



Shannon Ward Swartz

November 27, 1951 - March 29, 2021

Swartz, Shannon Louise (Ward) age 69, passed away on March 29, 2021, surrounded by her children. She was born in Anoka, MN, to William J & Mary F Ward. Shannon is survived by her husband, Jeff; four children: Kevin Graving (Heidi), Erin Robbins (Scott), Jill Costello (Jim), & Luke Fisher (Mandi); nine grandchildren: Sam (Monica), Phoebe (Nicholas), Ellie, Molly, Kate, Olivia, Leah, Brady, & Finnley; her sister, Anne Miller, and many nieces and nephews. She had a full, exciting, & challenging life. She converted to Judaism in 2012, and her faith meant the world to her. Shannon accomplished so much in her 69 years. Her motto was that life moves quickly & you need to go with it. She was passionate about exercise and moving the body. She owned Pilates & Gyrotonic studios in Hopkins and Wayzata. She biked from Minneapolis to Chicago and San Francisco to LA to raise money for AIDS research. One of her biggest accomplishments was swimming across the English Channel with her nephew, Todd, in a 2-person relay and then again with Todd and his daughter, Lauren. They became the first three-generation family relay to successfully swim across the English Channel. She was a big part of Minnesota Masters Swimming and directed USMS swim meets. Shannon loved to laugh & make people laugh-she found humor in just about everything and enjoyed spending time with her family & friends. She was proud of her children & the paths they took; she absolutely adored her grandchildren. A small family service will take place this summer. In lieu of flowers, we will be setting up a fund to help future swimmers follow in her

strokes across the English Channel. Please email
ChannelingShannon@gmail.com for more information. Mom will forever be in
our hearts. Swim on mom...we'll take it from here.

Published on April 4, 2021

Tribute Wall

MW

“ Shannon was my first cousin—my first friend. We shared our precious youth. I was a fearful little boy. Shannon was intrepid. She was clever, imaginative, and the funniest person in my world. I drew much of my wit, my creativity, my sense of humor from Shannon. She helped me understand the world. She verified it for me. We shared the crucial shaping and naming of things: Sister Semester for our midday candy treats. The Money Tree where we checked our current financial sources. And the halfway mark of our long walk to Mrs. Stewart’s Kindergarten class—The Crooked Sidewalk.

To cite John Lennon we made “places I’ll remember all my life.”

Matt Wigdahl

Matt Wigdahl - April 20, 2021 at 09:54 AM

KL

“ We loved Shannon's joyful approach to life and it's challenges. She had a fun and distinctive style and always knew what she wanted! We will miss her and wish her well on her new adventure
KL and friends from Larue's

Kathy Lawrow - April 17, 2021 at 01:23 PM