

# SHOREVIEWS

Shoreview City Newsletter and Winter Recreation Catalog 2013-14

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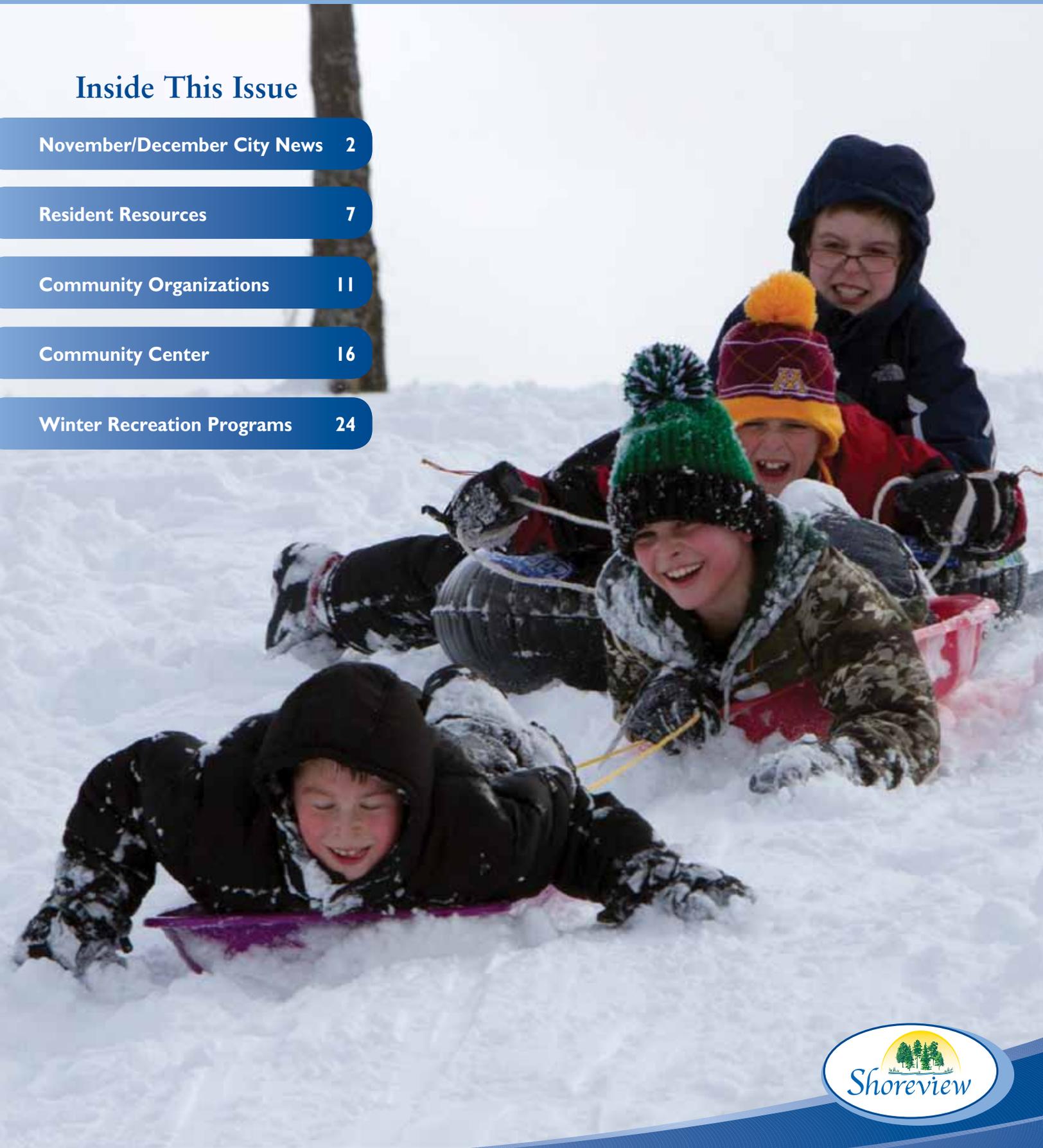
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|-------------------------------------|--------------|
| <b>City Hall</b>                    | 651.490.4600 |
| <b>Community Center</b>             | 651.490.4700 |
| <b>Parks and Recreation</b>         | 651.490.4750 |
| <b>Building Permits</b>  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

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

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

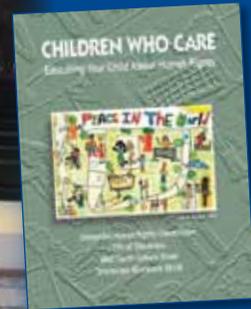
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**Access Shoreview**  
Sign up to receive our online newsletter that is sent after each City Council Meeting with City news and events. Visit the City's website at [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

## 2013 Shoreview Citizen of the Year:

*Julie B Williams*

*The* SHOREVIEW  
NORTHERN LIGHTS  
VARIETY BAND



*Julie B. Williams authored the award-winning book, "Children Who Care."*

Known as "The Voice" of the Shoreview Northern Lights Variety Band (SNLVB), Julie B. Williams was honored by Mayor Sandy Martin with the 2013 Shoreview Citizen of the Year Award at the annual Volunteer Appreciation Dinner on November 14, 2013.

Aside from being the voice of our community band, Julie has been the voice of human rights. Serving on the Shoreview Human Rights Commission (SHRC) for almost 20 years, she has been active in the Fourth Grade Poster Contest, "A Community of Many Colors," the eighth grade Human Rights Essay Contest, and has participated in cultural diversity events. In addition, Julie has been very active in the SHRC community dialogue, where she and her commissioners have created events to help make Shoreview a community for all ages in which everyone feels welcomed. Julie has also authored the award-winning book, "Children Who Care: Educating Your Child About Human Rights."

According to Tom Lemke, Northern Lights Band member and organizer, Julie's involvement with the SNLVB began 18 years ago when "she heard this rag-tag start-up band practicing in the Council Chambers." Along with some other candid feedback, she suggested that the band really needed some clarinets. "She has played clarinet with us ever since."

Julie has done much more than that, serving on the SNLVB Board of Directors for over 13 years, and also as vice president of the board for nine years. She is still the band's Parliamentary Election official for the Directors and annual meeting and elections. As chair of the SNLVB governance committee, she single-handedly edited the SNLVB by-laws.

Touching the lives of others, Julie is a licensed marriage and family counselor who also founded the SNLVB Music Mentoring Program – organizing band volunteers to dedicate time teaching instrumental music lessons to children who were being treated for mental illness or whose parents were being treated, according to Dr. Alex Kahler, president of the SNLVB.

For the last decade, she has been the band's emcee, announcing all of their concerts. And she spearheaded and organized 18 consecutive years of performances at White Bear Lakes' Fourth of July concerts.

"She is dedicated to the City and has lived here at least as many years as she has been in the band," said Tom Lemke, Northern Lights member and organizer. "She has been a great cheerleader for the band and a very important part of the organization."

## Caring Youth Award Winner: Ava Witthauer

The Shoreview Human Rights Commission presented the second annual Caring Youth Award to Ava Witthauer at the annual Volunteer Dinner on November 14.

Understanding that transition into high school can be scary for some students, Ava created a program to help eighth grade students feel confident and safe if confronted with a personally harmful situation. Illustrating her leadership and perseverance, Ava endured 85 hours of research, planning and several set-backs. But her dedication resulted in the creation of Safety Spreaders, a self-defense class, video demonstration and online resources for students in the community.

Ava's peers voted for her to be President of the Roseville High School Student Council, where she created "What's Happening at RAHS" – a Facebook page to help students stay in touch with events and school activities. Ava also serves as a "Link Leader" – a mentor to freshmen students to help them adjust to high school, and a year-long guide for underclassmen and students who need a friend.

Concetta Smith, Ava's Student Council advisor, described her as "a driven student who shows perseverance and displays leadership as a community member and student."

Ms. Smith nominated Ava for the following award categories: Community Involvement, Courage, Cultural Awareness and UnBullying leadership in our community.



*Ava Witthauer is a senior at Roseville High School*

The Shoreview Human Rights Commission created this recognition to empower our community to value its youth – and youth to value our community. Nominees must be Shoreview residents or volunteer in Shoreview and be students in grades 9 through 12.

## Shoreview Holiday Lighting Ceremony



The community is invited to attend the City of Shoreview's annual Holiday Lighting ceremony.

City officials will light the grounds at the Shoreview Commons, and student choirs from Island Lake Elementary, Oak Hill Montessori, and Turtle Lake Elementary will provide holiday caroling. Refreshments will be served after the ceremony.

The ceremony takes place from 6-7 p.m. Monday, Nov. 25, outside the Shoreview Community Center.

For more information, call 651.490.4613.

## City Sets Budget Hearing for Monday, December 2

Shoreview will host its budget hearing on the 2014 budget and tax levy on Monday, December 2, at 7 p.m. The proposed property tax levy of \$9.9 million represents a 3.28% increase over the 2013 tax levy. Primary factors causing this increase in the levy include public safety costs and capital replacements (streets and other asset replacement costs). The City is not scheduled to receive any local government aid (LGA) for 2014.

Take a look at how Shoreview's share of the property tax bill compares to similar sized cities by reading our **Community Benchmarks booklet**, now available online at [www.shoreviewmn.gov](http://www.shoreviewmn.gov).



## Survey Says:

### *Quality of Life Remains High in Shoreview*

Shoreview residents have spoken. They like living here even more than they did three years ago. According to Dr. Bill Morris, President of the Morris-Leatherman Company (formerly Decision Resources), Shoreview continues to have one of the highest quality of life rankings in the Twin Cities metropolitan area. The 2013 Community Survey, conducted during July and August, indicated that 99% of residents rated the quality of life in Shoreview as either excellent or good. The 58% of this group that rated the quality of life as excellent places Shoreview among the top five communities that have been surveyed. The City has never received a poor rating.

*99% of residents rate the quality of life in Shoreview to be excellent or good. That's up three points from 2010. The City has never received a "poor" rating and is the only city surveyed in the metro area by this company to never receive one (dating back to 1997).*

The Morris-Leatherman Company has conducted hundreds of surveys for local governments in the metropolitan area and has worked with Shoreview since the late 1980's. The survey consists of phone interviews of 400 randomly selected Shoreview residents, which provides results that are accurate to plus/minus 5%. Mayor Sandy Martin stated, "The community survey provides valuable information to the City Council and staff as we evaluate our services and programs, and greatly helps us as we establish future goals for our City."

According to Dr. Morris, an extraordinarily strong 94% of residents believe that the City is headed in the right direction, a rating that is the highest in the metropolitan area. Further, more than 92% of residents surveyed either strongly approve or somewhat approved of the job the City Council is doing, which is also among the top ratings in the metro area. In addition, 82% of residents indicated that they felt they could have a say about how the City operates, which was a significant increase from the 2010 survey and one of the highest empowerment ratings in the Twin Cities.

Mayor Sandy Martin commented, "We are very pleased that residents continue to recognize and appreciate the quality of life we are fortunate to have in Shoreview and that they believe the City is headed in the right direction."

According to the survey, City services are also highly regarded in Shoreview. Police and fire protection services are rated as excellent or good by 97% of residents; and other services such as sewer and water, drainage and flood control, park and trail maintenance, and snow



plowing received approval ratings above 90%, some of the highest scores in the metro area. In addition, 87% of residents rate the services they receive, based on the proposed taxes they pay, as either an excellent or good value.

Shoreview residents continue to place a high value on the recreation amenities in the City such as our parks, trails, and the Community Center. The trails are the most highly used recreational resource with 56% of residents indicating that they use the trails on a weekly basis. More than 80% of residents use the trails at least on a monthly basis. The Community Center is also very popular with 53% of residents indicating that they have used the Center in the past year; and nearly 64% of this group noting that they or someone in their household currently has a Community Center membership. Further, 98% of the people using the Community Center rate their overall experience as either excellent or good.

In his presentation to the Council, Dr. Morris indicates that this community survey is the strongest he has been involved with in Shoreview and the ratings continue to maintain Shoreview as one of the best places to live in the Twin Cities. He noted that residents of Shoreview generally have high expectations of their local government, and that the City has generally met or exceeded these expectations. A complete listing of the survey results is available on the City's website, as is a link to a video of Dr. Morris' presentation to the City Council.

## City Creates Community Investment Fund

Shoreview's City Council recently adopted a policy creating a Community Investment Fund to provide support for projects that provide community-wide benefit. Examples of projects to be funded include park renovation and improvement, trail system expansion, and improvements to facilities such as the Community Center.

Utility franchise fees, collected on Xcel Energy bills, provide the primary revenue source for the new Community Investment Fund. These fees, which are collected by many cities, are paid to the City as compensation for utility companies' use of public right-of-ways to run their electric and gas lines. Shoreview has collected a similar fee on cable television services for many years.

This new revenue source was considered carefully by the City Council alongside a list of projects that have gone unfunded after declining revenue sources for such projects. For instance, tall tower fees ended in 2012, park dedication fees have declined dramatically as the City has approached full development, and Shoreview receives no state aid to assist in funding services or projects.

By creating the Community Investment Fund and establishing the utility franchise fee we are:

- Promoting financial flexibility and stability by diversifying the City's revenue base;
- Creating a permanent and stable funding source by charging a monthly flat fee of \$3.80 per home regardless of energy usage;
- Eliminating the tax levy that used to fund such projects; and
- Reducing future reliance on property taxes

The City believes the flat fee is the most equitable method of spreading the cost of these improvements, in part because generating the same revenue by using the property tax levy would result in a higher cost for homes valued above \$135,000.

Additionally, the same policy that created the Community Investment Fund also dedicates revenues from cell tower leases and electronic billboard fees to this fund, establishes a minimum fund balance, and mandates that a percentage of each year's revenue be added to fund balance so that the fund grows and serves as an endowment fund for the City.

"The City Council is very excited about the creation of this new fund," Mayor Sandy Martin commented. "It will

provide the necessary funding for many park and trail projects that will continue to enhance the quality of life we all enjoy in Shoreview."



*Newly renovated this past summer, Bucher Park is an example of many improvement projects supported by the Community Investment Fund*

## Channel 16 City Meeting Broadcast Schedule

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

## Shoreview City Council Meetings

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

**Replays:** Monday, Wednesday, Friday and Saturday at 12:30 p.m. & 7 p.m.

Tuesday, Thursday and Sunday at 12:30 a.m., 8 a.m. & 3 p.m.

## Shoreview Planning Commission Meetings

**Live:** Every fourth Tuesday of the month at 7 p.m.

**Replays:** Monday, Wednesday, Friday and Saturday at 12:30 a.m. and 8 a.m.

Tuesday, Thursday and Sunday at 7 p.m.

## Shoreview Welcomes Trader Joe's

### Popular Specialty Market Leads Influx of New Retailers

Trader Joe's, a popular national specialty grocery store known for their unique products, opened their new Shoreview location on October 15th with a grand opening ribbon-cutting ceremony. Located at 1041 Red Fox Road, the grocery store will be open from 8 a.m. to 9 p.m. daily. The store also has a separate but attached liquor sales area for beer, wine and spirits.

The Trader Joe's Company began in 1958 as a chain of convenience stores in Southern California known as Pronto Markets. In 1967, Pronto Markets were converted to Trader Joe's, and became a chain of small, specialty cheese and wine shops. Over the past 40 years, Trader Joe's has grown and evolved into a national chain with more than 390 stores in 35 states. The Shoreview location is the seventh Trader Joe's in the Twin Cities metropolitan area.



Mayor Martin at the Trader Joe's Grand Opening with Store Crew and Mural Artist, Ryan

"The City worked very hard to secure a Trader Joe's to serve our community, and there was tremendous anticipation and excitement expressed by not only our residents, but the entire region, on the opening of this very popular market," states Mayor Sandy Martin.

Shoreview is in the midst of significant retail development, bringing new services and dining choices, as well as additional jobs and tax base to the community. New retail development has transformed the Red Fox Road area near Interstate 694 and Lexington Avenue to complement the Super Target store.

The City Council and Economic Development Authority provided financial support for public improvements (upgrades and access improvements to Red Fox Road) and other incentives through special development funds to facilitate the addition of retail services. The recent development included the demolition and clean-up of an old gas station for a TCF Bank, a phased retail center that has brought in restaurants such as Chipotle, Leann Chin's, and Five Guys Burgers. The new Trader Joe's store anchors the retail project.



Mounds View High School Band provided entertainment for the grand opening



Tropics Waterpark mural at Trader Joe's



One of the many Shoreview themed murals

## It's Time to Renew Rental Licenses

A friendly reminder: It's renewal time again for rental licenses within Shoreview, as all will expire on December 31, 2013. Applications to renew a license must be submitted **before** this expiration date. A license can be renewed if the property complies with the City's property and housing maintenance codes, the utility bill is current and conduct issues are not present. Please remember the following fees associated with license renewal:

\$75 fee for the application

\$75 late application fee (for each property renewal that is late)

\$75 penalty fee for each delinquent utility bill (property owner is responsible for this)

\$50 fee for re-inspection of property due to code violations or no-show

If you have not received a renewal notice from the City of Shoreview, please contact Brent Marshall, Housing and Code Enforcement Officer, at 651.490.4687, or e-mail [bmarshall@shoreviewmn.gov](mailto:bmarshall@shoreviewmn.gov). If you are unsure about the status of the utility bill, please call Terese Roesler, Utility Billing, at 651.490.4630. Please visit our website for more information and an option to apply for the renewal license online.



## Upscale Apartments Coming Soon

### *Lakeview Terrace to Provide Higher End Rental Housing Choice*

In what is the first new market rental apartment project in Shoreview in decades, construction is well underway for the upscale Lakeview Terrace apartments, located at the southeast corner of Victoria Street and County Road E. The six-story 104-unit apartment building is the end result of a private-public partnership between an ownership group from the adjacent Midland Terrace complex and the City of Shoreview.

The \$24 million redevelopment project involved the tear-down of the old Midland Plaza strip center at Owasso and Victoria Streets and the relocation of Owasso Street to align with County Road E in order to create a development parcel for the new apartments.

The redevelopment will provide benefits of removing an old retail center, creating new higher-end market rental housing choices for the community, and traffic safety improvements in the project area. The majority of the public road improvements are expected to be completed in late 2013, with construction of the apartment building slated for completion by Fall 2014.



The project formed from a special pilot study by the Urban Land Institute Minnesota Technical Assistance Panel in 2009, which suggested a new apartment building replace the Midland Plaza strip mall located at the main entrance into the existing 420 unit Midland Terrace apartments.

The owners of Midland Terrace were very supportive of pursuing a new apartment project, as they were also investing significant dollars over the past several years in upgrades to the existing apartment buildings.

The developer is investing over \$20 million into the high-end apartment building, which will include a variety of amenities including underground parking, which they hope will attract young

professionals and "empty-nesters" looking to downsize but remain in the community. The City provided financial support through tax increment financing and a grant from the Metropolitan Council, and participation from Ramsey County to assist with the public improvement costs of relocating Owasso Streets, intersection upgrades to Victoria Street and County Road E, and a new walking path to adjacent Island Lake Elementary School.

## Is Your Home Ready for Winter?

*How can you conserve resources, stay warm and save money? Ask the Housing experts. They'll answer your questions and link you to the resources you need.*

### **Q. How do I cut my monthly energy bills?**

**A.** Call the Neighborhood Energy Consortium at 651.221.4462 and talk to an Energy Advisor for advice or schedule a Home Energy Squad visit. During the Squad visit, some energy-saving measures may be installed with your permission.

### **Q. How can I pay for a new water heater, furnace, windows and insulation?**

**A.** Resources such as the Shoreview Home Improvement Loan, Ramsey County Deferred Loan or the Minnesota Fix-up Fund Loan may be possible options. Contact the Housing Resource Center at 651.486.7401 to find out more.

### **Q. I'm interested in completing some needed home maintenance and repairs – but I'm not sure where to start. What resources are available?**

**A.** The Housing Resource Center can help. They offer free construction consultations, including an evaluation of home repair needs, advice on home improvements, and assistance to homeowners reviewing bids. They can also monitor the construction process. Call them at 651.486.7401.

### **Q. How do I know if my home is energy efficient?**

**A.** Schedule a Home Energy Audit with the Neighborhood Energy Consortium by calling 651.221.4462. The auditor will analyze your utility bills, use diagnostic equipment to check your home for efficiency, safety, and performance, discuss your specific concerns, and offer practical solutions to help you save energy and money.



## There's A Chill in the Air: Know the Code

Shoreview's Building Inspector and Housing and Code Enforcement Officer regularly visit a lot of homes and see a lot of things that can be done to help protect your property. Here are a few suggestions to help maintain your property and also comply with City regulations this winter:

### **Indoors**

- Shut off and drain exterior water faucets to prevent pipes from cracking or bursting.
- Insulate pipes in crawl spaces or other areas that are susceptible to freezing.
- Shut storm windows and caulk around windows and doors to prevent air leaks.
- Have your furnace checked yearly and change the filter as required.
- Inspect your fireplace and chimney to make sure it is drawing correctly.
- Lower the humidifier setting in winter to reduce moisture and to prevent mold from growing in your home.
- Replace batteries in your smoke detectors and carbon monoxide detectors.

### **Outdoors**

- Clean and inspect gutters and downspouts after leaves have stopped falling.
- Store trash cans and recycling bins so they are not visible from the street, except on collection day.
- Store firewood in a side or rear yard, provided it is setback a minimum of 5 feet from a property line. The maximum amount of firewood that can be stored on residential properties that are 2 acres or less in size is one cord. One cord is four feet in width by four feet in height and eight feet in length.
- Avoid parking motor vehicles on your lawn.
- Provide snow-free and ice-free access to building entries and egress doors.
- Remember that storage of snow must be maintained on the property and cannot be placed on any public street, alley, sidewalk, bike path or adjoining property.
- Recreational ice rinks may be located in an interior side or rear yard and must be setback a minimum of five feet from a side lot line and ten feet from a rear lot line.
- Dispose of leaves in a reasonable time period by composting, hauling to a regulated composting site or bagging – properly containing until waste pick-up.

## Be Prepared and Let It Snow

### DRIVEWAYS

When it comes to snow removal from public streets, one of the most common frustrations is the snow deposited in driveways. Unfortunately, snow collected on the plow blade has no other place to go but in the boulevard areas – including driveways. While plow drivers make every attempt to reduce the amount of snow deposited in driveways, it can still be significant.

Regardless, the City cannot provide private driveway cleaning after plowing public roads. Property owners should also use the (non-improved) boulevard areas for storage of snow blown or thrown from their driveways and private sidewalks.

Municipal Code 211.060 (D) states: “Storage of snow shall be maintained on the property and cannot be placed on any public street, alley, sidewalk, bike path, trailway, or adjoining private property or boulevard.”

### SOD AND SPRINKLER SYSTEMS

You can stake out your yard along the curb line with flexible driveway markers with reflectors to protect your yard from possible damage. Despite the plow operator’s best efforts, sod along the edge of the road may occasionally become damaged during snow removal activities. In general, the City will repair boulevard sod damaged by snow plows or trucks. The City will not be responsible for damage to underground irrigation systems and landscaping within the City’s right-of-way.

## Snow Wonder: Ten Tips For Plowing Season



To survive most winter plowing seasons here, patience and a cooperative attitude are necessities. We can ease many winter snowstorm frustrations when we as citizens, plowing contractors, and city crews work together. To minimize plow-related problems, and to help ensure that city crews do the most effective job possible, here are some things you can do:

1. Observe Shoreview’s parking regulations: Don’t park your car on any city street between the hours of 2 a.m. - 5 a.m., or after a two-inch snowfall. This ensures more effective plowing – and helps you avoid a citation.
2. Wait until the plow trucks have completed your street before cleaning the end of your driveway. City plows are designed to discharge snow to the sides of the road and cannot skip driveway areas.
3. Snow from the bottom of your driveway should be shoveled to the right, as you are facing the street. This will lessen the amount of snow placed back into the driveway during the next plowing.

4. If hiring a snow removal contractor for your driveway, please remind them about state and local laws that prohibit pushing or placing snow back into or across the street. Doing so not only creates hazards for drivers, but also makes it difficult for the city to keep the streets clean.
5. Clear snow from your mailbox area after each plowing. Snow that remains in front of mailboxes will get compacted by post office vehicles and make later plowing less effective.
6. If trash and recycling pickup day coincides with plowing activities, make sure your bins are well behind the curb or in the driveway, so the plow will not hit them.
7. If you have experienced sod damage in the past, mark your yard line with flexible stakes or lathe to help the plow operators avoid future damage.
8. It can be difficult for the plow operators to see children, so don’t allow children to build snow forts and tunnels in the snow banks adjacent to the curb, or to play near the curbs.
9. Keep sleds and toys away from the street.
10. Locate the hydrant nearest to your home and keep snow shoveled away from it so it is accessible in an emergency.



## Trim Holiday Food Waste

Don't turn those holiday treats into a terrible mess. As you plan your get-together with family and friends, take a few steps to reduce your food waste.

- **Make Less** – We tend to overdo it when it comes to quantity at holiday gatherings, and taking the time to estimate how much food you'll need can mean less wasted – and less to clean up – when the party's over. Get a head count and think about how much each person will really eat. If you're having 12 people, do you need four pies and a few dozen cookies? Probably not.
- **Reuse those leftovers** – Casseroles, stir-fries and soups are great ways to combine leftovers into a tasty new meal.
- **Send it away** – Stock up on containers that you don't mind giving away, and send your guests home with some of the leftover food. If you want to avoid plastic, Mason jars are great for stashing wet leftovers and they're not so expensive that you have to get them back. Place dry foods like breads and cookies in reusable plastic baggies or wrap them in reusable (and recyclable) aluminum foil to send home with your guests.
- **Embrace the freezer** – As you're putting away leftover food, portion it out, label it and stick it in the freezer. You'll be happy to remember that squash casserole on a busy weeknight!
- **Get (pot)lucky** – A pot luck is much easier to host than a meal where you're doing all the cooking, but it can also help you reduce waste on the back end. Ask guests to

*If you're having  
12 people,  
do you need four  
pies and a few  
dozen cookies?  
Probably not.*



bring food containers, and at the end of the evening, divvy up the leftovers! That way, no one is stuck with more than he or she can eat, and less food goes to waste.

- **Don't frown on the brown** – Sure that apple in the fruit salad will turn brown after an hour or so, but that doesn't mean it has gone bad. Much of the waste in our food system happens before produce ever makes it to the grocery store. It gets discarded because it's an irregular size or shape – not because it's rotten. Similarly at home we throw away good food because it may not look picture perfect. Trim the bruise off that apple and the rest tastes great.
- **Compost** - A half-eaten slice of fruitcake, a stale piece of bread, Aunt Martha's carrot surprise can all be placed in your backyard compost bin.

Portions from [www.care2.com](http://www.care2.com)

## Deck the Halls – and Collapse Your Cardboard



The holiday season creates an enormous amount of cardboard waste, especially from boxes. As part of the City's recycling program, a large dumpster is available to Shoreview residents to recycle cardboard items. To prevent the hauler from making additional trips, please make sure to collapse and flatten any cardboard boxes before dropping them off. The cardboard recycling drop off is located at the Library parking lot at 4570 Victoria Street North.

## Electronic Waste: Out with Old

As another year winds down, you may be wondering what to do with your old, outdated and unwanted electronics. Here are just a few examples of some that can be recycled:

- VCRs, DVD players and stereo systems
- Televisions
- Audio and video equipment like video game systems and MP3 players
- Computers: central processing units (CPUs), monitors and laptops
- Computer keyboards, speakers, printers and other peripherals
- Fax machines

Recycling options for electronics include our Spring and Fall Cleanup Days (held every May and October), manufacturer take-back programs, the [www.WeRecycle.com](http://www.WeRecycle.com) free mail-in program, local electronics recyclers and curbside pickup by some trash haulers. Visit [shoreviewmn.gov](http://shoreviewmn.gov) online or call 651.490.4665 to learn more about upcoming cleanup events and curbside pick-up options.

Electronics manufacturers are required by Minnesota Law to set up electronics recycling programs. In Ramsey County, manufacturers have worked with several private businesses to provide this collection service. Call the manufacturer of your electronic device to inquire about recycling options.

For more information, call 651.633.EASY (3279) or visit [RamseyAtoZ.com](http://RamseyAtoZ.com) online.

(Information from Ramsey County's *Going Green* guide)



## Spread the Warmth this Winter

### *Look out for your elderly neighbors*

As we get deeper into the winter months, please remember to check on your elderly relatives, friends and neighbors.

“What may look like just a little snow or ice on the sidewalk can be a disaster for seniors,” says Northeast Youth & Family Services Senior Chore Program Coordinator Debbie Wells. “Poor eyesight combined with diminished mobility can increase the risk of a senior falling on the pavement or even being trapped in their own home.”

Wells says workers and volunteers with NYFS’ Senior Chore Program spend a lot of time during the winter months shoveling sidewalks and driveways to help seniors live independently in their homes.

“We do what we can, but it is always good to have as many people as possible looking out for our seniors.” Wells says a few simple things can go a long way toward helping the elderly stay healthy this winter:

Call or stop by the homes of elderly neighbors or family members during a cold snap to ensure that their furnaces are working properly.

Make sure sidewalks, driveways and steps are free of snow and ice when you visit.

Offer to get groceries or medical supplies when the weather is bad or snow and ice are piled up outside.

NYFS’ Senior Chore program can also help with some of these tasks. For more information, please contact Debbie Wells at 651.379.3451. Or, find us on the web at [www.nyfs.org](http://www.nyfs.org).

Fifth Annual  
**TASTE of SHOREVIEW**

Thursday, February 20, 2014  
 5:00 p.m. to 9:30 p.m.  
 Shoreview Community Center

Mark your calendar for this evening of sampling delicious food from Shoreview area restaurants, wine tasting, a preview of the 2014 Slice of Shoreview Days, raffles, live entertainment by The JimTones Band, and more.



Visit [www.sliceofshoreview.com](http://www.sliceofshoreview.com) for more details as the date approaches.

*The Shoreview*  
**NORTHERN LIGHTS VARIETY BAND**

Bring the entire family to the Shoreview Northern Lights Variety Band's annual Holiday Concert at Benson Great Hall, Bethel University, Saturday, December 14 at 7:00 pm. Doors open at 6:00 pm.

Before the concert, enjoy a cozy horse-drawn carriage ride from the parking lot to Benson Hall. Hear festive lobby music performed by band members. The concert features a variety of traditional seasonal band music, choral selections from the Calvary Church choir, an audience sing along, and surprises for the children.

Tickets are \$10 in advance and \$12 at the door. Purchase tickets now at [www.snlvb.com](http://www.snlvb.com) or during regular business hours at Shoreview City Hall or at the Shoreview Community Center.



**Before Trader Joe's...**

A Little History Lesson from the Shoreview Historical Society

Shoreview residents are excited to have a Trader Joe's join other grocery stores in enhancing the food shopping experience in our northern suburb. We embrace our Shoreview Farmer's market where we can purchase locally grown products.

Before Shoreview became a city in 1967, grocery shopping in our area was an entirely different experience. Local farmers would take their produce to either the St. Paul or Minneapolis Farmer's Market. Many residents grew their own produce for personal consumption.

There were a variety of Mom and Pop stores: Thompson's store on the west side of Hodgson Road and Tobin's on the corner of Tanglewood and

Hodgson Road (Kozlak's present location).

On the northwest corner of Hodgson and Hwy 96, the former Spinning Wheel was purchased by Jack Knoedl and became Jiffy Jack's or the Jiffy Market – they were known for having great meat. In fact, a butcher purchased it and it became known as Zeck's!

Joe Sacco owned a small 2 story building on the corner of Co Rd E and Rice Street – it had living quarters above and a small grocery store below. When he built a larger store across the street and combined it with Christianson's Pharmacy, the first strip mall or shopping center was established in Shoreview. Sacco's was one of the first stores in the area that had shopping carts.

## SESCA – Shoreview-Einhausen Sister City Association:

*Celebrating its 10th year as sister cities with a recent visit to Germany*

An August visit of 15 men, women and children from the Shoreview area ushered in many more years of a strong connection to our sister city and solidified many international friendships. We were presented with a beautiful framed print of the Altes Rathaus (Old City Hall). Our gift to them from the group and many generous citizens, a giant rooster (or 'Giggel') is getting close. The delivery of the gift, though delayed, is all the talk among our German friends. Funds are still being raised to complete the project of gracing their town with this town symbol. Please see our website to join "Operation Rooster".

The nonprofit was established in 2003 to foster personal relationships and professional connections between residents of Einhausen, Germany and Shoreview. Going back to 1989, through the leading of the Mounds View High School German Language teacher, local students began making Einhausen their town for home stays, enriching their German experience greatly. Years later, our group exists to create opportunities for all citizens of the greater Shoreview area to experience the German culture through a variety of social, educational, economic, municipal, and cultural activities. We offer monthly meetings, informal restaurant gatherings, Annual German Dinner in the late winter, adopt-a-highway clean up, 'Slice' involvement, German scholarships, and travel or host opportunities.

See our website for more info: [www.sesca.org](http://www.sesca.org)



*The Shoreview delegation of 15, mixed in with our German friends, posing in front of the Carnival Fountain of Mainz, Germany.*



*Bill Kiehbaum, President of SESCO, presenting the gift from Einhausen, Germany to Mayor Sandy Martin at the Sept. 16, 2013 City Council meeting*



SHOREVIEW COMMUNITY  
FOUNDATION

### An Evening with Friends

Build the Foundation. Create your Legacy.

**Thursday, December 5, 2013**

6:00 p.m. at the Shoreview Community Center

Guest Speaker: Tom Landwehr,  
DNR Commissioner and Shoreview resident

Music by Classical Sounds Trio

Guests will have the opportunity to support the work of the Foundation by making a tax-deductible donation. Complimentary meal, sponsored by Land 'O Lakes and catered by Deco Catering. To reserve your space, contact Marsha Soucheray at [msouch@me.com](mailto:msouch@me.com) or call 651.484.6059 by November 23.

# SHOREVIEW CALENDAR

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

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

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

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

## NOVEMBER 2013

| SUNDAY                        | MONDAY  | TUESDAY  | WEDNESDAY                             | THURSDAY                                 | FRIDAY                                   | SATURDAY |
|-------------------------------|---|--|---------------------------------------|--|--|----------|
|                               |   |  |                                       |  | 1  | 2        |
| 3                             | 4<br>City Council Meeting<br>7 pm, CC                                       | 5  | 6                                     | 7  | 8  | 9        |
| Recycling Week November 11-15 |   |  |                                       |  |  |          |
| 10<br>                        | 11<br>City Offices Closed – Veterans Day                                    | 12<br>Economic Dev Auth 5 pm, CC<br>Council Wks 7 pm, CC | 13<br>Active Life Fair 10 am, SCC     | 14                                       | 15                                       | 16       |
| 17                            | 18<br>City Council Meeting<br>7 pm, CC                                      | 19<br>Economic Development Commission 7:30 am, UC        | 20<br>Hum. Rights Commission 7 pm, CC | 21<br>Public Safety Meeting 7 pm, LC     | 22<br>Dive-In Movie 6 pm, SCC            | 23       |
| Recycling Week November 25-30 |   |  |                                       |  |  |          |
| 24<br>                        | 25<br>Environ. Quality Comm 7 pm, CC<br>Holiday Lighting Ceremony 6 pm, SCC | 26   | 27                                    | 28<br>City Offices Closed – Thanksgiving | 29<br>City Offices Closed – Thanksgiving | 30       |

## DECEMBER 2013

| SUNDAY                        | MONDAY  | TUESDAY   | WEDNESDAY                             | THURSDAY                                    | FRIDAY | SATURDAY |
|-------------------------------|---|---|---------------------------------------|---|--------|----------|
| 1                             | 2<br>City Council Meeting<br>7 pm, CC                   | 3<br>Planning Commission 7 pm, CC                 | 4                                     | 5<br>Bikeways and Trails Committee 7 pm, LC | 6      | 7        |
| 8<br>                         | 9<br>Economic Dev Auth 5 pm, CC<br>Council Wks 7 pm, CC | 10  | 11                                    | 12  | 13     | 14       |
| Recycling Week December 9-13  |   |   |                                       |   |        |          |
| 15                            | 16<br>City Council Meeting<br>7 pm, CC                  | 17<br>Economic Development Commission 7:30 am, UC | 18<br>Hum. Rights Commission 7 pm, CC | 19  | 20     | 21       |
| 22<br>                        | 23<br>Environ. Quality Comm 7 pm, CC                    | 24<br>City Offices Closed – Christmas             | 25<br>City Offices Closed – Christmas | 26  | 27     | 28       |
| Recycling Week December 23-28 |   |   |                                       |   |        |          |
| 29                            | 30  | 31<br>Family New Year's Eve Party 6 pm, SCC       |                                       |   |        |          |

## JANUARY 2014

| SUNDAY                                  | MONDAY   | TUESDAY   | WEDNESDAY                                 | THURSDAY                                       | FRIDAY | SATURDAY |
|---|--|---|---|--|--------|----------|
|   |  |   | 1<br>City Offices Closed – New Year's Day | 2<br>Bikeways and Trails Committee 7 pm, LC    | 3      | 4        |
| Recycling Week September January 6-10   |  |   |   |  |        |          |
| 5<br>                                   | 6<br>City Council Meeting<br>7 pm, CC                    | 7   | 8   | 9  | 10     | 11       |
| 12                                      | 13<br>Economic Dev Auth 5 pm, CC<br>Council Wks 7 pm, CC | 14  | 15  | 16<br>Public Safety Meeting 7 pm, LC           | 17     | 18       |
| Recycling Week January 20-24            |  |   |   |  |        |          |
| 19<br>                                  | 20<br>City Council Meeting<br>7 pm, CC                   | 21<br>Economic Development Commission 7:30 am, UC | 22<br>Hum. Rights Commission 7 pm, CC     | 23<br>Parks and Recreation Commission 7 pm, CC | 24     | 25       |
| 26                                      | 27<br>Environ. Quality Comm 7 pm, CC                     | 28<br>Planning Commission 7 pm, CC                | 29  | 30   | 31     |          |
| Recycling Week September 30 - October 4 |  |   |   |  |        |          |

## FEBRUARY 2014

| SUNDAY                               | MONDAY   | TUESDAY   | WEDNESDAY                             | THURSDAY                                       | FRIDAY | SATURDAY                      |
|--------------------------------------|--|---|---------------------------------------|--|--------|-------------------------------|
|                                      |  |   |                                       |  |        | 1                             |
| Recycling Week February 3-7          |  |   |                                       |  |        |                               |
| 2<br>                                | 3<br>City Council Meeting<br>7 pm, CC                    | 4   | 5                                     | 6<br>Bikeways and Trails Committee 7 pm, LC    | 7      | 8<br>Taste of Slice 5 pm, SCC |
| 9                                    | 10<br>Economic Dev Auth 5 pm, CC<br>Council Wks 7 pm, CC | 11  | 12                                    | 13   | 14     | 15                            |
| Recycling Week February 17-21        |  |   |                                       |  |        |                               |
| 16<br>                               | 17<br>City Council Meeting<br>7 pm, CC                   | 18<br>Economic Development Commission 7:30 am, UC | 19                                    | 20   | 21     | 22                            |
| 23                                   | 24<br>Environ. Quality Comm 7 pm, CC                     | 25<br>Planning Commission 7 pm, CC                | 26<br>Hum. Rights Commission 7 pm, CC | 27<br>Parks and Recreation Commission 7 pm, CC | 28     |                               |
| Recycling Week October 28-November 1 |  |   |                                       |  |        |                               |

## Federal Elected Officials

**U.S. Senator Amy Klobuchar**  
302 Hart Senate Office Bldg.  
Washington, DC 20510  
612.727.5220 or 202.224.3244  
[www.klobuchar.senate.gov/emailamy.cfm](http://www.klobuchar.senate.gov/emailamy.cfm)

**U.S. Senator Al Franken**  
309 Hart Senate Office Building  
Washington, DC 20510  
651.221.1016 or 202.224.5641  
[info@franken.senate.gov](mailto:info@franken.senate.gov)

**U.S. Representative Betty McCollum**  
1714 Longworth House Office Bldg.  
Washington, DC 20515  
651.224.9191 or 202.225.6631  
[www.house.gov/mccollum/contact.html](http://www.house.gov/mccollum/contact.html)

## State Elected Officials

**Governor Mark Dayton**  
130 State Capitol  
75 Rev. Martin Luther King Jr. Blvd.  
St. Paul, MN 55155  
651.296.3391  
[mark.dayton@state.mn.us](mailto:mark.dayton@state.mn.us)

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

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

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

## County Elected Officials

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

## Post Office – Retail Center

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](mailto:ljfd@ljfd.org)



## Ambulance & Paramedic

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

## Ramsey County Library – Shoreview

4750 Victoria Street North  
Shoreview, MN 55126  
Phone: 651.486.2300 | [www.ramsey.lib.mn.us](http://www.ramsey.lib.mn.us)

### Hours:

Mon..... 10:00 A.M. – 9:00 P.M.  
Tues. & Wed..... 1:00 P.M. – 9:00 P.M.  
Thurs., 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.

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

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

## Community Support & Resources

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

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

# GENERAL INFORMATION AND HOURS



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

Visit our **NEW** and improved website at [www.shoreviewcommunitycenter.com](http://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](http://www.ShoreviewCommunityCenter.com)

Find Us on Facebook  
[www.facebook.com/ShoreviewCommunityCenter](http://www.facebook.com/ShoreviewCommunityCenter)

## Daily Fees

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

|  | Rate         | Shoreview Resident |
|--|--------------|--------------------|
| <b>Daily Pass</b>  |              |                    |
| Adult (18 and over).....   | \$ 9.75..... | \$ 8.25            |
| Youth (1 to 17; under age 1 free with paying adult) .....  | \$ 8.75..... | \$ 7.25            |
| Family* (2 adults + children living in same household).....  | \$34.00..... | \$ 27.50           |
| Seniors (65 and older).....  | \$ 8.75..... | \$ 7.25            |
| *Family pass is limited to six individuals living in same household. Each additional person is \$4.50. |              |                    |
| <b>Indoor Playground Only</b> (ages 1 to 12) .....   | \$ 5.00..... | \$ 5.00            |

### Coupon Books (Includes 10 daily passes)

|                   |              |          |
|-------------------|--------------|----------|
| Adult.....        | \$87.74..... | \$ 74.24 |
| Youth/Senior..... | \$78.77..... | \$ 65.27 |
| Playground.....   | \$47.24..... | \$ 47.24 |

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

|                 |              |          |
|-----------------|--------------|----------|
| Per visit.....  | \$ 4.50..... | \$ 3.40  |
| Punch card..... | \$36.00..... | \$ 27.20 |

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.

|             |                        |                  |                       |
|-------------|------------------------|------------------|-----------------------|
| 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. |
| January 1   | 8:00 A.M. – 10:00 P.M. | Noon – 8:00 P.M. | 8:00 A.M. – 8:00 P.M. |
| January 20  | 5:00 A.M. – 10:00 P.M. | Noon – 8:00 P.M. | 8:00 A.M. – 8:00 P.M. |
| February 17 | 5:00 A.M. – 10:00 P.M. | Noon – 8:00 P.M. | 8:00 A.M. – 8:00 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](http://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

\* No Volleyball on Monday, January 20th and Monday, February 17th.

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

## Membership Fees

|                                      | Rate*          | Shoreview Resident* |
|--------------------------------------|----------------|---------------------|
| <b>Annual Membership<sup>1</sup></b> |                |                     |
| Family.....                          | \$ 756.00..... | \$ 597.00           |
| Dual.....                            | \$ 664.00..... | \$ 530.00           |
| Adult.....                           | \$ 445.00..... | \$ 345.00           |
| Youth/Senior.....                    | \$ 355.00..... | \$ 282.00           |

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

|                   |               |          |
|-------------------|---------------|----------|
| Family.....       | \$ 69.00..... | \$ 56.00 |
| Dual.....         | \$ 60.00..... | \$ 51.00 |
| Adult.....        | \$ 42.00..... | \$ 34.00 |
| Youth/Senior..... | \$ 36.00..... | \$ 28.00 |

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

### Seasonal Membership (Three month)

|                   |                |           |
|-------------------|----------------|-----------|
| Family.....       | \$ 294.00..... | \$ 237.00 |
| Dual.....         | \$ 271.00..... | \$ 214.00 |
| Adult.....        | \$ 192.00..... | \$ 146.00 |
| Youth/Senior..... | \$ 146.00..... | \$ 118.00 |

\*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.



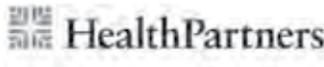
Fees are subject to change. We welcome payment by Visa and Mastercard.

### 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

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

December 23.....Noon – 8:00 P.M.  
December 24-25.....Closed  
December 26.....Noon – 9:00 P.M.  
December 27.....Noon – 9:45 P.M.  
December 30.....Noon – 8:00 P.M.  
December 31 .....Noon – 3:45 P.M.  
January 1 .....Noon - 8:00 P.M.  
January 20 .....Noon – 8:00 P.M.  
January 24 .....Noon – 9:45 P.M.  
February 17 .....Noon – 8:00 P.M.  
March 13.....Noon – 9:00 P.M.  
March 14.....Noon – 9:45 P.M.  
March 17.....Noon – 8:00 P.M.  
March 18.....Noon – 9:00 P.M.  
March 19.....Noon – 8:00 P.M.  
March 20.....Noon – 9:00 P.M.  
March 21 .....Noon – 9:45 P.M.



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

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

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

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

## Pool Information

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



**Dive-In Movie  
November 22,  
January 24 and  
March 7**

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.

Nov. 28 ..... 8:00 A.M. – Noon

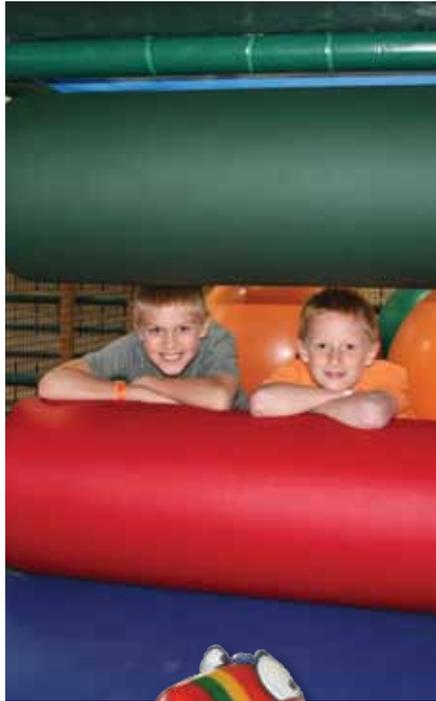
Dec. 24 ..... 8:00 A.M. – Noon

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

Each additional child \$18; \$17 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 and cups
- 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\*: \$168; \$160 Shoreview Resident for up to 8 children

Each additional child \$21; \$20 Shoreview Resident

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

## ADVENTURE PACKAGE - CAKE DEAL

Rate\*: \$128; \$120 Shoreview Resident for up to 8 children

Each additional child \$16; \$15 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 and cups
- 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\*: \$152; \$144 Shoreview Resident for up to 8 children

Each additional child \$19; \$18 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 \$12 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 \$34 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\*: \$180; \$164 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\*: \$50; \$35 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 (equal to 45 x Rate) is necessary to rent our facility after hours.

|                  | Rate*          | Shoreview Resident* |
|------------------|----------------|---------------------|
| Two hours.....   | \$ 10.75 ..... | \$ 10.25            |
| Three hours..... | \$ 11.25 ..... | \$ 10.75            |
| Four hours.....  | \$ 11.75 ..... | \$ 11.25            |
| Overnight.....   | \$ 19.25 ..... | \$ 17.25            |

## 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  
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.
- Choose your own licensed caterer.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- New audio-visual equipment
- \$300 Refundable damage deposit is required.
- 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 ..... | \$ 640.....  | \$ 565              |
| Friday .....          | \$ 975.....  | \$ 875              |
| Saturday.....         | \$ 1160..... | \$ 1090             |

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



## Wedell Community Room

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

- Seating up to 250.
- Choose your own licensed caterer.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- \$300 Refundable damage deposit is required.
- 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 ..... | \$ 405..... | \$ 330              |
| Friday .....          | \$ 710..... | \$ 610              |
| Saturday.....         | \$ 865..... | \$ 760              |

| Half Room                 | Rate*       | Shoreview Resident* |
|---------------------------|-------------|---------------------|
| Sunday–Thursday .....     | \$ 218..... | \$ 186              |
| 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: \$200; \$180 Shoreview Resident

\*Sales tax not included. Refundable damage deposit required.

## Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651.490.4790. Rental fee is \$30 plus tax.

|                      |          |                     |          |
|----------------------|----------|---------------------|----------|
| Lake Judy Park.....  | Seats 15 | Shamrock Park ..... | Seats 35 |
| McCullough Park..... | Seats 15 | Commons Park .....  | Seats 20 |
| Sitzer .....         | Seats 24 | Bucher Park.....    | Seats 24 |

## Meeting Rooms

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

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

Rate: \$50; \$35 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: \$70; \$55 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**

## WINTER 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, December 2 at 8 A.M.**

#### Annual Community Center Member Registration

**Begins Wednesday, Dec. 4 at 8 A.M.**

#### General Registration

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

**Begins Friday, December 6 at 8 A.M.**

\*See page 82 for registration information.

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# 5 EASY WAYS TO REGISTER

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



Scan with Smartphone to register.

## Shoreview Parks and Recreation

4580 Victoria St. N | Shoreview, MN 55126

Office located on upper level of the Shoreview Community Center

651.490.4750 • [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

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

## Office Hours

Monday – Friday 8:00 A.M. – 4:30 P.M.

**SHOREVIEW  
COMMUNITY  
CENTER**

# A GIFT CARD

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

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

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

# PARTY

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



For more information, please contact Shoreview Parks & Recreation at **651.490.4790**  
4580 Victoria Street North  
Shoreview, MN 55126  
[www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)

## POOLSIDE PARTY PACKAGE

Fridays & Saturdays  
after 5pm, starting at \$164

### INCLUDES:

- 10 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

### BRING YOUR OWN FOOD!

Or purchase food from the Wave Café.

## BIRTHDAY PARTY PACKAGES

Starting at \$136 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 the birthday child
- Free jumbo locker available for use

### ADD A THEME FOR ONLY \$12!

Choose from Princess, Pirate, or Under the Sea!

## OUTDOOR SKATING RINKS

The City of Shoreview has seven outdoor skating rinks with supervised warming house facilities. All of the locations below have lighted hockey and general skating rinks. Public skating will be open from December 16 thru February 17, depending on weather and ice conditions.

### Bobby Theisen Park

3575 Vivian Street  
651.483.3043

### Bucher Park

5900 Mackubin Street  
651.415.0609

### McCullough Park

915 County Road I  
651.484.4350

### Shoreview Commons

4580 North Victoria Street  
651.490.4748

### Sitzer Park

4344 Hodgson Road  
651.288.0062

### Shamrock Park

5623 Snelling Avenue  
651.785.1758

### Wilson Park

815 County Road F  
651.482.9555



## WARMING HOUSE HOURS

|                        | <b>Bobby Theisen, Bucher, Shoreview Commons &amp; Shamrock</b> | <b>McCullough, Sitzer, &amp; Wilson</b> |
|------------------------|--|---|
| Monday – Friday        | 4:30 P.M. – 8:30 P.M.  | 4:30 P.M. – 8:30 P.M.                   |
| Saturday & Sunday      | 12:00 P.M. – 8:00 P.M.   | 12:00 P.M. – 8:00 P.M.                  |
| D621 School's Out Days | 10:00 A.M. – 8:30 P.M.   | 4:30 P.M. – 8:30 P.M.                   |
| Christmas Eve          | 10:00 A.M. – 4:00 P.M.   | Closed                                  |
| Christmas Day          | Closed   | Closed                                  |
| New Years Eve          | 10:00 A.M. – 4:00 P.M.   | Closed                                  |
| New Years Day          | 10:00 A.M. – 8:30 P.M.   | 4:30 P.M. – 8:30 P.M.                   |

Warming house sites will be closed when it is in the best interest and safety of the community. Situations where we may close the warming houses include: Warm temps have softened the ice, temps are below -10 degrees, windchills are below -20 degrees, or if we have substantial snowfall. **Call the weather line at 651.490.4765 to receive an update on all possible closures.**

## OPEN SKATING AT SHOREVIEW ICE ARENA

Public open skating is available at the Shoreview Ice Arena (operated by Ramsey County). Call 651.748.2500 for dates and times or [visit www.co.ramsey.mn.us](http://www.co.ramsey.mn.us).

## TRAILS FOR CROSS COUNTRY SKIING

Ramsey County Parks and Recreation offers marked and groomed cross-country ski trails at County Parks. All trails are open daily from sunrise to sunset. Trail maps and grooming patterns for each park are available; please call 651.748.2500. [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us).



## RECREATIONAL ICE SKATING INSTRUCTION

**WINTER 2014 SCHEDULE** Get an edge on winter fun by enrolling in ice skating lessons early.

Saturdays, January 11 – February 22 (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     | 170407-01 |
|                         | Level 1      | 170401-01 |
|                         | Freestyle    | 170408-01 |
| 10:00 A.M. – 10:35 A.M. | Snowplow     | 170407-02 |
|                         | Level 2      | 170402-01 |
|                         | Level 4      | 170404-01 |
| 10:40 A.M. – 11:15 A.M. | Snowplow     | 170407-03 |
|                         | Level 2      | 170402-02 |
|                         | Level 3      | 170403-01 |
|                         | Adult        | 170409-01 |
| 11:25 A.M. – 12:00 P.M. | Level 1      | 170401-02 |
|                         | Pre-Snowplow | 170412-01 |
|                         | Level 5      | 170405-01 |
|                         | Level 6      | 170406-01 |
| 12:05-12:35 P.M.        | Pre-Snowplow | 170412-02 |
|                         | Private      | 170410-01 |
|                         | Private      | 170410-02 |
|                         | Private      | 170410-03 |
|                         | Private      | 170410-04 |

## RED CROSS LIFEGUARDING TRAINING

Ages 15+ ..... Pack a lunch, swimsuit, towel and snacks!  
 Saturdays/Sundays ..... 8:00 A.M. – 4:00 P.M.  
 Wednesday ..... 6:00 P.M. – 9:00 P.M.

February 1, 2, 5, 8  
 \$252; \$236 Shoreview Resident ..... **Activity # 150402-01**  
 Shoreview Community Center/Chippewa Middle School Pool

**Deadline to register is Saturday, January 25th.**

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, Feb. 10 ..... **Activity # 150301-01**  
 Shoreview Community Center

**Deadline to register is Monday, February 3rd.**

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, Feb. 13 ..... **Activity # 150302-01**  
 Shoreview Community Center

**Deadline to register is Monday, February 3rd.**

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. Feb 10, 6:00 P.M. – 10:00 P.M. and  
 Thurs. Feb 13, 6:30 P.M. – 8:30 P.M.  
 ..... **Activity # 150303-01**  
 Shoreview Community Center

**Deadline to register is Monday, February 3rd.**

## 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:

|         |        |
|---------|--------|
| MR & 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 32-33.

## FREE SWIM CHECKS

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

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, December 14

Monday, December 30

*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.



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

### LESSON RATES

#### 6 Week Classes

##### Group

\$55; \$50 Shoreview Resident

##### Private

\$110; \$101 Shoreview Resident

##### Semi-Private

\$83; \$77 Shoreview Resident

(2 participants of equivalent ability)

# SHOREVIEW COMMUNITY CENTER POOL

## MONDAY

Jan 6 - March 10

No Class: Jan. 20, Feb. 17

### Morning

|            |    |           |
|------------|----|-----------|
| 9:00 A.M.  | PR | I30114-01 |
| 9:40 A.M.  | PS | I30111-01 |
| 10:20 A.M. | LI | I30101-01 |

### Evenings

|           |      |           |
|-----------|------|-----------|
| 4:00 P.M. | L2   | I30102-04 |
|           | PR   | I30114-03 |
|           | PR   | I30114-04 |
|           | PR   | I30114-05 |
| 4:45 P.M. | PS   | I30111-05 |
|           | LI   | I30101-04 |
|           | L2.5 | I30112-03 |
|           | PR   | I30114-06 |
|           | PR   | I30114-07 |
| 5:30 P.M. | MR   | I30117-03 |
|           | PS   | I30111-06 |
|           | L2.5 | I30112-04 |
|           | L3   | I30103-02 |
|           | L4   | I30104-01 |
| 6:15 P.M. | LI   | I30101-05 |
|           | L2   | I30102-05 |
|           | L2.5 | I30112-05 |
|           | L3   | I30103-03 |
|           | L5   | I30105-01 |
| 7:00 P.M. | LI   | I30101-06 |
|           | L2   | I30102-06 |
|           | L4   | I30104-02 |
| 7:45 P.M. | JL   | I50305-01 |

## TUESDAY

Jan 7 - Feb 25

### Morning

|          |        |           |
|----------|--------|-----------|
| 9:10 AM  | MR     | I30117-01 |
| 9:55 AM  | L2     | I30102-01 |
| 10:40 AM | SF 1&2 | I30110-01 |
| 11:20 AM | LI     | I30101-02 |

### Evenings

|         |      |           |
|---------|------|-----------|
| 4:00 PM | PS   | I30111-07 |
|         | PR   | I30114-08 |
|         | PR   | I30114-09 |
|         | PR   | I30114-10 |
| 4:45 PM | MR   | I30117-04 |
|         | L2   | I30102-07 |
|         | L2.5 | I30112-06 |
|         | YB   | I30113-01 |
|         | PR   | I30114-11 |
| 5:30 PM | PS   | I30111-08 |
|         | LI   | I30101-07 |
|         | L2   | I30102-08 |
|         | L2.5 | I30112-07 |
|         | L2.5 | I30112-08 |
|         | PR   | I30114-12 |
| 6:15 PM | PS   | I30111-09 |
|         | LI   | I30101-08 |
|         | L3   | I30103-04 |
|         | L4   | I30104-03 |
|         | L6   | I30106-01 |
| 6:20 PM | SF 1 | I30110-03 |
| 7:00 PM | LI   | I30101-09 |
|         | L2   | I30102-09 |
|         | L2.5 | I30112-09 |
|         | L2.5 | I30112-10 |
|         | L3   | I30103-05 |
|         | PR   | I30114-13 |
| 7:45 PM | L5   | I30105-02 |
|         | PR   | I30114-14 |
|         | PR   | I30114-15 |
|         | PR   | I30114-16 |
|         | PR   | I30114-17 |

## WEDNESDAY

Jan 8 - Feb 26

### Morning

|          |          |           |
|----------|----------|-----------|
| 9:10 AM  | L2.5     | I30112-01 |
| 9:55 AM  | PS       | I30111-02 |
| 10:40 AM | SF 1 & 2 | I30110-02 |
| 11:20 AM | L2       | I30102-02 |

### Evenings

|         |      |           |
|---------|------|-----------|
| 4:00 PM | LI   | I30101-10 |
|         | L3   | I30103-06 |
|         | PR   | I30114-18 |
|         | PR   | I30114-19 |
| 4:45 PM | PS   | I30111-10 |
|         | L2   | I30102-10 |
|         | L2.5 | I30112-11 |
|         | PR   | I30114-20 |
|         | PR   | I30114-21 |
| 5:30 PM | PS   | I30111-11 |
|         | LI   | I30101-11 |
|         | L2.5 | I30112-12 |
|         | L5   | I30105-03 |
|         | YB   | I30113-02 |
|         | PR   | I30114-22 |
| 6:15 PM | LI   | I30101-12 |
|         | L2   | I30102-11 |
|         | L3   | I30103-07 |
|         | L4   | I30104-04 |
|         | PR   | I30114-23 |
| 6:20 PM | SF 2 | I30110-04 |
| 7:00 PM | LI   | I30101-13 |
|         | L2   | I30102-12 |
|         | PR   | I30114-24 |
| 7:45 PM | IS   | I30109-01 |

## 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)

## 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   |

## 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 Jan 9 - Feb 27

### Morning

|          |      |           |
|----------|------|-----------|
| 9:10 AM  | L2   | 130102-03 |
| 9:55 AM  | L2.5 | 130112-02 |
| 10:40 AM | L3   | 130103-01 |
| 11:20 AM | PS   | 130111-03 |

### Evenings

|         |      |           |
|---------|------|-----------|
| 4:00 PM | PR   | 130114-25 |
|         | PR   | 130114-26 |
|         | PR   | 130114-27 |
|         | PR   | 130114-28 |
| 4:30 PM | SF1  | 130110-05 |
| 4:45 PM | PS   | 130111-12 |
|         | L1   | 130101-14 |
|         | L2   | 130102-13 |
|         | L3   | 130103-08 |
|         | PR   | 130114-29 |
| 5:30 PM | MR   | 130117-05 |
|         | L1   | 130101-15 |
|         | L3   | 130103-09 |
|         | L2.5 | 130112-13 |
|         | L2.5 | 130112-14 |
| 6:15 PM | PS   | 130111-13 |
|         | L2   | 130102-14 |
|         | L2.5 | 130112-15 |
|         | L2.5 | 130112-16 |
|         | L3   | 130103-10 |
|         | L5   | 130105-04 |
| 7:00 PM | PS   | 130111-14 |
|         | L1   | 130101-16 |
|         | L4   | 130104-05 |
|         | L6   | 130106-02 |
|         | PR   | 130114-30 |
|         | PR   | 130114-31 |
| 7:45 PM | L7   | 130107-01 |
|         | PR   | 130114-32 |
|         | PR   | 130114-33 |
|         | PR   | 130114-34 |
|         | PR   | 130114-35 |

## FRIDAY Jan 10 - Feb 28

### Morning

|          |    |           |
|----------|----|-----------|
| 9:10 AM  | PS | 130111-04 |
| 9:55 AM  | L1 | 130101-03 |
| 10:40 AM | MR | 130117-02 |
| 11:20 AM | PR | 130114-02 |

## SATURDAY Jan 11 - Mar 1

### Morning

|          |      |           |
|----------|------|-----------|
| 8:15 AM  | PS   | 130111-15 |
|          | L1   | 130101-17 |
|          | L2   | 130102-15 |
|          | L2.5 | 130112-17 |
|          | YB   | 130113-03 |
|          | PR   | 130114-36 |
|          | PR   | 130114-37 |
|          | PR   | 130114-38 |
|          | PR   | 130114-39 |
|          | PR   | 130114-40 |
| 9:00 AM  | PS   | 103111-16 |
|          | L1   | 130101-18 |
|          | L1   | 130101-19 |
|          | L2   | 130102-16 |
|          | L2.5 | 130112-18 |
|          | L2.5 | 130112-19 |
|          | L3   | 130103-11 |
|          | L5   | 130105-05 |
|          | PR   | 130114-41 |
| 9:45 AM  | PS   | 130111-17 |
|          | L1   | 130101-20 |
|          | L2   | 130102-17 |
|          | L2.5 | 130112-20 |
|          | L2.5 | 130112-21 |
|          | L3   | 130103-12 |
|          | L4   | 130104-06 |
|          | L5   | 130105-06 |
|          | PR   | 130114-42 |
| 9:50 AM  | SF2  | 130110-06 |
| 10:30 AM | PS   | 130111-18 |
|          | PS   | 130111-19 |
|          | L2   | 130102-18 |
|          | L3   | 130103-13 |
|          | L4   | 130104-07 |
|          | L6   | 130106-03 |
|          | PR   | 130114-43 |
|          | PR   | 130114-44 |
|          | PR   | 130114-45 |
| 10:35 AM | SF1  | 130110-07 |
| 11:15 AM | MR   | 130117-06 |
|          | L1   | 130101-21 |
|          | L2   | 130102-19 |
|          | L2.5 | 130112-22 |
|          | L3   | 130103-14 |
|          | YB   | 130113-04 |
|          | JL   | 150305-02 |
|          | PR   | 130114-46 |
|          | PR   | 130114-47 |

## SUNDAY Jan 12 - Mar 2

### Morning

|          |          |           |
|----------|----------|-----------|
| 9:00 AM  | L1       | 130101-22 |
|          | L2       | 130102-20 |
|          | L2.5     | 130112-23 |
|          | YB       | 130113-05 |
|          | PR       | 130114-48 |
| 9:45 AM  | MR       | 130117-07 |
|          | PS       | 130111-20 |
|          | L2       | 130102-21 |
|          | L3       | 130103-15 |
|          | PR       | 130114-49 |
| 10:30 AM | SF I & 2 | 130110-08 |
|          | L1       | 130101-23 |
|          | L2       | 130102-22 |
|          | L4       | 130104-08 |
|          | PR       | 130114-50 |
| 11:15 AM | MR       | 130117-08 |
|          | PS       | 130111-21 |
|          | L 2.5    | 130112-24 |
|          | L2.5     | 130112-25 |
|          | L5       | 130105-07 |





## DISCOVER SCUBA

Ages 12 and older

Wednesday, February 5..... 6:00 P.M. – 7:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 130305-01**

Chippewa Middle School Pool

**Deadline to register is Wednesday, January 29th.**

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

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

Monday, Feb. 17 ..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 130306-01**

Saturday, March 8 ..... 11:00 A.M. – 12:00 P.M.  
\$22; \$20 Shoreview Resident..... **Activity # 130306-02**

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

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

Monday, Feb. 3, 5 P.M. – 8 P.M. .... **Activity # 130301-01**

### Lifesaving Merit Badge\*

This badge will take 5 hours to complete.

\$55; \$50 Shoreview Resident

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

Tuesday, Mar. 4, 4 P.M. – 9 P.M. .... **Activity # 130301-02**

\* Participants must also attend Deep Water Training at Chippewa Middle School to complete their Scout Merit Badge on Wednesday, February 5 from 6-7:30 P.M.

## SUPERSITTER BABYSITTING CLINIC

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

8:00 A.M. – 12:30 P.M.

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

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

Saturday, March 15 ..... **Activity # 150101-01**

Saturday, April 12 ..... **Activity # 150101-02**

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.



## FITNESS REGISTRATION

Call for information: 651.490.4750

### WINTER SESSION *January 6 – March 16 (10 weeks)*

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

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651.490.4750.

**Annual Members receive 30% off group fitness classes listed on pp. 40-41. Discount now available online!**

## FITNESS PUNCH CARDS

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

Revvig, Ballet Fitness, 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, Ballet Fitness, Zumba®, and Kettlebell

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

All Other Fitness Classes Drop-in Rate

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

## MIND/BODY OPTIONS

### Ballet Fitness

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 (pranyama), 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

### 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.

## STRENGTH/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

No guts, no glory in this total body workout! Whether you're an athlete, gym rat, or just looking for that next-level workout, our instructor will give you the push you need. This workout will incorporate training drills and exercises designed to enhance agility, speed, power, strength, and quickness and each class will provide a unique challenge. This class will work you from head to toe and help transform your body as you enhance your fitness level. Class format will include strength training, circuit training, Tabata intervals, core work, bodyweight exercises, and a variety of other training methods and equipment to give you a great overall strength and conditioning workout.

### BOSU & Tabata

BOSU & Tabata combines elements of step, strength, plyometrics, and core training on the BOSU Balance Trainer with the Tabata Interval method of training to provide a full-body cardiovascular, core, and strength workout.

### 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.





## Strength, 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. Strength Conditioning emphasizes total body strength training; Core Conditioning emphasizes movements of the core including abdomen, hips, back, and glutes; Cardio/Strength Conditioning provides a combination of cardiovascular and total body strength training methods.

## 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.



## Cardio Kick and Sculpt

This total body class will combine the basic moves of cardio kickboxing with strength exercises using a variety of equipment including free weights, bands, and balls for a heart pumping, muscle-strengthening, body-sculpting workout!

## Kettlebell & Tabata

Kettlebell Tabata combines the strength, conditioning, and core benefits of kettlebell training with with the Tabata Interval method of training for a full-body cardiovascular, core, and strength workout.

## 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.

## Kickboxing and Kettlebell

A dynamic and energetic class that combines kettlebell strength and conditioning with the kicks, jabs, and movement patterns of kickboxing for a great way to strengthen muscles and burn body fat.

## 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.

## 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!

## 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.



## CARDIO OPTIONS

### Cardio Groove – Low Impact

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.

## 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 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.

## 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!



## WATER OPTIONS

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

### Aqua Splash

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



## SENIORFIT CLASSES

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

### SeniorFIT Strength Training

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

### SeniorFIT Advanced Circuit

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



### SeniorFIT Yoga and Stretch

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

### SeniorFIT Splash

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

# GROUP FITNESS

## MORNING AND DAYTIME CLASSES All classes are 50 minutes unless otherwise indicated. January 6 – March 16 (10 weeks).

| Time             | Class  | Rate/Shoreview Res. | Activity # |
|------------------|--|---------------------|------------|
| <b>MONDAY</b>    |  |                     |            |
| 5:35 A.M.        | Total Body Workout                                   | \$57/\$52           | 110502-01  |
| 8:30 A.M.        | <b>NEW!</b> Strength Conditioning                    | \$57/\$52           | 110539-01  |
| 8:30 A.M.        | SeniorFIT - Strength Training*                       | \$57/\$52           | 110161-01  |
| 9:15 A.M.        | Aqua Splash  | \$57/\$52           | 110522-01  |
| 9:30 A.M.        | Total Body Workout                                   | \$57/\$52           | 110502-06  |
| 9:40 A.M.        | <b>NEW!</b> Revving                                  | \$73/\$67           | 110512-02  |
| 9:45 A.M.        | <b>NEW!</b> Core Training                            | \$57/\$52           | 110527-01  |
| 10:30 A.M.       | <b>NEW!</b> Zumba®                                   | \$73/\$67           | 110544-12  |
| 11:40 A.M.       | Mind/Body Yoga                                       | \$88/\$80           | 110506-01  |
| <b>TUESDAY</b>   |  |                     |            |
| 5:35 A.M.        | Core Fusion/Power Pump (format alternates each week) | \$57/\$52           | 110531-04  |
| 8:15 A.M.        | SeniorFIT - Splash*                                  | \$57/\$52           | 110162-01  |
| 8:30 A.M.        | Mind/Body Yoga                                       | \$88/\$80           | 110506-02  |
| 8:30 A.M.        | Power Pump   | \$57/\$52           | 110523-02  |
| 9:15 A.M.        | Aqua Splash  | \$57/\$52           | 110522-03  |
| 9:30 A.M.        | Pilates  | \$88/\$80           | 110507-01  |
| 9:30 A.M.        | Step It Up   | \$57/\$52           | 110516-01  |
| 10:30 A.M.       | <b>NEW!</b> Ballet Fitness                           | \$73/\$67           | 110508-01  |
| 10:40 A.M.       | Zumba Gold®  | \$73/\$67           | 110543-01  |
| 11:40 A.M.       | Strength Training                                    | \$57/\$52           | 110541-01  |
| 12:45 P.M.       | SeniorFIT - Strength Training*                       | \$57/\$52           | 110161-03  |
| <b>WEDNESDAY</b> |  |                     |            |
| 5:35 A.M.        | Total Body Workout                                   | \$57/\$52           | 110502-02  |
| 8:30 A.M.        | SeniorFIT - Strength Training*                       | \$57/\$52           | 110161-02  |
| 8:30 A.M.        | Cardio & Strength Conditioning                       | \$57/\$52           | 110540-01  |
| 9:00 A.M.        | <b>NEW!</b> Beginner Fitness                         | \$57/\$52           | 110517-01  |
| 9:15 A.M.        | Aqua Splash  | \$57/\$52           | 110522-05  |
| 9:30 A.M.        | Zumba®   | \$73/\$67           | 110544-07  |
| 9:30 A.M.        | <b>NEW!</b> Total Body Workout                       | \$57/\$52           | 110502-07  |
| 10:40 A.M.       | SeniorFIT - Yoga & Stretch*                          | \$57/\$52           | 110163-02  |
| 11:40 A.M.       | Mind/Body Yoga                                       | \$88/\$80           | 110506-04  |
| <b>THURSDAY</b>  |  |                     |            |
| 5:35 A.M.        | Power Pump/Core Fusion (format alternates each week) | \$57/\$52           | 110531-02  |
| 8:30 A.M.        | <b>NEW!</b> Mind/Body Yoga                           | \$88/\$80           | 110506-07  |
| 8:30 A.M.        | Power Pump   | \$57/\$52           | 110523-06  |
| 9:15 A.M.        | Aqua Splash  | \$57/\$52           | 110522-07  |
| 9:30 A.M.        | Step It Up   | \$57/\$52           | 110516-04  |
| 9:30 A.M.        | <b>NEW!</b> Core Fusion                              | \$57/\$52           | 110531-06  |
| 10:40 A.M.       | Zumba Gold®  | \$73/\$67           | 110543-02  |
| 11:40 A.M.       | Strength Training                                    | \$57/\$52           | 110541-02  |
| 12:45 P.M.       | SeniorFIT - Strength Training*                       | \$57/\$52           | 110161-04  |
| <b>FRIDAY</b>    |  |                     |            |
| 5:35 A.M.        | Total Body Workout                                   | \$57/\$52           | 110502-03  |
| 8:15 A.M.        | SeniorFIT - Splash*                                  | \$57/\$52           | 110162-02  |
| 8:30 A.M.        | SeniorFIT - Advanced Circuit*                        | \$57/\$52           | 110165-01  |
| 8:30 A.M.        | Strength Conditioning                                | \$57/\$52           | 110539-02  |
| 9:15 A.M.        | Aqua Splash  | \$57/\$52           | 110522-09  |
| 9:30 A.M.        | Total Body Workout                                   | \$57/\$52           | 110505-03  |
| 9:30 A.M.        | Zumba®   | \$73/\$67           | 110544-08  |
| 10:40 A.M.       | SeniorFIT - Yoga & Stretch*                          | \$57/\$52           | 110163-03  |
| <b>SATURDAY</b>  |  |                     |            |
| 8:15 A.M.        | Revving  | \$73/\$67           | 110512-08  |
| 8:30 A.M.        | Kettlebell Training                                  | \$73/\$67           | 110528-04  |
| 8:30 A.M.        | Zumba®   | \$73/\$67           | 110544-06  |
| 9:30 A.M.        | <b>NEW!</b> Core Fusion                              | \$57/\$52           | 110531-03  |
| 9:30 A.M.        | Power Pump   | \$57/\$52           | 110523-09  |
| 10:30 A.M.       | <b>NEW!</b> Zumba Toning®                            | \$73/\$67           | 110547-01  |
| <b>SUNDAY</b>    |  |                     |            |
| 8:30 A.M.        | Revving  | \$73/\$67           | 110512-09  |
| 9:15 A.M.        | BOSU Fusion  | \$57/\$52           | 110542-02  |
| 10:00 A.M.       | Revving  | \$73/\$67           | 110512-10  |
| 10:15 A.M.       | Mind/Body Yoga                                       | \$88/\$80           | 110506-08  |
| 4:30 P.M.        | PreNatal Yoga  | \$88/\$80           | 110510-01  |
| 5:00 P.M.        | <b>NEW!</b> Cardio Kick and Sculpt                   | \$57/\$52           | 110509-01  |
| 5:00 P.M.        | Zumba® and Strength                                  | \$73/\$67           | 110546-01  |
| 6:00 P.M.        | Candlelight Yoga                                     | \$88/\$80           | 110537-01  |

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

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

### REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

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

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

### CHILD CARE AVAILABLE!

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

Rate \$1 per hour per child.

## EVENING CLASSES All classes are 50 minutes unless otherwise indicated.

January 6 – March 16 (10 weeks).

| Time             | Class                                 | Rate/Shoreview Res. | Activity # |
|------------------|---------------------------------------|---------------------|------------|
| <b>MONDAY</b>    |                                       |                     |            |
| 4:10 P.M.        | Zumba®                                | \$73/\$67           | 110544-02  |
| 4:15 P.M.        | <b>NEW!</b> Kettlebell Training       | \$73/\$67           | 110528-01  |
| 5:20 P.M.        | Step and Strength                     | \$57/\$52           | 110514-01  |
| 5:20 P.M.        | Total Body Workout                    | \$57/\$52           | 110502-05  |
| 5:20 P.M.        | <b>NEW!</b> Yogalates                 | \$88/\$80           | 110525-01  |
| 6:25 P.M.        | <b>NEW!</b> Revving                   | \$73/\$67           | 110512-01  |
| 6:25 P.M.        | Cardio Groove - Low Impact            | \$57/\$52           | 110504-01  |
| 6:25 P.M.        | Core Fusion                           | \$57/\$52           | 110531-01  |
| 7:30 P.M.        | Zumba®                                | \$73/\$67           | 110544-10  |
| 7:30 P.M.        | BOSU & Tabata                         | \$57/\$52           | 110535-01  |
| 7:30 P.M.        | Power Pump                            | \$57/\$52           | 110523-04  |
| 8:05 P.M.        | Aqua Splash                           | \$57/\$52           | 110522-02  |
| <b>TUESDAY</b>   |                                       |                     |            |
| 4:30 P.M.        | Tabata (30 min)                       | \$57/\$52           | 110513-02  |
| 5:05 P.M.        | Aqua Splash                           | \$57/\$52           | 110522-04  |
| 5:20 P.M.        | Mind/Body Yoga                        | \$88/\$80           | 110506-03  |
| 5:20 P.M.        | Power Pump                            | \$57/\$52           | 110523-03  |
| 6:25 P.M.        | Pilates                               | \$88/\$80           | 110507-03  |
| 6:25 P.M.        | Cardio Kickboxing                     | \$57/\$52           | 110501-01  |
| 7:30 P.M.        | Total Body Workout                    | \$57/\$52           | 110502-04  |
| 7:30 P.M.        | BOSU Fusion                           | \$57/\$52           | 110542-01  |
| <b>WEDNESDAY</b> |                                       |                     |            |
| 4:15 P.M.        | Kettlebell Training                   | \$73/\$67           | 110528-03  |
| 5:15 P.M.        | Step It Up                            | \$57/\$52           | 110516-03  |
| 5:20 P.M.        | Yogalates                             | \$88/\$80           | 110525-02  |
| 6:25 P.M.        | Revving                               | \$73/\$67           | 110512-05  |
| 6:25 P.M.        | <b>NEW!</b> Ballet Fitness            | \$73/\$67           | 110508-02  |
| 6:25 P.M.        | <b>NEW!</b> Boot Camp                 | \$57/\$52           | 110532-02  |
| 7:05 P.M.        | Mind/Body Yoga                        | \$88/\$80           | 110506-06  |
| 7:30 P.M.        | Zumba®                                | \$73/\$67           | 110544-05  |
| 8:05 P.M.        | Aqua Splash                           | \$57/\$52           | 110522-06  |
| <b>THURSDAY</b>  |                                       |                     |            |
| 4:15 P.M.        | Revving                               | \$73/\$67           | 110512-03  |
| 5:05 P.M.        | Aqua Splash                           | \$57/\$52           | 110522-08  |
| 5:20 P.M.        | Yoga Strength                         | \$88/\$80           | 110524-01  |
| 5:20 P.M.        | Power Pump                            | \$57/\$52           | 110523-07  |
| 6:25 P.M.        | <b>NEW!</b> Kickboxing and Kettlebell | \$57/\$52           | 110529-01  |
| 6:25 P.M.        | Pilates (Intermediate)                | \$88/\$80           | 110511-01  |
| 7:30 P.M.        | Mind/Body Yoga                        | \$88/\$80           | 110506-05  |
| 7:30 P.M.        | Zumba®                                | \$73/\$67           | 110544-03  |
| <b>FRIDAY</b>    |                                       |                     |            |
| 4:30 P.M.        | Zumba®                                | \$73/\$67           | 110544-04  |
| 4:30 P.M.        | Kettlebell and Tabata                 | \$73/\$67           | 110536-01  |
| 5:30 P.M.        | Power Pump                            | \$57/\$52           | 110523-05  |

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

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

For updated class times and locations, please see schedules available online and posted 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.



## THANKSGIVING WEEK SPECIALTY CLASSES

Please register in advance:

### Bike and Burn: 2 Hour Revving

Monday, November 25..... 5:30 – 7:30 P.M.

\$10..... **Activity #410553-01**

Come experience a thrilling 2 hours of high intensity cycling with our energetic instructors Lindsay and Jen.

### 2 Hour Zumba® Jam!

Monday, November 25..... 6:00 – 8:00 P.M.

\$10..... **Activity #410552-02**

Come experience 2 hours of high-energy fun and get a great workout! Instructors will lead you through some heart-thumping, hip shaking Zumba® dance choreography for 2 hours of calorie-burning, stress-relieving fun! Instructors: Tina/Jan

### Rock ‘N Rev

Thursday, November 28..... 8:30 – 10:30 A.M.

\$10..... **Activity #410555-01**

Join our instructor Mike as he takes you on a 2-hour head-bangin’, heart-thumpin’ revving session Thanksgiving morning and get a head start on burning off those turkey calories!

### 2 Hour Zumba® Jam!

Friday, November 29..... 9:30 – 11:30 A.M.

\$10..... **Activity #410552-01**

Come experience 2 hours of high-energy fun and get great workout! Instructors will lead you through some heart-thumping, hip shaking Zumba® dance choreography for 2 hours of calorie-burning, stress-relieving fun! Instructors: Adrienne and Jeanette

### Kettlebell Introductory Clinic

Saturday, November 30..... 10:00 – 11:00 A.M.

\$10..... **Activity #410554-01**

The Kettlebell Introductory Clinic will provide participants with instruction on the basics of kettlebell exercises including swings, presses, and leg work to prepare you to use kettlebells and participate in classes that incorporate kettlebell movements. Instructor: Adrienne

## CHRISTMAS EVE ZUMBA JAM!

Tuesday, December 24..... 9:30 – 11:30 A.M.

\$10..... **Activity # 110550-01**

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! Instructors: Tina & Adrienne

## 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](http://www.shoreviewcommunitycenter.com). Call 651.490.4768 for more information and to speak with the Fitness Supervisor to discuss which trainer can best help you achieve your goals.



### Karen

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



### Rena

Rena has an extensive background in personal training and weight loss/weight management coaching. Rena has successfully assisted clients with a variety of fitness, wellness, and body composition goals including weight loss and improved body composition, increased strength and endurance, improved movement and posture, and general health and fitness. Rena draws from her extensive experience in fitness as well as her education and certifications to apply the most effective and efficient methods to achieve the goals of her clients. Certifications: Certified Personal Trainer (NASM), Weight Loss Specialist (NASM), Corrective Exercise Specialist (NASM), Certified Personal Trainer (Strong, Stretched, & Centered Mind/Body Institute), Personal Training Academy Global, Certified Personal Trainer (ACE).



### Adrienne Peppin

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

\*Additional trainer biographies available at [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)

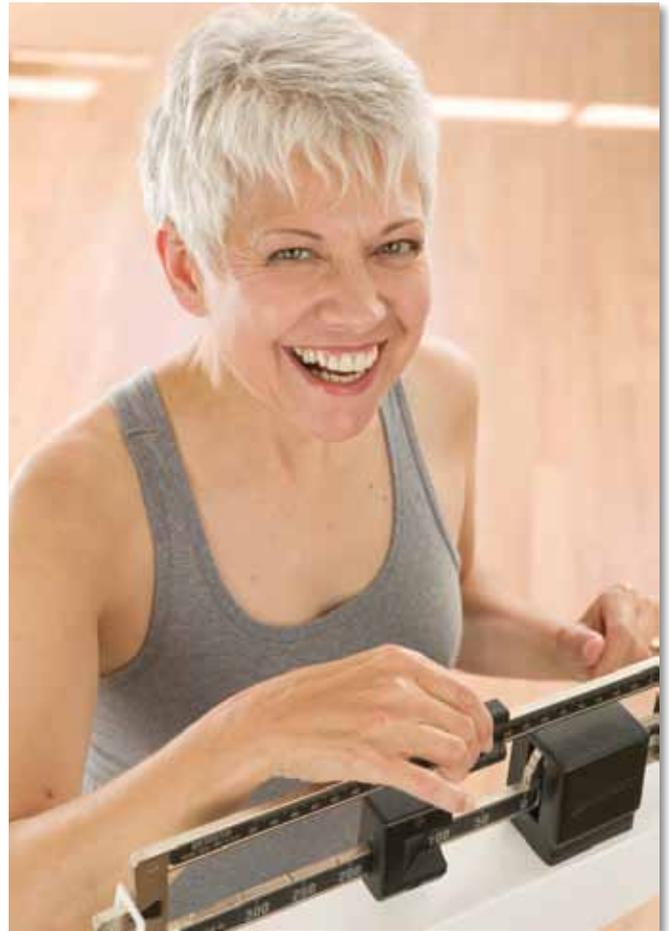
## Get Fit! Body Challenge

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 Get Fit! Body Challenge takes place during the winter 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 four 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 January 9th at 5:00 p.m.



## GET FIT! BODY CHALLENGE

January 9 – March 7  
Activity # 110239-01  
\$399 per session

Program Startup meeting:  
Thursday, January 9 at 5:00 P.M.

### Get Fit! Body Challenge Trainers

Group training sessions will be conducted by our well-qualified and highly-experienced personal trainers. They will provide motivation, exercise education, and ensure you get the workouts and nutrition advice to produce the greatest results.

*The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class.*

\*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.

**WINTER A** Jan. 2 – Feb. 6 (5.5 weeks)  
\$83; \$75 Shoreview Resident..... **Activity # 110230-01**

**WINTER B** Feb. 11 – March 20 (6 weeks)  
\$90; \$82 Shoreview Resident..... **Activity # 110232-01**

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.

**WINTER A** Jan. 2 – Feb. 6 (5.5 weeks)  
\$83; \$75 Shoreview Resident..... **Activity # 110231-01**

**WINTER B** Feb. 11 – March 20 (6 weeks)  
\$90; \$82 Shoreview Resident..... **Activity # 110233-01**

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.

For information on  
2013-14 class availability  
call 651.490.4750



## 2014-2015 School Year

School year dates are September 8, 2014 – May 22, 2015. Registration begins at our open house on January 30, 2014 from 6:00 – 7:30 P.M. You also may register on-line beginning Monday, February 3, 2014. 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 March 1, 2015.

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

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

\$56/month; \$51/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.

\$51/month;\$46/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, 2014.

### Tiny Treasures

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

\$113/month; \$104/month Shoreview Resident

### ABC's & 123's

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

\$122/month; \$113/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, 2014.

### Alpha Kids

Tuesday & Thursday ..... 9:00 A.M. – 12:00 P.M.  
\$132/month; \$124/month Shoreview Resident

### Stepping Stones

Monday, Wednesday & Friday ..... 12:30 P.M. – 3:30 P.M.  
\$171/month; \$159/month Shoreview Resident



### Kids Corner Preschool Lunch Bunch

Monday – Thursday ..... 11:30 A.M. - 1:00 P.M.  
Entire School Year Registration \$10/day;  
\$7/day Shoreview Resident  
Daily Rate \$14/day; \$10 Shoreview Resident

Are you looking to extend your child's preschool day? This is an opportunity for your 3 to 5 year old child to stay late after class or come in early and enjoy the lunch hour with friends. Lunch is not provided; child must bring their own lunch. Please do not send any products containing peanut butter due to allergies. Sign up for one day or all 4 days (Lunch Bunch is not offered on Fridays). Minimum of 5 participants needed per day for lunch bunch to run.

## SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

### Busy Buddies

Monday ..... 9:00 A.M. – 11:30 A.M.  
\$90/month; \$82/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, 2014.

### Story Stretchers

Tuesday ..... 9:00 A.M. – 11:30 A.M.  
\$72/month; \$66/month Shoreview Resident

Your 3 to 5 year child is sure to love this literature based class! The class will focus on ensuring your child understands the content of stories told during class by using dramatic play, acting, art, circle time, sensory, science, math, large muscle time, and snack. Development of a child's literacy skills is crucial during a child's early years. This class will heighten reading readiness, sharpen comprehension skills and help your child develop a love for reading. Children must be 3 by September 1, 2014.

### Investigators

Wednesday ..... 9:00 A.M. – 11:30 A.M.  
\$74/month; \$68/month Shoreview Resident

This preschool class will give your 3 to 5 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 3 by September 1, 2014. Kindergarteners are welcome.

### Math Monsters

Thursday ..... 9:00 A.M. – 11:30 A.M.  
\$69/month; \$64/month Shoreview Resident

This specialty preschool class will provide your 3 to 5 year old with a fun learning atmosphere that focuses on math skills. For all those kids who like numbers, solving problems, and having fun with shapes, this class has it all! A concentration on math is essential in the early years of child development and this class will include work on one to one correspondence, geometry, counting, along with having fun. Also included is 30 minutes of gym time and a snack. Children must be 3 by September 1, 2014

## Let's Get Messy

Ages 3 to 5

Thursdays, January 9 – March 6.....9:00 A.M. – 11:30 A.M.  
\$178; \$162 Shoreview Resident.....**Activity # 170116-01**

Every child loves to get messy, but not every parent loves a messy child. This art class is just the place to send your child this winter to get nice and messy! Your 3 to 5 year old child will love this class as we explore messy art using sensory activities, and hands on learning that promotes the process of art and not just the product. We will also bring in nature with some of the season's best products such as snow, pinecones or pine tree branches. Snack will also be included.

## Adventure Club

Ages 3 to 5

Wednesdays, January 8 – March 5..... 1:00 P.M. – 3:30 P.M.  
\$178; \$162 Shoreview Resident.....**Activity # 170117-01**

Come and join us on an "adventure" to outer space, the ocean, the desert, the rainforest and more! We will experience the various environments, sing some songs, and create some special crafts. Snack is included.

## Preschool Plus

Ages 4 to 5

Tuesday & Thursday, April 8 – May 15..... 1:00 P.M. – 3:00 P.M.  
\$253; \$230 Shoreview Resident.....**Activity # 270118-01**

Preschool Plus is a great opportunity for your child to get extra support in the skills needed for Kindergarten. This 6 week course will help build your child's confidence before beginning Kindergarten in the fall, while focusing on academics, social skills and fine motor skills. The class will be personalized to fit your child's individual learning needs in the areas of ABC and sound recognition, pre-math skills, cutting, problem solving, making friends, attention to direction and more.



## Castles, Princes, Princesses and Dragons

Ages 3 to 5

Saturday, February 1 .....9:00 A.M. – 11:00 A.M.  
\$20; \$15 Shoreview Resident.....**Activity # 170110-01**

Come along on a royal adventure as we explore a land far away! We will build castles, decorate crowns, dress in our best royal garb, and sing some of our favorite "royal" songs. Snack is included; space is limited – register early!

## Celebrate Seuss!

Ages 3 to 5

Saturday, March 1 .....9:00 A.M. – 11:00 A.M.  
\$20; \$15 Shoreview Resident.....**Activity # 170111-01**

The more that you READ, the more things you will KNOW. The more that you LEARN, the more places you'll GO. Come and celebrate Dr. Seuss' birthday with us as we read some of our favorite Seuss books, have some fun with rhymes and create a "Seussical" craft! Snack is included; space is limited – register early!

## Bugs and Butterflies

Ages 3 to 5

Saturday, March 29..... 9:00 A.M. – 11:00 A.M.  
\$20; \$15 Shoreview Resident.....**Activity # 170112-01**

Spring is almost here and we want you to join us as we explore our favorite creepy critters and flying friends. We will create colorful butterflies, count our ants on a log, learn about the beginning of a butterfly's life as a caterpillar, read some fun bug books, and end the class with a bug parade. Snack is included; space is limited – register early!

## PARENT/CHILD CLASSES

### Arggh! Pirates and Parents

Ages 3 to 5

Tuesday, January 14..... 6:00 P.M. – 7:30 P.M.  
\$15; \$13 Shoreview Resident.....**Activity # 170113-01**

Come and join us for this pirate themed parent-child class. We will discover buried treasure, create a pirate’s hat, sail the “ocean blue”, and have fun with some pirate finger plays. Register early – space is limited! Registration includes adult and child.

### Beary Special Night

Ages 3 to 5

Tuesday, February 11 ..... 6:00 P.M. – 7:30 P.M.  
\$15; \$13 Shoreview Resident.....**Activity # 170114-01**

Bring your parent, and your favorite stuffed bear to this fun evening class. We will sing some beary special songs, read some beary special books, and enjoy a beary special snack. Register early – space is limited! Registration includes adult and child.

### A Dino-mite Night

Ages 3 to 5

Tuesday, March 4..... 6:00 P.M. – 7:30P.M.  
\$15; \$13 Shoreview Resident.....**Activity # 170115-01**

Join us as we dig for dinosaur bones, decorate a dinosaur shape, sing some dino-mite songs and count our dino eggs. Register early – space is limited! Registration includes adult and child.



## WISH UPON A BALLET

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

**Tuesdays..... 10:00 A.M. – 10:45 A.M.**

Jan. 7 – Feb. 18 (7 weeks)

\$65.....**Activity # 170202-01**

Feb. 25 – Apr. 15 (7 weeks, no class Mar 18)

\$59.....**Activity # 170202-02**

Apr. 22 – May 27 (6 weeks)

\$56.....**Activity #270202-01**

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



## 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.  
 Jan. 4 – Mar. 8 (no class Jan. 18 & Feb. 15)..... **Activity # 180101-01**  
 Mar. 22 – May 17 (no class Apr. 19) ..... **Activity # 280101-01**  
 Saturdays.....10:45 A.M. – 11:30 A.M.  
 Jan. 4 – Mar. 8 (no class Jan. 18 & Feb. 15)..... **Activity # 180101-02**  
 Mar. 22 – May 17 (no class Apr. 19) ..... **Activity # 280101-02**

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

## TUMBLING TYKES

Ages 3 and 4 .....\$80; \$70 Shoreview Res  
 Saturdays..... 11:45 A.M. – 12:30 P.M.  
 Jan. 4 – Mar. 8 (no class Jan. 18 & Feb. 15)..... **Activity # 180102-01**  
 Mar. 22 – May 17 (no class Apr. 19) ..... **Activity # 280102-01**

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

## ROLLY POLLYS

Ages 4 and 5 .....\$80; \$70 Shoreview Res  
 Saturdays..... 12:45 P.M. – 1:30 P.M.  
 Jan. 4 – Mar. 8 (no class Jan. 18 & Feb. 15)..... **Activity # 180103-01**  
 Mar. 22 – May 17 (no class Apr. 19) ..... **Activity # 280103-01**

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

## BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8.....\$80; \$70 Shoreview Res  
 Saturdays..... 1:45 P.M. – 2:30 P.M.  
 Jan. 4 – Mar. 8 (no class Jan. 18 & Feb. 15)..... **Activity # 180104-01**  
 Mar. 22 – May 17 (no class Apr. 19) ..... **Activity # 280104-01**

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



# SUMMER DISCOVERY

SHARE  CREATE  EXPLORE

Grades K-8 (during the 2013-14 School Year)

June 9 – August 22, 2014

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

\*Registration will begin Thursday, February 27, 2014, beginning at 8:00 A.M. Registration materials are available February 1 online or by calling 651.490.4750.

Summer Discovery will hold an optional week Aug. 25-29. Registration for this week will be separate and on a first-come, first-served basis. Space is limited.

## PROGRAM HIGHLIGHTS:

- 11-week program commitment with flexible scheduling for 3, 4, or 5 day per week options and up to 2 weeks unpaid vacation days
- Weekly field trips on Wednesdays
- Swimming 3 days a week at Tropics Waterpark (Mon, Tues, Thurs.)
- Age appropriate activities
- Indoor and outdoor group games
- Focus on physical fitness
- Emphasis on health & nutrition
- Morning and afternoon snack included
- Enrichment classes such as piano, guitar, swimming, drama, art, science, sports, etc. are offered at an additional affordable rate
- Qualified and trained staff
- Optional hot lunch program
- Leadership development for 6th – 8th graders



## DIVE-IN MOVIE

Friday, November 22, January 24 & March 7 ..... 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 will 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.**



## NEW YEAR'S EVE PARTY – TROPICAL GETAWAY

\$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 30th and save! Price is \$10 at the door.

## SWEETHEART DANCE

Ages 10 and under..... Arden Hills City Hall  
 Friday, February 7 ..... 6:00 P.M. – 8:00 P.M.  
 \$12; \$10 Shoreview Resident (includes 1 child and 1 adult)  
 ..... **Activity # 160107-01**  
 \$5 for each additional adult ..... **Activity # 160107-02**

Put on your party clothes, grab a special adult, and join us for our annual Sweetheart Dance! There will be music, crafts, games, treats and fun for all to enjoy. So come dressed to impress and spend a special evening with someone you love. Oh, and don't forget your camera. You will want to capture these sweethearts on film! Register by Monday, Feb. 3.

## SHOREVIEW EGG HUNT

Ages 10 and under.....Shoreview Community Center Pavilion  
 Saturday, April 12 ..... 10:00 A.M.  
 \$12 per child..... **Activity # 260219-01**

Join the Bunny in an eggciting hunt for prize-filled eggs! Great fun for your little bunnies ages 10 and under. Space is limited. **Register by April 1. The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**

### 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

Mondays, Jan. 27 – March 10..... **Activity # 190402-01**  
(No class Feb. 17)

### Turtle Lake Elementary - Gym

Tuesdays, Jan. 28 – March 4 ..... **Activity # 190402-02**

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, Jan. 29 – March 12..... **Activity # 190406-01**  
(No class Feb. 19)

### Turtle Lake Elementary - Gym

Wednesdays, Jan. 29 – March 5..... **Activity # 190406-02**

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

Wednesdays, Jan. 29 – March 12..... **Activity # 190407-01**  
(No class Feb. 19)

### Turtle Lake Elementary - Gym

Wednesdays, Jan. 29 – March 5..... **Activity # 190407-02**

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.



## MINI KICKERS SOCCER CAMP

Ages 3 to 8..... \$75; \$70 Shoreview Resident  
Saturdays, Jan. 18 – Feb. 22

Shoreview Community Center Gym

### Ages 6 to 8

9:00 A.M. – 9:45 A.M..... **Activity # 190801-01**

### Ages 3 to 5

10:00 A.M. – 10:30 A.M..... **Activity # 190801-02**

10:35 A.M. – 11:05 A.M..... **Activity # 190801-03**

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.

## 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 4-5 .....Activity # 190304-01**

**Spikers, Grades 6-8 .....Activity # 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



## 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.

## GROUP LESSONS

Youth group lessons \$65; \$55 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.



## GROUP LESSONS

Mondays, January 6 - February 10.

| Class Level | Day | Time             | Location               | Activity # |
|-------------|-----|------------------|------------------------|------------|
| Pee Wees    | M   | 5:30 – 6:15 P.M. | Turtle Lake Elementary | 190606-01  |
| Beginners   | M   | 6:30 – 7:25 P.M. | Turtle Lake Elementary | 190607-01  |

## 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 January 8  
\$160 per team..... **Activity # 120401-01**  
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, December 27 or until league is full.**

## ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now through May 17  
\*Gym closed Wednesdays: Nov. 27, Dec. 18, Dec. 25, Jan. 1, Feb. 19, April 9  
\*Gym closed Saturdays: Nov. 30, Dec. 21, Dec. 28, Feb. 15, April 12  
\$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 players. Space limited to 30 players. Call 651.490.4750 for more information.

## SOFTBALL LEAGUES

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

### Program Information

Softballs and umpires are provided for all games. Summer league game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games in combined leagues). Leagues consist of 12 single games or 20 doubleheader games and a season ending single elimination play-off. League fees include USSSA Sanctioning fees and sales tax.  
\* Indicates a league run in collaboration with Arden Hills Parks and Recreation. **Registration deadline is March 28.**

### Softball League Descriptions

**Men's Recreation E:** Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.  
**Men's Recreation D:** Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.  
**CoRec D:** Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.

### Managers Meeting

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

Thursday, April 10.....6:00 P.M.  
Shoreview Community Center

### Softball League Information

| League   | Day | Start Date | Games                              | Early Bird by 3/7 | after 3/7 | Activity # |
|----------|-----|------------|------------------------------------|-------------------|-----------|------------|
| *CoRec D | Mon | 4/21       | 20 Games: Doubleheaders & Playoffs | \$670             | \$700     | 220801-01  |
| *Men's E | Tue | 4/22       | 20 Games: Doubleheaders & Playoffs | \$630             | \$660     | 220801-02  |
| *Men's D | Wed | 4/23       | 20 Games: Doubleheaders & Playoffs | \$630             | \$660     | 220801-03  |
| CoRec D  | Thu | 4/24       | 12 Games: Doubleheaders & Playoffs | \$540             | \$570     | 220801-04  |

\*Combined league with Arden Hills

## FREE ACTIVITIES AT THE COMMUNITY CENTER

### 500

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

### Bridge

Thursdays at 12:30 P.M. .... **Activity #500604-01**  
No partners required

### Bingo

One Wednesday monthly at 1:00 P.M. .... **Activity #500605-01**  
\$0.25 per card (no max)  
November 27, December 18, January 29,  
February 26, March 26, April 30, and May 28

## DROP-IN PICKLEBALL

Mondays, Wednesdays & Fridays ..... 8:30 A.M. – 11:00 A.M.  
Now through May 30 ..... \$3 or free to members

Shoreview Community Center Gymnasium

Gym reserved exclusively for pickleball during these dates and times.

Gym closes at 10 A.M. on the following dates:  
Nov. 25, 27, 29; Dec. 23, 27, 30; Jan. 1, 20, 24; Feb. 17;  
Mar. 14, 17, 19, 21; Apr. 4, 25, May 23, 26

Gym is closed on Dec. 25.

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.

## KOZLAK'S HOLIDAY LUNCHEON

Tuesday, December 17 ..... arrive at 12:00 P.M.  
\$25 per person ..... **Activity # 100511-01**  
Kozlak's Royal Oak Restaurant – 4785 Hodgson Rd, Shoreview

Celebrate the holiday season at the beautiful Kozlak's Royal Oak Restaurant. It's the perfect place to relax as we share laughter amongst friends, meet new people and enjoy this annual holiday luncheon tradition. Fee includes meal cost, tax and gratuity. Meal consists of buffet lunch including: boneless chicken breast with supreme sauce, potatoes, vegetables, salad bar, soup of the day, and a non-alcoholic beverage. Transportation NOT provided for this event. **Registration deadline is Monday, December 9.**



## AARP SMART DRIVER COURSE

The AARP Smart Driver Course 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 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

### 2013 COURSES

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

**Discounts not available on-line**

**4-Hour Day Courses**..... 9:00 A.M. – 1:00 P.M.  
Wednesday, December 11.....**Activity # 150201-01**

**4-Hour Evening Courses** ..... 5:30 P.M. – 9:30 P.M.  
Monday, December 16.....**Activity # 150202-01**

### 2014 COURSES

AARP Member Rate: \$23; Non-Member Rate: \$28

**Discounts not available on-line**

**4-Hour Day Course**..... 9:00 A.M. – 1:00 P.M.  
Tuesday, January 21.....**Activity # 150201-03**  
Tuesday, February 18.....**Activity # 150201-05**  
Tuesday, March 18.....**Activity # 250201-02**  
Tuesday, April 22.....**Activity # 250201-04**  
Tuesday, May 20.....**Activity # 250201-06**

**4-Hour Evening Courses** ..... 5:30 P.M. – 9:30 P.M.  
Wednesday, January 8.....**Activity # 150201-02**  
Wednesday, February 5.....**Activity # 150201-04**  
Thursday, March 6.....**Activity # 250201-01**  
Wednesday, April 2.....**Activity # 250201-03**  
Wednesday, May 7.....**Activity # 250201-05**

## AARP TAX AIDE

Income Tax Aide.....**Activity # 100601**  
Wednesday, February 5 – April 9 ..... 9:00 A.M. – 1:00 P.M.

Property Tax Aide .....**Activity # 100602**  
Wednesday, April 16 ..... 9:00 A.M. – 1:00 P.M.

Shoreview Community Center

AARP's Tax Aide volunteers will provide FREE tax assistance to seniors and low income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Income tax aid appointments are approximately 1-hour and property taxes are approximately 30-minutes. **Please visit our website at [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com) or call 651.490.4750 to make an appointment.** Appointments are necessary and will be reserved on a first come, first serve basis as space is limited.

If you would be interested in volunteering to join the AARP Tax Aide team contact District Coordinator, Tom Leiser at 651.483.5162.



## RED CROSS BLOOD DRIVE

Ages 17+ ..... Shoreview Community Center  
Monday, December 9 ..... 2:30 P.M. – 7:30 P.M.

Almost everyone during their life will know someone who needs a blood transfusion. There is no substitute and still only one source of blood for transfusion – volunteer blood donors. Give Blood – Give Life. For more information call 651.490.4750. To register visit [www.redcrossblood.org](http://www.redcrossblood.org) and search by sponsor code 0176776.

## 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](http://www.nyfs.org) or call us at 651.486.3808.

## SENIOR CHORE SERVICE

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

## ATHLETIC ASSOCIATIONS

**Irondale Baseball League**  
[www.iblbaseball.com](http://www.iblbaseball.com)

**Irondale Girls Fastpitch Association**  
[www.knightsfastpitch.org](http://www.knightsfastpitch.org)

**Irondale Youth Hockey Association**  
[www.iyhaleague.org](http://www.iyhaleague.org)

**Iron Mustang Wrestling**  
[www.ironwrestling.com](http://www.ironwrestling.com)

**Mounds View Basketball Association**  
[www.moundsviewbasketball.com](http://www.moundsviewbasketball.com)

**Mounds View Lacrosse**  
[www.moundsview.lacrossesystems2.com](http://www.moundsview.lacrossesystems2.com)

**Mounds View Softball Association**  
[www.moundsview.softballsystems.com](http://www.moundsview.softballsystems.com)

**Mounds View Youth Hockey Association**  
[www.moundsview.pucksystems2.com](http://www.moundsview.pucksystems2.com)

**Mounds View Youth Football League**  
[www.moundsviewyouthfootball.org](http://www.moundsviewyouthfootball.org)

**North Suburban Aquatic Club**  
[www.nsmakos.org](http://www.nsmakos.org)

**North Suburban Soccer Association**  
[www.nssasoccer.org](http://www.nssasoccer.org)

**Roseville Area Youth Hockey**  
[www.rosevillehockey.org](http://www.rosevillehockey.org)

**Shoreview Area Youth Baseball**  
[www.sayb.hardballsystems.com](http://www.sayb.hardballsystems.com)

**FREE  
Community Center  
Membership!**

**Part-Time • Flexible Hours  
• Fun People •**



### Child Care Attendants

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

### Dodgeball Officials

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

### Fitness Instructors

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

### Ice Rink Attendants

Desire to work with the public and a commitment to a part-time schedule is required. Ability to skate not necessary. Weekdays, evenings and weekends. 10 - 20 hrs/ week. Mid-Dec through mid-Feb. Must be willing to commit for entire season. \$7.50 - \$8.50/hr.

### Ice Skating Instructors

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

### Gymnastics/Tumbling Coordinator

Oversee gymnastics and tumbling class program including program development, staff supervision and communication with parents. Previous teaching experience required. Previous supervisory experience and lesson planning preferred. Saturdays 9 am - 3 pm \$10.50 - \$12.50/hr.

### Gymnastics Instructors

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

### 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, weekends and evening hours. Current certificate or we will train (must be able to swim 200 yards). 15 - 20 hours per week. Evenings/Weekends: \$8 - \$10/hr. Daytime M - F (4:45 am - 4 pm) premium pay: \$ 9.50/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 consultations, education, & motivation to Shoreview fitness participants. Design safe, effective, workouts & work on general health, sports specific conditioning, and general rehabilitation. National Training certification and/or exercise science/health degree desired. \$17 - \$21/hr.

### Service Desk

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

### Sports Instructors

Instruct elementary age children in a variety of sports including floor hockey, indoor soccer, and basketball. A general sports background, knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:30 - 5:40 pm 5 hours per week. Jan - May. \$9 - \$11/hr.

### Swimming Instructors (we will train)

Swimming instructors needed for morning, afternoon, and evening lessons at the Community Center pool. \$8 - \$12/hr.

### Wave Cafe

Prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables and help keep the lobby area neat. M - F 9:30 am 3:30 pm Daytime hours: \$7.50 - \$8.50/hr. Evenings/weekends: \$7.25 - \$8/hr.

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

**651-490-4750**



# PARKS & FACILITIES

| <b>Shoreview Recreation Areas</b><br><br>Web Page: <a href="http://www.shoreviewmn.gov">www.shoreviewmn.gov</a> |  | 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   |
|--|--|-------|------------|------------------|--|---|---|---|-------------------------------|---|---|---|---|--|--------|--|---------------|--|
| <b>Bobby Theisen Park</b> Cty Rd E & Vivian East & West of Island Lake School  |  | 15    |            | 1                |   |    |    |    |                               |   |   |    |    |  | 1      |  | 3             |  |
| <b>Bucher Park</b> 5900 Mackubin North on 49, right on Elaine  |  | 25    | 2          | 1                |   |    |    |    |                               |                  |    |    |    |  | 1      |  | 2             |  |
| <b>Lake Judy Park</b><br>900 Tillerun – Arboast & Richmond   |  | 5     |            | 1/2              |  |   |   |    |                               |                  |    |    |   |  |        |  |               |  |
| <b>McCullough Park</b> 915 County Rd I North on Lexington, right on Cty Rd I   |  | 75    | 2          | 1                |   |    |    |    |                               | <br>With grill   |    |    |    |  | 1      |  | 2             |  |
| <b>Ponds Park</b> 190 Sherwood Road Sherwood and Pond Drive  |  | 1     |            |                  |  |   |   |    |                               |                  |    |   |   |  |        |  |               |  |
| <b>Rice Creek Fields</b><br>5880 Rice Creek Parkway  |  | 10    | 4          |                  |  |   |   |    |                               |                  |    |    |   |  |        |  |               |  |
| <b>Shamrock Park</b> County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles  |  | 23    | 2          | 1                |   |    |    |    | 2                             | <br>With grill   |    |    |    |  | 1      |  | 2             |  |
| <b>Shoreview Commons and Community Center</b><br>4580 North Victoria   |  | 40    | 2          | 1                |  |   |   |   | 2                             | <br>With grill  |   |   |   |  | 1      |  | 2             |  |
| <b>Sitzer Park</b><br>4344 Hodgson   |  | 8     | 2          | 1                |  |  |  |  |                               | <br>With grill |  |  |  |  |        |  | 2             |  |
| <b>Wilson Park</b> 815 County Road F 1 block W. of Victoria, North of 694  |  | 13    | 2          | 1                |  |  |  |  |                               |                |  |  |  |  |        |  | 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.<br>651-748-2500<br><a href="http://www.co.Ramsey.mn.us">www.co.Ramsey.mn.us</a> |  | Acres | Boat Ramp   | X-Country Skiing  | Fishing   | Hiking Trails   | Hockey Rinks  | Golf Course   | Paths   | Picnic Areas  | Playground Eq. | Shelter   | Swimming  |
|--|--|-------|---|---|---|---|---|---|---|---|----------------|---|---|
| <b>Island Lake County Park</b><br>3611 Victoria Street   |  | 167   |  |   |  |   |   |  |   |  |                |  |   |
| <b>Lake Owasso County Park</b><br>370 N. Owasso Blvd.  |  | 9     |  |   |  |   |   |   |   |  |                |   |  |
| <b>Shoreview Ice Arena</b><br>877 Highway 96 (Hockey only)   |  |       |   |   |   |   |  |   |   |   |                |   |   |
| <b>Snail Lake Regional Park</b><br>580 Snail Lake Blvd.  |  | 400   |  |  |  |  |   |   |  |  |                |   |  |
| <b>Turtle Lake County Park</b><br>4979 Hodgson Road  |  | 9     |  |   |  |   |   |   |   |  |                |   |  |

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

## Winter Registration Schedule Shoreview Resident Priority

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

**Begins Monday, Dec. 2 at 8 A.M.**

## Annual Community Center Member Registration

**Begins Wednesday, Dec. 4 at 8 A.M.**

## General Registration

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

**Begins Friday, Dec. 6 at 8 A.M.**

### How to Register:

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

### Registering on-line is easy!

1. Go to [www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com) and click "Member Login".
2. Login with your user name and password
  - If you have never used our system before, you may create an account on-line
  - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651.490.4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "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? <input type="checkbox"/> Yes <input type="checkbox"/> No |     |           |                 |               |                   | <b>Total Amount Enclosed</b> \$ _____ |

**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.

# SHOREVIEW COMMUNITY CENTER

Family New Year's Eve

## Tropical Getaway

### HEY KIDS!

Make arts  
and crafts!

Get your  
face painted!

Play super  
fun games!

Crawl through  
the indoor  
playground!

Balloon  
Drop  
at 8:45PM!

Splash in  
The Tropics  
Waterpark!

Register in person or online at  
[www.shoreviewcommunitycenter.com](http://www.shoreviewcommunitycenter.com)

Find your Tropical Getaway at the Tropics  
Indoor Waterpark & Tropical Indoor Playground!

Youth \$9 (ages 1-17) Activity # 160103-01

Adult \$7 (ages 18+) Activity # 160103-02

**Tuesday, December 31st 6PM-9PM**

Bring the whole family to Shoreview's annual New Year's  
Eve Party! Concessions are available for an additional fee  
at the Wave Café. **Register by December 30th and save!**  
Price is \$10 at the door.

*Shoreview  
Community Center*

Tropics Waterpark  
& Fitness Center



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



# GEAR UP FOR THE HOLIDAYS!

No initiation fees | Affordable prices | State-of-the-Art fitness facility  
Comfortable atmosphere | Health insurance discounts available  
Variety of fitness classes including: Zumba®, Kettlebell & Tabata!

***Annual Membership Includes Access To:***

Fitness Center | 30% off Group Fitness Classes | Gymnasium  
Tropics Indoor Waterpark | Indoor Playground | Track | & more!

*Shoreview  
Community Center*



**Your Goals, Our Resources!**

651.490.4700 | [www.ShoreviewCommunityCenter.com](http://www.ShoreviewCommunityCenter.com)

