

FALL 2020

[Check us out on Facebook!](#)



www.pvca.ca

E-mail: pvca@sasktel.net

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 and Secretarty positions.

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 Fall Registration Week

**PVCA Program
Registration will
take place online
at pvca.ca/shop
from Sept 8 to 22,
all classes will
begin the
following week.**



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.

-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.

PVCA Executive Committee

Chair	Gwen Barschel
Secretary	Vacant
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 Office Phone (Daytime):306- 777-7363
Volunteers	Brandon Chay, Michael and Amelia Christopher, Marcus and Matteo Ranalli (Sign Changers)

PVCA Program Registration will take place online at pvca.ca/shop from Sept 8 to 22, all classes will begin the following week.

PVCA Fall 2020 Adult Programs

For individuals aged 16 years or older.

*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 is now open!

All Fall 2020 programs will be held virtually using Zoom or other web meeting software.

Upon successful registration, your instructor will contact you via email with the necessary details to join your classes at their scheduled times.

All program scheduling is subject to change, updates will be posted on this website and our FaceBook page!

Yoga Flow Instructor: Josee

Sundays – Sept 27 to Nov 15– Time 7:30-8:30pm – 10 Classes – \$45

VIRTUAL via Zoom

Join a yoga routine that emphasizes the successful transition from one yoga posture to another. Yoga Flow, as with other yoga classes, emphasizes breathing. A device capable of using Zoom will be required, along with your yoga mat, and a safe space.

PVCA Fall 2020 Adult Programs

For individuals aged 16 years or older.

Cross Train City Fitness with Kyla

Mondays – Sept 28 to Dec 7– Time 6:30-7:30pm – \$45

Virtual

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!

Abs, Arms, & Butt Toning

Instructor: Lee

Wednesdays – Sept 30 to Dec 9– Time 6:30-7:30pm – \$45

Virtual

Using various weights and your enthusiasm, we will strengthen and tone your abs, arms, and butt and some on-the-spot cardio.

Zumba with Josee

Thursdays – Oct 1 to Dec 3 – Time 7:30-8:30pm – \$50

Virtual via Zoom

From the comfort of your own home, join in for a full body workout using a device capable of logging into Zoom. All you need is your device, your runners, your water bottle, and a smile!

Children, Teen, and Family Programs

All Fall 2020 programs will be held virtually using Zoom or other web meeting software.

*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 is now open.

Regina Shintani Wado Kai Karate Instructor:

Ryan McDonald

Tuesdays – Sept 29 to Dec 15

Just for Kicks – Kids class (Age 5-7), Cost \$72,
Time 6:30-7:00pm

Juniors/ Family/Beginners (Ages 8+) 7:00-8:00pm

Adult/Advanced 8:00-9:00pm

\$144/person or \$260/family

(more than one person in any karate class)

Virtual

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.





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 OFFICE ADMINSTRATOR POSITION

Are you interested in community and looking for a part-time office position?
Recreation programming experience and knowledge of Microsoft SharePoint are assets. Please send your resume to wzb@sasktel.net.



Regina Northwest Sports Association Inc.

POWER SKATING

ONLINE REGISTRATION in September at www.rnwsa.ca

For cost, class times and more information visit: www.rnwsa.ca or email the West Zone Board: wzb@sasktel.net

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 – October 5 & 7

COST: \$350/3 month session (Includes SFTI fee/Fundraising/Dobok/Manual)

LOCATION: TBA

For further information contact Regina West Zone Taekwondo at wztaekwondo@gmail.com, 306-525-0005



REGINA WEST ZONE SOCCER ASSOCIATION INC.

AGM – OCTOBER 21, 2020

****Meeting begins at 6:30pm at the North West Leisure Centre****

Approximately 30 hours of volunteer time per year.

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

Refer to the website, www.rwzsa.ca for any changes to the meeting time/location.

Marj's Beauty Salon
91 McInnis Crescent



Style.....	\$20.00
Cut (Ladies)	\$22.00
Cut & Style	\$32.00
Color (cut & style)	\$65.00 & up
Perm (cut & style)	\$65.00 & up
Highlights (cut & style).....	\$65.00 & up

Phone: 924 - 1077

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