

SHOREVIEWS

Shoreview City Newsletter and 2014 Fall Recreation Catalog



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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
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 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.

SHOREVIEW SUMMER FUN!

16th Annual Farmers' Market 2014

Tuesdays

June 17 - September 30 3-7 P.M.
 October 7 & 14 3-6 P.M.

Shoreview Community Center
 Lower Level Parking Lot & Pavilion

The Market is a weekly summer event that brings the community together, featuring local fresh produce, handcrafted artisan items and special events!



2014 Concert in the Commons

Wednesdays @ 7 P.M.

- July 16 Dan Perry and Ice Cream Variety
- July 23 Shoreview 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

FREE!

Friday Night Flix

Estimated start time

Fridays at Dusk Enjoy FREE outdoor movies!

Haffeman Pavilion
 (behind the Shoreview Community Center)

- 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.



On the Cover: Lake Johanna Fire Department firefighters Ron Wendt and Dan Galvin proudly display the U.S. flag in last year's Slice of Shoreview Days Parade. Don't miss the LJFD Open House, July 25-26 and this year's parade, July 26.

And the Beat Goes On at The Slice

*Celebrate Shoreview at the Slice of Shoreview Days
July 25, 26 and 27 at Island Lake County Park*



Any way you slice it, the last weekend of July means it's time for fun at the Slice of Shoreview Days. Life in Shoreview is celebrated over the three-day festival held at Island Lake County Park (Interstate 694 and Victoria Street). Affectionately nicknamed "The Slice," this annual summertime tradition includes all sorts of family-oriented activities

including Lake Johanna Fire Department's Open House, helicopter rides, a parade, carnival, petting zoo, pony rides, car show, art and craft fair, food booths, talent show, a variety of displays and demonstrations, live entertainment and fireworks.

The Slice officially opens at 4 P.M. on Friday, July 25 and showcases its live performances this year with the theme, "And the Beat Goes On." After the **Zinghoppers** get the party started on the Main Stage for the kids, the **Rockin' Hollywoods** will perform at the Slice for their 21st year on Friday night from 7 to 11 P.M. On Saturday, July 26, the popular **Slice Parade** will begin at 10 A.M. **The JimTones** will take the stage from 4 to 7 P.M., followed by **High & Mighty's** high-energy 11-piece dance music from 8 to 11 P.M. **Fireworks** will grace the skies at dusk, both nights. On Sunday, July 27, enjoy the **Tour de Trails** bike ride in the morning, followed by the exciting **Car and Motorcycle Show** at noon. The **Holy Rocka Rollaz** will perform live throughout the afternoon.

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

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



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.

City Election Update

The City Council has three council seats that will be elected during the 2014 election:

- Two-year Mayor term
- Four-year Councilmember term
- Four-year Councilmember term

Interested individuals must file affidavits of candidacy for the Council at Shoreview City Hall between July 29 and the closing date of August 12, 2014 at 5:00 p.m. You must be an eligible voter, live in Shoreview for at least 30 days before the election, and be at least 21 years of age. The cost of filing is \$5.00.

New Online Tool for Voters to Request Absentee Ballot

Voters can now request an absentee ballot online at www.mnvotes.org through a new tool launched by the Office of the Minnesota Secretary of State. The service allows voters to apply for an absentee ballot quickly and easily without the need to print, scan forms, and return by mail, fax or email. Voters no longer need an excuse to vote absentee.



Strong Trend Continues for Development Projects

Shoreview continues to experience a strong wave of development projects that will bring expanded commercial services and additional housing options to the community. Last year, the City assisted with the expansion of two of our largest employers in PaR Systems and TSI Incorporated, adding several hundred well paying jobs and economic tax base. These two major projects were recognized by the Economic Development Association of Minnesota by awarding the City of Shoreview the Business Retention and Expansion Project of the Year award in 2013.

New retail development also transformed the Red Fox Road commercial area near Interstate 694 and Lexington Avenue with the Trader Joe's specialty market, part of a phased retail development that brought new restaurants and services including Chipotle, Leeann Chin's, Five Guys Burgers, Sport Clips and Massage Retreat and Spa. An old gas/service station was redeveloped at the corner with a new TCF Bank branch facility. Red Fox Road was reconstructed by the City to provide improved access and traffic flow in this popular shopping area.

The City Council, Economic Development Commission and Economic Development Authority all work together to ensure that Shoreview maintains a strong, healthy, and positive business climate that promotes and fosters continued economic development, business growth and reinvestment in the community. The development trend continues with a number of new multi-family housing and commercial projects currently underway or recently approved, as summarized below:



- Best Western Plus/Green Mill – The Council also recently granted approval for major renovations and enhancements to the Hampton Inn at 1000 Gramsie Road. The property owner is converting the hotel to a Best Western Plus, as well as revamping the Green Mill Restaurant. The hotel will receive upgrades to interior spaces including guest rooms and expanded banquet space. The Green Mill will be redesigned to accommodate the banquet room expansion and will have a much larger attractive outdoor patio space. The remodeling work is expected to get underway in July and take about 12 months for completion.



- City/County Credit Union – The City Council recently approved the site and building plans for the City and County Credit Union branch facility at 1001 Red Fox Road (the final phase of the Red Fox Retail development). Construction is expected to begin soon on the property located at the east end of Red Fox Road near the Island Lake Golf Course. The facility should open by late 2014.



- Applewood Pointe of Shoreview – Applewood Pointe of Shoreview is a 77-unit senior housing cooperative to be constructed by United Properties on the former Kozlak's Royal Oak Restaurant property at Tanglewood Drive and Hodgson Road. The property was sold by the Kozlak's estate and the restaurant has closed. Construction is expected to commence in 2014 with the grand opening slated for 2015.



- Lakeview Terrace – In what is the first new market rental apartment project in Shoreview in decades, construction began in 2013 on the upscale Lakeview Terrace apartments, located at the southeast corner of Victoria Street and County Road E. The six-story 104

unit apartment building is the end result of a private-public partnership between an ownership group from the adjacent Midland Terrace complex and the City of Shoreview. The redevelopment project involved the tear-down of the old Midland Plaza retail center and realignment of Owasso Street to create a development parcel for the new apartments, and provide traffic safety and pedestrian improvements at the intersection of two Ramsey County roads.

The developer is privately investing over \$20 million into the luxury apartment building, which will include a variety of amenities including underground parking, which they hope will attract young professionals and “empty-nesters” looking to downsize but remain in the community. The development should serve as attractive live-work housing for many large business employers in the area. Lakeview Terrace is expected to open in the fall of this year.

Pickleball Craze Continues to Grow in Shoreview

Pickleball is one of the fastest-growing sports in the country – and in Shoreview. Considering that participation here has grown by over 600 percent in less than a year, it’s a good thing there will soon be more room to play.

In July, two of the four tennis courts at Bobby Theisen Park will be converted into six Pickleball-only courts, a welcome addition to existing shared courts at Commons Park and Shamrock Park.

Often described as great exercise, easy to learn, and lots of fun, the sport is played by four people with paddles and a plastic poly ball. There are no referees.

“It’s like playing tennis on a badminton sized court using an oversized ping-pong paddle,” said John Malmgren, Shoreview Pickleball Club President. “People with experience in tennis or racquetball, or even badminton or paddleball, will pick it up fast – usually within 3-4 hours.”

Pickleball also allows more social interaction than tennis. “Every game, you change partners. Winners of the previous

game are matched with other winners; losers are matched with losers, to make things more competitive,” he said.

Steve Ekdahl led the efforts in bringing Pickleball to Shoreview less than a year ago. The club began with 20 participants who kept in touch and scheduled times to play together using Google calendar. Today, there are 120 members – and they have no intentions of turning any newcomers away. The Club’s goal is to give the opportunity to play and enjoy the sport to as many people as possible. This includes plans to launch a weekly family night this summer, pairing a parent with a child.

According to AARP, 45 percent of the current U.S. population is 50 and over – the same group comprising most Pickleball players. Many are former tennis players who had to give up their sport after injuries and found renewed satisfaction in playing Pickleball. “There’s some running, but it’s more pivoting. There’s less physical impact,” said Malmgren.

Nonetheless, the sport continues to gain participants and fans of all ages. “It’s a good time. This is actually a really good workout,” said 39-year-old Bob Newbauer, a Shoreview Community Center member. He had been using the track for two months when Malmgren and Ekdahl encouraged him to come down to the court and try Pickleball, at which point he found a new favorite sport. His wife’s reaction was also positive after trying her hand at the sport. “I’d definitely introduce my kids to it,” he added. “It’s pretty inexpensive.”



THRIVE MSP 2040

One Vision, One Metropolitan Region

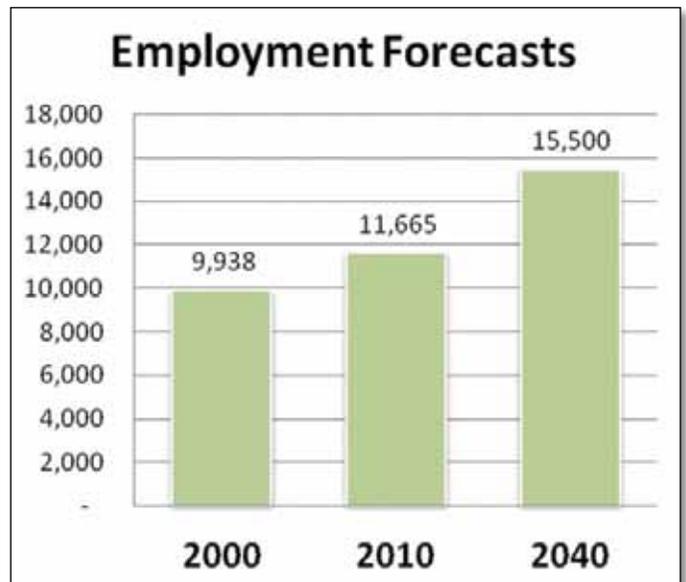
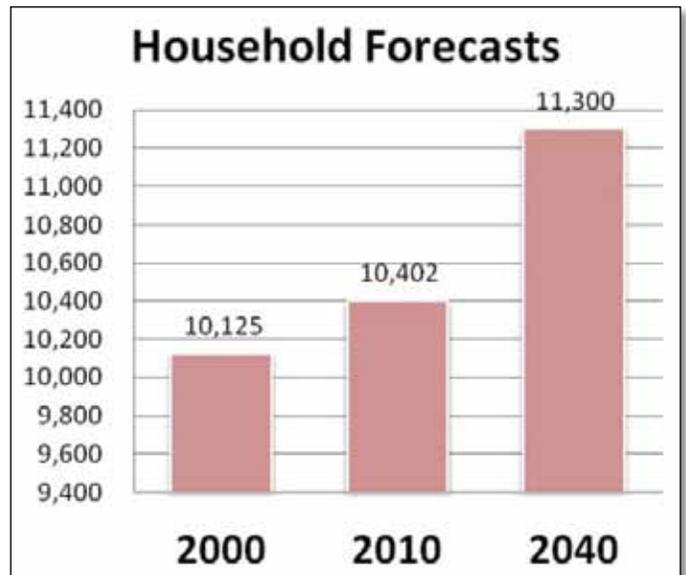
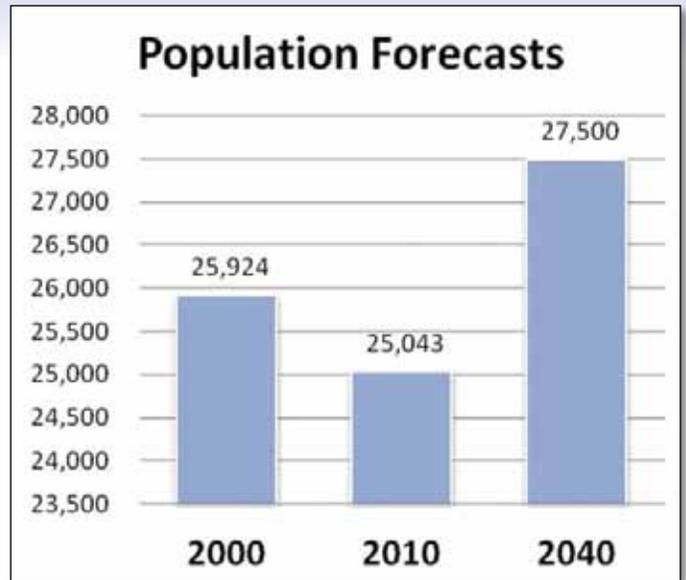
Thrive MSP 2040 is the Metropolitan Council’s vision for the region’s development over the next 30 years. This document, which was formally adopted in May, serves as a foundation for coordinated and consistent planning between regional and local government. This document will provide the policy direction for the next round of the Council’s systems and policy plans and impacts the planning efforts of local government.

Thrive MSP 2040 takes into account projections for population, jobs, and anticipated needs for transportation, wastewater infrastructure, and community development. It will provide the policy direction for the Council’s transportation, water resources, and regional parks plans, as well as the housing policy plan and water supply plan. Forecasts for the City of Shoreview are consistent with the 2030 forecasts previously adopted by the Metropolitan Council.

The plan lends guidance about future development and redevelopment trends as communities throughout the region put together their local, long-range comprehensive plans. It also highlights considerations communities should weigh as they plan, including their connections and contributions to the broader region’s prosperity, and how to best leverage community assets to provide all residents with greater access to opportunity. Shoreview’s current Comprehensive Plan, adopted in 2008, will need to be updated in 2018 and will need to conform to these regional policies.

While the Metropolitan Council takes a regional approach to long-range planning, this planning process provides an opportunity for leaders and community members to collaborate on achieving specific desired outcomes. The plan was designed to be flexible so local governments can provide abundant choices, accommodate residents in different stages of life, and meet local needs as they evolve over time. The full document can be found at www.thrivemsp.org.

These charts show the forecasted populations, households, and employment for Shoreview in the Thrive 2040 plan.



www.facebook.com/cityofshoreview

Four Ways to Pay Shoreview Utility Bills

You have a choice!

By Mail

Include a check with the top portion of the utility bill, or complete credit card information. Mail the payment to Shoreview City Hall, 4600 Victoria Street North, Shoreview, MN 55126. You can also drop it off using the after-hours payment slot, located in the wall to the left of the City Hall door.

By Phone

Call 651.490.4630 weekdays from 8:00 A.M. to 4:30 P.M. with your credit card information.

Online

Go to the City of Shoreview website at www.shoreviewmn.gov.

On the right hand side of the home page, click "Online Payments."

Select the appropriate login/sign in option.

If you are a new customer setting up your information for the first time, read the "Welcome" page, then click "Continue to Store." Click on "Water/Sewer Bills." Then click on the Water Faucet.

If you are a returning customer, log in by entering your user name and password.

Follow the prompts, which will guide you through making a payment. Step-by-step directions are available by clicking on the "FAQ," located on the right side of the Webstore page, under the Shopping Cart. Other tips can be found under "Quick Hints."

Direct Payment

Pay utility bills directly from a checking or savings account by completing a **Direct Payment (Debit) Form**. This can be downloaded from our website at www.shoreviewmn.gov. From the home page, click on "Utility Billing," found in the drop-down menu under "Services." Then click on the Direct Debit form link. Attach a voided check and return the form to:

City of Shoreview – Attention: Utility Billing
4600 Victoria Street North,
Shoreview, MN 55126

COUNCIL CONNECTION

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, previously included in **Access Shoreview**, can now be found right here in our official publication, **ShoreViews**.



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.

RECENT COUNCIL ACTIONS

June 2 Meeting

- Accepted the 2013 Comprehensive Annual Financial Report prepared by the Finance Department and Legal Compliance Report prepared by the City's auditors, Malloy, Montague, Karnowski, Radosevich and Co., P.A. The auditors report found no instances of noncompliance in reviewing the City's actions pertaining to contracting and bidding, deposits and investments, conflicts of interest, public indebtedness, claims and disbursements, and tax increment.
- Tabled action on whether to send a letter of intent to withdraw from the North Suburban Communications Commission until August 18, 2014.

June 16 Meeting

- **Turtle Lake Augmentation:** Council approved a motion directing staff to seek a Request for Proposal (RFP) for the necessary professional services to prepare a feasibility study for the potential augmentation of Turtle Lake and established a cost sharing ratio with the Turtle Lake Homeowners Association for the study. The City received a \$75,000 appropriation from the State Legislature that will help off-set the cost of this feasibility study.
- **Railroad Quiet Zones:** The City was recently awarded \$500,000 in funding through the State bonding bill to improve the railroad crossings at North Owasso Boulevard and Jerrold Avenue in order to establish a quiet zone on this north-south rail corridor. This grant is to be used to improve these crossings so they comply with the minimum standards needed to establish quiet zones. The Council approved an amendment to the agreement with SEH, Inc., an engineering consulting firm, to assist with the execution of the state grant and construction agreements with the Canadian Pacific Railroad. Shoreview is coordinating these efforts with the City of Little Canada since they also received state funding to establish quiet zones at five rail crossings in their city.
- **Sealcoat Bid:** Council approved the bid in the amount of \$295,173.20 submitted by Pearson Brothers Inc. for the sealcoating of local streets in southern Shoreview. Sealcoating is a process of coating streets with a chip aggregate. Sealcoating of streets is an important part of Shoreview's street maintenance efforts and extends the life of our residential streets. The City typically sealcoats streets on a 7 year cycle.

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

Neighborhood Watch: Reduce And Prevent Crime

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

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



Block Party Permits

If you're planning a neighborhood block party, you'll need a block party permit –available on the City of Shoreview website at www.shoreviewmn.gov under the Resources page. You can also call Public Works at 651.490.4650 and fax it back to 651.490.4696 or e-mail it to publicworks@shoreviewmn.gov. The City appreciates being notified and wishes you and your neighbors a very enjoyable get-together.

What's involved?

- Barricades will be dropped off before the event.
- The city's allowance to block off the street is not to be considered as permission for any ordinance violation.
- Signs should be placed on barricades informing drivers there is a block party in effect.
- Bands and loud music are not allowed due to noise ordinances.
- Ramsey County Deputy and firefighters can be invited to stop by: Call 651.266.7336.
- City maintenance, fire chief and sheriff patrol will be notified of the block party permit.

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

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



August 5: This Year's Night to Unite

The Ramsey County Sheriff's Department, Lake Johanna Fire Department, Neighborhood Watch groups and Shoreview residents will team up on Tuesday, August 5, 2014 to celebrate Night to Unite (formerly National Night Out) from 5 P.M. to 9 P.M.

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

For more information and resources, visit the Ramsey County website at www.co.ramsey.mn.us/sheriff and click on **Crime Prevention**. Or contact the Ramsey County Crime Prevention Unit at 651.266.7336 or crimeprevention@co.ramsey.mn.us.

Time to Get Fired-Up About Summer

Shoreview residents are fired-up about this time of year for plenty of reasons – including being able to spend long-awaited, pleasant summer evenings sitting by the flames of an outdoor fire, stargazing and sharing conversation with neighborhood friends and family.

But before sparking the flames of your recreational fire, be sure you know and follow the rules for open burning within City limits. These fire regulations are intended to maintain public health and safety, as well as to prevent wildfires.

Light Your Fire

First, be aware of local burning bans in effect, as well as wind speed – which must be below 10 miles per hour.

You can light things up with permitted starter fuels, including dry, untreated kindling; charcoal fire starter; paraffin candles; propane gas torches; or firewood such as dry, clean logs; untreated dimensional lumber; and manufactured fireplace logs. Only clean, natural wood can be burned. Flammable liquids/accelerant cannot be used to start recreational fires.



Remember: 3x3

Be sure to build your fire – no more than three feet high – at least 25 feet away from any building or combustible material.

Surround it with a “fire ring” of non-combustible material, such as rocks or bricks, no more than three feet in diameter.

A person knowledgeable in the use of fire extinguisher equipment must constantly attend the fire. An attendant must supervise the fire until it has been extinguished.

Recreational fires do not require a permit; however, all other open fires do require one.

The Fire Department is authorized to require open burning be immediately discontinued if it is determined that smoke emissions are offensive to occupants of surrounding property/contributing to a hazardous condition.

Become an expert with Shoreview’s recreational fire regulations. Then, sit back and enjoy the season in safety.

Stay informed and safe when there is an emergency

Receive notifications via voice, email, and text.

Do not assume your contact information is in the database!

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

Sign up is free, quick, secure and confidential.

Overnight and Special Event Parking

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

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



Tour de Trails 2014

Ride the exceptional bicycle trails of Shoreview at the Tour de Trails! Celebrate our bicycle-friendly community with this leisurely ride on Sunday, July 27 at 7:30 A.M. The event

cost is \$7 per person or \$20 per family and includes a t-shirt for each participant. The ride starts from the Deluxe Corporation parking lot across from Island Lake Park. See www.shoreviewmn.gov for more details and to register.



Blue Thumb – Planting for Clean Water!



If you want to do your part to further protect water right in your own yard, the Blue Thumb - Planting for Clean Water program can help. Blue Thumb aims to make it easy for residents to plan, purchase and plant beautiful native gardens, raingardens and shorelines. These cost-effective plantings require little watering and minimal care after established. They also invite birds and butterflies to your yard.

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

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

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



Photo credit: Karen Eckman

As required by the federal Safe Drinking Water Act, the City of Shoreview is issuing the results of monitoring done on its drinking water for the period from Jan. 1 to Dec. 31, 2013.

Visit www.shoreviewmn.gov/home/showdocument?id=3052 online to view the City's annual water report, which includes information on the monitoring done on Shoreview drinking water in 2013. If you have questions or would like to request a paper copy please contact Public Works at 651.490.4650 or email at publicworks@shoreviewmn.gov.

Energy Saving Tips

During these summer months, we need energy to keep us cool. There are many ways to keep the energy use and associated costs under control. Some ideas are free or low cost.

Temperature control –

Check around your air conditioner for any debris that might interfere with air flow.

A well-tuned and clear air conditioner is most efficient. Change the filter regularly.

Keep the house thermostat at 78° when you are home and 85° when you are gone. A programmable thermostat is a good tool to manage this.

Use fans with or without an air conditioner. A fan energy use is similar to that of a 100 watt bulb. Use fans in the rooms you are in and turn them off when you leave the room. Fans cool by increasing evaporation from the skin. They don't cool the air, they cool you.

Use blinds or drapes on windows, especially on the south and west sides. Keep the coverings closed during the day and open when the temperature is cooler.

Kitchen appliances –

Use the outdoor grill or microwave instead of the stove and oven for cooking. Run your dishwasher only when it is full. A full dishwasher uses less water than needed to wash those dishes by hand. Use the air-dry option. Scrape, don't rinse, the dishes before putting them in. Avoid the Rinse and Hold option. Run the dishwasher during off-peak hours. Avoid using appliances during peak energy use hours, 2 P.M. to 6 P.M.

Set the refrigerator at 37 – 40° and the freezer at 5° F. If you have a separate freezer for long term storage, set that freezer at 0°. Check the freezer temperature by placing a thermometer between frozen packages and leave it there for 24 hours. Then check the temperature.

Check the door seal on the refrigerator by placing a piece of paper, a dollar bill will do, half way in the door. When the door is closed, try to remove the paper. If it comes out easily, it is time to replace the seal or replace the unit.

Cover all food placed in the refrigerator. Uncovered food leads to evaporation which leads to increased energy use. A refrigerator runs most efficiently when it is full.

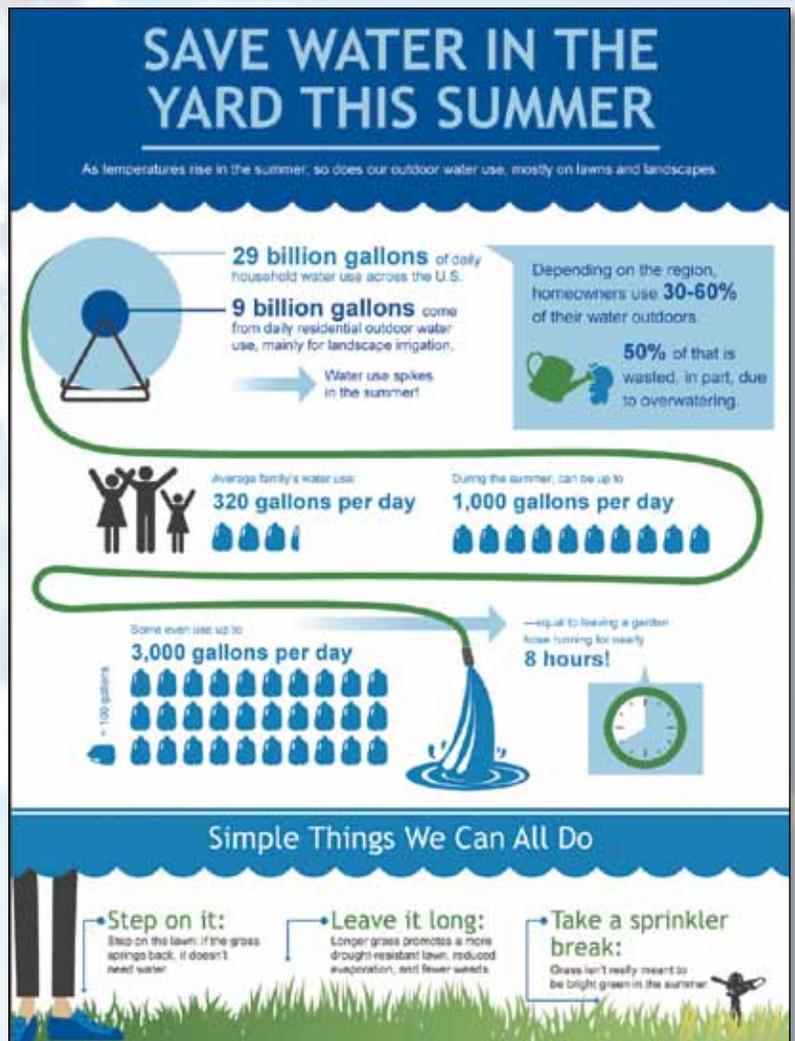


Simple Tips for Saving Water Outdoors

Summer's rising temperatures often coincide with rising outdoor water use, primarily due to an increase in lawn and landscape watering. While using water efficiently is important throughout the year, sometimes the timing of water use can make a big difference for community water supplies—and your water bill.

The amount of water homeowners use to keep their lawns green or gardens lush spikes in the summer—to two to four times as much water than they use the rest of the year! You can help use less water and create a healthier landscape by following these tips to reducing outdoor water use:

- First, review your water bills and compare your winter water use with your summer use to get a sense of how much extra water you use outdoors when it's hot.
- **Step on it:** Grass doesn't always need water just because it's hot out. Step on the lawn, and if the grass springs back, it doesn't need water. An inexpensive soil moisture sensor can also show the amount of moisture at the plant's roots and discourage overwatering.
- **Leave it long:** Raise your lawn mower blade. Longer grass promotes deeper root growth, resulting in a more drought-resistant lawn, reduced evaporation, and fewer weeds.
- **Timing is everything:** Know how much water your landscape actually needs before you water or set your sprinkler. Generally, it's best to water lawns and landscapes in the early morning and evening, after the sun goes down, because significant amounts of water can be lost due to evaporation during the heat of the day.
- **Look for the label:** If your system uses a clock timer, consider upgrading to a WaterSense labeled controller which acts like a thermostat for your lawn, using local weather data to determine when and how much to water, reducing waste and improving plant health. Replacing a standard clock timer with a **WaterSense labeled irrigation controller** can save an average home nearly 8,800 gallons of water annually.
- **Tune up your system:** Inspect irrigation systems and check for leaks and broken or clogged sprinkler heads, then actually fix them.



Gallery 96 Art Center

Gallery 96 at Slice of Shoreview

Again this year, Gallery 96 plans to be at the Slice of Shoreview Days, July 25-27, with a new public art project for the whole family to enjoy, from kids to adults. Come help us create a series of collage paintings depicting life and fun in Shoreview. Visitors will be able to choose figures, and objects like trees and cars and animals, cut out from magazines to glue on a painted canvas background to help create various Shoreview scenes.

The finished canvases will be displayed in the Shoreview Community Center and at various events around the area.



Example of a collage painting

Look for the Gallery 96 tent at the Slice to participate in this year's project and learn more about the group from the Board members who will be staffing the booth beginning Friday night and throughout the weekend.

Gallery 96 Exhibitions

Gallery 96 will be holding its fall Member's Show at the Shoreview branch of the Ramsey County Library, 4570 N. Victoria Street during the month of November. Each paid member of Gallery 96 is eligible to enter a piece in the show. The entries will be judged for cash prizes. The instructions and rules for entry will be in the Gallery 96 newsletter and on the Gallery 96 website. You must be a member to enter the show but membership starts at only \$25 per year. If you are not a member yet and would like to view the Gallery 96 newsletter, go to www.gallery96.org and click on News. Gallery 96 welcomes all types of artists in 2D and 3D art, including painting, pottery, photography, sculpture, collage, ceramics, wood working, and metal working.

Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7 to 9 P.M. These are lively discussions of art and friendly critiques of the work of members and others. All are welcome. Upcoming dates are August 12, September 9 and October 14.

History in a Tent!



Visit the Shoreview Historical Society (SHS) booth at the Slice of Shoreview Days, July 25-27, for a step back in time. Enjoy photo exhibits; chat with members of the

2014 Heritage Family of the Year, the Demars family; and play Shoreview trivia. Also, be sure to pick up a free copy of the self-directed driving tour of Shoreview, purchase a copy of Shoreview Reflections (at a special Slice price), and locate Island Lake Park's memorial trees – donated by members of the SHS.

Throughout the years, the SHS has purchased memorial trees that have been planted in Island Lake Park. This year, the Society will purchase a tree in memory of former Board member Ken Wingard. Other memorial trees in the park honor family members of former or current SHS Board members: Eunice Hoff, wife of Ken; Don Claeys, husband of Doris; Dick Wedell, husband of Peggy; and Kay Stahl, mother of Jacci Krebsbach. Each of these trees will be marked with a yellow ribbon at the Slice and a map of their location will be displayed in the SHS tent.

2014 Heritage Family of the Year: Cyrille and Agnes Demars



Memorial tree for Dick Wedell, former Shoreview mayor, donated by the SHS

A tree honoring Mayor Sandy Martin's mother, Lucy Chandler, is also planted in Lake Owasso Park. Visit the SHS website at www.shoreviewhistorical society.org for up-to-date information.

Shoreview-Einhausen Sister City Association (SESCA)



Why did the rooster cross the sea? The reason is because we sent him – as a gift representing our international friendship with our German sister city of ten years, Einhausen. The rooster has been a symbol of their town for many years, and it waves from flags during all their festivals and parades. This idea, spearheaded by SESCOA board members Dean and Patty Raeker, took tireless effort to see through. In April, Einhausen held an

official ceremony on the eastern edge of town where the nine-foot-tall rooster – or “Giggel” – now welcomes all visitors and residents alike. Thanks to donations from members of our group, and from local Shoreview area residents, the statue – which was cast in Mexico, finished in Texas, trucked across the U.S., boarded upon a ship leaving New Jersey, and which had gone through other customs stops and various hold ups – finally reached its destination after 168 days. This was too late for an official presentation, after fifteen SESCOA members traveled to Einhausen last August to celebrate our 10th anniversary. The crate had traveled over 9,000 miles but then waited 136 more days to be erected where it now stands proudly.

SESCA’s mission is to promote international goodwill and friendships by creating opportunities for all citizens of the greater Shoreview area to experience German culture in various ways focusing on relationships with citizens of Einhausen, Germany. Please visit our updated website at www.sesca.org to find out about our monthly meetings, dinners, Slice of Shoreview Days involvement, language learning scholarships, adopt-a-highway cleanup, hosting and trip opportunities, memberships, and more.



It’s Not Too Late for Teens to Get a Summer Job!

Northeast Youth & Family Services has year-round openings for hardworking youth who are interested in helping local seniors live independently in their homes for as long as possible.

Their Senior Chore Program connects youth with seniors who need help with tasks like house cleaning, lawn care and seasonal yard work. Youth can earn \$10 to \$12 per hour as independent contractors and set a schedule that is convenient for them.

Youth between the ages of 15 and 17 must have parental permission and attend an orientation session. Applicants 18 and over must pass a criminal background check. For more information, please call NYFS’ Senior Chore Program at 651.379.3451 or visit us on the web at www.nyfs.org.

The Shoreview NORTHERN LIGHTS VARIETY BAND

Meet the Shoreview Northern Lights Variety Band this Summer

Looking for a new way to serve your community, have fun and meet new people? Join the Shoreview Northern Lights Variety Band. We welcome new members age 16 years of age and older. There are fall semester openings in many sections, including percussion and clarinets. Auditions are not required. The band rehearses every Tuesday from 7 – 9 P.M. at the Shoreview Community Center. Look for us at the Taste of Shoreview parade, and ask us about becoming a member. We are also performing at Shoreview’s Concert in the Commons on July 23 at 7 P.M. in the Haffeman Pavilion (behind the Community Center). Want to know more? Please contact us by visiting www.snlyb.com.



SHOREVIEW CALENDAR

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

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

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

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

JULY 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Farmers Market 3 pm, LLPL	2 Concert in the Commons 7 pm, SP	3 Bikeways and Trails Committee 7 pm, LC	4 City Offices Closed – Independence Day	5
Recycling Week July 7-11						
6	7 Economic Dev Auth 5 pm, CC City Council Mtg 7 pm, CC	8 Farmers Market 3 pm, LLPL	9 Concert in the Commons 7 pm, SP	10	11	12
13	14 Council Workshop 7 pm, CC	15 Econ. Dev. Comm. 7:30 am, UC Farmers Market 3 pm, LLPL	16 Concert in the Commons 7 pm, SP	17 Public Safety Meeting 7 pm, LC	18	19
Recycling Week July 21-25						
20	21 City Council Meeting 7 pm, CC	22 Farmers Market 3 pm, LLPL Planning Commission 7 pm, CC	23 Concert in the Commons 7 pm, SP 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 Farmers Market 3 pm, LLPL	30 Concert in the Commons 7 pm, SP	31		

AUGUST 2014

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

SEPTEMBER 2014

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

OCTOBER 2014

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

Federal Elected Officials

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

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

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

State Elected Officials

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

State Senator 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. 

Hours

	Community Center	Waterpark** (starting Sept. 20, 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.

September 1	5:00 A.M. – 6:00 P.M.	Noon – 5:45 P.M.	8:00 A.M. – 6:00 P.M.
November 27	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon
November 28	5:00 A.M. – 10:00 P.M.	Noon – 9:45 P.M.	8:00 A.M. – 8:00 P.M.
December 24	5:00 A.M. – Noon	Closed	8:00 A.M. – Noon
December 25	Closed	Closed	Closed
December 31	5:00 A.M. – 4:00 P.M.	Noon – 3:45 P.M.	5:00 A.M. – 4:00 P.M.
January 1	8:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.

**See page 18 for extended waterpark hours on school's out days. Now through Sept. 1, 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 55 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.



TROPICS INDOOR WATERPARK

Waterpark Hours

Beginning September 20, 2014

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

Sept. 1 Noon – 5:45 P.M.
 Oct. 10 Noon – 9:45 P.M.
 Oct. 16 Noon – 9:00 P.M.
 Oct. 17 Noon – 9:45 P.M.
 Nov. 7 Noon – 9:45 P.M.
 Nov. 24 Noon – 8:00 P.M.
 Nov. 25 Noon – 9:00 P.M.
 Nov. 26 Noon – 8:00 P.M.
 Nov. 27 Closed
 Nov. 28 Noon – 9:45 P.M.
 Dec. 24 Closed
 Dec. 25 Closed
 Dec. 31 Noon – 3:45 P.M.



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

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

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

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

Pool Information

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

Annual Pool Shutdown

September 2-19, 2014



Dive-In Movie November 14

More details on page 47

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

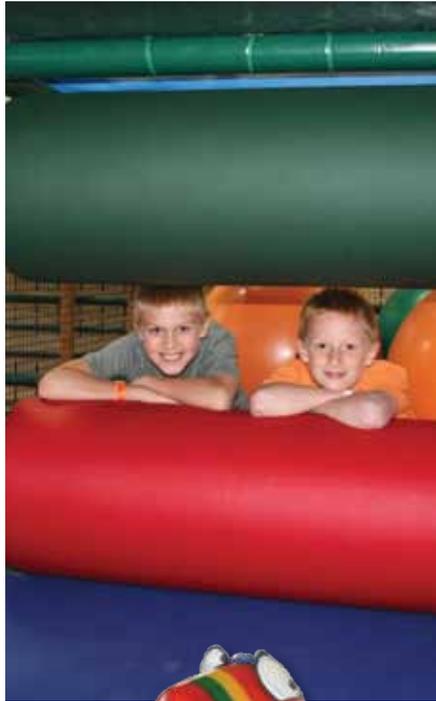
Mon – Sat 8:00 A.M. – 8:00 P.M.
Sunday..... 8:00 A.M. – 6:00 P.M.

Holiday Hours Call 651.490.4700 for specific information.

September 1 8:00 A.M. – 6:00 P.M.
November 27 8:00 A.M. – Noon
November 28 8:00 A.M. – 8:00 P.M.
December 24 8:00 A.M. – Noon
December 25 Closed
December 31 5:00 A.M. – 4:00 P.M.
January 1 8:00 A.M. – 8:00 P.M.

General Information

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



Kids Care

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

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

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

**Friday
4:00 P.M. – 8:00 P.M.**

Closed Sept. 1, Oct. 31 (evening only) Nov. 27, Dec. 24, 25, 31 & Jan. 1

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

Care is provided for children 6 months to 8 years of age. Maximum stay is 2 hours. Parents must remain in the building. Reservations are allowed for Fitness Class participants. 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

BEST VALUE!

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 Park	Seats 35
McCullough Park.....	Seats 15	Commons Park	Seats 20
Sitzer	Seats 24	Bucher Park.....	Seats 24

Meeting Rooms

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

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

Rate: \$50; \$35 Shoreview Resident (50% of group living in Shoreview)

*Sales tax will be added to rate. Refundable damage deposit required for Friday, 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



FALL RECREATION PROGRAMS

REGISTRATION SCHEDULE

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

Shoreview Resident Priority

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

Begins Monday, July 28 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, July 30 at 8 A.M.

General Registration

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

Begins Friday, August 1 at 8 A.M.

**See page 61 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.



16th Annual Shoreview Farmers' Market 2014

Tuesdays

June 17-September 30 | 3-7 p.m.
October 7, 14 | 3-6 p.m.

August 12	FAMILY DAY Bring the family to the market & enjoy face painting, planting seeds, and Root Beer floats*! <i>Note: *while supplies last</i>
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*! <i>Note: *while supplies last.</i>

LIVE ENTERTAINMENT!

Music by: Gabriel Komjathy
Interactive Acoustic Guitar: Children's Music
Dates: July 8 & 22, Aug. 5 & 12, Sept. 23, Oct. 10

Fresh

For more information visit www.ShoreviewCommunityCenter.com or call 651.490.4734

SHOREVIEW PARKS & RECREATION SWIM LESSONS

We use a fun and imaginative approach to help students create a lifelong love of swimming. Students will learn new skills and build on previously learned skills through group instruction or private instruction to get a more individualized lesson.

Our instructors participate in ongoing training sessions and are selected based on their desire to teach, enthusiasm, and swimming ability. Parent – instructor communication is vital to the success of each swimmer. Our mission is to provide an inclusive program for all.

FREE SWIM CHECKS

Do you know what level to sign up for? Stop by on one of the following days to find out! Swim checks take approximately 10 minutes.

Friday, Aug. 22..... 11:00 A.M. – 12:00 P.M.
 Monday, Aug. 265:00 P.M. – 6:00 P.M.
 Sunday, Nov. 23 11:00 A.M. – 12:00 P.M.

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

PRIVATE LESSONS

Private Lessons (PR) *Ages 3 to Adult*

Rate for 8, 30-minute private or semi-private swim lessons; available at set times.

\$146; \$134 Shoreview Resident
 \$111; \$102 Shoreview Resident each for 2 participants of equivalent ability.

Rate for 6, 30-minute private or semi-private swim lessons; available at set times.

\$111; \$102 Shoreview Resident
 \$83; \$77 Shoreview Resident each for 2 participants of equivalent ability.

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

GROUP LESSONS

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

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

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

(MR) & (PS) 1 to 4
 (L1) – (L3) 1 to 5
 (L4) – (L6) 1 to 6

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet for 35 minutes for eight sessions while Star Fish lessons are 30 minutes.

PARENT/CHILD LESSONS

Star Fish

(SF 1) *Ages 9 months to 24 months*

(SF 2) *Ages 24 months to 36 months*

This class is a parent/child program to promote water safety and water adjustment in a fun, safe and secure learning environment. One adult must accompany each child in the water.

Manta Ray (MR) *Ages 2 ½ to 4 years old*

This class will introduce your child to group learning gradually throughout the session, by having a parent accompany their child in the water for the first few weeks and gradually reduce their participation. This is a great class for children looking for a more gradual approach to group instruction, additional one on one instruction, or have a fear of the water to become more comfortable and confident in the water. Swimmers will learn the following:

- Comfort with group instruction
- Enter & exit water independently
- Front/Back float with instructor support
- Kicking on front/back with instructor support



BEGINNER LESSONS

Preschool (PS): Jelly Fish *Ages 3 - 4*

Preschool is an introduction level to group learning without a guardian in the water. Children become comfortable and learn to enjoy activities in the water safely. Swimmers will learn the following:

- Submerge face in water
- Blowing bubbles
- Front/Back float with support

Level 1 (L1): Angel Fish *Ages 4 or passed preschool*

Teaches basic exploration which leads to assisted swimming by learning the following:

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

Level 2 (L2): Sea Monkeys *Ages 5 or passed level 1*

Our objective is to help swimmers successfully manage fundamental skills as they progress towards swimming unassisted. Swimmers will learn the following:

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

Youth Beginner (YB) *Ages 6 & older*

This class is for ages 6 and older who are new to swim lessons or haven't been in lessons for several years. This class will focus on the following to get your child into the appropriate level:

- Front/Back float independently for 10 seconds
- Front/Back glide with flutter kicking independently
- Assisted Front Crawl with Rhythmic breathing
- Elementary Backstroke Arms



INTERMEDIATE LESSONS

Level 2.5 (L 2.5): Otters

This level bridges the gap between L2 and L3. 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

Builds on skills by coordinating strokes and increasing endurance. Swimmers will learn the following:

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

Level 4 (L4): Sting Rays

Develops endurance to learned strokes along with the introduction to breaststroke. Swimmers will learn the following:

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

ADVANCED LESSONS

Level 5 (L5): Dolphins

Refines coordination and technique while increasing endurance of key strokes. Swimmers will learn the following:

- Flip turns
- Butterfly for 15 yards

Level 6 (L6): Orcas

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

- Alternate breathing for Front Crawl
- Sidestroke for 25 yards
- Front Crawl with flip turns

Introduction to Swim Team (IS)

This is a great place to begin your journey into competitive swimming. Students will work on stroke technique and build endurance in the butterfly, backstroke, breaststroke, and freestyle; along with competitive turns. **This class is one hour.**

SHOREVIEW COMMUNITY CENTER POOL

Monday Sept 22 - Nov 17 No Class: Oct 13

Time	Level	Activity #
Morning		
9:00 A.M.	PR	430114-01
9:45 A.M.	PS	430111-01
10:20 A.M.	L2	430102-01
Evening		
4:00 P.M.	L2	430102-04
	PR	430114-04
	PR	430114-05
	PR	430114-06
4:45 P.M.	PS	430111-05
	L1	430101-04
	L2	430102-05
	L2.5	430112-03
	L3	430103-01
5:30 P.M.	PS	430111-06
	L1	430101-05
	YB	430113-01
	L5	430105-01
	PR	430114-07
	PR	430114-08
6:15 P.M.	PS	430111-07
	L2.5	430112-04
	L2.5	430112-05
	L3	430103-02
	L4	430104-01
6:20 P.M.	SF 1 & 2	430110-03
7:00 P.M.	L2	430102-06
	L4	430104-02

Tuesday Sept 23 - Nov 18 No Class: Oct 14

Time	Level	Activity #
Morning		
9:10 A.M.	MR	430117-01
9:55 A.M.	PS	430111-02
10:40 A.M.	L1	430101-01
11:20 A.M.	SF 1 & 2	430110-01
Evening		
4:00 P.M.	PR	430114-09
	PR	430114-10
	PR	430114-11
	PR	430114-12
4:45 P.M.	PS	430111-08
	L2.5	430112-06
	YB	430113-02
	PR	430114-13
5:30 P.M.	MR	430117-03
	PS	430111-09
	L3	430103-03
	L4	430104-03
6:15 P.M.	PS	430111-10
	L1	430101-06
	L2	430102-07
	L2.5	430112-07
	L2.5	430112-08
	L3	430103-04
7:00 P.M.	L1	430101-07
	L2	430102-08
	L2.5	430112-09
	L2.5	430112-10
	IS	430109-01
	PR	430114-14
7:45 P.M.	PR	430114-15
	PR	430114-16
	PR	430114-17
	PR	430114-18

Wednesday Sept 24 - Nov 19 No Class: Oct 15

Time	Level	Activity #
Morning		
9:10 A.M.	PR	430114-02
9:55 A.M.	L2	430102-02
10:40 A.M.	SF 1 & 2	430110-02
11:20 A.M.	MR	430117-02
Evening		
4:00 P.M.	L1	430101-08
	L2.5	430112-11
	PR	430114-19
	PR	430114-20
4:45 P.M.	MR	430117-04
	PS	430111-11
	L2	430102-09
	L2.5	430112-12
	L2.5	430112-13
	L3	430103-05
5:30 P.M.	PS	430111-12
	L1	430101-09
	L2	430102-10
	L2.5	430112-14
	L4	430104-04
	PR	430114-21
6:15 P.M.	PS	430111-13
	L1	430101-10
	L2	430102-11
	L3	430103-06
	PR	430114-22
6:20 P.M.	SF 1 & 2	430110-04
7:00 P.M.	L2	430102-12
	PR	430114-23

LESSON RATES

8 Week Classes

Group

\$73; 66 Shoreview Resident

Private

\$146; 134 Shoreview Resident

Semi-Private

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

6 Week Classes

Group

\$55; 50 Shoreview Resident

Private

\$111; 102 Shoreview Resident

Semi-Private

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

AQUATIC KEY

SF 1 Starfish 9-24 months

SF 2 Stafish 24-36 months

MR Manta Ray

PS Preschool

L1 Level 1, 2, etc.

YB Youth Beginner

PR Private Lessons

IS Intro to Swim Team

A NOTE ABOUT COMMUNITY CENTER LESSONS

If you wish to swim before or after class in the evenings 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.

Thursday Sept 25 - Nov 20 No Class: Oct 16

Time	Level	Activity #
Morning		
9:00 A.M.	PS	430111-03
9:45 A.M.	L2.5	430112-01
10:40 A.M.	L2	430102-03
11:20 A.M.	L1	430101-02
Evening		
4:00 P.M.	PS	430111-14
	YB	430113-03
	PR	430114-24
	PR	430114-25
4:45 P.M.	PS	430111-15
	L1	430101-11
	PR	430114-26
5:30 P.M.	PR	430114-27
	MR	430117-05
	L1	430101-12
	L2	430102-13
	L2.5	430112-15
6:15 P.M.	L2.5	430112-16
	L3	430103-07
	PS	430111-16
	L2	430102-14
6:20 P.M.	L2.5	430112-17
	L3	430103-08
	L6	430106-01
6:20 P.M.	SF 1 & 2	430110-05
7:00 P.M.	L1	430101-13
	L2	430102-15
	L4	430104-05
	IS	430109-02
	PR	430114-28
7:45 P.M.	PR	430114-29
	L5	430105-02
	PR	430114-30
PR		430114-31

Friday Sept 26 - Nov 21 No Class: Oct 17

Time	Level	Activity #
Morning		
9:10 A.M.	L1	430101-03
9:55 A.M.	L2.5	430112-02
10:40 A.M.	PS	430111-04
11:20 A.M.	PR	430114-03

Saturday Sept 20 - Nov 15 No Class: Oct 18

Time	Level	Activity #	
Morning			
8:15 A.M.	PS	430111-17	
	L1	430101-14	
	L2	430102-16	
	L2.5	430112-18	
	YB	430113-04	
	PR	430114-32	
	PR	430114-33	
	PR	430114-34	
9:00 A.M.	PR	430114-35	
	PR	430114-36	
	PS	430111-18	
	L1	430101-15	
	L1	430101-16	
	L2	430102-17	
	L2.5	430112-19	
	L2.5	430112-20	
9:45 A.M.	L3	430103-09	
	L5	430105-03	
	PR	430114-37	
	PS	430111-19	
	L1	430101-17	
	L2	430102-18	
	L2.5	430112-21	
	L2.5	430112-22	
9:50 A.M.	L3	430103-10	
	L4	430104-06	
	L6	430106-02	
	PR	430114-38	
	SF 1	430110-06	
	10:30 A.M.	PS	430111-20
		PS	430111-21
		L2	430102-19
L3		430103-11	
L4		430104-07	
IS		430109-03	
PR		430114-39	
PR		430114-40	
10:35 A.M.	PR	430114-41	
	SF 2	430110-07	
	11:15 A.M.	MR	430117-06
		L1	430101-18
		L2	430102-20
		L2.5	430112-23
		L3	430103-12
		L5	430105-04
YB		430113-05	
PR		430114-42	
PR	430114-43		

Sunday Sept 21 - Nov 16 No Class: Oct 19

Time	Level	Activity #
Morning		
9:00 A.M.	PS	430111-22
	L1	430101-19
	L2	430102-21
	L2.5	430112-24
9:45 A.M.	PR	430114-44
	PS	430111-23
	L1	430101-20
	L2	430102-22
	L4	430104-08
10:30 A.M.	PR	430114-45
	SF 1 & 2	430110-08
	PS	430111-24
	L2	430102-23
	L3	430103-13
11:15 A.M.	PR	430114-46
	MR	430117-07
	L1	430101-21
	L2.5	430112-25
	L2.5	430112-26
L5	430105-05	

TWO DAY CLASSES Tuesday/Thursday Dec 2 - Dec 18

6 Lessons Only - discounted fee

Time	Level	Activity #
Evening		
4:00 P.M.	PR	430114-47
	PR	430114-48
	PR	430114-49
	PR	430114-50
4:45 P.M.	PR	430114-51
	PR	430114-52
	PR	430114-53
	PR	430114-54
5:30 P.M.	MR	430117-08
	PS	430111-25
	L3	430103-14
6:15 P.M.	PR	430114-55
	PS	430111-26
	L2.5	430112-27
	PR	430114-56
7:00 P.M.	PR	430114-57
	L1	430101-22
	L2	430102-24
	PR	430114-58
PR		430114-59

RED CROSS COMMUNITY CPR/AED

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

Deadline to Register: Tuesday, Nov. 11

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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

RED CROSS STANDARD FIRST AID

Wednesday, Nov. 196:30 P.M. – 8:30 P.M.
\$55; \$49 Shoreview Resident..... **Activity # 450302-01**

Deadline to Register: Wednesday, Nov. 12

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

RED CROSS COMMUNITY CPR/AED & FIRST AID

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

Tuesday, Nov. 18.....6:00 P.M. – 10:00 P.M.
and Wednesday, Nov. 196:30 P.M. – 8:30 P.M.
\$96; \$87 Shoreview Residents..... **Activity # 450303-01**

Deadline to Register: Tuesday, Nov. 11

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

- Rescue breathing
- Obstructed Airway
- CPR with AED

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

RED CROSS CPR/AED FOR PROFESSIONAL RESCUER & HEALTH CARE PROVIDERS REVIEW

Tuesday, Oct 28.....6:00 P.M. – 10:00 P.M.
\$85; \$75 Shoreview Resident..... **Activity # 450304-01**

Deadline to Register: Tuesday, Oct. 21

Earn your CME's through this course, which 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. **Students much hold a current certification to participate in this renewal course.**



RED CROSS LIFEGUARD TRAINING

Ages 15 & older

Pack a lunch, swimsuit, towel and snacks!

November 1, 2, 5, 8

\$252; \$236 Shoreview Resident..... **Activity # 450402-01**

Saturdays/Sundays.....8:00 A.M. – 4:00 P.M.

Wednesday.....5:00 P.M. – 9:00 P.M.

Location: Shoreview Community Center/Chippewa Middle School Pool

Deadline to Register: Friday, Oct 24

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.

COURSE PREREQUISITIES:

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

SNORKELING

Ages 8 to 13

Saturday, Oct 18.....	11:00 A.M. – 12:00 P.M.
\$22; \$20 Shoreview Resident.....	Activity # 430306-01
Saturday, Nov 22.....	11:00 A.M. – 12:00 P.M.
\$22; \$20 Shoreview Resident.....	Activity # 430306-02
Saturday, Dec. 27.....	11:00 A.M. – 12:00 P.M.
\$22; \$20 Shoreview Resident.....	Activity # 430306-03

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



DISCOVER SCUBA

Ages 12 & older

Wednesday, Nov 5.....	6:00 P.M – 7:00 P.M.
\$22; \$20 Shoreview Resident.....	Activity # 430306-04

Location: Chippewa Middle School Pool

Deadline to Register: Wednesday, Oct. 29

This is a great opportunity to learn how to use scuba gear under the care of a certified Scuba Instructor. The following skills are learned:

- Briefing on equipment
- Trying on gear
- Exploring the bottom of the pool

If you have asthma, you are required to provide a Doctor's note stating it is safe for you to participate.



SCOUT MERIT BADGES

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

Swimming Merit Badge

\$52; \$47 Shoreview Resident..... **Activity # 430301-01**

Thursday, Oct. 16..... 4:00 P.M. – 8:00 P.M.

Location: Community Center Pool

Wednesday, Nov 5..... 5:00 P.M. – 7:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Thursday, Oct. 9

Lifesaving Merit Badge

\$58; \$52 Shoreview Resident..... **Activity # 430301-02**

Tuesday, Oct 14..... 4:00 P.M. – 8:00 P.M.

Location: Community Center Pool

Wednesday, Nov 5..... 5:00 P.M. – 7:00 P.M.

Location: Chippewa Middle School Pool

Deadline to Register: Tuesday, Oct 7



SUPERSITTER BABYSITTING CLINIC

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

8:00 A.M. – 12:30 P.M.

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

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

Saturday, Sept 13..... **Activity # 450101-01**

Saturday, Oct 11..... **Activity # 450101-02**

Saturday, Oct 25..... **Activity # 450101-03**

Saturday, Nov 8..... **Activity # 450101-04**

Saturday, Nov 22..... **Activity # 450101-05**

Saturday, Dec 6..... **Activity # 450101-06**

Saturday, Dec 20..... **Activity # 450101-07**

During this class students will learn the responsibility that is needed for babysitting while gaining the required education. The class will cover the following skills of child care, first aid, sitter safety, crafts and toys, child proofing, nutrition and much more.

GROUP FITNESS CLASSES

Call for information: 651.490.4750

FALL SESSION September 2 – December 21 (16 weeks)
 No classes Sept. 1 and Nov. 27

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

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

Annual Members receive 30% off group fitness classes listed on pp. 38-39. Discount now available online!

FITNESS PUNCH CARDS

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

Cycling, 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
 Indoor Group Cycling, 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. **Pilates-Ballet Fitness and Yoga-Ballet Fitness** will emphasize the core fundamentals of Yoga or Pilates, and add the strength, balance, and conditioning elements of Ballet Fitness. No previous dance experience required.

Core Fusion/Core-Barre Fusion

If you’re looking for a strong, toned, and graceful body then this class is for you. Core Fusion builds upon the influences of Yoga and Pilates and mixes body sculpting with flexibility, strength training and balance work. Core-Barre Fusion will condition and tone the entire body utilizing a blend of ballet, Pilates and traditional conditioning. Build core strength, balance, flexibility, and increase endurance with this invigorating class. (No dance experience necessary).

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. Pilates-Ballet Fitness and Yoga-Ballet Fitness will emphasize the core fundamentals of Yoga or Pilates, and add the strength, balance, and conditioning elements of Ballet Fitness. **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 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.

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.

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.



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.

Indoor Group Cycling

Cycling is an activity that produces one of the highest rates of calorie expenditure. Indoor Group Cycling is fun, challenging, and accommodates all fitness levels, using revolutionary group exercise cycles. This energetic class consists of a continuous bike ride set to up-beat music with “hill climbs” and sprints mixed in to simulate cycling outdoors. The resistance of the stationary bikes is adjustable to accommodate all levels and intensities.

Step Cardio

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!

STRENGTH/CARDIO OPTIONS

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!



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.

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.



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! **See page 44 for schedule and details.**

WATER OPTIONS

Water exercise classes will begin the week of September 22.

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

Aqua Fit

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



SENIORFIT CLASSES

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

SeniorFIT Strength Training

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

SeniorFIT Advanced Circuit

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

SeniorFIT Yoga and Stretch

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

SeniorFIT Aqua Exercise

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

GROUP FITNESS

MORNING AND DAYTIME CLASSES

All classes are 50 minutes unless otherwise indicated.

Sept. 2 – Dec. 21 (16 weeks).

No classes Sept. 1 or Nov. 27. Water Exercise begins the week of Sept. 22.

MONDAY (No classes September 1st)			
5:35 A.M.	Total Body Workout	\$86/\$78	410502-01
8:30 A.M.	Strength Conditioning	\$86/\$78	410539-01
8:30 A.M.	SeniorFIT – Strength Training*	\$86/\$78	410161-01
9:15 A.M.	Aqua Fit (begins Sept. 22)	\$75/\$68	410522-01
9:30 A.M.	Total Body Workout	\$86/\$78	410502-06
9:45 A.M.	NEW! Core-Barre Fusion	\$86/\$78	410527-01
11:45 A.M.	Mind/Body Yoga	\$132/\$120	410506-01
TUESDAY			
5:35 A.M.	Core Fusion/Power Pump (alternates each week)	\$92/\$84	410530-01
8:15 A.M.	SeniorFIT - Aqua Exercise* (begins Sept. 23)	\$75/\$68	410162-01
8:30 A.M.	Mind/Body Yoga	\$140/\$128	410506-02
8:30 A.M.	Power Pump	\$92/\$84	410523-02
9:15 A.M.	Aqua Fit (begins Sept. 23)	\$75/\$68	410522-03
9:30 A.M.	NEW! Ballet Fitness	\$117/\$108	410508-01
9:30 A.M.	Step Cardio	\$92/\$84	410516-01
10:40 A.M.	Zumba Gold®	\$117/\$108	410543-01
11:40 A.M.	Total Body Workout	\$92/\$84	410502-05
12:45 P.M.	SeniorFIT - Strength Training*	\$92/\$84	410161-03
WEDNESDAY			
5:35 A.M.	Total Body Workout	\$92/\$84	410502-02
8:30 A.M.	SeniorFIT - Strength Training*	\$92/\$84	410161-02
8:30 A.M.	Cardio & Strength Conditioning	\$92/\$84	410540-01
9:15 A.M.	Aqua Fit (begins Sept. 24)	\$75/\$68	410522-05
9:30 A.M.	Total Body Workout	\$92/\$84	410502-07
9:30 A.M.	Zumba®	\$117/\$108	410544-07
10:40 A.M.	SeniorFIT - Yoga & Stretch*	\$92/\$84	410163-02
11:45 A.M.	Mind/Body Yoga	\$140/\$128	410506-04
THURSDAY (No classes November 27th)			
		no class 11/27	
5:35 A.M.	Power Pump/Core Fusion (alternates each week)	\$86/\$78	410530-02
8:30 A.M.	NEW! Yoga - Ballet Fitness	\$110/\$101	410515-01
8:30 A.M.	Power Pump	\$86/\$78	410523-06
9:15 A.M.	Aqua Fit (begins Sept. 25)	\$70/\$63	410522-07
9:30 A.M.	Core Fusion	\$86/\$78	410531-06
9:30 A.M.	Step Cardio	\$86/\$78	410516-04
10:30 A.M.	Zumba Gold®	\$110/\$101	410543-02
11:40 A.M.	Total Body Workout	\$86/\$78	410502-08
12:45 P.M.	SeniorFIT - Strength Training*	\$86/\$78	410161-04
FRIDAY			
5:35 A.M.	Total Body Workout	\$92/\$84	410502-03
8:15 A.M.	SeniorFIT - Aqua Exercise* (begins Sept. 26)	\$75/\$68	410162-02
8:30 A.M.	SeniorFIT - Advanced Circuit*	\$92/\$84	410165-01
8:30 A.M.	Strength Conditioning	\$92/\$84	410539-02
9:15 A.M.	Aqua Fit (begins Sept. 26)	\$75/\$68	410522-09
9:30 A.M.	Zumba®	\$117/\$108	410544-08
9:30 A.M.	Total Body Workout	\$92/\$84	410502-09
10:40 A.M.	SeniorFIT – Yoga & Stretch*	\$92/\$84	410163-03
SATURDAY			
8:15 A.M.	Indoor Group Cycle	\$117/\$108	410512-08
8:30 A.M.	Kettlebell Training	\$117/\$108	410528-04
8:30 A.M.	Zumba®	\$117/\$108	410544-06
9:30 A.M.	Core Fusion	\$92/\$84	410531-03
9:30 A.M.	NEW! Zumba® Kids (7-11 yrs) see flyer for session details	\$27/\$24	410244-01,02-03
SUNDAY			
8:30 A.M.	Indoor Group Cycle	\$117/\$108	410512-09
9:45 A.M.	Mind/Body Yoga	\$140/\$128	410506-08
6:00 A.M.	Candlelight Yoga	\$140/\$128	410537-01

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

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

REGISTER EARLY AND SAVE YOUR SPOT IN CLASS!

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

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

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



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.

Sept. 2 – Dec. 21 (16 weeks).

No classes Sept. 1 or Nov. 27. Water Exercise begins the week of Sept. 22.

MONDAY (No classes September 1st)		
4:10 P.M.	Zumba®	\$110/\$101 410544-02
4:15 P.M.	Kettlebell Training	\$110/\$101 410528-01
5:20 P.M.	Step and Strength	\$86/\$78 410514-01
5:20 P.M.	Yogalates	\$132/\$120 410525-01
5:45 P.M.	Indoor Group Cycle	\$110/\$101 410512-01
6:25 P.M.	Core Fusion	\$86/\$78 410531-01
6:25 P.M.	Cardio Groove - Low Impact	\$86/\$78 410504-01
7:30 P.M.	Zumba®	\$110/\$101 410544-10
7:30 P.M.	Power Pump	\$86/\$78 410523-04
8:05 P.M.	Aqua Fit (begins September 22)	\$75/\$68 410522-02
TUESDAY		
4:30 P.M.	Tabata (30 minutes)	\$92/\$84 410513-01
5:05 P.M.	Aqua Fit (begins September 23)	\$75/\$68 410522-04
5:20 P.M.	Mind/Body Yoga	\$140/\$128 410506-03
5:20 P.M.	Power Pump	\$92/\$84 410523-03
6:25 P.M.	NEW! Pilates - Ballet Fitness	\$117/\$108 410517-01
6:25 P.M.	Cardio Kickboxing	\$92/\$84 410501-01
7:30 P.M.	Total Body Workout	\$92/\$84 410502-04
7:30 P.M.	BOSU Fusion	\$92/\$84 410542-01
WEDNESDAY		
4:15 P.M.	Kettlebell Training	\$117/\$108 410528-03
5:15 P.M.	Step Cardio	\$92/\$84 410516-03
5:20 P.M.	Yogalates	\$140/\$128 410525-02
6:25 P.M.	Indoor Group Cycle	\$117/\$108 410512-05
6:25 P.M.	NEW! Ballet Fitness	\$117/\$108 410508-02
6:25 P.M.	BootCamp	\$92/\$84 410532-02
7:30 P.M.	Mind/Body Yoga	\$140/\$128 410506-06
7:30 P.M.	Zumba®	\$117/\$108 410544-05
8:05 P.M.	Aqua Fit (begins September 24)	\$75/\$68 410522-06
THURSDAY (No classes November 27th)		
4:15 P.M.	Indoor Group Cycle	\$110/\$101 410512-03
4:30 P.M.	Tabata (30 minutes)	\$86/\$78 410513-02
5:05 P.M.	Aqua Fit (begins September 25)	\$70/\$63 410522-08
5:20 P.M.	Yoga Strength	\$132/\$120 410524-01
5:20 P.M.	Power Pump	\$86/\$78 410523-07
6:25 P.M.	Cardio Kickboxing/Turbokick	\$86/\$78 410529-01
6:25 P.M.	Pilates (Intermediate)	\$132/\$120 410511-01
7:30 P.M.	Mind/Body Yoga	\$132/\$120 410506-05
7:30 P.M.	Zumba®	\$110/\$101 410544-03
FRIDAY		
4:30 P.M.	Zumba®	\$117/\$108 410544-04
5:15 P.M.	NEW! Power Pump	\$92/\$84 410523-05

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

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

Scan this code for an updated class schedule:



NOTES ABOUT GROUP FITNESS CLASSES:

- Classes with fewer than 6 registered participants are subject to cancellations.
- 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.
- Group Fitness insurance Program available. See website for more information.

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.

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.

Personal Training:

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. **Meet the Trainers on page 39.**

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.....	\$ 31	\$ 26
Single Session	\$ 65	\$ 60
Three Sessions.....	\$183	\$168
Six Sessions	\$345	\$320
Twelve Sessions	\$652	\$602

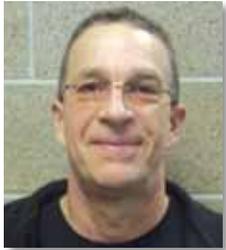
* Prices effective August 1, 2014

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 10 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.



Joe is a personal trainer with additional experience instructing group fitness classes such as Group Cycling, Pilates, Boot Camp, and Total Body Workout. He has worked with hundreds of personal training clients and helped them achieve their goals of weight loss and body composition improvement through exercise and nutrition coaching. Joe can

provide instruction on strength training for endurance, muscle building, and bone density and has a unique approach to creating fun cardiovascular workouts for conditioning and cross-training. Core, balance, and flexibility training are also areas of focus for Joe. **Certifications:** NASM Personal Trainer, NETA Personal Trainer, Group Cycling Instructor and Mat Pilates.



Steve specializes in training athletes of all ages and abilities. He has experience as a head strength and conditioning coach at the Division II collegiate level and additional experience as an intern strength coach with the University of Minnesota Golden Gophers. Steve has trained clients with goals ranging from athletic development and performance

improvement to weight loss and general fitness. He is well-versed in Olympic weightlifting, power lifting, metabolic conditioning, youth fitness and general fitness. Steve has an M.Ed. in Education and B.A.S. in Exercise and Sport Science.

Certifications: Certified Strength and Conditioning Specialist (NSCA), Certified Personal Trainer (NSCA), Sports Performance Coach (USWL).



Kara has a diverse training background that includes sport-specific strength and conditioning and athlete training, weight loss and weight management, Olympic weight lifting, wellness coaching, and injury prevention. Kara utilizes her exercise training background along with her education in wellness and health promotion to ensure that clients are

working at their comfort levels and designs programs that maximize effectiveness and efficiency of time spent exercising. Kara has worked with populations of all ages and abilities including youth, athletes of all levels, individuals with injuries and those with general fitness and body composition goals.

Certifications: ACSM Personal Trainer, NETA Group Fitness Instructor, NETA Group Cycling Instructor, TurboKick, YogaFit Level I, YogaFit Anatomy.



Karen is dedicated to helping her clients reach their goals. She excels at working with clients recovering from illness, injury, and other health challenges and has also helped many clients achieve weight loss goals. **Certifications:** ACE Personal Trainer, NETA Group Fitness Instructor, ACE Course on Exercise for Special Populations.



Lindsay has assisted clients of all abilities, ages, and fitness levels in achieving their weight loss, body composition, fitness, and athletic goals through the use of strength training, endurance exercise, and cross training methods. Lindsay has a B.S. in Health and Wellness. **Certifications:** AFAA Primary Group Exercise Instructor, ACE Personal Trainer, YMCA Indoor

Cycling, Turbokick, Les Mills Body Pump, and CrossFit Indoor Rowing.



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:** NETA Personal Trainer and Fitness Instructor.



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. She specializes in strength training for body composition, beginner strength training, and core training. Wanda has a B.S. in elementary education and human development. **Certifications:** NETA

Personal Trainer and Group Fitness Instructor.



Wendy draws from many disciplines and fitness philosophies to develop training methods that will most efficiently and effectively help her clients meet their goals. Wendy specializes in working with those interested in general fitness, athletes of all sports, and those wanting to improve core strength and posture. Wendy has an extensive background in working with

athletes, coaches soccer and lacrosse, and also instructs several fitness class formats including water exercise, kickboxing, strength training, and core formats. **Certifications:** ACE Group Fitness Instructor, ACE Certified Personal Trainer.



Traditional Tae Kwon Do

Tae Kwon Do emphasizes both physical and mental discipline unlike any other martial arts program. Classes will teach kicking, punching, striking, and blocking techniques through the philosophy and discipline of traditional Tae Kwon Do. While learning self defense, you will develop both physically and mentally. You will improve your stamina, strength, speed, agility, coordination, flexibility, balance, reflexes, concentration and confidence. Classes are taught by certified instructors of Sun Yi's Academy of Traditional Tae Kwon Do. A \$10 late fee will be assessed for registrations received after 12 P.M. on the Wednesday following the first class of the session.

Pre-registration is required; dropins are not permitted.

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

BEGINNER CLASS

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

FALL SESSION A September 9 – October 23 (7 weeks)
 \$104; \$95 Shoreview Resident.....**Activity # 410230-01**

FALL SESSION B October 28 – December 18
 (No class Nov. 27, 7.5 weeks)
 \$112; \$102 Shoreview Resident**Activity # 410232-01**

Gym Activity Room

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

ADVANCED CLASS

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

FALL SESSION A September 9 – October 23 (7 weeks)
 \$104; \$95 Shoreview Resident.....**Activity # 410231-01**

FALL SESSION B October 28 – December 18
 (No class Nov. 27, 7.5 weeks)
 \$112; \$102 Shoreview Resident**Activity # 410233-01**

Gym Activity Room

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



TODDLER TIME

Ages 2 to 3

Saturdays 9:00 A.M. – 10:30 A.M.
\$18; \$16 Shoreview Resident

Fall into Fun

September 20..... **Activity # 540235-01**

Pumpkin Patch

October 4..... **Activity # 540235-02**

Terrific Turkeys

November 15..... **Activity # 540235-03**

Bring your tots and enjoy a morning filled with exploration, art, music, stories and fun! This is a great opportunity to spend quality time with your toddler and introduce them to a classroom setting. Class activities are designed to build your child's confidence while enjoying the freedom to play and the structure of group activities. Each date activities will center on a designated theme. Parent participation and support are required to ensure a successful experience for your toddler.

ADVENTURE CLUB

Ages 3 to 5

Wednesdays..... 1:00 P.M. – 3:00 P.M.
\$28; \$25 Shoreview Resident

Pond

September 17..... **Activity # 540236-01**

Pumpkin Patch

October 22..... **Activity # 540236-02**

Outer Space

November 19..... **Activity # 540236-03**

Come along and join us on our next great adventure! Let's soar through the universe on a hunt for life beyond our solar system and explore the amazing diversity of life on our planet. This program encourages preschoolers to use their natural curiosity to investigate and explore the world around them in an environment designed for young children. Classes are designed to provide an engaging learning experience while discovering a variety of environments through music, art, literacy and more. Each date activities will center on a designated theme.

BOOKWORMS

Ages 3 to 5

Thursdays..... 1:00 P.M. – 3:00 P.M.
\$28; \$25 Shoreview Resident

It's Apple Picking Day

September 25..... **Activity # 540237-01**

Five Ugly Monsters

October 9..... **Activity # 540237-02**

Ten Fat Turkeys

November 13..... **Activity # 540237-03**

Literature lets a child's imagination soar! Through stories children learn about other people, places, and cultures. Each week highlights a new book and brings it to life through crafts, music, dance, drama and games. Books are selected to develop a love and interest in reading and books in your child!



PINT SIZE PICASSOS

Ages 3 to 5

Tuesdays..... 1:00 P.M. – 3:00 P.M.
September 30 – October 21 **Activity # 540238-01**
\$105; \$95 Shoreview Resident

Are you a mini-Monet or pint-sized Picasso? This class 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. Pint-size Picasso will encourage creative thinking, confidence, and a sense of play and wonder through the introduction of many different art media. Each day we will get our fingers dirty as we make projects and explore concepts from various artists.



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 Funday AM.....9:00 A.M. – 10:30 A.M.

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

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

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

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

\$51/month;\$46/month Shoreview Resident



3 TO 4 YEAR OLD CLASSES

Our preschool classes designed for 3 and 4 year olds will provide a nurturing environment while having fun participating in early learning activities. Students will learn to recognize letters, numbers, colors, and shapes, as well as be introduced to writing skills. Children will learn social skills and self-help abilities through classroom routines and transitions provided each day. Physical education time and focus on large motor skills takes place in each class every week in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 3 years old by September 1, 2014.

Tiny Treasures

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

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

ABC's & 123's

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

\$122/month; \$113/month Shoreview Resident



4 TO 5 YEAR OLD CLASSES

Our preschool classes designed for 4 to 5 year olds will prepare your child to be socially, academically and physically ready for Kindergarten. Classes will place emphasis on skill work including letter recognition and printing, counting and beginning math problems, cutting and scissors skills, as well as following directions in a classroom setting. Students will gain confidence and knowledge in how to relate to others in a group setting while learning through play. Each week students will enjoy physical education time and focus on large motor skills in activities in the gymnasium, outdoors, or Tropical Adventure Indoor Playground. Children must be 4 years old by September 1, 2014.

Alpha Kids

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

Stepping Stones

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



Kids Corner Preschool Lunch Bunch

Monday – Thursday 11:30 A.M. – 1:00 P.M.

Entire School Year Registration
\$10/day; \$7/day Shoreview Resident

Daily Rate \$14/day; \$10 Shoreview Resident

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

SPECIALTY CLASSES (3 TO 5 YEAR OLDS)

Busy Buddies

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

This class will offer your 3 to 5 year old children a fun and energy-filled preschool adventure. Children will learn the basics of letters, science and Spanish. Swimming lessons are included in 8 week sessions during the fall, winter, and spring. Class time will also consist of constructive play, story time, music and movement, physical education, and snack. Children must be 3 by September 1, 2014.

Story Stretchers

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

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

Investigators

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

This preschool class will give your 3 to 5 year olds an opportunity to discover the world of science and all of its wonders. This class will include time for individual and group discovery, art projects, snacks, sharing, creative movement and occasional outdoor activities. Children must be 3 by September 1, 2014.

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

WISH UPON A BALLET

Ages 3 to 6

Tuesdays..... 10:00 A.M. – 10:45 A.M.

Session I: Sept. 16 – Oct. 28 (7 weeks)

Theme: Frozen: The Snow Queen

\$70..... **Activity # 470202-01**

Session II: Nov. 4 – Dec. 16 (7 weeks)

Theme: The Nutcracker

\$70..... **Activity # 470202-02**

Shoreview Community Center

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



ZUMBA® KIDS

Ages 7 to 11

Saturdays.....9:30 A.M. – 10:15 A.M.

Fall Session I: Sept. 6 – Sept. 27 (4 weeks)

\$27; \$24 Shoreview Resident..... **Activity # 410244-01**

Fall Session 2: Oct. 11 – Nov. 1 (4 weeks)

\$27; \$24 Shoreview Resident..... **Activity # 410244-02**

Fall Session 3: Nov. 15 – Dec. 13 (no class 11/29, 4 weeks)

\$27; \$24 Shoreview Resident..... **Activity # 410244-03**

Studio I..... Instructor: Jeanette

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!





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. Due to space limitations, we are unable to provide an observation area; 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 \$82; \$72 Shoreview Resident
Saturdays.....9:45 A.M. – 10:30 A.M.
Sept. 20 – Nov. 15 (no class Oct. 18)..... **Activity # 480101-01**
Saturdays..... 10:45 A.M. – 11:30 A.M.
Sept. 20 – Nov. 15 (no class Oct. 18)..... **Activity # 480101-02**

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

TUMBLING TYKES

Ages 3 and 4 \$82; \$72 Shoreview Res
Saturdays..... 11:45 A.M. – 12:30 P.M.
Sept. 20 – Nov. 15 (no class Oct. 18)..... **Activity # 480102-01**

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

ROLLY POLLYS

Ages 4 and 5 \$82; \$72 Shoreview Res
Saturdays..... 12:45 P.M. – 1:30 P.M.
Sept. 20 – Nov. 15 (no class Oct. 18)..... **Activity # 480103-01**

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

BEGINNERS HEADSTANDERS/ HANDSTANDERS

Ages 5 to 8..... \$82; \$72 Shoreview Res
Saturdays..... 1:45 P.M. – 2:30 P.M.
Sept. 20 – Nov. 15 (no class Oct. 18)..... **Activity # 480104-01**

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



RECREATIONAL ICE SKATING INSTRUCTION

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

Saturdays, October 25 – December 6 (7 week session)
 \$82; \$72 Shoreview Resident (Snowplow Sam to Level 5 and Specialized Classes)
 \$130; \$118 Shoreview Resident (Pre-snowplow)

Rate for Private Lessons
 \$171; \$155 Shoreview Resident

The Shoreview Arena, 96 and Victoria



Skate Rental is NOT available at the rink.

GROUP LESSONS

Pre-snowplow

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

Snowplow Sam

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

Level 1

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

Level 2

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

Level 3

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

Level 4

Teaches forward edges, forward crossovers & backward glides.

Level 5

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

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

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

PRIVATE LESSONS

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

SPECIALIZED CLASSES

Adult

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

FALL ICE SKATING SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Snowplow	470401-01
	Level 1	470402-01
	Level 2	470403-01
10:00 A.M. – 10:35 A.M.	Snowplow	470401-02
	Level 1	470402-02
	Level 3	470404-01
10:40 A.M. – 11:15 A.M.	Snowplow	470401-03
	Level 1	470402-03
	Level 4	470405-01
11:25 A.M. – 12:00 P.M.	Pre-Snowplow	470400-01
	Level 5	470406-01
	Adult	470407-01
12:05 P.M. – 12:35 P.M.	Pre-Snowplow	470400-02
	Private	470408-01
	Private	470408-02
	Private	470408-03
	Private	470408-04



TOUCH-A-TRUCK

All Ages FREE
Saturday, Sept. 20 9:00 A.M. – 12:00 P.M.

Shoreview Community Center Lower Level Parking Lot

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



KIDS' GARAGE SALE

Kids grade K-5
Saturday, Sept. 20 9:00 A.M. – 12:00 P.M.
\$15 per table **Activity # 460415-01**

Shoreview Community Center Pavilion

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

HALLOWEEN SPOOKTACULAR

Friday, October 24..... 6:30 P.M. – 8:00 P.M.
\$12; \$10 Shoreview Resident..... **Activity # 460414-01**
\$5 for additional adult..... **Activity # 460414-02**

Shoreview Community Center

Deadline to Register: Friday, Oct. 17

Come join the spooky fun! Enjoy DJ music and dance to the monster mash, create a Halloween craft, bingo, and more! Children must be accompanied by an adult. Pre-registrations is required. No Walk-ins allowed, (includes 1 child and 1 adult).



DIVE-IN MOVIE

Friday, November 14 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.

LETTER FROM SANTA

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

Deadline to register: Monday, Dec. 8

Santa would like to wish you all a very happy holiday from the North Pole. This letter will come in an envelope with Santa's name and return address in the corner, addressed directly to your child. Please include the following information on your registration form: three gifts your child is likely to receive, names and ages of siblings, names of pets, school attending, hobbies, and positive personality traits. Letters mailed around December 15.



SANTA'S WORKSHOP

Saturday, December 13
 \$12; \$10 Shoreview Resident (includes 1 child and 1 adult)
 \$5 for each additional adult

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

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

Session 3, 12:00 P.M. – 1:00 P.M. **Activity # 160104-05**
 Additional adult **Activity # 160104-06**

Deadline to Register: Monday, Dec. 8

Come spend the morning with Santa at his workshop! Were you will enjoy a continental breakfast, a craft, and visiting time with Santa himself! You don't want to miss out on this memorable family fun! Don't forget to check out the Kids Secret Holiday Shopping Spree after! Each session is limited to 30 kids. Children must be accompanied by an adult. Pre-registration required. No Walk-ins Allowed.



KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 3-12

Saturday, December 13 9:00 A.M. – 1:00 P.M.

Shoreview Community Center

Are the kids looking for gifts for family members and friends around the Holiday season? Bring the kids to do some quick, inexpensive shopping with the help of Park and Recreation Staff and volunteers, while mom and dad sit back and relax in the fireside lounge. Send your child with a list of people that need gifts and a designated dollar amount to spend per person. Gifts range from \$0.50 to \$10. The Park and Recreation staff and volunteers will assist your child with making purchases and wrapping gifts.



FAMILY NEW YEAR'S EVE PARTY

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

Bring the whole family to Shoreview's annual New Year's Eve Party! Join us for face painting, crafts, and games. As always, adventure awaits in the Tropical Adventure Indoor Playground and Tropics Indoor Waterpark. Zoom down the water slide while enjoying a light and music show. Ring in the New Year with a spectacular balloon drop at 8:45 p.m. Fee includes admission to the waterpark, playground, and all activities. Concessions are available for an additional fee at the Wave Café. Register by December 26th and save! Price is \$10 at the door.

After School Sports

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

BASKETBALL

Grades 1 to 33:30 P.M. – 4:30 P.M.
\$40 per participant

Island Lake Elementary - Gym

Tuesdays, Sept. 23 – Nov. 4Activity # 490403-01
(No class Oct. 14)

Turtle Lake Elementary - Gym

Mondays, Sept. 22 – Oct. 27Activity # 490403-02

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

SOCCER

Grades 1 to 33:30 P.M. – 4:30 P.M.
\$40 per participant

Island Lake Elementary - Gym

Wednesdays, Sept. 24 – Oct. 29Activity # 490406-01

Turtle Lake Elementary - Gym

Thursdays, Sept. 25 – Nov. 6Activity # 490406-02
(No class Oct. 16)

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



SPORTS GAMES

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

Island Lake Elementary - Gym

Wednesdays, Sept. 24 – Oct. 29Activity # 490407-01

Turtle Lake Elementary - Gym

Mondays, Sept. 22 – Oct. 27Activity # 490407-02

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



WRESTLING

Kindergarten to Grade 5 3:30 P.M. – 4:30 P.M.
\$40 per participant

Island Lake Elementary - Gym

Mondays, Sept. 22 – Oct. 27Activity # 490409-01

Turtle Lake Elementary - Gym

Tuesdays, Sept. 23 – Oct. 28Activity # 490409-02

Learn basic moves, techniques and the best form of self defense there is, along with self-confidence. Participants receive a t-shirt. Please bring a water bottle to each class. A one-day tournament will be held on Saturday, November 1 at Mounds View High School. A flyer will be handed out during class with tournament details.

LITTLE STRIKERS BOWLING CAMP



Ages 5 to 10

Monday & Tuesday, Dec. 29 & 30..... 10:00 AM – 11:30 AM
 \$35 per participant.....**Activity # 190901-01**

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

Deadline to Register: 1-week prior to the camp start date.

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



MINI KICKERS SOCCER CAMP

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

Saturdays, October 11 – November 15

Shoreview Community Center Gym

Ages 6 to 8

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

Ages 3 to 5

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

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

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

GIRLS VOLLEYBALL LEAGUE

Grades 4 to 8

Tuesdays & Saturdays, Jan. 3 – Feb. 28. Games and practices last for one hour. Starting times will vary each week. Tuesdays will be between 5:30 P.M. – 8:30 P.M. and Saturdays between 9:00 A.M. – 3:00 P.M.

\$58; \$48 Shoreview Resident

Setters, Grades 4-5Activity # 190304-01

Spikers, Grades 6-8Activity # 190304-02

Turtle Lake Elementary

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

Register by December 1 for the Girls Volleyball League. No special friend requests accepted after the deadline.

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

COACHES MEETING

Wednesday, December 17..... 6:00 P.M. – 7:00 P.M.

Shoreview Community Center



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

REGISTRATION
IS NOW OPEN FOR
FALL SOCCER &
FLAG FOOTBALL



VOLUNTEER COACHES ARE NEEDED FOR FALL LEAGUES

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.

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 the fall league are chosen by the coach in late August. Please make note on registration form if there is any days your child absolutely CAN NOT practice. We will attempt to honor your request—more than one day listed may not be possible.
- A volunteer coach will contact you with your first practice time and location the week before practices begin. A detailed schedule for the whole season will be given out at the first practice.
- Practices and games will be held at various parks in Shoreview or neighboring cities.
- Every attempt is made to organize teams by school or neighborhoods.
- Every effort is made to balance the number of boys and girls in our co-rec league, dependent on requests and registrations.

Tennis Lessons

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



REGISTRATION IS NOW OPEN FOR AUGUST GROUP LESSONS!

PRIVATE LESSONS

Individual Private Lessons (60 minutes)

Five lessons..... **Activity # 490602-01**
\$175; \$165 Shoreview Resident

Individual Private Lessons (90 minutes)

Five lessons..... **Activity # 490602-02**
\$255; \$245 Shoreview Resident

Semi Private Lessons (60 minutes)

Five lessons..... **Activity # 490603-01**
\$92; \$82 Shoreview Resident *(must enroll with a partner)*

Semi Private Lessons (90 minutes)

Five lessons..... **Activity # 490603-02**
\$135; \$125 Shoreview Resident *(must enroll with a partner)*

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

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

GROUP LESSONS

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

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

GROUP LESSONS

Youth group lessons

\$61; \$51 Shoreview Resident

Adult group lessons

\$91; \$81 Shoreview Resident

PeeWees Ages 5 to 7

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

Beginners Ages 7 to 11

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

Advanced Beginners Ages 9 to 11

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

Intermediate Ages 11 to 14

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

Adult Basics Ages 18+

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

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. Fall leagues start at 5:50 P.M. and 6:50 P.M. (some 8:50 P.M. and 9:50 P.M. games in combined leagues). No playoffs for fall leagues.

Deadline to Register: Friday, July. 25

Softball League Descriptions

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

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

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

League	Day	Start Date	Games	Early Bird Rate by 7/12	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

MEN'S 5-ON-5 OFFICIATED BASKETBALL LEAGUE

Monday evenings, starting December 8.

\$550 per team

Men's B..... **Activity # 120101-01**

Island Lake Elementary Gym

Deadline to register: Friday, Nov. 14 or until league is full.

Teams play 10 officiated games and single elimination playoffs for the top finishers. Call Program Supervisor at 651-490-4753 for additional information.

BROOMBALL LEAGUES

Games begin in mid-December (weather permitting)

\$335 per team

Men's D Monday evenings..... **Activity # 120301-01**

Shoreview Commons Rink

(behind Shoreview Community Center)

Deadline to register: Monday, Dec. 1 or until league is full.

Teams play 6 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets.

ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Beginning September 24

*Gym closed on Wednesdays: Nov. 26, Dec. 24 & 31.

*Gym closed on Saturdays: Oct. 18, Nov. 29, Dec. 20 & 27.

\$5 per person; pay at door

Wednesdays.....6:30 P.M. – 9:00 P.M.

Saturdays.....8:00 A.M. – 10:00 A.M.

Island Lake Elementary

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

FREE ACTIVITIES AT THE COMMUNITY CENTER

500

Mondays at 12:30 P.M. **Activity # 500603-01**

No partners required

Bridge

Thursdays at 12:30 P.M. **Activity # 500604-01**

No Bridge Nov. 27 & Dec. 25. No partners required

Bingo

One Wednesday/month

1:00 P.M. **Activity # 500605-01**

Aug. 27, Sept. 24, Oct. 29, Nov. 26, Dec. 17

(\$0.25 per card – no min/max cards)

Book Club

Second Wednesday of the month

1:00 P.M. **Activity # 500606-01**

Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10

See website for book list.

SENIORFIT

The Shoreview Community Center is dedicated to helping seniors stay active and fit. SeniorFIT group exercise classes offer you the best opportunity to stay on track toward your health and fitness goals. These classes are specially tailored for older adults (age 65+) and taught by our experienced and highly trained fitness instructors. SeniorFIT classes can accommodate any fitness level. Any participant may register for these classes, however, these classes are only free to individuals with an annual senior membership. Please see page 35 for SeniorFIT classes.

TURKEY BINGO

Friday, Nov. 21 1:00 P.M. – 2:30 P.M.

\$6; \$5 Shoreview Resident **Activity # 400505-01**

Shoreview Community Center

Come win cool prizes! One gift certificate for a 10 pound turkey will be the cover all prize at the end.

HOLIDAY LUNCHEON

Mark your calendars now! Tuesday, December 16th at 12:00 P.M. This luncheon tradition has always filled at over 50 participants that have shared laughter and new friendships at a local festive restaurant. Registration will open when the winter ShoreView's is printed. Transportation NOT included to this event.

500 TOURNAMENT

Thursday, September 11 12:30 P.M. – 4:30 P.M.

\$10 per player **Activity # 400501-01**

Shoreview Community Center

Join our Shoreview 500 club for their 11th annual 500 Tournament! Cash prizes awarded for first through third place winners! Pre-register through the Parks and Recreation department by September 8th. Each player will be required to submit address, phone number and birth date. Limited tables available! **MUST REGISTER WITH A PARTNER.** Veggies, fruit and small munchies will be served. **No walk-ins.**

AARP DRIVER SAFETY PROGRAM

The AARP Driver Safety Program is designed for motorist's age 55 and older. Upon completion of one of these seminars, you will be entitled for a discount on your auto insurance premium. For the first time, one attends the 8-hour seminar. 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. Registration deadline is 3 days prior to the class. This rate includes an Shoreview administration fee.

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

All classes held at Shoreview Community Center

For first time, one must attend an 8 hour course.

4 Hour Refresher Day Courses

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

9:00 A.M. – 1:00 P.M.

Tuesday, September 23 **Activity # 450201-01**

Tuesday, October 21 **Activity # 450201-02**

Tuesday, November 18 **Activity # 450201-03**

Tuesday, December 16 **Activity # 150201-01**

4 Hour Refresher Evening Courses

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

5:30 P.M. – 9:30 P.M.

Wednesday, October 1 **Activity # 450202-01**

Wednesday, December 3 **Activity # 150202-01**

8 Hour Evening Courses

AARP Member Rate: \$25; Non-Member Rate: \$30

5:30 P.M. – 9:30 P.M. **Activity # 450203-01**

Monday, September 8, Wednesday, September 10

5:30 P.M. – 9:30 P.M. **Activity # 450203-02**

Monday, November 3, Wednesday, November 5

DROP-IN PICKLEBALL

Ages 18 and up

Monday – Friday.....8:30 A.M. – 11:00 A.M.
Sept. 8 – May 29.....\$3 or free to members

Shoreview Community Center Gymnasium

Gym reserved exclusively for pickleball during these dates and times.

On Mounds View School District no school days, the gym closes at 10 A.M.

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.

RUNNING ACES HARNESS TRACK & DINNER

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

Deadline to register: Friday, Aug. 1

... 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.



KEEPING THE CABIN IN THE FAMILY

Wednesday, October 15, 2014.....6:30 P.M. – 8:30 P.M.
\$30; \$25 Shoreview Resident.....Activity # 400215-01

Shoreview Community Center

Deadline to register: Wednesday, Oct. 8

Keeping property in the family and avoiding problems requires a good plan and solid professional advise. Learn options and strategies for minimizing disputes and keeping a cabin or other family-owned property within the family for generations to come. Instructor is an attorney practicing in the areas of estate planning, real estate and business.

UNDERSTANDING ESTATE PLANNING AND TRUSTS

Wednesday, September 17, 2014.....6:30 P.M. – 8:30 P.M.
\$30; \$25 Shoreview Resident.....Activity # 400216-01

Shoreview Community Center

Deadline to register: Wednesday, Sept. 10

If you own a business, a cabin, condo or timeshare in another state; have minor children, want to avoid probate or protect assets for future generations, a trust may be a great estate planning tool for you. Several types of trusts – Revocable Living Trusts, Irrevocable Trusts and Support Trusts for children/grandchildren – will be discussed. Hear how trusts can protect assets from irresponsible family members, how to avoid probate, reduce estate taxes, or protect assets from creditors. Q&A time included. Instructor is an experienced estate planning, probate and business law attorney.



APOLLO: WHY WE WENT TO THE MOON, A NON-TECHNICAL LOOK AT MANKIND'S GREATEST TECHNOLOGICAL ACHIEVEMENT

Wednesday, November 19, 2014..... 10:00 A.M. – 11:30 A.M.
\$15; \$10 Shoreview Resident..... **Activity # 400227-01**

Shoreview Community Center

Deadline to register: Friday, Nov. 14

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. Following the discussion there will be a social and refreshments.

HOW TO USE GENEALOGY SOFTWARE AND ANCESTRY.COM FOR YOUR FAMILY TREE

Wednesday, November 5, 2014..... 6:00 P.M. – 7:30 P.M.
\$35; \$30 Shoreview Resident..... **Activity # 400224-01**

Shoreview Community Center

Deadline to register: Wednesday, Oct. 29

Learn how to organize your family tree information using software and the ancestry.com website. You will learn how to start your family tree and add documentation, as well as photos and stories. You will be able to print pedigrees and your family history for yourself and family members. Create a book to tell your story.

GENEALOGY RESEARCH ON THE INTERNET

Wednesday, October 1, 2014..... 6:00 P.M. – 7:30 P.M.
\$35; \$30 Shoreview Resident..... **Activity # 400223-01**

Shoreview Community Center

Deadline to register: Wednesday, Sept. 24

We'll discuss birth, marriage and death records, census data, and military records. You will learn where to find old history books that may mention your family members and their part in settling the counties throughout the United States. I'll show you the best and most reliable websites and you will learn the tricks to solving problems and breaking down the brick walls that might be blocking your research. Looking forward to seeing you.

LIFE COULD BE A DREAM: OLD LOG

Thursday, September 18, 2014 11:15 A.M. – 4:30 P.M.
\$72; \$67 Shoreview Resident..... **Activity # 400304-01**

Bus leaves the Community Center at 11:15 A.M.

Deadline to register: Friday, Aug. 29

This affectionate doo-wop jukebox is designed to incorporate hit songs of the 1960s, ranging from the goofy "Sh-Boom" and "Rama Lama Ding Dong" to anthems like "Earth Angel," "Unchained Melody," "The Great Pretender" and "The Glory of Love." In small-town Springfield, the local radio station is sponsoring a rock-and-roll contest, and go-getter Denny is convinced he can win and become a star. He enlists friend Eugene and church-choir singer Wally to join him. This is pure fun and every note counts in this rousing good-time musical. **(price includes show, lunch, coach transportation, and svcc escort).**



MINNESOTA LANDSCAPE ARBORETUM

Wednesday, October 1 9:45 A.M. – 4:00 P.M.
\$66; \$61 Shoreview Resident..... **Activity # 400301-01**

Bus Leaves Shoreview Community Center at 10:00 A.M.

Deadline to register: Friday, Sept. 19

Come spend the day at the Minnesota Landscape Arboretum which features 1,137 acres of beautiful gardens, model landscapes, and natural areas. We'll spend the morning walking around the 32 display and specialty gardens. We'll enjoy a delicious lunch in the Snyder Building overlooking the woodlands. After lunch we will enjoy a narrated tram tour of the 1,100+ acres of gardens and woodlands. **(price includes park admissions, tram tour, lunch, coach transportation, and svcc escort).**

DOCTOR! DOCTOR! DAYTRIPPERS THEATRE

Wednesday, October 22, 2014..... 11:15 A.M. – 4:00 P.M.
\$70; \$65 Shoreview Resident..... **Activity # 400305-01**

Bus leaves the Community Center at 11:15 A.M.
Deadline to register: Friday, Oct. 10

A Medical Musical Comedy Revue! Doctors and patients' get a dose of rib tickling comic medicine in sketches and songs about all things medical. Characters include the hillbilly organ donor who happened to hiccup and totaled his pick up, and a couple who live in an iron lung and every night go "bing, bang, boom!" There is even a "Hymn to the H.M.O." and the joy of new life ("Nine Long Months Ago") make this a revue that touches the heart as well as the funny bone. Before the show we will enjoy a wonderful lunch prepared by Chef Mark Heeder. **(price includes show, lunch, coach transportation, and svcc escort).**

THE BUDDY HOLLY STORY: THE HISTORY THEATRE

Thursday, December 18, 2014..... 8:30 A.M. – 2:00 P.M.
\$77; \$72 Shoreview Resident..... **Activity # 400302-01**

Bus leaves the Community Center at 8:30 A.M.
Deadline to register: Friday, Nov. 14

Back at the History Theatre by popular demands, award-winning production of Buddy-the Buddy Holly Story. Part biography, part rock 'n' roll concert, this musical is a toe-tapping, hand-clapping celebration of the life and music of Buddy Holly, from his meteoric rise to stardom to the unforgettable concert in Clear Lake, Iowa. Packed with 24 hit songs including "Peggy Sue," "Words of Love," "Oh Boy!," "Rave On," and "That'll Be the Day" – it's guaranteed to have audiences dancing in the aisle. After the show we will enjoy a nice lunch at M Street Grill featuring carved meats, fish, soup, salad, an assortment of side dishes. **(Price includes show, lunch, coach transportation, and svcc escort).**



Active Life Fair

at the Shoreview Community Center | Shoreview Room

Monday, November 3rd, 2014 | 10:00 a.m. – 1:00 p.m.

A resource fair for active aging adults and caretakers

YOUR SPECIAL DAY INCLUDES:

- Senior Housing Facilities | Flu Shot Clinic
- Membership Information | SeniorFIT Classes
- Area Agencies of Aging | Computer Info
- Balance Screens | Hearing Checks
- Retirement Planning | & more!



FREE!



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

Jobs that Fit Your Lifestyle!

Part-time ♦ Flexible Hours ♦ Fun People

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

Fitness Instructors - All formats including cardio-kick, cycling, Tai Chi, strength training, water exercise, yoga, pilates, and dance-based fitness classes. Certification preferred. Morning, afternoon, evening and weekend hours available. \$21 - \$30/class.

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

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

Ice Skating Instructors - Instruct youth in ice skating. Skating knowledge and experience required. Previous teaching experience desired. 2 - 4 hours; Saturday mornings. October - February. \$10 - \$11/hour DOQ.

Lifeguards - (we will train) - Lifeguard in a tropical paradise at our beautiful indoor pool. Ensure the safety of pool guests by preventing and responding to emergencies. Lifeguards needed for all shifts morning, afternoon, weekend and evening hours. Current certif. or we will train (must be able to swim 200 yards). 15 - 20 hours/week. Evenings/Weekends: \$8.50 - \$10/hr. Daytime pay M - F (5 a.m. - 4 p.m.) \$9.50/hr. (school yr.)

Personal Trainers - Our emphasis is on helping people meet their fitness goals. Responsibilities include generating your own client base and providing one-on-one personalized fitness consultation, education, and motivation to fitness participants. Design safe, effective workouts and work on general health, sports specific conditioning, and general rehabilitation. Nat'l training certification and/or exercise science/health degree desired. \$18 - \$22/hour.

Preschool Assistant - Assist teacher with preschool recreation classes. Experience working with preschoolers preferred. Sept - May. \$9 - 12/hour.

Service Desk - Work in a fast-paced environment assisting guests on the phone and in-person, operate cash register and reconcile cash, enter memberships into computer, handle a variety of info, assist with concessions as needed. Must be available to work weekends. \$8.50 - \$9.50/hour.

Sports Instructors - Instruct elementary age children in a variety of sports including t-ball, floor hockey, soccer, kickball, flag football, and basketball. A general sports background/knowledge and a desire to teach children basic sports skills required. Weekday afternoons approximately 3:30 - 5:40 pm. 5 hours/week. Sept. - May. \$9 - \$11/hour.

Swimming Instructors (we will train) - Instructors needed for morning, afternoon & evening lessons at the Community Center pool. \$8.50 - \$12.00/class (30-40 min. classes).

Tumbling Instructors - Teach beginning to intermediate level classes. Previous gymnastics and teaching experience are preferred. Saturday hours available. \$8.50 - \$10/hr.

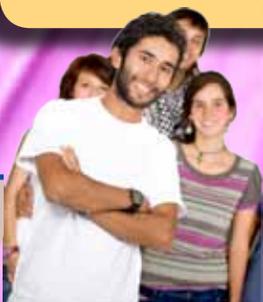
Wave Cafe - Attendants prepare food orders, operate a cash register, maintain a clean work area, stock supplies, clean tables & keep the lobby area neat. Daytime hours: \$7.50-\$8.50/hr. Evenings/weekend hours: \$8 - \$9/hr.

Youth Flag Football Officials - Officiate Flag Football league games for children. Knowledge of football rules, previous officiating experience desired, football playing experience preferred, good interpersonal skills. Must be age 16 or older. Weekday afternoons between 1:00- 4:00 pm. Sept. - Oct. \$15/game.

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

FREE
Community Center
Membership!

Apply at: www.shoreviewmn.gov
Shoreview Parks & Recreation
4580 North Victoria Street, Shoreview MN
651-490-4750. Equal Opportunity Employer



MEALS ON WHEELS

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

FOOD SHELF DONATIONS

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

NORTHEAST YOUTH AND FAMILY SERVICES

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.ihaleague.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					6						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

Fall Registration Schedule Shoreview Resident Priority

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

Begins Monday, July 28 at 8 A.M.

Annual Community Center Member Registration

Begins Wednesday, July 30 at 8 A.M.

General Registration

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

Begins Friday, August 1 at 8 A.M.

How to Register:

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

Registering on-line is easy!

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

Register Early!

Space is limited in most activities.

Registration Information

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

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



Program Registration Form

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



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

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

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

E-MAIL ADDRESS _____ EMERGENCY CONTACT _____

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

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

YOUTH SPORTS LEAGUES *(Please fill out completely)*

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

School child attends: _____

Grade (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: _____

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

Cash Check # _____ Credit Card




Checks Payable to "City of Shoreview"

Card # _____ Exp. Date _____

Signature _____

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

Special Needs/ Allergies/ Etc: _____

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

Signature: _____ Date: _____

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

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

TROPICAL PACKAGE

Starting at \$136 for 8 people

INCLUDES:

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

ADVENTURE PACKAGE

Starting at \$120 for 8 people

INCLUDES:

- Wristbands for full day use of Tropical Adventure Indoor Playground
- 90 Minutes of shared poolside party room (private room available for additional fee)
- Personalized cake, ice cream cups, pop & 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!



at the Shoreview Community Center!

INCLUDES:

- 10 Wristbands for full day use of Tropics Indoor Waterpark & Tropical Adventure Indoor Playground
- 2 Hours in private poolside party room
- Option to bring in your own food!

Reserve your party!
Call 651.490.4790



And the
beat starts
HERE!

slice of
SHOREVIEW DAYS 2014

**KICK-OFF
PARTY**

Wednesday, July 23 | 5-7pm

**Hilton
Garden Inn**
1050 Gramsie Road, Shoreview, MN

www.SliceOfShoreview.com



City of Shoreview
 4600 Victoria Street North
 Shoreview, MN 55126

Presorted Standard
 U.S. Postage Paid
 Twin Cities, MN
 Permit No. 5606

see reverse
 for kick-off
 event details!

And The Beat Goes On

FRIDAY
 JULY 25TH

SATURDAY
 JULY 26TH

SUNDAY
 JULY 27TH

Rockin'
 Hollywoods
 Talent
 Contest

Zing
 Hoppers
 Jim
 Tones

High &
 Mighty

Holy
 Rocka
 Rollaz

FIREWORKS!



Island Lake County Park | I-94 at Victoria
www.SliceOfShoreview.com