



September, 2017

Arcola East Community Centre (AECC), 3860 Buckingham Drive East, Regina, Sk, S4V 3A1 - Phone 525-3401
For information on AECA programs, preschool, recreation and contacts, visit the AECA website at:
<http://www.aecaregina.com>

AECA EXECUTIVE - 2014

President - Terry Ginter
306-737-0330

Vice-President - Yashu Bither
306-584-9352

Past President - Patti Kuffner
306-789-6770

Treasurer - Tina Allen

Secretary - Crystal Wishlow

Volunteer Coordinator -

Rachelle Van De Kamp
306-550-2618

Rec. Programmers -

306-525-3401 - Box 2

Adult - Gwen Garner

Children Programs-Tania Cave

Fitness Co-ordinator

Mandy Stephanson

Preschool Director -

Lynne Bayne - 306-789-6556

Newsletter - Guy Chartier -
306-332-5273

Newsletter Advertising -

Gerald Bayne 306-789-6556

Communications Director

Corinne Seiferling - 306-537-9226
communications@aecaregina.com

Community Signs - Colin Tasker
signs@aecaregina.com

AECC Representative

Chuck Sylvestre - 306-761-5471

Membership - Crystal Mitchell -
306-525-3401 - Box 3

Member at Large

Cheryl Lloyd - 306-789-5304

Play Space/Spray Pad

Agnes Marasigan

50 + /Bridge - Joe 306-586-3985

Coordinators:

Soccer - Hot-Line, 306-525-6407 or
visit: www.rezysa.com

Outdoor Rinks

Jason Rapchalk - 306-565-6155

Track - Lynne Bayne 306-525-3401-
Box 1

AECA 2017 Newsletters

Future Issues

Oct 4th

Nov. 1st

Deadlines

Sept. 17th

Oct. 15th

Newsletter Advertising costs:

(Note: slight increase to Colour rates)

(Colour limited) B/W	Colour
Bus. Card \$60	\$80
Quarter Page \$120	\$160
Half Page \$240	\$320
Full Page \$480	\$640

For more information on advertising,
please contact Gerald Bayne at
gbyrne@accesscomm.ca, or call
306-789-6556.

*The AECA Executive would like
to say Thank You to Yashica
Bither for her service as the sign
person over the last few years.
Yashica is starting university and
we wish her all the best.*

AECA COMMUNITY MEMBERSHIP?

Need a membership? Please fill in this form and mail with a self-addressed
stamped envelope along with the \$5.00 fee to the **A.E.C.A. MEMBERSHIP**
Arcola East Community Centre, 3860 Buckingham Dr., Regina, SK, S4V 3A1

Name _____

Address _____

Postal Code _____ Tel# _____

E-mail Address _____

Make cheques payable to A.E.C.A.

(Alternatively, visit the Arcola East Community Centre during office hours)

Seasonal Influenza: It Is Serious!

Don't forget: The Regina Qu'Appelle Health Region's (RQHR) Seasonal
Influenza Campaign is estimated to start the fourth week of October
2017. It is very important to be immunized to protect yourself and your
loved ones!

For general information regarding influenza disease and clinic schedules
visit the RQHR website at www.rqhealth.ca/flu.

For information about flu symptoms and how to manage them, please call
Healthline at 811.

AECA Community Signs

The Arcola East Community
Association has two signs throughout
East Regina. Our community signs are
located on the corner of University
Park Drive and Arcola Avenue and on
the corner of Arens Road and University
Park Drive.

If you are interested in using these
signs for a community related event,
complete the following steps:

* Email your request to
signs@aecaregina.com and include
in the email the dates you wish to place
your advertisement on the community
signs.

* Please include your name, address
and phone number in the email and
allow 2-3 business days for
acknowledgement of the email.

* Please refer to the AECA website
(<http://www.aecaregina.com>) for
additional information relating to the
community signs.

AECC TRACK PASS REGISTRATION

You are required to choose at least 4 consecutive months throughout the year – specify start and stop dates. Please be aware you cannot cancel, change or modify your dates once your form has been submitted (NO REFUNDS WILL BE ISSUED) so please plan accordingly! You may extend your membership prior to your expiry date for \$15 a month.

The Track Pass form will be accepted for new and renewal Track Pass registration. Mail forms to the address below or visit the AECC office Monday - Thursday between 6:00 & 8:30 PM. Please call the Track voice mail at 525-3401 extension 1 for access times.

NOTE: A refundable \$10 deposit per access card (TrackPass) is required for new Track Passes. This is a one-time fee that will be refunded upon return of the access card. Access cards may be kept from year to year. Replacement access cards require a \$10 deposit. Please report lost or stolen access cards to the Track voice mail at 525-3401 extension 1.

An AECA membership (one per household) will be required to purchase/renew a Track Pass membership. AECA memberships can be purchased with this form. AECA memberships expire August 31, 2018.

Please issue cheques payable to the Arcola East Community Association (AECA). Post dated cheques will be accepted for start date of TrackPass. AECA memberships and TrackPass confirmation notices will be mailed.

Note: One Track Pass Required Per Person

☐ New Track Pass (\$10 deposit required) ☐ Renewal Track Pass
Full Name: _____
Address: _____ Postal Code: _____
Phone Number _____ Track Pass Card# _____

Track Pass Membership: (Please check one)

☐ Option 1: Yearly Walking Pass \$90 \$ _____

☐ Option 2: (\$15/month min. 4 consecutive months)
Start date _____ Stop date _____
of months _____ X \$15 \$ _____
2017-2018 AECA Membership (add \$5) \$ _____
Access Card Refundable Deposit (add \$10) \$ _____

Total \$ _____

Receipt # _____ AECA Membership # _____

Mail Track Passes to:

Arcola East Community Centre (AECC)
3860 Buckingham Drive East, REGINA, SK. S4V 3A1
Please allow 10 working days for pass activation

École Wascana Plains School - Playground Fundraising

The École Wascana Plains School Playground Fundraising Committee is pleased to share the Cash On-Line Donation Page, with all proceeds going to two play structures to be installed on our playground.

Just sign in or create a new account and give as much as you like. Any donations over \$25 will be issued a tax receipt. Our goal is to raise \$100,000 to cover the material costs and installation. Every donation helps to create a true school community.

Follow the link:

<https://rbe.schoolcashonline.com/Fee/Details/13077/52/False/True>

For further information, contact
Michele.Ellingsen@sasktel.net

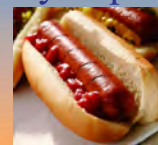
Support Your Library

Regina Public Library is a community gathering place where the joy of reading, discovery and lifelong learning is respected and encouraged. Help us strengthen our community by making a charitable donation or volunteering your time.

Your monetary donation will help us provide resources, programs and comfortable public spaces, where people of all ages can gather to learn and grow together.

Our volunteer programs provide opportunities for learners of all ages to develop and improve on vital language and literacy skills, making volunteering at the library a truly life-changing experience.

Community Appreciation Family Fun Day Sep 17



雷城华人宣道会

3010 Arens Rd E. Regina, SK

Time: 9:30 till 3:00 pm Cost: Free Breakfast & Lunch

will run as scheduled. Inquiries for fitness classes may be made to 525-3401, Mailbox 2 or via Email at fitness@aecaregina.com

** Please note that the Sunday class of Total Body Sculpt runs for 12 weeks in the Fall of 2017

** Drop-ins are accepted for most classes but are up to the discretion of the Instructor based on class sizes. Prices are: \$5 for ½ hr class, \$7 for 1 hr & 1 ¼ hr class & \$10 for Yoga, Pilates, or BootyBarre

CLASS DESCRIPTIONS

Awesome Abs (Saturdays at 9:00am)

Say good bye to love handles and strengthen your core in this fast paced 30 minute class. This class will incorporate some high Intensity interval training (HIIT) to warm up your body followed by full body movements and core strengthening exercises. This class is suitable for all levels. Class limit of 16 participants.

Insanity Live! (Mondays at 7:00pm - Thursdays at 7:00)

This isn't your ordinary cardio conditioning class. This thrilling workout provides support and group motivation to challenge you to work toward your highest potential and unleash your inner athlete, no matter where you are starting from. Join us and start challenging the inner strength in you. Class limit of 15 participants.

Power Walk Run & Strength (Saturdays at 9:30am)

Start your weekend with a BANG ! This high energy class alternates running / walking with strength training that will provide a full body workout incorporating all major muscle groups. Improve your balance, shape, and strength using weights, stability balls, bosu balls, and bands.

This class is suitable for all levels. Class limit of 16 participants.

Total Body Sculpt (Tuesdays at 7:00pm - Sundays at 10:00 am)

This exciting class combines strength training tools such as free weights, bands, tubings and manual resistance to target all major muscle groups to build optimum strength. A great overall body workout with lots of variety and compound exercises working more than one muscle group with creative upper and lower body programs. Whether you are a beginner or advanced, this class offers strength training for everyone! Class limit of 16 participants.

Yoga – Continuing (Tuesdays at 9:30am)

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation. Class limit of 15 participants.

Yoga – Flow into Connection (Mondays at 7:15pm)

Plan to sweat, smile, and emerge renewed in this class. We will work on body awareness, linking breath with movement, to become your ultimate expression. Unleash your inner yogi and return to your true nature – Joy! Come to connect. Come to breath. Come to fly. All levels and ages welcome! Class limit of 15 participants.

Yoga – Gentle/Beginner

(Wednesdays at 6:15pm - Thursdays at 10:30am)

Cultivate self awareness through yoga practice. Using the body as a workshop, explore body, mind and breath at your own level. Students practice being present to all sensations of change in the body and end the class with relaxation. Class limit of 15 participants.

Yoga – Power Vinyasa/Flow

(Wednesdays at 7:30pm)

Power Vinyasa Flow - Vinyasa Flow is connecting breath with movement. Sharma's teaching philosophy is focused on providing the tools for students to compassionately connect with the needs of their body. Practicing from a place of honour and well-being she weaves her love of mindful meditation throughout her classes. This class is best suited for those with some yoga experience or those who want to compliment a regular workout regime. Class limit of 15 participants.

Yoga – Vinyasa/Flow Multi-Level (Thursdays at 7:00pm)

This class based in flowing movements will connect you with your breath as you build strength and endurance, develop your core awareness and improve your balance and posture. Come prepared to sweat, laugh and challenge yourself with playful asanas and breath work that will leave you feeling balanced and at ease. Class limit of 15 participants.

Yoga – Vinyasa/Flow Multi-Level (Wednesdays at 9:30am)

Vinyasa Flow is connecting breath with movement. Sharma's teaching philosophy is focused on providing the tools for students to compassionately connect with the needs of their body. Practicing from a place of honour and well-being she weaves her love of mindful meditation throughout her classes. This class is good for all levels. Class limit of 15 participants.

Zumba - Mondays at 7:00pm - Thursdays 7:00 pm

Perfect for Everyone! Each Zumba® class is designed to bring people together to sweat it on. Take the “work” out of workout, by

mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise! Super effective? Check. Super fun? Check and check! A total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class! Perfect for ages 14-85 years old! Please remember to bring a water bottle and a small towel. Class limit of 30 participants.

For more information on the following classes:

- Mindfulness Yoga
 - Yin Yoga
 - Restorative Yoga
 - Boot Camp, please email the Fitness Coordinator at: fitness@aecaregina.com
- (See Fitness Schedule on P. 6)**

Follow us on Twitter!

@ReginaAECA

Like us on Facebook!

AECA Regina



AECA Children's Programs Fall 2016

FAMILY

Fit & Fun Families (open to all ages, families)

Open gym time to run and play as a family, (no hockey sticks please)

Wednesdays 6:00-7:00pm, Jack Mackenzie Gym

Sept 18-Nov 27 (occasional cancellations)

Cost \$5/family

PRESCHOOL

Dance/Acro/Baton Pre-school Combo (3-4 yrs)

This class will introduce children to rhythm and music through dance, baton and tumbling.

Mondays 6:00-6:45pm, AECC Multipurpose Room

Sept 25- Dec 11 (10 classes) (no class Oct 9, Nov 13)

Cost \$60

Dance Pre-school (3-4 yrs)

This class will introduce children to the art of dance using fun music and creative movements.

Thursdays 6:00-6:45 pm, AECC Multipurpose Room

Sept 28- Nov 30 (10 classes)

Cost \$60

CHILDREN

Parent/ Child Zumba (3-9 yrs)

Parents and kids will enjoy these rockin', high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love. These programs inspire both kids and adults to express themselves through movement and play while effectively improving their overall health and well-being.

Thursdays 6:00-6:45pm, St Gabriel School Gym

Sept 28-Nov 30 (10 classes)

\$60 parent & child, \$10/ additional child



Mondays 6:00-6:45pm, Jack Mackenzie/Ecole Wascana Plains School Gyms

Sept 25- Dec 11 (10 classes) (no class Oct 9, Nov 13)

\$60 parent & child, \$10/ additional child

Yoga for Kids (5-9 yrs)

This class introduces children to yoga in a fun and interactive way. Children will be taught basic yoga poses, breathing and relaxation exercises in a positive and playful environment.

Tuesdays 6:00-6:45pm, AECC Multipurpose room

Sept 26-Dec 5 (10 classes) (no class Oct 31)

Cost \$60

Dance/Acro/Baton Combo (5-8 yrs)

This class is designed to introduce rhythm, coordination and dance to young children. It is an exciting class that samples dance fundamentals, acrobatics, and baton twirling.

Mondays 6:45-7:30 pm, AECC Multipurpose Room

Sept 25- Dec 11 (10 classes) (no class Oct 9, Nov 13)

Cost \$60

Babysitting Basics (St.John Ambulance) (11-14 yrs)

Course is aimed at 11-14 year olds interested in taking responsibility for younger children. Content in the 6.5 hour class includes safety practices, child care basics, introductory first aid and activities to try. Hands on participation and skill development are the focus. Taught by a St. John Ambulance instructor.

Friday October 6, 9:00-3:30pm (bring own lunch-no nuts!)

AECC Multipurpose Room

Cost \$45

ARCOLA EAST COMMUNITY ASSOCIATION FITNESS SCHEDULE Fall 2017 / Winter & Spring 2018

DAYTIME & WEEKEND CLASSES

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
	12 Weeks Sep 24 – Jan 7 No Classes: Nov 5; Dec 17, 24, 31	14 Weeks Sep 18 – Jan 8 No Classes: Dec 18, 25; Jan 1	14 Weeks Sep 19 – Jan 9 No Classes: Dec 19, 26; Jan 2	14 Weeks Sep 20 – Jan 10 No Classes: Dec 20, 27; Jan 3	14 Weeks Sep 21 – Jan 11 No Classes: Dec 21, 28; Jan 4	14 Weeks Sep 16 – Jan 6 No Classes: Dec 16, 23, 30
9:00 am						Awesome Abs AECC INFILL Traci (9:00-9:30) \$45/\$90
9:15 am			Yoga – Continuing AECC MP ROOM Brenda \$120/\$240		Yoga - Mindfulness Yoga AECC MP ROOM Brenda \$120/\$240	
9:30 am		Yoga – Yin Yoga AECC MP ROOM Traci \$120/\$240		Yoga – Vinyasa/Flow Multi-Level AECC MP ROOM Sharma \$120/\$240		Power Walk/Run + Strength AECC TRACK/INFILL Traci (9:30-10:45) \$85/\$165
10:00 am	Total Body Sculpt AECC INFILL Wendy \$65/\$140					
10:30 am			Yoga - Mindfulness Yoga AECC MP ROOM Brenda \$120/\$240		Yoga – Gentle/Beginner AECC MP ROOM Brenda \$120/\$240	

EVENING CLASSES

Time	Monday	Tuesday	Wednesday	Thursday
6:00 pm				
6:15 pm			Yoga – Gentle/Beginner JACK MAC DANCE Brenda \$120/\$240	
6:30 pm				
7:00 pm	Insanity Live! AECC INFILL Jessica \$75/\$150 Zumba Sept. 18 – Oct. 30 Jack MacKenzie School Gym Nov. 6 – to final day Wascana Plains School in the Greens Sharlene \$75/\$150	Total Body Sculpt AECC INFILL Wendy \$75/\$150	BootCamp AECC INFILL Wendy/Traci \$75/\$150	Zumba ST. GABRIEL GYM Sharlene \$75/\$150 Yoga – Vinyasa/Flow Multi-Level AECC MP ROOM Chelsea \$120/\$240 Insanity Live! AECC INFILL Jessica \$75/\$150
7:15pm	Yoga – Flow into Connection JACK MAC DANCE Sasha \$120/\$240			
7:30 pm			Yoga – Power Vinyasa/Flow JACK MAC DANCE Sharma \$120/\$240	
8:15 pm	Restorative Yoga AECC MP ROOM Traci \$120/\$240			

2017 Fall Adult (16 years & over) Programming

Please note there will be no classes on Monday October 9, 2017
The 100-metre indoor walking track is open to the public at a very reasonable cost.

Track hours are: Monday-Friday 5:30 am-1:00 pm & 3:00 pm-8:30 pm
Saturday - 5:30 am-9:30 am & 12:00 pm-8:00 pm

Sunday- 5:30 am-8:00 pm
Yearly passes are available for purchase.

Evening Fitness Walk

An opportunity to use the Arcola Community Centre Track without purchasing a Track Pass
Walk Monday to Thursday September 18– December 5th, 2017 from 6:00 pm- 8:30 pm - Cost - \$ 30.00

Basketball

Fun play with no instruction. No team registrations permitted. Register for the fall, winter and spring play on Mondays and /or Wednesdays and / or Thursdays starting Monday September 18
Mondays - 8:00 - 10:30 pm @ WF Ready Gym
Wednesdays - 7:00 - 10:30 pm @ St. Gabriel Gym
Thursdays - 8:00 - 10:30 pm @ St. Gabriel Gym
Starting Tuesday November 7- 8.00-10.00 pm @ Wascana Plains Gym
Cost- \$ 35.00

Volleyball - Competitive co-ed

Fun play with no instruction, competitive-recreational volleyball for 18 years and over. Must be able to pass, set and hit (3 hits concept)
Register for the fall, winter and spring, Mondays 8:00 – 10:30 pm and/ or Wednesdays - 7:00 - 10:30 pm @ Jack MacKenzie Gym
Starts on September 18
Cost- \$35.00

Bhangra Dance – East Indian Folk Dance – Adult Rec

Discover or rediscover the art of East Indian Folk Dance. This class is designed for the adult dancer who wants to remain active and participate in this cultural dance.

Instructor - Neelu Sachdev
Thursday September 21, 7:30 – 8:30 pm @ Jack MacKenzie School – Dance Room
Cost / class - \$45.00 / Fall or \$90.00 / year

Bhangra Dance – East Indian Folk Dance - Adult Performance Group

This class is designed for the adult who wants to return to this cultural dance and be an active performer for events such as Mosaic. There is an emphasis on performance.

Instructor - Neelu Sachdev.
Tuesday 7:30 - 8:30 pm /Thursday 7:30 – 8:30 pm
September 19 @ Jack MacKenzie School -Dance Room
Costume cost \$30 -\$50 Cost for class \$65.00/ Fall or \$ 130.00 / year

Pickleball

Fun and challenging for all ages, this game provides competitive competition for active athletes and is like the fountain of youth for older players. It is a tennis-like game played on a badminton-sized court, using a plastic perforated slow-moving ball and a smooth surface paddle/ racket similar to table tennis. Register for fall, winter and spring.
Thursday September 21, 7:00-10:00 pm @ WF Ready School
Cost -\$20.00

Badminton

Fun play no instruction provided register for fall, winter and spring. Bring your own rackets.

Wednesday: September 20, 8:00 – 10:00 pm. @ WF Ready School.
Cost \$20.00

Genealogy

Who Do You Think U R?

Unpizzling Your Past - Using the Internet

This is the course you should start with – whether a beginning genealogist or a seasoned researcher. You won't believe what you've been missing until you begin using the most up-to-date methods I teach! Locate reliable records – many available for free on the Internet – once you learn where to find them and how to use them. This is a fun, exciting course that helps you: build your solid foundation, avoid common errors, begin finding and using dozens and dozens of free and trusted genealogy web sites, or even break down some old brick walls! It also supplies you with the knowledge to progress to the next level of courses. Students work with their OWN family research. No matter how much, or how little, you have – do NOT underestimate the importance of this course!! Extensive Internet usage. Pat Ryan is a professional genealogy instructor and researcher as well as an experienced conference speaker who has presented from Whitehorse Yukon to Scotland. She is a 1st generation Canadian who has found THE most amazing things and will help you do the same, no matter where your ancestral roots lie!! AND you'll have tons of fun!! For full details about this course, go to:

patryangenealogy.blogspot.com or email pryan@sasktel.net Pat is unavailable to phone as she's travelling and out of cell phone range, but she can quickly reply to emails.

September 19, 26, October 3, 10 ,17
7:15- 9:00 pm @ AECC
Instructor: Pat Ryan
Cost - \$200.00

**Arcola East Community
Association
Youth Ice Programs**

October 2017 – December 2017

Category: Children

Name: **Skating and Skills Program**

Ages: 5-6

Day: Mondays 9 sessions from Oct 23 – Dec 18 2017

Time: 5:45-6:25

Location: Mahon Rink

Cost: \$180

Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required.

Category: Children

Name: **Power Skating and Skills**

Ages: 7-9

Day: Mondays 9 sessions from Oct 23 – Dec 18 2017

Time: 6:25-7:15

Location: Mahon Rink

Cost: \$225

Other: Max 22 spots. Taught by certified power skating Instructor. Basic skating skills and full hockey equipment required.

Category: Children

Name: **Power Skating and Skills**

Ages: 10-12

Day: Monday 9 Sessions from Oct 23 – Dec 18 2017

Time: 7:20 – 8:15

Location: Mahon Rink

Cost: \$225

Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required.

For more information email
aecaskating@gmail.com

January 2018 – March 2018

Category: Children

Name: **Skating and Skills Program**

Ages: 5-6

Day: Mondays 9 sessions from Jan 8 – March 12, 2018

Time: 5:45-6:25

Location: Mahon Rink

Cost: \$180

Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required.

* No classes Feb 19 2018

Category: Children

Name: **Power Skating and Skills**

Ages: 7-9

Day: Mondays 9 sessions from Jan 8 – March 12, 2018

Time: 6:25-7:15

Location: Mahon Rink

Cost: \$225

Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required.

* No classes Feb 19 2018

Category: Children

Name: **Power Skating and Skills**

Ages: 10-12

Day: Monday 9 Sessions from Jan 8 – March 12, 2018

Time: 7:20 – 8:15

Location: Mahon Rink

Cost: \$225

Other: Max 22 spots. Taught by certified power skating instructor. Basic skating skills and full hockey equipment required.

* No classes Feb 19 2018

For more information email
aecaskating@gmail.com



**2017-2018 Indoor Registration
Available**

REZYSA has opened the registration for the 2017-2018 indoor season online. The 2017-2018 Indoor season begins in mid-October and ends in mid-March. All games are on Saturdays, once a week, with a long break around Christmas.

The cost for U04 and U06 are \$90.00, U08 is \$90, U10 and older are \$130.00.

All games for U04 to U10 will be in East Regina gyms

U12 and older will participate in an Interzone interlocking schedule with teams from other recreational zones in and around Regina. Games will be played at the University or AECA (Jack Mackenzie/St. Gabriel Schools)

U04 to U10 will be scheduled for a 16 game season. The Interzone schedule will be approximately 16 games. To register online, go to <http://rezysa.com/>

In-Person registration will be in early to mid-September

Wednesday Sept 6th - Glencairn Neighbourhood Recreation Centre - 2626 Dewdney Avenue East - 7 PM to 8 PM

Tuesday September 12th - Arcola East Community Centre - 3860

Buckingham Drive E - 7 to 8 PM

Thursday September 14th - Douglas Park School - 635 Douglas Ave E - 7 to 8 PM

Registration closes end of day Saturday September 16th. Late registrations will only be permitted on a space availability basis.



EAST ZONE RECREATION BOARD

2017 SKATING PROGRAM

FALL CLASSES

Classes are available to residents residing with the following community association boundaries: ***Arcola East, Boothill and Dewdney East.***

All classes are held at the Clarence Mahon Arena – 130 Brotherton Avenue.

CLASS	DATE	TIMES	COST
LEARN TO SKATE PRE-SCHOOL (3 – 5 YEARS)	Wednesday Oct 11th – Nov. 29th 8 classes	1:15 – 2:00 pm	\$45 per person
PARENT/TOT SKATE (3 – 5 YEARS) *Parents must accompany child on ice with or without skates	Saturday Oct. 14th – Dec. 9th No class on Nov. 11th 8 classes	10:00 – 10:30 am, And 10:30 – 11:00 am	\$40per person (parent does not pay)
LEARN TO SKATE (4 – 9 YEARS) *Child should be able to go on to ice by themselves	Saturday Oct. 14th – Dec. 9th No class on Nov. 11th 8 classes	11:00 -11:30 am, And 11:30 – 12:00 pm And 12:00 – 12:30 pm	\$40 per person
INTERMEDIATE SKATE (6 – 12 YEARS) *Must have taken at least two learn to skate classes	Saturday Oct. 14th – Dec. 9th No class on Nov. 11th 8 classes	12:30 – 1:00 pm	\$40 per person

NOTE: CSA APPROVED HELMETS ARE MANDATORY FOR ALL CLASSES.

CASH OR CHECK ONLY (NO DEBIT CARD MACHINE, OR CREDIT CARDS)

REGISTRATION: THURSDAY SEPTEMBER 14TH 6:30 – 7:00 PM

GLENCAIRN RECREATION CENTER, 2626 DEWDNEY AVE. EAST

(Doors open at 5:30 to allow line-ups)

Due to limited class space registration is limited to registration of immediate family members and only one class per child. A community association membership is required and can purchased at registration. Registration is on a “First come- first serve” basis

For more information leave a message on the East Zone skating line @ 525-3512



THIS IS WHERE IT STARTS


WORK ETHIC **LEARNING** **FUN**




Regina Community Basketball Association

Registration Opens August 1st
All Skill Levels Welcome
Grades: K-12
www.rcba.ca

 **@RCBAHoops** 



SERIES ELECTRIC LTD

- * Residential
- * Commercial
- * Fire Alarms
- * Computer & Telephone Cabling
- * Motor Control

138 Windfield Rd, Regina, Sk, S4V-0G1 (306) 761-0619 (306) 537-3963
Ryan.L@sasktel.net

Jerry Rice Clock Repair Service

House Calls
Clean, Oil & Repair
Grandfather, Mantel
Cuckoo Clocks





Phone: 306-591-7423
E-mail: jerryrice@sasktel.net

Peter Fourlas
REALTOR®

- Peter@PFourlas.ca
- P: 306.529.0009
- PeterFourlas.ca



3889 Arcola Avenue East
Regina, Saskatchewan, S4V 1P5

Sutton Website: www.sutton.com/resultssk

sutton group - results realty
AN INDEPENDENT MEMBER BROKER

Rosalie Grammatico

Bus: 306.585.1955
Fax: 306.584.1077
Res: 306.761.0567
Cell: 306.596.2262




DOGGIE DIVAS GROOMING SPA

TINA DIANA
Certified Groomer / Owner
6 Years Experience
Parkridge / East Regina

(306) 216-8766
doggiedivasgrooming@gmail.com

 **All Dog Breeds!**

YOU'RE INVITED TO A WORKSHOP FOR GIRLS

STAND UP TO BULLYING

BE PROUD BE BOLD BE UNIQUE
BE STRONG BE YOU BE BRAVE

Girls & Mentors Workshop
Ages 9-13

October 22, 2017

RCMP Heritage Centre
5907 Dewdney Avenue

1-2 PM
nails by Slayed Esthetics

2-4 PM
workshop

Registration is free.
Email to register &
for more information:
selfesteemregina@sasktel.net

Hosted by :
Laura Ross , MLA
Christine Tell, MLA
June Zimmer , PH.D



Certified Professional Dog Grooming



GROOMING BOUTIQUE

• **Personalized Service** • All Dog Breeds • Experienced & Certified Groomers
Locally Owned • Open Monday to Saturday

94 Cavendish St., Regina (In Glencairn Shopping Centre)

www.shaggychicgrooming.ca

www.facebook.com/shaggychicregina

Rob Gill
Owner/Operator

306-757-2442

Christine Tell MLA

Regina Wascana Plains



Constituency Office
2318B Assiniboine Ave. E., Regina, SK S4V 2P5
Tel: (306) 205-2126 Fax: (306) 205-2127
Email: christinetellmla@accesscomm.ca
Web: www.christinetell.com

Gene Makowsky, MLA

Regina Gardiner Park

1010 Winnipeg Street
Regina, SK S4R 8P8
306-545-4363



Russ Weir B. Sc.

Real Estate Sales



BUS: (306) 789-7666
CELL: (306) 596-9347
FAX: (306) 789-1044
russweir@accesscomm.ca



Crown Real Estate
INDEPENDENTLY OWNED AND OPERATED

234 University Park Drive
Regina, Saskatchewan
S4V 1A3

Reading Writing Math Study Skills French

Oxford Learning is... GRADE CHANGING AND LIFE CHANGING!

Don't wait until the first report card.
Success begins now!

All Ages. All Grades. All Subjects.

Enrol Today!



oxfordlearning.com

306.790.2000

2595 Quance Street East, #203
regina@oxfordlearning.com



Cabinet Re-facing

- New doors
- Matching framework
- New hardware
- Under cabinet lighting
- New countertop
- Tile backsplash



Tara-Lee Crosson, B.Admin., Financial Advisor
FPSC Level 1 Certificate



Live your dream.

320 Gardiner Park Court, Regina

Phone: (306) 522-5674

tcrosson@discovery-financial.ca



Laura Wittig
Mortgage Advisor
CIBC Mortgages & Lending

Tel: 1 866 293-3616

Fax: 306 586-9856

Cell: 306 531-3346

laura.wittig@cibc.com



FATHER'S FURNITURE GALLERY

HAVE YOU BEEN TO "FATHER'S" LATELY?

www.fathersfurniture.com



Find the HOTTEST trends!
Only at Father's Furniture • 8th Ave. & Ottawa St.



Your local insurance experts
Albert St & 7th Ave

Come see the difference
a broker can make
Mon-Fri 8-8 Sat 9-5 Sun 12-4



306-359-3331
www.smithsinsurance.ca

