

Winter 2018



Prairie View

Community Association



The PVCA is a group of community members like yourself who offer up their time to benefit the community as a whole. **This year the PVCA has an urgent need for a new Facilities Coordinator to be able to continue its operations.**

Our executive group meets the first Monday of every month. We are always looking for new people to join our association, so if you have time to spare and want to get involved, please email us at pvca@sasktel.net and one of us will be happy to get in touch with you!

The PVCA offers affordable programs in our community. Please join us on Registration Night to sign up for your favourite activity and meet new people in the community.

PVCA City Wide Program Winter Registration Night

Tuesday, January 9, 2018

McLurg School - 125 Paynter Cres.

Registration: 7:00 - 8:00 PM



City-Wide Registration Information

To participate in any city-wide community association program, the following basic conditions apply:

- A community association membership is required from your local community association. The membership is now \$10 per household and expires each year on August 31st.
- Community memberships are non-refundable.
- Registration for each program is processed on a first-come, first-served basis. Each class will have a minimum required amount of participants to run.
- Registration will not be accepted by phone or email. If you are unable to attend on the scheduled registration night, it is possible to have a friend or family member register for you.
- Registration forms for programs that you wish to take that are offered through another community association are to be filled out at the PVCA registration night (without payment). You will be contacted by the association offering the program only if there is still space available, at which time payment arrangements can be made. Please note that priority is given to local residents of a community association when establishing the list of participants.

PVCA Executive Committee

Chairperson	Daren Drummond
Vice-Chair	Gwen Barschel
Secretary	Corinne Wesley
Treasurer	Kayla Edgerton
Facilities Coordinator	<i>Vacant</i>
Program Coordinators	Gaylene Drummond and Megan Wiwcharuk
Event Coordinator	Janine Chay
Newsletter Editor	Jon Hayward
Membership Coordinator	Gwen Barschel
Sign Coordinator	Janine Chay
Community Consultant - West	Tawna Ranalli Phone (AM): 306-777-7363

Scholarship News!

The PVCA is proud to offer one \$500 scholarship for post- secondary education. It is open to grade 12 student attending high school in Regina, providing the individual lives in the Prairie View area and maintains a 70% average throughout the school year. We are also making the scholarship available to young people up to age 21, who will be continuing their education. Emphasis will be placed on the applicant's volunteer activities.

Application details will be available from school guidance counsellors or by contacting the PVCA via email: pvca@sasktel.net. Deadline for applications is May 15th, 2018.

Volunteers

Aaron Jones (donation of the PVCA website), Brandon Chay, Michael and Amelia Christopher, Marcus and Matteo Ranalli (Sign Changers)

Prairie View Community Programs - Winter 2018

***All programs are run through McLurg School**

Drop-in Fees Per Session Attended: \$10

Late registrations will be accepted until January 15th by emailing pvca@sasktel.net.

Adult Programs

Sessions are in the Main Gym unless otherwise specified.

Cross Train City Fitness with Kyla

Mondays - Starting January 15th – Time 6:30-7:30pm

10 sessions, Cost \$40

This class includes the perfect combination of heart pumping cardio and strength training. By changing the equipment and format (which includes Tabata) each week, it will increase the calorie burn and enable a total body workout. This class is for all fitness levels and will be modified to fit everyone's needs. A great class for men too!

****NEW** Safe and Secure Gadget Use for Seniors** Instructor: Jon

Mondays - Starting January 22nd – Time 7:00-8:00pm

8 sessions (in mini-gym), Cost \$40 (No Class Feb 12th and Mar. 19th)

Nowadays the internet can seem like a minefield with malware, spyware, phishing schemes, and many other dangers lurking around every corner. This class will help you ensure you have the knowledge and confidence to keep yourself protected and able to enjoy your tech gadgets! Participants are encouraged to bring their own devices, but it is not required.

B.A.T. - Butts, Abs, and Thighs Class Instructor: Melissa

Wednesdays– Starting January 17th– Time 7:00-8:00pm

10 sessions, Cost \$40

Using isolated movements, weights, and combinations of moves, this class will work on shaping and strengthening weak areas focusing on BAT.

Yin Yoga - Gentle Stretching Instructor: Lesley

Thursdays – Starting January 18th – Time 5:30-6:30pm

10 sessions(in mini-gym, through double-door hallway), Cost \$60

A relaxing way to unwind your week with gentle stretching. Great for any age or fitness level. Will also be introduced to basic yoga and meditation. Please bring your own yoga mat and blanket.

Zumba With Kerry

Thursdays – Starting January 18th – Time 6:35-7:35pm

10 sessions - Cost \$45

Dance cardio at its finest. Zoom off those extra calories. Low impact fitness to great music. You won't believe how fast the hour flies by.

Tone and Strengthening Class Instructor: Lee

Thursday – Starting January 18th – Time 7:35-8:35pm

10 sessions, cost \$40

Take time to get your body toned and strong for summer. Get in some muscle work with weights and motion. Get a workout for your core and legs. The best thing you can do for your body is to keep it strong.

Abs, Arms, and A(Butt) Toning Class** Instructor: Lee

Sundays – Starting January 14th– Time 6:30 - 7:30pm

10 sessions, cost \$40

Using various weights and your enthusiasm we will strengthen and tone the 3 “A” ‘s. Bring your own mat.

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Tuesdays – Starting January 16th

Juniors/Family/Beginners 7:00-8:00pm - Adult/Advanced 8:00-9:00pm

18 weeks of instruction, Cost \$200/person or \$360/family

Interested in having fun and learning self defense? Curious about martial arts? Improve your self-confidence and get into better physical shape while learning Karate. No experience is necessary. For more information on this class contact Ryan at 306-530-6905.

Children & Teen Programs

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Tuesdays – All Classes start January 16th

Just for Kicks - Kids class (Age 4-6), Cost \$100, Time 6:30-7:00pm

Juniors/ Family/Beginners 7:00-8:00pm

Adult/Advanced 8:00-9:00pm

18 weeks of instruction, Cost \$200/person or \$360/family

Interested in having fun and learning self defense? Curious about martial arts? Improve your self-confidence and get into better physical shape while learning Karate. No experience is necessary. For more information on this class contact Ryan at 306-530-6905.

Older Adult Leaders Wanted

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as an Older Adult Leader?

The Regina Qu'Appelle Health Region is offering FREE 20 hour Forever...in motion Leadership Training. The training will help you enhance and develop your skills in leading physical activity classes for your peers. The training includes information on how to lead a safe exercise program for older adults, chronic conditions, preventing falls and other practical hands-on experience. Forever...in motion was developed by the Saskatoon Health Region and provincially implemented by the Saskatchewan Parks and Recreation Association.

2018 Forever...in motion Leadership Training Schedule:

Dates: Tuesday, January 23 & 30, February 6 & 13 from 9:30 a.m.-3 p.m.

Tuesday, March 6, 13, 20 & 27 from 9:30 a.m.-3 p.m.

Thursday, April 5, 12, 19 & 26 from 9:30 a.m.-3 p.m.

*Locations to be determined. Please visit rqhealth.ca for more information.

For more information, or to register,
contact Marisol Molina-Smith 306-766-7163
or email marisol.molinasmith@rqhealth.ca





WEST ZONE BOARD - ANNUAL GENERAL MEETING

Monday, January 28, 2018

7:30 p.m. @ NORTH WEST LEISURE CENTRE

The following Executive positions require election or re-election: Vice Chair-1 year term, Treasurer-2 year term, Volunteer Coordinator-2 year term, Program Coordinator-2 year term. Contact the West Zone Board office to view the job descriptions of these positions.

Forward resumes **no later than January 15th** to: West Zone Board Office, c/o North West Leisure Centre, 1127 Arnason Street North, Regina, Saskatchewan S4X 3V4 or by e-mail wzb@sasktel.net.

West Zone Board Winter 2018:

LEARN TO SKATE Cost \$75/8 Sessions

REGISTRATION: JANUARY 3-12, 2018 at the West Zone Board office.

Teaches children to stand and walk on skates and feel comfortable on the ice.

Skating/Hockey helmet with full face guard is mandatory.

FALL HOCKEY SCHOOL Cost \$150

REGISTRATION: FEBRUARY 1 – AUGUST 17, 2018 at the West Zone Board office.

Full Hockey Equipment required, not included.

For ages 6-10 – one hour each Saturday and Sunday morning - September 2018 (Sep 8-Sep 30)

Visit www.westzoneboard.ca and click PROGRAMS for registration procedure and class schedules.

UPCOMING AFFILIATED GROUP IN-PERSON REGISTRATIONS:

REGINA WEST ZONE TAEKWON-DO wztaekwondo@gmail.com

Give TaeKwon-Do a try – First 3 classes are FREE!

COST: \$300 for First Time Registrations (Includes dobok, manual, fees, and ITF membership), returning members - \$200.

Ongoing Registration: Register in person at any class. Classes held on Mondays and Wednesdays at 6:00pm at Henry Janzen School.

REGINA NORTHWEST SPORTS ASSOCIATION www.rnwsa.ca

Cost: TBA

In-person Registration:

Saturday	March 17, 2018	2:30 – 3:30pm	North West Leisure Centre
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Saturday	April 14, 2018	2:30 – 3:30 pm	North West Leisure Centre
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To register online, goto www.rnwsa.ca

PAID UMPIRES REQUIRED for all divisions except T-Ball and A-Ball. Umpire Wages: \$20/game. Sign up using the registration form.

REGINA WEST ZONE SOCCER ASSOCIATION INC. www.rwzsa.ca

Online registration begins February 1, 2018 at 8:00am, www.rwzsa.ca

Cost: TBA

In-Person Registrations:

Monday	February 26, 2018	7:00-8:30 pm	Jack Hamilton Arena
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Saturday	March 3, 2018	12:00-2:00pm	North West Leisure Centre
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REFEREES: RWZSA requires referees for age groups 8U and higher. Referee applications are available through the website or at the West Zone Board office, wzb@sasktel.net. Applications due March 23, 2018.

Advertise with Us!

The PVCA Newsletter is published in two print editions (Fall/Summer and Winter) and one online only edition (Spring) every year. Almost 3000 copies of the Fall print edition are delivered by volunteers in Prairie View, Normanview West, Westhill, Edgewater, and Fairways West. Our Spring edition is an online only edition and prices are adjusted to reflect that.

Spring 2018 Advertising Rates:

1/8 Page (business card size) -	\$5	1/4 Page -	\$10
1/2 Page -	\$20	Full Page -	\$40

Note: The cost covers includes an advertisement on www.pvca.ca until the next newsletter edition's ad period begins.

Deadlines for submissions:

January (Winter) issue - November 30th

April (Spring online only) issue - March 1st

September (Fall) issue - July 31st

Forward advertising requests to: pvca@sasktel.net

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77LEARN or (306)775-3276
info@bloomlearning.ca
bloomlearning.ca

 <p>Girl Guides of Canada Guides du Canada</p>	<p>Join Today for FUN & FRIENDSHIPS</p> 	<p>www.girlguides.ca</p> <p>Sparks 5 & 6 years Brownies 7 & 8 years Guides 9-11 years Pathfinders 12-14 years Rangers 15-17 years Adults 18+</p> <p>306-352-8057</p>
<p>Girl Guide Cookies originated right here in Regina in 1927!</p>		

IT'S A COUPON!

\$4.00 off of any 2 for 1 pizza from our menu.



Valid until February 28th, 2018 at the Rochdale location.

One (1) coupon per order. Cannot be combined with any other offers.
Coupon must be presented at the time of purchase. No cash value.

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