

SHOREVIEWS

Shoreview City Newsletter and 2014 Spring/Summer Recreation Catalog

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COUNCIL CONNECTION

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

Police

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

For non-emergencies call 651.484.3366
For emergencies call 911

Fire

Fire protection is provided by the Lake Johanna Fire Department.

For emergencies call 911 Dispatch
Non-emergency 651.767.0640

City Officials

Sandy Martin, Mayor

444 Lake Wabasso Court
Office: 651.490.4618
sandymartin444@gmail.com

Emy Johnson, Council Member

4700 Lorinda Drive
Home: 651.490.9779
emyjohnson26.2@gmail.com

Terry Quigley, Council Member

1212 Silverthorn Court
Home: 651.484.5418
tjquig@comcast.net

Ady Wickstrom, Council Member

1252 Silverthorn Drive
Home: 651.780.5245
ady@adywickstrom.com

Ben Withhart, Council Member

275 Demar Avenue
Cell: 952.292.4866
benwithhart@yahoo.com

Terry Schwerm, City Manager

Office: 651.490.4611
tschwerm@shoreviewmn.gov

Access Shoreview

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



Pictured back row, left to right: Ady Wickstrom, Terry Quigley and Emy Johnson.

Front row, left to right: City Manager Terry Schwerm, Mayor Sandy Martin and Ben Withhart.

In an effort to provide up-to-date information, the City publishes the **Council Connection** – a summary of major actions of the Shoreview City Council. The Council Connection, included in our e-newsletter **Access Shoreview**, can now be found right here in our official publication, **ShoreViews**.

RECENT COUNCIL ACTIONS

December 16 Meeting

- Approved the City's 2014 and 2015 biennial budget that includes a tax levy for 2014 of \$10,009,154 that covers all general fund operating costs, capital replacement fund levies, Economic Development Authority and Housing and Redevelopment Authority levies, and debt service costs. The total levy is an increase of 3.4% above 2013 and will result in a tax increase of less than \$20.00 on a \$224,500 home that increased in value by 1%.
- Adopted the 2014-2015 Capital Improvement Program that anticipates more than \$43 million dollars in capital expenditures during the next six years.
- Approved a comprehensive plan amendment, rezoning, and preliminary plat for a 77 unit Applewood Pointe senior cooperative for property at 4785 Hodgson Road and 506 Tanglewood Drive submitted by United Properties.
- Approved a rezoning and preliminary plat for a 25 lot single family residential development at 5878 Lexington Avenue submitted by Pulte Homes.

January 6 Meeting

- Reviewed a Planned Unit Development Concept Plan for a proposed 10 lot single family development at 244 Grand Avenue and 244 Owasso Boulevard North.
- Made appointments and re-appointments to the Bike and Trailways Committee, Economic Development Commission, Environmental Quality Committee, Human Rights Commission, Parks and Recreation Commission, Planning Commission, and Public Safety Committee.

January 21 Meeting

- Mayor Sandy Martin presented a proclamation to retiring Finance Director Jeanne Haapala for her 25 years of outstanding service to the City of Shoreview.
- Adopted resolutions amending two existing Joint Powers Agreements with the City of North Oaks for the provision of water service to small portions of their city. These water service agreements include a 25% rate surcharge and help maintain lower water rates for Shoreview residents.

February 3 Meeting

- Approved a comprehensive plan amendment and a planned unit development – development stage application to convert the former House of Dreams property, located at 4001 Rice Street, to Hummingbird Floral and Gifts.

Visit the City of Shoreview website: www.shoreviewmn.gov

On the cover: Kids love to cool off on Lake Johanna Fire Department's huge water slide at the Slice of Shoreview Days, as well as Shoreview's Wet-n-Wild free outdoor water slide at Commons Park. (Photo credit: Dan McMahon - danmcmahonphotography.com)

2014 State Of The City Address

Mayor Sandy Martin

As we begin 2014, I am reminded how fortunate we all are to live in Shoreview – a city that has an unparalleled quality of life. As a City Council, we pride ourselves on providing high quality services and programs for our residents, along with outstanding community amenities such as our park and trail system and our unique and well-utilized Community Center. The primary reason we have been able to maintain a consistently high quality of life is because, as a Council and community, we have committed to a set of core values. We are a City that:

- Preserves and protects the environment;
- Develops and maintains our park and trail system;
- Supports our business community in order to provide jobs, tax base and commercial services;
- Builds and maintains quality residential neighborhoods and provides a variety of housing choices;
- Provides a state-of-the-art community center that serves as a central gathering place for our residents; and
- Focuses on long-range financial planning and maintains its strong financial condition.

It is through these shared core values that we are able to maintain Shoreview as one of the premier suburban communities in the Twin Cities metropolitan area.

I would like to highlight some of the major accomplishments of 2013 and provide a look forward to some new projects that are on the horizon for 2014 and beyond:



Economic Development

One of the most exciting things that happened in Shoreview in 2013 was the opening of Trader Joe's Market in October, located at Lexington Avenue and I-694. The City Council and staff worked extraordinarily hard and provided incentives to insure that Trader Joe's would be the key anchor tenant for the new Red Fox Road retail development, which includes Leeann Chin and Chipotle.

A new TCF branch bank also opened at the corner of Red Fox Road and Lexington Avenue replacing the former Sinclair gas station.

Two of Shoreview's larger high tech companies, PaR System and TSI, Incorporated, expanded their presence in Shoreview with major expansions in 2013.

These expansions added more than \$8 million in new market value tax and are expected to add more than 200 new jobs. Again, the City provided some limited financial assistance with both of these expansions and was recognized by the Economic Development Association of Minnesota for these projects with the Business Retention Project of the Year Award.



The City continues to expand the housing choices that are available in the community. Lakeview Terrace, a new market rate apartment complex is currently under construction at the southeast corner of County Road E and Victoria Street. This new six-story 104-unit upscale apartment project is a redevelopment of the former Midland Plaza retail center. This development is a public/private partnership with the owners of Midland Terrace and it involved substantial public investment to realign Owasso Street with County Road E and substantially improve motorist and pedestrian safety and efficiency. The developer is investing more than \$20 million into this project which will be the first new market rate apartments in Shoreview in several decades.

In addition, the City Council recently approved a 77-unit Applewood Pointe senior cooperative facility for United Properties on the current Kozlak's site at Tanglewood Drive and Hodgson Road and a new 25-lot single-family residential subdivision for Pulte Homes along Lexington Avenue near the north water tower. It is anticipated that construction will begin on these new developments during 2014, further expanding housing options in the community.

2014 State Of The City Address



Community Center, Parks and Trails

The Shoreview Community Center continues to serve as the primary social, cultural and recreational gathering place for the community. According to our recently completed community survey, more than 50% of the community indicated that members of their household use the Center and resident membership numbers continue to increase. In addition to our full service fitness center, with attractions like the Tropics Indoor Water Park and Tropical Adventures Indoor Playground, it is not surprising that the Shoreview Community Center is one of the best places for family fun and fitness. For residents that are interested in better health and wellness in a great community atmosphere, I encourage you to consider one of our very affordable memberships for you or your family. During 2013, we also started to explore a potential expansion to the Community Center to better accommodate growth in our membership and recreation programs. It has been more than a decade since our last renovation and we hope to complete this analysis within the next few months.



Our Parks and Recreation Department also does a great job of planning numerous activities and events at the Community Center. In 2014, we look forward to the return of our popular Farmers' Market held on Tuesdays from mid-June through mid-October, the Concert in the Commons Summer Music Series on most Wednesday evenings during the summer months, and our Friday Night Flix movie nights in

August and September. Our largest annual event, the Slice of Shoreview Days will be held this year on July 25-27, 2014 at Island Lake County Park. Many thanks to our Slice of Shoreview committee, which has planned and organized this great community festival for more than 20 years.

The City completed a major renovation of Bucher Park during 2013, after months of planning and coordination with the Park and Recreation Commission and the surrounding neighborhood. All of the renovations, including a new entry plaza, expanded trail connection, new playground equipment, and two new picnic shelters, were completed in the fall and we anticipate a grand reopening celebration to be held early this summer. These park improvements are consistent with a Master Plan that was developed for the City's entire park system in the mid-2000's.



The City's trail and sidewalk system is our most widely used recreational amenity in the City with 56% of residents using the trails at least weekly according to our community survey. During 2014, the City will explore extending the trail along the east side of Lexington Avenue north of Royal Oaks Drive. Our Bikeways and Trails Committee and staff continue to look for opportunities to further expand the trail and sidewalk system.

Environmental Initiatives

During 2013, the City received recognition from the League of Minnesota Cities as a Step 2 Green Step City; and we also are participants in the Urban Land Institute's Regional Indicators Program. These programs look at a variety of environmental measures and will help the City become more sustainable in the future. During 2013, we also received a Blue Star Award for stormwater management and an award from the Ramsey Washington Metro Watershed District for the Commons Pond natural landscape buffer, which is a volunteer initiative.

2014 State Of The City Address

Shoreview is also planning to continue its efforts to limit the spread of the Emerald Ash Borer and protect our urban forest. As most people know, the Emerald Ash Borer has been discovered in the Shamrock Park neighborhood in northern Shoreview and continues to spread eastward. In 2013, nearly 200 residents took advantage of a new City program that provides affordable ash tree injections that protect ash trees. This program will be available again in 2014 and we hope even more residents decide to protect their ash trees from being infested by the Emerald Ash Borer. We are also encouraging residents to diversify the tree species in their yard.

Our Environmental Quality Committee is again hosting its annual Environmental Speaker Series. Each month from January through April, the EQC will have a different guest speaker talking about a variety of environmental topics.

Financial Condition

The City has continued its emphasis on long-range financial planning by adopting our Five-Year Operating Plan that establishes financial targets for all of our funds, as well as our second two-year budget. This focus on long-range financial planning is a key reason the City has been able to obtain a AAA bond rating from Standard & Poors, the highest rating available. Our long-term Finance Director Jeanne Haapala has been the driving force behind the City's long-range financial planning efforts and we wish her well as she plans to retire at the end of January. We are fortunate that our Assistant Finance Director Fred Espe, who has worked for the City for 15 years, is well prepared to step into the Finance Director position and continue our sound financial planning standards.

The City Council and staff have also worked hard to maintain our tax and spending at a reasonable level compared to other similar cities. In 2013, city property taxes on a median value home of \$222,200 were \$758, which is 6th lowest of 28 similar sized communities, about 21% below the average property tax bill of \$960. Shoreview's total spending per capita is also the 6th lowest of these comparison cities at \$1,076, which is 23% below the average of \$1,398. As a City Council, we believe these tax and spending measures are valuable indicators and clearly demonstrate our ongoing commitment to ensure that our services, programs and facilities continue to be affordable for our residents.



Conclusion

Speaking on behalf of our City Council, I know we all take tremendous pride in our recently completed community survey which showed that 99% of our residents rate the quality of life in Shoreview as either good or excellent. The 58% that rate the quality of life as excellent is one of the highest percentages in the metropolitan area. Further, an amazing 94% of residents believe the City is headed in the right direction. This represents a 10% improvement from the survey done three years ago and helps to reaffirm our commitment to the core values that we have established.

I would like to thank all of the members of our committees and commissions for their help and guidance during the past year; and our community organizations such as the Shoreview Community Foundation, Historical Society, Gallery 96, and Shoreview Northern Lights Variety Band who help build civic pride. I would also like to thank our City staff for working hard each and every day to provide great customer service and quality programs.

Finally, many thanks to my colleagues on the City Council who are both talented and dedicated and have helped make Shoreview a great place to live, work and play. As a group, we remain committed to providing an open and accessible government and are working hard to consistently improve our communications with our residents. Our expanded and improved ShoreViews newsletter and new web site design that was unveiled earlier this year are assisting us in these enhanced communication efforts.

It is truly an honor to serve as Mayor of our great City and I look forward to working with you during 2014. Happy New Year!

Channel 16 City Meeting Broadcast Schedule

Tune in to CTV Channel 16 for access to public meetings, community events and other local government information.

Shoreview City Council Meetings

Live: Every first and third Monday of the month at 7 P.M.

Replays: Monday, Wednesday, Friday and Saturday at 12:30 P.M. and 7 P.M.
Tuesday, Thursday and Sunday at 12:30 A.M., 8 A.M. and 3 P.M.

Shoreview Planning Commission Meetings

Live: Every fourth Tuesday of the month at 7 P.M.

Replays: Monday, Wednesday, Friday and Saturday at 12:30 A.M. and 8 A.M.
Tuesday, Thursday and Sunday at 7 P.M.

Spring Hydrant Flushing Begins Late March - Early April

City Utility Maintenance Crews will carry out our biannual flushing program in late March/early April to clean sediment from water mains and ensure proper operation of hydrants and valves.

You may notice a color change in your tap water following the flushing of the water main. The discoloration is normal and will last only a short time after the nearby hydrants have been flushed. The discolored water is safe for drinking, but you may choose to reschedule laundry or other work that may be affected by discoloration.

If you have any questions, call 651.490.4660. Information on exact dates of flushing will be posted at www.shoreviewmn.gov in mid-March.



Annual Spring Street Sweeping

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

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

Crews work between the hours of 5 A.M. and 8 P.M. Exact dates are heavily dependent on weather, so please be sure to check www.shoreviewmn.gov for updates.



Shoreview Salary Data

Minnesota state law requires that a city with a population of more than 15,000 residents must annually notify its residents of the positions and base salaries of its three highest-paid employees. For the City of Shoreview, as of January 2014, positions and salaries include:

- City Manager \$147,660
- Finance Director \$132,829
- Assistant City Manager/Community Development Director \$128,024

2014 Official City Newspaper

The Shoreview City Council has designated the Shoreview-Arden Hills Bulletin as the official legal newspaper for the year 2014 for legal and public hearing notices.

Council Recognizes Retiring Finance Director

At the January 21, 2014 meeting, the City Council presented a proclamation to long-time Finance Director Jeanne Haapala, who retired on January 31, 2014. The proclamation recognized Jeanne's many accomplishments during her 25 years with Shoreview, including the creation of several long range planning tools that helped the City earn a AAA bond rating from Standard and Poor's, and receiving the League of Minnesota Cities Leadership Award for outstanding contributions to municipal government and the City of Shoreview.

In Jeanne's last monthly report, she noted that "It has been my privilege to serve the City Council and citizens of Shoreview in developing sound financial policies and practices that endure the test of time, and that help keep Shoreview competitive and financially sound." She added, "Without question, working at Shoreview has been the

highlight of my career. Thank you for placing trust in me, for allowing me the freedom to pursue new ideas, and the professionalism shown to me these many years."

Shoreview Mayor Sandy Martin commented, "Jeanne's leadership, dedication and innovation will be greatly missed by the City Council. We are fortunate that longtime Assistant Finance Director Fred Espe is well prepared to step into the Finance Director position and will continue to focus on the long range financial planning practices that Jeanne has established as the standard in our City."



Build a Burger for the Troops:

Beyond the Yellow Ribbon of Suburban Ramsey County volunteers serve up burgers and fries at the White Bear Lake VFW, 4496 Lake Ave. S., every second Monday of the month from 5 to 8 P.M. Stop by for dinner and show your support for our Service members, veterans and their families!



Rain Barrel and Compost Bin Sale

Reduce your yard waste and conserve some water!

Head to the Recycling Association of Minnesota (RAM) website at www.recycleminnesota.org/programs/sale-events to order a rain barrel and/or a compost bin through the City of Roseville's Annual Sale.

You must pre-order and pick up.

Thinking About Home Improvements?

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

Our services are provided free!
651-486-7401



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



Be a Good Neighbor

Proper Storage of Garbage and Recycling Containers

A frequent complaint the City receives from our residents relates to the storage of garbage, yard waste and recycling containers. Many residents throughout the community commonly store garbage containers in the front of the garage or on the side of the house where they are very visible to the neighborhood. While this may be convenient, containers kept in the front of your home in plain sight of your neighbors can negatively impact visual appearance of a neighborhood.

City of Shoreview regulations require **all garbage, yard waste and recycling containers be stored within a fully enclosed building (typically a garage) or properly screened from view** from adjoining properties and the roadway. Containers **should not be stored outside in front of the home or garage** or on the side of garage, unless screened with fencing or sufficient landscaping. They can also be stored inside the garage.

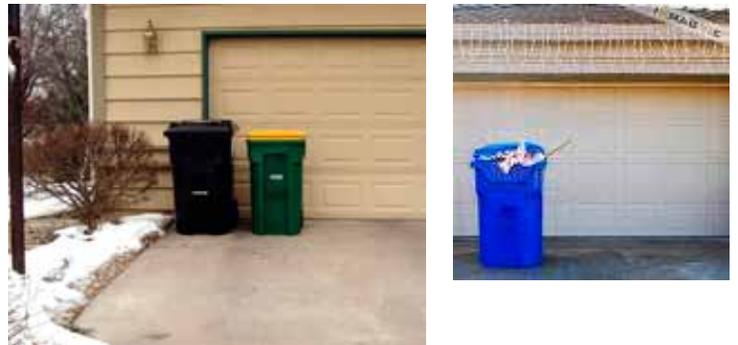
RIGHT!

Properly Screened



WRONG!

Improperly Stored



Be a Good Neighbor

It is important that every resident take responsibility for maintaining their home and property. Homes in disrepair, unsightly yards and old vehicles and equipment stored outside not only negatively impacts the value of that property, but reflects poorly on adjacent homeowners and your neighborhood.

Questions or Need Information?

For more information on housing and property maintenance regulations, contact the City's Code Enforcement staff at 651.490.4687.

Celebrate Spring with Shoreview's Annual Tree Sale

The City is pleased to once again offer residents an annual tree sale to diversify Shoreview's tree species and encourage replanting of trees because of the Emerald Ash Borer found in the community. We encourage residents to plant a wide variety of trees – it will make your yard and the City's community forest more resilient. Residents can purchase up to 4 trees per household at wholesale prices. Tree orders are due by April 18th, and the trees will be delivered by City crews in mid-May. The nursery will not guarantee trees at wholesale prices, so please be prepared to plant and care for the trees properly.



River Birch Clump



Prairifire Crabapple



Princeton Elm



Hackberry



Swamp White Oak



White Pine



Black Hills Spruce

River Birch Clump

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

Prairifire Crabapple

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

Princeton Elm

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

Hackberry

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

Swamp White Oak

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

White Pine

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

Black Hills Spruce

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

2014 Tree Order Form

Name: _____

Address: _____

Telephone: _____ Cell phone: _____

Email address: _____

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

SPECIES	CONTAINER SIZE	COST	QTY	SUBTOTAL
River Birch Clump	#10	\$85		
Prairifire Crabapple	#10	\$85		
Princeton Elm	#10	\$85		
Hackberry	#10	\$85		
Swamp White Oak	#10	\$99		
White Pine	#20	\$109		
Black Hills Spruce	#20	\$120		
TOTAL (Tax & delivery is included)				\$

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

Please make checks payable to the City of Shoreview and mail completed form and check by **April 18th** to:

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

Late orders will not be accepted.



2014 Spring Cleanup Day

Saturday, May 17, 2014 – 8 A.M. to 3 P.M.

Highway 96 and Hamline Avenue

- The City of Shoreview will begin a pilot program in 2014 offering a **FREE** cleanup day.
- *No fees – no excuses!*
- Watch for more details in the May/June 2014 issue of ShoreViews, and visit the City’s website at www.shoreviewmn.gov.



A new wrinkle to your spring cleaning!

THE SHOREVIEW ENVIRONMENTAL QUALITY COMMITTEE PRESENTS

The 2014 Environmental Speaker Series:

Our Neighborhoods, Our Environment

March 19

We All Live on Waterfront Property

*Jessica Bromelkamp
Rice Creek Watershed District*



Water is on the move and it is carrying just about anything in its way with it. Without your help, this can have serious consequences for nearby lakes and streams. Come learn about the Watershed District’s role in monitoring and improving our water resources as well as the many ways you can help!

April 16

Solar Success Stories

*John Suzukida
EQC Committee Member*



Solar energy has been around a long time (okay, a really long time!) This session will dive into some examples of how it has been used successfully. Hear about new “Community Solar” programs in Minnesota, recent legislation, and real solar installations in Shoreview – both residential and commercial.

Starts at 7 P.M. in the Shoreview City Council Chambers

Call 651-490-4665 for more information



Metro Paint-A-Thon

Each year, on the first weekend in August, Metro Paint-A-Thon rallies volunteer teams from corporations, congregations, and civic groups to paint the homes of seniors and people with disabilities. The program helps homeowners remain living independently in their own homes and improves neighborhoods throughout the Twin Cities seven-county metropolitan area. Since 1984, Metro Paint-A-Thon volunteers have painted more than 6,000 homes. **All of this is done at no cost to the homeowner.**

Paint-A-Thon welcomes referrals and accepts applications from all eligible homeowners. To be considered, completed applications must be received by **April 14, 2014**. Selected homeowners are notified by mail in early **July** of each year.

To qualify, the **applicant** must meet the following criteria:

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

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

Household Size	1	2	3	4	5
Monthly Income	\$1,900	\$2,500	\$3,100	\$3,700	\$4,300

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

For more information, including a copy of the application, you can go to the following website: <http://paintathon.gmcc.org/>.

You can also find further information on the City website www.shoreviewmn.gov or contact the Shoreview Community Development Dept. at (651) 490-4680.

Is Your Teen Looking For Work This Summer?

Young people ages 15 and older can get great summer jobs in a supportive setting through Northeast Youth & Family Services' Senior Chore Program.

NYFS is a non-profit social service and mental health agency based in the northern suburbs. Their Senior Chore Program connects youth and adult workers with seniors in need of help with indoor and outdoor chores. Youth can earn \$10 to \$12 per hour as independent contractors for these services. This is an ongoing, part-time (5-10 hours per week) job opportunity. Youth can sign up now and start work immediately or wait until summer break begins.

Applicants 18 and over must pass a criminal background check. Youth between the ages of 15 to 17 must have parental permission and attend an orientation session with their parents before beginning work. All applicants must have access to reliable transportation.

For more information about job opportunities, please call NYFS' Senior Chore Program at 651.379.3451. For more information about NYFS, please visit us on the web at www.nyfs.org.



NYFS' Senior Chore Program connects youth and adults with seniors in need of help with indoor and outdoor chores – offering a great summer job opportunity in a supportive setting.



The Shoreview-Einhausen Sister City Association (SESCA) has just finished celebrating its tenth anniversary with a memorable journey to Germany last August for 15 local residents and the gifting of a nine-foot-tall aluminum rooster (or ‘Giggel’ in German – their town’s symbol). This rooster arrived Nov. 8th after a long voyage by ship, to the delight of the townspeople. It was purchased and sent by the group and other generous Shoreview area residents.

We are also unveiling a new logo. Proud to have worked with Shoreview designer Aaron Stottlemeyer, the finalized logo highlights elements symbolic of both cultures.

SESCA, as a volunteer community group, is committed to promote friendship and international goodwill by creating opportunities for Shoreview area citizens to experience German culture through a variety of social, educational, economic, municipal, and cultural activities. We do this by hosting both formal and informal dinner gatherings, trips for local citizens, offering scholarships for German language learners, and chances to host Germans when they visit our area.

Join us at our monthly meetings and learn about our volunteer opportunities. Please visit our website at www.sesca.org or find us on Facebook.

The Shoreview NORTHERN LIGHTS VARIETY BAND

Want to play band music? Meet new people? Serve your community? Have fun? Then you are ready to join the Shoreview Northern Lights Variety Band (SNLVB)! Band membership is open to wind instrument and percussion players 16 years of age or over. The band rehearses at the Shoreview Community Center on Tuesday evenings, 7 P.M. to 9 P.M. Auditions are not required.

Under the guidance of Music Director Merle Danielson, the band has 70 members who come from all walks of life and share a common interest in concert band music and community service. In 2015, the band will travel to and perform concerts in Shoreview’s Sister City, Einhausen, Germany and other European locations. The SNLVB is a 501(c)(3) non-profit organization and is governed by a Board of Directors. Visit www.snlvb.com for more information.

Save the Date! Spring Concert on Saturday, May 10, 2014 at 7:00 P.M. – North Heights Lutheran Church, Arden Hills. This free concert will be a tribute to current and past members of the United States Armed Forces.

Shoreview Community Foundation Invites 2014 Grant Requests

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

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

Letters of inquiry proposing 2014 grant projects should be submitted to the Shoreview Community Foundation by March 31. Initial inquiries must only contain a brief description of the project, the geographic area served and the amount requested. If the project is a strong candidate for funding, a full grant application will be sought.

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

Skiing in Shoreview



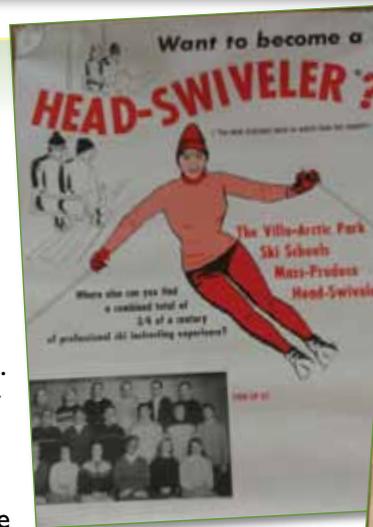
As another ski season wraps-up, Shoreview residents might be surprised to learn that there were once two ski hills in the middle of Shoreview, both on Victoria Street.

Shoreview resident Brock Harmon recalls, “In the early to mid 1950’s, my dad, Gaius Harmon, Jr. and his buddy since grade school, John Ernst, ran the Snail Lake Ski Area just off Victoria Avenue and going down to the (Snail) lake. They leased the land and cleared the trees to create a few good runs.”

By the time there was enough snow for skiing, the lake was frozen enough to use for parking. The wood from the cleared trees supplied the fuel to heat the warming house/chalet. The interior of the chalet, paneled in knotty pine, was heated with a wood burning stove.

The two entrepreneurs had a unique tow rope system. John, a summer race car driver, would use one of the race cars (with the fender removed) to drive the rope-tow that took the skiers back to the summit of the hill. According to son Brock, “the safety gate at the top of the tow was a critical feature to minimize injuries. Tripping this gate stopped the rope-tow.” After checking on the condition of the skier, the signal was sent to start the car (and the tow) again!

The second hill was located near Gramsie Road. Marge Chandler Johnson, sister of Mayor Sandy Martin, recalls that she was a ski instructor at the ski hill named Arctic Park, then owned by John Risdall. Skiing was only held at night, and almost all of the students were beginners. She was the author of the “Head Swiveler” slogan on the poster, which features all the fully-certified instructors. Her husband, Skip Johnson (also a former instructor), commented that the top of the hill, where the chalet was located, was very steep, while the bottom was very gentle. If a skier missed the first two turns, they were “going Mach 10 at the bottom.”



Included in the front row: Marge Chandler Johnson, Mary Patterson, Katie Niessen, Skip Johnson, Sandi Johnson, and Sue Vance.

Included in the middle row: Tony Aldrich, and Bill Niessen.

Included in the top row: Bill Atkins, Jim Niessen, and J.O. Thompson.

If you can identify anyone else in the group photo, or if you have memories or photos of the Snail Lake Ski Area or Arctic Park, please contact Shoreview Historical Society President Jacci Krebsbach by email at jaccikrebsbach@comcast.net or call 651-483-2416.

The Shoreview Community Garden Club

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

Scholarships Available

Scholarship applications are now available from the North Suburban Communications Commission (NSCC) for students whose primary field of study is Communications, Journalism, Television Production, Video Engineering or similar course of study. Visit www.ctvnorthsuburbs.org for more details and to download an application. Applications can also be picked up at Shoreview City Hall, or call the NSCC office at 651-792-7500. Deadline is April 11, 2014 at 4 P.M.

SHOREVIEW CALENDAR

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

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

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

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

MARCH 2014

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

APRIL 2014

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

MAY 2014

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

JUNE 2014

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

Federal Elected Officials

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

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

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

State Elected Officials

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

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

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

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

County Elected Officials

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

Post Office – Retail Center

4390 McMenemy Street
Vadnais Heights, MN 55127
Phone: 651.481.1951

Animal Control

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

For other emergencies, call 911.

All impounded animals will be held at the following location:
Hillcrest Animal Hospital
1320 Highway 61
Maplewood, MN 55109
651.484.7211
Mon, Wed and Fri 8 A.M. – 6 P.M.
Tues and Thurs 8 A.M. – 8 P.M.

Police

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

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



Fire

For emergencies, call 911
Dispatch, Non-emergency 651.767.0640

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



Ambulance & Paramedic

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

Ramsey County Library – Shoreview

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

Hours:

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

Public Transportation

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

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

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

Community Support & Resources

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

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

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

GENERAL INFORMATION AND HOURS



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



Call for More Information

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

Daily Fees

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

	Rate	Shoreview Resident
Daily Pass		
Adult (18 and over).....	\$ 9.75	\$ 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.		
Indoor Playground Only (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** (through June 5, 2014)	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 8:00 P.M.	8:00 A.M. – 8:00 P.M.
Tues & Thurs	5:00 A.M. – 10:00 P.M.	6:00 – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Friday	5:00 A.M. – 10:00 P.M.	4:00 – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 7:45 P.M.	8:00 A.M. – 8:00 P.M.
Sunday	6:00 A.M. – 8:00 P.M.	Noon – 6:00 P.M.	8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651.490.4700 for specific information.

Easter, April 20	6:00 A.M. – Noon	Closed	8:00 A.M. – Noon
Monday, May 26	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
Friday, July 4	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
Monday, Sept. 1	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.

**See page 18 for extended waterpark hours on school's out days. Starting June 6, the waterpark will be opening at noon daily.

Lap Swim Hours

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

Kids Care

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

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

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

Drop-in Pickleball See page 74 for more information.

Membership Fees

	Rate*	Shoreview Resident*
Annual Membership¹		
Family.....	\$ 756.00.....	\$ 597.00
Dual.....	\$ 664.00.....	\$ 530.00
Adult.....	\$ 445.00.....	\$ 345.00
Youth/Senior.....	\$ 355.00.....	\$ 282.00

Annual Membership Billed Monthly¹ (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

¹There 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.

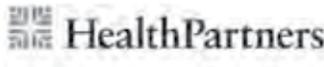
Fees are subject to change. We welcome payment by Visa and Mastercard.  

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.



Waterpark Hours

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

Holiday & School's Out Hours

March 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 21Noon – 9:45 P.M.
 April 18Noon – 9:45 P.M.
 April 20Closed
 May 26.....Noon – 5:45 P.M.
 July 4Noon – 5:45 P.M.
 September 1.....Noon – 5:45 P.M.



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

Starting June 6, the water park will be open at noon daily.

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

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

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

Pool Information

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



**Dive-In Movie
March 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.

Easter, April 20 8:00 A.M. – 12:00 P.M.

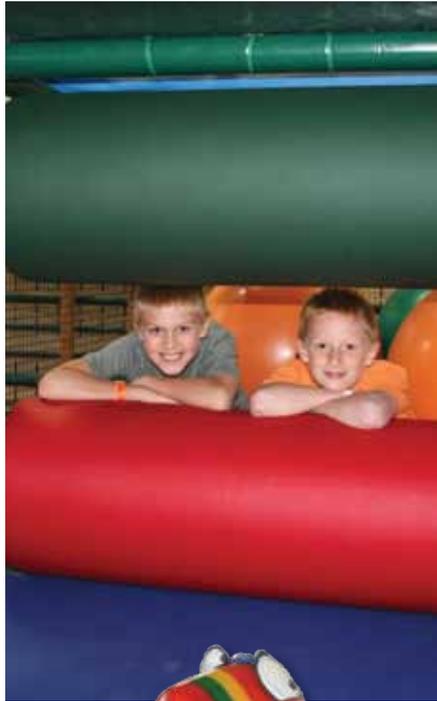
May 26 8:00 A.M. – 6:00 P.M.

July 4 8:00 A.M. – 6:00 P.M.

September 1 8:00 A.M. – 6:00 P.M.

General Information

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



Kids Care

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

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

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

**Friday
4:00 P.M. – 8:00 P.M.**

Closed May 26, July 4, Sept. 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 ROOM PACKAGE

Rate*: \$180; \$164 Shoreview Residents

The Shoreview Community Center can accommodate larger groups, (up to 50 people) in our combined, private, poolside party rooms called Beach Comber Bay and Coconut Cove. **Available:** Fridays at either 5:00 p.m. or 7:30 p.m., or Saturdays at 5:30 p.m. during regular pool hours. Your group may bring in your own food or you may purchase food from our Wave Café. **Package includes:** 2 hours in the private rooms, for up to 50 people, and 10 admission wristbands for full day use of Tropics Indoor Waterpark and Tropical Adventures Indoor Playground. Additional wristbands may be obtained at our group rate when purchased within one transaction.

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 on the day of your event at our cashier on the lower level.



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 pricing.
- Reservations are required for groups of 32 or more people.
- \$100 initial payment required at time of booking
- Call 651.490.4790 for group rate to ask questions, and to book your reservation.

*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 ParkSeats 35
McCullough Park.....Seats 15	Commons ParkSeats 20
SitzerSeats 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. Refundable damage deposit required for Saturday and Sunday rentals.

Island Lake Room

Our new Island Lake Room is comfortable and quiet, suitable for all your meeting needs. Enjoy the window lighting as well as the on-site audiovisual equipment, including an interactive white board.

- Island Lake Room is rented in 2-hour blocks of time.

Rate: \$70; \$55 Shoreview Resident

*Sales tax will be added to rate.



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

SUMMER RECREATION PROGRAMS

REGISTRATION SCHEDULE

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

Shoreview Resident Priority

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

Begins Monday, March 10 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, March 12 at 8 A.M.

General Registration

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

Begins Friday, March 14 at 8 A.M.

*See page 82 for registration information.

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5 EASY WAYS TO REGISTER

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



Scan with Smartphone to register.

Shoreview Parks and Recreation

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

Office Hours

Monday – Friday 8:00 A.M. – 4:30 P.M.

MARCH 2014

SUN	MON	TUE	WED	THURS	FRI	SAT
Drop-In Pickleball every Mon, Wed, & Fri through May 30. 8:30 a.m. - 11 a.m. Gym closes at 10 a.m. on the following dates: Mar. 14, 17, 19, 21; Apr. 4, 25; May 23, 26						1
AARP's Tax Aide volunteers will provide FREE tax assistance to seniors and low income taxpayers. Request an appointment online or by calling 651.490.4750. Income Tax Aide: Wednesdays, now through April 9. Property Tax Aide: Wednesday, April 16						Celebrate Sues
2	3	4 Lifesaving Merit Badge Dino-mite Night	5	6 Smart Driver Course	7 Dive-in Movie	8 Snorkeling
9	10 Shoreview Resident Priority Registration begins @ 8 a.m.	11	12 Annual CC Members Registration begins @ 8 a.m. Book Club	13 Waterpark opens @ noon	14 General Registration begins @ 8 a.m.	15 Babysitting Clinic
Free & Specialty Classes offered March 17 - March 23						22 Tumbling & Swim Lessons Begin
16	17	18 Smart Driver Course	19	20	21 Bingo & Banana Splits	
Waterpark Opens @ Noon						29 Bugs & Butterflies
23	24	25	26	27	28	
Spring Group Fitness Session begins March 24						

APRIL 2014

SUN	MON	TUE	WED	THURS	FRI	SAT
		1	2 Smart Driver Course	3	4	5
6	7	8	9 Book Club	10	11	12 Egg Hunt Babysitting Clinic
13	14	15 CPR/AED Class	16 Apollo Presentation Property Tax Aide 9 a.m. - 1 p.m.	17 First Aid Class	18 Waterpark opens @ noon	19
20 Easter No Fitness Classes	21	22 Smart Driver Course	23	24	25	26 All About Boating
Summer Youth Sports Leagues Registration Deadline April 25						
27	28	29	30 CPR/AED Professional Rescuer REVIEW			

MAY 2014

SUN	MON	TUE	WED	THURS	FRI	SAT
				1	2	3
						Lifeguarding Class Begins
4	5	6	7 The Church Basement Ladies In: The Last (Potluck) Supper Smart Driver Course	8	9	10
11	12	13	14	15	16	17
		Spring Tea	Book Club			Babysitting Clinic
18	19	20	21	22	23	24
		Smart Driver Course				
25	26 Memorial Day No Fitness Classes CC Closes @ 6PM	27	28	29	30	31
		Waterpark opens @ noon				

JUNE 2014

SUN	MON	TUE	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
<ul style="list-style-type: none"> Adventure Quest Playgrounds begin June 9! A variety of sports camps are offered weekly during the summer. 						Lifeguarding Class Begins
Youth Sports Leagues begin this week!						
Beginning June 6, the Waterpark Opens @ Noon Daily						
8	9	10	11	12	13	14
	Free & Specialty Classes offered June 9 - June 16					
			Book Club			Lifesaving Merit Badge
Summer Programs begin June 9						
15	16 Swimming Lessons Session 1 Puppet Wagon	17 Farmer's Market: Watermelon Madness	18 Divas Through the Decades	19	20 Wet & Wild	21 Friday Field Trip: Water Park of America
Summer Group Fitness Session begins June 16						
22	23	24	25	26	27	28
	Puppet Wagon	Farmer's Market	JimTones		Friday Field Trip: Grand Slam & Flaherty's	Babysitting Clinic
29	30 Swimming Lessons Session 2 Puppet Wagon					

JULY 2014

SUN	MON	TUE	WED	THURS	FRI	SAT
		1	2	3	4	5
		Farmer's Market: Red, White & Blueberries	Tom Hunter Band		Independence Day No Fitness Classes CC closes @ 6PM	
6	7	8	9	10	11	12
		Farmer's Market	Forty Shades of Green & Rince Na Chroi Book Club		Wet & Wild	Babysitting Clinic
13	14 Swimming Lessons Session 3 Puppet Wagon CPR/AED Class	15 Farmer's Market First Aid Class	16 Dan Perry & Ice Cream	17	18 Adventure Quest Carnival Snorkeling	19
20	21	22 Farmer's Market Swimming Merit Badge & Snorkeling	23 Lifesaving Merit Badge Northern Lights Variety Band	24 Ring of Fire: The Music of Johnny Cash	25 Friday Field Trip: Sea Life Aquarium & Nickelodeon Universe	26 Babysitting Clinic
Fall Youth Sports Leagues Registration Deadline July 25						
27	28 Swimming Lessons Session 4 Puppet Wagon	29 Farmer's Market	30 Jason Weismann	31	Slice of Shoreview July 25-27 Island Lake County Park	

AUGUST 2014

SUN	MON	TUE	WED	THURS	FRI	SAT
					1	2
					Friday Field Trip: Cascade Bay	
3	4	5	6	7	8	9
					Friday Night Fix: Cloudy with a Chance of Meatballs 2 Snorkeling	Babysitting Clinic
10	11	12	13	14	15	16
	Swimming Lessons Session 5	Farmer's Market: Family Day	Songblast Running Aces Harness Track & Dinner Book Club			
17	18	19	20	21	22	23
		Farmer's Market			Friday Night Fix: Monsters University	Babysitting Clinic
24	25	26	27	28	29	30
		Farmer's Market				
31	Back to School Discovery Camp					

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

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

Private or semi-private lessons are available. One-on-one attention may be just what is needed to advance levels or gain that confidence in the water. Private lessons are available for all levels, ages 3 to adult. Adults should contact the Aquatic Coordinator at 651.490.4766 to request an adult swim lesson instructor. Available private lessons are located on pages 30-33.

FREE SWIM CHECKS

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

Location: Shoreview Community Center Pool

Time: 11:00 A.M. – 12:00 P.M.

Saturday, March 15, Sunday, March 16, Sunday, May 25,

Saturday, May 31 and Saturday, June 7

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

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. **This class is one hour.**

Session 4: July 28 – Aug 7 9:40 A.M. – 10:40 A.M.
\$109; \$99 Shoreview Resident..... **Activity # 330109-01**

Tu/Th: Session 3: August 5 – August 28..... 7:05 P.M. – 8:05 P.M.
\$109; \$99 Shoreview Resident..... **Activity #330109-02**

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.



Synchronized Swimming (SS)

Sundays, Jun. 22 – Aug. 17 (no class July 6) 6:55 P.M. – 7:30 P.M.
\$73; \$66 Shoreview Resident..... **Activity # 330118-01**

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

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



SUMMER MORNING SESSIONS Monday – Thursday

SESSION 1 June 16 - June 26

Time	Level	Activity #
Morning		
8:10 AM	L1	330101-01
	L2	330102-01
	L3	330103-01
	PR	330114-01
	PR	330114-02
	PR	330114-03
8:55 AM	PS	330111-01
	L1	330101-02
	L2	330102-02
	L2.5	330112-01
	L2.5	330112-02
	L3	330103-02
	L4	330104-01
	L5	330105-01
	YB	330113-01
	PR	330114-04
	PR	330114-05
	PR	330114-07
9:40 AM	PS	330111-02
	L1	330101-03
	L2	330102-03
	L2.5	330112-03
	L2.5	330112-04
	L3	330103-03
	L4	330104-02
	L6	330106-01
	PR	330114-06
	PR	330114-07
	PR	330114-08
	PR	330114-09
10:25 AM	MR	330117-01
	PS	330111-03
	L2.5	330112-05
	L3	330103-04
	YB	330113-02
	PR	330114-08
11:10 AM	PR	330114-09
	PR	330114-10
	PS	330111-04
	L1	330101-04
	L2	330102-04
	L3	330103-05
PR	330114-11	
PR	330114-12	
PR	330114-13	

SESSION 2 June 30 - July 10

Time	Level	Activity #
Morning		
8:10 AM	L1	330101-05
	L2	330102-05
	L2.5	330112-06
	L3	330103-06
	YB	330113-03
	PR	330114-14
8:55 AM	MR	330117-02
	PS	330111-05
	L1	330101-06
	L2	330102-06
	L2.5	330112-07
	L3	330103-07
	L4	330104-03
	JL	350305-01
	PR	330114-15
	PR	330114-16
	PR	330114-16
	PR	330114-19
9:40 AM	PS	330111-06
	L1	330101-07
	L2	330102-07
	L2.5	330112-08
	L4	330104-04
	L5	330105-02
9:45 AM	PR	330114-17
	PR	330114-18
	PR	330114-19
	SF 1&2	330110-01
	L1	330101-08
	L2	330102-08
10:25 AM	L2.5	330112-09
	L3	330103-08
	YB	330113-04
	PR	330114-20
	PR	330114-21
	PR	330114-21
11:10 AM	L1	330101-09
	PR	330114-22
	PR	330114-23

SESSION 3 July 14 - July 24

Time	Level	Activity #
Morning		
8:10 AM	PS	330111-07
	L1	330101-10
	L2	330102-10
	L3	330103-09
	YB	330113-05
	PR	330114-24
8:55 AM	PR	330114-25
	PS	330111-08
	L1	330101-11
	L2	330102-11
	L2.5	330112-11
	L2.5	330112-12
	L3	330103-10
	L4	330104-05
	PR	330114-26
	PR	330114-27
	PR	330114-28
	PR	330114-28
9:40 AM	PS	330111-09
	L1	330101-12
	L2	330102-12
	L2.5	330112-13
	L3	330103-11
	L4	330104-06
10:25 AM	YB	330113-06
	PR	330114-29
	PR	330114-30
	MR	330117-03
	L2	330102-13
	L2.5	330112-14
11:10 AM	L2.5	330112-15
	L3	330103-12
	L5	330105-03
	PR	330114-31
	L1	330101-13
	L4	330104-07

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

June 30 - July 23

Time	Level	Activity #
Morning		
11:10 AM	L2	330102-09
	L2.5	330112-10
	PR	330114-B7
	PR	330114-B8

July 28 - Aug 20

Time	Level	Activity #
Morning		
11:10 AM	MR	330117-04
	L2.5	330112-20
	PR	330114-40
	PR	330114-41

AQUATIC KEY

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

LESSON RATES

8 Lessons

Group

\$73; \$66 Shoreview Resident

Private

\$146; \$134 Shoreview Resident

Semi-Private

\$111; \$102 Shoreview Resident

(2 participants of equivalent ability)

SESSION 4 July 28 - Aug 7

Time	Level	Activity #	
8:10 AM	PS	330111-10	
	L1	330101-14	
	L2	330102-14	
	PR	330114-32	
	PR	330114-33	
	PR	330114-34	
	PR	330114-35	
8:55 AM	PR	330114-36	
	PS	330111-11	
	L1	330101-15	
	L2	330102-15	
	L2.5	330112-16	
	L3	330103-13	
	L4	330104-08	
9:00 AM	L5	330105-04	
	YB	330113-07	
	PR	330114-37	
	PR	330114-38	
	SF I&2	330110-02	
	9:40 AM	L1	330101-16
		L2	330102-16
L2.5		330112-17	
L4		330104-09	
L5		330105-05	
L6		330106-02	
IS		330109-01	
10:25 AM	PS	330111-12	
	L1	330101-17	
	L2	330102-17	
	L2.5	330112-18	
	L2.5	330112-19	
	L3	330103-14	
11:10 AM	PR	330114-39	
	L1	330101-18	
	L3	330103-15	

SESSION 5 Aug 11 - Aug 21

Time	Level	Activity #	
8:10 AM	L2	330102-18	
	YB	330113-08	
	PR	330114-42	
	PR	330114-43	
	PR	330114-44	
	8:55 AM	PS	330111-13
		L1	330101-19
L2		330102-19	
L2.5		330112-21	
L3		330103-16	
L4		330104-10	
L5		330105-06	
9:00 AM	PR	330114-45	
	PR	330114-46	
	SF I&2	330110-03	
	9:40 AM	MR	330117-05
		L2	330102-20
		L2	330102-21
		L2.5	330112-22
L3		330103-17	
L4		330104-11	
JL		350305-02	
10:25 AM	PR	330114-47	
	PR	330114-48	
	PR	330114-49	
	L1	330101-20	
	L2	330102-22	
	L2.5	330112-23	
	L3	330103-18	
11:10 AM	L5	330105-07	
	YB	330113-09	
	PR	330114-50	
	L1	330101-21	



Looking
for Spring
Lessons?
VISIT OUR WEBSITE
FOR THE
SCHEDULE
Lessons
start
March 22

A Note About Community Center Lessons

If you wish to swim before or after class in the evenings at the Community Center a wristband may be purchased at the guest service desk.

On weekend and weekday mornings, your child will not be able to swim before or after class until open swim, which begins at noon.



TWO DAY CLASSES Tuesday / Thursday

June 10 - July 3

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	L2.5	330112-24
4:50 PM	L1	330101-22
	L2	330102-23
	L2.5	330112-25
	L4	330104-12
	YB	330113-10
5:35 PM	PS	330111-14
	L2	330102-24
	L3	330103-19
	PR	330114-51
	PR	330114-52
6:20 PM	PS	330111-15
	PS	330111-16
	L2	330102-25
	L2.5	330112-26
	L3	330103-20
	PR	330114-53
7:05 PM	L1	330101-23
	L2	330102-26
	L4	330104-13
	PR	330114-54
	PR	330114-55
	PR	330114-56
7:50 PM	PR	330114-57
	PR	330114-58
	PR	330114-59
	PR	330114-60
	PR	330114-61

July 8 - July 31

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PR	330114-62
	PR	330114-63
4:50 PM	L1	330101-24
	L2	330102-27
	L2.5	330112-27
	L2.5	330112-28
	L4	330104-14
5:35 PM	PS	330111-17
	L2	330102-28
	L3	330103-21
	PR	330114-64
	PR	330114-65
6:20 PM	L1	330101-25
	L2.5	330112-29
	L3	330103-22
6:25 PM	SF 1&2	330110-04
7:05 PM	PS	330111-18
	L2	330102-29
	L6	330106-03
	PR	330114-66
	PR	330114-67
	PR	330114-68
7:50 PM	YB	330113-11
	PR	330113-69
	PR	330114-70
	PR	330114-71
	PR	330114-72

Aug 5 - Aug 28

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PS	330111-19
	PR	330114-73
	PR	330114-74
	PR	330114-75
4:50 PM	PR	330114-76
	L1	330101-26
	L2	330102-30
	L2.5	330112-30
	L3	330103-23
5:35 PM	YB	330113-12
	MR	330117-06
	L1	330101-27
6:20 PM	L4	330104-15
	PR	330114-77
	PR	330114-78
	PS	330111-20
	L2.5	330112-31
	L3	330103-24
6:25 PM	L5	330105-09
	SF 1&2	330110-05
7:05 PM	L1	330101-28
	L2	330102-31
	IS	330109-02
7:50 PM	PR	330114-79
	PR	330114-80
	PR	330114-81
	PR	330114-82
	PR	330114-83
	PR	330114-84

AQUATIC KEY

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

8 Lessons

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A Note About Community Center Lessons

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

WEEKLY CLASSES 1 Day Per Week For 8 Weeks

MONDAY June 16 - Aug 4

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PS	330111-21
	LI	330101-29
	L2.5	330112-32
4:50 PM	L3	330103-25
	MR	330117-07
	L2	330102-32
	L2.5	330112-33
	YB	330113-13
	PR	330114-85
5:35 PM	PR	330114-86
	PS	330111-22
	L2	330102-33
	L3	330103-26
	L6	330106-04
	PR	330114-87
6:20 PM	PR	330114-88
	PS	330111-23
	LI	330101-30
	L2.5	330112-34
	L2.5	330112-35
6:25 PM	L4	330104-16
	L5	330105-10
	SF 1&2	330110-06
7:05 PM	LI	330101-31
	L2	330102-34
	L3	330103-27
7:50 PM	PR	330114-89
	PR	330114-90

WEDNESDAY June 18 - Aug 6

Time	Level	Activity #
Afternoon/Evening		
4:05 PM	PS	330111-24
	LI	330101-32
	PR	330114-91
4:50 PM	PR	330114-92
	PR	330114-93
	PR	330114-94
	PS	330111-25
	L2	330102-35
	L2.5	330112-36
5:35 PM	L3	330103-28
	YB	330113-14
	PS	330111-26
	LI	330101-33
5:40 PM	L2.5	330112-37
	L3	330103-29
	L5	330105-11
	SF 1&2	330110-07
	LI	330101-34
6:20 PM	L2	330102-36
	L2.5	330112-38
	L4	330104-17
	PR	330114-95
	L2	330102-37
7:05 PM	PR	330114-96
	PR	330114-97
	PR	330114-98
7:50 PM	PR	330114-99

SATURDAY June 21- Aug 16 No class July 5

Time	Level	Activity #
Morning		
8:15 AM	LI	330101-35
	L2	330102-38
	L2.5	330112-39
9:00 AM	PR	330114-A1
	PR	330114-A2
	PS	330111-27
9:05 AM	L2	330102-39
	L5	330105-12
	PR	330114-A3
9:45 AM	SF 1	330110-08
9:50 AM	PS	330111-28
	LI	330101-36
	L2	330102-40
10:30 AM	L2.5	330112-40
	YB	330113-15
	PR	330114-A4
11:15 AM	SF 2	330110-09
	PS	330111-29
	LI	330101-37
	L2	330102-41
	L3	330103-30
11:15 AM	PR	330114-A5
	MR	330117-08
	PS	330111-30
	LI	330101-38
7:50 PM	L4	330104-18
	PR	330114-A6

SUNDAY June 22 - Aug 17 No class July 6

Time	Level	Activity #
Morning		
9:00 AM	L2	330102-42
	L2.5	330112-41
	L3	330103-31
9:45 AM	PS	330111-31
	LI	330101-39
	L2.5	330112-42
	YB	330113-16
10:30 AM	PR	330114-A7
	MR	330117-09
	LI	330101-42
	PR	330114-A8
	PR	330114-A9
11:15 AM	PR	330114-B1
	PS	330111-32
	SF 1&2	330110-10
	PR	330114-B2
	PR	330114-B3
7:50 PM	PR	330114-B4



SUNDAY June 22 - Aug 17 No class July 6

Time	Level	Activity #
Evening		
6:15 PM	PS	330111-33
	LI	330101-40
	L2	330102-43
	L2.5	330112-43
	L3	330103-32
	L5	330105-13
	YB	330113-17
	SF 1&2	330110-11
6:55 PM	MR	330117-10
	LI	330101-41
	L2	330102-44
	L2.5	330112-44
	L4	330104-19
	PR	330114-B5
	PR	330114-B6
	S.S.	330118-01



RED CROSS LIFEGUARDING TRAINING

8:00 A.M. – 4:00 P.M.

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

Saturday, June 7, Sunday, June 8, Friday, June 13 and Saturday, June 14 **Activity # 350402-01**
Deadline to register is Friday, May 30

\$252; \$236 Shoreview Resident

All training is at Shoreview Community Center except for Friday, June 13. Friday, June 13 is at Chippewa Middle School

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

CPR/AED FOR PROFESSIONAL RESCUER & HEALTH CARE PROVIDERS REVIEW *NEW*

6:00 P.M. – 10:00 P.M.

Wednesday, April 30 **Activity # 250304-01**
Deadline to register is Wednesday, April 23

\$83; \$72 Shoreview Resident

Shoreview Community Center

This course reviews course information and allows practice of skills before testing. To be eligible to participate in a review course, participants must have successfully completed prior training. This training can be verified with an American Red Cross Certificate or equivalent. Participants will be tested on information based on ECC 2010 Guidelines. **Students must hold current certification to participate in this review course.**

RED CROSS COMMUNITY CPR/AED

6:00 P.M. – 10:00 P.M.

Tuesday, April 15 **Activity # 250301-01**
Deadline to register is Tuesday, April 8

Monday, July 14 **Activity # 350301-01**
Deadline to register is Monday, July 7

\$83; \$72 Shoreview Resident

Shoreview Community Center

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

RED CROSS STANDARD FIRST AID

6:00 P.M. – 8:30 P.M.

Thursday, April 17 **Activity # 250302-01**
Deadline to register is Thursday, April 10

Tuesday, July 15 **Activity # 350302-01**
Deadline to register is Tuesday, July 8

\$55; \$49 Shoreview Resident

Shoreview Community Center

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

RED CROSS COMMUNITY CPR/AED AND FIRST AID

Tuesday, April 15, 6:00 P.M. – 10:00 P.M. and
 Thursday, April 17, 6:30 P.M. – 8:30 P.M.

..... **Activity # 250303-01**
Deadline to register is Tuesday, April 8

Monday, July 14, 6:00 P.M. – 10:00 P.M. and
 Tuesday, July 15, 6:30 P.M. – 8:30 P.M.

..... **Activity # 350303-01**
Deadline to register is Monday, July 7

\$96; \$87 Shoreview Resident

Shoreview Community Center

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

SCOUT MERIT BADGES

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

Lifesaving Merit Badge

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

\$55; \$50 Shoreview Resident

Friday, June 13, 12:00 P.M. – 4:00 P.M.

.....Activity # 330301-02

Deadline to register is Friday, June 6

Chippewa Middle School Pool

Swimming Merit Badge

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

\$49; \$45 Shoreview Resident

Tuesday, July 22, 12:00 P.M. – 4:00 P.M.

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

Deadline to register is Tuesday, July 15

Chippewa Middle School Pool



DISCOVER SCUBA

Ages 12 and older

Friday, June 139:00 A.M. – 10:00 A.M.

\$22; \$20 Shoreview Resident.....**Activity # 330305-01**

Chippewa Middle School Pool

Deadline to register is Friday, June 6.

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.

BOY SCOUT SWIM CHECKS

Sat., May 24,	10:00 A.M. – 10:30 A.M.....	Activity #330301-01
	10:30 A.M. – 11:00 A.M.....	Activity #330301-02
Mon., June 9,	7:00 P.M. – 7:30 P.M.....	Activity #330301-03
	7:30 P.M. – 8:00 P.M.....	Activity #330301-04
Wed., June 11,	5:30 P.M.– 6:00 P.M.....	Activity #330301-05
	6:00 P.M.– 6:30 P.M.....	Activity #330301-06
Sun., July 6,	10:00 A.M. – 10:30 A.M.....	Activity #330301-07
	10:30 A.M. – 11:00 A.M.....	Activity #330301-08
	6:00 P.M.– 6:30 P.M.....	Activity #330301-09
	6:30 P.M.– 7:00 P.M.....	Activity #330301-10
Fri., July 11,	11:00 A.M. – 11:30 A.M.....	Activity #330301-11
	11:30 A.M. – 12:00 P.M.....	Activity #330301-12
Wed., July 16,	8:00 P.M. – 8:30 P.M.....	Activity #330301-13
	8:30 P.M. – 9:00 P.M.....	Activity #330301-14
Sat., July 19,	11:00 A.M. – 11:30 A.M.....	Activity #330301-15
	11:30 A.M. – 12:00 P.M.....	Activity #330301-16
Sun., July 20,	11:00 A.M. – 11:30 A.M.....	Activity #330301-17
	11:30 A.M. – 12:00 P.M.....	Activity #330301-18
Mon., July 21,	8:00 P.M. – 8:30 P.M.....	Activity #330301-19
	8:30 P.M. – 9:00 P.M.....	Activity #330301-20

\$5 per person

Shoreview Community Center Pool

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

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

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

ALL ABOUT BOATING

Ages 12 & over

Saturday, April 26 8:00 A.M. – 4:00 P.M.

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

Youth are ½ price if registered with full paying adult

Shoreview Community Center

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



SNORKELING

Ages 8 to 13

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

\$22; \$20 Shoreview Resident..... **Activity # 230306-01**

Community Center Pool

Friday, July 18..... 11:00 A.M. – 12:00 P.M.

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

Community Center Pool

Tuesday, July 22 11:00 A.M. – 12:00 P.M.

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

Chippewa Middle School Pool

Friday, August 8 11:00 A.M. – 12:00 P.M.

\$22; \$20 Shoreview Resident..... **Activity # 330306-03**

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.



SUPERSITTER BABYSITTING CLINIC

8:00 A.M. – 12:30 P.M.

Saturday, Mar. 15 **Activity # 250101-01**

Saturday, April 12 **Activity # 250101-02**

Saturday, May 17 **Activity # 250101-03**

Friday, June 20 **Activity # 350101-01**

Saturday, June 28 **Activity # 350101-02**

Saturday, July 12 **Activity # 350101-03**

Saturday, July 26 **Activity # 350101-04**

Saturday, Aug. 9 **Activity # 350101-05**

Saturday, Aug. 23 **Activity # 350101-06**

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

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

SPRING SESSION March 24 – June 8 (11 weeks)
No class April 20 or May 26

SUMMER SESSION June 16 – August 24 (10 weeks)
No class July 4

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

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

Annual Members receive 30% off group fitness classes listed on pp. 42-43. 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.

Revvng, 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
Revvng, 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 (pranayama), and deep relaxation (meditation). **Candlelight Yoga is performed in the relaxing atmosphere of candlelight.**

** One-on-one personal Yoga sessions are available. Please call 651.490.4768 to find out more.

Pilates

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



Yoga Strength

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

Yogalates

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



STRENGTH OPTIONS

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

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.





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 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.

Strength and Cardio & Strength Conditioning

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

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® 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. Zumba® Toning sticks are not supplied and hand weights may be used in their place.



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.

Kids Yoga

Yoga is an excellent, non-competitive form of exercise for children combining the development of active flexibility and strength using their own body weight. This encourages children to learn to listen to their bodies. Using breathing techniques with yoga poses helps children learn how to balance and manage their emotions and daily challenges. Kids yoga offers the joy of playing with others while becoming more comfortable with yourself and your own accomplishments.

Prenatal Yoga

Classic yoga poses have been selected specifically to help relieve the aches and pains of pregnancy. Each pose is safe to perform throughout all trimesters of pregnancy and participants will find the breathing techniques and pelvic floor exercise valuable during labor and delivery.

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!

Zumba® Kids**

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids movin’ to the beat. It’s all about feeling fearless on the dance floor, reinforcing the idea that it’s okay to just be yourself and dance like no one’s watching!

Zumba® Kids Jr.** Kids Ballet Fitness**

Zumba® Kids Jr. classes are a dance ‘n’ play party for lil’ feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where 4- to 6-year-olds just let loose and be themselves – little bundles of natural energy that are endlessly curious about new sounds and experiences! Here they can socialize, move to age-appropriate music and play games with other kids.

** Schedule information for Zumba® Kids and Zumba® Kids Jr. and Kids Ballet Fitness will be available on our website at www.shoreviewcommunitycenter.com and in our fitness flyers for the summer session.

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 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.

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.

GROUP FITNESS

MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated.

SPRING: Mar. 24 - June 8 (11 weeks). No class Sunday, April 20 or Monday, May 26th. SUMMER: June 16 - August 24 (10 weeks). No class July 4.

Time	Class	Spring Rate Shrw Res.	Spring Activity#	Sum. Rate Shrw Res.	Summer Activity#
MONDAY (No class 5/26)					
5:35 A.M.	Total Body Workout (no class 5/26)	\$57/\$52	210502-01	\$57/\$52	310502-01
7:30 A.M.	Aqua Splash	-	-	\$57/\$52	310522-01
8:30 A.M.	NEW! Strength Conditioning (no class 5/26)	\$57/\$52	210539-01	\$57/\$52	310539-01
8:30 A.M.	SeniorFIT - Strength Training* (no class 5/26)	\$57/\$52	210161-01	\$57/\$52	310161-01
9:15 A.M.	Aqua Splash (no class 5/26)	\$57/\$52	210522-01	-	-
9:30 A.M.	Total Body Workout (no class 5/26)	\$57/\$52	210502-06	\$57/\$52	310502-06
9:45 A.M.	NEW! Core Training (no class 5/26)	\$57/\$52	210527-01	\$57/\$52	310527-01
10:45 A.M.	NEW! Zumba® (no class 5/26)	\$73/\$67	210544-12	\$73/\$67	310544-12
11:45 A.M.	Mind/Body Yoga (no class 5/26)	\$88/\$80	210506-01	\$88/\$80	310506-01
TUESDAY					
5:35 A.M.	Core Fusion/Power Pump (alternates each week)	\$63/\$58	210530-01	\$57/\$52	310530-01
7:30 A.M.	Aqua Splash	-	-	\$57/\$52	310522-03
8:15 A.M.	SeniorFIT - Splash*	\$63/\$58	210162-01	-	-
8:30 A.M.	Mind/Body Yoga	\$97/\$89	210506-02	\$88/\$80	310506-02
8:30 A.M.	Power Pump	\$63/\$58	210523-02	\$57/\$52	310523-02
9:15 A.M.	Aqua Splash	\$63/\$58	210522-03	-	-
9:30 A.M.	Pilates	\$97/\$89	210507-01	\$88/\$80	310507-01
9:30 A.M.	Step It Up	\$63/\$58	210516-01	\$57/\$52	310516-01
10:30 A.M.	NEW! Ballet Fitness	\$80/\$74	210508-01	\$73/\$67	310508-01
10:40 A.M.	Zumba Gold®	\$80/\$74	210543-01	\$73/\$67	310543-01
11:40 A.M.	Strength Training	\$63/\$58	210541-01	\$57/\$52	310541-01
12:45 P.M.	SeniorFIT - Strength Training*	\$63/\$58	210161-03	\$57/\$52	310161-03
1:00 P.M.	Kids Yoga (5-9yrs); 6/17 - 7/29, no class 7/11 (6 wks)	-	-	\$38/\$35	310241-01
2:00 P.M.	Kids Yoga (10-14yrs); 6/17 - 7/29, no class 7/11 (6 wks)	-	-	\$38/\$35	310241-02
WEDNESDAY					
5:35 A.M.	Total Body Workout	\$63/\$58	210502-02	\$57/\$52	310502-02
7:30 A.M.	Aqua Splash	-	-	\$57/\$52	310522-05
8:30 A.M.	SeniorFIT - Strength Training*	\$63/\$58	210161-02	\$57/\$52	310161-02
8:30 A.M.	Cardio & Strength Conditioning	\$63/\$58	210540-01	\$57/\$52	310540-01
9:15 A.M.	Aqua Splash	\$63/\$58	210522-05	-	-
9:30 A.M.	Zumba®	\$80/\$74	210544-07	\$73/\$67	310544-07
9:30 A.M.	NEW! Total Body Workout	\$63/\$58	210502-07	\$57/\$52	310502-07
10:30 A.M.	NEW! Cardio Kick and Sculpt	-	-	\$57/\$52	310509-02
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$63/\$58	210163-02	\$57/\$52	310163-02
11:45 A.M.	Mind/Body Yoga	\$97/\$89	210506-04	\$88/\$80	310506-04
THURSDAY					
5:35 A.M.	Power Pump/Core Fusion (alternates each week)	\$63/\$58	210530-02	\$57/\$52	310530-02
7:30 A.M.	Aqua Splash	-	-	\$57/\$52	310522-07
8:30 A.M.	Mind/Body Yoga	\$97/\$89	210506-07	\$88/\$80	310506-07
8:30 A.M.	Power Pump	\$63/\$58	210523-06	\$57/\$52	310523-06
9:15 A.M.	Aqua Splash	\$63/\$58	210522-07	-	-
9:30 A.M.	Step It Up	\$63/\$58	210516-04	\$57/\$52	310516-04
9:30 A.M.	NEW! Core Fusion	\$63/\$58	210531-06	\$57/\$52	310531-06
10:40 A.M.	Zumba Gold®	\$80/\$74	210543-02	\$73/\$67	310543-02
11:40 A.M.	Strength Training	\$63/\$58	210541-02	\$57/\$52	310541-02
12:45 PM	SeniorFIT - Strength Training*	\$63/\$58	210161-04	\$57/\$52	310161-04
FRIDAY					
5:35 A.M.	Total Body Workout (No class July 4th)	\$63/\$58	210502-03	\$52/\$47	310502-03
7:30 A.M.	Aqua Splash (No class July 4th)	-	-	\$52/\$47	310522-09
8:15 A.M.	SeniorFIT - Splash*	\$63/\$58	210162-02	-	-
8:30 A.M.	SeniorFIT - Advanced Circuit* (No class July 4th)	\$63/\$58	210165-01	\$52/\$47	310165-01
8:30 A.M.	Strength Conditioning (No class July 4th)	\$63/\$58	210539-02	\$52/\$47	310539-02
8:35 A.M.	SeniorFIT - Splash* (No class July 4th)	-	-	\$52/\$47	310162-02
9:15 A.M.	Aqua Splash	\$63/\$58	210522-09	-	-
9:30 A.M.	Total Body Workout (No class July 4th)	\$63/\$58	210502-08	\$52/\$47	310502-08
9:30 A.M.	Zumba® (No class July 4th)	\$80/\$74	210544-08	\$67/\$61	310544-08
10:40 A.M.	SeniorFIT - Yoga & Stretch* (No class July 4th)	\$63/\$58	210163-03	\$52/\$47	310163-03
SATURDAY					
8:15 A.M.	Revvng	\$80/\$74	210512-08	\$73/\$67	310512-08
8:30 A.M.	Kettlebell Training	\$80/\$74	210528-04	\$73/\$67	310528-04
8:30 A.M.	Zumba®	\$80/\$74	210544-06	\$73/\$67	310544-06
9:30 A.M.	NEW! Core Fusion	\$63/\$58	210531-03	\$57/\$52	310531-03
9:30 A.M.	Power Pump	\$63/\$58	210523-09	\$57/\$52	310523-09
10:30 A.M.	Zumba® Toning	\$80/\$74	210547-01	-	-
SUNDAY (No class April 20th)					
8:30 A.M.	Revvng (no class April 20th)	\$73/\$67	210512-09	\$73/\$67	310512-09
9:45 A.M.	Mind/Body Yoga (no class April 20th)	\$88/\$80	210506-08	\$88/\$80	310506-08
4:30 P.M.	PreNatal Yoga (no class April 20th)	\$88/\$80	210510-01	\$88/\$80	310510-01
6:00 P.M.	Candlelight Yoga (no class April 20th)	\$88/\$80	210537-01	\$88/\$80	310537-01

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 42 & 43.

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

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

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

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

CHILD CARE AVAILABLE!

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

Rate \$1 per hour per child.

EVENING CLASSES All classes are 50 minutes unless otherwise indicated.

SPRING: Mar. 24 - June 8 (11 weeks). No class Sunday, April 20th or Monday, May 26th. SUMMER: June 16 - August 24 (10 weeks). No class July 4.

Time	Class	Spring Rate Shrw Res.	Spring Activity#	Sum. Rate Shrw Res.	Summer Activity#
MONDAY (No class 5/26)					
4:10 P.M.	Zumba® (no class on 5/26)	\$73/\$67	210544-02	\$73/\$67	310544-02
4:15 P.M.	NEW! Kettlebell Training (no class on 5/26)	\$73/\$67	210528-01	\$73/\$67	310528-01
5:20 P.M.	Step and Strength (no class on 5/26)	\$57/\$52	210514-01	\$57/\$52	310514-01
5:20 P.M.	Total Body Workout (no class on 5/26)	\$57/\$52	210502-05	—	—
5:20 P.M.	NEW! Yogalates (no class on 5/26)	\$88/\$80	210525-01	\$88/\$80	310525-01
6:00 P.M.	NEW! Revving	—	—	\$73/\$67	310512-01
6:25 P.M.	NEW! Revving (no class on 5/26)	\$73/\$67	210512-01	—	—
6:25 P.M.	Core Fusion (no class on 5/26)	\$57/\$52	210531-01	\$57/\$52	310531-01
6:25 P.M.	Cardio Groove - Low Impact (no class on 5/26)	\$57/\$52	210504-01	\$57/\$52	310504-01
7:30 P.M.	NEW! Zumba® (no class on 5/26)	\$73/\$67	210544-10	\$73/\$67	310544-10
7:30 P.M.	Power Pump (no class on 5/26)	\$57/\$52	210523-04	\$57/\$52	310523-04
7:30 P.M.	NEW! BOSU & Tabata (no class on 5/26)	\$57/\$52	210535-01	\$57/\$52	310535-01
8:05 P.M.	Aqua Splash (no class on 5/26)	\$57/\$52	210522-02	\$57/\$52	310522-02
TUESDAY					
4:30 P.M.	Tabata (30 min)	\$63/\$58	210513-02	\$57/\$52	310513-02
5:05 P.M.	Aqua Splash	\$63/\$58	210522-04	\$57/\$52	310522-04
5:20 P.M.	Mind/Body Yoga	\$97/\$89	210506-03	\$88/\$80	310506-03
5:20 P.M.	Power Pump	\$63/\$58	210523-03	\$57/\$52	310523-03
6:25 P.M.	Pilates	\$97/\$89	210507-03	\$88/\$80	310507-03
6:25 P.M.	Cardio Kickboxing	\$63/\$58	210501-01	\$57/\$52	310501-01
7:30 P.M.	Total Body Workout	\$63/\$58	210502-04	\$57/\$52	310502-04
7:30 P.M.	BOSU Fusion	\$63/\$54	210542-01	\$57/\$52	310542-01
WEDNESDAY					
4:15 P.M.	Kettlebell Training	\$80/\$74	210528-03	\$73/\$67	310528-03
5:15 P.M.	Step It Up	\$63/\$58	210516-03	\$57/\$52	310516-03
5:20 P.M.	Yogalates	\$97/\$89	210525-02	\$88/\$80	310525-02
6:25 P.M.	NEW! Ballet Fitness	\$80/\$74	210508-02	\$73/\$67	310508-02
6:25 P.M.	NEW! Boot Camp	\$63/\$58	210532-02	\$57/\$52	310532-02
6:25 P.M.	Revving	\$80/\$74	210512-05	\$73/\$67	310512-05
7:30 P.M.	Mind/Body Yoga	\$97/\$89	210506-06	\$88/\$80	310506-06
7:30 P.M.	Zumba®	\$80/\$74	210544-05	\$73/\$67	310544-05
8:05 P.M.	Aqua Splash	\$63/\$58	210522-06	\$57/\$52	310522-06
THURSDAY					
4:15 P.M.	Revving	\$80/\$74	210512-03	—	—
4:30 P.M.	Tabata (30 min)	—	—	\$57/\$52	310513-01
5:05 P.M.	Aqua Splash	\$63/\$58	210522-08	\$57/\$52	310522-08
5:20 P.M.	Yoga Strength	\$97/\$89	210524-01	\$88/\$80	310524-01
5:20 P.M.	Power Pump	\$63/\$58	210523-07	\$57/\$52	310523-07
6:25 P.M.	Kickboxing & Kettlebell	\$63/\$58	210529-01	\$57/\$52	310529-01
6:25 P.M.	Pilates (Intermediate)	\$97/\$89	210511-01	\$88/\$80	310511-01
7:30 P.M.	Mind/Body Yoga	\$97/\$89	210506-05	\$88/\$80	310506-05
7:30 P.M.	Zumba®	\$80/\$74	210544-03	\$73/\$67	310544-03
FRIDAY (No class on July 4)					
4:30 P.M.	Zumba® (No class on July 4)	\$80/\$74	210544-04	\$67/\$61	310544-04
5:15 P.M.	Power Pump (No class on July 4)	\$63/\$58	210523-05	\$52/\$47	310523-05

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

Annual Community Center members receive 30% off group fitness classes listed on the schedule on pages 42 & 43.

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.





Free & Specialty

Spring Break Fitness Classes

March 17th - 23rd

For specialty classes, register in advance online or @ Shoreview Parks & Recreation.

Free classes are available to everyone on a first come, first serve basis.

MONDAY, MARCH 17 th		Instructor	Location
5:35am	Total Body Workout	Chris	GAR
9:45am	Core Training	Kathy	Studio 2
5:20pm	Step and Strength	Tina	Studio 2
5:30pm	Cycle and Strength (90 minutes - see right for details)		
6:25pm	Core Fusion	Adrienne	Studio 2
8:05pm	Aqua Splash	Trish	Pool
TUESDAY, MARCH 18 th			
5:35am	Core Fusion	Chris	Studio 2
9:15am	Aqua Splash	Meg	Pool
7:00pm	Zumba® Jam! (90 minutes - see right for details)		
WEDNESDAY, MARCH 19 th			
5:35am	Total Body Workout	Chris	Studio 2
8:30am	Cardio & Strength Conditioning	Kathy	Studio 2
9:30am	Total Body Workout	Kathy	Studio 2
5:30pm	Yogalates	Heather	Studio 1
6:25pm	Boot Camp	Lindsay	Studio 2
7:00pm	Mind/Body Yoga	Heather	Studio 1
8:05pm	Aqua Splash	Meg	Pool
THURSDAY, MARCH 20 th			
5:35am	Power Pump	Chris	Studio 2
5:15-5:55pm	Cardio Groove - Low Impact (40 minute sampler)	Nancy	Studio 2
6:00-6:40pm	BOSU & Tabata (40 minute sampler)	Nancy	Studio 2
FRIDAY, MARCH 21 st			
5:35am	Total Body Workout	Chris	Studio 2
SATURDAY, MARCH 22 nd			
8:30am	Spring Break Zumba Jam! (90 minutes - see right for details)		

90-minute Cycle & Strength

Monday, March 17 | 5:30pm - 7:00pm
\$10 | Activity #210554-01 | GAR
Instructor: Lindsay

90 minute Zumba® Jam!

Tuesday, March 18 | 7 pm - 8:30 pm
\$10 | Activity #210556-01 | Studio 2
Instructors: Stacey & Jeanette

Spring Break Beach Theme 90 Minute Zumba® Jam!

Come experience 90 min. of high-energy fun and get a great workout! Instructors Tina and Jan will lead you through some heart-thumping, hip shaking Zumba® dance choreography for 90 min. of calorie-burning, stress relieving fun set to Spring Break/Beach-theme music! Wear your favorite Spring Break/Beach-theme outfit to enhance your Spring Break Zumba® experience! Please register early to save your spot in class.

Saturday, March 22 | 8:30 am - 10 am
\$10 | Activity #210552-01 | Studio 2

KIDS CARE HOURS:
 Monday - Saturday 8am - 12:30pm
 Monday - Thursday 4pm - 8:30pm
 Friday 4pm - 8pm
 Sunday CLOSED

Shoreview Community Center



SPECIALTY 1-TIME ZUMBA® CLASSES!

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®!

Enjoy an exciting mix of exercise, music and fun with these specialty Zumba classes:

APRIL 20TH ZUMBA® JAM! (90 MINUTES)

Sunday, April 20th 9:00 A.M. – 10:30 A.M. (90 minutes)

Location: Studio 2.....Instructor: Adrienne

Fee: \$10.....Activity # 210551-01

Come experience 90 minutes of high-energy fun and get a great workout! Instructor Adrienne will lead you through some heart-thumping, hip shaking Zumba dance choreography for 90 minutes of calorie-burning, stress-relieving fun!

MEMORIAL DAY ZUMBA® AT THE PAVILION

Monday, May 26th4:30 P.M. – 5:30 P.M. (1 hour)

Location: Community Center Pavilion.....Instructor: Tina

Fee: \$10.....Activity # 210553-01

A 1 hour Zumba® class with Tina held outdoors next to the Pavilion on Memorial Day. In case of inclement weather, Studio 2 will be used as a back-up location.

MOTHER'S DAY ZUMBA®

Sunday, May 11th4:00 P.M. – 5:00 P.M. (1 hour)

Location: Studio 2.....Instructor: Tina

Fee: \$10.....Activity # 210550-01

Show your appreciation and get fit with your Mom by giving the gift of fitness fun! Sons and daughters can bring Mom to this energetic Zumba® class to celebrate Mother's Day.

**Please register in advance at www.shoreviewcommunitycenter.com or in person with a completed registration form.

**Additional 1-time specialty classes may be added during fitness sessions. Please check www.shoreviewcommunitycenter.com and printed flyers for updated specialty class offerings.

CYCLE AND STRENGTH

Monday, March 17..... 5:30 P.M. – 7:00 P.M.

Location: Gym Activity Room.....Instructor: Lindsay

Fee: \$10.....Activity # 210554-01

Challenge yourself with a series of cardiovascular and strength-building exercises designed to give you a great total-body workout! Class will alternate between cycle drills, plyometrics and strength building exercises using a variety of strength equipment.

KETTLEBELL TRAINING

A kettlebell is a weighted iron ball with a handle attached to it. In addition to traditional strength training exercises, kettlebells can be used to perform “swings”, “presses”, and a variety of other dynamic movements that require all of the muscles of the body to work together. You can expect to increase strength, power, coordination and stamina while developing all of the muscles of the upper and lower body. One-on-one Kettlebell Training is available in packages of 1,3,6 and 12 sessions. Small group training sessions are also available and can be scheduled by calling 651.490.4768.

COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION

(Individual or Group)

FREE to members age 14 and older

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

Participants will be introduced to the Fitness Center equipment and our fitness staff will teach you how to properly utilize the strength and cardiovascular equipment with correct form and provide guidelines for safe exercise and improved fitness. The schedule and sign-up sheet for equipment orientations is located on the desk in the fitness center. For more information call 651.490.4740.

INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Res.....Activity # 510299-01

Shoreview Community Center

The Teen Equipment Orientation provides 12 and 13 year olds the opportunity to learn proper form and appropriate guidelines for strength and cardiovascular exercises. A personal trainer will teach participants proper methods of strength training and cover an informational packet that provides a beginning strength training program and guidelines for cardiovascular exercise. Parents are welcome and questions are encouraged. Adolescent exercise is safe and effective when proper form is used and appropriate guidelines are followed. The Teen Equipment Orientation is required for 12 and 13 year olds to use the fitness center. Registration forms are available at the front desk and lower level service desk. **The schedule and sign-up sheet for teen equipment orientations are located on the desk in the fitness center,** or call 651.490.4768 to find out more.

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

Personal Trainers will:

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

Goals Achieved Through Personal Training:

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

How many sessions do I need?

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

Sessions	Regular	Resident
Fitness Assessment	\$ 30	\$ 25
Single Session	\$ 63	\$ 58
Three Sessions	\$ 180	\$ 165
Six Sessions	\$ 339	\$ 314
Twelve Sessions	\$ 640	\$ 590

What is a Fitness Assessment?

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

Meet the Trainers

We have 8 certified personal trainers on staff. Trainer biographies are posted outside of the Fitness Center across from Studio 2 and at www.shoreviewcommunitycenter.com. Call 651.490.4768 for more information and to speak with the Fitness Supervisor to discuss which trainer can best help you achieve your goals.



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



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.



Wanda Brown

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

*Additional trainer biographies available at www.shoreviewcommunitycenter.com

Get Fit! Body Challenge

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

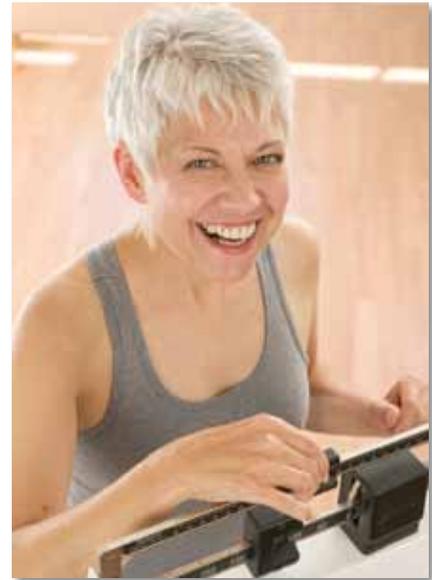


Program includes:

- 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 tracking of activity and nutrition
- Weekly articles on exercise and nutrition principles that will help achieve your goals
- Pre and Post body measurements

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.



GET FIT! BODY CHALLENGE –

March 31st – May 25th (8 weeks)

Activity # 210239 – 01; Fee: \$399

Registration deadline is Thursday, March 27th.

**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.**

BEGINNER CLASS

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

SPRING SESSION A March 25 – May 1 (6 weeks)
\$90; \$82 Shoreview Resident.....**Activity # 210230-01**

SPRING SESSION B May 6 – June 5 (5 weeks)
\$76; \$68 Shoreview Resident.....**Activity # 210232-01**

SUMMER SESSION A June 10 – July 17 (5 weeks;
No classes July 1 and 3)
\$76; \$68 Shoreview Resident.....**Activity # 310230-01**

SUMMER SESSION B July 22 – August 21 (5 weeks)
\$76; \$68 Shoreview Resident.....**Activity # 310232-01**

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.

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

ADVANCED CLASS

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

SPRING SESSION A March 25 – May 1 (6 weeks)
\$90; \$82 Shoreview Resident.....**Activity # 210231-01**

SPRING SESSION B May 6 – June 5 (5 weeks)
\$76; \$68 Shoreview Resident.....**Activity # 210233-01**

SUMMER SESSION A June 10 – July 17 (5 weeks;
No classes July 1 and 3)
\$76; \$68 Shoreview Resident.....**Activity # 310231-01**

SUMMER SESSION B July 22 – August 21 (5 weeks)
\$76; \$68 Shoreview Resident.....**Activity # 310233-01**

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.

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

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 Cafe.

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!

Shoreview Community Center

your source for
Summer Fun!



Shoreview
Community Center

Tropics Waterpark
& Fitness Center

From playground programs to specialized sport and art camps,
we offer many options for your child to play and explore!

Stop by or visit us online @ www.ShoreviewCommunityCenter.com



2014-2015 School Year

School year dates are September 8, 2014 – May 21, 2015. A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition. To determine class availability, visit our website or call 651-490-4750.

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 Friday AM.....9:00 A.M. – 10:30 A.M.

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

\$56/month; \$51/month Shoreview Resident

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

Friday Friday 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.

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

ENRICHMENT CLASSES

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 by March 24.**

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. **Register by April 1.**

Reading Fun Under the Sun

Tuesday & Thursday, June 10 – July 31... 9:30 A.M. – 11:30 A.M.
\$165; \$150 Shoreview Resident..... **Activity #370500-01**

Location: Bucher Park

Come along for a fun adventure at the park this summer. We will be enjoying a morning of fun under the sun with activities that your 2 ½ - 3 year old is sure to love! During our time together we will stay busy with large muscle activities, music & movement, story time and a snack. Children must be 2 by January 1, 2014.



WISH UPON A BALLET

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

Tuesdays..... 10:00 A.M. – 10:45 A.M.

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.
Mar. 22 – May 17 (no class Apr. 19)**Activity # 280101-01**
Saturdays..... 10:45 A.M. – 11:30 A.M.
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.
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.
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.
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.





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.



BACK TO SCHOOL DISCOVERY CAMP

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

Grades K-8 (2013-14 School Year)

August 25-29..... 6:30 A.M. – 6:00 P.M.
\$42/day

Shoreview Community Center

- Monday, August 25..... **Activity #340035-01**
- Tuesday, August 26..... **Activity #340035-02**
- Wednesday, August 27..... **Activity #340035-03**
- Thursday, August 28..... **Activity #340035-04**
- Friday, August 29..... **Activity #340035-05**



DIVE-IN MOVIE

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

Shoreview Community Center

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

WET & WILD

Ages 5 and up

June 20 & July 11 1:00 P.M. – 3:30 P.M.
FREE at Commons Park

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

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.**



ADVENTURE QUEST CARNIVAL

All ages

July 18 1:00 P.M. – 4:00 P.M.

Shoreview Community Center

Come one, come all join us for a carnival! Shoreview Parks and Recreation summer Adventure Quest program hosts this annual carnival for all to enjoy. Come and try your luck at many games including Ring ‘Em, Duck Pond, Hockey Shot, Race track and more! All game tickets cost five cents – what a deal! No registration necessary. Game tickets will go on sale beginning at 12:45 PM on July 18. Coins not required. Check and cash accepted.

PUPPET WAGON

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

Mondays

June 16	Sitzer Park	2:30 P.M.
	Shamrock Park	7:00 P.M.

June 23	Bucher Park	12:30 P.M.
	Commons Park	2:30 P.M.

June 30	McCullough Park	12:30 P.M.
	Sitzer Park	2:30 P.M.

July 14	Bobby Theisen	12:30 P.M.
	Shamrock Park	2:30 P.M.

July 21	Bucher Park	12:30 P.M.
	Commons Park	2:30 P.M.

July 28	McCullough Park	2:30 P.M.
	Sitzer Park	7:00 P.M.



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



ADVENTURE QUEST SUMMER PLAYGROUND PROGRAM

June 9 – July 31

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

General Information:

Children are broken into age groups and activities are designed to be developmentally appropriate for each age group. Participants must be the designated age/grade by June 9, 2014.

WEEKLY THEMES

- Week 1 – Keepin' Kool
- Week 2 – Terrific Travels
- Week 3 – Jammin' Jungle
- Week 4 – The Amazing American Race
- Week 5 – Stars, Space, and Beyond
- Week 6 – Under the Big Top
- Week 7 – Spectacular Spies
- Week 8 – Dino Diggin'

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

TINY TREKKERS

Ages 3-5

June 9 – July 31 9:00 A.M. – 11:30 A.M.
Rate: \$76; \$69 Shoreview Resident

Monday & Wednesday

Sitzer Park **Activity # 370501-01**
McCullough Park..... **Activity # 370501-02**

Tuesday & Thursday

Sitzer Park **Activity # 370502-01**
McCullough Park..... **Activity # 370502-02**

TRAVELERS

Grades K-5 (2013-2014 School year)

Monday – Thursday, June 9 – July 31

Rate: \$141; \$128 Shoreview Resident

9:00 A.M. – 11:30 A.M.

Sitzer Park **Activity # 370503-01**
McCullough Park..... **Activity # 370503-02**



ADVENTURE QUEST LEADERS IN TRAINING

Entering grades 7 to 10

June 9 – July 31

\$65; \$59 Shoreview Resident **Activity # 370507-01**

Join us for this exciting leadership program! We are looking for youth that will be entering 7th to 10th grade in the fall of 2014 that are interested in learning more about leadership and getting a chance to develop those leadership skills working with our Summer Playgrounds Program.

* Participants will be required to attend a mandatory training on Wednesday, June 4 from 5:00 – 8:00 P.M. at the Shoreview Community Center. During this time, participants will meet with a program staff to determine park placement and dates to work with playground program. Weekly LIT meetings will take place on Wednesdays at noon at the Shoreview Community Center.

OUTDOOR GAMES

Ages 7-11 Commons Park

Mondays, June 9 – July 28..... 1:00 P.M. – 3:00 P.M.
\$47; \$42 Shoreview Resident..... **Activity # 390514-01**

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

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

Adventure Quest Academy

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

MAGNIFICENT SCULPTURES

Ages 4 - 8 Sitzer Park
Tuesday, Wednesday, Thursday,
June 10 - 19 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370518-01**

Back by popular demand! This time around we will try our hand at clay sandcastles, paper mache, gak and more! You are bound to get your hands dirty in this class! We will be exploring a variety of forms of materials which to use for sculpting. You will be amazed by the magnificent sculptures we will build!

JR. NATURALIST

Ages 4 - 8 Bucher Park
Tuesday, Wednesday, Thursday,
June 10 - 19 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370519-01**

Start your journey to becoming the next great Minnesota Naturalist! We will discover the world of plants and animals while we see all that nature has to offer. We will also explore ways to help preserve the earth.

TIED IN KNOTS

Ages 4 - 8 Sitzer Park
Tuesday, Wednesday, Thursday,
June 24 - July 3 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370520-01**

Knitting is about creativity, art, and fashion and what isn't cool about that? Join us in this class as we begin to learn the basics of the fine art of knitting, crochet and other string crafts. This class will introduce the fundamentals including knitting tools, finger-knitting and basic stitches.

ROARIN' REPTILES

Ages 4 - 8 Bucher Park
Tuesday, Wednesday, Thursday,
June 24 - July 3 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370521-01**

Did you know that a reptile is a vertebrate animal, has a bony skeleton just like you and me, breathes through lungs, is covered in scales and typically lays eggs? As we explore the world of reptiles in this class you are sure to have a blast as you learn in a fun, hands-on way!

AMAZING ARTISTS

Ages 4 - 8 Sitzer Park
Tuesday, Wednesday, Thursday,
July 8 - July 17 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370522-01**

Are you a mini-Monet or pint-sized Picasso? This class is back by popular demand and gives children ample opportunity to express their inner artist through a variety of mediums. Along the way they will learn to use shapes, textures and colors to bring their designs to life.

BEYOND THE BEAD

Ages 4 - 8 Bucher Park
Tuesday, Wednesday, Thursday,
July 8 - July 17 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370523-01**

Join us for this class where we will be exploring the world of jewelry making. We will make different pieces of jewelry to adorn you with. You'll be sparkling with beautiful jewelry from head to toe when this class is over.

SECRET AGENT LAB

Ages 4 - 8 Sitzer Park
Tuesday, Wednesday, Thursday,
July 22 - 31 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370524-01**

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

SUPER SPACE CADETS

Ages 4 - 8 Bucher Park
Tuesday, Wednesday, Thursday,
July 22 - 31 1:30 P.M. - 3:30 P.M.
\$46; \$42 Shoreview Resident..... **Activity #370525-01**

3...2...1...Blast off! Come along on this super space adventure as we explore the universe and all its planets. We will make a variety of crafts that are out of this world including our very own rockets.

ALOHA SUMMER!

Ages 4 - 10 Sitzer Park
 Friday, June 13 9:30 A.M. - 11:30 A.M.
 \$14; \$12 Shoreview Resident..... **Activity #370508-01**

Aloha means hello and goodbye. Join us as we kick-off summer time at this beginning of the season bash! There will be music, dancing, crafts, and most of all FUN!



WATER OLYMPICS

Ages 4 - 10 Commons Park
 Friday, June 13 1:30 P.M. - 3:30 P.M.
 \$14; \$12 Shoreview Resident..... **Activity #370509-01**

This Shoreview version of the Olympics using water games is one you won't want to miss! Get ready to make a soggy dash for the finish line as we slide through the afternoon with an assortment of water relays. Come dressed with swimsuit and towel.

PIRATES COVE

Ages 4 - 10 Sitzer Park
 Friday, June 20 9:30 A.M. - 11:30 A.M.
 \$14; \$12 Shoreview Resident..... **Activity #370510-01**

Ahoy Matey! With a compass that doesn't point north and sails full of holes, we'll sail the ocean to find our treasure of gold! Join us for a swashbuckling good time at this pirate event. Don't forget your eye patch!

SILLY SAFARI

Ages 4 - 10 Sitzer Park
 Friday, June 27 9:30 A.M. - 11:30 A.M.
 \$14; \$12 Shoreview Resident..... **Activity #370511-01**

Swing on in for a jungle full of fun! Join us for this exciting expedition through the jungle as we discover the mysteries of the animal kingdom one by one. Ain't no lion about it, you'll have a rrrroaring good time!

WILD OUTDOOR WATER GAMES

Ages 4 - 10 Commons Park
 Friday, June 27 1:30 P.M. - 3:30 P.M.
 \$14; \$12 Shoreview Resident..... **Activity #370512-01**

Capture the water balloon! Cool off with us as we play a giant game of capture the flag and other tag games using water balloons and other water sources. Come dressed with your swimsuit and towel and get ready to be soaking wet!

SUPER SPACESHIPS

Ages 4 - 10 Sitzer Park
 Friday, July 11 9:30 A.M. - 11:30 A.M.
 \$14; \$12 Shoreview Resident..... **Activity #370513-01**

Three, Two, One, Blast Off! This will be an outer space adventure you won't want to miss! We are going to have a GREAT time exploring the universe we live in. Come along on our journey through the stars! We will make our own spaceships and more!

MISSION IMPOSSIBLE

Ages 4 - 10 Sitzer Park
 Friday, July 25 9:30 A.M. - 11:30 A.M.
 \$14; \$12 Shoreview Resident..... **Activity #370514-01**

Wish you could be a spy like 007? You will be at this spy training camp! You will make your own spy gadgets and even go on a super secret mission.

SPLISH SPLASH

Ages 4 - 10 Commons Park
 Friday, July 25 1:30 P.M. - 3:30 P.M.
 \$14; \$12 Shoreview Resident..... **Activity #370515-01**

Drip...Drip...Drop! Look out because you are sure to be soaked after this afternoon of fun in the sun. We will play a variety of water games and enjoy cooling off on a hot afternoon. Come dressed with swimsuit and towel.

DINO DIG

Ages 4 - 10 Sitzer Park
 Friday, August 1 9:30 A.M. - 11:30 A.M..
 \$14; \$12 Shoreview Resident..... **Activity #370516-01**

Have you ever wondered what it would be like to be a paleontologist? Join us on this Dino Dig as we learn more about the Pterodactyl, Velociraptor, Triceratops, T-rex, and more. This ancient adventure will begin to unlock the mysteries of a time when Dinosaurs roamed the earth.

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

WATER PARK OF AMERICA

Ages 6 and up

June 20..... Drop off at 9:00 A.M., Pick up at 4:45 P.M.
\$44; \$39 Shoreview Resident..... **Activity # 370701-01**

Surf on Minnesota’s only Cascade Falls Flow Rider, catch a wave in the Lake Superior wave pool or challenge your fears in America’s longest indoor family raft ride at ten stories high and over a mile long. This indoor water park is also equipped with the Fort Snelling activity island with a zero depth entry, body and tube slides, activity pool with hoops, nets, and balancing logs, and much more. **Please bring a bag lunch or money for the concession area.** Register by 6/16.

GRAND SLAM & FLAHERTY’S

Ages 6 and up

June 27..... Drop off at 8:30 A.M., Pick up at 4:30 P.M.
\$44; \$39 Shoreview Resident..... **Activity # 370702-01**

Come join us for a day filled with FUN at Flaherty’s and Grand Slam! Challenge your friends to see who gets the most strikes in bowling, play lazer tag, mini golf, crazy kars, arcade games (4 tokens), jump in the inflatable play zone and take some swings in the batting cages! **Lunch will consist of a hot dog, pop, and a bag of chips.** Participants can bring extra spending money for concessions and additional arcade games. Register by 6/23.

VALLEYFAIR

Ages 6 and up

July 11 Drop off at 8:30 A.M., Pick up at 6:00 P.M.
\$52; \$47 Shoreview Resident..... **Activity # 370703-01**

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

SEA LIFE AQUARIUM & NICKELODEON UNIVERSE

Ages 6 and up

July 25 Drop off at 8:45 A.M., Pick up at 4:30 P.M.
\$48; \$43 Shoreview Resident..... **Activity # 370704-01**

Imagine traveling 300 feet of ocean tunnel where sharks, stingrays and giant sea turtles swim so close, you’ll feel like you can reach out and touch them! Join us as we explore the all new Sea Life Aquarium at the Mall of America! Not only will we be able to walk around the biggest mall in the USA, we will also get to have some fun at Nickelodeon Universe! Hop on the Fairly Odd Coaster or take a ride on SpongeBob Squarepants Rock Bottom Plunge! **Lunch is NOT included – Bring a bag lunch and beverage.** Extra spending money is optional but not required. Register by 7/21.

CASCADE BAY

Ages 6 and up

August 1 Drop off at 10:00 A.M., Pick up at 4:30 P.M.
\$42; \$37 Shoreview Resident..... **Activity # 370705-01**

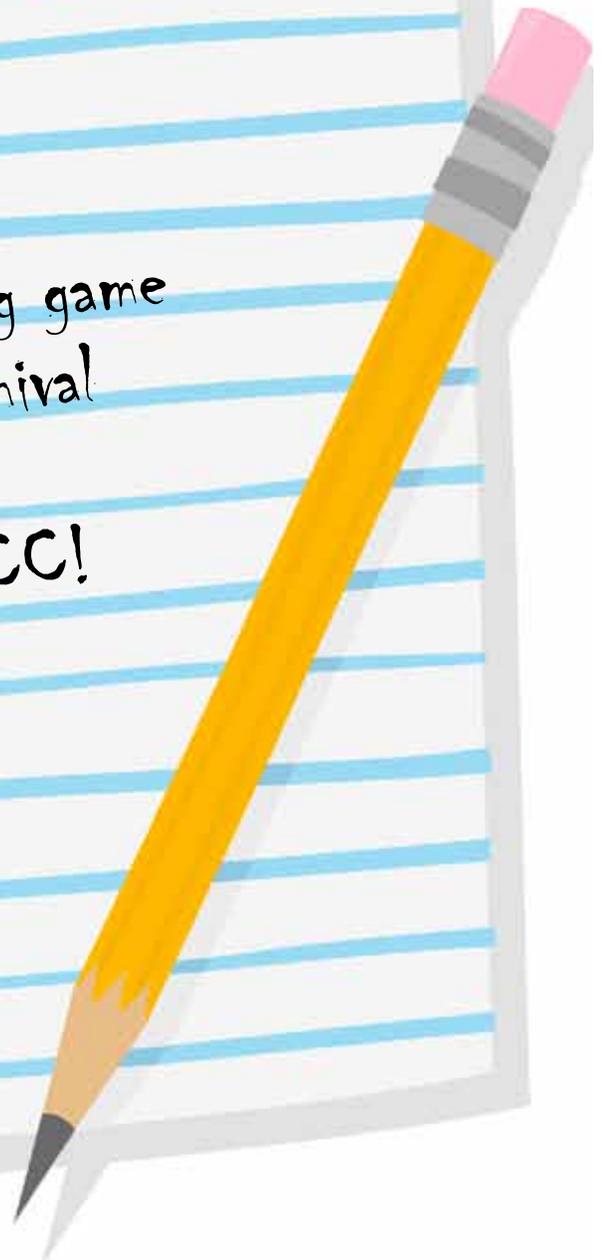
Join us as we spend the day swimming and water sliding at Cascade Bay pool in Eagan. Relax on the lazy river or challenge your wild side on the Typhoon Slide, Hurricane Slide, or Twin Falls. **Lunch will consist of a hot dog, chips, and a beverage.** Please bring a swimsuit, towel and sunscreen. Register by 7/28.



Shoreview's **SUMMER FUN** Checklist

- splish splash down a waterslide
- go to camp
- see a puppet show
- play ball
- perfect your bowling game
- win prizes at a carnival
- go on a dino dig
- have fun at the SCC!

Register Online!



ELEMENTARY TRACK

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

Island Lake Elementary Gym – 1st Practice April 29
4th Grade **Activity #290408-01**
5th Grade **Activity #290408-02**

Turtle Lake Elementary Gym – 1st Practice April 28
4th Grade **Activity #290408-03**
5th Grade **Activity #290408-04**

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



SPORTS GAMES

4 years to Kindergarten 4:40 P.M. – 5:40 P.M.
\$38 per participant
Island Lake Elementary Gym
Mondays, April 14 – May 19 **Activity # 290407-01**
Turtle Lake Elementary Gym
Tuesdays, April 15 – May 20
..... **Activity # 290407-02**

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

BASEBALL & SOCCER

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

Island Lake Elementary Gym
Mondays, April 14 – May 19 **Activity # 290401-01**

Turtle Lake Elementary Gym
Tuesdays, April 15 – May 20
..... **Activity # 290401-02**

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

DODGEBALL & NITROBALL

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

Island Lake Elementary Gym
Wednesdays, April 16 – May 21 **Activity # 290402-01**

Turtle Lake Elementary Gym
Thursdays, April 17 – May 29 (no class May 15)
..... **Activity # 290402-02**

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



MINI KICKERS SOCCER CAMP

Ages 3 to 8.....\$75; \$70 Shoreview Resident
Saturdays, April 12 – May 17

Ages 6 to 8

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

Ages 3 to 5

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

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

Shoreview Community Center Gym

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



SPRING SPORTS WARMUP

Ages 4 – 7.....Commons Park*
\$42; \$37 Shoreview Resident

* Soccer will meet at the small field by Skate Park.

* TBall & Baseball will meet at field by tennis courts

Soccer Warmup

Wednesdays, April 30 – May 215:30 P.M. – 6:20 P.M.

Ages 4 & 5.....Activity #290802-01

Wednesdays, April 30 – May 216:30 P.M. – 7:30 P.M.

Ages 6 & 7.....Activity #290802-02

TBall Warmup

Thursdays, May 1 – May 225:30 P.M. – 6:20 P.M.

Ages 4 & 5.....Activity #290804-01

Baseball Warmup

Thursdays, May 1 – May 226:30 P.M. – 7:30 P.M.

Ages 6 & 7.....Activity #290803-01

Are you ready for summer sports? Come out and get a head-start on this summer, learn the basic skills of soccer and baseball through small group activities and fun games. Classes are held outside; please dress appropriately for the weather.

Any cancelled classes will be made up the week of May 26.

WEATHER LINE

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

SOFTBALL LEAGUE

Grade levels based on 2013–14 school year

Mondays and Wednesdays, June 2 – July 30. Games and practices last for one hour, starting at 6:00 P.M. or 7:15 P.M.

\$62; \$52 Shoreview Resident; \$10 late fee after April 25

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

The youth slow pitch softball program is designed to improve participant's skills and teamwork while creating a fun, positive environment. Every effort is made to rotate players through all positions and provide equal playing time. Players receive a shirt and hat. Parents will be informed of team assignment and first practice details shortly after the May 20 coaches meeting.

COACHES MEETING: Tuesday, May 20, 7:15 P.M.,
Shoreview Community Center

T-BALL & BASEBALL LEAGUES

Grade levels based on 2013-14 school year

(Must be 4 by June 1, 2014)

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

\$62; \$52 Shoreview Resident; \$10 late fee after April 25

Mini Sluggers (CoRec T-Ball), Ages 4-5
Tues & Thurs, June 3 – July 31**Activity # 390101-01**

Little Sluggers (CoRec Coach Pitch), Gr K-1
Tues & Thurs, June 3 – July 31**Activity # 390102-01**

Sluggers (CoRec Coach Pitch), Grades 2-3
Tues & Thurs, June 3 – July 31**Activity # 390102-02**

This program is designed to introduce youth to the game of baseball. The program will include practices and instructional, fun-filled games against other teams. Players receive a shirt and hat. In Little Sluggers, players have a designated pitch-count each at bat. A tee is brought in to assist the batter after the pitch count is reached. Parents will be informed of team assignment and first practice details shortly after the May 20 coaches meeting.

COACHES MEETING: Tuesday, May 20, 6:00 P.M.,
Shoreview Community Center

SUMMER SOCCER LEAGUES

Grade levels based on 2014–15 school year

(Must be age 4 by June 1, 2014)

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

\$62; \$52 Shoreview Resident; \$10 late fee after April 25.

Mini Mites CoRec, Ages 4-K
Mondays, June 2 – July 28.....**Activity # 390201-01**

Mites CoRec, Grades 1 and 2
Mon. & Wed., June 2 – July 30.....**Activity # 390201-02**

Squirts CoRec, Grades 3 and 4
Tues. & Thurs., June 3 – July 31.....**Activity # 390201-03**

Our summer soccer leagues focus on learning the basic skills, fundamentals and rules of soccer through fun filled practices and games against other teams. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the May 19 coaches meeting.

COACHES MEETINGS: Monday, May 19, 6:00 P.M.,
Shoreview Community Center



REGISTRATION
DEADLINE FOR
SUMMER SPORTS
APRIL 25

FALL SOCCER LEAGUES

Grade levels based on **2014–15 school year**
(Must be age 4 by September 1, 2014)

Practice: One practice per week beginning the week of August 25; day and time TBD by coach

Games: Saturday mornings, September 6 – October 11
Games and practices last for 1-hour. Starting times may vary week-to-week. Practices will be during the evening between 6:00 P.M. – 8:00 P.M. and games between 9:00 A.M. – 2:00 P.M.

\$62; \$52 Shoreview Resident; \$10 late fee after July 25.

- Mini Mites CoRec, Ages 4-K Activity # 490208-01**
- Mites CoRec, Grades 1-2..... Activity # 490208-02**
- Squirts CoRec, Grades 3-4 Activity # 490208-03**
- Pee Wee CoRec, Grades 5-6..... Activity # 490208-04**
- Bantams CoRec, Grades 7-8..... Activity # 490208-05**

Youth will learn the basic fundamental skills, rules, and strategies of the fun and exciting game of soccer. Teams are led by volunteer coaches. Players receive a shirt and are required to wear shin guards. Parents will be informed of team assignment and first practice details shortly after the August 14 coaches meeting.

COACHES MEETING: Thursday, August 14, 6:00 P.M.,
Shoreview Community Center

FLAG FOOTBALL LEAGUES

Grade levels based on **2014–15 school year**

Practice: One practice per week beginning the week of August 25; day and time TBD by coach

Games: Saturdays, September 6 – October 11
Games and practices last for 1-hour. Starting times may vary week-to-week. Practices will be during the evening between 6:00 P.M. – 8:00 P.M. and games between 1:00 P.M. – 4:00 P.M.

\$62; \$52 Shoreview Resident; \$10 late fee after July 25.

- CoRec, Grades K-2 Activity # 490207-01**
- CoRec, Grades 3-5..... Activity # 490207-02**

Youth will be introduced to football in an instructional, fun and non-contact manner. Participants will learn the basic fundamentals including passing, catching, rushing and offensive and defensive strategies. Teams are led by volunteer coaches. Players receive a shirt. Parents will be informed of team assignment and first practice details shortly after the August 18 coaches meeting.

COACHES MEETING: Monday, August 18, 6:00 P.M.,
Shoreview Community Center



IMPORTANT YOUTH SPORT LEAGUE INFORMATION

- You may request to be on a team with a friend, but that friend must request you as well. One special request per player, no chain requests will be allowed. All teammate requests must be submitted by the registration deadline. There is no guarantee that special friend requests can be honored.
- No requests, roster changes, or refunds will be honored after the registration deadline.
- Practice days in Fall Soccer and Flag Football are chosen by the coach in late August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.

VOLUNTEER COACHES ARE NEEDED FOR SUMMER & FALL

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

MUSTANG GIRLS SPRING BASKETBALL SKILLS CAMPS

Grades K-9 (2013-14 school year)
Island Lake Elementary

Girls, Grades K-3

Tuesdays, April 15 – May 6..... 6:00 P.M. – 7:00 P.M.
\$40.....**Activity # 290907-01**

Girls, Grades 3-5

Mondays, April 14 – May 5..... 6:30 P.M. – 8:00 P.M.
\$55.....**Activity # 290907-02**

Girls, Grades 6-9

Tuesdays, April 15 – May 6..... 7:00 P.M. – 8:30 P.M.
\$55.....**Activity # 290907-03**

Join Mounds Girls Head Basketball Coach Dave Montgomery and current Mounds View players in a four-week skill-development session. This is a great way to keep improving fundamentals in the offseason. Each will session will be age-appropriate and will challenge players to improve multiple elements of their game. Focus will be on ball-skills, shooting form and footwork.

LEISER'S MUSTANG BASKETBALL CAMPS

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

MUSTANG GIRLS SUMMER BASKETBALL CAMP

Grades 3-8 (2013-14 school year)
Mounds View High School

June 9-12..... 12:30 P.M. – 3:00 P.M.
\$95..... **Activity #390907-01**

Come join Mounds View head coach Dave Montgomery and his varsity players for a fun week of basketball. Each day will include fundamentals work, fun contests and scrimmages. Instruction will cover shooting fundamentals, passing and ball-handling skills, defensive positioning, and more. Players are grouped by grade or experience and there will be a 7:1 player to coach ratio. Current and former varsity players will help with camp each day and all participants will receive a t-shirt (**indicate a t-shirt size when registering**). Feel free to contact Dave 651-245-1291 with any questions.



Camp (grades as of 2013-14 school year)	Session	Fee	Dates	Time	Location	Activity #
Kindergarten CoRec Ages 5-K	—	\$35	July 14, 16, 18	10:00 AM-10:30 AM	Island Lake Elem	390909-01
Little Dribblers (Boys) Gr. 1-2 <i>\$5 discount if registering for both sessions</i>	Session 1	\$60	June 23-27	11:15 AM-12:15 PM	Island Lake Elem	390911-01
	Session 2	\$60	July 21-25	11:00 AM-12:00 PM	Island Lake Elem	390911-02
Little Dribblers (Girls) Gr. 1-2	—	\$49	June 16-19	9:00 AM-10:00 AM	Island Lake Elem	390911-03
Mustang (Boys) Gr. 3-5 <i>\$10 discount if registering for both sessions</i>	Session 1	\$92	July 14-18	12:00 PM-2:15 PM	Island Lake Elem	390910-01
	Session 2	\$92	July 21-25	12:00 PM-2:15 PM	Island Lake Elem	390910-02
Mustang (Boys) Gr. 6-7 <i>\$10 discount if registering for both sessions</i>	Session 1	\$100	June 23-26 & July 7-10	10:00 AM-12:00 PM	Mounds View HS	390910-03
	Session 2	\$100	July 14-17 & 21-24	10:00 AM-12:00 PM	Mounds View HS	390910-04
Mustang (Boys) Gr. 8-9 <i>\$10 discount if registering for both sessions</i>	Session 1	\$100	June 23-26 & July 7-10	12:15 PM-2:15 PM	Mounds View HS	390910-05
	Session 2	\$100	July 14-17 & 21-24	12:15 PM-2:15 PM	Mounds View HS	390910-06

WEKO'S MUSTANG GIRLS VOLLEYBALL CAMP

Grades 3-9 (2014-15 school year)

June 9-12 & June 16-19

Mounds View High School

Grades 3-6 8:30 A.M. – 10:00 A.M.
\$105 **Activity #390903-01**

Grades 7-9 10:00 A.M. – 12:00 P.M.
\$135 **Activity #390903-02**

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



CHALLENGER SPORTS BRITISH SOCCER CAMP

Ages 3-12

July 14-18 Shamrock Park

Ages 3-4 9:00 A.M. – 10:00 A.M.
\$101 per participant **Activity # 390904-01**
**A fun introduction to the very basic elements of the game.*

Ages 5-6 10:30 A.M. – 12:00 P.M.
\$117 per participant **Activity # 390904-02**
**Fundamental practices, skill-building activities and small sided games.*

Ages 7-12 1:30 P.M. – 4:30 P.M.
\$158 per participant **Activity # 390904-03**
**Emphasis is placed upon individual skill development, core techniques and small sided games.*

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

Participants will receive a free soccer ball, camp t-shirt and soccer poster. **If you register by May 30 you will also receive free Challenger Sports British Soccer Jersey.**

JON NUSS' LITTLE TYKES BASEBALL CAMP

Grades K-4 (2014-15 school year)

Commons Park – Adult Softball Field

Monday – Thursday, June 9–26 10:00 A.M. – 11:00 A.M.
\$50 **Activity #390906-01**

This baseball camp is all about just having fun playing the game of baseball! When the players first arrive they will go through a short series of very basic drills to begin teaching them basic skills of baseball. After, the kids will be broken up into teams to play supervised whiffle ball games with the other kids. This is geared toward younger kids in grades K-4 who just want to have fun playing baseball with their friends! Prizes will be given during the week for good attitude, hustle, and sportsmanship. No glove or bats are needed, but players are welcome to bring their own. The Little Tykes Baseball camp is run by Jon Nuss, MSHSBCA's 2013 Class 3AAA coach of the year, and head coach of the 2013 Class 3AAA State Championship winning Mounds View Mustangs. Jon is also currently a teacher at Mounds View High School and a resident of the district.



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

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

Campers will need to:

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

CHEERLEADING & DANCE

Ages 4-8

June 11-13..... 9:00 A.M. – 12:00 P.M.
\$82; \$77 Shoreview Resident..... **Activity # 390918-01**

Turtle Lake Elementary Gym

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

MINI-SPORT SAMPLER

Ages 4-6

June 16-19..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident **Activity # 390912-01**

July 21-24..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390912-02**

Royal Hills Park (Arden Hills)

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

SKATEBOARDING – BEGINNER

Ages 4-8

June 16-19..... 10:00 A.M. – 12:00 P.M.
\$101; \$96 Shoreview Resident..... **Activity # 390920-01**

Shoreview Community Center Skate Park

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

SKATEBOARDING

Ages 7-12

June 23-26..... 9:00 A.M. – 12:00 P.M.
\$101; \$96 Shoreview Resident..... **Activity # 390914-01**

Shoreview Community Center Skate Park

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

PICKLEBALL

Ages 5-10

June 23-26..... 9:00 A.M. – 12:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390922-01**

Ages 8-14

July 21-24..... 9:00 A.M. – 12:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390922-02**

Shamrock Park

This camp is designed to introduce youth to the fastest growing sport in America. Learn the proper grip, footwork, ground- strokes, volleys, overheads, serves, basic rules and etiquette of the game. Participants will be divided by age and skill level. All equipment is provided.

VOLLEYBALL

Ages 6-12

July 7-10..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390917-01**

August 4-7..... 1:00 P.M. – 4:00 P.M.
\$92; \$87 Shoreview Resident..... **Activity # 390917-02**

Turtle Lake Elementary Gym

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

LACROSSE

July 14-17..... 9:00 A.M. – 12:00 P.M.
\$92; \$87 Shoreview Residents..... Perry Park (Arden Hills)

Ages 5-8..... **Activity # 390915-01**

Youth will be introduced to the fun and exciting game of Lacrosse in a non-contact manner. Participants will learn the basic fundamental skills including catching, throwing, scooping and cradling. Instructors will also focus on helping kids learn the rules of lacrosse while working on team play and sportsmanship. All equipment is provided.



SNAG GOLF

Ages 6-10

July 14-17 1:00 P.M. – 4:00 P.M.
 \$92; \$87 Shoreview Resident..... **Activity # 390923-01**

Shamrock Park

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



FLAG FOOTBALL

Ages 6-12

July 28-31 9:00 A.M. – 12:00 P.M.
 \$92; \$87 Shoreview Resident..... **Activity # 390921-01**

Perry Park (Arden Hills)

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



BOWLING CAMP



Ages 5 to 18

Flaherty's Arden Bowl
 (1273 West County Road E, Arden Hills, 55112)

Little Strikers (Ages 5 to 10)

Tuesday – Thursday, June 17-19..... 10:00 A.M. – 11:30 A.M.
 \$40 per participant..... **Activity # 390901-01**

Strikers (Ages 7 to 18)

Monday – Thursday, July 14-17..... 10:00 A.M. – 12:00 P.M.
 \$60 per participant..... **Activity # 390901-02**

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

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

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

Tennis Lessons

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

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

Five lessons: \$175; \$165 Shoreview Resident

Spring **Activity # 290602-01**
 Summer **Activity # 390602-01**
 Fall **Activity # 490602-01**

Individual Private Lessons (90 minutes)

Five lessons: \$255; \$245 Shoreview Resident

Spring **Activity # 290602-02**
 Summer **Activity # 390602-02**
 Fall **Activity # 490602-02**

Semi Private Lessons (60 minutes)

Five lessons: \$92; \$82 Shoreview Resident

(Each participant must pay the registration fee and you must enroll with a partner)

Spring **Activity # 290603-01**
 Summer **Activity # 390603-01**
 Fall **Activity # 490603-01**

Semi Private Lessons (90 minutes)

Five lessons: \$135; \$125 Shoreview Resident

(Each participant must pay the registration fee and you must enroll with a partner)

Spring **Activity # 290603-02**
 Summer **Activity # 390603-02**
 Fall **Activity # 490603-02**

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

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

USTA TEAM TENNIS JUNIOR TEAM

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

Mondays and Wednesdays, June 9 – July 30

\$90; \$80 Shoreview Resident..... **Activity # 390604-01**

Mounds View High School

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



GROUP LESSONS

Youth group lessons \$61; \$51 Shoreview Resident
 Adult group lessons \$91; \$81 Shoreview Resident

PeeWees

Ages 5 to 7

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

Beginners

Ages 7 to 11

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

Advanced Beginners

Ages 9 to 11

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

Intermediate

Ages 11 to 14

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

Adult Basics

Ages 18+

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



SPRING MORNING LESSONS

Saturdays, April 26 – June 7 (no class May 24). Make-up lessons held June 14 and 21 if necessary.

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

SUMMER EVENING LESSONS

June 9 - July 17. Make-up lessons held weeks of July 21 & 28.

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

SUMMER & FALL MORNING LESSONS

June 9-26. Make-up lessons will be held the week of June 30 if necessary.

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

July 7-24. Make-up lessons will be held the week of July 28 if necessary.

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

August 4-13. Make-up lessons held August 7 & 14 if necessary.

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

Saturdays, September 6 – October 11. Make-up lessons held October 18 if necessary.

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

SOFTBALL LEAGUES

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

Program Information

Softballs and umpires are provided for all games. Practices may be scheduled 1-week prior to season. Summer league game times are 6 and 7 P.M. (some 8 P.M. and 9 P.M. games in combined leagues). Fall leagues will start at 5:50 P.M. Summer leagues will have a season ending single elimination playoff. No playoffs for fall leagues. **Registration deadline is March 28 and July 25 for Fall Leagues.**

Softball League Descriptions

Men's Recreation E: Good or new teams. Players are not as competitive as in D level, may be older, and have less experience or ability. Three home runs per team.

Men's Recreation D: Better teams. Many of the players hit well. Team capable of scoring many runs. Three home runs per team.

CoRec D: Average teams. Teams have players with broad range of ability levels. Three home runs per team. CoRec leagues use an 11-inch softball for women and a 12-inch softball for men.



Summer Softball Managers Meeting

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

Thursday, April 10
6:00 P.M. – 7:00 P.M.
Shoreview Community Center

League	Day	Start Date	Games	Early Bird Rate by 3/8	Reg. Rate After 3/8	Activity #
*CoRec D	Monday	April 21	20 Games – Doubleheaders + Playoffs	\$670	\$700	220801-01
*Men's E	Tuesday	April 22	20 Games – Doubleheaders + Playoffs	\$630	\$660	220801-02
*Men's D	Wednesday	April 23	20 Games – Doubleheaders + Playoffs	\$630	\$660	220801-03
CoRec D	Thursday	April 24	12 Games – Doubleheaders + Playoffs	\$540	\$570	220801-04

League	Day	Start Date	Games	Early Bird Rate by 7/12	Reg. Rate After 7/12	Activity #
*CoRec D	Monday	August 11	10 Games – Doubleheaders	\$365	\$395	420801-01
Men's E	Tuesday	August 12	10 Games – Doubleheaders	\$340	\$370	420801-02
*Men's D	Wednesday	August 13	10 Games – Doubleheaders	\$340	\$370	420801-03
CoRec D	Thursday	August 14	10 Games – Doubleheaders	\$365	\$395	420801-04

*Combined league with Arden Hills

COREC KICKBALL LEAGUE

Ages 16 and up

Mondays, Starting June 16 6:10 P.M. or 7:15 P.M.
\$130 per team **Activity # 320701-01**

Various fields in Shoreview

Come on back to the playground days for the grown-up version of Kickball. Gather up your co-workers or friends, both guys and girls and put together a team. This is destined to be the best time you have had since grade school. Games are officiated by Park Staff. Kickball, air pump, bases and scorebook provided. Schedule and rules emailed to team managers the week of June 9. **Registration deadline is May 30 or until league is full.**

ADAPTIVE KICKBALL LEAGUE

Ages 12 and up

Mondays, Starting June 16 6:10 P.M. or 7:15 P.M.
\$100 per team **Activity # 320702-01**

Various fields in Shoreview

Are you interested in participating in an adaptive sports program? Gather up your team of family, friends and neighbors to join the Adaptive Kickball League. This league gives people with disabilities and peers the opportunity to make new friends, learn new skills and have tons fun while being part of a team. Games are self-officiated. Kickball, air pump, bases and scorebook provided. Schedule and rules are emailed to team managers the week of June 9. Individuals looking to find a team are encouraged to contact the Parks and Recreation office. **Registration deadline is May 30 or until league is full.**



ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now to May 17 \$5 per person; pay at door

Wednesdays 6:30 P.M. – 9:00 P.M.

Saturdays 8:00 A.M. – 10:00 A.M.

Gym closed on April 9 & 12

Island Lake Elementary

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



DODGEBALL LEAGUE

Ages 16 and up Wednesday evenings, starting April 9

\$160 per team **Activity # 220401-01**

Turtle Lake Elementary

Here is your chance to relive the good ol' times and see if you still have what it takes to be the last person standing. Gather your friends and co-workers to join in on the fun. Teams will play 7 officiated league games and a season ending playoff. Game times vary week-by-week and usually last 45-minutes to an hour. Any ratio of men and women may participate, including all male and all female teams. **Registration deadline is March 21 or until league is full.**

ADULT DROP-IN VOLLEYBALL

Tuesdays and Thursdays Noon – 1:00 P.M.

Sundays 8:00 A.M. – Noon

Community Center Daily Admission Fee

Drop in for recreational pick-up matches arranged by the players.

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. **Activity #500603-01**
No 500 on April 21 & June 2. 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)
 February 26, March 26, April 30, May 28, June 25, July 30,
 August 27 and September 24.

DROP-IN PICKLEBALL

Ages 18 and up

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:

Mar. 14, 17, 19, 21; Apr. 4, 25; May 23, 26

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



SHOREVIEW AREA PICKLEBALL CLUB

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

We're happy to welcome you to the fastest growing sport for adults in the Country. Pickleball is fun and easy to learn with a variety of play options available for everyone at any skill level. The choice is yours in the Shoreview Area Pickleball Club. Join our club and give it a try....you will be happy you did! When you join the SAPC, you receive exclusive benefits for your membership: dedicated court time, free training for beginners, and email updates on gatherings and club news. Membership is good from January – December. Membership fee is used for basic expenses like balls, paddles, nets and print materials.

SAPC dedicated court days, times and locations will be released to members sometime late spring.

SPRING TEA

Tuesday, May 13 12:00 P.M. – 3:00 P.M.
 \$12; \$10 Shoreview Resident..... **Activity # 200509-01**

Shoreview Community Center

It's time for the annual spring tea. Dress in your fanciest attire and wear your favorite spring hat. Bring a teacup and pot if you have one to share. We will serve a variety of teas and many delicate appetizers. **Register by May 7. No walk-in registrations allowed.**

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 41 for SeniorFIT classes.

APOLLO PRESENTATION

Wednesday, April 16 10:00 A.M. – 11:30 A.M.
 Speaker: 10:00 A.M. – 11:00 A.M.

Social: 11:00 A.M.-11:30 A.M.

\$20; \$15 Shoreview Resident..... **Activity # 200224-01**

Shoreview Community Center

July of 1969 will be remembered for centuries to come as the first time that mankind ventured beyond the earth's boundaries and explored a new world. There were many forces, political, social and fiscal, at work that led us to the moon. Join us for a non-technical discussion about mankind's greatest technological achievement. **Registration Deadline: Friday, April 11.**



BOOK CLUB

Second Wednesday of the month 1:00 P.M.
 FREE **Activity # 500606-01**

Shoreview Community Center

Itching to talk about a good book? Looking for some new reading suggestions? We have the perfect solution! Join our new book club. During the first meeting we will develop a reading list. Members are responsible to check out or purchase books on their own once the group has decided on reading list.

Meeting Dates: March 12, April 9, May 14, June 11, July 9, August 13

BINGO & BANANA SPLITS

Friday, March 21 1:00 P.M. – 2:30 P.M.
\$6; \$5 Shoreview Resident (includes treat & bingo)
..... **Activity # 200504-01**

Shoreview Community Center

Shake off the winter blues with bananas, ice cream, strawberries, chocolate syrup and B-I-N-G-O! Join us for a great afternoon of fun! We will have lots of prizes to give away! **Register by March 14.**

THE CHURCH BASEMENT LADIES IN: THE LAST (POTLUCK) SUPPER

Wednesday, May 7 12:00 P.M. – 4:15 P.M.
\$66; \$60 Shoreview Residents **Activity # 200305-01**

Bus departs Community Center at 12:00 P.M.

It is 1979, the day of the church's Centennial Celebration, and past parishioners have gathered to share hotdish, bars, and stories from the last 100 years. As the women work in the kitchen, these shared memories burst into life through a series of flash-backs. The Centennial Celebration continues on the lawn, however, it is bittersweet. But, once again, your favorite church basement ladies handle it all with grace, hilarity, and some brand new musical numbers that are sure to get your toes tapping. Plymouth Playhouse. Space is limited. **Register by Friday, April 18.**

RING OF FIRE: THE MUSIC OF JOHNNY CASH

Thursday, July 24 12:00 P.M. – 4:15 P.M.
\$68; \$62 Shoreview Residents **Activity # 300308-01**

Bus departs Community Center at 12:00 P.M.

The Jukebox Musical based on the music of Johnny Cash. Through words and music, "Ring of Fire" honors and brings to life a remarkable musical legend – Johnny Cash. Full of love and emotion, humor and empathy, Ring of Fire: The Life and Music of Johnny Cash pays tribute to the legendary Man in Black with dance, comedy, stories, tragedy and love. Plymouth Playhouse. Space is limited. **Register by Friday, June 27.**

RUNNING ACES HARNESS TRACK & DINNER

Wednesday, August 13 6:00 P.M. – 10:00 P.M.
\$20; \$15 Shoreview Resident **Activity # 300307-01**

... AND THEY'RE OFF! Nothing like a summer night at the horse races in Forest Lake! Dinner Starts promptly at 6:00 P.M. and race at 7:00 P.M. Price includes a \$10 food voucher for you to redeem on your meal and a \$10 gaming voucher. Betting will be on your own tab when you get there! **Transportation NOT provided. Meet at Running Aces: 15201 Zurich Street NE, Columbus, 55025. Register by August 1.**

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. Please **bring your current tax records, copy of last year's tax return, social security card, and a photo ID.** Visit our website at 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 bases 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.



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

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, 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.
Thursday, March 6 **Activity # 250201-01**
Wednesday, April 2 **Activity # 250201-03**
Wednesday, May 7 **Activity # 250201-05**

JOBS THAT FIT YOUR LIFESTYLE!



Part-Time Flexible Hours Fun People

**FREE Community
Center Membership!**

Adventure Quest Playground Instructors - Lead pre-school & elementary age children in Summer playground program including sports, crafts, games, storytelling, songs & special events. Experience working with children and elementary course work desired. June - Aug. Daytime hrs. \$8 - \$10/hr. Must be willing to commit for entire summer.

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

Fitness Instructors - All formats including cardio-kick, cycling, Tai Chi, kettle bells, ballet fitness, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification required. Morning, afternoon, evening and weekend hours available.

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

Gymnastics 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 pref. Saturdays 9 am - 1 pm. \$10.50 - \$12.50/hr.

Gymnastics Instructors - Teach beginning to intermediate level classes. Previous teaching, gymnastics experience and knowledge are preferred \$8 - 10/hr. Sat hours available.

Lifeguards (we will train Ellis Certification) - Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for morning, afternoon and evening hours. Current certification or we will train. \$8 - \$10/hr.

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

Seasonal Maintenance Workers - Parks, Streets and Utilities are hiring full-time summer help to perform general labor such as landscape and grounds care, street maintenance and repairs, water/sewer mtce. Must have HS diploma or GED, be 18+ yrs of age, lift/move 50-100 lbs.

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 information, assist with concessions when needed. \$7.75 - \$9/hr.

"Summer Discovery" Coordinator - Oversee summer child care program. Duties include program development, staff supervision, communication with parents. Previous childcare or youth instruction experience required. Background in elementary education and supervisory experience preferred. Weekdays, M - F. Shifts vary between 6:30 am - 6:00 pm. May - Aug. \$12 - \$14/hr. Must be willing to commit for entire summer.

"Summer Discovery" Instructors - Supervise and care for children grades K-6 in full-day childcare. Plan and implement program activities ranging from arts & crafts to sports instruction. Weekdays, M - F. Hours vary between 6:30 am - 6:00 pm. Mid - May thru Aug. \$8 - \$10.50/hr. Must be willing to commit for entire summer.

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

Tennis Instructors - Instruct youth and adults in beginning thru advanced tennis classes. Previous teaching experience along with playing experience required. Weekday evenings and mornings, June - August. \$12.50 - \$14.50/hr. DOQ

Youth Soccer Officials - Officiate soccer league games for children. Knowledge of soccer rules, previous officiating experience desired, soccer playing experience preferred, good interpersonal skills. Must be age 16 or older. Weekday evenings, June - July. \$15/game.

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

www.shoreviewmn.gov

651-490-4750



MEALS ON WHEELS

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

FOOD SHELF DONATIONS

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

NORTHWEST YOUTH AND FAMILY SERVICES

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

SENIOR CHORE SERVICE

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

ATHLETIC ASSOCIATIONS

Irondale Baseball League

www.iblbaseball.com

Irondale Girls Fastpitch Association

www.knightsfastpitch.org

Irondale Youth Hockey Association

www.iyhaleague.org

Iron Mustang Wrestling

www.ironwrestling.com

Mounds View Basketball Association

www.moundsviewbasketball.com

Mounds View Lacrosse

www.moundsview.lacrossesystems2.com

Mounds View Softball Association

www.moundsview.softballsystems.com

Mounds View Youth Hockey Association

www.moundsview.pucksystems2.com

Mounds View Youth Football League

www.moundsviewyouthfootball.org

North Suburban Aquatic Club

www.nsmakos.org

North Suburban Soccer Association

www.nssasoccer.org

Roseville Area Youth Hockey

www.rosevillehockey.org

Shoreview Area Youth Baseball

www.sayb.hardballsystems.com

Shoreview Recreation Areas



Web Page: www.shoreviewmn.gov

	Acres	Ballfields	Basketball Court	Football/Soccer	Hardcourt Area	Hockey Rinks	Paths	Pickleball (on tennis courts)	Picnic Areas	Playground Eq.	Shelter	Skating, general	Skating, Speed	Soccer	Swimming	Tennis Courts	Volleyball
Bobby Theisen Park Cty Rd E & Vivian East & West of Island Lake School	15		1											1		3	
Bucher Park 5900 Mackubin North on 49, right on Elaine	25	2	1											1		2	
Lake Judy Park 900 Tillerun – Arboast & Richmond	5		1/2														
McCullough Park 915 County Rd I North on Lexington, right on Cty Rd I	75	2	1						 With grill					1		2	
Ponds Park 190 Sherwood Road Sherwood and Pond Drive	1								Table only								
Rice Creek Fields 5880 Rice Creek Parkway	10	4															
Shamrock Park County Road I & Snelling N. on Lexington to Cty Rd I, W. 2 miles	23	2	1					2	 With grill					1		2	
Shoreview Commons and Community Center 4580 North Victoria	40	2	1					2	 With grill					1		2	
Sitzer Park 4344 Hodgson	8	2	1						 With grill							2	
Wilson Park 815 County Road F 1 block W. of Victoria, North of 694	13	2	1						Tables Only With grill							2	

SWEETROLL SKATE PARK

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

Park Hours Hours subject to change.

Monday–Friday

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

Saturday

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

Sunday

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

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

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

5 EASY WAYS TO REGISTER

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



Scan with Smartphone to register.

Shoreview Parks and Recreation

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

Office Hours

Monday – Friday 8:00 A.M. – 4:30 P.M.

SHOREVIEW COMMUNITY CENTER



10% off!
Friday rentals of the
Shoreview Room in
June or July 2014.
Some exclusions apply.
One per customer. No cash value.

A DAY TO Remember!

photo by Belagala

Invite any licensed caterer of your choice | Two elegant banquet spaces to choose from
Perfect for wedding receptions, ceremonies, dinner and dances | Audio/visual equipment included
Seating up to 300 guests | Enjoy the beautiful Fireside Lounge adjacent to the Shoreview Room

CALL US @ 651.490.4790 TO SCHEDULE YOUR PERSONAL TOUR



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
E-MAIL ADDRESS	EMERGENCY CONTACT	

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

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

YOUTH SPORTS LEAGUES *(Please fill out completely)*

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

School child attends: _____

Grade (2014-2015 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: _____

Special Needs/ Allergies/ Etc: _____

If paying by credit card, please circle type.

PAYMENT 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)

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.



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

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

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Signature: _____ Date: _____

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

Spring/Summer Registration Schedule Shoreview Resident Priority

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

Begins Monday, March 10 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, March 12 at 8 A.M.

General Registration

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

Begins Friday, March 14 at 8 A.M.

How to Register:

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

Registering on-line is easy!

1. Go to www.shoreviewcommunitycenter.com and click "Member Login".
2. Login with your user name and password
 - If you have never used our system before, you may create an account on-line
 - If you are unsure of your user name or password and you do not have an email address on file with us, contact us at 651.490.4750.
3. Click on "Browse Activities" or "Activity Type"
4. Search for a program
5. Click the "add to cart" button and "enroll now" located at the bottom of the screen. You can enroll in multiple classes or register multiple participants at a time.
6. Continue shopping or proceed to check out.

Register Early!

Space is limited in most activities.

Registration Information

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

1. Drop-off points include:
 - a. The Parks and Recreation Reception Desk, Monday through Friday, 8:00 A.M. to 4:30 P.M.;
 - b. The Shoreview Community Center Service Desk,
 - c. The after-hours payment box, to left of front door of City Hall.
2. Occasionally, activities are filled. To help continue the immediate processing of your enrollment, please indicate a second choice. If your first choice is full, we will call or email you confirming enrollment in your second choice.
3. A resident is defined as an individual whose legal residential address is within the City of Shoreview.
4. Activity fees may not be pro-rated.
5. Make all checks payable to the City of Shoreview. Visa or MasterCard are accepted.
6. Registrations will be processed at the Parks and Recreation desk from 8 A.M. to 4:30 P.M. Participants are notified if classes are filled or canceled. If a class is canceled due to insufficient registration, a refund check will be mailed to you. Confirmations will be issued only by e-mail. You can view your class confirmation information on-line. On-line registrations receive a higher priority than registrations that are in-person, mailed, faxed, or dropped off.
7. The City of Shoreview supports participation by persons with disabilities. Please include information about any accommodations you need.
8. Refunds may be issued when requested 5 working days before the activity or class begins unless otherwise noted in the class description. A service charge of \$5 will be deducted from refunds for classes priced up to \$100. A service charge of \$10 will be deducted from refunds for classes priced over \$100.
9. Financial aid for qualifying residents with financial limitations is available.
10. Voice/TDD: 651.490.4750.
11. Periodically, the City of Shoreview will take pictures or videotapes of participants while they are engaged in programs, activities, or special events or while enjoying parks or other facilities. Please note that these photos may appear in city brochures and publications, local newspapers, on local cable television, and/or on the city web page. If you or your family members do not wish to be photographed or published, you must give written notice.



16th Annual Shoreview Farmers' Market 2014



Tuesdays

June 17 - September 30 | 3-7 p.m.

October 7, 14 | 3-6 p.m.

June 17	WATERMELON MADNESS Kick off the 2014 market with a slice of watermelon. Stop by the Market Managers booth and say hello! While supplies last.
July 1	RED, WHITE & BLUEBERRIES Come celebrate the Fourth of July with us at the market and enjoy a tasty treat!
August 12	FAMILY DAY Bring the family to the market and enjoy fresh produce!
September 23	SALSA SHOWDOWN Do you have the best salsa recipe? Would you be willing to put it to the test? Enter your salsa recipe into our salsa showdown, and let our judges decide. Stop by the Market Managers booth for more details and how to enter.
October 14	PUMPKIN PATCH Celebrate the last day of the market! Stop by the Market Managers booth for a free small pumpkin. While supplies last.

Come visit us!



Shoreview Community Center
Lower Level Parking Lot & Pavilion
4580 Victoria Street North
www.ShoreviewCommunityCenter.com

For more information on events, visit us online @ www.ShoreviewCommunityCenter.com

Fresh



City of Shoreview
 4600 Victoria Street North
 Shoreview, MN 55126

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2014 Concert in the Commons

Wednesdays @ 7 p.m.

- June 18** Divas Through the Decades Musical Tribute
- June 25** Jim Tones Oldies
- July 2** Tom Hunter Band Blues
- July 9** Forty Shades of Green & Rince Na Chroi..... Irish & Irish Dancers
- July 16** Dan Perry & Ice Cream Variety
- July 23** Northern Lights Variety Band Community Band
- July 30** The Jason Weismann Quartet/Quintet Jazz
- Aug. 6** Dan Perry Backyard Band Variety
- Aug. 13** Songblast Dueling Guitars

2014 Friday Night Flix

Fridays @ Dusk



Est. Start
Time:

- Aug. 8** Cloudy with a Chance of Meatballs 2 (PG) 8:30 p.m.
- Aug. 22** Monster University (PG) 8:10 p.m.
- Sept. 5** ET The Extra Terrestrial (PG) 7:45 p.m.

Located at:
Haffeman Pavilion (Behind the Shoreview Community Center)

For more information on these free events, visit our website @ www.ShoreviewCommunityCenter.com

JOIN US!