

WINTER 2010

# SHOREVIEWS

Shoreview City Newsletter, Community Center News and Parks & Recreation Catalog



# SHOREVIEWS



## SHOREVIEW NAMES JACCI KREBSBACH AND KENT PETERSON 2009 CITIZENS OF THE YEAR

Two years ago the City of Shoreview celebrated its 50th anniversary and the Council initiated the "Citizen of the Year" award. This award was created to not only publicly honor the volunteer efforts of special deserving citizens, but to inspire others in Shoreview to actively participate and continue the great tradition of citizen volunteering.

On Thursday, October 1, 2009, the City Council named Jacci Krebsbach and Kent Peterson as the 2009 Citizens of the Year during its volunteer appreciation event. Kent was nominated because of his leadership in the community and his efforts to educate residents on the importance of the environment and natural resources and the great trails. Some of Kent's accomplishments include:

- Active member in the Shoreview Green Community
- Current member of the Parks and Recreation Commission
- Current Secretary to the Shoreview Community Foundation Advisory Board
- Past member of the Bikeways and Trails Committee from (1996-2000)
- Past member of the Public Safety Committee
- Served on numerous task forces and special committees including Task Force on TCAAP, Highway 96 Core Area Task Force and Comprehensive Plan Task Force
- Shoreview Election Judge

In her nomination, Jacci was described as Shoreview's most prominent historian, community party planner and number one cheerleader. Her accomplishments include:

- Founder and Original Organizer of the Shoreview Historical Society
- Slice of Shoreview Coordinator
- Fundraiser for the Slice of Shoreview
- Co-Host of the "Tale of Ten Cities"
- Member of the Mounds View Alumni Choir
- Owner of Chickadee, local boutique
- Contributor to local newspapers
- Narrates and Produces Slice of Shoreview Parade

The City Council seeks nominations each year for this award. Winners are recognized at the Volunteer Recognition event, where City Councilmembers extend sincere thanks and appreciation to residents who give so much of their time, energy and talent in volunteering valuable service on various City committees and commissions and the many civic organizations of Shoreview.



*Kent Peterson and Jacci Krebsbach  
were named 2009 Shoreview  
Citizens of the Year*

### PAST RECIPIENTS

**2007** Mary Hilfiker

**2008** Bill Farrell and Karen Eckmann

# SHOREVIEW CALENDAR

NOVEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 <b>City Council Meeting</b> 7 pm, CC	3	4	5 <b>Bike And Trails Committee</b> 7 pm, LC	6	7
Recycling Week November 1-7						
8	9 <b>Council Workshop</b> 5:30 pm, CC	10	11 <b>City Hall Closed</b>	12	13 <b>Character Costume Ball</b> 6-7:30 pm, SCC	14
15 	16 <b>City Council Meeting</b> 7 pm, CC	17 <b>Economic Dev. Comm.</b> 7:30 am, UC	18 <b>Human Rights Comm.</b> 7 pm, CC	19 <b>Public Safety Committee</b> 7 pm, LC	20	21
Recycling Week November 15-21						
22	23 <b>Environ. Quality Comm.</b> 7 pm, CC	24 <b>Planning Comm.</b> 7 pm, CC	25	26 <b>City Hall Closed</b>	27 <b>City Hall Closed</b>	28
29 	30	(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center			(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park	
Recycling Week November 29-December 5						

DECEMBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 <b>Bike And Trails Committee</b> 7 pm, LC	4	5
Recycling Week November 29-December 5						
6	7 <b>City Council Meeting</b> 7 pm, CC	8	9	10	11	12 <b>Skate with Santa</b> 10-11:30 am, Ramsey Co. Ice Arena <b>Secret Holiday Shopping Spree</b> 9 am-3 pm, SCC
13 	14 <b>Economic Dev. Authority</b> 5 pm, CC <b>Council Workshop</b> 7 pm, CC	15 <b>Economic Dev. Comm.</b> 7:30 am, UC	16 <b>Human Rights Comm.</b> 7 pm, CC	17	18	19
Recycling Week December 13-19						
20	21 <b>City Council Meeting</b> 7 pm, CC	22 <b>Planning Comm.</b> 7 pm, CC	23	24	25 <b>City Hall Closed</b>	26
27 	28 <b>Environ. Quality Comm.</b> 7 pm, CC	29	30	31 <b>Family New Year's Eve Party</b> 6-9 pm, SCC		
Recycling Week December 27-January 2						

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

# SHOREVIEW CALENDAR

## JANUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(CC) Council Chambers (UC) Upper Conference Room (LC) Lower Conference Room (MC) Maintenance Center		(SP) Shoreview Pavilion (CCPL) Comm. Center Parking Lot (SCC) Shoreview Community Center (SCP) Shoreview Commons Park			1	2
3	4 <b>City Council Meeting</b> 7 pm, CC	5	6	7 <b>Bike And Trails Committee</b> 7 pm, LC	8	9
10 	11 <b>Economic Dev. Authority Council Workshop</b> 5 pm, CC 7 pm, CC	12	13	14	15	16
<i>Recycling Week January 10-16</i>						
17	18 <b>Martin Luther King, Jr. Day</b> City Hall Closed	19 <b>Economic Dev. Comm.</b> 7:30 am, UC <b>City Council Meeting</b> 7 pm, CC	20 <b>EQC Speaker's Series</b>	21 <b>Public Safety Committee</b> 7 pm, LC	22	23
24 	25 <b>Environ. Quality Comm.</b> 7 pm, CC	26 <b>Planning Comm.</b> 7 pm, CC	27 <b>Human Rights Comm.</b> 7 pm, CC	28 <b>Park And Recreation Committee</b> 7 pm, CC	29	30
31 	31 <b>Active Life Fair</b> 3-7 pm, SCC					
<i>Recycling Week January 24-30</i>						

## FEBRUARY 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>City Council Meeting</b> 7 pm, CC	2	3	4 <b>Bike And Trails Committee</b> 7 pm, LC	5	6
7 	8 <b>Economic Dev. Authority Council Workshop</b> 5 pm, CC 7 pm, CC	9	10	11	12 <b>Parent/Child Sweetheart Dance</b> 6-8 pm, SCC	13
<i>Recycling Week February 7-13</i>						
14	15 <b>President's Day</b> City Hall Closed	16 <b>Economic Dev. Comm.</b> 7:30 am, UC <b>City Council Meeting</b> 7 pm, CC	17 <b>EQC Speaker's Series</b>	18	19	20
21 	22 <b>Environ. Quality Comm.</b> 7 pm, CC	23 <b>Planning Comm.</b> 7 pm, CC	24 <b>Human Rights Comm.</b> 7 pm, CC	25 <b>Park And Recreation Committee</b> 7 pm, CC	26	27
<i>Recycling Week February 21-27</i>						
28						

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

## City Council

- Sandy Martin**, Mayor 651.490.4618  
sandymartin444@comcast.net  
Office Hours: Tuesdays 3-5 P.M.  
at City Hall
- Blake Huffman** 651.484.6703  
blakehuffman@comcast.net
- Terry Quigley** 651.484.5418  
tquigley@q.com
- Ady Wickstrom** 651.780.5245  
ady@adywickstrom.com
- Ben Withhart** 651.481.1040  
Benwithhart@yahoo.com

## City of Shoreview

www.shoreviewmn.gov  
Phone: 651.490.4600

## City

- Terry Schwerm** 651.490.4611  
City Manager tschwerm@shoreviewmn.gov
- Jeanne Haapala** 651.490.4621  
Finance Dir. jhaapala@shoreviewmn.gov
- Tom Simonson** 651.490.4612  
Assistant City Manager/Comm. Dev. Director  
tsimonson@shoreviewmn.gov
- Jerry Haffeman** 651.490.4751  
Parks and Recreation Director  
jhaffeman@shoreviewmn.gov
- Mark Maloney** 651.490.4651  
Public Works Director  
mmaloney@shoreviewmn.gov
- Tower Interference** 651.484.7510

## Shoreview Area Library

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

## Federal Elected Officials

**U.S. Senator Amy Klobuchar**  
1200 Washington Avenue South, Suite 250  
Minneapolis, MN 55415  
Main Line: 612-727-5220  
Main Fax: 612-727-5223  
Toll Free: 1-888-224-9043

**U.S. Senator Al Franken**  
320 Hart Senate Office Building  
Washington, DC 20510  
DC Phone: 202-224-5641  
MN Phone: 651-221-1016  
Info@Franken.Senate.Gov

**U.S. Representative Betty McCollum**  
165 Western Avenue North  
Suite 17  
St. Paul, MN 55102  
651.224.9191  
www.house.gov/mccollum/contact.html

## State Elected Officials

**Governor Tim Pawlenty**  
Minnesota State Capitol  
Room 130  
75 Rev. Martin Luther King Jr. Blvd.  
St. Paul, MN 55155  
651.296.3391  
tim.pawlenty@state.mn.us

**State Senator Satveer Chaudhary**-District 50  
317 State Office Building  
St. Paul, MN 55155  
651.296.4334  
Sen.satveer.chaudhary@senate.mn

**State Senator Sandy Rummel**-District 53  
323 Capitol Building  
St. Paul, MN 55155  
651.296.1253  
sen.sandy.rummel@senate.mn

**State Senator John Marty**-District 54  
323 State Office Building  
St. Paul, MN 55155  
651.296.5645  
Sen.john.marty@senate.mn

**State Rep. Kate Knuth**-District 50B  
429 State Office Building  
St. Paul, MN 55155  
651.296.0141  
Rep.kate.knuth@house.mn

**State Rep. Paul Gardner**-District 53A  
581 State Office Building  
St. Paul, MN 55155  
651.296.2907  
Rep.paul.gardner@house.mn

**State Rep. Bev Scalze**-District 54B  
357 State Office Building  
St. Paul, MN 55155  
651.296.7153  
Rep.bev.scalze@house.mn

## County Elected Officials

**Ramsey County Commissioner Tony Bennett**  
City Hall-220 Courthouse  
15 W. Kellogg Boulevard  
St. Paul, MN 55102  
651.266.8350  
Tony.Bennett@co.ramsey.mn.us

## Post Office

4390 McMenemy Street  
Vadnais Heights, MN 55127  
Phone: 651.481.1951

## 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

### Station 1

3246 New Brighton Road  
Arden Hills, MN. 55126 651.633.0349

### Station 2

4676 Hodgson Road  
North Oaks, MN. 55127 651.484.3444

### Station 3 (Headquarters)

5545 Lexington Avenue North  
Shoreview MN 55126 651.481.7024

### Station 4

3615 Victoria Street  
Shoreview MN 55126 651.483.0767

## Ambulance & Paramedic

Ambulance and paramedic services are provided by Allina Medical Transportation.

**For emergencies call 911**

### Hours:

Mon. . . . . 10 A.M. – 8:30 P.M.  
Tues. & Wed. . . . . 1:30 P.M. – 8:30 P.M.  
Thurs., Fri., & Sat. . . . . 10 A.M. – 5 P.M.  
Sun. . . . . noon – 5 P.M.

## Animal Control

If you wish to report a lost or found pet, animal complaints or wandering pets, call the Ramsey County Sheriff's Office non-emergency number at 651.484.3366. For other emergencies call 911.

All impounded animals will be impounded 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.

*This section has been created as a bulletin board of reminders for citizens. If you would like something added, please let us know.*

## Ramsey County Yard Waste and Brush Drop Off

Ramsey County operates a public compost site under agreement with the City for the disposal of leaves, grass clippings, brush and other compost materials. There is no charge for disposal of these materials at the compost site. No stumps please.

Winter Schedule (Saturday 9 A.M. -5 P.M., Sunday 11 A.M. -5 P.M.)

Dec. 12-13

Jan. 9-10

Feb. 13-14

March 13-14

This site is open from March 30-November 30, weather permitting. The site is closed on major holidays. For more information, visit [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us).

## No Parking on City Streets

Vehicles may not be parked on City streets between 2-5 A.M. Permits for special circumstances, such as driveway repair, may be obtained from the City to temporarily park on the streets for a minimal period of time. Permits will not be issued for streets posted as "No Parking" unless a Special Events Permit is acquired. Please call 651.490.4650 to request a permit.

## City Sets Budget Hearing Date: December 7

The City Council unanimously approved a 2010 preliminary tax levy of \$9,144,700, which will result in actual tax collection of \$8,824,700. This preliminary tax levy is a 5.8% increase from the 2009 tax levy. Some of the items causing an increase in the levy are central garage (equipment) costs, election costs, police and fire contract costs, a contingency allowance, and capital replacement costs (street renewal and fixed asset replacement). In addition, the City is expected to lose approximately \$320,000 in revenue (market value homestead credit aid) from the State and anticipates lower building permit revenues and interest earnings. A homeowner with a median valued home (\$262,400) whose property declined in value by 4.9% would experience a \$43 increase in the City portion of their property tax bill in 2010 under this preliminary levy.

Approval of the preliminary levy establishes the maximum tax levy the City can adopt. The City Council will continue to hold budget review sessions in October and November. A public hearing on the proposed 2010 budget and tax levy will be held on Monday, December 7, 2009 at 7:00 p.m.

## Cable TV Channel 16

Channel 16 features continuous programming, including public service announcements, broadcasts of the City Council meetings and the Planning Commission meetings and the Shoreview Today program. The Shoreview Today Program is a quarterly issue-oriented magazine show.

*City Council Meetings*

Broadcast Live

7 P.M. First and Third Mondays

*Planning Commission*

Broadcast Live

7 P.M. Fourth Tuesday

## CTV North Suburbs

CTV North Suburbs provides community television for the residents of ten cities, including Shoreview. CTV features programming by the community for the community—programs created by volunteers like you, your friends and neighbors. It's easy and fun! CTV provides training in video production, free use of equipment, and cable time on channels 14 and 15. To learn more, attend our free 1.5-hour orientation class, CTV 101. The class schedule is available at [www.ctv15.org](http://www.ctv15.org). For more information, call 651.792.7515.

## Taste of Shoreview

The Slice of Shoreview 2009 is but a memory, a memory of a great parade, carnival, entertainment, art and car show and wonderful weather. We watched the stars with Mike Lynch, danced to music by our favorite bands and munched on delicious food. As we watched the breathtaking fireworks, we dreamed of attending the Slice next summer.

February 26 will mark six months before the Slice of Shoreview, 2010. On this date, the Slice Committee will present the "Taste of Slice" at the Shoreview Community Center. All are welcome to this fundraising event. Come and sample delicacies from local restaurants, bid on auction items, register for a door prize, and build the excitement for the Slice! Guests will meet the Slice Committee, 2009 sponsors, and give input on the Slice celebration, held July 23-25, 2010 at Island Lake County Park. The 2010 theme and logo will be unveiled after we watch a video from 2009 presented by Jim Radford, a Shoreview resident.

This is an opportunity to put the dark gloomy days of winter behind us as we look ahead to summer and Slice 2010.

Watch the website: [www.sliceofshoreview.com](http://www.sliceofshoreview.com) for more details.

## Tips for Surviving the Winter's Plowing Season

A little patience and a cooperative attitude are essential ingredients for getting through the winter plowing season. When we as citizens, plowing contractors, and city crews work together, we can reduce frustrations that sometimes accompany winter snowstorms. There are many things residents can do to minimize plow-related problems for themselves, and to assure that city crews do the most effective job possible.

1. Observe Shoreview's parking regulations. Don't park your car on any city street between the hours of 2 A.M.- 5 A.M., or after a two-inch snowfall. This not only ensures more effective plowing, but also helps you avoid a citation.
2. Residents may find it less frustrating to wait until the plow trucks have completed their street before cleaning the end of their driveway. City plows are designed to discharge snow to the sides of the road and are not capable of skipping driveway areas.
3. Snow from the bottom of the driveway should be shoveled to the right as you are facing the street. This will reduce the amount of snow being placed back into the driveway during the next plowing.
4. Residents hiring contractors to plow their driveways should remind the contractor about state and local laws that prohibit pushing or placing snow back into or across the street. Doing so not only creates hazards for drivers, but also makes it difficult for the city to keep the streets clean.
5. Residents should clear snow from the mailbox area after each plowing. Snow that remains in front of the mailboxes will get compacted by post office vehicles and make subsequent plowing less effective.
6. If trash/recycling pickup day coincides with plowing activities, make sure your trash can and recycling bin are well behind the curb or in the driveway so the plow will not hit them.
7. Residents who have experienced sod damage in the past may wish to mark their yard line with flexible stakes or lathe. This will help the plow operators avoid future damage.
8. Don't allow children to build snow forts and tunnels in the snow banks adjacent to the curb, or to play near the curbs. It can be difficult for the plow operators to see children.
9. Keep sleds and toys away from the street.
10. Residents are encouraged to locate the hydrant near their home and keep snow shoveled away from it. This will ensure that fire hydrants are accessible in case of emergency.



## Driveways

One of the most frequent and most irritable problems in removal of snow from public streets is the snow deposited in driveways during plowing operations. Snow accumulated on the plow blade has no place to go but in the boulevard areas, which include driveways. The plow drivers make every attempt to minimize the amount of snow deposited in driveways, but the amount can still be significant. Regardless, the City does not possess the resources to attempt to provide private driveway cleaning after plowing public roads. Property owners should also use the (non-improved) boulevard areas for storage of snow blown or thrown from their driveways or private sidewalks and not into streets.

Municipal Code 211.060 (D) states, "No person, by whatever means, shall deposit snow on the improved portion of publicly dedicated street, alley, sidewalk, bike path, trail way or parking lot."

## Sod and Sprinkler Systems

If you want to protect your yard from possible damage from snow plowing, stake out your yard along the curb line with flexible driveway markers with reflectors.

Despite the plow operator's best efforts, sod along the edge of the road occasionally may be damaged during snow removal activities. In general, the City will repair boulevard sod damaged by snow plow or truck. The City will not be responsible for damage to underground irrigation systems and landscaping within the City's right-of-way.



## Do-It-Yourself Cleaners

Have you ever wondered what your great-grandmother used for cleaning her house before there was an entire row of products in the store? While they do clean, many of these products leave chemical and fragrance residues in your home—neither of which is necessary or desirable. For the price of one commercial cleaning product, you can clean your entire home for a few years!

In recent years, antimicrobial agents have been added to many products, from soaps to paint. Many scientists believe that overuse of these products has the potential to create more resistant bacteria. Additionally, many studies have shown that triclosan, a commonly used antimicrobial, accumulates in our environment, particularly in groundwater. An FDA panel reviewed studies on hand-washing in 2005 and concluded that antibacterial soaps are no more effective than regular soaps.

Cleaning your house is as simple as locating a spray bottle and a few basic ingredients that you may already have. Always label your homemade cleaning containers with name and ingredients. Like all cleaners, these should be kept out of the reach of children. Many of these recipes use vinegar, so you should remember that vinegar and bleach should never be mixed.

### All-purpose cleaners:

Vinegar and water mixed in equal amounts. This can also be used as a glass cleaner.

1 tbsp borax, 1/4 cup vinegar, 1 tsp dish detergent, and fill spray bottle to top with water.

### Scouring agents:

Baking soda, which can be mixed with some dish detergent for more cleaning power, or Vinegar and salt.

### Air fresheners:

Open the windows.

Remove or clean the odor source.

Simmer water with cinnamon or other spices on the stove.

Mix a favorite essential oil with water in a small spray bottle.

### Furniture cleaner:

Mix 1/4 cup vinegar or lemon juice with 1/2 tsp olive oil. Use a soft cloth such as a flannel rag.

### Laundry:

Try your laundry without fabric softener or dryer sheets. If there are many suds in the rinse water, try reducing the amount of laundry detergent in subsequent loads until the water is clean. If you have soft water, a small amount such as 2 Tbsp detergent might be enough for a large load of laundry.

### Dishes:

Look for phosphate-free dishwashing soap and dishwasher detergent. Dishwasher detergent can be mixed from washing soda and borax, but washing soda can be difficult to find.

### One final tip:

Consider referencing the Materials Safety Data Sheet for any chemical that you use in your home or yard. Manufacturers are required to provide these; they can usually be found with an internet search such as "MSDS <name of product>." The MSDS will list hazardous ingredients and particular concerns, toxicity, and recommended protective gear.

For additional information, including natural oven cleaners, metal polishes, and less toxic ways to limit ants and other pests, try these resources: Books available at the Ramsey County Library:

*Better Basics for the Home*,  
Annie Berthold-Bond  
*Green Up Your CleanUp*,  
Jill Potvin Schoff

Go online and visit,  
[www.reduce.org/toxics/index.html](http://www.reduce.org/toxics/index.html)  
[www.care2.com/greenliving/  
healthy-home/nontoxic-cleaning](http://www.care2.com/greenliving/healthy-home/nontoxic-cleaning).

## Paper Recycling Has Benefits Beyond the Forest

It's been said that recycling paper saves trees. But did you know that paper recycling can also reduce greenhouse gas emissions? Or that recycling is good for the economy? The many benefits of paper recycling reach far beyond the forest.

By recycling, Twin Cities metro area residents can:

### • Use less energy

Production of recycled paper uses 80 percent less water, 65 percent less energy and produces 95 percent less air pollution than paper production using raw materials.

### • Reduce greenhouse gas emissions

In 2003, residential and commercial recycling in Minnesota reduced greenhouse gas emissions equal to taking 2.3 million cars off the road.

### • Save natural resources

Recycling one ton of paper saves 7,000 gallons of water

### • Create jobs

Over 19,000 jobs in Minnesota are involved in recycling. In fact, recycling creates four jobs for every one job created in the waste management and disposal industries.

### • Reduce taxes

Recycling generates \$64 million in Minnesota tax revenue every year!

So the next time you recycle your newspaper or unwanted mail, remind yourself that you're doing more than just saving a tree.

Rethink Recycling. You can recycle more kinds of paper than you think. To learn more, visit <http://www.rethinkrecycling.com>, the metro area's resource for recycling and waste disposal.

*This Article was provided by the Solid Waste Management Coordinating Board as a part of the Rethink Recycling campaign.*

## Drink City water – It’s healthy and affordable

A recent comparison of the cost of water shows some surprising results. The table below provides the price per container of bottled water, and then converts the prices into the price per 1,000 gallons of water. For instance:

- A self-service gallon of spring water is about 30-cents per gallon, if you bring your own gallon container. At that price, one thousand gallons will cost \$300.
- A pre-packaged gallon of water costs 99-cents, which equates to \$990 for one thousand gallons.
- A 24-pack of 16.9 ounce bottles costs about \$4.99 (about 21-cents per bottle). The price per thousand gallons is \$1,574.75.
- A 16.9 ounce bottle purchased at a convenience store costs about \$1.20 per bottle. At that price, a thousand gallons of water would cost \$9,088.76.

The next table below shows the residential cost for Shoreview tap water. The first 15,000 gallons used each quarter is billed at tier 1 (86-cents per thousand gallons), the second 15,000 gallons used each quarter is billed at tier 2 (\$1.73 per thousand gallons), and the remainder of water used in the quarter is billed at tier 3 (\$2.74 per thousand gallons).

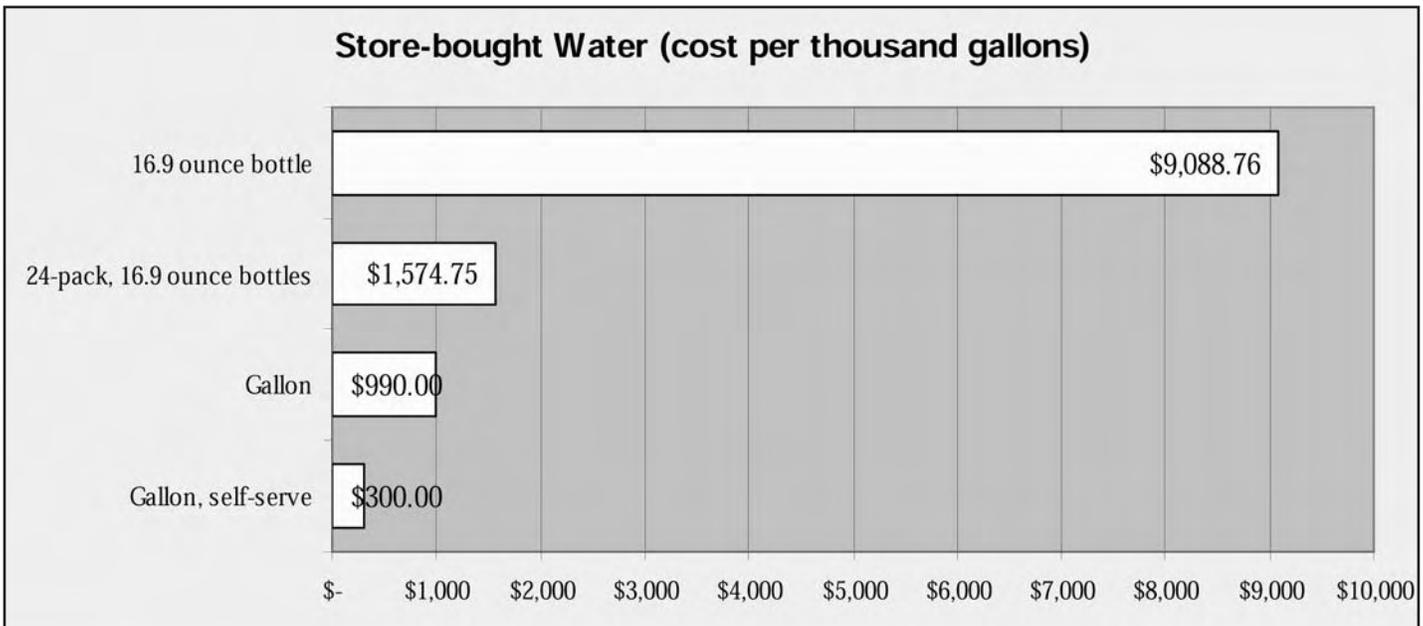
	Cost per Bottle	Cost per Gallon	Cost per Thousand Gallons
Gallon, self-serve	\$ .30	\$ .30	\$300.00
Gallon	\$ .99	\$ .99	\$990.00
24-pack, 16.9 ounce bottles	\$ .21	\$ 1.57	\$1574.75
16.9 ounce bottle	\$ 1.20	\$ 9.09	\$9088.76



	Cost per Gallon	Cost per Thousand Gallons
Shoreview - Tier 1	\$ 0.00086	\$ .86
Shoreview - Tier 2	\$ 0.00173	\$ 1.73
Shoreview - Tier 3	\$ 0.00274	\$ 2.74



**Store-bought Water (cost per thousand gallons)**



## Shoreview-Einhausen Sister City Association

Shoreview-Einhausen Sister City Association (SESCA) is a volunteer nonprofit organization that promotes friendship and international goodwill by building relationships between the citizens of Shoreview, Minnesota and Einhausen, Germany. There are many opportunities for involvement in social and cultural activities during the year.

There was a group of 26 people from the Einhausen Partnerschaft that visited Shoreview this summer. They were here for the Slice of Shoreview July 24-26. While they were here, they stayed in the homes of Shoreview area residents. A welcome dinner was held for them on July 26 at Ideal Hall/TST Catering. A traditional American Thanksgiving Dinner was served with entertainment provided by Eric

Shepherd, a Native American Fancy Dancer. The following week, they were on a bus tour through northern Minnesota and returned to Shoreview for another weekend with their host families. On August 2, they took the Sunset Dinner Cruise on the Mississippi River on one of the Padelford Riverboats before returning to Einhausen the next day.

SESCA will be sponsoring another trip to Einhausen for Shoreview area residents. This trip is planned for 2010.

Many exciting things are happening with SESCO. Come join us as we move forward with exciting new events and challenges. Our meetings are held the first Monday of the month at 7:00 P.M. in the lower level conference room at

Shoreview City Hall. Willkommen! For more information about SESCO, please visit our website at [www.sesca.org](http://www.sesca.org). For more information about Einhausen, please visit their website at [www.einhausen.info](http://www.einhausen.info).



*Lee Poppe - SESCO President, Barbara Schumacher - Einhausen Vice President, Eric Shepherd - Native American Fancy Dancer, Cheryl Wason - SESCO Vice President, Gunther Jakob - Einhausen President.*

## Fall Fundraiser for Shoreview Community Foundation



SHOREVIEW COMMUNITY FOUNDATION

The Fall Fundraiser for the Shoreview Community Foundation will be held on Thursday, November 12 starting at 7 p.m. in the Shoreview Room of the Shoreview Community Center. This is the first annual Fall Fundraiser for the Foundation and will feature a silent auction, desserts, coffee, wine, and entertainment. Donation of \$20 in advance or \$30 at the door per person is requested.

The silent auction will showcase donations from local businesses as well

as one-of-a-kind items such as tickets to sporting events and a Mississippi River cruise. Donations of special services in this silent auction include a batch of cookies every month for a year and professional painting of a room in your house. If you have an item you would like to contribute, contact Kent Peterson at [peterson751@msn.com](mailto:peterson751@msn.com).

The event will be a fun, informal evening open to all Shoreview residents and friends of Shoreview. It will be a relaxing time to visit with others who also value continued high quality of life in Shoreview.

The Foundation funds arts and cultural activities; recreational places such as parks, trails, open space, wetlands and woodlands; education and leadership development; historical preservation; and social and human services. Grant

requests are solicited annually from eligible nonprofits serving the Shoreview community.

The Shoreview Community Foundation is affiliated with the St. Paul Foundation. The St. Paul Foundation is one of the largest, oldest and most prestigious community foundations in the country. It provides guidance to the Shoreview Community Foundation on charitable planning and grant-making and handles money management and investment services.

In the first year of operation, the Foundation has already received donations of over \$60,000 to the permanent endowment fund. You can support the Foundation by making a donation, remembering the Foundation in your will, establishing a fund in memory of a loved one or considering a planned gift to the Foundation as part of your overall estate planning. All donations are tax deductible charitable contributions.

Potential donors can obtain additional information by visiting the Foundation's website at [www.ShoreviewCommunityFoundation.org](http://www.ShoreviewCommunityFoundation.org).

## Garden Club

The Shoreview Garden Club meets at the Shoreview Community Center on the third Wednesday of the month at 7 P.M. Experienced gardeners or beginners, all are welcomed. Speakers talk on a wide range of gardening topics during the winter months. In the summer, the club tours gardens to get information and ideas. A spring plant sale is held to raise money for their activities. For more information, contact Sandi at 651.484.4341.

## Gallery 96 Art Center

### Summer 2009 Exhibition

Gallery 96 held an exhibition in the glass cases on the main floor of the Shoreview Community Center from July-September. The theme of the show was "What's Afoot." All works were required to be 12 inches by 12 inches. Many also incorporated the theme of feet or a reference to measurement. Photos from this event are shown below.

### Fall 2009 Exhibition

Will be held at the Shoreview branch of the Ramsey County Library in November. The theme of the show is "From a Child's Point of View" or artworks done as through the eyes of a child.

### Spring 2010 Exhibition

The Spring exhibition will be held at the Shoreview branch of the Ramsey County Library in May. The theme for the show will be "It's About Light."

#### The Gallery 96 Art Center's "WHAT'S AFOOT"

An exhibition of work limited to 12" in two dimensions and not more than 12" in the third dimension. The choice of subject matter was up to the artists, but it was suggested that it be related literally or metaphorically to the number 12 or a foot.  
JULY-OCTOBER 13, 2009



### Art Discussions

Gallery 96 sponsors monthly art discussions, the second Tuesday of each month at the Shoreview Community Center from 7-9 P.M. These are lively discussions of art and friendly critiques of the work of members and others. All are welcome. Upcoming dates are October 13, November 10, December 8, 2009 and January 12, 2010.

### Fireside Room Exhibit

Next time you are in the Shoreview Community Center, stop by and see the works of Gallery 96 artists on display in the glass cases in the Fireside Room on the main floor of the building.

### More Information

The public can keep in touch with Gallery 96 Art Center and its programs through its website at [www.gallery96.org](http://www.gallery96.org). Other inquiries may be directed to: Gallery 96 Art Center, P.O. Box 270002, Vadnais Heights, MN 55127 or by calling 651.484.8710.



**Do You Believe in Ghosts?**

The south side of Turtle Lake seems an unlikely place for a ghost sighting. But that is exactly what happened to Shoreview homeowner Amy Merkle when she saw the ghost of Heiny Hanson.

Heiny Hanson and his parents, Ruth and George, lived and farmed a parcel of land north of Tanglewood on Hanson Road. On the ten acre site the Hanson raised chickens, corn and some cows. After the property was sold in the late 1940's, it was divided into lots—including the lot and home bought by the Merkle family in 1997.

When Amy saw the ghost in the middle of this July night, she had no idea who

the apparition was. He had on a white dress shirt with the sleeves rolled up, wide suspenders and baggy trousers—and his face was hidden under a wide brimmed hat. Doris Claeys, SHS Charter Board member and neighbor of Amy, showed Amy a photo of three men and two women posing in front of an old home. As Amy gazed at the photo, she was startled to realize that one of the men resembled her ghost—and that person was Heiny Hanson. The other figures were Mr. & Mrs. Hanson, sister Eva and an unidentified older man.

Why did the ghost of Heiny Hanson decide to present himself to Amy? Learn about Shoreview's own ghost and other stories and legends from



1917 Hansons of Turtle Lake, Hanson Road is named after them

noted author Michael Norman in his book "The Nearly Departed" on Sunday October 18th at 2 pm at Shoreview City Hall. It may make a believer of you! The program is free and open to the public.

**Environmental Quality Committee Keeps Volunteer Event Green**

The City of Shoreview understands the environmental impact our actions have on the climate. The City continues to take steps to reduce greenhouse e-missions and preserve our environment.

Each year the City Council hosts a volunteer appreciation event for residents who give their time, energy and talent in volunteering valuable service on various city committees or commissions or with Shoreview's civic organizations. For the past two years the Shoreview Environmental Quality has worked with City staff to create a "Zero Waste" event. The majority of

Areas	Amounts
Compostables	29 pounds
Recyclables	9 pounds
Trash	4 pounds and 11 ounces
<b>This results in 89 percent of the waste being recycled or composted.</b>	

the products provided for the volunteer appreciation event are considered environmentally friendly, meaning they can be recycled or placed in special compost containers as biodegradable materials.



**City Council Recognizes Green Community Award Winners**

The City Council recently recognized the 2009 Green Community Award Winners. The Green Community Awards program is designed to recognize property owners in the City of Shoreview and within the Grass Lake Watershed Management area who have used best management practices to infiltrate storm water. Generally, this is accomplished through the use of rain gardens, shoreline buffers, or natural habitat gardens. The program is

sponsored by the City's Environmental Quality Committee with assistance from Shoreview's Green Community group. This year's winners are listed below:

- Stephanie and Michael Calcagno** – *Native Habitat*
- Glinis Hirschberger** – *Rain Garden*
- Lillian and Robert Hoerr** – *Rain Garden, Shoreline Buffer, Detention Pond, Native Habitat, Permeable Surfaces*
- Gordon Howell** – *Shoreline Buffer, Native Habitat*

- Mary and Paul Kennedy** – *Natural Garden*
- Gerry O'Sullivan and Cathy Carlson** – *Shoreline Buffer, Native Habitat*
- Lake Ridge Association Landscape Committee** – *Rain Garden*
- Owasso Heights Town Home Association** – *Berm*

## Ways to Reduce Your Water Bill

The recent water meter replacement program has found some inefficient household causes for high water bills. Check out the following to see if you can save some green.



### Step 1

Reduce the temperature on your water heater. Many people don't even know they can do this simple step. A temperature about 110 degrees should do the trick. If you do not have a thermostat on your water heater, you may want to experiment by turning down the dial a little bit each day until your shower is unpleasant.



### Step 2

Replace your shower head with a low flow model. There are efficient models that meet US government standards that

cost about \$25. This minor change could save you up to \$300 a year.



### Step 3

Don't pre-rinse your dishes before placing them in the dishwasher. There are many studies that state that pre-rinsing has little to no effect. If your dishwasher isn't cleaning your dishes well, then get a new dishwasher. Pre-rinsing will just be a wasted step.



### Step 4

Check your faucets for drips. Although some of you may be inclined to pick up the phone to find a plumber, this is usually a simple fix with even the most basic of tools.



### Step 5

Use a rain barrel to water your plants or lawn. For many homeowners who need to water regularly, a rain barrel costs about \$50 and could be enough for your needs.



### Step 6

Other, more advanced or expensive, things you could do include buying a new energy efficient washing machine, insulating your hot water pipes, insulating your hot water heater, and replacing your toilets with those that use less than 1.5 gallons per flush.

## H1N1: Keeping You and Your Family Safe

Novel H1N1 influenza, also known as "swine flu", is a newly identified virus that can spread germs from people who are infected to others through coughs and sneezes. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch. H1N1 flu symptoms are similar to seasonal flu symptoms. You can prevent the spread of H1N1 by:

- Covering your coughs and sneezes;
- Washing your hands frequently with soap and water;
- Staying home if you are sick with flu-like symptoms;
- Getting an H1N1 flu shot when it becomes available.

Nobody wants to get the flu, here are some helpful tips on how to stay healthy:

### Step 1

Guzzle water. Staying hydrated has tons

of positive health benefits and can really ensure that you stay healthy this year. If you do nothing else, make sure you drink at least a gallon of water a day.

### Step 2

Eat well. Try to make sure you are getting at least 5 servings of fruits and veggies and are eating healthy, nutritious foods. If you are eating junk food your body will not have the nutrients it needs to be able to combat the flu season.

### Step 3

Get plenty of sleep. While you are sleeping your immune system can fight any bugs you may have picked up. This will increase your chances of not getting the illness and reduce the time that you are sick.

### Step 4

Wash your hands before you eat and after using common spaces. Because the

virus is spread through contact, be sure to be extra careful if you are touching items that sick people might have touched. Keyboards, bathrooms, and elevators are all great breeding grounds for the germs.

### Step 5

Pay with plastic. If possible, avoid touching cash because it carries so many germs. Paying with a credit card may reduce your chances of getting sick, especially because you can disinfect it with cleanser such as Lysol.

### Step 6

Avoid sick people. If one of your friends or office mates is sick, avoid them. You do not want to be exposed to people who are sick and do not believe the myth that once you have the disease you are no longer contagious. You are. So stay away until they feel better.

## CRIME PREVENTION TIPS

### Holiday Safety Tips: Protect Yourself From Identity Theft

With the holidays nearing, Ramsey County's Sheriff Department wants to keep you protected with the following tips:

- Run a credit report on yourself to see if there are suspicious activities
- Reconcile your statements in a timely fashion and challenge any unknown purchases.
- Limit the number of credit cards you have and cancel any inactive accounts
- Destroy all unused pre-approved credit card and loan applications.
- Never give any important number out like from your drivers license, credit card, bank account, date of birth or social security number to anyone you don't know over the telephone
- Minimize exposure of your drivers' license number, date of birth, social security number, and credit card numbers. If the numbers are requested for check cashing purposes, ask if the business has alternative options such as using a check-cashing card
- Safeguard your credit, debit, and ATM card receipts
- Shred your bank statements and any tax documents when you dispose of them
- Before disposal, shred paycheck stubs and W-2 forms that contain your social security number and often your name and address. This is a common way for dumpster divers to obtain important identification
- Scrutinize your utility and subscription bills to make sure the charges are yours
- Destroy all checks immediately when you close a checking account.
- Memorize your passwords and personal identification (PIN) numbers. Keep your PIN numbers somewhere that only you know
- Don't give out your PIN or write them on your credit cards or ATM cards
- Keep a list or photocopy all credit and identification cards you carry with you, including front and back, so that you can quickly call the issuers to inform them about missing or stolen cards
- Don't give away too much personal information on your family web site
- Never leave your purse or wallet unattended, at work, at restaurants, at health fitness clubs, in your shopping cart, at church or at social gatherings. Never leave your purse or wallet in open view in your car, even when locked

#### If You Suspect Identity Theft

- Report the incident to the police immediately.

- Report all stolen cards to the issuers immediately and request that new card numbers. Always respond to written credit card receipt notifications received in the mail
- Notify your bank in the event that your checks are stolen and request that your account be closed
- In order to prove your innocence, be prepared to fill out affidavits of forgeries for banks, credit grantors, and recipients of stolen checks. They are joint victims with you and may suffer a financial loss
- Be prepared to work with retailers who have been victimized by someone using your name to help mitigate their losses, if necessary
- If you know the abuser, report them to the Federal Trade Commission
- If someone is using your SSN number, call the SSA Hotline: (800) 772-1213
- Obtain copies of your credit report periodically to see if there are any unknown credit lines in your name. Credit reports costs less than \$10. All three major credit reporting agencies in the United States have toll free telephone numbers. Equifax (888) 532-0179 Experian (800) 311-4769 Trans Union (800) 680-7289. Each agency has a consumer fraud division. Call them.

### Receive Information Affecting Your Neighborhood

Ramsey County Sheriff's Department now has a system that connects residents, Nixle.

#### Nixle Offers:

- **the information you want** from community messages to time-sensitive urgent public safety alerts
- **from the locations you want**, whether it is home, work or where family and friends live, anywhere in the country
- **with the delivery you want**, information is instantly available by text message, e-mail or web.

#### To Register:

- Go to [www.nixle.com](http://www.nixle.com)
  - Click "**Register Now**"
  - Create an account by choosing a UserName and Password
  - Enter an e-mail address and cell phone number where you would like to receive messages
  - Enter your address or nearby intersection
  - Click "**Sign Me Up**" and you are done
- To make things even easier and customized to your needs and wants:
- Log in at [www.nixle.com](http://www.nixle.com)

- Click "**Locations**"
- Click "**Add New**" to add addresses in town or around the country. Is your child away at college? Do your parents live out of the area? Keep track of what's happening near your loved ones and the places you work, live or visit.
- Click "**Other**" to subscribe to Nixle Weather and Nixle Traffic updates
- Click "**Settings**"
- Subscribe to agencies in your area and choose where you want to receive messages. Adjust which messages by priority level go to your e-mail or cell-phone.

## Carbon Monoxide Alarms: They are Required by Law

Minnesota State law requires that all existing single-family homes to be equipped with approved carbon monoxide alarms.

Carbon Monoxide (CO) is a colorless, tasteless and odorless gas released from natural gas appliances, such as furnaces and hot water heaters. Proper installation and maintenance of CO detectors on each level of your home can prevent dangerous or even deadly hazards associated with this gas.

What should I look for when purchasing a CO detector?

- Easy to install and replace
- Protection from chronic, low-level CO exposure
- Protection from acute, lethal CO exposure
- Accurate measurement of CO
- Self-calibrating and self-zeroing
- Memory capability for past events
- Minimal interference from other pollutants and chemicals
- Digital readout of CO concentrations
- Portability: small size and light weight
- Easy-to-understand operating manual
- Clear instructions and warning tags on the unit



**REMEMBER: CO detectors DO NOT function as Smoke Alarms and Smoke Alarms DO NOT function as Carbon Monoxide Detectors.**

*Tip: When you are changing your clocks for Daylight Savings, change the batteries in your fire alarms and CO detectors.*

## Smoke Detectors: Knowing When to Replace Yours

Smoke detectors are one of the most important safety features of your home. Properly installed and working, smoke detectors can provide you an early warning of a fire. But what is the life cycle of a smoke detector? One guideline is to replace them after ten years.

However, electronic devices are subject to random failures. A very small fraction of smoke detectors will fail almost immediately, and about 3 percent will fail within the first year. After 30 years, all smoke detectors will have failed, most years earlier.

### Guidelines for Replacing Smoke Detectors

1. At 15 years of age, smoke detectors have a 50/50 chance of failing. If that seems too big of risk for your family, replace them sooner.
2. Manufacturer warranties expire within 3-5 years
3. At 10 years of age, 30 percent of smoke detectors will fail



Regular monthly testing will help discover smoke detector failure as well as dead or missing batteries. Make this a good safety habit to get into.

## Renting your Property

The City of Shoreview requires all property owners who own rental housing to obtain a rental license. This applies to single-family attached/detached homes, town homes, mobile homes and multi-family dwellings that are used for rental properties.

Licenses are issued annually and required to be renewed each year if the property remains a rental property. If you have any questions regarding the rental program, contact Sara Bargander at 651.490.4687. Applications are available on-line.

## HousingResource Center

Are you thinking about home improvements? Would you like help? Shoreview has partnered with the HousingResource Center to assist homeowners. The HousingResource Center specializes in home improvement financing tools, including the MHFA Fix-Up fund, offering a loan up to \$35,000 with a fixed interest rate. The maximum annual income amount is at or below \$93,100. Other loan programs are available.

The HousingResource Center also provides FREE construction consultations to residents.

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

HousingResource Center-North Metro  
1170 Lepak Court  
Shoreview, MN 55126  
651.486.7401

[www.housingresourcecenter.org](http://www.housingresourcecenter.org)

# COMMUNITY CENTER

## GENERAL INFORMATION AND HOURS



### 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**

### Kids Care Hours\*

- Monday–Friday  
8:30 A.M. – 12:30 P.M.  
4:00 P.M. – 8:00 P.M.
- Saturday  
8:30 A.M. – 12:30 P.M.
- CLOSED: Nov. 26; Dec. 24, 25, 31;  
Jan. 1. See p. 40 for details

\*additional fee required

### Community Center Information

- 14 laps equals 1 mile on the indoor track.
- One-rim basketball is played during open gym hours.
- The Community Center is not responsible for lost or stolen property. Daily lockers are available for rent to secure your personal items. There are free mini-lockers across from the service desk for small items.
- Personal belongings and gymbags are not allowed on the track.

### Daily Fees

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

	Rate*	Shoreview Resident*
<b>Daily Pass</b>		
Adult (18 and over)	\$ 8.25	\$ 6.75
Youth (1 to 17; under 1 free with paying adult)	\$ 7.25	\$ 5.75
Family* (Immediate family living in same household)	\$ 29.00	\$ 23.00
Seniors (65 and older)	\$ 7.25	\$ 5.75

\*Family pass is limited to six individuals. Each additional person is \$4.00.

<b>Indoor Playground Only</b> (ages 1 to 12)	\$ 4.50	\$ 4.50
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### Coupon Books (Includes 10 daily passes)

Adult	\$ 74.25	\$ 60.75
Youth/Senior	\$ 65.25	\$ 51.75

### Senior Track Discount (65 and over)

Per visit	\$ 3.50	\$ 2.50
Punch card	\$ 28.00	\$ 20.00

\*Sales Tax not included. Fees are subject to change.

We welcome payment by Visa and MasterCard.



### Hours

	Community Center	Water Park	Playground
Mon & Wed	5:00 A.M. – 10:00 P.M.	4:00 – 9:00 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 – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
Saturday	6:00 A.M. – 8:00 P.M.	Noon – 8:00 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.

\*Contingent on Mounds View School District calendar

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

#### Thanksgiving Break

(Nov. 23-25)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
(Nov. 26)	5:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
(Nov. 27)	8:00 A.M. – 10:00 P.M.	Noon – 10:00 P.M.	8:00 A.M. – 8:00 P.M.
December 24	5:00 A.M. – 4:00 P.M.	Noon – 4:00 P.M.	8:00 A.M. – 4:00 P.M.
December 25	Closed	Closed	Closed
Dec 28 – 30	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
December 31*	5:00 A.M. – 6:00 P.M.	Noon – 5:30 P.M.	8:00 A.M. – 5:30 P.M.
*Family New Year's Eve Party is 6:00 – 9:00 P.M. on Dec. 31. See page 41 or 61 for information.			
January 1	8:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Jan 18 (MLK Day)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.
Feb 15 (Pres. Day)	5:00 A.M. – 10:00 P.M.	Noon – 9:00 P.M.	8:00 A.M. – 8:00 P.M.

### Lap Swim Hours

Monday–Friday	5:00 A.M. – Noon**
Monday–Thursday	9:00 P.M. – 10:00 P.M.**
Monday, Wednesday	4:00 P.M. – 6:00 P.M.**
Tuesday, Thursday	4:00 P.M. – 5:00 P.M.
Saturday	6:00 A.M. – 8:45 A.M.
Sunday	6:00 A.M. – Noon**

\*\*Lanes are limited. Ask at the service desk for a complete schedule.

# COMMUNITY CENTER

## MEMBERSHIP FEES AND BENEFITS

### Membership Fees

	Rate*	Shoreview Resident*
<b>Annual Membership</b>		
Family .....	\$ 630.00	\$ 488.00
Dual .....	\$ 562.00	\$ 443.00
Adult .....	\$ 374.00	\$ 286.00
Youth/Senior .....	\$ 295.00	\$ 232.00
<b>Seasonal Membership (Three month)</b>		
Family .....	\$ 250.00	\$ 205.00
Dual .....	\$ 230.00	\$ 180.00
Adult .....	\$ 165.00	\$ 125.00
Youth/Senior .....	\$ 125.00	\$ 100.00
<b>Annual Membership Billed Monthly (With one year membership agreement)</b>		
Family .....	\$ 56.50	\$ 45.50
Dual .....	\$ 49.25	\$ 41.00
Adult .....	\$ 34.00	\$ 27.75
Youth/Senior .....	\$ 28.75	\$ 22.50

\*Rates do not include sales tax. There is a membership cancellation fee of \$100. New prices include 10% discount. 10% discount will not be valid with current prices.

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 is immediate family residing in the same household and children must be under 22 years of age. 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.

BLUE CROSS BLUE SHIELD OF MINNESOTA  
 BLUE CROSS BLUE SHIELD OF NORTH DAKOTA  
 UNITED HEALTH CARE · HEALTH PARTNERS · MEDICA · UCARE



### 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 ShoReview mailed to your home.



### NEW First Time Annual Members also receive:

Special **Experience Us** book, which includes

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

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



*The Shoreview Community Center is the perfect place to spend time with your friends and family while getting your daily workout!*

## TROPICS INDOOR WATERPARK



### Enjoy the Metro Area's Most Affordable Waterpark!

Experience the excitement of Tropics Indoor Waterpark. You, your family, and friends will create treasured memories as you speed down the "Shark Attack" waterslide that's out of this world!

We provide a safe place to play for preschoolers and tots, providing them with ample room to scamper through the zero-depth "beach" area, ship-wreck slide, shallow water play area, and interactive play structure. Youth and adults can enjoy the thrill of the metro's most exciting indoor waterslide. Play water volleyball or slam-dunk the basketball in the palm tree hoop. Challenge yourself to the tropical water walk or climb aboard one of our giant floating sea creatures. We can fill your day with endless fun as you enjoy a tropical getaway at Tropics Indoor Waterpark.

*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 arms' reach of that child at all times.*

### TROPICAL TUESDAY

6:00–9:00 P.M.

One free youth admission per paying adult.



### Waterpark Hours

#### Starting January 2, 2010

The Waterpark includes "Shark Attack" waterslide, beach boat slide, floating sea creatures, water walk, water volleyball and basketball.

Monday & Wednesday . . . . .	4:00 P.M. – 9:00 P.M.*
Tuesday & Thursday . . . . .	6:00 P.M. – 9:00 P.M.
Friday . . . . .	4:00 P.M. – 10:00 P.M.
Saturday . . . . .	Noon – 8:00 P.M.
Sunday . . . . .	Noon – 6:00 P.M.

*\*Floating sea creatures will not be available during water aerobics, Shark Attack, and beach will remain open.*

*Children age 6 years and under must have a paid adult in the water with them.*

### Waterpark Holiday Hours

Call 651-490-4700 for specific information.

Thanksgiving Break	
(Nov. 23-25)	Noon – 9:00 P.M.*
(Nov. 26)	Noon – 4:00 P.M.
(Nov. 27)	Noon – 10:00 P.M.
December 24	Noon – 4:00 P.M.
December 25	Closed
December 28-30	Noon – 9:00 P.M.
New Year's Eve Dec 31	Noon – 5:30 P.M.
New Year's Day Jan 1	Noon – 9:00 P.M.
Jan 18 (MLK Day)	Noon – 9:00 P.M.*
Feb 15 (Pres. Day)	Noon – 9:00 P.M.*



### Pool Information

- Certified lifeguards are on duty in the pool at all times.
- Coast-Guard approved lifejackets are allowed when a swimming adult is present within arms' reach. Arm floatation and floatation 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.
- Complete pool schedules and lap swim policy are available at the service desk.
- 33 laps equals 1 swimming mile in the lap lanes.



## TROPICAL ADVENTURE INDOOR PLAYGROUND

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



Monday - Saturday.....8:00 A.M. - 8:00 P.M.  
Sunday.....8:00 A.M. - 6:00 P.M.

Daily visit \$4.50 per child, ages 1-12  
FREE to members

### 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.



## SPEND YOUR BIRTHDAY IN THE TROPICS



### Make Your Child's Birthday Party Special!

#### Celebrate at the Tropics Indoor Waterpark and Indoor Playground in the Shoreview Community Center

Celebrate your child's birthday party in the tropical themed poolside birthday party rooms! Our rooms include Coconut Cove, our private party room, with maximum capacity of 15, and Beachcomber Bay, which accommodates up to four parties at one time. You may choose the Cake Deal package or the Meal Deal package. Outside food is not allowed in the Coconut Cove or Beachcomber Bay party rooms.

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



#### TROPICAL PACKAGE

##### **Cake Deal**

Includes personalized birthday cake and ice cream, pop, birthday plates, napkins, cups, balloons, 90 minutes party time, T-shirt and card for birthday child and full-day use of Tropics Indoor Waterpark and indoor playground for all party goers.

Rate: \$15 per person  
\$14 Shoreview Resident

##### **Meal Deal**

Includes everything in the Cake Deal plus your choice of pizza, hot-dog or corndog and chips.

Rate: \$18 per person  
\$17 Shoreview Resident

#### ADVENTURE PACKAGE

##### **Cake Deal**

Includes everything in the Tropical Package but limits full day use of the facility to the indoor playground only.

Rate: \$13 per person  
\$12 Shoreview Resident

##### **Meal Deal**

Includes everything in the Tropical Package limiting facility usage to the indoor playground only.

Rate: \$16 per person  
\$15 Shoreview Resident

##### **Beachcomber Bay** (shared party room)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Room will be shared with other party celebrations.

##### **Coconut Cove** (private pool-side party room)

Minimum purchase of birthday party package for 8 partygoers. No outside food allowed. Additional \$25 room rental fee.

##### **Meeting / Party Rooms\***

Each room accommodates 20 partygoers for 2 hours of party time; additional rooms may be rented to accommodate more. You may rent a room and bring in your own food. Daily passes are sold separately.

Rate: \$40 Regular rental fee  
\$25 Shoreview Resident rental fee

\*\$25 Refundable Damage Deposit

Fees are subject to change. Tax not included. When using the pool, all children six years old and under must be supervised by a paid adult swimmer who is 18 or older. Supervisory adult must be within arms' reach of that child at all times.

# COMMUNITY CENTER

## PARTY IN THE TROPICS

### Special Rentals Have the Place to Yourself and Invite Your Friends!

#### Shoreview Community Center

The Shoreview Community Center is also available for groups, overnight, and after-hours private rentals. Each rate is listed per person and includes use of the Tropics Indoor Waterpark, gym facilities, and meeting rooms. Refundable damage deposit required. A minimum payment is necessary to rent our facility overnight. *Prices are per person.*

#### Overnight Rentals

Rate: \$18; \$16 Shoreview Resident

#### Private Pool Party Rentals

Private pool parties are available after regular business hours. A minimum payment is necessary to rent our facility for a private pool party. Prices are per person. Call 651-490-4790.

	Rate*	Shoreview Resident*
Two hours .....	\$ 9.00	\$ 8.50
Three hours .....	\$ 9.50	\$ 9.00
Four hours .....	\$10.00	\$ 9.50

\*Sales tax not included.

#### Group Rates (during building hours)

- All parties of 10 or more receive our special group rate
- Reservations are required for groups of 25 or more
- Call 651-490-4790 for group rate and reservation information



Coconut Cove – Private Party Room



Beachcomber Bay – Shared Party Room

## MARK YOUR CALENDAR!



### Skate with Santa

December 12

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). Santa will be excited to meet and skate with everyone. Also, there'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena.

See page 41 for details.

### Family New Year's Eve Party

December 31

Mark your calendar with an X for our Pirate New Year's Eve Party. Walk the plank, find buried treasure, and discover all the fun the Shoreview Community Center has to offer.

See page 41 or 61 for details.

### Sweetheart Dance

February 12

Put on your party clothes, grab a special adult, and join us for our first annual Sweetheart Dance! There will be music, crafts, food and fun for all to enjoy. So come dressed to impress and spend a special evening with someone you love. Oh, and don't forget your camera for this one!

See page 41 for details.

### Egg Hunt

March 27

Join the Bunny in an eggciting hunt for prize-filled eggs. Then, hop inside for an eggcellent snack, door prizes and entertainment. Great fun for your little bunnies ages 10 and under.

See page 41 for details.



# COMMUNITY CENTER

## BANQUET ROOM RENTALS

Our banquet rooms are perfect for corporate events, wedding ceremonies, receptions, dinners, and dances.



### Shoreview Room

Experience the elegance of our Shoreview Room for your next event. You and your guests will enjoy the convenience of the adjacent Fireside Lounge and expanded dance floor.

- Seating up to 300.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- 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	\$ 595	\$ 520
Friday	\$ 950	\$ 850
Saturday	\$1,125	\$1,025

*Fees are subject to change. Tax not included. Call for more information.*

### Community Room

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

- Seating up to 250.
- Continental breakfast service available.
- Alcohol service available with in-house provider.
- 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	\$ 395	\$ 320
Friday	\$ 695	\$ 595
Saturday	\$ 815	\$ 710

Half Room	Rate*	Shoreview Resident*
Sunday–Thursday	\$ 210	\$ 180
Friday and Saturday	N/A	N/A

*Fees are subject to change. Tax not included. Call for more information.*

### Call for More Information

- Community Center Information  
**651-490-4700**
- Recreational Programs (classes)  
**651-490-4750**
- Rental Information  
**651-490-4790**
- City Information  
**651-490-4600**

## COMMUNITY & MEETING ROOM FACILITIES

### Shoreview Pavilion

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

Rate: \$195; \$170 Shoreview Resident

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

### Picnic Shelter Rentals

Our parks are the perfect place for a small gathering or birthday party. Reserve a picnic shelter for your next event by calling 651-490-4790. Rental fee is \$25 plus tax.

Lake Judy Park. . . . . Seats 15

Shamrock Park . . . . . Seats 35

McCullough Park. . . . . Seats 15

Commons Park . . . . . Seats 20

### 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.

- Island Lake Room is rented in 2-hour blocks.
- Refundable damage deposit: \$25

Rate: \$65; \$50 Shoreview Resident

\*Sales tax not included.

### 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.
- Refundable damage deposit: \$25 per room.

Rate: \$40; \$25 Shoreview Resident (50% of group living in Shoreview)

\*Sales tax not included.



### Group Rates

- All parties of 10 or more receive our special group rate.
- Reservations required for all groups of 25 persons or more.



### 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**

# Shoreview Parks and Recreation

651-490-4750

## Phone Directory

Registration & Information	651-490-4750
Community Center	651-490-4700
Rentals & Birthday Parties	651-490-4790
Kids Care Service	651-490-4763
Job Line	651-490-4637
Program Information Line	651-490-4765

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# WINTER 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.

### Tuesday, November 24

On-line registration for residents begins at 8:00 A.M.

### Tuesday, December 1

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

## Annual Community Center Member Registration

### Tuesday, December 1

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

## General Registration

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

### Thursday, December 3

On-line registration begins at 8:00 A.M.

### Tuesday, December 8

In person, mail, fax, and drop-off registration begins at 8:00 A.M.

**EASY 5 WAYS TO REGISTER**

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person

## ONLINE REGISTRATION INFORMATION

**Tired of waiting in line? Want to register on your schedule and from the comfort of your home or office? Then choose on-line registration!**

### What you need to know:

- Each family needs a user name and PIN
- New users need to request a user name and PIN at least 5 days before registration begins
- When it is your date to register, log-on to <https://registration.shoreviewmn.com> and choose your classes

### New Users

- Registering on-line requires a user name and PIN number.
- To obtain a user name & PIN, complete a Participant Information Form by:
  - ~ Download it from the web: <http://www.ci.shoreview.mn.us/Parks/RecPrograms.html>
  - ~ Stop by during office hours to complete a form in person
  - ~ Call 651-490-4750 to have a form faxed or mailed to you

### Current Users

- You have a user name and PIN assigned to your family
- To add a family member to your account, call 651-490-4750 or email [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)
- If you have forgotten your user name or PIN, please contact us at 651-490-4750

### Questions?

Call 651-490-4750 or email [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

## PHOTO SEARCH

We invite you to submit your favorite photos of you or your child participating in Shoreview Parks and Recreation activities for possible publication in the ShoReview. Submit your photo to [photos@shoreviewmn.gov](mailto:photos@shoreviewmn.gov) and include your contact information, names of individuals in the photo, and activity or location. Please limit photo size to 500k and one photo per email.



## Now Hiring!

### Jobs That Fit Your Lifestyle!

Part-time • Flexible Hours • Fun People  
Shoreview Parks & Recreation Department is now hiring! Training is provided.

### POSITIONS

- After School Sports Instructors
- Basketball Score Keepers
- Child Care Attendants
- Concession Attendants (Wave Cafe)
- Dodgeball Officials
- Fitness Instructors
- Gym Supervisors
- Ice Rink Attendants
- Ice Skating Instructors
- Lifeguards (we will train)
- Personal Trainers
- Service Desk
- Swimming Instructors

**FREE Parking  
Direct Deposit and  
Community Center  
Membership!**

### HURRY! JOBS OPEN UNTIL FILLED!

Call or stop by:

Shoreview Parks & Recreation  
4580 North Victoria Street, Shoreview, MN 55126  
(651) 490-4750 • TDY (651) 490-4750  
Job Line (651) 490-4637 • [www.ci.shoreview.mn.us](http://www.ci.shoreview.mn.us).

*The City of Shoreview is an equal opportunity employer.*

# SKATING RINKS

## SKATE AT A CITY RINK

Ice rinks are scheduled to open for public skating Saturday, December 19, depending on the weather and ice conditions. Ice Rink Attendants are needed for the 2009–2010 season. Assist skaters at one of Shoreview's seven outdoor ice skating facilities. A great job for seniors, adults, and youth (16 years and older). For an application call the Shoreview Job Line at 651-490-4637.

### Bobby Theisen Park

3575 Vivian Street  
651-483-3043

### Sitzer Park

4344 Hodgson Road  
651-288-0062

### Bucher Park

5900 Mackubin Street  
651-415-0609

### Shamrock Park

5623 Snelling Avenue  
651-785-1758

### McCullough Park

915 County Road I  
651-484-4350

### Wilson Park

815 County Road F  
651-482-9555

### Shoreview Commons

Shoreview Community Center  
651-490-4748

## WARMING HOUSE INFORMATION

Enjoy Shoreview's outdoor ice-skating rinks. As a general rule, the warming houses close if temperatures are below -10 degrees or if windchills drop below -25 degrees or if we have substantial snowfall. **Call 651-490-4765 for a weather line update.**

### Warming House Hours

Warming Houses will generally be open according to the following schedule:

Monday – Friday 4:30 P.M. – 8:30 P.M.  
Saturdays 10:00 A.M. – 8:00 P.M.  
Sundays 12:00 P.M. – 8:00 P.M.

We will increase hours during Mounds View School District Holidays. Holiday schedules will be posted at the rinks. **This schedule is subject to change due to weather and other factors.**

Skating rinks are available for private rental.  
Call 651-490-4753 for more information.

## OPEN SKATING AT SHOREVIEW ICE ARENA

Public open skating is available at the Shoreview Ice Arena (operated by Ramsey County). Call 651-748-2500 for dates and times or **visit [www.co.ramsey.mn.us](http://www.co.ramsey.mn.us)**.

## TRAILS FOR CROSS COUNTRY SKIING

Ramsey County Parks and Recreation offers marked and groomed cross-country ski trails at County Parks. All trails are open daily from sunrise to sunset. Trail maps and grooming patterns for each park are available; please call 651-748-2500. **[www.co.ramsey.mn.us](http://www.co.ramsey.mn.us)**.

### Battle Creek Regional Park *(Lower Afton Road Site)*

One quarter mile east of McKnight Road. 6 km. of marked traditional trails for all skill levels.

### Winthrop Street Site

1 block south of Upper Afton Road. 5.5 km. of intermediate/advanced traditional and skate/ski trails.

### Keller Golf Course

2166 Maplewood Drive. Three-quarter mile of beginner, 4 km. of intermediate traditional trails and 4 km. skate skiing.

### Snail Lake Regional Park

580 Snail Lake Boulevard. 7 km. of intermediate traditional trails.

### Manitou Ridge Golf Course

3200 North McKnight Road. 5 km. of intermediate/advanced traditional and skate-skiing trails.

### Tamarack Nature Center

5237 Otter Lake Road.  
3 km. of beginner/intermediate traditional trails, 4 km. Miles of advanced traditional. Ski rental available.



## RECREATIONAL ICE SKATING INSTRUCTION

Get an edge on winter fun by enrolling in ice skating lessons.

Saturdays, January 9 – February 20 (7 week session)

\$77; \$67 Shoreview Resident

Rate for Private & Semi Private Lessons

\$157; \$147 Shoreview Resident

\$117; \$112 Shoreview Resident for two participants of equivalent ability (must register two individuals at same time)

The Shoreview Arena, 96 and Victoria



### PRESKILLS

#### Snowplow Sam

Snowplow Sam introduces preliminary moves to 4-10 year old skaters. 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.

### BASIC

#### Readiness 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.

#### Readiness 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.

#### Development Level 3

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

#### Development Level 4

Teaches forward edges, forward crossovers and backward glides.

#### Proficiency Level 5

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

#### Proficiency Level 6

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

## PRIVATE & SEMI-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. Semi-private classes must have a minimum of two people registered to be held.

## SPECIALIZED CLASSES

### Free Style

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

### Adult

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

## WINTER SKATING CLASS SCHEDULE

Time	Class	Activity#
9:20 A.M. – 9:55 A.M.	Readiness 2	170402-01
	Development 3	170403-01
	Snow Plow Sam	170407-01
10:00 A.M. – 10:35 A.M.	Development 3	170403-02
	Development 4	170404-01
	Readiness 1	170401-01
	Readiness 2	170402-02
10:40 A.M. – 11:15 A.M.	Proficiency 5	170405-01
	Proficiency 6	170406-01
	Readiness 1	170401-02
	Readiness 2	170402-03
11:20 A.M. – 11:55 A.M.	Free Style	170408-01
	Snowplow Sam	170407-02
	Readiness 1	170401-03
	Readiness 2	170402-04
12:00 P.M. – 12:30 P.M.	Adult	170409-01
	Private Lesson	170410-01
	Private Lesson	170410-02
	Semi-private	170411-01
	Semi-Private	170411-02

### 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.

### Helmets

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

## SHOREVIEW PARKS AND RECREATION SWIM LESSONS

Shoreview Parks and Recreation swim lessons use a fun and imaginative approach to help students create a lifelong love of swimming. Classes are designed to be progressive. At each level students will be introduced to a new skill and previously learned skills will be reviewed. Our instructors are chosen for their desire to teach, enthusiasm and ability. Instructors participate in a training program and shadow an experienced instructor for one session. The Community Center pool water temperature is kept between 83 and 84 degrees.



### LESSONS

**A variety of lessons are available to meet your student's individual needs.** The Community Center pool does not restrict open, recreational use during lessons, except Saturday mornings and Sunday mornings during the school year. If you are concerned about other swimmers affecting your child's lessons, sign up for the weekend morning lessons at Community Center.

#### Group Lessons

Rates for all group lessons \$67; \$57 Shoreview Resident

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

PS	1 to 4
L1-L3	1 to 6
L4 - L7	1 to 8

Classes with more students will be assigned an aid to assist in instruction. All group lessons will meet 35 minutes for eight sessions. For more information on group lesson levels please refer to descriptions located at right. If you are not sure what level to register your child for or have not been in classes in a while, please stop by the Aquatic Office and have one of our aquatic staff evaluate your child.

#### Private Lessons (PR)

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. Available private lessons are located on pages 28 and 29.

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

\$133; \$123 Shoreview Resident

\$103; \$93 Shoreview Resident each for two participants of equivalent ability

### AQUATICS LEVEL DESCRIPTIONS

#### First Splash (FS) *Ages 9 Months to 3 Years*

Make your first splash together. Parents and children will learn water adjustment and basic skills. One adult must accompany each child in the water.

#### Preschool (PS) – Jelly Fish *Ages 3 and 4*

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

#### Level 1 (L1) – Angel Fish *Ages 4 to 6*

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

Swimmers will learn the following:

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

#### Level 2 (L2) – Sea Monkeys

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

Swimmers will learn the following:

- To float and glide on front and back
- Integrate combined stroke on front and back, using kick and alternating arm action for 5 to 10 yards.
- Personal safety skills
- Flutter kick with support

# AQUATICS LEVEL DESCRIPTIONS

## Level 2.5 (L2.5) – Otters

The new level 2.5 Otters has been established to help bridge the gap between L2 and L3. Swimmers will focus on developing a strong flutter kick and balance in the water. Swimmers will learn the following:

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

## Level 3 (L3) – Seals

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

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

## Level 4 (L4) – Sting Rays

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

- Elementary backstroke
- Front and back crawl
- Breaststroke kick
- Breaststroke (introduction)
- Treading water, 1 minute
- Open turns

## Level 5 (L5) – Dolphins

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

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

## Level 6 (L6) – Orcas

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

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

## Level 7 (L7) – Sharks

- Endurance skills
- Personal water safety
- Diving
- Stroke techniques
- Basic workouts

## Teen/Adult Instruction (AI) *Ages 13 to Adult*

For mature learners starting with basic swimming skills. Participants will learn everything from floating to efficient strokes at a personalized speed. Class sizes will be kept small for individualized attention.

## Youth Beginner (YB) *Ages 6 and up*

This class is designed to ease anxiety in and around the water for children age 6 and older who have not participated in lessons. They will work on floating, front and back crawl.

## LIFEGUARD TRAINING

See page 30

## SWIM INSTRUCTOR AIDE PREPARATION TRAINING (SIA)

Ages 15 and up

Thursdays, Jan. 14 – Feb. 25 . . . . . 5:45 P.M. – 7:40 P.M.  
\$67; \$57 Shoreview Resident . . . . . **Activity # 130319-01**

This course is for youth age 15 and older who are interested in teaching swim lessons. Participants must be competent swimmers and able to complete the pre-skill test on the first day. This program focuses on leadership, problem solving, teaching skills, community interaction and teamwork with the Shoreview Community Center Swim Lesson Program. Students will be required to participate in 8 training sessions and complete 10 hours of volunteer apprenticeship training. To be considered for employment you must be age 16 and completed a minimum of 25 hours of apprenticeship training. If employed you will be required to complete a CPR and First Aid Training Course First Aid Training Course.



# AQUATICS

## MONDAY

January 4 – March 8  
No class Jan 18, Feb 15

### Morning

9:25 A.M.	PS	130111-01
10:05 A.M.	L1	130101-01
10:45 A.M.	L2	130102-01

### Evenings

4:00 P.M.	PS	130111-02
	L2	130102-02
	L2.5	130112-01

4:40 P.M.	PS	130111-03
	L1	130101-02
	L3	130103-01

5:20 P.M.	L1	130101-03
	L2.5	130112-02
	L3	130103-02

6:00 P.M.	PS	130111-04
	L2	130102-03
	L4	130104-01

6:40 P.M.	FS	130110-01
	L1	130101-04
	L3	130103-03

7:20 P.M.	L2	130102-04
	L4	130104-02
	L5	130105-01

### Privates

8:45 A.M.	PR	130114-01
11:25 A.M.	PR	130114-02
4:00 P.M.	PR	130114-03
4:40 P.M.	PR	130114-04
5:20 P.M.	PR	130114-05
6:00 P.M.	PR	130114-06
6:40 P.M.	PR	130114-07
7:20 P.M.	PR	130114-08
7:55 P.M.	PR	130114-09

## TUESDAY

January 5 – February 23

### Morning

8:45 A.M.	AI	130116-01
9:25 A.M.	L1	130101-05
10:05 A.M.	PS	130111-05
10:45 A.M.	L1	130101-06
11:25 A.M.	PS	130111-06

### Evenings

4:00 P.M.	PS	130111-07
	L1	130101-07
	L2	130102-05
	L2.5	130112-03

4:40 P.M.	PS	130111-08
	L1	130101-08
	L3	130103-04
	L4	130104-03

5:20 P.M.	L2	130102-06
	L3	130103-05

6:00 P.M.	PS	130111-09
	L1	130101-09
	YB	430113-01

6:40 P.M.	L2	130102-07
	L3	130103-06
	L4	130104-04

7:20 P.M.	L2.5	130112-04
	L5	130105-02
	AI	130116-02

### Privates

5:20 P.M.	PR	130114-10
	PR	130114-11
6:00 P.M.	PR	130114-12
6:40 P.M.	PR	130114-13
7:20 P.M.	PR	130114-14

## WEDNESDAY

January 6 – February 24

### Morning

9:50 A.M.	PS	130111-10
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### Evenings

4:00 P.M.	PS	130111-11
	L1	130101-10
	L4	130104-05
	L3	130103-07

4:40 P.M.	PS	130111-12
	L1	130101-11
	L2	130102-08

5:20 P.M.	PS	130111-13
	L1	130101-12
	L2.5	130112-05
	L3	130103-08

6:00 P.M.	PS	130111-14
	L1	130101-13
	L2	130102-09
	FS	130110-02

6:40 P.M.	L5	130105-03
	PS	130111-15

### Privates

10:30 A.M.	PR	130114-15
11:05 A.M.	PR	130114-16
4:40 P.M.	PR	130114-17
6:40 P.M.	PR	130114-18
	PR	130114-19
7:15 P.M.	PR	130114-20
	PR	130114-21
	PR	130114-22
	PR	130114-23

## AQUATIC KEY

- L1** Level 1,2, etc...
- FS** First Splash
- AC** Adult/Teen Aquatic Conditioning
- AI** Adult Instruction
- JL** Junior Lifeguard
- PS** Preschool
- PR** Private Lessons
- YB** Youth Beginner

Rates for all group lessons \$67  
\$57 Shoreview Resident

Please indicate second choice on your registration from  
in case your first choice is full.



## THURSDAY January 7 – February 25

### Morning

8:45 A.M.	L1	130101-14
9:25 A.M.	L2	130102-10
10:05 A.M.	L2.5	130112-06
10:45 A.M.	L3	130103-09
11:25 A.M.	L4	130104-06

### Evenings

5:45 P.M.	PS	130111-16
	L2	130102-11
	L2.5	130112-07

6:25 P.M.	PS	130111-17
	L1	130101-15
	L3	130103-10
	L4	130104-07

7:05 P.M.	L1	130101-16
	L2	130102-12
	L2.5	130112-08
	L3	130103-11

7:45 P.M.	L7	130107-01
	L5	130105-04
	L6	130106-01

### Privates

4:00 P.M.	PR	130114-24
	PR	130114-25
	PR	130114-26
4:35 P.M.	PR	130114-27
	PR	130114-28
	PR	130114-29
5:05 P.M.	PR	130114-30
	PR	130114-31
	PR	130114-32
5:45 P.M.	PR	130114-33

## SATURDAY January 9 – February 27

### Morning

8:45 A.M.	FS	130110-03
	PS	130111-18
	L1	130101-17
	L2	130102-13
	L2.5	130112-09
	L3	130103-12
	L4	130104-08
	L5	130105-05

9:25 A.M.	PS	130111-19
	L1	130101-18
	L2	130102-14
	L2.5	130112-10
	L3	130103-13
	L4	130104-09
	L5	130105-06
	L6	130106-02

10:05 A.M.	PS	130111-20
	L1	130101-19
	L2	130102-15
	L2.5	130112-11
	L3	130103-14
	L4	130104-10
	L5	130105-07
	L6	130106-03

10:45 A.M.	FS	130110-04
	PS	130111-21
	L1	130101-20
	L2	130102-16
	L2.5	130112-12
	L3	130103-15
	L4	130104-11
	L5	130101-08

11:25 A.M.	PS	130111-22
	L1	130101-21
	L2	130102-17
	L2.5	130112-13
	L3	130103-16
	L4	130104-12
	YB	430113-02

### Privates

8:45 A.M.	PR	130114-34
9:25 A.M.	PR	130114-35
10:05 A.M.	PR	130114-36
10:45 A.M.	PR	130114-37
11:25 A.M.	PR	130114-38

## SUNDAY January 10 – February 28

### Morning

9:10 A.M.	PS	130111-23
	L2	130102-18
	L3	130103-17

9:50 A.M.	L1	130101-22
	L2.5	130112-14
	L4	130104-13

10:30 A.M.	L1	130101-23
	L2	130102-19
	L2.5	130112-15

11:10 A.M.	AI	130116-03
	L1	130101-24
	L3	130103-18

### Privates

9:10 A.M.	PR	130114-39
9:50 A.M.	PR	130114-40
10:30 A.M.	PR	130114-41
11:10 A.M.	PR	130114-42

## A Note About Community Center Lessons

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



**is your CHILD  
celebrating a  
BIRTHDAY soon?**

Come celebrate at the  
Tropics Indoor Waterpark  
and NEW Tropical  
Adventure Indoor  
Playground.

See page 14 for details or  
call 651-490-4790.

# SPECIAL AQUATICS/CPR & FIRST AID

## SNORKELING

Ages 8 to 13

Saturday, March 6 . . . . . 10:45 A.M. – 11:45 A.M.  
\$20; \$15 Shoreview Resident . . . . . **Activity # 130306-01**

Community Center Pool

A specialized class for youth ages 8 to 13 to explore the underwater world. Equipment is designed especially for youth. A variety of abilities are welcome although basic swimming skills are needed.

## GIRL SCOUTS, BOY SCOUTS

\$10 per child . . . . . **Activity # 130301-01**

Community Center Pool

Looking for a place to work on your swimming badges? Shoreview Parks and Recreation will help troops earn swimming badges. You provide the requirements for the badge your troop is working on, and we will have a certified lifeguard work with the troop to complete it. You pick the day and time that works best for you. Program time approx. 30–40 minutes.

## LIFEGUARDING TRAINING

Ages 15+

Thursdays, March 25 - April 29  
(Dates for this class subject to change.) . . . . . 5:00 P.M. – 10:00 P.M.  
\$200; \$190 Shoreview Resident . . . . . **Activity # 150402-01**

Shoreview Community Center

American Red Cross Lifeguard Training includes certification in Lifeguard Training, current for 3 years; Standard First Aid, current for 3 years; and CPR for the Professional Rescuer, current for one year. 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. The following are course prerequisites:

- Minimum age 15 years
- 500-yard swim
- 2-minute treading water
- Retrieve 10 lb. brick from pool bottom

## INFANT, CHILD AND ADULT CPR

Wednesday, January 13 . . . . . 5:00 P.M. – 10:00 P.M.  
\$75; \$65 Shoreview Resident . . . . . **Activity # 150301-01**

Wednesday, February 10 . . . . . 5:00 P.M. – 10:00 P.M.  
\$75; \$65 Shoreview Resident . . . . . **Activity # 150301-02**

Wednesday, March 10 . . . . . 5:00 P.M. – 10:00 P.M.  
\$75; \$65 Shoreview Resident . . . . . **Activity # 150301-03**

Island Lake Elementary

Learn what to do in breathing emergency situations. This class teaches skills in rescue breathing, obstructed airway, and CPR. Certification will be issued after successful completion of a written test and skill check off.

## COMMUNITY FIRST AID AND CPR

Tuesdays, January 12 & 19 . . . . . 6:00 P.M. – 10:00 P.M.  
\$85; \$75 Shoreview Resident . . . . . **Activity # 150301-05**

Tuesdays, March 2 & 9 . . . . . 6:00 P.M. – 10:00 P.M.  
\$85; \$75 Shoreview Resident . . . . . **Activity # 150301-06**

Turtle Lake Elementary

Learn how to recognize and care for life threatening emergencies while providing basic first-aid care for injuries and sudden illnesses until advanced medical personnel arrive. Course will provide the information necessary to make crucial decisions during an emergency. Certification will be issued after successful completion of a written exam and skill check off.



## FITNESS REGISTRATION

Call for information: 651-490-4750

### WINTER SESSION – 10 weeks January 4 – March 14

Welcome to Shoreview’s group fitness classes. Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of the National Exercise Trainers of America. Our classes are suitable for all ages, abilities, and fitness levels.

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 fitness classes**  
Excludes T’ai Chi, Personal Training and other specialty classes.  
(Discount not available online at this time.)

## 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.

Class	Rate	Activity #
Revvng, Hip Hop and Zumba	.....\$40; \$35 Shoreview Resident	.. 110401-01
Yoga, Pilates, and Yoyalates	.....\$45; \$40 Shoreview Resident	.. 110402-01
All Other Fitness Classes	.....\$28; \$25 Shoreview Resident	.. 110403-01

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

## DROP-IN RATES

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

Yoga, Pilates, and Yoyalates	..... \$10; \$9 Shoreview Resident
Revvng, Hip Hop and Zumba	..... \$9; \$8 Shoreview Resident
All Other Fitness Classes Drop-in Rate	..... \$6.50; \$5.50 Shoreview Resident

## FITNESS CLASS DESCRIPTIONS

### Circuit

This low-impact class features non-stop, anything-but-boring and always-changing activity. You will get to use all of our group fitness “TOYS” as you move through the stations of the circuit. This class will challenge your muscles in a variety of ways keeping your mind focused and body energized.

### Step It Up!

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

### Cardio Groove

Get your groove on in this low-impact class. As you move to your favorite hits you will increase your endurance level and burn fat. Class begins with a warm-up to prepare for 35 minutes of easy-to-learn combinations of low impact movements. Before you know it, you will be cooling down and finishing with a core workout.

### 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.

### Total Body Workout

Work all of your muscles in this total body workout. It will challenge your agility, speed, strength, and endurance. If you like variety this class is for you. Class will include a mix of Cycling, Step movements, Kickboxing, Weights and more. Come ready to work!

### Power Pump

This workout is like having your own personal trainer in a group setting. Power Pump will target 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 a 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.

### 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.

# FITNESS CLASS DESCRIPTIONS

## Strength and Stretch

This class combines muscular strength exercise with muscular relaxation and flexibility training. Weight training exercises will improve strength throughout your entire body. Stretching will be used to release tension in your muscles and your mind while improving your flexibility.

## Strength Training

This basic strength class uses hand weights, resistance bands, stability balls and more to strengthen every major muscle group in your body with some cardio moves thrown in to improve cardiovascular health. 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 run a marathon this class is for you.

## Walk off the Weight

Get Fit-Lose Weight- Feel Great with this low impact exercise class. Partner up with a friend and class will begin with a slight warm up and stretch then head outside for a brisk 30 min walk (indoor track on rainy days and in winter). This class will also incorporate light weight exercises and some balance work.

## Revvng

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

## Mind/Body 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. Each class will teach stretching (asana), breath awareness (pranayama), and deep relaxation (meditation). Hatha yoga emphasizes the whole person and, with practice, increases your flexibility, strength, and balance.

## Gentle Yoga

Gentle Yoga is an ideal form of movement for older adults and individuals with physical limitations. Gentle Yoga's unique blend of exercise, breathing, and relaxation will gradually increase stamina while improving strength and flexibility. Gentle Yoga offers a natural remedy for the effects of aging, provides the healing power of movement and a sense of accomplishment.

## Yoga Strength & Fitness Yoga

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



## Candle Light Yoga

A mind-body yoga class done in the relaxing atmosphere of candle light. This class will focus on movement and breathing techniques that encourage the reduction of stress caused by the busyness of our daily lives. Calm your thoughts and practice poses aimed at relieving tension and increasing our ability to relax.

## Yogalates

Try a great class that incorporates both the core strength component of pilates and the relaxation techniques of yoga. An hour of working out the body and the mind.

## Pilates

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

## Classic Conditioning

Staying fit is important for people of all ages. Regular exercise can prevent the decreases in muscle mass, balance, flexibility, endurance, bone density, and the resulting aches and pains that are associated with aging and decreased activity. This class 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.

## Latin Hip Hop

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

## Hip Hop (Youth & Adults)

Hip Hop it up! This high energy dance class is a fun way to get the moves you crave and a great work out as well. The class teaches the most current styles of hip hop and includes a thorough warm-up, strength/conditioning, hip hop progressions, and a new routine taught every few classes. The music is now and the style is fun. Whether you want to perfect your technique or just have a great time, this class is for you. All levels welcome! A great class for parents and children.

## Core Fusion

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

## Boot Camp

No guts, no glory in this overall body workout! Whether you're an athlete, "gym rat", or just looking for that next-level workout, our "drill sergeant" will give you the push you need. Make sure that you check lazy at the door when you step into this workout because you will be moving from station to station in a circuit-style fashion. Training drills are designed to enhance agility, speed, power, strength, and quickness and each station will challenge you with a unique exercise. This class will work you from head to toe and get you ready to tackle any fitness challenge.

## Cardio BOSU

Come work your core while getting an awesome cardiovascular workout. Cardio BOSU incorporates elements of step, strength and core training and utilizes repetitions and plyometrics all on a BOSU balance trainer. Cardio BOSU with a Pump will add additional strength training 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!

## Arthritis Foundation Exercise Program

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to:

- help increase joint flexibility and range of motion
- help maintain muscle strength

The Arthritis Foundation Exercise Program accommodates your fitness level by offering exercises done while sitting, standing or on the floor. Class instructors have completed special Arthritis Foundation instructor-training workshops. Participants can expect such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

## WATER EXERCISE

### Water Classes

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

### Aqua Splash

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

### Aqua Flow

This lower-intensity water exercise class is designed to accommodate the abilities of individuals with arthritis, joint replacements and other conditions that limit exercise capabilities. This class will be taught in a group setting with activities and exercises designed to encourage self-care, provide social interaction, and improve strength, endurance and range of motion.

## Arthritis Foundation Aquatic Program

The Arthritis Foundation Aquatic Program is a shallow water exercise program designed for people of all ages living with arthritis, rheumatic disease and related musculoskeletal conditions. Participants will experience the benefits of water exercise including improvements in cardiovascular endurance, muscular strength, and motor skills. Classes include exercises and education that will assist in the development of wellness and a healthy lifestyle. Joint protection, energy conservation, and relaxation are included in each class to offer solutions for symptoms and improvements in self-sufficiency.

# GROUP FITNESS SCHEDULE

## MORNING CLASSES

All classes are 50 minutes unless otherwise indicated.

January 4 - March 14 (10 weeks).

Time	Class	Rate/Shoreview Res.	Activity#	Location
<b>MONDAY</b>				
5:30 A.M.	Total Body Workout	\$51/\$46	110502-01	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	110539-01	Studio 1
8:30 A.M.	Strength Training	\$51/\$46	110517-01	Studio 2
9:30 A.M.	Circuit	\$51/\$46	110505-01	Studio 1
9:30 A.M.	Core Fusion	\$51/\$46	110531-03	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	110522-01	Pool
10:30 A.M.	Arthritis Foundation Ex. Program	\$51/\$46	110543-01	Studio 1
11:40 A.M.	Mind/Body Yoga	\$81/\$76	110506-01	Studio 2
<b>TUESDAY</b>				
5:30 A.M.	Power Pump	\$51/\$46	110523-01	Studio 2
6:00 A.M.	Yogalates	\$81/\$76	110525-01	Studio 1
8:30 A.M.	Walk off The Weight	\$51/\$46	110538-01	Shoreview CC
8:30 A.M.	Mind/Body Yoga	\$81/\$76	110506-02	Studio 1
8:30 A.M.	Power Pump	\$51/\$46	110523-02	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	110522-03	Pool
9:30 A.M.	Step It Up	\$51/\$46	110516-01	Studio 2
9:30 A.M.	Pilates	\$81/\$76	110507-01	Studio 1
11:45 A.M.	Strength Training	\$51/\$46	110541-01	Studio 2
1:00 P.M.	Gentle Yoga	\$81/\$76	110163-01	Studio 1
<b>WEDNESDAY</b>				
5:30 A.M.	Total Body Workout	\$51/\$46	110502-02	Studio 1
6:00 A.M.	Step & Strength	\$51/\$46	110514-02	Studio 2
8:30 A.M.	Strength Training	\$51/\$46	110517-02	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	110539-02	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	110522-05	Pool
9:30 A.M.	Circuit	\$51/\$46	110505-02	Studio 1
10:30 A.M.	Revvng	\$66/\$61	110512-04	Studio 1
<b>THURSDAY</b>				
5:30 A.M.	25 Cardio Kick/25 Power Pump	\$51/\$46	110533-01	Studio 2
8:25 A.M.	Aqua Flow	\$51/\$46	110521-01	Pool
8:30 A.M.	Walk off the Weight	\$51/\$46	110538-02	Shoreview CC
8:30 A.M.	Pilates	\$81/\$76	110507-02	Studio 1
8:30 A.M.	Power Pump	\$51/\$46	110523-06	Studio 2
9:30 A.M.	Step It Up	\$51/\$46	110516-04	Studio 2
9:30 A.M.	Core Fusion	\$51/\$46	110531-02	Studio 1
9:30 A.M.	Aqua Splash	\$51/\$46	110522-07	Pool
11:45 A.M.	Strength Training	\$51/\$46	110541-02	Studio 2
<b>FRIDAY</b>				
5:30 A.M.	Total Body Workout	\$51/\$46	110502-03	Studio 2
6:00 A.M.	Revvng	\$66/\$61	110512-07	Studio 1
8:30 A.M.	Strength Training	\$51/\$46	110517-03	Studio 1
8:30 A.M.	Classic Conditioning	\$51/\$46	110539-03	Studio 2
9:30 A.M.	Aqua Splash	\$51/\$46	110522-09	Pool
9:30 A.M.	Yogalates	\$81/\$76	110525-04	Studio 2
9:30 A.M.	Circuit	\$51/\$46	110505-03	Studio 1
<b>SATURDAY</b>				
8:30 A.M.	Revvng	\$66/\$61	110512-08	Studio 1
9:30 A.M.	Power Pump	\$51/\$46	110523-09	Studio 2
10:00 A.M.	Kids Yoga	\$40/\$35	110245-01	Studio 1
10:45 A.M.	Cardio Kickboxing	\$51/\$46	110501-04	Studio 2
11:15 A.M.	Mind/Body Yoga	\$81/\$76	110506-04	Studio 1
<b>SUNDAY</b>				
8:30 A.M.	Revvng	\$66/\$61	110512-09	Studio 1
5:00 P.M.	Candle Light Yoga	\$81/\$76	110537-01	Studio 2

Annual Community Center members receive 30% off. Excludes T'ai Chi, personal training, Nordic Walking, and other specialty classes.

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

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

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

**CHILD CARE AVAILABLE!**

See Kid's Care, Page 40

# GROUP FITNESS SCHEDULE

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

January 4 - March 14 (10 weeks).

Time	Class	Rate/Shoreview Res.	Activity#	Location
<b>MONDAY</b>				
4:15 P.M.	Zumba	\$66/\$61	110544-02	Studio 2
5:20 P.M.	Step and Strength	\$51/\$46	110514-01	Studio 2
5:20 P.M.	Boot Camp	\$51/\$46	110532-01	Studio 1
6:25 P.M.	Cardio Groove	\$51/\$46	110504-01	Studio 2
6:25 P.M.	Revvig	\$66/\$61	110512-01	Studio 1
7:30 P.M.	Power Pump	\$51/\$46	110523-04	Studio 2
7:30 P.M.	Core Fusion	\$51/\$46	110531-01	Studio 1
8:30 P.M.	Zumba	\$66/\$61	110544-01	Studio 2
8:35 P.M.	Aqua Splash	\$51/\$46	110522-02	Pool
<b>TUESDAY</b>				
4:00 P.M.	Arthritis Foundation Water Exercise	\$51/\$46	110164-01	Pool
5:05 P.M.	Aqua Splash	\$51/\$46	110522-04	Pool
5:20 P.M.	Mind/Body Yoga	\$81/\$76	110506-03	Studio 1
5:20 P.M.	Power Pump	\$51/\$46	110523-03	Studio 2
6:25 P.M.	Pilates	\$81/\$76	110507-03	Studio 1
6:25 P.M.	Cardio Kickboxing	\$51/\$46	110501-01	Studio 2
7:30 P.M.	Total Body Workout	\$51/\$46	110502-04	Studio 1
7:30 P.M.	Cardio BOSU with a Pump!	\$51/\$46	110542-01	Studio 2
<b>WEDNESDAY</b>				
4:00 P.M.	Arthritis Foundation Ex. Program	\$51/\$46	110543-02	Studio 2
5:20 P.M.	Step It Up	\$51/\$46	110516-03	Studio 2
5:20 P.M.	Boot Camp	\$51/\$46	110532-02	Gym Activity Room
5:20 P.M.	Yogalates	\$81/\$76	110525-02	Studio 1
6:25 P.M.	Revvig	\$66/\$61	110512-05	Studio 1
6:25 P.M.	Hip Hop	\$66/\$61	110238-01	Studio 2
7:30 P.M.	Power Pump	\$51/\$46	110523-05	Studio 2
7:30 P.M.	T'ai Chi	\$66/\$61	110235-01	Studio 1
8:35 P.M.	Aqua Splash	\$51/\$46	110522-06	Pool
<b>THURSDAY</b>				
4:00 P.M.	Arthritis Foundation Water Exercise	\$51/\$46	110164-02	Pool
5:05 P.M.	Aqua Splash	\$51/\$46	110522-08	Pool
5:20 P.M.	Yoga Strength	\$81/\$76	110524-01	Studio 1
5:20 P.M.	Power Pump	\$51/\$46	110523-07	Studio 2
6:25 P.M.	Cardio Kickboxing	\$51/\$46	110501-03	Studio 2
6:25 P.M.	Pilates (Intermediate)	\$81/\$76	110511-01	Studio 1
7:30 P.M.	Mind-Body Yoga	\$81/\$76	110506-05	Studio 1
7:30 P.M.	Zumba	\$66/\$61	110544-03	Studio 2
<b>FRIDAY</b>				
5:30 P.M.	Yogalates	\$81/\$76	110525-03	Studio 2
6:30 P.M.	Latin Hip Hop	\$66/\$61	110545-01	Studio 2

### NOTES ABOUT GROUP FITNESS CLASSES:

- Refunds are issued for medical reasons only.
- Participants are encouraged to register at least one week prior to the start of the session to prevent classes from being cancelled due to low enrollments.
- Membership is not required to register for our fitness classes!
- Annual Community Center members receive a 30% discount off fitness class registration fees.
- 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.



# PERSONAL TRAINING

## CERTIFIED PERSONAL TRAINING

Personal Training can benefit anyone regardless of physical condition or age. Whether you want to improve your athletic performance or are recovering from an injury, an individualized program can improve your overall conditioning and develop the specific skills for your favorite activities. 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.

### 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

### Benefits of a Personal Trainer:

Personal Trainers serve as a coach, educator, and a major source of motivation and encouragement to help you overcome obstacles and stick to your program.

#### Personal trainers will:

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

### 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 to accommodate each individual's needs. A fitness assessment is included with packages of 3, 6, and 12 sessions.

*Trainer biographies are posted outside of the Fitness Center, across from Studio 2.*

**Contact 651-490-4768 to find out more about Personal Training packages and information about our experienced Certified Personal Trainers.**

## TEEN CONDITIONING

Ages 12 to 18

Individual Rate (5 sessions, 45 minutes each):

**\$90/\$85 Shoreview Resident . . . . . Activity # 110300-01**

Group Rate (2+ participants, 5 sessions, 1 hour each):

**\$70/\$65 Shoreview Resident . . . . . Activity # 110301-01**

Developing a healthy and fit lifestyle begins at a young age. The Teen Conditioning program provides instruction on basic exercise principles along with proper exercise form and technique. Personal Trainers will guide participants through exercises selected for improvement of muscular strength and endurance and ensure that each exercise is performed with correct form. Participants will learn how to select appropriate exercises and weights and gain an understanding of how to design their own fitness routines and programs in order to safely attain their fitness goals. Call to set up an appointment and schedule for your individual or group: 651-490-4768.

## SPORTS PERFORMANCE TRAINING

12 yrs – collegiate level athletes

Individual Rate: \$25/session . . . . . Activity # 110302-01

Group Rate (3+ participants): \$15/session  
. . . . . Activity # 110303-01

Athletes will participate in training programs designed to accommodate their individual needs and abilities. Trainers with extensive backgrounds in training and coaching athletes of all levels will guide participants through speed, strength, endurance, and agility training exercises that are specially designed to improve performance in their sport. Call to set up an appointment and schedule for your individual or group: 651-490-4768



## COMMUNITY CENTER MEMBER EQUIPMENT ORIENTATION (Individual or Group)

FREE to members age 14 and older

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

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



## INDIVIDUAL TEEN EQUIPMENT ORIENTATION

Required for ages 12 and 13

\$40; \$35 Shoreview Resident . . . . . Activity # 110299-01

Shoreview Community Center

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

## GET FIT! BODY CHALLENGE

January 11 – March 8 (8 weeks)

\$349 . . . . . Activity # 110239-01

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

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



Program includes:

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

Each week participants will receive:

- analysis and feedback on exercise and nutrition logs
- exercise recommendations from a personal trainer
- suggestions and tips for improved nutrition habits
- informative articles discussing exercise and nutrition principles

The Body Challenger with the greatest improvements in body measurements will receive free registration to a fitness class during the winter session and two free personal training sessions. Informational meeting January 10th at 5:00 p.m.

## GET STARTED NORDIC WALKING

Sunday, March 14 ..... 1:00 P.M.  
 \$25 ..... **Activity # 110236-01**

Room 206

Looking for a way to exercise year-round that is fun, safe and convenient? Then Nordic walking may be the perfect activity for you! Practiced regularly by many people in Scandinavia and Europe, Nordic walking is one of the world's fastest growing fitness trends, and is a great way for anyone to improve their health regardless of age, weight or gender. It provides all the benefits of walking—and more!

Through the use of specially designed walking poles, Nordic walking gives you a full body workout that is easy on your joints, and can help you increase your cardiovascular fitness, lose weight, improve mental wellbeing, and relieve neck and back pain.

This course will introduce students to the basics of Nordic Walking, explain proper use of equipment, and provide other information to help you get started. Come dressed and prepared to do some practice walking outdoors.



## TRIATHLON TRAINING

January 18 – March 14 (8 weeks)

\$229 ..... **Activity # 110216-01**

Successful completion of a triathlon requires proper physical training, efficient technique, and a quality race plan. Our trainers will apply their experience and knowledge of triathlon training that they have gained as triathletes and coaches. The winter Triathlon Training program includes swim, cycle, and run group training sessions that will improve your form, technique, speed, and stamina and provide a base of fitness that will prepare you for the 2010 triathlon season.

Participation in the triathlon Training Program includes:

- 1 weekly swim training session
- 1 weekly cycle training session
- 1 weekly run training session
- supplemental strength training program guidelines
- assistance with race plans, transition phases, and nutrition

## RUN/WALK TRAINING (5K & UP)

Tuesdays, 6:30 P.M. and Saturdays, 8:30 A.M.  
 January 4 – March 13 (10 weeks)

\$100; \$95 Shoreview Resident ..... **Activity # 110217-01**

Shoreview Community Center

Whether you're an experienced runner or beginning walker, this 5K training group will get you ready for the spring and summer run/walk events that you've always wanted to enter. Weekly group runs are led by personal trainers and accommodate all fitness levels. Participants can attend up to 2 group training sessions each week and will receive a program for additional running sessions to be conducted on their own. Running specific strength exercises will also be provided to help prevent injuries and improve performance.



## 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.

### BEGINNER CLASS

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

Session A: Jan. 5 – Feb. 11 (6 weeks)

\$89; \$80 Shoreview Resident . . . . . **Activity # 110230-01**

Session B: Feb. 16 – March 25 (6 weeks)

\$89; \$80 Shoreview Resident . . . . . **Activity # 110232-01**

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

### ADVANCED CLASS

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

Session A: Jan. 5 – Feb. 11 (6 weeks)

\$89; \$80 Shoreview Resident . . . . . **Activity # 110231-01**

Session B: Feb. 16 – March 25 (6 weeks)

\$89; \$80 Shoreview Resident . . . . . **Activity # 110233-01**

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



### T'AI CHI

Wednesdays, Jan. 6 – March 10 . . . . . 7:30 P.M. – 8:30 P.M.

\$66; \$61 Shoreview Resident . . . . . **Activity # 110235-01**

Studio 1

T'ai Chi is a slow, continuous series of movements that provides relaxation, improved blood circulation, joint movement, balance, and oxygen intake while strengthening muscles and massaging internal organs.

#### FAMILY DISCOUNT

\$15 off for second family member

\$25 off for third family member

## What Is Kids Care?

Kids Care provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Our program offers no structured curriculum. Kids Care is located on the lower level of the Shoreview Community Center. Parents can remain in the facility or use this program to get away and have some time alone!

The direct line for Kids Care is 651-490-4763

Please call this number to leave reservation information.

## Hours

Monday–Friday 8:30 A.M. – 12:30 P.M. & 4:00 P.M. – 8:00 P.M.  
Saturdays ..... 8:30 A.M. – 12:30 P.M.

CLOSED: November 26  
December 24, 25, 31  
January 1

## Member/Fitness Class Participant Rate

**\$1 per hour (per child) – some restrictions apply**

Customers that hold an active community center membership or are currently registered and participating in a fitness class may use Kids Care for \$1 per hour per child (no pro-rating for partial hours). Customers must remain in the building. This rate does not apply to fitness class punch cards or drop-ins. If customer chooses to leave the building, the drop in rate applies. **Payment must be rendered at the time of service at the lower service desk.**

## Drop In Rate

\$4.50 per hour, per child  
\$3.75 per hour, per child Shoreview Resident

Any family, resident and non-resident may take advantage of our Kids Care program at a drop in rate. Minimum of one hour. **Payment must be rendered at the time of service at the lower service desk.**

## Out and About Program

Drop In Rates Apply

This program is designed for a little “me” time! Drop off your child in our care and run some errands, go out for lunch or plan a night out! Maximum stay is 3 hours: Monday – Friday, 9:00-Noon and 4:30-7:30. Saturday 9:00-Noon.

**Payment must be rendered at the time of service at the lower service desk.**

## Kids Care Policies

- **Reservations will be guaranteed if submitted within 24 hours. Drop-ins are taken, however, not guaranteed space.**
- Children must be 6 months to 12 years of age.
- Kids Care will provide diaper-changing services as well as a time for children to eat a snack that they bring (no gum, hard candy or red juice). Kids Care is a peanut free environment. Please label all bottles, snacks, cups, toys, etc.
- The ratio of Kids Care attendants to children is 1:8, with additional consideration given to situations with a large number of infants. The decision on the number of children accepted will be at the discretion of the Kids Care staff and management.
- When placing an infant in Kids Care who is unable to sit up on his/her own, please bring an infant seat.
- Children displaying symptoms of illness will not be permitted to remain under our care.
- Children are allowed a maximum of 3 hours in Kids Care daily.
- Parents are required to fill out an emergency health form and update annually.

*Please refer to our Parent Handbook for more information on additional policies and procedures.*



## LETTER FROM SANTA

\$3 per child ..... **Activity # 160102-01**

Santa would like to wish you all a very happy holiday from the North Pole. This letter is a thrilling surprise for any child. It 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 14. Please register by Friday, December 4.

## SKATE WITH SANTA

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

Shoreview Ramsey County Ice Arena

Bundle up your family and bring your skates as we join Santa at the Ramsey County Ice Arena (across from the Community Center). Santa will be excited to meet and skate with everyone. Also, there'll be hot cocoa and cookies. Bring your camera! Bring your own skates; rentals will not be available at the arena. **Please register by Wednesday, December 9.**



## KIDS SECRET HOLIDAY SHOPPING SPREE

Ages 4-12

Saturday, December 12 ..... 9:00 A.M. – 3:00 P.M.  
Shoreview Community Center

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

## FAMILY NEW YEAR'S EVE PIRATE PARTY

Thursday, Dec. 31 ..... 6:00 P.M. – 9:00 P.M.

Fee: \$8 youth (ages 1-17) ..... **Activity # 160103-01**  
\$6 adults (ages 18 & over) ..... **Activity # 160103-02**

Join your Parks and Recreation staff in walking the plank to a New Year. This year's celebration is one of swashbuckling pirates and lost treasures. Join in the fun swimming at Tropics Indoor Waterpark, explore Tropical Adventure Indoor Playground, and many more activities. This celebration will ring in the New Year at 8:45 P.M. with a spectacular balloon drop. Non-stop fun for the whole family.

## SWEETHEART DANCE

Ages 10 and under

Friday, February 12 ..... 6:00 P.M. – 8:00 P.M.  
\$10; \$8 Shoreview Resident (includes 1 child and 1 adult)  
..... **Activity # 160107-01**  
\$5 for each additional adult ..... **Activity # 160104-02**

Shoreview Community Center

Put on your party clothes, grab a special adult, and join us for our first annual Sweetheart Dance! There will be music, crafts, food and fun for all to enjoy. So come dressed to impress and spend a special evening with someone you love. Oh, and don't forget your camera for this one! Register by Monday, Feb. 8.

## SHOREVIEW EGG HUNT

Ages 10 and under

Saturday, March 27 ..... 9:30 A.M. – 11:00 A.M.  
\$10 per child ..... **Activity # 260219-01**

Shoreview Community Center

Join the Bunny in an eggciting hunt for prize-filled eggs. Then, hop inside for an eggcellent snack, door prizes and entertainment. Great fun for your little bunnies ages 10 and under. Space is limited. To reserve a spot, please register by Monday, March 22. **The Shoreview Egg Hunt is held outdoors. Please dress for the weather.**



# KIDS CORNER PRESCHOOL

## 2010-2011 School Year

Calling all 2½ to 5-year olds. 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. Program runs 9 months with payments due on a monthly basis. School Year Dates are September 7, 2010 – May 21, 2011. **To determine class availability and for a registration form please call 651-490-4750.**



### Note to Parents

Looking for more than just 2 or 3 days to send your child to Preschool? Consider pairing classes together. There are two classes for both the 3-4 and 4-5 ages and enrolling in both classes might be just what you need. The curriculum differs between classes so that your child has the option of participating in both. If you have more questions about specific classes, call our preschool teachers at 651-490-4737.

## Preschool Registration

Registration will begin at our Open House on Thursday, January 21 from 6:00–7:30 P.M. on a first come first serve basis. Priority registration will be given to 2009-2010 Kids Corner Preschool participants. A \$50 non-refundable registration fee is required at the time of registration. This fee is not applied toward tuition. If you have questions please contact Becky Sola, Recreation Program Coordinator at 651-490-4764.

## MONDAY FUNDAY

Morning Monday Funday ..... 9:00 A.M. – 10:30 A.M.  
Afternoon Monday Funday ..... 11:00 A.M. – 12:30 P.M.  
\$50/month; \$45/month Shoreview Resident

Calling all 2½ to 3-year olds! You are invited to a preschool class packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Children must be 3 years old by December 1, 2010.

## FRIDAY FUNDAY

Morning Friday Funday ..... 9:00 A.M. – 10:30 A.M.  
Afternoon Friday Funday ..... 11:00 A.M. – 12:30 P.M.  
\$50/month; \$45/month Shoreview Resident

A special class just for 2½ to 3-year olds! This preschool class is packed full with fun activities. Our class time will include dramatic play, storytelling, music and art projects. Class curriculum will vary from the Monday Funday class. Children must be 3 years old by December 1, 2010.

## TINY TREASURES

Wednesday & Friday ..... 9:00 A.M. – 11:30 A.M.  
\$100/month; \$95/month Shoreview Resident

Children ages 3 to 4 will enjoy a morning of educational activities and fun. This preschool class emphasizes the development of fine and large motor coordination, introducing shapes, colors, numbers, and letters. The program will include dramatic play, music, story time, a snack, creative movement, and arts and crafts. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

## ABC'S & 123'S

Tuesday & Thursday ..... 1:00 P.M. – 3:30 P.M.  
\$105/month; \$100/month Shoreview Resident

This preschool class is designed for 3 and 4 year olds. Students will have fun learning about letters and numbers in a nurturing environment. Class time will include early learning activities, creative movement, finger plays, songs, story time, and science activities. A half-hour of gym time is also included. Children must be 3 by September 1, 2010.

## ALPHA KIDS

Tuesday & Thursday ..... 9:00 A.M. – 12:00 P.M.  
\$115/month; \$110/month Shoreview Resident

Designed for 4 to 5 year olds as a final step in preparation for Kindergarten. Students will focus on pre-reading and pre-arithmetic skills along with social skills in a fun and supportive environment. The confidence of understanding how to relate in a classroom setting along with basic education will aid children in the next educational step. A half-hour of gym time each week will be included. Children need to be 4 years old by September 1, 2010.

## STEPPING STONES

Monday, Wednesday, Friday . . . . . 12:30 P.M. – 3:30 P.M.  
\$150/month; \$145/month Shoreview Resident

This afternoon preschool class will offer your 4 to 5 year old a chance to prepare for his or her next step in a warm and loving environment. Ideal for students who are stepping into Kindergarten during the following school year. We'll center our learning around activities highlighting pre-reading, pre-science, and pre-arithmetic skills. A half-hour of gym time is included. Children must be 4 years old by Sept. 1, 2010.

## BUSY BUDDIES

Monday . . . . . 9:00 A.M. – 11:30 A.M.  
\$80/month; \$75/month Shoreview Resident

This class will offer 3 to 5 year old children a variety of activities within our Community Center. Eight week sessions of swim lessons will be included in the fall, winter & spring, a variety of enrichment activities, as well as gym time, class time for singing, finger plays, stories, a snack & craft. Children must be 3 by September 1, 2010.



## TUMBLING

Saturdays, January 9 – February 27 (8 weeks)

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



## TODDLER AND PARENT

Ages 2 and 3

Saturdays . . . . . 9:00 A.M. – 9:45 A.M.  
\$77; \$67 Shoreview Resident . . . . . **Activity # 180101-01**

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

Saturdays . . . . . 10:00 A.M. – 10:45 A.M.  
\$77; \$67 Shoreview Resident . . . . . **Activity # 180102-01**

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

Saturdays . . . . . 11:00 A.M. – 11:45 A.M.  
\$77; \$67 Shoreview Resident . . . . . **Activity # 180103-01**

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

Saturdays . . . . . 12:00 P.M. – 12:45 P.M.  
\$77; \$67 Shoreview Resident . . . . . **Activity # 180104-01**

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

# PRESCHOOL PROGRAMS



## WIGGLE, JIGGLE, GYM

Ages 3 and 4

Wednesdays, Jan. 13 – March 3 . . . . . 10:00 A.M. – 10:45 A.M.  
\$40; \$35 Shoreview Resident . . . . . **Activity # 180202-01**

Shoreview Community Center– Gym Activity Room

Jump up, jump down. Touch your toes and spin around. This class is a great way to introduce your preschooler to movement. Get energized by skipping, jumping, twisting, listening to fun music, and much more. Space is limited, so register early.

## FAMILY FUN GYM TIME

Ages 1 to 5

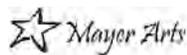
Wednesdays, Jan. 13 – March 3 . . . . . 11:00 A.M. – 12:00 P.M.  
\$35; \$30 Shoreview Resident . . . . . **Activity # 180201-01**

Shoreview Community Center– Gym Activity Room

Move and groove your way through class with the help of your favorite adult! A great opportunity to introduce your little one to the world of fitness while having fun. Your child will enjoy this unstructured time for play. Register deadline January 6. Adult must participate with child.

## WISH UPON A BALLET

Ages 3 to 5



Tuesdays . . . . . \$59

Session I: Jan. 5 – Feb. 16 (7 weeks)

9:30 A.M. – 10:15 A.M. . . . . . **Activity # 170202-01**

6:00 P.M. – 6:45 P.M. . . . . . **Activity # 170202-02**

Session II: Feb. 23 – April 13 (7 weeks, no class March 16)

9:30 A.M. – 10:15 A.M. . . . . . **Activity # 170202-03**

6:00 P.M. – 6:45 P.M. . . . . . **Activity # 170202-04**

Session III: April 20 – May 25 (6 weeks)

9:30 A.M. – 10:15 A.M. . . . . . **Activity # 270202-01**

6:00 P.M. – 6:45 P.M. . . . . . **Activity # 270202-02**

Shoreview Community Center– Gym Activity Room

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.

## MUSIC TOGETHER

Our exciting classes offered by Music Together in the Valley® are filled with infants, toddlers, preschoolers and the grownups who love them. You’ll move, sing, play rhythm instruments and share 45 minutes of PURE FUN with your child(ren). Families receive CDs and songbooks of the session’s song collection so the learning can continue at home. Music Together is an internationally recognized early childhood music and movement program for children from birth to age 5 and an adult. Its classes are based on the recognition that all children are musical. Given a rich, stimulating musical environment during the crucial developmental period of early childhood, all children can learn to sing in tune, keep a beat and participate with confidence and pleasure in the wonderful world of music making. All classes are mixed-age, so siblings can participate together. Infants, eight months or under on the first day of the session are free with a paying sibling. For more information or specific questions about the classes, call or email Clarice Auluck-Wilson, director of Music Together in the Valley at 651-439-4219 or

**Clarice@MusicTogetherClasses.com** or visit **www.MusicTogetherClasses.com**.

Shoreview Community Center

Rate \$160 first child; \$90 each additional child  
8 months and under free (born on or after May 5, 2009)

Mondays, Jan. 4 – March 8 (10 weeks)

. . . . . 9:30 A.M., 10:30 A.M., 11:30 A.M., 5:00 P.M., 6:00 P.M.

Sundays, Jan. 10 – March 14 (10 weeks) . . . 5:00 P.M., 6:00 P.M.

### To Register:

Registration is ONLY AVAILABLE on-line at **www.MusicTogetherClasses.com**.

### FREE Demo Music Together in the Valley Classes

Sunday, Dec. 6 . . . . . 6:00 P.M.

Monday, Dec. 7 . . . . . 9:00 A.M., 10:00 A.M. and 6:00 P.M.



## SUPERSITTER BABYSITTING CLINIC

Grades 5 to 7

Saturdays, Jan. 23 & 30 . . . . . 8:30 A.M. – 12:30 P.M.  
\$55; \$45 Shoreview Resident . . . . . **Activity # 150101-01**

Saturdays, March 6 & 13 . . . . . 8:30 A.M. – 12:30 P.M.  
\$55; \$45 Shoreview Resident . . . . . **Activity # 150101-02**

Shoreview Community Center

Both beginning and experienced sitters benefit from this comprehensive clinic. Instructors cover the basics of child care, first aid, sitter safety, crafts, kid proofing, toys, nutrition and more. Participants who successfully complete the program will receive a certificate of completion. Course fee includes sitter manual, first aid handbook, and sitter sack to use on the job. To find out how to set up a class for your scout group, call 651-490-4766. Must have a minimum of 10 participants to run the class. For a

## THE WIZARD OF OZ MUSICAL THEATER CLASS

Ages 5 to 7

Saturdays, Jan. 23 – April 17; No class April 3  
. . . . . 1:30 P.M. – 2:30 P.M.

\$120 . . . . . **Activity # 170203-01**

Shoreview Community Center Fitness Studio

Attention all Wizard of Oz fans! Let's put on a musical! We will learn dialogue and songs from the Wizard of Oz and put them together in a show that will be presented at the end of the session. Everyone will receive solo speaking lines! No experience necessary. All that is needed are comfortable clothing and shoes. Friends and family are invited to observe a special performance on the final day of class. We're off to see the wizard! Class taught by an experienced instructor from Mayer Arts, Inc. [www.mayerarts.com](http://www.mayerarts.com).

## KIDS' YOGA

Ages 5 and up

Saturdays, Jan. 9 – March 13 . . . . . 10:00 A.M. – 10:50 A.M.  
\$40; \$35 Shoreview Resident . . . . . **Activity # 110245-01**

Studio 1, Shoreview Community Center

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

## FAME MUSICAL THEATER CLASS

Ages 8 to 12

Saturdays, Jan. 23 – April 17; No class April 3  
. . . . . 2:30 P.M. – 3:30 P.M.

\$120 . . . . . **Activity # 170203-02**

Shoreview Community Center Fitness Studio

Remember my name! We will learn music and choreography from Fame and put together a show that we will perform on the last day of class. Bring your enthusiasm and get ready to shine! All levels are welcome. Everyone will receive solo speaking lines. Please wear lightweight tennis shoes, ballet slippers, or jazz shoes. Friends and family are invited to observe a special performance at the end of the session. Class taught by an experienced instructor from Mayer Arts, Inc. [www.mayerarts.com](http://www.mayerarts.com).



## KIDS CREATE

Ages 4 to 8

Saturdays, January 16-February 20 . . . . . 9:30 A.M. – 10:30 A.M.  
\$28, \$25 Shoreview Resident . . . . . **Activity # 170103-01**

Shoreview Community Center

Paper, Scissors, Glue, and Fun! Join us for this great new arts & crafts class where kids can let their creativity flow. We will make a variety of projects that are sure to delight your child. This is a great opportunity for your child to let their inner artist out! Registration deadline is January 11, 2010.

# YOUTH PROGRAMS



## CHEER AMERICA

Ages 4 to 16

Thursdays, Feb. 11 – April 29 (11 weeks)

6:00–6:45 P.M. (ages 4 to 8), 7:00–7:45 P.M. (ages 9 to 16)

\$6 per week; one time registration fee of \$4

Shoreview Community Center

Cheer America is an exciting cheerleading and dance program for children ages 4 to 16. Students learn popular cheers, chants, jumps, leaps, choreographed pom pom/dance routines, parade marching techniques, and other skills involved in performances, competitions and school cheerleading team tryouts. This program promotes improved coordination and physical fitness, personal esteem, and working as a cooperative team member with other children on the cheerleading squad. At the conclusion of the session, the Cheer America team has a recital for parents, families, friends, and others. Registration materials are available prior to each week's class. **Registration and information session: Feb. 4, 6:00 P.M. – 7:00 P.M.**

## SCHOOL'S OUT DISCOVERY CAMPS

Grades K-5

Time ..... 9:00 A.M. – 5:00 P.M.

Before Care ..... 7:00 A.M. – 9:00 A.M.

After Care ..... 5:00 P.M. – 6:00 P.M.

\$36/day; \$30 Shoreview Resident; \$5 Before/After care

Shoreview Community Center

Wednesday, December 23 ..... **Activity # 160108-01**

Before/After ..... **Activity # 160108-02**

Monday, December 28 ..... **Activity # 160108-03**

Before/After ..... **Activity # 160108-04**

Tuesday, December 29 ..... **Activity # 160108-05**

Before/After ..... **Activity # 160108-06**

Wednesday, December 30 ..... **Activity # 160108-07**

Before/After ..... **Activity # 160108-08**

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

## HOLIDAY DROP AND SHOP

Ages 4 to 10

Saturday, Dec. 5 ..... 1:00 P.M. – 5:00 P.M.

\$18; \$15 Shoreview Resident ..... **Activity # 160420-01**

Saturday, Dec. 19 ..... 1:00 P.M. – 5:00 P.M.

\$18; \$15 Shoreview Resident ..... **Activity # 160420-02**

Shoreview Community Center – Room 207

Are you having a hard time finding time to get that holiday shopping in without the kids? Look no further! Shoreview Parks and Recreation is offering Saturday afternoons to drop your child off in a safe environment for the afternoon while you get your shopping and errands done. Your child will enjoy an afternoon filled with crafts, games, snacks and many more exciting activities. **Preregistration is required.** Register 2 days prior to class.



Grades K-6 (during the 2009-10 School Year)

Leaders in Training grades 6-8 during the 2009-10 School Year.

June 14-September 3, 2010

Are you looking for a safe and fun place to send the kids during the summer? Look no further than Shoreview Parks and Recreation Summer Discovery Program! This 12 week summer child care program offers your child the opportunity to have a fun-filled, jam-packed summer while under the guidance of highly qualified staff. Each week will have many activities for your child, including a weekly field trip, swimming 3 days per week, games, crafts, and enrichment classes. Flexible scheduling available with the ability to register for 3, 4 or 5 days per week.

\*Registration will begin Thursday, March 4, 2010, beginning at 5:00 A.M. when the Shoreview Community Center opens. Registration forms are available February 1. Register early as spots fill quickly! For more details please call Becky Sola at 651-490-4764.



## 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.

## SPORTS GAMES

4 years to Kindergarten . . . . . 4:35 P.M. – 5:35 P.M.  
\$36 per participant

**Island Lake Elementary - West Gym**  
Tuesdays, Jan. 19 – Mar. 2 (No Class Feb. 16)  
. . . . . **Activity # 190407-01**

**Turtle Lake Elementary - West Gym**  
Thursdays, Jan. 14 – Feb. 25 (No Class Feb. 11)  
. . . . . **Activity # 190407-02**

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



## BASKETBALL

Grades 1 to 5 . . . . . 3:25 P.M. – 4:25 P.M.  
\$36 per participant

**Grades 1 and 2**  
**Island Lake Elementary - West Gym**  
Tuesdays, January 19 – March 2 (No Class Feb. 16)  
. . . . . **Activity # 190402-01**

**Turtle Lake Elementary - West Gym**  
Thursdays, Jan. 14 – Feb. 25 (No Class Feb. 11)  
. . . . . **Activity # 190402-02**

**Grades 3 to 5**  
**Island Lake Elementary - West Gym**  
Mondays, January 18 – March 1 (No Class Feb. 15)  
. . . . . **Activity# 190402-03**

**Turtle Lake Elementary - West Gym**  
Wednesdays, January 20 – February 24  
. . . . . **Activity # 190402-04**

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.

## MINI KICKERS CAMP

Ages 3 to 8 . . . . . \$65; \$60 Shoreview Resident  
Shoreview Community Center Gym

**Ages 3 to 5** Tuesdays and Thursdays, Jan. 19 – Feb. 4  
1:30 P.M. – 2:00 P.M. . . . . **Activity# 190801-01**  
Or  
2:10 P.M. – 2:40 P.M. . . . . **Activity# 190801-02**

**Ages 6 to 8** Saturdays, Jan. 23 – Feb. 27  
9:00 A.M. – 9:30 A.M. . . . . **Activity# 190801-03**  
Or  
9:40 A.M. – 10:10 A.M. . . . . **Activity# 190801-04**

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  
Tuesday evenings & Saturday mornings; Jan. 9 – Feb. 23  
\$52; \$42 Shoreview Resident

**Setters, Grades 4-5 . . . . . Activity # 190304-01**  
**Spikers, Grades 6-8 . . . . . Activity # 190304-02**  
Turtle Lake Elementary

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

**Register by December 7 for the Girls Volleyball League.** No special friend requests accepted after the deadline.

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

**COACHES MEETING**  
Thursday, December 17 . . . . . 6:00 P.M. – 7:00 P.M.  
Community Center, Island Lake Room

**COACHES CLINIC**  
Monday, December 21 . . . . . 6:00 P.M. – 7:15 P.M.  
Turtle Lake Elementary West Gym



## SHOREVIEW TEEN ADVISORY COUNCIL – STAC

Calling 12 to 16 year olds that are looking for an opportunity for their voice to be heard and to make a difference in the city of Shoreview! Join Shoreview’s Brand New Teen Advisory Council. This new council will work together to address the needs of the teens in the community and plan a variety of activities that will bring those teens together. For more information and an application call Becky at 651-490-4764 or email at [rsola@shoreviewmn.gov](mailto:rsola@shoreviewmn.gov).

## MIDDLE SCHOOL MANIA

Grades 6-8

Fridays, Dec. 18, Jan. 22, Feb. 26 . . . . . 7:00 P.M. – 10:00 P.M.  
 \$6 in advance; \$8 at the door  
 Dec. 18 . . . . . **Activity # 470618-03**  
 Jan. 22 . . . . . **Activity # 170618-01**  
 Feb. 26 . . . . . **Activity # 170618-02**

Shoreview Community Center

Are you and your friends looking for something fun to do on Friday nights? Come and check out Teen nights at the Shoreview Community Center! Theme nights include swimming, gaming, dodgeball, food and more! Bring all your friends! See you at the door!

## CONVERSATIONAL SPANISH

Ages: 11+

Tuesdays, January 12-March 2 . . . . . 6:45 P.M. – 8:00 P.M.  
 \$40; \$35 Shoreview Resident . . . . . **Activity # 100206-01**

Shoreview Community Center

This class is designed for Spanish Language beginners. You will learn basic everyday vocabulary and accurate pronunciation. Some of the topics discussed in class will be peoples everyday routines, how to ask and answer questions, as well as lessons in cultural awareness. This is a great class for the potential traveler!

## FUNKY FASHION FAIR

Friday, March 5 . . . . . 6:00 P.M. – 8:00 P.M.  
 \$5.00 . . . . . **Activity # 170624-01**

Shoreview Community Center

Clean out your closet, look through the garage, or peek under the bed, to create your own clothing collage. All materials are accepted! Look from yesteryear to recycled gear. You won’t want to miss this Funky Fashion Fair. Here’s some examples of thing you can use: duct tape, plastic, old clothes, newspaper, or fabric scraps—let your creativity run. Prizes will be awarded for top entries in male & female outfits. Prepare to strut down the catwalk showing off your creation. Snacks will be provided.

## WINTER OLYMPICS

Saturday, January 30 . . . . . 4:00 P.M. – 8:00 P.M.  
 Free

Shoreview Commons Park

Are you a true Minnesotan? Can you handle the snow? The ice? Join us for our 1st annual teen Olympics. It’s free! It’s fun! You won’t want to miss it—bring all your friends. Games will be fun and funny with events ranging from sledding (luge), skating, hockey, curling (Fisher Price toy style), snow volleyball and ice follies to name just a few. This event is free—so call 651-490-4764 to reserve your spot. Pizza and drink will be available for \$5.00.

## COED TEEN BROOMBALL TOURNAMENT

Saturday, February 6 ..... 1:00 P.M. – 4:00 P.M.  
 \$15.00 per team ..... **Activity # 170626-01**

Shoreview Commons Park

Get team together and join us for our first Teen Broomball Tournament. Teams will be 5 on 5 for playing, with a total roster of no more than 15. Games will be played in 30 minute increments with 2 12-minute halves.

## GRAND SLAM TRIP

Monday, February 15 ..... 9:30 A.M. – 2:00 P.M.  
 \$18.00 ..... **Activity # 170627-01**

Shoreview Community Center

Get your game on! We are heading to Grand Slam for some fun. While there we will have unlimited laser tag, crazy kars and mini golf. Your fee also includes 4 arcade tokens and 1 batting cage token, a piece of pizza and soda. What a great way to spend the day off!

## WII CHALLENGE

Build your Wii character Thursday, Jan. 14 4:00 P.M. – 6:00 P.M.  
 Wii Challenge open time Every Thursday, Jan. 21 – Mar. 18  
 \$2.00 per day ..... **Activity # 170625-01**

Shoreview Community Center

Bring your skills, challenge your friends see who can be the top Wii!! Join us every Thursday evening for Wii fun. We will set up the Wii's with a variety of games that are available for your use. This open Wii challenge will run from 4:00 – 6:00 P.M. We will periodically throw in a Wii battle, so bring your best!

## MORE TEEN PROGRAMS

Group Fitness Classes (14 & older; 12 & 13 with an adult) .....	p. 34
Tae Kwon Do .....	p. 39
Cheerleading .....	p.46

## Adult League Registration

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

## SOFTBALL LEAGUES

We offer a variety of co-rec and men's leagues for teams and players of different abilities and interests. Teams 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

Teams must register for their correct level. For example, a D team cannot play in the E league. Regular season schedule consists of 12 single games or 20 double header games. All leagues will have a season ending single elimination playoff. Winners of each league will receive a paid berth to the USSSA Regional or State tournament. Final league standing will determine league champions. Balls and certified umpires are provided. Practices may be scheduled 1-week prior to season, depending on field conditions. Games begin the week of April 19. Register by Thursday, April 1.

### 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.

### Softball League Information

League	Day	Rate	Start Times	Activity #
<i>Single Header Leagues</i>				
Men's E	Tue	\$500	6:10 P.M. or 7:15 P.M.	<b>220804-01</b>
CoRec D	Mon	\$540	6:10 P.M. or 7:15 P.M.	<b>220801-01</b>
CoRec D	Thu	\$540	6:10 P.M. or 7:15 P.M.	<b>220801-02</b>

#### *Double Header League*

Men's E	Fri	\$630	6:10 P.M. & 7:15 P.M.	<b>220804-02</b>
Men's D	Wed	\$630	6:10 P.M. & 7:15 P.M.	<b>220803-01</b>
CoRec D	Sun	\$670	6:10 P.M. & 7:15 P.M.	<b>220801-03</b>

### Managers Meeting

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

Thursday, April 15. .... 6:00 P.M. – 7:00 P.M.  
 Shoreview Community Center, Community Room

# ADULT SPORTS

## ISLAND LAKE SCHOOL ADULT DROP-IN BASKETBALL

Now to May 26 . . . . . \$5 per person; pay at door

\*Gym closed (Wednesdays): Nov. 11 & 25, Dec. 23 & 30,  
Jan. 20, Feb. 17, Mar. 3.

\*Gym closed (Saturdays): Nov. 28, Dec. 26, Feb. 6 & 20, April 17.

Wednesdays . . . . . 6:30 P.M. – 9:00 P.M.

Saturdays . . . . . 8:00 A.M. – 10:00 A.M.

Island Lake Elementary

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

## COREC WINTER VOLLEYBALL LEAGUE

Tuesday evenings, starting January 5 . . . . . \$200 per team

CoRec D . . . . . **Activity # 121001-01**

Turtle Lake Elementary

Teams play 7 officiated matches and playoffs for the top finishers. Rally Scoring will be used for this league. Space is limited so register early! **Registration deadline is Friday, December 18 or until league is full.**

## BROOMBALL LEAGUES

Games begin Sunday, Dec. 13 (weather permitting) \$325 per team

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

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

Men's D Wednesday evenings . . . . . **Activity # 120301-03**

Shoreview Broomball Rink (by Shoreview Ice Arena)

Teams play 7 outdoor officiated games and playoffs for the top finishers. Players provide their own legal brooms, balls, and helmets. **Registration deadline is Monday, November 30 or until league is full.**

## DODGEBALL TOURNAMENT

Ages 16 and up

Friday evening and Saturday afternoon, January 29 – 30

\$70 per team . . . . . **Activity # 120402-01**

Various Schools in Shoreview

Any ratio of men and women may participate, including all male and all female teams. Top two teams will receive a prize. Officials and game balls provided. Guaranteed 3 games.

**Registration deadline is Friday, January 15 or until tournament is full.** For more information contact Jeremy at 651-490-4753.

## COREC DODGEBALL LEAGUE

Ages 16 and up . . . . . Wednesday evenings, starting Jan. 6

\$140 per team . . . . . **Activity # 120401-01**

Turtle Lake Elementary

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



## FITNESS CLASSES FOR 55+

Shoreview Fitness is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. To find the classes that best fit your needs, please see the Fitness Section on pages 32.

## 55+ DROP-IN BASKETBALL

Wednesdays . . . . . 11:00 A.M. – 12:00 P.M.  
Dailey admission fee required for non-members

Shoreview Community Center Gym, North Side

Shoot baskets or join a pick up game arranged by the players.  
Call 651-490-4750 for additional information.

## ONE-STROKE DECORATIVE PAINTING

Mondays . . . . . 6:00 P.M. – 9:00 P.M.  
\$23 . . . . . Shoreview Community Center

December 14. . . . . **Activity # 100203-01**

January 11 . . . . . **Activity # 100203-02**

February 8. . . . . **Activity # 100203-03**

No painting experience necessary. Fun for all ages, beginners or experienced. Have fun painting using Donna Dewberry's easy, one-stroke method where you highlight, blend, and shade in one easy stroke. Instructor will demonstrate the project step-by-step and work with you, first in practicing on a transparency and then creating the final image onto your take home gift bag. Request a supplies list at registration or call Lesley at 651-490-4734 to have one mailed to you.

If mornings work better for you, the same class is offered at Arden Hills City Hall on Mondays from 9-noon on the dates listed above. Register through the Arden Hills Park and Recreation office by calling 651-792-7848 and ask for Michelle for more information.

## NEW ONE DAY & EXTENDED TRIPS ADDED MONTHLY!

**Casino runs, daily excursions, overnights and extended trips added monthly!** Please call 651-490-4734, or stop by the Shoreview Community Center, to ask about trips we are offering.

## TRAVEL TALK

Love to travel but can't find a travel companion to share the costs? We have the perfect solution! Join our group of women (55+) for treats and coffee once a month and get to know each other and become travel buddies! Socials are on **Mondays, Dec. 14, Jan. 11 and Feb. 8 from 9-10 A.M.** in our Fireside Lounge.

## GLUTEN FREE LIVING

February 10. . . . . 6:30 P.M. – 8:30 P.M.  
\$25. . . . . **Activity # 100209-01**

Island Lake School

Whether you like to cook, buy ready-made or dine out, the options are endless for gluten-free foods. What is gluten and gluten intolerance and what grains contain gluten. Learn great gluten-free choices and gain a new, positive perspective on living with gluten intolerance or Celiac's Disease. Learn where gluten hides (in places like malt and soy sauce). This class includes a presentation, discussion, a display of gluten-free products and tasting some gluten-free snacks. \$3.00 fee to instructor on day of class for snacks.



## KNITTING

Tuesdays, Jan. 19, 26 and Feb. 2, 9 & 16 . . . 6:00 P.M. – 7:30 P.M.  
\$40. . . . . **Activity # 100202-01**

Island Lake School

This class will teach you how to choose a yarn, what tools you will need and how to read a pattern. You will complete a project such as a dishtowel, scarf or other beginner pattern of your choice. If you are already working on a project and need help this class is for you.

# ADULT ACTIVITIES

## LIVING A CLUTTER FREE LIFE

Tuesday, February 9 . . . . . 6:30 P.M. – 9:00 P.M.  
\$35. . . . . **Activity # 100211-01**

Turtle Lake Elementary

Is stuff taking over the corners, flat surfaces or living areas of your home? Are closets and cabinets overflowing with never used possessions while everyday items lay out in the open? Has emotional clutter stolen your focus and sapped your creativity, productivity and enthusiasm? It's time to take charge and DECLUTTER! Join us and learn why clutter builds up in your life/home, how to get motivated to eliminate the clutter and the surefire step by step process for dejunking your life. You'll leave with lots of resources and a personal plan for taking control back. Part II coming in the spring 2010, will focus on how to organize what is left after decluttering.

## WINE, CHEESE & CANDLELIGHT

Sunday, February 14 . . . . . 6:30 P.M. – 10:00 P.M.  
\$12 per person or \$20 couple . . . . . **Activity # 160105-01**

Fireside Lounge

A perfect way to spend Valentine's Day! Bring your sweetheart or come alone and socialize with others! We will have music, wine sampling, cheese/cracker and fruit tray! Ladies will receive a rose. Please register by February 10th.

## FREE ACTIVITIES AT THE COMMUNITY CENTER

### 500

Mondays at 12:30 P.M. . . . . No sign up or partners required

### Bridge

Thursdays at 12:30 P.M. . . . . No sign up or partners required

### Bingo

With prizes! Last Wednesday of the month (Nov. 25, Dec. 30, Jan. 27, Feb. 24, Mar. 31) at 1:00 P.M. (\$0.25 per card-no min/max cards)

### American Hand and Foot

Wednesdays, Dec. 2-Feb. 24 . . . . . 1:00 P.M. – 3:00 P.M.

### Beginning & Refresher Bridge Lessons

Learn to play the basics of bridge or if you need a brush up on the game, join our refresher course! **Table Reservations Required: call Lesley 651-490-4734.**

Mondays (Dec. 14, Jan. 11, Feb. 8) . . . . . Free  
Refresher . . . . . 1:00 P.M. – 3:00 P.M.  
Beginner . . . . . 3:00 P.M. – 4:00 P.M.

## TURKEY BINGO

Wednesday, Nov. 25 . . . . . 1:00 P.M. – 2:00 P.M.  
\$.25 per card

Win a fresh (not frozen) 10 pound turkey for Thanksgiving!

## 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 and are offered to you at a very nominal fee through Shoreview Parks and Recreation. Registration deadline is 3 days prior to the class.

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

All classes held at Shoreview Community Center

### 8 Hour Evening Courses

AARP Member Rate: \$20; Non-Member Rate: \$22  
5:30 P.M. – 9:30 P.M.

January 25 & 27 . . . . . **Activity # 150204-01**

### 4 Hour Evening Courses

AARP Member Rate: \$16; Non-Member Rate: \$18  
5:30 P.M. – 9:30 P.M.

December 8 . . . . . **Activity # 150202-01**

December 18 . . . . . **Activity # 150202-02**

### 4 Hour Day Courses

AARP Member Rate: \$16; Non-Member Rate: \$18  
9:00 A.M. – 1:00 P.M.

January 13 . . . . . **Activity # 150201-01**

February 18 . . . . . **Activity # 150201-02**





## LUNCH BUNCH!

Fridays, Dec. 18, Jan. 15, Feb. 19 . . . . . 11:30 A.M. – 1:00 P.M.  
Dinner expense on your own tab. Pay at the restaurant.

- Dec: Monterey, Circle Pines . . . . . **Activity # 100502-01**
- Jan: Meisters, Shoreview Mall . . . . . **Activity # 100502-02**
- Feb: Fuddruckers, Roseville . . . . . **Activity # 100502-03**

Great Friends! Great Food! Great Fun! Gather up your friends and join us for lunch! Reservations are required by signing up through the Parks and Recreation Department one week prior to event. No fee to sign up. Lunch expense will be on your own.

## SENIOR CINEMA

1st Friday/Month, Dec. 4 & Feb. 5 . . . . . 1:00 P.M. – 3:00 P.M.  
(Free will donation for refreshments)

Shoreview Community Center – Council Chambers

Check the Shoreliner newsletter for more details and movie title or by calling Lesley at 651-490-4734 the Monday prior to showing. (No movie in January.)

## FOOT CARE CLINIC

First Wednesday/Monthly . . . Appointments between 9:00-3:00  
\$34 (\$17 deposit due at time of reservation)

Shoreview Community Center

- December 2 . . . . . **Activity # 100401-01**
- January 6 . . . . . **Activity # 100401-02**
- February 3 . . . . . **Activity # 100401-03**

A licensed and insured healthcare nurse will conduct a foot-care clinic by appointment only. Basic foot care will be provided by Footworks; includes foot soak, removal of minor corns/calluses, nail trim, and massage for circulation. Sign up for this activity in person at the Parks and Recreation desk Monday–Friday, 8 A.M.–4:30 P.M., to select appointment time. For additional information, please call 651-490-4750. A deposit of \$17 is due to reserve an appointment. Balance is due at time of service.

## INTRO CLASS TO WII BOWLING

Tuesday, January 12 . . . . . 1:00 P.M. – 3:30 P.M.  
Free . . . . . **Activity # 100402-01**

Community Center - Beachcomber Bay, Lower Level

Interested in joining Wii Bowling? Stop by for a lesson on the game and get your Mii set up!

## WII BOWLING

Tuesdays, January 19 – March 9 . . . . . 1:00 P.M. – 2:30 P.M.  
\$10 per person . . . . . 1:00 P.M. **Activity # 100402-02**  
. . . . . 2:30 P.M. **Activity # 100402-03**

Community Center - Beachcomber Bay, Lower Level

Wii bowling is an interactive and fun game that allows people to act out the game of bowling and get some moderate exercise while having fun! We will have limited spaces available on these days/times so sign up early! Only 4 people registered per team. Team 1 & 2 will compete from 1:00 to 2:15 pm and Teams 3 & 4 will compete from 2:30-3:30 pm. Form your own team or sign up individually!

## INTERGENERATIONAL READING TIME

Mondays, January 4 – February 22 . . . . . 6:30 P.M. – 7:30 P.M.  
FREE

Community Center - Fireside Lounge

A child's experience of reading with an adult is the magic that makes memories! Few skills are as basic to success in school or life for children. Spend some quality time with that special someone in your life by bringing a favorite book and enjoy reading in a cozy, warm, quiet atmosphere.

## AARP TAXAIDE

Wednesdays, Feb. 3 – April 14 . . . . . 9:00 A.M. – 1:00 P.M.

Community Center - Beachcomber Bay, Lower Level

If you are over 60 years old and need tax assistance, AARP's Tax-Aide volunteers will provide FREE tax assistance to low and moderate income taxpayers. The trained volunteers can complete basic tax forms and answer your tax questions. Bring your current tax records and a copy of last year's tax return. Appointments are necessary. Please call 651-490-4750.

## Who are the Shoreliners and what do they do?

The Shoreliners are directly sponsored by the Parks & Recreation Department. The object of this organization is socialization, making new friends, and the expansion of opportunities for personal growth through scheduled monthly activities. The members of this organization are men and women, 55+ years of age that enjoy participating in a variety of activities. The Shoreliners meet monthly on the third Tuesday of each month, either inside the community center or participating in outside activities\*. Shoreliners are governed by an elected panel of officers who commit to a two-year term (President, VP, Treasurer and Secretary).

## Interested in joining?

Send \$10 for 2010 annual dues to:  
Bev Stilwell, Treasurer  
500 W Cty Road J  
Shoreview, MN 55126

## Shoreliner Newsletter

If you are interested in receiving our newsletter with program and event information, call Lesley at 651-490-4734 to have your name put on our mailing list.

## Shoreliner Display Case

The Shoreliners have a beautiful oak and glass display case gifted from the City that can be used to showcase any unique collection! Please call Eileen Kath at 651-484-4853 to reserve space in the cabinet. The case is locked to protect your valuables and is located outside of the Parks and Recreation office for the public to enjoy during their visit to our center!

## 2010 PLANNING MEETING

**JANUARY 19, 1:00 P.M.**

Shoreview Community Center

Join us to plan and vote  
on events for 2010.  
Refreshments served.



## THE ADAPTIVE RECREATION CLUB

*The Adaptive Recreation Club is a joint effort between the Parks and Recreation Departments of Arden Hills, Mounds View, New Brighton, Shoreview, Vadnais Heights, and School District #621.*

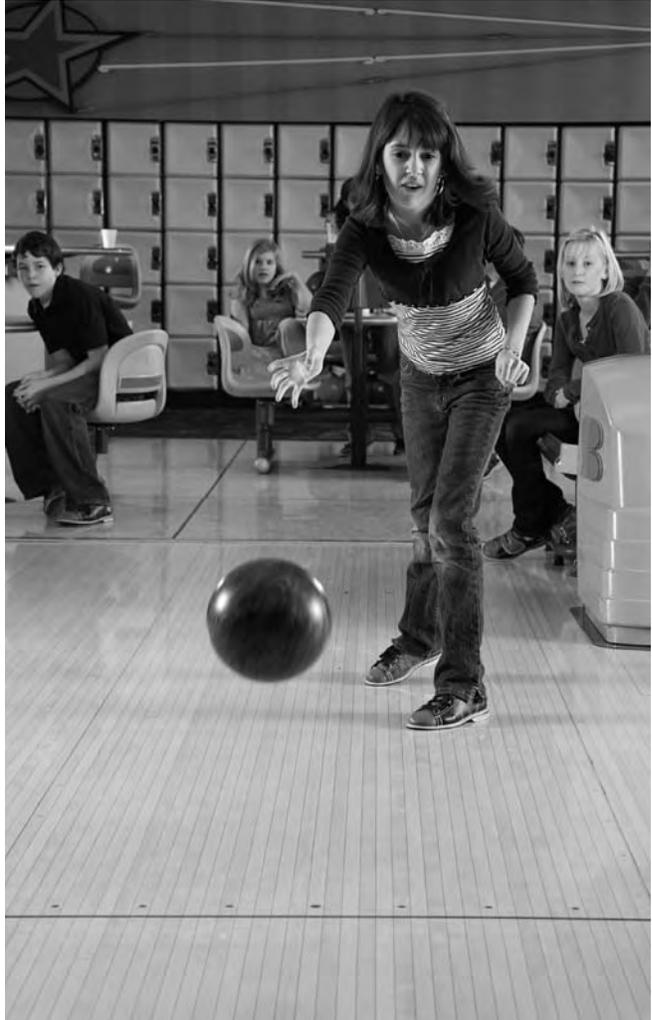
The club is designed primarily for teens, ages 13 and up, who have mild mental and/or physical handicaps and are receiving special educational service through School District #621. The program meets twice a month (for a total of 8 times). The teen club meets on Friday nights from 7–9 P.M. and provides a variety of indoor and outdoor recreational and social activities such as sport night, hayrides, field trips and movie nights. The fall session runs September through December. The spring session runs January through May. Instructor ratio is 1 to 6. For program and fee information, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651-638-2123.

## ADAPTIVE BOWLING

The Adaptive Bowling program is open to all special education students (7th grade through young adult) in the Mounds View School District. Participants will bowl at the Mermaid Lanes on Saturday mornings from 9:15 to 11:30 A.M. Staff includes two supervisors plus volunteers. The program runs for 10 weeks. Fees cover bowling, shoes and supervision. There will be a bowling banquet with awards at the end of the spring session. For more information on the exact starting date and fee, please call Pat Tuma at the New Brighton Parks and Recreation Department at 651- 638-2123.

## NORTHWEST YOUTH AND FAMILY SERVICES

Northwest Youth and Family Services, a non-profit social service agency based in Shoreview, has been serving residents of the northern suburbs for over 26 years. Services include mental health counseling for youth and adults, employment programs for at-risk youth, parenting support groups, and chore services for seniors. For a full listing of programs and services, please visit our web site at [www.nyfs.org](http://www.nyfs.org) or call us at 651-486-3808.



## 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!

## 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 651-490-4770.

## SENIOR CHORE SERVICE

Need assistance with household chores? Students ages 12 to 17 are available to assist with mowing, snow shoveling, housecleaning and other projects on a one-time, weekly or monthly basis. Rates are affordable and financial assistance is available to eligible seniors to offset the cost. Call Debbie at 651-379-3451 to arrange for chore service.



## ATHLETIC ASSOCIATIONS

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

**Irondale Baseball Assoc.**  
Gerald Arel 763-780-7360  
[www.geocities.com/ibl\\_baseball/](http://www.geocities.com/ibl_baseball/)

**Mounds View Basketball Assoc.**  
Hotline: 651-631-1943  
[www.moundsviewbasketball.com](http://www.moundsviewbasketball.com)

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

**Irondale Youth Hockey Association**  
Jeanne Falconer 763-458-5946  
[www.ihaleague.org](http://www.ihaleague.org)

**Irondale Girls Fastpitch**  
Chuck Hauble 651-633-3741  
Jane Norgren 651-633-6063  
[www.knightsfastpitch.org](http://www.knightsfastpitch.org)

**Mounds View Hockey Assoc.**  
Debbie Teske 651-483-3498  
[www.mvhockey.org](http://www.mvhockey.org)

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

**Mounds View Softball Assoc.**  
Patti Jo Fitzpatrick 612-849-5648  
[www.mvsafastpitch.org](http://www.mvsafastpitch.org)

**North East Tennis Assoc.**  
Lynn Erickson 651-484-0100

**Mounds View Rugby Club**  
Hotline: 612-656-0518  
[www.moundsviewrugbyclub.com](http://www.moundsviewrugbyclub.com)

**Iron Mustang Wrestling**  
612-590-2114  
[www.ironwrestling.com](http://www.ironwrestling.com)

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





# Program Registration Form

Shoreview Parks & Recreation Department ■ 4580 Victoria St. N., Shoreview, MN 55126  
 Telephone 651-490-4750 ■ Fax 651-490-4797 ■ Website [www.shoreviewmn.gov](http://www.shoreviewmn.gov)

Register online at <https://registration.shoreviewmn.com>. In order to aid staff in processing registrations, please be sure to fill out registration forms completely. An incomplete form may delay your registration from being processing. Thank you!

LAST (PARENT'S/GUARDIAN'S NAME IF APPLICABLE) \_\_\_\_\_ FIRST \_\_\_\_\_ HOME PHONE (AREA CODE) \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_ WORK PHONE (AREA CODE) \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_ EMERGENCY CONTACT NAME \_\_\_\_\_ PHONE (AREA CODE) \_\_\_\_\_

Participants First/Last Name	M or F	Date of Birth	Activity# 1st Choice	Activity# 2nd Choice	Activity Name/Level	Activity Time	Activity Location	Grade (if needed)	Per Person Fee
<b>REFUND POLICY</b> Fees, less \$5.00, refunded only if cancellation made five working days prior to the start of activity. Full refunds given only if Parks & Rec. Dept. cancels activity. Classes may cancel due to issues such as low enrollment.									<b>Total Amount Enclosed \$</b>

**CONFIRMATION** Confirmations will be issued by e-mail if an e-mail is provided. You can also view your class confirmation information on-line. See page 19 of the current issue of the ShoReview for complete details on on-line access.

Are you currently a Community Center member?  Yes  No

Have you registered for classes here before?  Yes  No

Have you moved recently?  Yes  No

Please include your Client ID# (if you know it): \_\_\_\_\_

**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)

\_\_\_\_\_

**YOUTH SPORTS LEAGUES**

**Special Requests for Teammates** are not guaranteed and are limited to one request per player. Group and/or chain requests not 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 season.

**I would like to coach** \_\_\_\_\_

**Name of teammate request** \_\_\_\_\_

**School child attends** \_\_\_\_\_

**Grade** \_\_\_\_\_

**T-Shirt Size** \_\_\_\_\_

**To better serve our participants**, we ask that you note any information you feel our staff should be aware of (i.e. disability, allergy, special needs, etc...)

\_\_\_\_\_

**WAIVER FOR PARTICIPANT** 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 do hereby allow the City of Shoreview to use any photographs taken by the city, of the individual(s) named herein, in city informational publications released to the general public.

**Signature:** \_\_\_\_\_

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

## Winter 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.

### Tuesday, November 24

On-line registration for residents begins at 8:00 a.m.

### Tuesday, December 1

In person, mail, fax, and drop-off registration begins at 8:00 a.m.

## Annual Community Center Member Registration

### Tuesday, December 1

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

## General Registration

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

### Thursday, December 3

On-line registration begins at 8:00 a.m.

### Tuesday, December 8

In-person, mail, fax, and drop-off registration begins at 8:00 a.m.

\* Register now for fall youth sports leagues, kids corner preschool.

## Register Early!

Space is limited in most activities.

## Registration Information

For registration forms, see pages 58.

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, (for hours, see page 12)
  - 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 email you a receipt 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. See page 19 for complete details on on-line access. 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 one week before the activity or class unless otherwise noted in the class description. A service charge of \$5 will be deducted from each refund. Unfortunately, at times classes may need to be cancelled due to issues such as low enrollment. Any approved refund will be issued by check from the City of Shoreview. Checks generally take 3 to 4 weeks from date of refund approval to be processed and mailed.
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.

# EASY 5 WAYS TO REGISTER

1. On-line payment by Visa & MasterCard only
2. Mail-in
3. Fax 651-490-4797 payment by credit card only
4. Drop-off
5. In-person






# Active Life Fair

Monday, January 25, 3:00 – 7:00 P.M.  
Shoreview Community Center

A resource fair for active aging adults and caretakers

While it is certainly advantageous and recommended for a parent to make plans for their own care before an emergency or serious health problems occur, adult children must often take on the responsibility of care giver before becoming fully informed of everything involved with caring for an aging parent. The Active Life Fair is the perfect opportunity to learn about the many local

community resources that are available for both the adult and care giver. Learn about where to call for help, adult day care, adult protection, financial, handyman/chore services and healthcare.

It's a totally FREE event that includes door prizes, refreshments, entertainment and an abundance of information to take home!

## FREE!

- Foot and chair massage
- Blood Pressure Checks
- Derma Scan
- Demonstrations
- Medication Checks
- Vision/Hearing Checks
- Cholesterol and blood sugar testing
- .....And much more!



For more information and details about the event,  
please call Lesley at 651-490-4734.

# Mark Your calendar Matey!

## FAMILY NEW YEAR'S EVE PIRATE PARTY

Thursday, Dec. 31 ..... 6:00 P.M. – 9:00 P.M.  
\$8 Youth (ages 1-17) ..... **Activity # 160103-01**  
\$6 Adults (ages 18 & over) ..... **Activity # 160103-02**

Shoreview Community Center

Join your Parks and Recreation pirates in walking the plank to a New Year. This year's celebration is one of swashbuckling pirates and lost treasures. Join in the fun swimming at Tropics Indoor Waterpark, explore Tropical Adventure Indoor Playground, and many more activities. This celebration will ring in the New Year at 8:45 p.m. with a spectacular balloon drop. Concessions available for an additional fee. Non-stop fun for the whole family!





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

Presorted Standard  
U.S. Postage Paid  
St. Paul, MN  
Permit No. 5606

# MAKE YOUR CHILD'S BIRTHDAY SPECIAL!

**Celebrate at the Tropics Indoor Waterpark and Tropical Adventure Indoor Playground in the Shoreview Community Center.**

**We offer a variety of packages to fit your child's interest and your budget!**



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

see [www.shoreviewmn.gov](http://www.shoreviewmn.gov) for details!