

Mondays and Wednesdays, June 10 – July 24

\$86; \$76 Shoreview Resident..... **Activity # 390604-01**

Mounds View High School

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

USTA TEAM TENNIS SENIOR TEAM

Ages 18 and under 1:30 P.M. – 3:30 P.M.

Tuesdays and Thursdays; June 11 – July 25

\$86; \$76 Shoreview Resident..... **Activity # 390605-01**

Mounds View High School

Players entering grades 9 through 12 who plan to play high-school B squad, Junior Varsity, or Varsity tennis are invited to play in this upper level traveling league.

Transportation not provided. Shoreview and Arden Hills will team up in a league with teams from neighboring communities.



Tennis Lessons

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

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

\$150 for five lessons

Spring.....**Activity # 290602-01**

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

Fall.....**Activity # 490602-01**

Individual Private Lessons (90 minutes)

\$225 for five lessons

Spring.....**Activity # 290602-02**

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

Fall.....**Activity # 490602-02**

Semi Private Lessons (60 minutes)

\$75 each participant for five lessons (*must enroll with a partner*)

Spring.....**Activity # 290603-01**

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

Fall.....**Activity # 490603-01**

Semi Private Lessons (90 minutes)

\$113 each participant for five lessons (*must enroll with a partner*)

Spring.....**Activity # 290603-02**

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

Fall.....**Activity # 490603-02**

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

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

GROUP LESSONS

Youth group lessons \$57; \$47 Shoreview Resident
Adult group lessons \$87; \$77 Shoreview Resident

PeeWees

Ages 5 to 7

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

Beginners

Ages 7 to 11

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

Advanced Beginners

Ages 9 to 11

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

Intermediate

Ages 11 to 14

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

Adult Basics

Ages 18+

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



SPRING MORNING LESSONS

Saturdays, April 27 – June 8 (no class May 25). Make-up lessons held June 15 and 22 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	Sat	10:00–10:45 A.M.	Bobby Theisen	290606-03
Beginners	Sat	11:00–11:55 A.M.	Bobby Theisen	290607-03
Adult Basics	Sat	12:00–1:30 P.M.	Bobby Theisen	220901-01

SPRING EVENING LESSONS

April 22 – May 9. Make-up lessons held the week of May 13 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	M, W	5:45–6:30 P.M.	Bobby Theisen	290606-01
Pee Wees	T, Th	5:45–6:30 P.M.	Bobby Theisen	290606-02
Beginners	M, W	6:35–7:30 P.M.	Bobby Theisen	290607-01
Beginners	T, Th	6:35–7:30 P.M.	Bobby Theisen	290607-02

GROUP TENNIS LESSONS

SUMMER & FALL MORNING LESSONS

June 10-27. Make-up lessons will be held the week of July 1 if necessary.

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

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

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

August 5-14. Make-up lessons held August 8 & 15 if necessary.

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

Saturdays, September 7 – October 12. Make-up lessons held October 19 if necessary.

Class Level	Day	Time	Location	Activity #
Pee Wees	Sat	10:00–10:45 A.M.	Bobby Theisen	490606-01
Beginners	Sat	11:00–11:55 A.M.	Bobby Theisen	490607-01
Advanced Beginners	Sat	12:00–12:55 P.M.	Bobby Theisen	490608-01
Adult Basics	Sat	1:00–2:30 P.M.	Bobby Theisen	490601-01

SUMMER EVENING LESSONS

June 10-July 25 (No class week of July 1). Make-up lessons held weeks of July 29 and August 5 if necessary.

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

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. Practices may be scheduled 1-week prior to season. Summer league game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games in combined leagues). Fall leagues will start at 5:50 P.M. Summer leagues will have a season ending single elimination playoff. No playoffs for fall leagues. **Registration deadline is March 29 and July 26 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.



Summer Softball Managers Meeting

This meeting is required for all teams registered in Shoreview's leagues. Schedules, rules, information and game balls will be handed out.

Thursday, April 11
6:00 P.M. – 7:00 P.M.
Shoreview Community Center

League	Day	Start Date	Games	Early Bird Rate by 3/8	Reg. Rate After 3/8	Activity #
*CoRec D	Monday	April 22	20 Games – Doubleheaders + Playoffs	\$670	\$700.....	220801-01
*Men's E	Tuesday	April 23	20 Games – Doubleheaders + Playoffs	\$630	\$660.....	220804-01
*Men's D	Wednesday	April 24	20 Games – Doubleheaders + Playoffs	\$630	\$660.....	220803-01
CoRec D	Thursday	April 25	12 Games + Playoffs	\$540	\$570.....	220801-02
*Men's E	Friday	April 26	20 Games – Doubleheaders + Playoffs	\$630	\$660.....	220804-02

League	Day	Start Date	Games	Early Bird Rate by 7/12	Reg. Rate After 7/12	Activity #
CoRec D	Monday	August 12	10 Games – Doubleheaders	\$365	\$395	420801-01
Men's E	Tuesday	August 13	10 Games – Doubleheaders	\$340	\$370	420802-01
*Men's D	Wednesday	August 14	10 Games – Doubleheaders	\$340	\$370	420803-01
CoRec D	Thursday	August 15	10 Games – Doubleheaders	\$365	\$395	420801-02
*Men's E	Friday	August 16	10 Games – Doubleheaders	\$340	\$370	420802-02

*Combined league with Arden Hills

COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting June 10 6:10 P.M. or 7:15 P.M.
\$130 per team **Activity # 320701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are officiated by Park Staff. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 3. **Registration deadline is May 20 or until league is full.**

ADAPTIVE KICKBALL LEAGUE

Ages 12 and up

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

Various fields in Shoreview

Are you interested in participating in an adaptive sports program? Gather up your team of family, friends and neighbors to join the Adaptive Kickball League. This league gives people with disabilities and peers the opportunity to make new friends, learn new skills and have tons fun while being part of a team. Games are self-officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules are emailed to team managers the week of June 3. Individuals looking to find a team are encouraged to contact the Parks and Recreation office. **Registration deadline is May 20 or until league is full.**



ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now to May 18 \$5 per person; pay at door

Wednesdays 6:30 P.M. – 9:00 P.M.

Saturdays 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

Shoot baskets or join a pick-up game arranged by the players. Space limited to 30 players. Call 651-490-4750 for more info.



DODGEBALL LEAGUE

Ages 16 and up Wednesday evenings, starting April 3
\$160 per team **Activity # 220401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff. Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is Monday, March 18 or until league is full.**

ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.

Sundays 8:00 A.M. – Noon

Community Center Daily Admission Fee

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

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. No sign up or partners required

Bridge

Thursdays at 12:30 P.M. No sign up or partners required

No Bridge April 25, June 6, July 4.

Bingo (with prizes!)

One Wednesday monthly at 1:00 P.M. (\$0.25 per card)

March 20, April 24, May 29, June 26, July 24, Aug. 28

DROP-IN PICKLEBALL

Mondays, Wednesdays & Fridays 8:00 A.M. – 11:00 A.M.

Now through May 31

Early end dates 8:00 A.M. – 10:00 A.M.

March 15, 18, 20, 22, 29

April 5, May 24, 27

Daily admission or free to members

Shoreview Community Center Gymnasium

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.

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 39 for SeniorFIT classes.

BINGO & BANANA SPLITS

Friday, March 22 1:00 P.M. – 3:00 P.M.

\$5 per person (includes treat & bingo).. **Activity # 200504-01**

Shake off the winter blues with bananas, ice cream, strawberries, chocolate syrup and B-I-N-G-O! Join us for a great afternoon of family fun! We will have lots of prizes to give away! **Register by March 20.**

AARP DRIVER SAFETY PROGRAM

The City of Arden Hills will be holding an 8 Hour course on April 2 & 4 from 5:30 p.m. – 9:30 p.m. and a 4 Hour course on May 14, June 4, July 9 and August 6 from 9:00 a.m. – 1:00 p.m. If you are interested in signing up for any defensive driving courses, please call the City of Arden Hills at 651-792-7800.

AARP TAXAIDE

Wednesdays, Now – April 10

9:00 A.M. – 1:00 P.M.

Community Center

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Appointments are necessary. Please call 651-490-4750. Volunteers are needed to help prepare returns.

KNITTING & CROCHETING

Crocheting

Wednesdays, March 20 – April 24

6:00 P.M. – 8:00 P.M. **Activity # 200201-01**
\$35 (+\$10 supply fee payable to instructor first night of class)

Knitting

Thursdays, March 21 – April 25

6:00 P.M. – 8:00 P.M. **Activity # 200202-01**
\$55 (+\$20 supply fee payable to instructor first night of class)

Shoreview Community Center

Deanna Miller will be teaching the basics of knitting & crocheting and how to read patterns. Bring scissors and a cloth bag to put your materials in.

QUICKWITZ

Tuesdays and Thursdays

April 2 – May 9 (6 weeks; 12 classes) 9:00 A.M. – 10:00 A.M.
\$150 **Activity # 200225-01**

QuickWitz is a brain training program specifically designed for the senior adult. Using a cross training methodology, the program targets the skills most commonly impacted by aging – long/short term memory, processing speed, attention/concentration, logic & reasoning, visualization. **It's fun, interactive and hands-on!** Perfect for a social group of gals/guys to spend an afternoon together! Fee includes a handbook and an activity bag that contains building blocks to be used throughout this class and future sessions.



SMALL URBAN SPACE GARDENING

Wednesday, April 24 5:30 P.M. – 7:00 P.M.
 \$5 per person..... **Activity # 200212-01**

Arden Hills City Hall

Gardening in small spaces can be a real struggle, especially when it comes to growing food. So how can you maximize your minimal gardening space? Take this class and be surprised how much food you can get out of the smallest of spaces – even when you live in an apartment, townhome, or small suburban lot. You will learn innovative vertical gardening ideas to hanging pots and easy-access planters, these small-space gardening solutions make homegrown produce possible no matter how tiny your outdoor space may be. Is flower gardening only your thing? This class will also show you how to make the most of the small garden space by mixing flowers and vegetable plants in an ornamental container.

PINNING, TWEETING, POSTING – IT’S ALL BEYOND ME!

Session I

Wednesday, May 22..... 10:00 A.M. – 11:00 A.M.
 \$10..... **Activity # 200228-01**

Session II

Wednesday, June 5
 \$10..... **Activity # 200228-02**

Have your kids or grandkids been after you to “get on-line” and participate in social media such as Pinterest, Facebook and Twitter? Did you get a new camera or a new digital piece of equipment that begins with a letter “I” that you really don’t know how to run properly? Or are you one of those that bring in your camera to the corner store and hands over the whole thing just to have the clerk spend the time retrieving your personal photos? This is the perfect opportunity for you to bring your device such as a laptop, notebook, tablet or smart phone and we will take you on a virtual tour of all the different social media sites out there and learn how to safely and securely set up an account and start connecting with friends and family! This class is also just as fun and interesting to those that just want to watch and learn on the big screen even if you don’t have any fancy equipment to bring!

DISH IT UP

Tuesday, May 7..... 10:00 A.M. – 1:00 P.M.
 \$30 Resident/\$35 Non-Resident..... **Activity # 200215-01**

Shoreview Community Center

We have chosen three delicious recipes, done all the shopping, chopping and cooking! The hard part is done so you get the easy part...sit back at a beautifully set table and enjoy the deliciously prepared lunch! After lunch, take home all the ingredients already measured out in storage containers for you to be able to make the meal for someone special!



DIGITAL PHOTOGRAPHY LESSONS

Session I – Beginner Class

Thursday, May 2 and May 9 9:30 A.M. – 11:00 A.M.
 \$20 Residents, \$25 Non Residents **Activity # 200229-01**

Session II – Beginner Class

Thursday, May 23 and May 30..... 6:00 P.M. – 7:30 P.M.
 \$20 Residents, \$25 Non Residents **Activity # 200229-02**

Arden Hills City Hall

Want to learn how to take better pictures with your digital camera? This class is for you! Learn the basics of taking pictures, settings you can change on your camera to get the best shots, downloading and printing your pictures, and much more. Please remember to bring your own camera class. If you do not have a camera we will have some you can borrow during class time. If you have any questions please contact Sara 651.792.7845.

SHORELINERS

\$10 for 2013 **Activity #500602-01**

For more information on these events call our department and inquire about receiving the Shoreliner newsletter. By receiving this FREE publication you will be sure to have the latest, most updated information on senior trips, events and news put out by our department. Many of our events and tickets are sometimes purchased last minute for great deals that we can pass on to our seniors! To receive the newsletter or ask questions about any of the events listed call or email Lesley at lyoung@shoreviewmn.gov 651-490-4734.

SPRING TEA

Tuesday, May 14 12:00 P.M. – 3:00 P.M.
\$10 Registered Shoreliners, \$12 Guest

..... **Activity # 200509-01**

It's time for the Shoreliner annual spring tea. Dress in your fanciest attire and wear your favorite spring hat. Bring a tea-cup and pot if you have one to share. We will serve a variety of teas and many delicate appetizers. **Register by May 8. No walk-ins.**



COMO SUNKEN FLOWER GARDEN

Tuesday, May 21 10:00 A.M. – 3:30 P.M.
\$35 Registered Shoreliner; \$40 Guest

..... **Activity # 200304-01**

Casually stroll and take in the vibrant colors and fragrances of the summer flowers of the sunken gardens at Como! Some of the new plants are the Cartwheel series of Gerbera Daisy, with very large, semi-double flowers, Buddleja Buzz magenta, the richly fragrant Origanium Kent Beauty with its hop like flowers, Cassia Popcorn with leaves that smell like popcorn and Kangaroo Paw Cape Red Lead. Fragrance for the show will be powered by their fantastic Oriental Lilies, Roses, Heliotrope and Buddleja. The show is complemented with some blue Agapanthus, various geraniums, caladium and Petunias. Afterwards, we will enjoy lunch at Gabes by the Park. Price includes transportation, entrance into Como, lunch, tax, gratuity. **Bus departs from the Shoreview Community Center at 10:00 A.M.**

U OF M SHOWBOAT

"Here comes the Showboat here comes the Showboat...chug chug chug chug chuggin along!" Join us as we dine upon the beautiful Minnesota Centennial Showboat and then have fun participating in their feature show! It's an interactive style of theatre based upon old-time vaudeville traditions that offer great music, wit, charm and lots of laughter! More information to come regarding the date and show. Call 651-490-4750 for more information.

"SAVOR THE FLAVOR" OF STILLWATER

Monday, June 17 10:00 A.M. – 4:00 P.M.
\$70 Registered Shoreliner; \$80 Guest

..... **Activity # 300305-01**

A sumptuous glimpse into the culinary world of local Stillwater restaurants and gourmet shops, featuring chef's specialties, artisan cheeses, choice meats, and crusty baked breads snatched from local ovens, fresh roasted coffee beans, rich chocolate desserts and dynamic beer and wine lists. You'll have the opportunity to eat the finest food offerings, but also meet the owners and chefs and mixologists behind Stillwater's impressive culinary innovation! This tour is held rain or shine so dress for weather and remember your walking shoes! This 3-1/2 hour relaxing stroll simply offers the best of Stillwater...two blocks and one bite at a time! **Bus will depart from the Shoreview Community Center at 10:00 A.M.**





JAMES J HILL HOUSE & SUMMIT AVENUE TOUR

Wednesday, July 17 9:30 A.M. – 3:00 P.M.
 \$75 Registered Shoreliners; \$85 Guest

..... **Activity # 300306-01**

This tour will emphasize the life and career of Hill, family and servant life, the architecture and interior design of the house, and the technological systems that provided heat, power, light and communication for a “guilded age” home in the era of industrialization. The one hour guided walking tour is slow paced (elevators provided) with a 10 minute video on James J hill included. Then we will load our bus to tour the homes and landscapes of the beautiful 4 mile stretch of Summit Avenue to the Mississippi River. Then to top off our day we will dine at Fabulous Ferns on our way home! Transportation, tours, meal, tax and gratuity included. **Bus departs from the Shoreview Community Center at 9:30 A.M.**

TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, March 18, April 15, May 20, June 10, July 15, Aug. 19 from 9–10 A.M.** in our Fireside Lounge.

LAKE SUPERIOR FISHING TRIP

Friday, August 9 8:00 A.M.
 \$135 Registered Shoreliners; \$160 Guest

..... **Activity # 300304-01**

Fish the most beautiful lake in the state! Join Captain Steve with the most comfortable excursion on beautiful Lake Superior! “YOU SET THE HOOK” is registered trademark so don't be surprised if you find yourself participating on this charter! Cap't Steve has 30 years of experience on Lake Superior. He operates his boat with an experienced crew-member. All fishing and safety equipment needed for an action filled adventure is provided. You will fish lake trout, rainbow (steelhead), walleye, Chinook (king), Coho, and Atlantic Salmon. Free cleaning and bagging to take your catch home at the end of the day! All you need to bring is a cooler, current fishing license/stamp, your own snacks & refreshments, comfortable shoes and clothing. **Transportation and gratuity not included. Meet at the Waterfront Plaza Marina in Duluth.**



RUNNING ACES HARNESS TRACK & DINNER

Wednesday, August 14..... 6:00 P.M. – 10:00 P.M.
 \$15 Registered Shoreliners; \$18 Guest

..... **Activity # 300307-01**

...AND THEY'RE OFF! Nothing like a summer night at the horse races in Forest Lake! Dinner starts promptly at 6:00 P.M. and race at 7:00 P.M.. Price includes a \$10 food voucher for you to redeem on your meal and a race guide. Betting will be on your own tab when you get there! **Transportation NOT provided. Meet at Running Aces: 15201 Zurich Street NE, Columbus, 55025.**



Part-Time • Flexible Hours Fun People

After School 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 approx. 3:30 - 5:40 pm. 5 hrs/wk. April - May. \$9 - \$11/hr.

Adventure Quest Playground Instructors

Lead pre-school & elementary age children in Summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June - Aug. Daytime hrs. \$8 - \$10/hr. Must be willing to commit for entire summer.

Child Care Attendants

Provide care for children ages 6 months to 12 years in our drop-off childcare center located in the Shoreview Community Center. Experience working with pre-schoolers preferred. M - F. 8:00 am-12:30 pm. & Evening hrs. 4:00 - 9:00 pm. Sat. 8:00 - 12:30. \$7.50 - \$8.75/hr.

Dodgeball Officials

Dodgeball officials are needed to officiate Wed nights, April-May from 6 - 10 pm. Games are held at Turtle Lake School. Previous officiating or playing experience preferred. April - May. \$10-\$13/game.

Kickball Officials

Officiate adult kickball games at various parks in Shoreview. Previous officiating or playing experience preferred. Monday evenings, June - Aug. \$15/game.

Lifeguards (we will train Ellis Certification)

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing responding to emergencies. Lifeguards needed for morning, afternoon and evening hours. Current certification or we will train. \$8 - \$10/hr.

Puppet Wagon Coordinator

Develop scripts, create sets & puppets for the Shoreview Puppet Wagon. We have performances throughout the summer, day & evening at various Shoreview parks. June - Aug. Flexible work hours, except performance days. 10 - 30 hrs/wk. \$15 - \$17/hr.

Seasonal Maintenance Workers

Parks, Streets and Utilities are hiring full-time summer help to perform general labor such as landscape and grounds care, street mtce and repairs, water/sewer mtce. Must have HS diploma or GED, be 18+ yrs of age, lift/move 50-100 lbs. \$10 - \$12/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. \$7.75 - \$9/hr.

Softball Umpires

Officiate adult softball games. Previous umpiring or softball playing exp. preferred. Please contact Ken Cooper at 651-484-8390 for further info. (Do not apply to City.)

“Summer Discovery” Coordinator

Oversee summer child care program. Duties include program devel, staff supervision, communication with parents. Prev childcare or youth instruction exp required. Background in elementary ed and supervisory exp preferred. Weekdays, M-F. Shifts vary between 6:00 am - 6:00 pm. May-Aug. \$12 - \$14/hr. Must work entire summer.

“Summer Discovery” Instructors

Supervise and care for children grades K-6 in full-day childcare. Plan & implement pgm activities ranging from arts & crafts to sports instruction. Weekdays, M - F. Hours vary between 6 am - 6:30 pm. Mid-May thru Aug. \$8 - \$10.50/hr. Must be willing to work entire summer.

Swimming Instructors (we will train)

Swimming instructors needed for morning, afternoon & eve lessons at the Community Center pool. \$8 - \$12/hr.

Tennis Instructors

Instruct youth and adults in beginning thru advanced tennis classes. Previous teaching experience along with playing experience required. Weekday evenings mornings, June - August. \$10.50 - \$12.50/hr. DOQ.

Wave Cafe

Attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Mon - Fri, 9:30 am - 3:30 pm. \$7.50 - \$8.50/hr. Evenings \$7.25 - \$8/hr.

Youth Soccer Officials

Officiate youth soccer games. Previous officiating or soccer playing experience preferred. 1-2 games Mon - Thur. June - July. \$15 per game.



ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

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!

NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, serves residents of the northern suburbs. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at www.nyfs.org or call us at 651-486-3808.

SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.

ATHLETIC ASSOCIATIONS

Shoreview Area Youth Baseball
www.sayb.org

Irondale Baseball Assoc.
www.geocities.com/ibl_baseball/

Mounds View Basketball Assoc.
Hotline: 651-631-1943
www.moundsviewbasketball.com

Mounds View Youth Football League
www.moundsviewyouthfootball.org

Irondale Youth Hockey Association
www.ihaleague.org

Irondale Girls Fastpitch
www.knightsfastpitch.org

Mounds View Hockey Assoc.
www.mvhockey.org

North Suburban Soccer Assoc.
www.nssasoccer.org

Mounds View Softball Assoc.
www.mvsafastpitch.org

Mounds View Rugby Club
Hotline: 612-656-0518
www.moundsviewrugbyclub.com

Mounds View Youth LaCrosse
moundsview.lacrossesystems2.com

Iron Mustang Wrestling
612-590-2114
www.ironwrestling.com

North Suburban Aquatic Club
www.nsmakos.org

Roseville Area Youth Hockey
www.rosevillehockey.org
612-817-5159

Shoreview Recreation Areas Web Page: www.shoreviewmn.gov	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1											1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1											1		2	
Lake Judy Park 900 Tillerun – Arboast & Richmond	5		1/2														
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1											1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1								Table only								
Rice Creek Fields 5880 Rice Creek Parkway	10	4															
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1					2						1		2	
Shoreview Commons and Community Center 4650 North Victoria	40	2	1					2						1		2	
Sitzer Park 4344 Hodgson	8	2	1													2	
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1						Tables Only With grill							2	

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											

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

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



Program Registration Form

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



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

LAST NAME (PRIMARY) _____ FIRST NAME (PRIMARY) _____ HOME PHONE (AREA CODE) _____
 ADDRESS _____ CITY _____ ZIP _____ CELL PHONE (AREA CODE) _____
 E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$
Are you a Community Center Annual member? <input type="checkbox"/> Yes <input type="checkbox"/> 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 (2012-2013 school year): _____

Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

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

Coach Name: _____

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

Cash Check # _____ Credit Card




Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

Signature _____

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

Special Needs/ Allergies/ Etc: _____

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

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

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

Participants Last Name/First	M/F	Birthdate	Activity Number	Activity Name	Activity Day/Time	Fee \$
Are you a Community Center Annual member? <input type="checkbox"/> Yes <input type="checkbox"/> No						Total Amount Enclosed \$

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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 (2012-2013 school year): _____

Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

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

Coach Name: _____

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

Cash Check # _____ Credit Card




Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

Signature _____

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

Special Needs/ Allergies/ Etc: _____

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

Signature: _____ Date: _____

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

Spring/Summer Registration Schedule Shoreview Resident Priority

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

Begins Monday, March 11 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, March 13 at 8 A.M.

General Registration

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

Begins Friday, March 15 at 8 A.M.

How to Register:

1. On-line at www.shoreviewcommunitycenter.com
2. Mail in to: Shoreview Parks and Recreation
4580 Victoria St N
Shoreview, MN 55126
3. Fax to 651-490-4797 (credit card payment only)
4. Drop-off at our office, Community Center Service Desk, or City Hall drop box
5. In-person during normal business hours: M-F, 8 a.m. – 4:30 p.m.

Registering on-line is easy!

1. Go to www.shoreviewcommunitycenter.com and click "Member Login".
2. Login with your user name and password
 - If you have never used our system before, you may create an account on-line
 - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651-490-4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "add to cart" button and "enroll now" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
6. Continue shopping or proceed to check out.

Register Early!

Space is limited in most activities.

Registration Information

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

1. Drop-off points include:
 - a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - b. The Shoreview Community Center Service Desk,
 - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
9. Financial aid for qualifying residents with financial limitations is available.
10. Voice/TDD: 651-490-4750.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.



15th Annual Shoreview Farmers' Market **2013**

New!
Weekly Themes



New Amenities!



Basket Giveaways!

Ralph Reeder food shelf donations accepted.



Live Entertainment!

Tuesdays

June 11 - October 1 | 3-7 p.m.

October 8, 15, 22 | 3-6 p.m.

June 11	Tribute to John Steiner & his Squeezebox
June 18	Senior Day
June 25	It's All About The Kids
July 2	Red, White & Blueberry Festival
July 9	Roll It Forward Bike Donation
July 16	Bee Educated
July 23	Pie Contest
July 30	Fabulous 50's
August 6	Sports Day
August 13	Senior Day
August 20	Dairy Day <small>Partnering with</small>  LAND O'LAKES, INC.
August 27	Ain't Easy Bein' Green Kids Market
September 3	Corn Roast Stuff the Bus
September 10	Apple Of My Eye
September 17	You Say Tomato...
September 24	Salsa Showdown
October 1	Senior Day
October 8	Pork-A-Palooza
October 15	Organic October
October 22	Pumpkin Patch

NEW! Indoor market coming this Winter 2013
Wednesdays | 3-6 p.m.

November 6	Jams, breads, meat, flax, artisans,
December 4	honey, entertainment & MORE!

Come visit us!



Shoreview Community Center
Lower Level Parking Lot & Pavilion
4580 Victoria Street North
www.ShoreviewCommunityCenter.com

Fresh



City of Shoreview
 4600 Victoria Street North
 Shoreview, MN 55126

FREE!

JOIN US!

2013 Concert in the Commons Wednesdays @ 7 p.m.

June 12	Dan Perry & Ice Cream	Variety
June 19	Inside Straight	Blues
June 26	Brat Pack Radio	Variety
July 10	Forty Shades of Green <small>*Featuring Rince na Chroi Dancers</small>	Irish
July 17	Terramara	Jazz/Rock
July 24	Shoreview Northern Lights Variety Band	Community Band
July 31	R - Factor	Variety
Aug. 7	Jim Tones	Oldies
Aug. 14	Dirty Shorts Brass Band	Brass Band
Aug. 21	Prior Ave	Funk/Soul/R&B

2013 Friday Night Flix Fridays @ Dusk



Est. Start Time:

Aug. 9	Hotel Transylvania (PG)	8:30 p.m.
Aug. 23	Rise of the Guardians (PG)	8:10 p.m.
Sept. 6	The Mighty Ducks (PG)	7:40 p.m.
Sept. 20	Ghostbusters (PG)	7:15 p.m.

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

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