



### In this Issue:

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The Prairie View Community Association (PVCA) offers programs for the local community and the City as a whole. The Association provides programs that make our local community safe, fun, and enriching for all. We run programs for all ages and interests. The PVCA offers affordable programs in our community. This year we are particularly proud to offer even more classes for children, families and adults.

Please join us on Registration Night to sign up for your favourite activity and meet new people in the community.

## **PVCA Fall Program Registration**

Tuesday, September 13, 2022

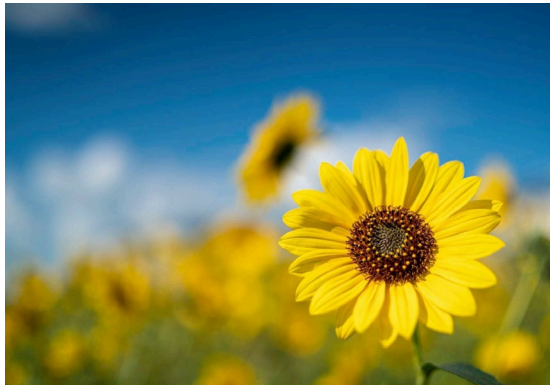
McLurg School - 125 Paynter Cres.

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 fee is \$10 per family per year. Memberships are valid until September 1 each year and may be purchased through our online store at [pvca.ca/shop](http://pvca.ca/shop). Memberships can be purchased separately or alongside program registrations. Alternate means of purchasing memberships can be arranged by [contacting us](#). Community association memberships are non-refundable.
- A minimum number of registrants is required for each class to run or it will be cancelled.
- Refunds or partial credits will not be issued for participants unable to attend some or all classes. If circumstances demand that a class be partially or completely cancelled, that situation will be assessed if and when it arises.
- All PVCA Fall 2022 Programs take place at the McLurg and St. Joan of Arc School Gyms.



## Fall Program Highlights

- **Parent/Youth Dodgeball** – A dodgeball program to keep families active, parents are welcome and encouraged to participate with their children (parents free with child registration).
- **Regina Shintani Wado Kai Karate** – Organization offers many levels of training and experience. Together we can build you up in a family-based atmosphere. All questions can be directed to Ryan MacDonald [ryguy\\_1@sasktel.net](mailto:ryguy_1@sasktel.net).
- **Basketball Open Gym** – Bring your ball, or use one of ours, and practice your game on Sunday afternoons.
- **Fit Kids Camp with Riley** – A mix of calisthenics and cardio to help kids improve their strength, mobility, and conditioning in a fun, encouraging environment.
- **Cardio & Tone with Lee** – Combining cardio and weights and bodyweight. Alternate exercises given for those with limitations.
- **Facial Stretch and Tone with Lee** – A relaxing way to tone the muscles of the face while melting stress.
- **Drop-in Pickleball** – Join us for drop-in pickleball. One court dedicated to learn-to-play from 6-7 pm. Bring your own equipment or use some of ours.
- **Hatha Yoga with Lesley** – Suitable for beginners or people who want gentler approach and guidance. Bring your own mat.
- **Low-impact Latin Dance Cardio Class** – Join Kerri for a fusion of Latin and fun modern beats of low impact cardio exercise to burn a few calories while having some fun.

# PVCA Fall 2022 Program Details

Activity	Ages	Day	Dates	Times	Location	Cost
<b>Family &amp; Community</b>						
Parent/Youth Dodgeball	8-12 yrs.	Thu	Oct 6 - Dec 8	6:30 - 8 p.m.	McLurg School	\$20
Regina Shintani Wado Kai Karate - Beginner/Intermediate - Orange Belt and up	8+ yrs.	Tues	Sept 19 – Dec 13	7-8 pm 8-9 pm	McLurg School	\$90 or \$150 family
<b>Children &amp; Teen</b>						
Basketball Open Gym	9+ yrs 13+ yrs.	Sun	Oct 23 – Dec 11	4-5 pm	McLurg School	\$40
Fit Kids Camp with Riley	8-14 yrs.	Sun	Oct 30 - Nov 27	3:30 - 4 pm	McLurg School	\$40
Regina Shintani Wado Kai Karate	5-8 yrs.	Tues	Sept 19 – Dec 13	6:30 – 7 pm	McLurg School	\$65
<b>Adult</b>						
Cardio & Tone with Lee	16+ yrs.	Wed	Sept 14 – Dec 7	6 – 7 pm	McLurg School	\$50
Facial Stretch and Tone with Lee	16+ yrs.	Wed	Sept 14 – Dec 7	7 – 7:30 pm	McLurg School	\$25
Drop-in Pickleball	16+ yrs.	Mon	Sept 19 – Dec 12	6 – 8 pm	McLurg School	\$5 fee/ session
Hatha Yoga with Lesley	16+ yrs.	Sun	Sept 18 – Dec 11	2:30 - 3:30 pm	St. Joan of Arc School	\$50
Low-impact Latin Dance Cardio Class	16+ yrs.	Mon	Sept 26 – Nov 28	6:15 – 7 pm	St. Joan of Arc School	\$50

## Give us your Feedback!

We'd love to hear from you! Please share your feedback on our current programming, suggestions for any programs you would like to see, or if you are interested in instructing any new programming. You can contact us via email or by visiting our Prairieview Community Association page on Facebook.

All photos for the newsletter courtesy of local community photographer [Don Beahm](#). Check out his work on Facebook or Instagram! Thanks Don!



Don

“TURNED HIM FROM  
**BOOKISH**  
**TO A BEAST**  
...AND  
**STARTING**  
**QUARTERBACK.**”

AFTER-SCHOOL WORKOUTS,  
JUST DOWN THE STREET.



StrengthCamp.ca



Proud sponsor of the Murphy Park Fitness Trail.

CONVICTIONFITNESS.CA

## Volunteering?

Are you interested in helping out with the PVCA community events/activities or volunteering on the board to help plan? 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 always looking for new volunteers. These programs, events and community improvements are possible through the efforts of our volunteers, people like yourself, who generously give their time to support the community. We are always looking for volunteers and the time commitment can be as little as one hour a month.

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!





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

## WEST ZONE BOARD COMMUNITY PROGRAMS

### LEARN TO SKATE - FALL 2022

Whether your child needs a primer to get started on the ice or you're new to our Canadian winters and want to get out and enjoy your local ice rink, our program is a great place to start! Cost \$90 + \$10 Community Association membership. Online registration commences Tuesday, October 4, 2022. Offerings include:

- Saturdays: Oct 22 - Dec 10, Ages 3 - 5, 9:30 - 10:30 am and Ages 6 - 12, 10:30 - 11:30 at the Kinsmen
- Sundays: Oct 23 - Dec 11, Ages 3 - 5, 3:45 - 4:25 at the Doug Wickenheiser Arena

### NEW!!! LITTLE STARS ACADEMY ~ HOCKEY CAMP

For the beginner, learn and hone those hockey playing skills for children ages 4 - 7. Cost \$125 + \$10 Community Association membership. Online registration commences Tuesday, October 4, 2022. Program runs Sundays: Oct 23 - Dec 11 from 4:30 - 5:45 at the Doug Wickenheiser Arena.

### NEW!!! FOAM WORKING ~ MAKE A COSTUME

FOR CHILDREN AGES 10 - 16 (YOUNGER WITH A PARENT). Learn the basics of Foam Working. Make a helmet, a weapon, and arm/hand/shoulder. COST: \$125 + \$10 Community Association Membership. Online Registration starts Wednesday, August 31, 2022. Program runs Fridays, Sept 16 - Oct 28 at the Northwest Leisure Centre.

### WEST ZONE TAEKWON-DO

West Zone Taekwon-Do is a non-profit organization that teaches the art of Taekwon-Do. Classes are taught by experienced instructors including Master Norman, eighth degree. For more information, please visit them on at [www.facebook.com/rwztkd/about/](https://www.facebook.com/rwztkd/about/)

### WEST ZONE INDOOR SOCCER

West Zone Indoor Soccer provides a recreational soccer experience during the winter months for kids of all ages. For more information on registration, costs, and program availability visit [www.reginaindoorsoccer.ca](http://www.reginaindoorsoccer.ca)

### NORTH WEST SPORT - POWER SKATING

The Power Skating is run by the North West Sports Association with a program designed to improve and master skating techniques for both hockey and ringette players. For more information, please visit their website at [www.rnwsa.ca/programs/power-skating](http://www.rnwsa.ca/programs/power-skating)

### WEST ZONE COMMUNITY AND TECHNOLOGY LITERACY HUB

Come learn what it means to be a digital citizen and increase your technology literacy and science to navigate the online world safely. For more information [www.westzoneboard.ca/our-techlit-program](http://www.westzoneboard.ca/our-techlit-program)

### Proposal Queens

We are helping you reduce the stress and overwhelm that can come with planning a proposal. We already have the set up!! And it can be set up nearly in any location! Imagine! Going for a walk with your soulmate and boom! There's your proposal set up ready to go!!! No stress. You just get to be focused and, in the moment. Speak from the heart, savoring the experience. Being fully present.

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For all the details please visit: <https://www.amydawns.com/about-1>

Or email: [transforminnerhealing@gmail.com](mailto:transforminnerhealing@gmail.com)



## Coming This Winter



Coming soon to our community-

# PVCA Snow Angels

PVCA Snow Angels is a city-supported, community initiative utilizing the power of volunteerism to help keep our sidewalks clear throughout the winter.

\*In order to run a successful initiative, the PVCA is seeking the help of an additional volunteer to run our Snow Angels program for the 2022/2023 season.

\*\*We will also be looking for non-profit groups, sports teams, etc. looking to raise money for their organization. In exchange for volunteering their time shovelling snow groups will receive a small honorarium to use towards their fundraising goals.

If you or someone you know is interested in this program, please reach out to us at [pvca@sasktel.net](mailto:pvca@sasktel.net).

## 2023 Pvca Winter FunFest

WINTER FUN FOR THE WHOLE FAMILY



HORSE & WAGON RIDES

SKATING

CHILDRENS ACTIVITIES

HOT CHOCOLATE & COOKIES

SNOWSHOEING

EVERYONE WELCOME!



Date:TBD  
For updated information -  
Follow Prairie View Community Association on Facebook  
and/or visit our website at - PVCA.CA



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Sunday - Closed

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