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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 or through our online store at pvca.ca/shop to register or purchase a membership. Or email us at pvca@sasktel.net.

PVCA Winter Program Registration

Tuesday, January 10, 2022

McLurg School - 125 Paynter Cres.

Registration: 7:00 - 8:00 PM

Winter 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.
- **HIIT 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 face muscles 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.
- **Active Yoga from Beginners to Beyond with Lesley** – Suitable for beginners or people who want gentler approach and guidance. Bring your own mat.
- **Low-impact Latin-Inspired 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 Snow Angels

Winter has arrived!

Prairie View Snow Angels is a volunteer-driven residential snow removal initiative for our community.

Snow Angels can clear walkways and city sidewalks - making it safer for everyone to navigate these winter months!

We are looking for volunteers to assist our community members with their snow removal needs after each snow event.
Volunteers will receive an honorarium, and we welcome both individuals or groups as volunteers.

Do you know someone within the Prairie View boundaries that requires assistance with their snow removal this winter?
Perhaps an elderly neighbour or someone who has physical limitations?

Send us a email for further information on how we can help, or to become a Snow Angel volunteer.
pvsnowangels@gmail.com

Thank-you to City of Regina for making this initiative possible!

Winter 2022 Program Details

Activity	Ages	Day	Dates	Times	Location	Cost
Family & Community						
Parent/Youth Dodgeball	8-12 yrs.	Thu	Jan 19 – May 25	6:30 - 8 p.m.	McLurg School	\$20
Regina Shintani Wado Kai Karate	8-14+ yrs 13+ yrs	Tues	Jan 17 – May 30	7-8 pm 8-9 pm	McLurg School	\$120 or \$170 family
Children & Youth						
Flag Football Skills and Drills	8 – 14 yrs	Sun	Feb 5 – April 2	3 – 4 pm	McLurg School	\$40
Regina Shintani Wado Kai Karate	5-8 yrs.	Tues	Jan 17 – May 30	6:30 – 7 pm	McLurg School	\$85
Adult						
HIIT with Lee	16+ yrs.	Wed	Jan 18 – April 26	6 – 7 pm	McLurg School	\$65
Facial Stretch and Tone	16+ yrs.	Wed	Jan 18 – April 26	7 – 7:30 pm	McLurg School	\$35
Drop-in Pickleball	16+ yrs.	Mon	Jan 16 – May 29	6 – 8 pm	McLurg School	\$5 fee/session
Active Yoga for Beginners to Beyond	16+ yrs.	Sat	Jan 21 – April 15	10:30 – 11:30am	McLurg School	\$86
Low-impact Latin-Inspired Dance Cardio Class	16+ yrs.	Mon	Jan 23 – May 8	6:15 – 7 pm	McLurg School	\$50



The PVCA proudly offers a \$750 scholarship that is available to Grade 12 students attending high school in Regina, or young people up to age 21 continuing their education who lives in the Prairie View area. To apply, please see full details at www.pvca.ca and submit applications to pvca@sasktel.net by May 15, 2023.



Date: FEBRUARY 5th, 2023 1-4pm
Westhill Outdoor Rink & Venture Park

Please consider purchasing our annual community membership to help support future initiatives (PVCA.ca)

Funding Provide By:

