

Winter 2020



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. **The PVCA is seeking a volunteer for its Website Administrator position.**

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 14, 2020

McLurg School - 125 Paynter Cres.

Program Registration: 7:00 - 8:00 PM

PVCA Executive Committee

Chairperson	Daren Drummond
Vice-Chair	Gwen Barschel
Secretary	Jaymie Baumgartner
Treasurer	Jeff Barschel
Facilities Coordinator	Valerie Sawcyn
Program Coordinators	Gaylene Drummond and Megan Wiwcharuk
Event Coordinators	Janine Chay and Valerie Sawcyn
Newsletter Editor	Jacquelynn Brown
Membership Coordinator	Gwen Barschel
Sign Coordinator	Riley Nadoroznick
Website Administrator	Jon Hayward
Community Consultant - West	Tawna Ranalli
Volunteers	Brandon Chay, Michael and Amelia Christopher, Marcus and Matteo Ranalli (Sign Changers)



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, 2020.

Program Registration Information

To participate in any 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.

-If you are unable to attend on the scheduled registration night, it is possible to have a friend or family member register for you. Otherwise, the day after we will offer any remaining spots for programs online via our website and Facebook, further details will be provided in those posts.

-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.

Drop-in Fees Per Session Attended: \$10 (Not available for all classes)

All program scheduling is subject to change, please see our Facebook page and website for updates as Registration Night approaches. Online registration will open on Wednesday, January 15th.

Adult Programs

Sessions are in the McLurg School Main Gym unless otherwise specified. Note that many programs now extend into May!

Abs, Arms, & Butt Toning Instructor: Lee

Sundays - Jan 19 to May 17 – Time 7:15-8:15pm - \$75

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 your own.

Cross Train City Fitness with Kyla

Mondays - Jan 20 to May 25 – Time 6:30-7:30pm - \$75

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!

Zumba With Kerry

Mondays – Jan 20 to May 11 – Time 7:30-8:30pm - \$70

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.

HIIT and Build Instructor: Lee

Wednesdays– Jan 22 to May 20 – Time 7:15-8:15pm - \$75

High Intensity Interval Training will combine high intensity exercise (designed so everyone can participate regardless of level) with body building principles. Maximize your workout and time in the gym!

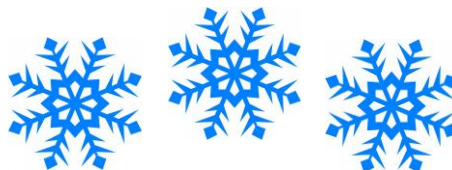
Forever...In Motion Instructor: Gwen

Wednesdays– Jan 22 to Apr 29 – Time 7:15-8:15pm - Free*

Location: McLurg School Mini-Gym

**Free, but a valid Regina Community Association Membership is required.*

Forever...In Motion is a physical activity program for older adults to improve endurance, strength, balance, and flexibility as well as to encourage a healthy lifestyle. All skill levels are welcome.



Children, Teen, and Family Programs

****NEW** 3-on-3 Basketball** Instructor: Riley
Sundays – Jan19 to Feb 9 – Time 2:00 - 3:00pm - \$20

For children 9 to 13. Basketball specific drills, followed by a 3-on-3 scrimmage each week. An extra hour of shooting hoops each week! Bring your own basketball if you have one.

Kids Flag Football Skills and Conditioning Instructor: Riley
Sundays – Jan19 to March 15 – Time 3:00 - 4:00pm - \$35

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

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald
Tuesdays – Jan 21 to May 26
Just for Kicks - Kids class (Age 5-7), Cost \$108 (18 classes) 6:30-7:00pm
Ages 8+ - 7:00-8:00pm
Advanced - 8:00-9:00pm
Cost for all 8+ or older registrants for 18 classes: \$216/person or \$390/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.

Gym Class for Kids with Riley
Wednesdays– Jan 22 to March 18 – Time 6:00 - 7:00pm - \$35

For children 5 to 10. 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!

Online Program Registration

Online registration will open on January 15, 2020 for all remaining spots in our PVCA programs. Head to <https://pvca.ca> for a link to the shop and a guide to using the store.

1) If you don't already have a Regina community association membership, please note that you will need to purchase one from the PVCA for us to complete your transaction, they are available in the online store.

2) If the participants are someone other than the purchaser, please use the order notes section shown in this post to provide us the name and contact info for all participants. This will ensure we can keep everyone in the loop regarding possible changes/cancellations that could arise.



Regina West Zone Recreation & CSD Board Inc.
1127 Arnason Street North Regina, Saskatchewan S4X 3V4
306-791-0226 wzb@sasktel.net www.westzoneboard.ca

West Zone Board - LEARN TO SKATE

Cost: \$85/8 Sessions + Valid Community Membership

REGISTRATION: JANUARY 6 at 9:00am – Register in-person at the West Zone Board office.

Registrations will be accepted until classes are full. Registration closes January 24.

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

Visit www.westzoneboard.ca and click PROGRAMS PAGE for class schedule

WEST ZONE BOARD - ANNUAL GENERAL MEETING: JAN 27 @ 7:30pm

Everyone Welcome – Be a part of making your community great!

UPCOMING WEST ZONE BOARD AFFILIATED GROUP IN-PERSON REGISTRATIONS:

REGINA WEST ZONE TAEKWON-DO wztaekwondo@gmail.com

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

COST: \$350 for First Time Registrations (Includes dobok, manual, fees, and ITF membership)

Ongoing Registration: Register in person at any class. Winter Registration January 8 & 13

Classes held on Mondays and Wednesdays at 6:00pm at Henry Janzen School.

REGINA NORTHWEST SPORTS ASSOCIATION www.rnwsa.ca – T-Ball/Softball

Cost: TBA

Register online February 2020, www.rnwsa.ca Check our website for more information.

In-person Registration:

Saturday March 14, 2020 2:30 – 3:30pm North West Leisure Centre

Saturday April 18, 2020 2:30 – 3:30 pm North West Leisure Centre

PAID UMPIRES REQUIRED for all divisions except T-Ball and A-Ball.

Sign up using the registration form.

REGINA WEST ZONE (Outdoor) SOCCER ASSOCIATION INC. www.rwzsa.ca

Cost: TBA

Online Registration Begins December 1, 2019 www.rwzsa.ca

In-Person Registration:

Saturday, February 29, 2020: 10:00am- 1:00pm North West Leisure Centre

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 31, 2020.

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Mortgage Professional

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One (1) coupon per order. Cannot be combined with any other offers.
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You can
order online @
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facebook.com/prairieviewca

Be sure to also join our PVCA Community Discussion Group!



**"On your mark, get set,"
To be challenged at the -**

Regina 55+ District Games: 2020 January to April
Bridge (Contract and Duplicate), Cribbage, Curling, Darts, 8-Ball, 5-Pin Bowling, Golf, Hockey (Men and Women), Kaiser, Lawn Bowling, Pickleball, Poetry and Short Story Writing, Scrabble, Shuffleboard (Bank and Floor), Snooker, Swimming, Table Tennis, Tennis, Whist

**Medalists: Provincial 55+ Games (Prince Albert) then
Canada 55+ Games (Kamloops)**

For more information: Call Doug at (306) 545-2148

www.ssfa.ca, www.facebook.com/ssfaregina

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Style	\$20.00
Cut (Children)	\$10.00-\$18.00
Cut (Adult)	\$22.00
Cut & Style	\$32.00
Color (Cut & Style incl.)	\$65.00 & up
Highlights (Cut & Style incl.)	\$65.00 & up
Perm (Cut & Style incl.)	\$65.00 & up

Phone: 924 - 1077





PROGRAM REGISTRATION FORM

*If completed from www.pvca.ca, please print and bring to Registration Night.

Name: _____

Contact Phone Number: _____

E-mail Address: _____

Program Name	Participant's Name (if different from above or for multiple registrations from the same household)		Fees
<ul style="list-style-type: none"> • A current Community Association Membership is required for all programs • Fees must be paid at the time of registration • Absence from a program does not reduce the cost; credits or refunds will not be provided. • Cheques are payable to PVCA 	Subtotal:		
		Membership Fee (if applicable):	
	Total:		

For PVCA use only:

Payment Type:

☐

Debit/Credit

☐

Cash

☐

Cheque