

SHOREVIEWS

Shoreview City Newsletter and Fall Recreation Catalog



Inside This Issue

City News 3

Resident Resources 7

Community Organizations 11

Community Center 16

Recreation Programs 24



City Hall	651.490.4600
Community Center	651.490.4700
Parks and Recreation	651.490.4750
Building Permits	651.490.4690
Code Enforcement	651.490.4687
Forestry	651.490.4650
Human Resources	651.490.4619
Planning and Zoning	651.490.4680
Recycling	651.490.4650

Sewer & Water Maint/Svcs
651.490.4661

Streets	651.490.4671
Utility Billing	651.490.4630

Police
Police protection is provided by the Ramsey County Sheriff's Department. The District Office is located at 1411 Paul 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

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Home: 651.490.9779
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Home: 651.481.1040
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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

SHOREVIEW SUMMER FUN!

15th Annual Farmers' Market 2013

Tuesdays

June 11 - October 1 3-7 p.m.
October 8 - 22 3-6 p.m.

Shoreview Community Center
Lower Level Parking Lot & Pavilion

The market is a weekly summer event that brings the community together featuring local fresh produce, handcrafted artisan items, live entertainment and activities for all ages, and much more!



2013 Concert in the Commons

Wednesdays @ 7 p.m.

Join us for our summer concert music series!

Haffeman Pavilion (behind the Shoreview Community Center)

- 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



Friday Night Flix



Fridays at Dusk

Enjoy FREE outdoor movies!

Haffeman Pavilion
(behind the Shoreview Community Center)

- 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.



On the Cover: Firefighter Kris Rewald assists a child with a fire hose at Lake Johanna Fire Department's Open House during the Slice of Shoreview.

Congratulations to Shoreview City Councilmember Emy Johnson

Winner of the Minneapolis/St. Paul Business Journal's Women in Business Award

Each year, the Business Journal selects 50 of the Twin Cities' most influential women, including industry-leading executives, entrepreneurs and business owners.

Emy, who works at Target Corporation, is among those recognized this year for their professional achievements, leadership qualities, and contributions to the broader Twin Cities community.



Jeanne Haapala Honored by League of Minnesota Cities



Shoreview Finance Director receives 2013 Leadership Award

City of Shoreview Finance Director **Jeanne Haapala** was honored with the League of Minnesota Cities' 2013 Leadership Award on June 20. This award recognizes appointed officials who have made significant

contributions to Minnesota city government and is considered one of the LMC's highest individual honors. Some of the key criteria used by the judges when making this selection include the following:

- Service above and beyond what is required by the nominee's position.
- Contributions to improved municipal government through involvement in national, state, county, municipal, professional, or other public organizations or agencies.
- Significant improvements in Minnesota cities attributable to the nominee's service, and the nominee's success in raising the prestige of city government service.

Jeanne has been responsible for the development of innovative long-range financial planning tools including the City's Comprehensive Infrastructure Replacement Plan and Five Year Operating Plan. The development of these plans was instrumental in the City obtaining a AAA bond rating, the highest rating possible, from Standard & Poor's. Under Jeanne's leadership, the City has also received the Certificate of Achievement in financial reporting by the Government Finance Officers Association (GFOA) for 24 consecutive years. Jeanne has also served as President of the Minnesota Chapter of the GFOA and served on national committees with the GFOA.

Shoreview Puts A New Face On Its Websites

The City's new, improved website is now up and running—offering residents, businesses and visitors a more user-friendly, interactive and convenient site. After reviewing our community survey and finding that 67 percent of residents access the website, staff wanted to create an improved website to provide residents information in a timely manner.

The new website has been months in the making, as the City has worked to revamp the site to make it more user-friendly and customer interactive forms, which saves time and money over traditional paper-processing methods. The intent of changing its website was to make it easier for the public to view and simpler for staff to post content.

New resources and capabilities of the website include:

- a platform that is sizable for smartphones and mobile devices
- a section of the website dedicated entirely to businesses
- better navigation and an increase in online forms

The Community Center website also has a new look and added features. Visitors will experience:

- improved navigation
- a Special Events calendar
- easy log-in features

Check out our new websites:

www.shoreviewmn.gov

www.shoreviewcommunitycenter.com

Grab a Slice of the Action

*Slice of Shoreview Days Celebrates 20 years
July 26, 27 and 28 at Island Lake County Park*



Shoreview's popular summertime festival is commemorating two decades of fun at Island Lake County Park (Interstate 694 and Victoria Street) this year. Held over the last weekend of July, the Slice of Shoreview Days – or "The Slice," as it has come to be known – offers a variety of family-oriented activities,

including a carnival, parade, art and craft fair, food booths, talent show, car show, an assortment of displays and demonstrations, live entertainment and, of course, fireworks.

But that's just a *Slice* of the excitement. "Through the years, the Slice has continued to offer events like the Lake Johanna Fire Department Open House, Slip n' Slide, inflatables, Timberwolves shoot out, civic and local informational booths, a church service, a pancake breakfast, Rotary Bingo – just to name a few," said Jacci Krebsbach, involved with organizing the Slice since 1990.

The three-day funfest is run completely by volunteers and sponsored by donations from the City of Shoreview and local businesses. Everyone can enjoy a "Slice" of the fun with free admission and free parking at Deluxe Corporation.

The Slice officially opens at 4 p.m. on Friday, July 26. The Rockin' Hollywoods have performed at the Slice for 20 years straight and returns this year for Friday night only, from 7 to 11 p.m. On Saturday, July 27, the popular Slice Parade will start at 10 a.m. with a new route. Rock It Science will take the stage from 4 to 7 p.m., followed by High & Mighty from 8 to 11 p.m. Fireworks will grace the skies at dusk, both nights. On Sunday, July 28, don't miss the exciting Car and Motorcycle Show.

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



A Slice in Time

The Slice of Shoreview: 1990 – 2013

1990 Named to suggest the "Taste of Minnesota." A one-day festival held with Turtleman Triathlon at Turtle Lake Park.

1991 Moved to Community Center. A city-run one-day event featuring food and games, commemorated new City Hall & Community Center.

1992 Celebrated Zawiercie, Poland, Shoreview's Sister City at the time. Shoreview Historical Society historical bus tour with Dick Wedell and Sandy Martin as tour guides.

1993 **Shoreview's Biggest Summer Event:** Moved to Island Lake County Park. Celebrated park reopening and Lake Johanna Fire Department's 50th Anniversary. First year for Rockin' Hollywoods and Fireworks.

1994 Celebrating Parks and Recreation

1995 Slice became a 3-day event. Parade and art fair introduced.

1996 **A Festival of Fun** – added Bingo & fun run, church service and talent show.

1997 **Happy Birthday, Shoreview** – celebrated Shoreview's 40th Birthday with cake and ice cream.

1998 **Family Fun** – New: Slip n Slide

1999 **It's a Classic** – New: Classic Car Show

2000 **A Slice in Time** – New: Website, Minnesota Brass in Slice Parade

2001 **A Slice Odyssey** – New: Hypnotist, Tour de Trails, golf tournament

2002 **A Slice of the World** – International food, exotic animal display

2003 **The Fun Continues** – Water Wars, Vertical Endeavors

2004 **Slice of Americana** – canoe rides, Winter Carnival Knighting ceremony

2005 **Island of Fun** – New parade route, kiddie parade, sand volleyball

2006 **Picnic in the Park** – YMCA Jog/Jam, speed painter

2007 **Back to the 50's** – Celebrating Shoreview's 50th Birthday

2008 **Celebration of Stars** – Raptor Center, Mike Lynch StarWatch

2009 **Catch the Spirit** – Motorcycle Show, Pony Rides, Daily Door Prize Drawings

2010 **Makin' Magic** – New: Dock Dogs, Helicopter Rides

2011 **Doggone Fun** – Dock Dogs Border Battle, Rugby demo, TPT characters

2012 **Wilkommen** – Tour de Trails moved to Sunday, Carnival Row, new parade route. Slice of Shoreview is rebranded as Slice of Shoreview Days.

2013 **Celebrating 20 Years at Island Lake Park**



Neighborhood Watch: Reduce And Prevent Crime

Neighborhood Watch is an organized group of neighbors working together with the Ramsey County Sheriff's Office to reduce the fear of crime and add to the safety and security of their neighborhood. It's designed to:

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

According to the National Crime Prevention Council, every day, neighborhoods across the U.S. confront any number of property and violent crimes and threats of crime. The strategy of Neighborhood Watch groups attempts to provide local law enforcement with extra eyes and ears to watch out for all types of criminal activity and promote neighborhood security. Community watches can address all types of crime, but their primary focus is typically residential burglary and other crimes around the home, such as larceny and vandalism. Their presence can also help deter criminals who would attempt to conduct drug- or gang-related activities in the neighborhood.

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

Block Party Permits

If you're planning a neighborhood block party, you'll need a block party permit –available on the City of Shoreview website at www.shoreviewmn.gov under the Resources page. You can also call Public Works at 651-490-4650 and fax it back to 651-490-4696 or e-mail it to publicworks@shoreviewmn.gov. The City appreciates being notified and wishes you and your neighbors a very enjoyable get-together.



What's involved?

- Barricades will be dropped off before the event.
- The city's allowance to block off the street is not to be considered as permission for any ordinance violation.
- Signs should be placed on barricades informing drivers there is a block party in effect.
- Bands and loud music are not allowed due to noise ordinances.
- Ramsey County Deputy and firefighters can be invited to stop by: Call 651-266-7336.
- City maintenance, fire chief and sheriff patrol will be notified of the block party permit.



August 6: This Year's Night to Unite

The Ramsey County Sheriff's Department, Lake Johanna Fire Department, Neighborhood Watch groups and Shoreview residents will team up on Tuesday, August 6, 2013 to celebrate Night to Unite (formerly National Night Out) from 5 p.m. to 9 p.m.

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

For more information and resources, visit the Ramsey County website at www.co.ramsey.mn.us/sheriff and click on **Crime Prevention**. Or contact the Ramsey County Crime Prevention Unit at 651-266-7336 or crimeprevention@co.ramsey.mn.us.

Overnight and Special Event Parking

The City of Shoreview prohibits parking on city streets between the hours of 2 a.m. and 5 a.m. Temporary overnight parking permits are available at www.shoreviewmn.gov.



The City can allow parking on streets posted "No Parking" for special events such as graduation parties, garage sales and other reasons. A permit for these purposes is available from the Public Works Department at City Hall. Please call 651.490.4650 with any questions.

Tour de Trails 2013: July 28

Plan to set aside Sunday morning, July 28 beginning at 7:30 a.m. to enjoy the leisurely Tour de Trails bike ride – our annual event that celebrates Shoreview as a bicycle-friendly community. It's a terrific way for family and friends to experience firsthand the exceptional bicycle paths that cover the length and breadth of the City. Suitable for family groups and casual cyclists alike, the tour offers a short and long loop on our trail system that lets participants bypass busy roads and highways. The event cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. Please register online at www.shoreviewmn.gov.



Stay informed and safe when there is an emergency

Receive critical notifications via voice, email, and text.

Do not assume your contact information is in the database!

Sign up today for community alerts: www.co.ramsey.mn.us/sheriff

Sign up is free, quick, secure and confidential.



Off-Leash Dog Areas in Shoreview Parks

From May 1 to November 1, the City will again offer off-leash dog areas within the hockey rinks at three parks:

- Bucher Park - located in northeast Shoreview on Mackubin Street near County Road J
- Wilson Park - located in central Shoreview on County Road F east of Lexington Ave.
- Bobby Theisen Park - located in southern Shoreview on Vivian Ave south of County E



These are intended to complement the large County-operated off-leash dog area in the Rice Creek open space off Lexington Avenue in northwest Shoreview. The City will provide benches and trash receptacles in each of these spots.

The following rules apply to use of these off-leash dog areas:

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

SHOREVIEWS • FOR INFORMATION CALL 651-490-4600

Stay Ahead of Traffic with MnDOT

Visit the Minnesota Department of Transportation (MnDOT) I-694 North Central Project website at www.dot.state.mn.us/metro/projects/694expand for updated area information.

For information on weather-related road conditions, construction, and congestion, check out MnDOT's "511" service via web or phone at www.511mn.org.



How to Safely and Courteously Pass a Bicyclist

Drivers are usually faced with a number of distractions. This time of year – biking season – it's helpful for non-bicycling motorists to know some tips on the safest way to pass a bicyclist.

A bicycle is classified as a vehicle and has the right to share the road with you. Minnesota law requires providing at least three feet of clearance when passing a bicyclist. This includes the right-most objects attached to your vehicle or projecting out the right side – for example, an extended mirror, a wider trailer with wheels, or lawn mower handles.

The clearance is necessary because both of you may encounter unexpected situations during the pass. At higher speeds, the draft from your vehicle may blow the bicyclist sideways. In these cases, try to provide more than the three foot buffer. If this is not possible, the law states that you must slow down and wait to pass. People riding bicycles are injured and killed every year when drivers ignore these safety measures, leading to major personal and legal consequences.

Bicyclists are much more vulnerable, as they are not in an enclosed vehicle. They are traveling at 10-30 miles per hour and are engaged in riding their vehicle. Most laws require bicyclists to ride as far to the right as practical – and the decision on what is "practical" is made by the bicyclist, not the motor vehicle driver. At times, they may be trying to avoid hazards on the edge or shoulder of the road such as debris, cracks, storm sewers,

pedestrians or tree branches. You may not notice these from your vehicle, but bicyclists do – which is why they may not be riding as far to the right as you think is possible.

Drivers must also yield to turning bicyclists. Bicyclists should move to the left when making a left-hand turn on single lane or multi-lane roads. Road conditions permitting, they should use hand signals to show their intention to turn or change lanes.

When passing, follow these tips for both your safety and the bicyclist's:



1. Don't crowd from behind. The three-foot rule applies to rear clearance as well.
2. If you can't cross the center line, stay behind unless the bicyclist is on a wide shoulder.
3. Make a full lane change if possible, especially on a multi-lane road.
4. Don't honk or excessively accelerate while passing.
5. Allow 3 feet when returning to the lane as well. Please double-check: The bicyclist may be going faster than you think.

So please remember when you pass a bicyclist that he or she is vulnerable and counting on you to watch out for him/her. If you do all of this, you may not know it, but the bicyclist will thank you – and truly appreciate your courtesy.

Portions reprinted courtesy of Peter Breyfogle, bikemn.org

NEW & IMPROVED! Shoreview Home Improvement Loan Program

At the direction of the Economic Development Authority, Shoreview's Home Energy Loan Program has been expanded to fund non-energy-related improvements. The changes broaden the scope of eligible improvements to include not only energy-related enhancements, but also interior and exterior repairs, as well as the repair or replacement of certain site improvements. The program aims to increase resident participation, encourage reinvestment in the aging housing stock, and maintain property values.

Eligible improvements include:

Energy: Energy-efficient heating and cooling systems, windows, water heaters and replacement or additional insulation.

Repairs: Exterior and interior repairs to correct structural deficiencies and other site improvements that enhance the livability of the home, function of the operating systems, and overall appearance of the structure and property. Repairs funded include, but are not limited to, exterior painting, siding, roofs, plumbing, detached garages, driveway and sidewalk replacement.

Qualified residents can borrow a maximum of \$20,000 if household income restrictions are met and the home is a single-family detached or attached home with a market value less than \$314,640. This fixed-rate loan is payable over a maximum ten-year period. Borrowers are eligible for a rebate of the total interest paid if they reside in the home for ten years after the loan is incurred. Contact the HousingResource Center at (651) 486-7401 or visit www.gmhousing.org for more information. The Center is located at 1170 Lepak Court in Shoreview.

Leasing Out Your Property? Shoreview's Rental Licensing Program

Increase in Rental Licenses

Since Shoreview's Rental Licensing Program first started ten years ago, the number of licensed general dwelling units (privately owned single-family homes, townhomes and condominiums that do not have common ownership) in our community has increased greatly. This year, 547 units have been licensed; when the program first started, there were 176. Licensed multi-family residential units have also increased, due to the recent Shoreview Senior Living complex which opened late last year.

This program began as part of the City's plan to preserve and maintain the quality of our residential neighborhoods and multi-family apartment complexes. Licensing has been an effective tool addressing health, safety and maintenance issues (and, in some instances, conduct issues) associated with rental housing units.

While it might be difficult to pinpoint the reason for this increase, there are many factors related to the housing market, demographics, proactive enforcement and education. This increase does present some program administration challenges, especially with the renewal process and number of inspections. In response, the City is reviewing the program to improve efficiency and maintain our quality of service.

Rental License Required

If you're not residing on your property and are leasing it out for rent, you'll need a rental license. An application is available at the City's website: www.shoreviewmn.gov. Before a license is issued, the following items will be reviewed:

- 1) Payment of the \$75.00 license fee
- 2) Municipal utility bill (must be current)
- 3) Property maintenance in accordance with the City's housing and property standards
- 4) Police calls to determine any conduct-related issues or criminal activity on the property

The property will also be inspected to determine City Housing Code compliance. Please contact Brent Marshall, Housing and Code Enforcement Officer with any questions at 651-490-4687 or bmarshall@shoreviewmn.gov.



Thinking About Home Improvements?

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

The City of Shoreview contracts for our services, which are provided free!

651-486-7401

The HousingResource Center™ Specializes in:

HOME IMPROVEMENT FINANCING TOOLS:

MHFA FIX UP FUND

Before you begin your home improvement project, call to learn about the MHFA Fix Up Fund loan! You may be eligible for up to \$35,000! Most home improvements qualify, except for luxury items (such as swimming pools). The maximum income amount is \$96,500.

SHOREVIEW HOME IMPROVEMENT LOAN PROGRAM

The City of Shoreview is offering loans to residents to encourage home improvement and increase the home values within the City of Shoreview. You may be eligible for up to \$20,000 to use toward energy efficiency and/or improvements that may improve the livability of the home, function of the operating systems, and overall appearance of the structure and property. The total gross annual household income cannot exceed 120% of the Shoreview Median household income and the current value of the house cannot exceed \$314,640.

Call 651-486-7401 for more details on these loans or other home improvement financing tools offered through the HousingResource Center, including the MHFA Rehabilitation Loan and the Rental Property Loan.

FREE CONSTRUCTION CONSULTATIONS

Free Construction consultations are available to residents in participating communities, and include:

- Evaluation of home repair needs
- Advice on home improvements
- A detailed work plan
- Assistance to homeowners in preparing and reviewing bid packages
- Monitoring the construction process.

HOUSING INFORMATION

In addition, the HousingResource Center provides information on a variety of housing related topics: referrals for first time homebuyers and rental information, home maintenance and safety; mortgage refinancing and foreclosure prevention programs.

HousingResource Center™ — North Metro

1170 Lepak Court

Shoreview, MN 55126

651-486-7401

www.housingresourcecenter.org

Protecting Our Waterways Starts at Home

Did you know that what happens in your yard has a big impact on the health of our waterways? Caring for Minnesota lakes and streams starts at home, and we need your help to protect these precious resources for future generations. The U.S. Environmental Protection Agency has named stormwater runoff as our nation's biggest water quality threat. Stormwater runoff whisks pollutants from our yards and streets to our lakes and streams via storm drains. How can you help?

To fertilize or not to fertilize, that is the question. Find out how much fertilizer your yard needs and when to apply it by having your soil tested at the University of Minnesota's Soil Testing Laboratory (visit www.soiltest.cfans.umn.edu). You will save money and keep excess fertilizer from washing into the nearest waterway. Fertilize in late summer through early fall, and never before the ground is completely thawed.

Skip the bag and let nature do its job. Leave grass clippings on your lawn to provide nutrients for plant growth, therefore reducing your need for fertilizer.

Mow less for a greener, healthier yard. Take a couple days off and let your grass grow at least three inches long this year. The extra length will allow your grass to absorb more sunshine, making a healthier and more weed-resistant lawn.

Be water wise. Whenever possible, water in the morning when temperatures are cool, and apply water as close to the ground as possible. Turf grass only needs an inch of water a week.



Blue Thumb – Planting for Clean Water!



If you want to do your part to further protect water right in your own yard, the Blue Thumb - Planting for Clean Water program can help. Blue Thumb aims to make it easy for residents to plan, purchase and plant

beautiful native gardens, raingardens and shorelines. These cost-effective plantings require little watering and minimal care after established. They also invite birds and butterflies to your yard.

The Blue Thumb outreach program was created by the Rice Creek Watershed District to help meet water quality goals. Now Blue Thumb has over 70 public, private and non-profit partners spanning Minnesota and western Wisconsin, including the City of Shoreview. Since we all want clean water, Blue Thumb helps partners present a unified public education message. One element of the Blue Thumb program is an easy-to-use website for homeowners seeking native plant gardening information. Residents can select their yard characteristics (for example: sunny, sandy soil, prefers shrubs) and the plant selector tool will provide a list of suitable species. Another key component is a raingarden installation manual for homeowners co-developed by Minnesota landscape ecologists Dan Shaw and Rusty Schmidt. Please check out www.BlueThumb.org for more information.

Although these steps may seem small, collectively they can have a very big impact on the health of our waterways.

Portions reprinted courtesy of Jessica Bromelkamp and the Rice Creek Watershed District.



Photo credit: Karen Eckman

Simple, Low-Cost First Steps for Energy-Efficient Cooling



When cooling a house, it's helpful to remember some variables that can affect this during the summer months. Here's a quick list of the easiest ways to stay cool and save on your utility bill this summer:

- Use natural climate controls first. For example, when it is cooler at night, open the windows to let the cool air fill the house. Close windows, drapes, or shades to shut out the hot sun and prevent it from warming the rooms inside. Light-colored and reflectively-coated window coverings block even more energy and related heat.
- Older air conditioners can be very expensive to run. If you have one, use it in moderation. Consider signing up for your utility's "Saver Switch" program.
- Clean your air filters monthly for central air and individual window or wall units. Dirt and dust hinder air flow, reducing efficiency.
- Program the thermostat. Give the air conditioner a break during the workday. Shifting the settings to allow higher daytime temperatures could cut the average household electric bill by \$180 a year, according to Energy Star.
- Use a fan before turning on the air conditioner. Air passing across your skin will help you keep cool without the high energy bills from air conditioning.
- Cooking can contribute to heating a home. On hot days, switch to foods that do not need cooking, or use an outdoor grill. Use a kitchen exhaust fan for any indoor cooking.
- When showering, run the exhaust fan to help prevent the humidity and heat from increasing.
- Consider installing a Whole-House Cooling Fan (WHCF): The WHCF is an advanced method of using a low energy consumption fan to cool a home much more effectively than with window fans. It draws cool air from the lower-level windows through the upper-floor ceiling and into the attic, forcing hot air out of the attic. The WHCF thus offers a double benefit: cooling the home's interior living space, plus cooling the attic.

Portions reprinted courtesy of Do It Green! Minnesota

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.

The Shoreview Community Garden Club welcomes all gardeners – beginners or experienced. Speakers talk on a wide range of gardening topics. Summer tours are held to gain information and ideas. The Club meets at the Shoreview Community Center on the first Wednesday of each month at 7 p.m. To learn more, call Sandi at 651-484-4341 or e-mail sandilauer@comcast.net.

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.

A “Slice” of History: Shoreview Historical Society



Socrates Thompson, reenacted by SHS member Ken Wingard, met visitors to the Slice.



Minnesota author John “Jack” Koblas signed books at the SHS booth.



The Shoreview Historical Society has been part of the Slice of Shoreview since 1991.

During the first year, Jaci Krebsbach and Doris Claeys handed out brochures to inform the community about this new organization.

The Society organized a historical bus tour with Dick Wedell and Sandy Martin acting as tour guides. Riders rode through Shoreview and learned about the City’s history.

When “The Slice” moved to Island Lake County Park in 1993, we continued our participation with historical exhibits and displays. Over the years, visitors were treated to photo displays depicting Shoreview’s parks, hangouts, and heritage families, among others.

One year, we welcomed Shoreview founder Socrates Thompson, reenacted by SHS member Ken Wingard. Jack Koblas, the author of *Shoreview Reflections*, visited the booth and signed books on two occasions.

The Society has sold its books, DVDs, featured contests and collected information from visitors for future use. This year, it will create a 20-year retrospective of its participation at the Slice of Shoreview at Island Lake County Park.

For more information about the Shoreview Historical Society, visit our website at www.shoreviewhistoricalsociety.org.

The Shoreview Historical Society represented in the Slice Parade. The SHS has been part of the Slice since 1991.

The **Shoreview Community Foundation** awarded grants to the Lakeshore Players Theatre, the Mounds View Community Theater and the Slice of Shoreview Committee on June 12 during our first Concert in the Commons of the summer and the Community Foundation’s ice cream social. All three organizations received grants for their wonderful summer community events. Pictured, left to right: Cynthia Stange, Mike Spellman and Ben Ratkowski from the Lakeshore Players Theatre; Kent Peterson from the Shoreview Community Foundation; and Carol Mills, Diana Wuori and Sally Cameron from the Mounds View Community Theater.



Operation Rooster: Shoreview-Einhausen Sister City Association (SESCA)



We're celebrating our tenth anniversary as sister cities with Einhausen, German by partnering with Shoreview's citizens, businesses and surrounding communities to send a statue of their town symbol to them in grand American style!

What is the symbol, and how can you get onboard? The dubbed "**Operation Rooster**" is in full-swing right now, and a delegation from the U.S. will ensure its delivery in late August.

Why a rooster (or "Giggel," in German)?

It is an old tradition that formed when neighboring towns made up nicknames to poke fun at each other. The Einhausen area produced barley as a low-quality feed for chickens and roosters. The more prominent and powerful town of Lorsch gave the people of Einhausen the name Gerschdegiggel or "barley-roosters" and, in turn, got their own nickname of Sandhasen or "sand-hares" because of Lorsch's sandy soil and rabbit population. In 1954, a rooster flag was first flown, and the town square currently hosts a small rooster statue. Legend has it that it may also represent the grit and pride of the people that call Einhausen home.

How can you or your business join the campaign?

We would be pleased if you would join us in making tax-deductible donations to raise the necessary funds for the purchase, finishing and shipment of this 9-foot aluminum "Giggel" to our sister city. **Please visit our website at www.sesca.org and partner with us in creating a permanent commemoration of German-American friendship!**



The Shoreview NORTHERN LIGHTS VARIETY BAND

Looking for a new way to serve your community, have fun and meet new people? Join the Shoreview Northern Lights Variety Band. We welcome new members age 16 years of age and older. Fall semester openings are available in many sections, including percussion and clarinets. Auditions are not required. The band rehearses every Tuesday from 7 to 9 p.m. at the Shoreview Community Center. Look for us at the Slice of Shoreview parade, and ask us about becoming a member. We are also performing at the Concert in the Commons on July 24 at 7 p.m. in the Haffeman Pavilion. Want to know more? Please contact us by visiting www.snlvb.com.



Gallery 96

Art Discussions

Join our lively discussions of art and friendly critiques of the work of members and others. Upcoming dates are Tuesday, August 13, September 10, and October 8, from 7 to 9 p.m. at the Shoreview Community Center. All are welcome.

Slice of Shoreview

After the success of last summer's "Give Shoreview a Hand" handprint banner project, Gallery 96 plans to be at the Slice of Shoreview and the Shoreview Farmers Market this summer with a new public art project. Look for the Gallery 96 booth at The Slice to learn more about the group and participate in this year's project.

ARTiculators

The ARTiculators are a group of artists who meet every Monday from 10 a.m. to noon in the Shoreview Community Center Fireside Room to chat with each other and discuss new ideas in art. Get acquainted with fellow artists and work together on projects. Many of the artists do belong to Gallery 96, but it is not a requirement, and attendance is not required every week. ARTiculators sessions are as good as attending class without grades – with chairs that are much more comfortable than the classroom type. It's free, loose in structure, and ideas abound.

More Information

Aside from our website at www.gallery96.org, you can now keep in touch with Gallery 96 Art Center on Facebook. If you have a Facebook account, check it out. Other inquiries may be directed to: Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127.

SHOREVIEW CALENDAR

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

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

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

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

JULY 2013

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

AUGUST 2013

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

SEPTEMBER 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 City Offices Closed – Labor Day	3 Farmers Mkt 3 pm, LLPL City Council Meeting 7 pm, CC	4	5 Bikeways and Trails Committee 7 pm, LC	6 Friday Night Flix 7:30 pm, SP	7
Recycling Week September 3-7 (Sept. 2 is a holiday)						
8	9 Economic Dev Auth 5 pm, CC Council Wks 7 pm, CC	10 Farmers Market 3 pm, LLPL	11	12	13	14
15 	16 City Council Meeting 7 pm, CC	17 Economic Dev. Com. 7:30 am, UC Farmers Mkt 3 pm, LLPL	18	19 Public Safety Meeting 7 pm, LC	20 Friday Night Flix 7 pm, SP	21
Recycling Week September 16-20						
22	23 Environ. Quality Comm 7 pm, CC	24 Farmers Mkt 3 pm, LLPL Planning Commission 7 pm, CC	25 Hum. Rights Commission 7 pm, CC	26 Parks and Recreation Commission 7 pm, CC	27	28
29 	30					
Recycling Week September 30-October 4						

OCTOBER 2013

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

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 Senator Bev Scalze-District 42
75 Rev. Dr. Martin Luther King Jr. Blvd.
Capitol, Room 124, St. Paul, MN 55155-1606
(651) 296-5537
sen.bev.scalze@senate.mn

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

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

County Elected Officials

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

Post Office – Retail Center

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
ljfd@ljfd.org

Ambulance & Paramedic

Ambulance and paramedic services are provided by Allina Medical Transportation.

For emergencies, call 911

Ramsey County Library – Shoreview

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

Hours:

Mon. 10:00 A.M. – 9:00 P.M.
Tues. & Wed. 1:00 P.M. – 9:00 P.M.
Thurs., 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 a door-to-door public transportation system for people with disabilities in the Minneapolis-St. Paul area and many adjoining suburbs. 651-602-1111

Community Support & Resources

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

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

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

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.**

Visit our **NEW** and improved website at www.shoreviewcommunitycenter.com

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**	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.

September 2	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
November 28	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon
December 24	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon
December 25	Closed	Closed	Closed
December 31	5:00 A.M. – 4:00 P.M.	Noon – 3:45 P.M.	8:00 A.M. – 4:00 P.M.

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

Lap Swim Hours

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

Kids Care

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

Drop-in Volleyball 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 55 for schedule.

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

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

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

*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.



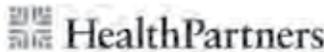
Fees are subject to change. We welcome payment by Visa and Mastercard.

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

Beginning September 14, 2013

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

September 2..... Noon – 5:45 P.M.
October 11..... Noon – 9:45 P.M.
October 17..... Noon – 9:00 P.M.
October 18..... Noon – 9:45 P.M.
November 1..... Noon – 9:45 P.M.
November 25..... Noon – 8:00 P.M.
November 26..... Noon – 9:00 P.M.
November 27..... Noon – 8:00 P.M.
November 28..... Closed
November 29..... Noon – 9:45 P.M.
December 24..... Closed
December 25..... Closed
December 31 Noon – 3:45 P.M.



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

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

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

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

Pool Information

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



**ANNUAL POOL
SHUTDOWN
September 3-13,
2013**

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

Rate & Hours

\$5.00 per child, ages 1-12

FREE to members

Mon – Sat 8:00 A.M. – 8:00 P.M.

Sunday..... 8:00 A.M. – 6:00 P.M.

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

Sept. 2..... 8:00 A.M. – 6:00 P.M.

Nov. 28..... 8:00 A.M. – 12:00 P.M.

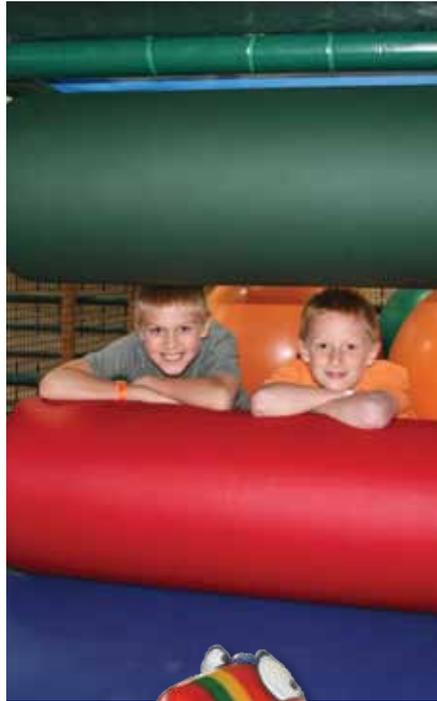
Dec. 24..... 8:00 A.M. – Noon

Dec. 25..... Closed

Dec. 31 8:00 A.M. – 4:00 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 Sept. 2; Nov. 28;
Dec. 24, 25, 31; Jan. 1**

\$1 per hour per child (no pro-rating for partial hours)

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. 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

BEST VALUE!

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.

POOLSIDE PARTY PACKAGE

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

Available Fridays and Saturdays at 5:30 P.M. 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.



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.



**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!**



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

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 ParkSeats 15 Shamrock ParkSeats 35

McCullough Park.....Seats 15 Commons ParkSeats 20

SitzerSeats 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



FALL RECREATION PROGRAMS

REGISTRATION SCHEDULE

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

Shoreview Resident Priority

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

Begins Monday, July 29 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, July 31 at 8 A.M.

General Registration

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

Begins Friday, August 2 at 8 A.M.

*See page 61 for registration information.

TABLE OF CONTENTS

Aquatics	27
Fitness	34
Kids Corner Preschool	44
Youth Programs	46
Youth Sports	50
Adult Sports	54
Adult Activities	55
Employment	58
Community Information	59
Recreation Areas	60
Registration Information	61

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.

New this winter! Indoor Farmers' Market

Shop your favorite summer Farmers' Market vendors at our new indoor market! Choose from pasta, breads, honey, jam, fresh baked items, dried flower arrangements, meats, craft items, & more! Many of these items can be purchased as gifts for the holidays.

Wednesdays

November 6 & December 4

3:00 p.m.-6:00 p.m.

Shoreview Community Center
www.ShoreviewCommunityCenter.com
651.490.4750



Active Life Fair

at the Shoreview Community Center | Community Room

Wednesday, November 13th, 2013 | 10:00 a.m. – 1:00 p.m.

A resource fair for active aging adults and caretakers

YOUR SPECIAL DAY INCLUDES:

- Minute with Mayor Martin | Flu Shot Clinic
- Membership Information | SeniorFIT classes
- Blood Pressure Screenings | Spinal Screenings
- Hearing Aid Cleaning | Chair Massages
- Rx Medication Consultation | Refreshments & More!



FREE!



4580 Victoria Street North, Shoreview, Minnesota 55126 | www.ShoreviewCommunityCenter.com | 651.490.4750

PARKS & RECREATION

AUGUST 2013

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

SEPTEMBER 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	Community Center Closes @ 6	Farmers' Market: Corn Roast!	AARP Driver Safety Class		Friday Night Flix The Mighty Ducks	
		Fitness Classes begin this week!				
Pool Closed for Annual Maintenance						
8	9	10	11	12	13	14
	Preschool Classes Begin	Farmers' Market: Apple of My Eye		500 Tournament		Pool Re-opens!
Pool Closed for Annual Maintenance						
15	16	17	18	19	20	21
	Swim Lessons Begin	Farmers' Market: You Say Tomato	Historical Speaker: Lincoln Assassination	After School Sports Begin	Friday Night Flix Ghostbusters	Tumbling Begins
22	23	24	25	26	27	28
		Farmers' Market: Salsa Showdown				Touch-a-Truck Kids' Garage Sale
29	30					
Drop-In Pickleball Every Mon, Wed, & Fri 8 am - 11 am beginning September 9 Early Close Dates: Oct. 11, 18 Nov. 1, 25, 27, 29; Dec. 23, 25, 27, 30 8 am - 10 am						

OCTOBER 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
		1	2	3	4	5
		Farmers' Market: Senior Day	Computer 101			
6	7	8	9	10	11	12
		Farmers' Market: Pork-a-Palooza		AARP Driver Safety Class	Babysitting Clinic Waterpark opens @ noon	Mini Kickers Begin
13	14	15	16	17	18	19
		Farmers' Market: Organic October	Senior Trip to the Science Museum	Scout Merit Badge Bowling Camp Waterpark opens @ noon		Snorkeling Halloween Hoopla
20	21	22	23	24	25	26
	Travel Talk AARP Driver Safety Class	Farmers' Market: Pumpkin Patch			Halloween Zumba Jam!	Ice Skating Begins
27	28	29	30	31		
		Tae Kwon Do Begins				

NOVEMBER 2013

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2
					Waterpark Opens @ Noon	
3	4	5	6	7	8	9
			Indoor Farmers' Market	AARP Driver Safety Class	Dish It Up	Lifeguard Class
10	11	12	13	14	15	16
		Enriching Your Family Tree Class	Discover SCUBA Active Life Fair			
17	18	19	20	21	22	23
	CPR Class AARP Driver Safety Class		Senior Trip to the Chanhassen Historical Speaker: Prohibition	First Aid Class		
24	25	26	27	28	29	30
	Turkey Bingo for Seniors			Community Center Closes @ noon Waterpark Closed Today	Zumba Jam!	Waterpark Opens @ Noon
Free Fitness Classes This Week!						
Waterpark Opens @ Noon						

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 previously learned skills, 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 keeps the pool water temperature between 83 and 84 degrees.

Group Lessons

Rate for 8 group lessons: \$73; \$66 Shoreview Resident

Rate for 6 group lessons: \$55; \$50 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.

\$146; \$134 Shoreview Resident

\$111; \$102 Shoreview Resident each for two participants of equivalent ability

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

\$110; \$101 Shoreview Resident

\$83; \$77 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 30-31.

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, July 27, August 11, September 22

Sunday, July 28, August 12

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, 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. Swimmers will learn the following:

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



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 the water independently
- Submerge face in water
- Blowing bubbles
- Front/Back float 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 should be comfortable in the water and come prepared to put their face in the water for retrieving objects. Swimmers will learn the following:

- Submerge head 5 times
- Maintain front/back float with support
- Flutter kicking on front/back with support
- Front/Back glides with support

Youth Beginner (YB)

Ages 6 and older

The youth beginner class is for ages 6 and older who are new to swim lessons or haven't taken lessons 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 and fully submerged in water where they can touch. Swimmers will learn the following:

- Front/Back float independently for 10 seconds
- Front Crawl with support for 8 yards
- Flutter kicking on front/back with support for 8 yards
- Front/Back glide independently



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 front crawl for 15 yards.

Swimmers will learn the following:

- Flutter kicking on front/back for 25 yards
- Front crawl for 15 yards
- Elementary Backstroke for 15 yards
- Tread water for 15 seconds

Level 3 (L3) – Seals

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

- Front Crawl for 25 yards
- Back Crawl for 25 yards
- Elementary Backstroke for 25 yards
- Tread water for 30 seconds

Level 4 (L4) – Sting Rays

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

- Open Turns
- Breaststroke for 25 yards
- Dolphin Kick
- Tread water for 1 minute

ADVANCED LESSONS

Level 5 (L5) – Dolphins

Level 5 refines coordination, increases endurance of key strokes, and introduces butterfly. Swimmers will learn the following:

- Front crawl for 75 yards
- Flip Turns
- Butterfly for 15 yards
- Breaststroke for 75 yards

Level 6 (L6) – Orcas

Level 6 polishes strokes to allow swimming with more ease, efficiency, and power over greater distances. Swimmers will learn the following:

- Front Crawl with flip turns for 200 yards
- Alternate breathing for front crawl
- Butterfly for 25 yards
- Sidestroke for 25 yards

Level 7 (L7) – Sharks

Level 7 continues to refine stroke technique and build endurance. The use of a pace clock and how to swim sets will be introduced.

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

Mondays, Sept. 16 – Nov. 11 (no class Oct 14) ...7:45 P.M. – 8:30 P.M.
\$71; \$63 Shoreview Resident.....**Activity # 430118-01**

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, Sept. 21 – Nov. 16 7:30 A.M. – 8:05 P.M.
\$73; \$66 Shoreview Resident..... **Activity # 430108-01**

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.

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.

SHOREVIEW COMMUNITY CENTER POOL

MONDAY

Sept 16 - Nov 11

No Class: Oct. 14

Morning

9:00 A.M.	LI	430101-01
9:45 A.M.	PS	430111-01
10:20 A.M.	L2	430102-01

Evenings

4:00 P.M.	LI	430101-06
	L2	430102-05
	PR	430114-02
	PR	430114-03
	PR	430114-04
4:45 P.M.	LI	430101-07
	L2	430102-06
	L2.5	430112-02
	L2.5	430112-03
	L3	430103-02
5:30 P.M.	MR	430117-03
	PS	430111-04
	L2.5	430112-04
	L4	430104-01
	PR	430114-05
	PR	430114-06
6:15 P.M.	PS	430111-05
	PS	430111-06
	L2.5	430112-05
	L2.5	430112-06
	L3	430103-03
	L5	430105-01
6:20 P.M.	SF 2	430110-03
7:00 P.M.	LI	430101-08
	L2	430102-07
	L4	430104-02
7:45 P.M.	SS	430118-01

TUESDAY

Sept 17 - Nov 12

No Class: Oct. 15

Morning

9:10 A.M.	MR	430117-01
9:55 A.M.	L2	430102-02
10:40 A.M.	LI	430101-02
11:20 A.M.	SF1&2	430110-01

Evenings

4:00 P.M.	LI	430101-09
	L2	430102-08
	PR	430114-07
	PR	430114-08
	PR	430114-09
4:45 P.M.	PS	430111-07
	L2	430102-09
	L2.5	430112-07
	L3	430103-04
	YB	430113-01
5:30 P.M.	PS	430111-08
	LI	430101-10
	L2	430102-10
	L3	430103-05
	PR	430114-10
6:15 P.M.	PS	430111-09
	LI	430101-11
	L2.5	430112-08
	L2.5	430112-09
	L3	430103-06
	PR	430114-11
6:20 P.M.	SF 1	430110-04
7:00 P.M.	LI	430101-12
	L2	430102-11
	L2.5	430112-10
	L2.5	430112-11
	L4	430104-03
	PR	430114-12
7:45 P.M.	PR	430114-13
	PR	430114-14
	PR	430114-15
	PR	430114-16
	PR	430114-17

WEDNESDAY

Sept 18 - Nov 13

No Class: Oct. 16

Morning

9:10 A.M.	PS	430111-02
9:55 A.M.	LI	430101-03
10:40 A.M.	SF1&2	430110-02
11:20 A.M.	MR	430117-02

Evenings

4:00 P.M.	PS	430111-10
	L2	430102-12
	L2.5	430112-12
	PR	430114-18
	PR	430114-19
4:45 P.M.	MR	430117-04
	PS	430111-11
	L2	430102-13
	L2.5	430112-13
	L2.5	430112-14
	L3	430103-07
5:30 P.M.	PS	430111-12
	LI	430101-13
	L2	430102-14
	L2.5	430112-15
	L4	430104-04
	PR	430114-20
6:15 P.M.	PS	430111-13
	PS	430111-14
	LI	430101-14
	L3	430103-08
	L5	430105-02
	PR	430114-21
6:20 P.M.	SF1&2	430110-05
7:00 P.M.	LI	430101-15
	L2	430102-15
	PR	430114-22
7:45 P.M.	L7	430107-01

LESSON RATES

8 Week Classes

Group

\$73; \$66 Shoreview Resident

Private

\$146; \$134 Shoreview Resident

Semi-Private

\$111; \$102 Shoreview Resident
(2 participants of equivalent ability)

6 Week Classes

Group

\$55; \$50 Shoreview Resident

Private

\$110; \$101 Shoreview Resident

Semi-Private

\$83; \$77 Shoreview Resident
(2 participants of equivalent ability)

AQUATIC KEY

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

A Note About Community Center Lessons

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

THURSDAY Sept 19 - Nov 14 No Class: Oct. 17

Morning

9:10 A.M.	L2	430102-03
9:55 A.M.	L2.5	430112-01
10:40 A.M.	L3	430103-01
11:20 A.M.	L1	430101-04

Evenings

4:00 P.M.	PS	430111-15
	L2	430102-16
	L2.5	430112-16
	L3	430103-09
	YB	430113-02
4:45 P.M.	PS	430111-16
	L1	430101-16
	L4	430104-05
	PR	430114-24
	PR	430114-25
5:30 P.M.	MR	430117-05
	L1	430101-17
	L2	430102-17
	L2.5	430112-17
	L2.5	430112-18
6:15 P.M.	L3	430103-10
	PS	430111-17
	L2	430102-18
	L2.5	430112-19
	L3	430103-11
6:20 P.M.	L6	430106-01
	SF2	430110-06
	7:00 P.M.	L1
7:00 P.M.	L2	430102-19
	L4	430104-06
	PR	430114-26
	PR	430114-27
	PR	430114-28
7:45 P.M.	L5	430105-03
	PR	430114-29
	PR	430114-30
	PR	430114-31

FRIDAY Sept 20 - Nov 15 No Class: Oct. 18

Morning

9:10 A.M.	L1	430101-05
9:55 A.M.	L2	430102-04
10:40 A.M.	PS	430111-03
11:20 A.M.	PR	430114-01

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

Morning

8:15 A.M.	PS	430111-18	
	L1	430101-19	
	L2	430102-20	
	L2.5	430112-20	
	YB	430113-03	
	PR	430114-32	
	PR	430114-33	
	PR	430114-34	
	PR	430114-35	
	PR	430114-36	
9:00 A.M.	PS	430111-19	
	L1	430101-20	
	L1	430101-21	
	L2	430102-21	
	L2.5	430112-21	
	L2.5	430112-22	
	L4	430104-07	
	L5	430105-04	
	PR	430114-37	
	9:45 A.M.	PS	430111-20
9:45 A.M.	L1	430101-22	
	L2	430102-22	
	L2.5	430112-23	
	L2.5	430112-24	
	L3	430103-12	
	L4	430104-08	
	L6	430106-03	
	PR	430114-38	
	9:50 A.M.	SF 2	430110-07
	10:30 A.M.	PS	430111-21
PS		430111-22	
L2		430102-23	
L3		430103-13	
L4		430104-09	
L7		430107-02	
PR		430114-39	
PR		430114-40	
PR		430114-41	
10:35 A.M.		SF 1	430110-08
11:15 A.M.	MR	430117-06	
	L1	430101-23	
	L2	430102-24	
	L2.5	430112-25	
	L3	430103-14	
	L5	430105-05	
	YB	430113-04	
	IS	430109-01	
	PR	430114-42	
	PR	430114-43	

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

Morning

9:00 A.M.	MR	430117-07
	L1	430101-24
	L2	430102-25
	L2.5	430112-26
	PR	430114-44
9:45 A.M.	PS	430111-23
	L1	430101-25
	L2	430102-26
	L4	430104-10
	PR	430114-45
10:30 A.M.	SF1&2	430110-09
	PS	430111-24
	L2	430102-27
	L3	430103-15
	PR	430114-46
11:15 A.M.	MR	430117-08
	L1	430101-26
	L2.5	430112-27
	L2.5	430112-28
	L5	430105-06

TUESDAY/THURSDAY Dec 3 - Dec 19 6 Lessons Only-discounted fee

Evening

4:00 P.M.	PS	430111-25
	L1	430101-27
	PR	430114-47
4:45 P.M.	PR	430114-48
	L2	430102-28
	L2.5	430112-29
5:30 P.M.	PR	430114-49
	PR	430114-50
	PS	430111-26
	L3	430103-16
	PR	430114-51
6:15 P.M.	PR	430114-52
	L1	430101-28
	L2.5	430112-30
7:00 P.M.	PR	430114-53
	PR	430114-54
	PR	430114-55
	PS	430111-27
	L2	430102-29
7:45 P.M.	PR	430114-56
	PR	430114-57
	PR	430114-58
	L4	430104-11
	PR	430114-59
	PR	430114-60
	PR	430114-61

RED CROSS LIFEGUARDING TRAINING

Ages 15+ Pack a lunch, swimsuit, towel and snacks!
 Saturdays/Sundays 8:00 A.M. – 4:00 P.M.
 Wednesday 5:00 P.M. – 9:00 P.M.

November 9, 10, 13, 16
 \$252; \$236 Shoreview Resident **Activity # 450402-01**
 Shoreview Community Center/Chippewa Middle 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



RED CROSS COMMUNITY CPR/AED

\$83; \$72 Shoreview Resident 6:00 P.M. – 10:00 P.M.
 Monday, Nov. 18 **Activity # 450301-01**

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

\$55; \$49 Shoreview Resident 6:00 P.M. – 8:30 P.M.
 Thursday, Nov. 21 **Activity # 450302-01**

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.

\$96; \$87 Shoreview Resident
 Mon. Nov. 18, 6:00 P.M. – 10:00 P.M. and
 Thurs. Nov. 21, 6:30 P.M. – 8:30 P.M.
 **Activity # 450303-01**

Shoreview Community Center



DISCOVER SCUBA

Ages 12 and older

November 13 from 6 – 7 P.M. **Activity # 430306-04**
\$22; \$20 Shoreview Resident

Chippewa Middle School Pool

This is a great opportunity for individuals to use scuba gear under the care of a certified Scuba Instructor. The class includes a briefing on equipment along with trying on the gear and exploring the bottom of the pool. Sign up soon, space is limited to the first 10 registered. If you have asthma, you are required to provide a Doctor's note stating it is safe for you to participate.

SNORKELING

Ages 8 to 13

Saturday, Oct. 19 11:00 A.M. – 12:00 P.M.
\$22; \$20 Shoreview Resident **Activity # 430306-01**

Friday, Dec. 27 11:00 A.M. – 12:00 P.M.
\$22; \$20 Shoreview Resident **Activity # 430306-02**

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.

SCOUT MERIT BADGES

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

Swimming Merit Badge

This badge will take 4 hours to complete.

\$49; \$45 Shoreview Resident

Thursday, Oct. 17, 8 A.M. – 12 P.M. **Activity # 430301-02**

Wednesday, Nov. 20, 5 P.M. – 9 P.M. **Activity # 430301-03**

Lifesaving Merit Badge

This badge will take 5 hours to complete.

\$55; \$50 Shoreview Resident

Friday, Oct. 18, 8 A.M. – 1 P.M. **Activity # 430301-04**

Tuesday, Nov. 26, 4 P.M. – 9 P.M. . **Activity # 430301-05**

SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7 \$57; \$49 Shoreview Resident

8:00 A.M. – 12:30 P.M.

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

Friday, Oct. 11 **Activity # 450101-01**

Saturday, Dec. 7 **Activity # 450101-02**

Saturday, Dec. 21 **Activity # 450101-04**

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.



FITNESS REGISTRATION

Call for information: 651-490-4750

FALL SESSION September 3 – December 22 (15 weeks)

No class Sept. 2 or Nov. 25 – Dec. 1

Free classes offered the week of Thanksgiving.

Water Exercise begins Sept. 16.

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. 38-39. Discount now available online!

FITNESS PUNCH CARDS

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

Revvig, Latin Fusion, Zumba® and Kettlebell
\$43; \$39 Shoreview Resident

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

All Other Fitness Classes
\$33; \$31 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 Yogalates \$11; \$10 Shoreview Resident
Revvig, Latin Fusion, and Zumba® and Kettlebell

.....\$10; \$9 Shoreview Resident

All Other Fitness Classes Drop-in Rate

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

MIND/BODY OPTIONS

Ballet Fitness/Barre

The hottest fitness craze since Pilates, this class will combine ballet, Yoga and Pilates to build a stronger back, hips/glutes and core. Movements will emphasize muscle lengthening and increasing overall strength and function. Parts of the class will rely on simple choreography that will be easy and fun to learn. No previous dance experience required.

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.

Yogalates

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

Beginner Fitness

This class is designed for those looking to get started on their fitness goals or needing to ease back into a fitness routine. The class will incorporate short, low-impact cardio segments, gentle weightlifting, a taste of yoga and a bit of manageable core work to get you back on track to achieve your fitness goals. Options will be provided in each class to help provide you the appropriate level of intensity.

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

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.

TurboKick®

This class combines hip-hop and martial arts. You will get the ultimate cardiovascular challenge complete with a sports specific warm-up, bouts of intense intervals, easy to follow combinations and kickboxing-specific strength and endurance training. This class is like a party with high energy and hip hop!

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!

Zumba® and Strength

Zumba® and Strength will incorporate intervals of strength and resistance training to provide an additional strength and toning workout.

Zumba® Toning

When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast.



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 (begins September 16)

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.

WATER OPTIONS

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

* Water classes begin September 16.

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.



GROUP FITNESS

MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated.

Sept. 3 – Dec. 22 (15 weeks). No class Sept. 2; No class Nov. 25 – Dec. 1; Free classes offered the week of Thanksgiving. Water Exercise begins Sept. 16.

Time	Class	Rate/Shoreview Res.	Activity #
MONDAY (No classes September 2nd)			
5:35 A.M.	Total Body Workout	\$74/\$69	410502-01
8:30 A.M.	NEW! Core Conditioning	\$74/\$69	410538-01
8:30 A.M.	SeniorFIT - Strength Training*	\$74/\$69	410161-01
9:15 A.M.	Aqua Splash (begins 9/16)	\$69/\$64	410522-01
9:30 A.M.	Total Body Workout	\$74/\$69	410502-06
9:45 A.M.	NEW! Core Training	\$74/\$69	410527-01
9:45 A.M.	NEW! BootCamp	\$74/\$69	410532-01
10:30 A.M.	Zumba®	\$99/\$93	410544-12
11:40 A.M.	Mind/Body Yoga	\$112/\$105	410506-01
TUESDAY			
5:35 A.M.	Core Fusion	\$79/\$74	410531-04
8:15 A.M.	SeniorFIT - Splash* (begins 9/17)	\$69/\$64	410162-01
8:30 A.M.	Mind/Body Yoga	\$119/\$112	410506-02
8:30 A.M.	Power Pump	\$79/\$74	410523-02
9:15 A.M.	Aqua Splash (begins 9/17)	\$69/\$64	410522-03
9:30 A.M.	Pilates	\$119/\$112	410507-01
9:30 A.M.	Step It Up	\$79/\$74	410516-01
10:30 A.M.	NEW! Ballet Fitness/Barre	\$105/\$99	410508-01
10:40 A.M.	Zumba Gold®	\$105/\$99	410543-01
11:40 A.M.	Strength Training	\$79/\$74	410541-01
12:45 P.M.	SeniorFIT - Strength Training*	\$79/\$74	410161-03
1:45 P.M.	NEW! Mind/Body Yoga	\$119/\$112	410506-04
WEDNESDAY			
5:35 A.M.	Total Body Workout	\$79/\$74	410502-02
8:30 A.M.	SeniorFIT - Strength Training*	\$79/\$74	410161-02
8:30 A.M.	Cardio & Strength Conditioning	\$79/\$74	410540-01
9:15 A.M.	Aqua Splash (begins 9/18)	\$69/\$64	410522-05
9:30 A.M.	Zumba®	\$105/\$99	410544-07
9:30 A.M.	NEW! BootCamp	\$74/\$69	410532-03
9:30 A.M.	Core Training	\$79/\$74	410527-02
10:30 A.M.	NEW! Beginner Fitness	\$79/\$74	410517-01
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$79/\$74	410163-02
THURSDAY			
5:35 A.M.	Core Fusion	\$79/\$74	410531-02
8:30 A.M.	Kettlebell Training	\$105/\$99	410528-02
8:30 A.M.	Power Pump	\$79/\$74	410523-06
9:15 A.M.	Aqua Splash (begins 9/19)	\$69/\$64	410522-07
9:30 A.M.	Step It Up	\$79/\$74	410516-04
9:30 A.M.	NEW! Core Fusion	\$79/\$74	410531-06
10:40 A.M.	Zumba Gold®	\$105/\$99	410543-02
11:40 A.M.	Strength Training	\$79/\$74	410541-02
12:40 P.M.	SeniorFIT - Strength Training*	\$79/\$74	410161-04
1:45 P.M.	NEW! Mind/Body Yoga	\$119/\$112	410506-08
FRIDAY			
5:35 A.M.	Total Body Workout	\$79/\$74	410502-03
8:15 A.M.	SeniorFIT - Splash* (begins 9/20)	\$69/\$64	410162-02
8:30 A.M.	SeniorFIT - Circuit*	\$79/\$74	410165-01
8:30 A.M.	Strength Conditioning	\$79/\$74	410539-02
9:15 A.M.	Aqua Splash (begins 9/20)	\$69/\$64	410522-09
9:30 A.M.	Circuit	\$79/\$74	410505-03
9:30 A.M.	Zumba®	\$105/\$99	410544-08
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$79/\$74	410163-03
SATURDAY			
8:15 A.M.	Revvig	\$105/\$99	410512-08
8:30 A.M.	Kettlebell Training	\$105/\$99	410528-04
8:30 A.M.	Zumba®	\$105/\$99	410544-06
9:30 A.M.	Power Pump	\$79/\$74	410523-09
9:30 A.M.	NEW! Core Fusion	\$79/\$74	410531-03
10:30 A.M.	NEW! Zumba Toning®	\$105/\$99	410547-01
SUNDAY			
8:30 A.M.	Revvig	\$105/\$99	410512-09
10:00 A.M.	Revvig	\$105/\$99	410512-10
5:00 P.M.	Zumba® and Strength	\$105/\$99	410546-01
6:00 P.M.	Candlelight Yoga	\$119/\$112	410537-01

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

* SeniorFIT classes are available at NO COST 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.

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

EVENING CLASSES

All classes are 50 minutes unless otherwise indicated.

Sept. 3 – Dec. 22 (15 weeks). No class Sept. 2; No class Nov. 25 – Dec. 1; Free classes offered the week of Thanksgiving. Water Exercise begins Sept. 16.

Time	Class	Rate/Shoreview Res.	Activity #
MONDAY (No classes September 2nd)			
4:10 P.M.	Zumba®	\$99/\$93	410544-02
4:15 P.M.	NEW! Kettlebell Training	\$99/\$93	410528-01
5:20 P.M.	Step and Strength	\$74/\$69	410514-01
5:20 P.M.	Total Body Workout	\$74/\$69	410502-05
5:30 P.M.	NEW! Revving	\$99/\$93	410512-01
6:25 P.M.	Cardio Groove	\$74/\$69	410504-01
6:25 P.M.	Core Fusion	\$74/\$69	410531-01
7:30 P.M.	Zumba®	\$99/\$93	410544-10
7:30 P.M.	Power Pump	\$74/\$69	410523-04
8:05 P.M.	Aqua Splash (begins 9/16)	\$69/\$64	410522-02
TUESDAY			
4:30 P.M.	Tabata (30 min)	\$79/\$74	410513-02
5:05 P.M.	Aqua Splash (begins 9/17)	\$69/\$64	410522-04
5:20 P.M.	Mind/Body Yoga	\$119/\$112	410506-03
5:20 P.M.	Power Pump	\$79/\$74	410523-03
6:25 P.M.	Pilates	\$119/\$112	410507-03
6:25 P.M.	Cardio Kickboxing	\$79/\$74	410501-01
7:30 P.M.	Total Body Workout	\$79/\$74	410502-04
7:30 P.M.	BOSU Fusion	\$79/\$74	410542-01
WEDNESDAY			
4:15 P.M.	Kettlebell Training	\$105/\$99	410528-03
5:15 P.M.	Step It Up	\$79/\$74	410516-03
5:20 P.M.	NEW! Boot Camp	\$79/\$74	410532-02
5:20 P.M.	Yogalates	\$119/\$112	410525-02
6:25 P.M.	Revving	\$105/\$99	410512-05
6:25 P.M.	NEW! Turbokick®	\$79/\$74	410503-02
7:05 P.M.	Mind/Body Yoga	\$119/\$112	410506-06
7:30 P.M.	NEW! Zumba®	\$105/\$99	410544-05
8:05 P.M.	Aqua Splash (begins 9/18)	\$69/\$64	410522-06
THURSDAY			
4:00 P.M.	NEW! SeniorFIT - Splash* (begins 9/19; no class Oct. 17)	\$64/\$59	410162-03
4:15 P.M.	Revving	\$105/\$99	410512-03
5:05 P.M.	Aqua Splash (begins 9/19)	\$69/\$64	410522-08
5:20 P.M.	Yoga Strength	\$119/\$112	410524-01
5:20 P.M.	Power Pump	\$79/\$74	410523-07
6:25 P.M.	Cardio Kickboxing	\$79/\$74	410501-03
6:25 P.M.	Pilates (Intermediate)	\$119/\$112	410511-01
7:30 P.M.	Mind/Body Yoga	\$119/\$112	410506-05
7:30 P.M.	Zumba®	\$105/\$99	410544-03
FRIDAY			
4:30 P.M.	Zumba®	\$105/\$99	410544-04
5:30 P.M.	Power Pump	\$79/\$74	410523-05

* 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 38 & 39.

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

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.



HALLOWEEN 2 HOUR ZUMBA JAM! *Costumes Encouraged!*

Friday, October 25..... 5:00 – 7:00 P.M.
\$10..... **Activity # 410550-01**
Studio 2

Come experience 2 hours of high-energy fun and get a great workout! Our instructors will lead you through some heart-thumping, hip shaking Zumba dance choreography for 2 hours of calorie-burning, stress-relieving fun! Participants are encouraged to wear costumes to add to the fun! Please register early to save your spot in class.

THANKSGIVING ZUMBA JAM!

Friday, November 29..... 9:30 – 11:30 A.M.
\$10..... **Activity # 410552-01**
Studio 2

Keep your focus on fitness during the “feast week” of Thanksgiving and come experience 2 hours of high-energy fun and get a great workout! Our instructors will lead you through some heart-thumping, hip shaking Zumba dance choreography for 2 hours of calorie-burning, stress-relieving fun! Please register early to save your spot in 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..... **Activity # 510299-01**

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 are 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
- Train for sports, triathlons, running events, and fitness challenges

How many sessions do I need?

Some people may want personalized training 2 to 3 times a week, 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	\$ 30	\$ 25
Single Session	\$ 63	\$ 58
Three Sessions	\$ 180	\$ 165
Six Sessions	\$ 339	\$ 314
Twelve Sessions	\$ 640	\$ 590

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.

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.



Wendy Frantz

Wendy has a well-rounded background in both general exercise and sports training. She draws from many disciplines and fitness philosophies to develop training methods that will most efficiently and effectively help her clients meet their goals. Wendy specializes in working with those interested

in general fitness, athletes of all sports, and those wanting to improve core strength and posture. Wendy has an extensive background in working with athletes, coaches soccer and lacrosse, and also instructs several fitness class formats including water exercise, kickboxing, strength training, and core formats. Certifications: ACE Group Fitness Instructor, ACE Certified Personal Trainer, USSF Soccer D-License, YogaFit Level 2, Physical Mind Pilates.



Lindsay Lentini

Lindsay is a personal trainer and group fitness instructor. She has assisted clients of all abilities, ages, and fitness levels in achieving their weight loss, body composition, fitness, and athletic goals through the use of strength training, endurance exercise, and cross training

methods. Lindsay has a B.S. in Health and Wellness. Certifications: AFAA Primary Group Exercise Instructor, ACE Personal Trainer, YMCA Indoor Cycling, Turbokick, Les Mills Body Pump, CrossFit Indoor Rowing, and YogaFit Level 1.



Mike Pantaleo

Mike specializes in training athletes of all sports, abilities, and ages. He has trained sports teams, triathletes, cyclists, runners, and those interested in general fitness. Mike is highly energetic and motivating and enjoys working with everyone from young athletes to experienced competitive

athletes. In addition to personal training Mike instructs Sports Performance groups and fitness classes including Revving and has completed 27 marathons and 4 IronMan Triathlons. Certifications: ACE Personal Trainer, NASM Performance Enhancement Specialist, NETA Kettlebell.

*Additional trainer biographies available at www.shoreviewcommunitycenter.com

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 Fall Get Fit! Body Challenge takes place during the holiday season which not only allows participants to prevent the inactivity and weight gain that commonly occurs during these months, but also produces improvements in body composition. 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 held in the Community Center
- A weekly small group training session with a personal trainer
- Weekly recommendations for exercise on your own from a personal trainer
- Weekly nutritional analysis
- Weekly articles on exercise and nutrition principals that will help achieve your goals.
- Pre and Post body measurements
- Weekly tracking of activity, nutrition, and overall progress toward goals.
- The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the winter session and two free personal training sessions. Informational meeting November 7th at 5:00 p.m.



GET FIT! BODY CHALLENGE

Nov. 11 – Jan. 6 (8 weeks)

Activity # 410239-01

\$349 per session

Informational meeting:

Thursday, Nov. 7 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.



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. **Pre-registration is required; dropins are not permitted.**

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.

FALL A Sept. 10 – Oct. 24 (7 weeks)
\$105; \$95 Shoreview Resident..... **Activity # 410230-01**

FALL B Oct. 29 – Dec. 19 (7.5 weeks)
\$112; \$102 Shoreview Resident **Activity # 410232-01**

Gym Activity Room

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

ADVANCED CLASS

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

FALL A Sept. 10 – Oct. 24 (7 weeks)
\$105; \$95 Shoreview Resident..... **Activity # 410231-01**

FALL B Oct. 29 – Dec. 19 (7.5 weeks)
\$112; \$102 Shoreview Resident **Activity # 410233-01**

Gym Activity Room

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

REGISTER NOW!



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!

FALL FUN

Ages 3-5

September 17 – October 15 6:00 – 7:30 P.M.
\$65; \$60 Shoreview Resident

Activity # 470110-01

Shoreview Community Center

Fall fun will give your child a chance to explore all the unique things of fall. We will be learning about the changing of the season through stories, crafts, experiments, and play. We will taste apples and see a pumpkin grow. We will twirl and dance like falling leaves. Come have fun with preschool in the fall!

WISH UPON A BALLET



Ages 3 to 6

Tuesdays..... 10:00 A.M. – 10:45 A.M.

Session I: Sept. 17 – Oct. 29 (7 weeks)

\$65..... **Activity # 470202-01**

Session II: Nov. 5 – Dec. 17 (7 weeks, no class Nov. 20)

\$65..... **Activity # 470202-02**

Shoreview Community Center

Wish upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves we will create a complete fairy tale experience while we skip, leap, jump

and spin. This way an introduction to the movements and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Girls and boys will need ballet shoes. Girls should wear a leotard and tights. Boys should wear comfortable clothes they can move around in. Shoes will be available to order at the first day of class for an extra fee.



Tumbling

Children will discover the sport of tumbling within a positive, educational atmosphere. Along with athletics, participants will learn self-discipline and have fun. Please register your child in the appropriate skill level; this will ensure that all participants learn as much as possible. 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 \$80; \$70 Shoreview Resident
 Saturdays..... 9:45 A.M. – 10:30 A.M.
 Sept. 21 – Nov. 16 (no class Oct. 19).. **Activity # 480101-01**
 Saturdays..... 10:45 A.M. – 11:30 A.M.
 Sept. 21 – Nov. 16 (no class Oct. 19).. **Activity # 480101-02**

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

REGISTRATION
 is currently open for Spring
 Tumbling classes.

TUMBLING TYKES

Ages 3 and 4 \$80; \$70 Shoreview Res
 Saturdays..... 11:45 A.M. – 12:30 P.M.
 Sept. 21 – Nov. 16 (no class Oct. 19).. **Activity # 480102-01**

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

ROLLY POLLYS

Ages 4 and 5 \$80; \$70 Shoreview Res
 Saturdays..... 12:45 P.M. – 1:30 P.M.
 Sept. 21 – Nov. 16 (no class Oct. 19).. **Activity # 480103-01**

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

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8..... \$80; \$70 Shoreview Res
 Saturdays..... 1:45 P.M. – 2:30 P.M.
 Sept. 21 – Nov. 16 (no class Oct. 19).. **Activity # 480104-01**

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



RECREATIONAL ICE SKATING INSTRUCTION

FALL 2013 SCHEDULE Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, October 26 – December 7 (7 week session)
\$80; \$70 Shoreview Resident (Snowplow Sam to Level 6 and Specialized Classes)

\$120; \$115 Shoreview Resident (Pre-snowplow)

Rate for Private Lessons

\$162; \$152 Shoreview Resident

The Shoreview Arena, 96 and Victoria



Skate Rental is NOT available at the rink.

PRESKILLS

Pre-snowplow

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

Snowplow Sam

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

BASIC

Level 1

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

Level 2

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

Level 3

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

Level 4

Teaches forward edges, forward crossovers & backward glides.

Level 5

Works on backward edges, back crossovers, forward three turns and hockey stop. Figure skates are highly recommended for this class.

Level 6

Includes forward mohawk, combination movements, and backward inside three turns. Figure skates are highly recommended for this class.

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

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

PRIVATE LESSONS

Personalized, high-quality skating instruction for all ages that want to improve their skating ability. This program offers one-on-one skating instruction for the casual or competitive skater. Note: Private lessons only last 30 minutes.

SPECIALIZED CLASSES

Free Style

Includes entry-level free style movements. Develops forward inside pivot, two-foot spin, waltz jump, footwork, straight-line spiral, and more. Figure Skates required for this class.

Adult

This class will benefit all skill levels. Participants will be challenged based on their individual skills, ranging from the basics of skating, including forward and backward gliding and stroking, turning and stopping to more advanced skills, including the use of inside and outside edges, crossovers, and combined movements to increase ice-skating pleasure. Class is tailored to meet participants needs.

FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	470407-01
	Level 1	470401-01
	Freestyle	470408-01
10:00 A.M. – 10:35 A.M.	Snowplow	470407-02
	Level 2	470402-01
	Level 4	470404-01
10:40 A.M. – 11:15 A.M.	Snowplow	470407-03
	Level 2	470402-02
	Level 3	470403-01
	Adult	470409-01
11:25 A.M. – 12:00 P.M.	Level 1	470401-02
	Pre-Snowplow	470412-01
	Level 5	470405-01
	Level 6	470406-01
12:05-12:35 P.M.	Pre-Snowplow	470412-02
	Private	470410-01
	Private	470410-02
	Private	470410-03
	Private	470410-04

TOUCH-A-TRUCK

All Ages FREE
 Saturday, Sept. 28 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

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



KIDS' GARAGE SALE

Kids grade K-5
 Saturday, Sept. 28 9:00 A.M. – 12:00 P.M.
 \$15 per table..... **Activity # 460415-01**

Shoreview Community Center Pavilion

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

Kid's Garage Sale is a great volunteer opportunity for a scout group that would like to give to the community by collecting unsold items and donating them to a local charity. Please call 651-490-4734 if you are interested.

HALLOWEEN HOOPLA

Ages 3-10
 Saturday, October 19 10:00 A.M. – 12:00 P.M.
 \$12 per child..... **Activity # 460414-01**

Turtle Lake Elementary Gym

Come join in the spooky fun! Win prizes at a carnival, create Halloween crafts, enjoy yummy refreshments, win door prizes, photo station, bingo, jumping bouncer and a magician! Offered in conjunction with Arden Hills Park and Recreation. Space limited. **Register by Monday, October 14. Children must be accompanied by an adult. Ages 2 and under are free, but must register. Pre-registration is required. No walk-ins allowed.**

DIVE-IN MOVIE

Friday, November 22 7:00 P.M.
 Crafts/games..... 6:00 P.M.

Shoreview Community Center

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

LETTER FROM SANTA

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

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 16. **Register by Monday, December 2.**



SKATE WITH SANTA

Saturday, December 14 10:00 A.M. – 11:30 A.M.
\$12 per family..... **Activity # 160104-01**

Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). There'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 11.**

KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12 Shoreview Community Center

Saturday, December 7 9:00 A.M. – 1:00 P.M.

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

FAMILY NEW YEAR'S EVE PARTY

\$9 youth (ages 1-17)..... **Activity # 160103-01**
\$7 adults (ages 18 & over) **Activity # 160103-02**
Tuesday, Dec. 31 6:00 P.M. – 9:00 P.M.

Bring the whole family to Shoreview's annual New Year's Eve Party! Join us for face painting, crafts, and games. As always, adventure awaits in the Tropical Adventure Indoor Playground and Tropics Indoor Waterpark. Zoom down the water slide while enjoying a light and music show. Ring in the New Year with a spectacular balloon drop at 8:45 p.m. Fee includes admission to the waterpark, playground, and all activities. Concessions are available for an additional fee at the Wave Café. Register by December 27th and save! Price is \$10 at the door.



After School Sports

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

BASKETBALL

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

Island Lake Elementary - Gym

Tuesdays, Sept. 24 – Nov. 5 **Activity # 490403-01**
(No class Oct. 15)

Turtle Lake Elementary - Gym

Mondays, Sept. 23 – Oct. 28 **Activity # 490403-02**

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

SOCCER

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

Island Lake Elementary - Gym

Wednesdays, Sept. 25 – Oct. 30 ... **Activity # 490406-01**

Turtle Lake Elementary - Gym

Thursdays, Sept. 19 – Oct. 31 **Activity # 490406-02**
(No class Oct. 17)

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



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
\$38 per participant

Island Lake Elementary - Gym

Tuesdays, Sept. 24 – Nov. 5 **Activity # 490407-01**
(No class Oct. 15)

Turtle Lake Elementary - Gym

Mondays, Sept. 23 – Oct. 28 **Activity # 490407-02**

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



WRESTLING

Kindergarten to Grade 5 3:30 P.M. – 4:30 P.M.
\$38 per participant

Island Lake Elementary - Gym

Mondays, Sept. 23 – Oct. 28 **Activity # 490409-01**

Turtle Lake Elementary - Gym

Tuesdays, Sept. 24 – Oct. 29 **Activity # 490409-02**

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 2 at Mounds View High School. A flyer will be handed out during class with tournament details.

LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Thursday & Friday, Oct. 17 & 18..... 10:00 AM – 11:30 AM
\$35 per participant..... **Activity # 490901-01**

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

This camp is designed for beginning bowlers. Kids will learn bowling basics. They will also visit Bowlopolis, an animated city all about bowling, where they'll meet the characters and learn that bowling is fun! Participants will receive lunch each day of camp. Lunch will be served 30-minutes prior to camp ending. Transportation NOT provided. **Registration deadline is 1-week prior to the camp start date.**



MINI KICKERS SOCCER CAMP

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

Saturdays, October 12 – November 16

Shoreview Community Center Gym

Ages 6 to 8

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

Ages 3 to 5

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

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

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

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 4 – Mar. 1. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 3:00 P.M.

\$57; \$47 Shoreview Resident

Setters, Grades 4-5Activity # 190304-01

Spikers, Grades 6-8Activity # 190304-02

Turtle Lake Elementary

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

Register by December 2 for the Girls Volleyball League. No special friend requests accepted after the deadline.

Volunteer coaches are needed for the Girls

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

COACHES MEETING

Thursday, December 12 6:00 P.M. – 7:00 P.M.

Shoreview Community Center



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



**REGISTER NOW!
DEADLINE FOR
FALL SOCCER IS
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.

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

Individual Private Lessons (90 minutes)
\$225 for five lessons.....**Activity # 490602-02**

Semi Private Lessons (60 minutes)
\$75 each participant for five lessons (*must enroll with a partner*)
.....**Activity # 490603-01**

Semi Private Lessons (90 minutes)
\$113 each participant for five lessons (*must enroll with a partner*)
.....**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

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

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.

League Registration

Players and teams interested in participating in one of Shoreview's sports leagues should call the Parks and Recreation Office at 651-490-4753 to request registration information.

MEN'S 5-ON-5 OFFICIATED BASKETBALL LEAGUE

Monday evenings, starting December 2.

Games will be scheduled on alternate nights in December.

\$550 per team

Men's B **Activity # 420101-01**

Island Lake Elementary Gym

Teams play 11 officiated games and playoffs for the top finishers. Call 651-490-4753 for additional information. **Registration deadline is Friday, November 8 or until league is full.**

ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Beginning September 25

*Gym closed on Wednesdays: Nov. 27, Dec. 18 & 25.

*Gym closed on Saturdays: Oct. 19, Nov. 30, Dec. 21 & 28.

\$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 information.

BROOMBALL LEAGUES

Games begin in mid-December (weather permitting)

\$335 per team

CoRec D Sunday evenings..... **Activity # 120301-01**

Men's D Monday evenings..... **Activity # 120301-02**

Shoreview Commons Rink

(behind Shoreview Community Center)

Teams play 6 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Friday, November 22 or until league is full.**

DODGEBALL LEAGUE

Ages 16 and up

Wednesday evenings, starting October 2

\$160 per team..... **Activity # 420401-01**

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 6 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 Friday, September 13 or until league is full.**



FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. No sign up or partners required
No 500 Nov. 11 & 18.

Bridge

Thursdays at 12:30 P.M. No sign up or partners required
No Bridge Nov. 7 & 28.

Bingo

With prizes! One Wednesday monthly Aug. 28, Sept. 11, Oct. 30, Nov. 27 Dec. 18) at 1:00 P.M.
 (\$.25 per card-no min/max cards)

DROP-IN PICKLEBALL

Mondays, Wednesdays & Fridays 8:00 A.M. – 11:00 A.M.
 Starting Monday, Sept. 9
 Early end dates 8:00 A.M. – 10:00 A.M.
 Oct. 11, 18; Nov. 1, 25, 27, 29; Dec. 23, 25, 27, 30; Jan. 1
 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.

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, Aug. 19, Sept. 16, Oct. 21, Nov. 25 and Dec. 16 from 9–10 A.M.** in our Fireside Lounge.

TURKEY BINGO

Monday, Nov. 25 1:00 P.M. – 2:30 P.M.
 \$5 **Activity # 400505-01**

Shoreview Community Center

Win a gift certificate for a 10 pound turkey!

500 TOURNAMENT

Thursday, September 12 1:00 P.M. – 5:00 P.M.
 \$10 per player **Activity # 400501-01**

Shoreview Community Center

Join our Shoreview 500 club for their 10th annual 500 Tournament! Cash prizes awarded for first through third place winners! Pre-register through the Parks and Recreation department by September 9th. Each player will be required to submit address, phone number and birth date. Limited tables available! This event will surely fill up to over 132 players! **MUST REGISTER WITH A PARTNER.** Light refreshments served.

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. To retain the insurance premium discount, everyone should attend the 4-hour refresher seminar every 3 years. Please bring your current driver's license with you. Seminars are taught by AARP-trained volunteers and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

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

All classes held at Shoreview Community Center

4 Hour Evening Courses

AARP Member Rate: \$18; Non-Member Rate: \$20

Discounts not available on-line.

5:30 P.M. – 9:30 P.M.

Monday, Sept. 23 **Activity # 450202-01**
 Monday, Oct. 21 **Activity # 450202-02**
 Monday, Nov. 18 **Activity # 450202-03**
 Monday, Dec. 16 **Activity # 150202-01**

4 Hour Day Courses

AARP Member Rate: \$18; Non-Member Rate: \$20

Discounts not available on-line.

9:00 A.M. – 1:00 P.M.

Wednesday, Sept. 4 **Activity # 450201-01**
 Thursday, Oct. 10 **Activity # 450201-02**
 Thursday, Nov. 7 **Activity # 450201-03**
 Wednesday, Dec. 11 **Activity # 150201-01**



QUICKWITZ

\$75 per person

Wednesdays, September 4 – November 20

9:00 A.M. – 10:00 A.M. **Activity # 400225-01**

Thursdays, September 5 – November 21

2:00 P.M. – 3:00 P.M. **Activity # 400225-02**

Shoreview Community Center

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!** Fee includes a handbook and an activity bag that contains building blocks to be used throughout this class and future sessions. This class meets once a week for 12 weeks. Class must meet 25 participants to be scheduled. **REALISTIC RESULTS!**

GENEALOGY RESEARCH ON THE INTERNET

Tuesday, September 10..... 6:00 P.M. – 8:00 P.M.

\$30 per person..... **Activity # 400223-01**

Shoreview Community Center

Trying to navigate the World Wide Web looking for your family roots can be extremely frustrating and sometimes even expensive and unsafe. Learn the best way to begin your search, gaining the understanding of what your options are for genealogy software, review basic records and sources such as census records, birth/death certificates, marriage licenses, military, land, probate and legal records.

ENRICHING YOUR FAMILY TREE

Tuesday, November 12..... 6:00 P.M. – 8:00 P.M.

\$30 per person..... **Activity # 400224-01**

Shoreview Community Center

How far do you know the roots of your family tree? Discover online resources that could tell the story of an ancestor who was an early pioneer or was a military soldier in a historical war. You will have the chance to gain hands-on learning with family tree software and record your own stories. Bring some simple pictures and stories to class and you will make a family book on PowerPoint as a gift for the entire family to enjoy.

LINCOLN ASSASSINATION: A FRAGILE TIME

Wednesday, September 18

11:00 A.M. – 12:00 P.M. (Speaker) 12:00 P.M. – 1:00 P.M. (Lunch)

\$20/Registered Shoreliner, \$25/Guest

.....**Activity # 400227-01**

Deadline: September 13

Shoreview Community Center

When John Wilkes Booth assassinated Abraham Lincoln, the Civil War was ending and emotions were high. Killing the President was just part of Booth's plan. Join us to explore this fragile time in our history and the plot that very nearly succeeded in toppling the government. Social and box lunch following presentation.

PROHIBITION: A GRAND EXPERIMENT

Tuesday, November 19

11:00 A.M. – 12:00 P.M. (Speaker) 12:00 P.M. – 1:00 P.M. (Lunch)

\$20/Registered Shoreliner, \$25/Guest

.....**Activity # 400228-01**

Registration Deadline: November 15

Shoreview Community Center

In 1920, the United States entered a period during which the manufacture, sale, and transportation of intoxicating liquors was banned. As it turned out, the US also entered a period of lawlessness and corruption, unequalled in its history. Social and box lunch following presentation.

CARD MAKING CLASS

Thursdays..... 9:00 A.M. – 10:00 A.M.

Sept. 19..... **Activity # 400216-01**

Oct. 10 **Activity # 400216-02**

Nov. 21 **Activity # 400216-03**

\$15 per class

Shoreview Community Center

There's nothing more special than receiving a handmade note in the mail from someone special. Spend an hour with us once a month socializing and make cards for holidays, illness, thank you and sympathy. Cards come precut and stamped. All you do is "embellish". All materials are provided for you to use during class. You will be able to take home as many cards as you can prepare in an hour. This is a "work at your own pace" type of class!

COMPUTER 101

\$45 per person per session

Session 1

Wednesdays October 2 & 9 10:00 A.M. – 11:30 A.M.
Shoreview Community Center **Activity # 400229-01**

Session 2

Thursdays October 10 & 17 6:00 P.M. – 7:30 P.M.
Arden Hills City Hall **Activity # 400229-02**

Learn the basics of computers of navigating the World Wide Web, email, social networking, organizing folders, media and utilizing quick user tools. Ipads, laptops or smart phones are welcome to bring to class. Media devices are not necessary to have to take the class.

LAKE OWASSO PONTOON RIDES & FISHING

Wed., Aug. 21, 12:15 – 2:15 P.M. **Activity # 300513-01**

Thurs., Sept. 12, 12:15 – 2:15 P.M. **Activity # 400513-01**

Mon., Sept. 23, 1:00 – 3:00 P.M. **Activity # 400513-02**

\$5 per person per date

Lake Owasso Boat Launch

Fishing and boating is such a common past-time for Minnesotans and we may often take for granted how easy it is for many of us to enjoy our own city's lakes! Since 2002, Let's Go Fishing has served over 60,000 seniors, youth and veterans. So put on your sun hat, sunscreen, light jacket and pack a little snack. Everything else is included for you to enjoy a great afternoon on the water! You can choose to fish or just go out and ride around beautiful Lake Owasso! Each trip is only open to 9 participants so register early! A fishing license (a daily can be purchased for \$10) is required and can be purchased by calling 1-888-665-4236. You will be given a code (bring this with you the day of the trip). If you plan on keeping the fish you catch you must bring your own container for transport.

CHANHASSEN – FIDDLER ON THE ROOF

Wednesday, November 20 10:00 A.M. – 5:00 P.M.

\$105 Reg. Shoreliner/\$115 Guest .. **Activity # 400302-01**

Bus departs Community Center at 10:00 A.M.

In the little village of Anatevka, Tevye, a poor milkman is trying to keep his family's traditions in place. Yet, times are changing. And when Tevye's daughters want to make their own matches, he must choose between his own daughters' happiness and those beloved traditions that keep the outside world at bay. Yet it is Tevye's love of his family, pride and faith that help him face the dangerous forces in Anatevka which threaten to destroy the very life he and his fellow villagers are trying to preserve. Luxury coach transportation, bottled water and snack on the way home.

DISH IT UP

Friday, November 8 11:00 A.M. – 1:30 P.M.

\$75 per person

..... **Activity # 400215-01**

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 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!

KOZLAK'S HOLIDAY LUNCHEON

Mark your calendars now! Tuesday, December 17th at 12:00 P.M.

This luncheon tradition has always filled at over 50 participants that have shared laughter and new friendships at a local festive restaurant. Registration will open when the winter ShoreView's is printed. Transportation NOT included to this event.

SCIENCE MUSEUM – MAYA Hidden Worlds Revealed & Maya OMNI

Wednesday, October 16 10:15 A.M.

\$55 Reg. Shoreliner; \$65 Guest **Activity # 400303-01**

Bus departs Community Center at 10:15 A.M.

The Maya created one of the great civilizations of the ancient world, Maya; Hidden Worlds Revealed explores ancient Maya society through the eyes of powerful kings & queens and the farmers, artisans and craftsman who supported the elite and made up the foundations of these ancient states. The exhibition will feature artifacts from throughout the Maya world, interactive exhibits, and evocative environments to make the lives of the Maya relevant, accessible and approachable. **Lunch will be at your own expense in the Elements Café at the museum which features everything from simple soup, salads and sandwiches to grill entrées.** Your trip includes a luxury coach for transportation and a bottle of water on your way home. A minimum of 20 participants needed to commit trip.

JOB'S THAT FIT YOUR LIFESTYLE!

FREE
Community Center
Membership!

Part-Time • Flexible Hours
Fun People



Child Care Attendants

Provide care for children ages 6 months to 12 years in our drop-off childcare center located in the Shoreview Community Center. Experience working with pre-schoolers preferred. Mon.- Fri. daytime hours 8:00 am-12:30 pm & evening hours 4:00-9:00 pm. Sat. 8:00am - 12:30 pm. \$7.50 - \$8.75/hr.

Dodgeball Officials

Are needed to officiate 3 - 4 games per night from 6 - 9 pm. Games are held at Turtle Lake School. Previous officiating or playing experience preferred. Sept. - May. \$10 - \$13/game.

Fitness Instructors

All formats including cardio-kick, cycling, Tai Chi, SilverSneakers, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification preferred. Morning, afternoon, evening and weekend hours available. \$14.50 - 21/class.

Guest Service/Memberships

Introduce potential members to facility, features and membership benefits; retain members through follow-up calls and direct mail; provide rental information; operate in lead capacity at our Service Desk troubleshoot guest issues and concerns operate cash register and computer. \$9.50 - \$11/hr.

Gym Supervisors

Supervise adult drop-in basketball. Interest in basketball and an ability to work with people desired. Wednesday evening and Saturday morning hours available. Sept. - May. \$10 - \$11/hr.

Ice Skating Instructors

Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching experience desired. 2 - 4 hours. Sat. mornings. Oct. - Feb. \$10 - \$11/hr DOQ.

Lifeguards (we will train)

Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon and evening hrs. Current certifications or we will train (must be able to swim 200 yards). \$8 - \$10/hr.

Personal Trainers

Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, and motivation to fitness participants. Design safe, effective workouts and work on general health, sports specific conditioning, and general rehabilitation. National training certification and/or exercise science/health degree desired. \$17 - \$21/hr.

Preschool Assistant

Assist teacher with preschool recreation classes. Exp. working with preschoolers preferred. 2-3 days per week, 3 hours per day. Mornings and afternoons. Sept - May. \$8.50 - \$10.50/hr.

Service Desk

Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of info, assist with concessions as needed. Must be available to work weekends. \$7.75 - \$9/hr.

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. Sept. - May. \$9 - \$11/hr.

Tumbling Instructors

Teach beginning to intermediate level classes. Previous gymnastics and teaching experience preferred. Sat hours available. \$8 - \$9/hr.

Swimming Instructors (we will train)

Instructors needed for morning, afternoon & evening lessons at the Community Center pool. \$8 - \$12/class (30-40 min. classes).

Wave Cafe

Attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. Daytime \$7.50-\$8.50/hr. Evenings/weekends \$7.25 - \$8/hr.

Youth Soccer Officials

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

www.shoreviewmn.gov

Job Line 651-490-4637

651-490-4750



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

PARKS & FACILITIES

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						With grill					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	With grill					1		2	
Shoreview Commons and Community Center 4580 North Victoria	40	2	1					2	With grill					1		2	
Sitzer Park 4344 Hodgson	8	2	1						With grill							2	
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1						Tables Only With grill							2	

SWEETROLL SKATE PARK

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

Park Hours Hours subject to change.

Monday–Friday

3:30–8:00 P.M. School Year

9:00 A.M.–8:30 P.M. Summer

Saturday

9:00 A.M.–7:30 P.M. School Year

9:00 A.M. – 8:30 P.M. Summer

Sunday

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

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

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

Spring/Summer Registration Schedule Shoreview Resident Priority

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

Begins Monday, July 29 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, July 31 at 8 A.M.

General Registration

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

Begins Friday, August 2 at 8 A.M.

How to Register:

1. On-line at www.shoreviewcommunitycenter.com
2. Mail in to: Shoreview Parks and Recreation
4580 Victoria St N
Shoreview, MN 55126
3. Fax to 651-490-4797 (credit card payment only)
4. Drop-off at our office, Community Center Service Desk, or City Hall drop box
5. In-person during normal business hours: M-F, 8 a.m. – 4:30 p.m.

Registering on-line is easy!

1. Go to www.shoreviewcommunitycenter.com and click "Member Login".
2. Login with your user name and password
 - If you have never used our system before, you may create an account on-line
 - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651-490-4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "add to cart" button and "enroll now" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
6. Continue shopping or proceed to check out.

Register Early!

Space is limited in most activities.

Registration Information

Registrations processed online are given immediate priority followed by in-person registration.

Registrations received via mail, fax, or drop-off are processed as time permits.

1. Drop-off points include:
 - a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - b. The Shoreview Community Center Service Desk,
 - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
9. Financial aid for qualifying residents with financial limitations is available.
10. Voice/TDD: 651-490-4750.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.



Program Registration Form

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



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

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

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

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

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

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

YOUTH SPORTS LEAGUES *(Please fill out completely)*

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

School child attends: _____

Grade (2013-2014 school year): _____

Child shirt size: Youth / Adult S M L XL

Teammate request name: _____

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

Coach Name: _____

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

Cash Check # _____ Credit Card

Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

Signature _____

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

Special Needs/ Allergies/ Etc: _____

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

Signature: _____ Date: _____

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

Reserve your party!

Call 651.490.4790

*Shoreview
Community Center*

Tropics Waterpark
& Fitness Center



Find us on
Facebook

Party in the Tropics!

at the Shoreview Community Center

**Bring your
own food!**



Poolside Parties

Fridays & Saturdays at 5:30 pm

Includes 10 wristbands starting at \$160

Includes:

- Wristbands for full day use of Tropics Indoor Waterpark & Indoor Playground
- 2 hours of private poolside party room for up to 50 people
- Option to bring in your own food or purchase one of our meal deals
- Free jumbo locker available for use

Birthday Party Packages

Packages starting at \$128 for 8 people

Includes:

- Wristbands for full day use of Tropics Indoor Waterpark & Indoor Playground
- 90 minutes of shared poolside party room (private room available for additional fee)
- Personalized cake, ice cream cups, pop & balloons
- T-shirt and card for birthday child
- Free jumbo locker available for use

**Add a theme
for \$10!**





City of Shoreview
4600 Victoria Street North
Shoreview, MN 55126

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LOCAL

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slice of
SHOREVIEW DAYS 2013
july 26, 27 & 28

*Join the
Fun!*

- *Art Show*
- *Live Entertainment*
- *Parade*
- *Food Court*
- *Car & Motorcycle Show*
- *Carnival*
- *Petting Zoo*
- *Pontoon Rides*

... much, much more!

*This is a family-friendly,
alcohol-free event*



ISLAND LAKE COUNTY PARK • I-694 & VICTORIA STREET
details at  www.sliceofshoreview.com