

**Fall 2018**



# Prairie View

Community Association



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The PVCA is a group of community members like yourself who offer up their time to benefit the community as a whole. **The PVCA has an urgent need for a new Secretary and a Facilities Coordinator.**

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](mailto:pvca@sasktel.net) and one of us will be happy to get in touch with you!

The PVCA offers affordable programs in our community. This year we are particularly proud to offer even more classes for children and families! Please join us on Registration Night to sign up for your favourite activity and meet new people in the community.

## **PVCA AGM and City Wide Program Fall Registration Night**

**Tuesday, September 11, 2018**

**McLurg School - 125 Paynter Cres.**

**Annual General Meeting: 6:30 - 7:00 PM**

**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	<i>Volunteer Needed</i>
Treasurer	Kayla Edgerton
Facilities Coordinator	<i>Volunteer Needed</i>
Program Coordinator	Megan Wiwcharuk and Gaylene Drummond
Event Coordinators	Janine Chay and Valerie Sawcyn
Newsletter Editor	Jon Hayward
Membership Coordinator	Gwen Barschel
Sign Coordinator	Riley Nadoroznick
Community Consultant - West	Tawna Ranalli Phone (AM): 306-777-7363
Volunteers (Sign Changers)	Brandon Chay, Michael and Amelia Christopher, Marcus and Matteo Ranalli

*Prairie View  
Community Association*

**IS NOW ACCEPTING VENDORS...**

*2nd Annual Fall  
Tradeshow*

**NOVEMBER 17, 2018 | 10 AM - 4 PM  
MCLURG SCHOOL**

**Email [pvca@sasktel.net](mailto:pvca@sasktel.net) to apply**

# **Prairie View Community Programs - Fall 2018**

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

Drop-in Fees Per Session Attended: \$10

### **Adult Programs**

#### **Cross Train Fitness with Kyla**

**Mondays - Sept 17 to Dec 3 (excl. Oct 8 & Nov 12)– Time 6:30-7:30pm**

**Cost \$40**

This class includes the perfect combination of heart pumping cardio and strength training. By changing the equipment and format 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\*\* Adult Rec Volleyball**

**Mondays - Sept 17 to Dec 3 (excl. Oct 8 & Nov 12)– Time 7:45-10:00pm**

**Cost \$30**

Come out and have some fun with a weekly game of pick-up volleyball!

#### **Regina Shintani Wado Kai Karate** Instructor: Ryan McDonald

**Tuesdays – Sept 18 to Dec 4**

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

**Adult/Advanced 8:00-9:00pm - All classes held in the main gym**

**3 months (12 weeks) of instruction, Cost \$144/person or \$260/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

#### **Body Sculpt Circuit with Lee**

**Wednesdays – Sept 19 to Nov 21 – Time 7:30 - 8:30pm**

**Cost \$40**

Using isolated movements, weights, and combinations of moves, this class will work on shaping and strengthening. Mats are not mandatory, but if you require one, please bring your own.

#### **Zumba With Kerri**

**Thursdays – Sept 20 to Nov 22 – Time 6:15-7:15pm**

**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.

#### **\*\*NEW\*\* Hatha Yoga with Crystal**

**Thursdays – Sept 20 to Nov 22 – Time 8:00-9:00pm**

**Cost \$50**

A multi-level yoga class, focusing on alignment and breath. Some components of Vinyasa flow style yoga will be incorporated into class. Please bring your own mat.

### **\*\*NEW\*\* Speed and Agility with Riley**

**Fridays - Sept 21 to Nov 23 – Time 6:30-7:30pm**

**Cost \$40**

*For ages 14+, scheduling for Nov 16/23 may be pushed to Nov 30. This class will focus on speed and agility training for runners and athletes of all skill levels. Lead by an experienced and certified Speed and Agility coach, participants will work on developing proper running form through speed training and agility drills, helping them become faster, healthier athletes.*

### **Abs, Arms, and Butt Toning Class** Instructor: Lee

**Sundays – Sept 17 - Dec 2 (excl. Oct 7 & Nov 11) – Time 7:30 - 8:30pm**

**Cost \$40**

Using various weights and your enthusiasm, we will strengthen and tone your abs, arms, and butt. Mats are not mandatory, but if you require one, please bring it.

## **Children, Teen, and Family Programs**

### **\*\*NEW\*\* Mother/Daughter Workout with Kyla**

**Mondays - Sept 17 to Dec 3 (excl. Oct 8 & Nov 12)– Time 5:30-6:30pm**

**Cost \$50/family**

*For children 5 years or older. This class is a perfect way for mothers and their daughters to have fun and get fit all at once. Not only does this build strength and confidence, but it helps to build relationships based on the premise of healthy habits.*

### **Regina Shintani Wado Kai Karate** Instructor: Ryan McDonald

**Tuesdays – All Classes start September 19th**

**Just for Kicks - Kids class (Age 4-6), Cost \$75, Time 6:30-7:00pm**

**See earlier for Juniors/Family/Beginners and Adult/Advanced class info**

**3 months (12 weeks) of instruction, Cost \$144/person or \$260/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.

### **\*\*NEW\*\* Gym Class for Kids with Riley**

**Wednesdays – Sept 19 - Nov 21 – Time 6:00-7:00pm**

**Cost \$40**

*For children aged 5 to 9 years old. This class is intended to get kids an extra hour of gym time each week. We will play different games; run, sweat, and have fun!*

### **\*\*NEW\*\* Yoga with Crystal - Parent and Child**

**Sundays – Sept 16 - Dec 2 (excl. Oct 7 and Nov 11) – Time 3:15-4:00pm**

**Cost \$50/family**

*For ages 3+. Spend time as a family finding a mind-body balance in a fun and interactive yoga class. This class is open to caregivers and their children. Due to the range in ages, expect this class to be filled with movement and fun! Please bring your own mats.*



## **NEW Offerings Coming in Winter 2018!**

**Winter Registration Night - January 8, 2019 - 7-8pm**

**Kids Flag Football Skills and Conditioning** Instructor: Riley Nadoroznick  
**Wednesdays – Jan 16 - Mar 20 – Time 6:00-7:00pm**

*For children aged 6 to 11 years old.* Get a jump start on the flag football season with conditioning work and specific drills. Pass, catch, pull flags, and have fun!

**Babysitting Course** Instructor: Tammy Hincks  
**Sundays – Jan or Feb (TBD) – Time TBD**

*For ages 10+.* This course is great for training the preteen or teen that does babysitting or stays home with family members. The course content includes artificial respiration, choking treatment, burns, poisoning, wounds, and bleeding. It covers emergency situations and baby care techniques. Upon successful completion of this course, a certificate will be issued. Provided at class: Babysitting Workbook, registration and pen, concluded with an exam at the end of the course.

**Home Alone Course** Instructor: Tammy Hincks  
**Sundays – Jan or Feb (TBD) – Time TBD**

*For ages 9 to 14.* This program is aimed at children who are home for short periods of time without adult supervision. The objective is to provide children with the skills to increase their personal safety while alone at home, identify what responsibilities you have when home alone, understand the basics of First Aid procedures and demonstrate what to do in the case of an emergency and how and when to call 911. Students will receive a Home Alone Student Guide.

### **PVCA Park Enhancement Initiative**

The PVCA is currently working on an exciting new project to bring an outdoor fitness trail to our community! A fitness trail is simply a defined path with exercise stations distributed along it. Participants walk, jog, or run from station to station, creating a fun, effective, outdoor workout that is free and accessible to anyone.

Fitness trails like these are inviting and unimimidating. They get people outdoors, exercising, and getting to know the people in their neighbourhood. Simply put, fitness trails create happier, healthier communities, and we couldn't be more excited to help bring one to Prairie View!

**We are always looking for feedback from community members regarding programs they would like to see offered in the future. If you are interested in leading a program yourself we would also love to hear from you!**

**Email us at [pvca@sasktel.net](mailto:pvca@sasktel.net)**

### **Heritage Kids Clothing and Toy Sale**

Clothing, toys, maternity, baby items, books, and much more!

**September 22nd  
8:00-11:30**

**1050 N. Arnason St**





Regina West Zone Recreation & CSD Board Inc.  
1127 Arnason Street North Regina, Saskatchewan S4X 3V4  
306-791-0226 [wzb@sasktel.net](mailto:wzb@sasktel.net) [www.westzoneboard.ca](http://www.westzoneboard.ca)

## **LEARN TO SKATE – FALL 2018**

Teaches children to stand and walk on skates and feel comfortable on the ice.  
**Skating/Hockey helmet with full face guard is mandatory.**

**REGISTRATION: SEPTEMBER 5 – 14**

**COST: \$75/8 sessions + Community Association Membership Number or purchase one for \$10/family**

Visit Website for registration information: [www.westzoneboard.ca](http://www.westzoneboard.ca)



[www.reginaindoorsoccer.ca](http://www.reginaindoorsoccer.ca)  
[info@reginaindoorsoccer.ca](mailto:info@reginaindoorsoccer.ca)

## **REGINA WEST ZONE SOCCER ASSOCIATION INC.**

### **Volunteers needed!**

Please plan to attend the AGM and keep outdoor soccer going for all the children that love to play!

### **AGM – OCTOBER 17, 2018**

Meeting begins at 7:00pm at the North West Leisure Centre

Please refer to the website, [www.rwzsa.ca](http://www.rwzsa.ca) for any changes to the meeting time/location.



## **Regina Northwest Sports Association Inc.**

### **LEARN TO PLAY HOCKEY & POWER SKATING**

**ONLINE REGISTRATION in September at [www.rnwsa.ca](http://www.rnwsa.ca)**

For cost, class times and more information visit: [www.rnwsa.ca](http://www.rnwsa.ca) or email the West Zone Board: [wzb@sasktel.net](mailto:wzb@sasktel.net)

## **LAURA ROSS MLA FOR REGINA ROCHDALE INVITES YOU TO A WORKSHOP FOR GIRLS AND THEIR MENTORS**

**Ages 9-13  
STAND UP TO BULLYING**

**October 21, 2018**

**RCMP Heritage Centre | 5907 Dewdney Avenue  
2-4 PM workshop**

**Registration is free.  
Email to register & for more information:  
[selfesteemregina@sasktel.net](mailto:selfesteemregina@sasktel.net)**

**1150 Dorothy Street | Regina, SK S4X 4L1  
Ph 306-545-6333 | [laurarossmla@sasktel.net](mailto:laurarossmla@sasktel.net)**





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1127 Arnason Street North Regina, Saskatchewan S4X 3V4  
306-791-0226 [wzb@sasktel.net](mailto:wzb@sasktel.net) [www.westzoneboard.ca](http://www.westzoneboard.ca)

## **REGINA WEST ZONE TAEKWON-DO**

### **TRY IT OUT FOR FREE!**

Attend any class as a spectator or wear sweat pants and a t-shirt to participate as a beginner. Classes are held Mondays and Wednesdays at 6:00pm and Sundays at 1:00pm, register anytime.

### **Fall Registration – September 24 & 26**

**COST:** \$300 (Includes SFTI fee/Fundraising/Dobok/Manual)

**LOCATION:** Henry Janzen School - 222 Rink Avenue

For further information contact Regina West Zone Taekwondo at [wztaekwondo@gmail.com](mailto:wztaekwondo@gmail.com), 306-525-0005 or contact the West Zone Board office at [wzb@sasktel.net](mailto:wzb@sasktel.net), 306-791-0226.



[www.reginaindoorsoccer.ca](http://www.reginaindoorsoccer.ca)  
[info@reginaindoorsoccer.ca](mailto:info@reginaindoorsoccer.ca)

## **Regina West Zone Indoor Soccer**

**REGISTER ONLINE @ [www.reginaindoorsoccer.ca](http://www.reginaindoorsoccer.ca)**

**Register in Person:** Saturday, September 8, 2018 from 9:30am-12:30pm @ North West Leisure Centre

**Register by mail or at the West Zone Board** (located in the North West Leisure Centre)

Registration Inquiries: [registrar@reginaindoorsoccer.ca](mailto:registrar@reginaindoorsoccer.ca)

**Cash will only be accepted at the in-person registration on September 8, 2018.**

**All other off-line registrations must be made by cheque.**

**Online registration closes September 23, 2017**

**COST:** 4U - \$85.00, 6U – 10U \$95.00, 12U-19U - \$135.00

All players/families require a Community Membership Number or include a \$10 fee to purchase one.

**All teams must have volunteer coaches!**

Players must wear non-marking gym shoes and shin guards.

Contact us @ [info@reginaindoorsoccer.ca](mailto:info@reginaindoorsoccer.ca) or the West Zone Board @ [wzb@sasktel.net](mailto:wzb@sasktel.net)



**Erin Weir**  
Your Member of Parliament

(306) 790-4747

[ErinWeir.com](http://ErinWeir.com)



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[www.lauraross.ca](http://www.lauraross.ca)  
[laurarossmla@sasktel.net](mailto:laurarossmla@sasktel.net)

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Cut & Style .....	\$30.00
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Perm (cut & style) .....	\$60.00 & up
Highlights ( cut & style ).....	\$60.00 & up

**Phone: 924 - 1077**

**COME  
CELEBRATE!**

**ST. JOSAPHAT  
IS TURNING  
40!**

**Fall 2018**

St. Josaphat Elementary School will celebrate its 40<sup>th</sup> anniversary in the Fall of 2018. We are looking for community support to create a small committee to plan a special anniversary event. If you or someone you know is interested in joining the CSCC to help plan something special.

Please contact Christy Friel at the school at 306-791-7355.

**IT'S A COUPON!**

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



Valid until October 15th, 2018 at the Rochdale location.

One (1) coupon per order. Cannot be combined with any other offers.  
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TJsPizza.ca!**