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## SAVE THE DATE

PVCA Winter Program Registration  
Tuesday, January 13, 2026  
McLurg School - 125 Paynter Cres.  
Registration: 7:00 - 8:00pm

# PRAIRIE VIEW COMMUNITY ASSOCIATION

The Prairie View Community Association offers programs for the local community and the city as a whole. The programs aim to make our community safe, to be fun and enriching for all ages and interests. If you have suggestions or feedback for current or future programs, or are interested in instructing, you can reach us via email or the Prairie View Community Association Facebook page.

Our membership fee is \$10 and is valid until August 31st of each year. Memberships can be purchased at registration nights or through our website.

Community programs and events are possible thanks to the continued efforts of our volunteers and those who participate in our programs. If you are interested in volunteering your time and having some fun, let us know!

We offer advertising for businesses and organizations through our newsletters and have three billboards available to advertise community events. For more information, you can reach us via email, visit [pvca.ca](http://pvca.ca), or find us on Facebook.

## WINTER PROGRAMS

A valid membership from your local community association is required. The cost is \$10 per family per year and can be purchased at [pvca.ca/shop](http://pvca.ca/shop), either on its own or with program registration. If needed, alternate purchase options are available by contacting us. Please note: memberships are non-refundable.

### **Regina Shintani Wado Kai Karate**

Come have some 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. All questions can be directed to Ryan MacDonald at [ryguy\\_1@sasktel.net](mailto:ryguy_1@sasktel.net)

### **Friday Night Hoops**

Practice your skills, learn fundamentals, and connect with others that love basketball! Each session will include warm-up, skills & drills, and game time, with a focus on fun.

### **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).

### **Drop-in Pickleball**

Join us! One court dedicated to learn-to-play from 6:30-7:30 as needed. Bring your own equipment or use some of ours.

### **Stretch & Strength with Lee**

A class focusing on strengthening and stretching muscle groups. Areas to be concentrated on are P.A.U.L. – Pelvic floor, Abdominal, Upper Body, Legs. Gentle movements are incorporated. No cardio component. Suitable for all genders.

### **Chair Yoga with Lee**

This class is led by a certified instructor and designed to give a relaxing stretch from a seated position. Chair Yoga can improve flexibility, increase circulation, and provide relaxation at the end of the day.

### **Low-Impact Lati-Inspired Dance Cardio Class with Kerri**

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!

### **Beginner Yoga with Fran**

Open to all levels, all bodies, all capabilities. Gentle but active class. Bring your own mat and comfortable clothes.

All of the following programs will be at the McLurg School located at 125 Paynter Crescent.

# WINTER PROGRAMS

Class	Ages	Dates	Times	Cost
Regina Shintani Wado Kai Karate Just for Kicks - Juniors	5-8 yrs	Tuesdays Jan. 20 - May 26	6:30 pm - 7:30pm	\$110 OR \$200/family
Regina Shintani Wado Kai Karate Beginner/Intermediate	All Ages	Tuesdays Jan. 20 - May 26	7:00pm - 8:00pm	\$200 OR \$400/family
Regina Shintani Wado Kai Karate Advanced (Orange Belt & up)	All Ages	Tuesdays Jan. 20 - May 26	8:00pm - 9:00pm	\$200 OR \$400/family
Friday Night Hoops	8-13yrs	Fridays Jan. 23 - April 24	6:30 pm - 7:30 pm	\$20/Season OR \$5 Drop in
Parent/Youth Dodgeball	8-12 yrs	Thursdays Jan. 22 - April 30	7:15 pm - 8:30 pm	\$20/ Family
Drop-in Pickleball	16+	Monday Jan. 19 - May 11	6:30 pm - 8:30 pm	\$5/Session
Stretch & Strength with Lee	16+	Wednesdays Jan. 21 - April 15	6:00 pm - 7:00 pm	\$65
Chair Yoga with Lee	18+	Wednesdays Jan. 21 - April 15	7:15 pm - 8:00 pm	\$50
Low-Impact Latin-Inspired Dance Cardio Class with Kerri	16+	Thursdays Feb. 5 - April 30	6:15 pm - 7:00 pm	\$55
Beginner Yoga with Fran	16+	Sundays Jan. 18 - April 26	4:00 pm - 5:00 pm	\$50



For information on West Zone Board Community  
Programs for Winter 2026 please visit their website at  
[www.westzoneboard.ca](http://www.westzoneboard.ca)



# Prairie View Snow Angels

THE PV SNOW ANGEL PROGRAM IS A CITY-SUPPORTED, COMMUNITY-DRIVEN INITIATIVE THAT BRINGS NEIGHBORS TOGETHER TO HELP ONE ANOTHER DURING THE WINTER MONTHS. BY MATCHING VOLUNTEERS WITH RESIDENTS WHO FACE CHALLENGES CLEARING SNOW—DUE TO AGE, HEALTH, OR OTHER BARRIERS—WE ENSURE THAT EVERYONE CAN STAY SAFE AND CONNECTED, EVEN IN THE HARSHEST WEATHER.

IF YOU OR SOMEONE YOU KNOW COULD UTILIZE THIS PROGRAM  
OR YOU WOULD LIKE TO VOLUNTEER WITH US  
PLEASE CONTACT  
[pvsnowangels@gmail.com](mailto:pvsnowangels@gmail.com)

Visit our website for more info at [PVCA.ca](http://PVCA.ca)

*Thank-you to the City of Regina for making this program possible!*



## Positions Now Open!

DO YOU WANT TO GET MORE ACTIVE IN YOUR  
COMMUNITY?

### Current Vacancies:

- **Website Editor**
- **Event Coordinator**
- **Treasurer**

**JOIN OUR  
TEAM**

Board of  
Directors

# COMMUNITY FIREPIT

## *Westhill Rink - next to golf course*

Extend your stay and play this winter!

Community Fire Pits help residents enjoy, stay and play outdoors for longer by offering a warm-up station and an additional light source in the winter months. Fire pits are available from noon to 11 p.m. daily. Residents wishing to use the firepits are asked to bring their own seasoned firewood.



### Fire Pit Safety Tips

- Always check if there is a fire ban before starting a fire
- One adult (19+) must be present and in charge of the fire
- Use kindling or newspaper to start the fire safely
  - Do not ignite fire with lighter fluid, gasoline or alcohol
- Use your own clean seasoned firewood or manufactured firelogs
- Do not use trees or park materials in the fire pit
- Keep small children and pets 3 feet away from the fire
- Have a water source to quickly put out the fire, if needed
  - Have a first aid kit on hand
- Put out the fire before you leave
- Put litter in designated receptacles or take it home
- Fire Department prohibits the use of portable wood-burning fire pits and fireplaces in all City-owned or regulated spaces, including parks, open areas, outdoor rinks, and school properties.\*

\*Note: Section 16(3)(a) of the Regina Fire Bylaw currently permits the use of grills and barbecues without an Open-Air Fire Permit, which allows the use of propane-fueled appliances.



### Scholarship Opportunity

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 live in the Prairie View area. To apply, please see full details at [www.pvca.ca](http://www.pvca.ca) and submit applications to [contactus@pvca.ca](mailto:contactus@pvca.ca) by May 15, 2026.

## FROM THE CHAIR

Christmas is over and a new year is here! Get into gear and join one of our local activities right here in Prairie View. Registration is Tuesday, January 13, 2026 at 7:00 PM at McLurg Elementary School.



Thank you to everyone who attended the NW Leisure Centre town hall! Members of your Prairie View Community Association board hosted this meeting on Thursday, December 11 at NW Leisure Centre. Before the budget vote took place, residents from Ward 9 brought their concerns to our city councilor, Jason Mancinelli. Though our numbers were about half that of other town halls around the city, the questions put forward were not any less challenging!

Your Prairie View Community Association board meets about once per month. Join us sometime and see how we're making a difference in our neighborhood. Board positions are open. Reach us at [contactus@pvca.ca](mailto:contactus@pvca.ca) for time and place.

If you're under 14 and you have read this far, congratulations on showing interest in your community! If you find the truck somewhere in this newsletter, have your parents send us an email. The first student from both St Josephat and McLurg to tell us where it is will each receive a stylish Prairie View hat! Send your name, age and school.

Anthony Eberle  
Chair  
Prairie View Community Association



**ADVERTISE WITH US!**

**Winter edition prices:**

- 1/4 Page \$20**
- 1/2 Page \$35**
- Full Page \$70**
- ~700 Circulation**

**Fall edition prices:**

- 1/4 Page \$50**
- 1/2 Page \$100**
- Full Page \$200**
- ~3000 Circulation**

**[contactus@pvca.ca](mailto:contactus@pvca.ca)**