



Winter 2022



HELLO
Winter

**See Page 2 for Details on the upcoming
PVCA Winter FunFest!**

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 volunteers to fill several executive 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. 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 City Wide Program Winter Registration Night

Tuesday, January 11th, 2022

McLurg School - 125 Paynter Cres.

Registration: 7:00 - 8:00 PM

Online Program Registration will begin on Wednesday, January 12th



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 via our online store.

-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	Jon Hayward (Acting)
Vice-Chair	Gwen Barschel
Secretary	<i>Vacant</i>
Treasurer	Jeff Barschel
Facilities Coordinator	Valerie Sawchyn
Program Coordinator	<i>Vacant</i>
Event Coordinator	Valerie Sawchyn
Website Editor	Jon Hayward
Membership Coordinator	Gwen Barschel
Sign Coordinator	Riley Nadoroznick
Volunteers	-Janelle Smetaniuk -Ken Wakelam -Brandon Chay Michael and Amelia Christopher -Matteo Ranalli

Prairie View Community Association **REGINA**

PROUDLY FUNDED BY THE CITY OF REGINA
THE PRAIRIE VIEW COMMUNITY PRESENTS TO YOU

1ST ANNUAL
WINTER FUNFEST

HORSE DRAWN SLEIGH RIDES Westhill Park/Skating Rink
Sunday February 6th 2022
1:00 – 4:00pm

SKATING No Admission

HOT CHOCOLATE

COOKIES

SNOWSHOEING (Equipment provided)

Please show your support by purchasing a \$10 community association membership at www.pvca.ca

Prairie View Community Programs - Winter 2022

All programs are run through McLurg School

- *Proof of current fully vaccinated status for COVID-19 is required for all participants who are 12 years old or older.*
- *All program scheduling is subject to change (including and especially being impacted by public health orders). Refunds and credits will be considered on a case-by-case basis if needed.*

Adult Programs

HIIT All Levels with Lee

Mondays - 12 Weeks starting January 17th – Time 6:30-7:30pm

Cost \$50

Short bursts of activity designed for all fitness levels, many options provided for you. Muscle strengthening alternates between activity bursts to hit all your muscle groups. Bursts are geared to your personal level and bursts are loops so there is no “lasts.”

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Tuesdays - 18 weeks starting January 18th

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

Adult/Advanced (Orange Belt and Up) 8:00-9:00pm

Cost \$120/person or \$200/family

Come have fun, meet some new people, and make some new friends for life. Our organization has many levels of training and experience. Together we can build you up in a family-based atmosphere. No experience is necessary. For more information on this class contact Ryan MacDonald at ryguy_1@sasktel.net.

Body Sculpt and Face Toning with Lee

Wednesdays – 12 Weeks starting January 19th – Time 6:30 - 7:30pm

Cost \$50

A class to strengthen and shape your upper and lower body using weights and resistance exercises. We will be incorporating facial muscle toning and relaxation techniques.

Move 'N Groove with Kerri

Thursdays – 10 Weeks starting January 20th – Time 6:15-7:00pm

Cost \$40

It's time again to get grooving with Kerri! Join her for a fun and energetic 45 minutes of low impact dancing cardio fun that's set to a variety of music guaranteed to get you moving, smiling, and de-stressing the day away!

PVCA Children, Teen, and Family Programs

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Just for Kicks - Juniors (Ages 5-8) 6:30-7:00

Tuesdays - 16 weeks starting January 18th

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

Tuesdays - 18 weeks starting January 18th

Adult/Advanced (Orange Belt and Up) 8:00-9:00pm

Cost \$120/person or \$200/family

Come have fun, meet some new people, and make some new friends for life. Our organization has many levels of training and experience. Together we can build you up in a family-based atmosphere. No experience is necessary. For more information on this class contact Ryan MacDonald at ryguy_1@sasktel.net.

Flag Football Skills and Drills with Riley

Sundays – 10 weeks starting January 16th – Time 4:00-5:00pm

Cost \$40

Flag football specific games and drills to help prepare kids for the upcoming spring season. Skills worked on will include passing, snapping, catching, handoffs, rushing, and flag pulling in addition to speed and agility training.

Get Active Fun Nite

Thursdays – 12 weeks starting February 3rd - Time 7:00-8:30pm

Cost \$20

Come out and get active for an evening. Classes will rotate between soccer, basketball, and dodgeball. We will play different games and have fun meeting new people.



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 - ANNUAL GENERAL MEETING

Monday, January 31, 2022

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

The following Executive positions require election or re-election:

- Chair - 2 year term
- Treasurer - 2 year term
- Volunteer Coordinator - 2 year term
- Program Coordinator – 1 year term

Contact the West Zone Board at wzb@sasktel.net or 306-791-0226 for job descriptions of these positions.

If you would like to become more involved in the area of the City where you reside, and assist in making decisions to enhance the West Zone, please contact the West Zone Board office with your resume by later January 17th ; email to wzb@sasktel.net. A few hours of your time can make a big difference!



REGINA WEST ZONE TAEKWON-DO

Experience the Power of Confidence!

After 599 days, Taekwondo is returning to the schools beginning November 1st.

CLASS TIMES at Henry Janzen School, 222 Rink Avenue:

Sundays	Beginner Belts 1-2pm	Intermediate Belts 1-2pm	Senior Belts 1-2pm
Mondays	Beginner Belts 6-7pm	Intermediate Belts 7-8pm	Senior Belts 7-8pm

CLASS TIMES at Elsie Mironuck School, 18 Wakefield Crescent:

Wednesdays	Beginner Belts 6-7pm	Intermediate Belts 7-8pm	Senior Belts 7-8pm
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Proof of vaccination required for all patrons 12 and over.

Potential new students can attend any of the beginner belt classes, and try 3 classes for free!

For further information, please email wztaekwondo@gmail.com

Visit our Facebook page at <https://www.facebook.com/rwztkd>

LEARN TO SKATE – Winter 2022

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



REGISTRATION: January 3 – 18, 2022

COST: \$85/8 sessions + Community Association Membership Number or purchase one for \$10/family

REGISTRATION PROCEDURE: Registrations will be accepted until classes are full and will close January 18. Register and payment on-line at www.westzoneboard.ca. If you are unable to register online, registration forms can be printed from the website www.westzoneboard.ca or picked up from the West Zone Board office located in the North West Leisure Centre. Drop off completed forms with payment at the West Zone Board office. Cash or cheque payments only.

Cheque payable to West Zone Board.

AGES 3 - 5 Years:

Fri	Jan 21 – Mar 11	9:15 – 10:00 am	Doug Wickenheiser Arena
Sat	Jan 22 – Mar 12	10:15 – 11:00 am	Kinsmen Arena
Sun	Jan 23 – Mar 13	3:45 – 4:25 pm	Doug Wickenheiser Arena
Sun	Jan 23 – Mar 21	4:25 – 5:05 pm	Doug Wickenheiser Arena

AGES 6 - 12 Years:

Sat	Jan 22 – Mar 12	11:00 – 11:45 am	Kinsmen Arena
Sun	Jan 23 – Mar 13	5:05 – 5:45 pm	Doug Wickenheiser Arena



REGINA NORTHWEST SPORTS ASSOCIATION (RNWSA) T-BALL/SOFTBALL



IN-PERSON REGISTRATIONS WILL BE HELD (Registration Fee TBA):

Saturday, April 9, 2022. 2:30-3:30pm, North West Leisure Centre

REGISTER ONLINE: www.rnwsa.ca - February 1st, 2022

RNSWA is an affiliate of the West Zone Board, it operates a no-cut, equal participation ball league that runs in May and June in the West Zone for children ages 3 to 14. All registrants must have a Community Association Membership. Family memberships are \$10 per year through the West Zone Board.

Watch the website for more information www.rnwsa.ca or contact the West Zone Board office at wzb@sasktel.net or 306-791-0226.

***PAID UMPIRES REQUIRED* for all divisions except T-Ball and A Ball.
Sign up using the registration form.**



REGINA WEST ZONE SOCCER ASSOCIATION INC. RECREATIONAL OUTDOOR SOCCER - No Cut League

www.rwzsa.ca

REGINA WEST ZONE SOCCER ASSOCIATION promote skill development, good sportsmanship, and fun in an equal opportunity recreational soccer league for children ages 3-18 year old. Games are played from May-June ending with a tournament in June. Older age groups play with other zones throughout the city.

ONLINE REGISTRATION: Check www.rwzsa.ca for more information. Early bird (reduced fee) registration period runs from January 1, 2022 to March 15, 2022.

All participants must have or purchase a Community Association Membership (annual memberships are \$10 and can be purchased through the online registration).

IN-PERSON REGISTRATION:

Saturday, February 26, 2022
10:00am - 1:00pm @ North West Leisure Centre

Please ensure that you get your registration in on time. This helps the committee to organize the league quickly.
REGISTRATION DEADLINE - March 31, 2022.

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 are due March 31, 2022.