

aeca

ARCOLA EAST COMMUNITY ASSOCIATION

Issue 1

Regina, Saskatchewan

January 2019

Winter program registration

Winter program registration will be held the following nights:

Tuesday, January 8 from
6:30-7:30 p.m. at W.F. Ready
School, 2710 Helmsing Dr.

Thursday, January 10 from
6:30-8 p.m. at Arcola East
Community Centre, 3860 Buckingham
Dr. E

All programs will be posted on
the AECA website:

(<http://www.aecaregina.com>)

and in the City of Regina Leisure
Guide.

There will not be classes Feb. 16-22
and Apr. 19-26.

Payments can be made with cash or
cheque only. If you are interested in
volunteering please contact Rachelle at
306-550-2618 or email
volunteer.coordinator@aecaregina.com

The AECA refund policy can be found
online.

Pre-school registration to be held March 7

Registration for the upcoming pre-school year will take place on Thursday,
March 7 from 6-8 p.m. at the Arcola East Community Centre, 3860
Buckingham Drive. Children who will be going to Kindergarten in the fall of
2020 can register for Class A. Children who were born in 2014 or 2015 and
are three years old by November 1, 2019 can register for Class B, C or D.

The class options are as follows:

Class A - Monday, Wednesday and Friday 9 a.m.-11:30 a.m.

Class B - Monday and Wednesday 12:45 p.m.-3:15 p.m.

Class C - Tuesday and Thursday 9 a.m.-11:30 a.m.

Class D - Tuesday and Thursday 12:45 p.m.-3:15 p.m.

Classes run September to May. All classes are limited to 20 children. One
parent helper is assigned to each class day. If you are unable to help, an aide
can be booked to work for you at your cost.

Fees for the 2019-2020 school year are \$115/month for Classes B, C and D
and \$150/month for Class A. Fees are subject to review. A non-refundable fee
of \$50 is payable at the time of registration. A current AECA membership is
also required and available for purchase for \$5 at registration night.

Parents of children presently and formerly enrolled in the Arcola East
Preschool may submit a registration form between Feb. 27 and Mar. 6 2019 to
ensure a space for their child for the upcoming school year.

If there are openings available, you may register after March 7 by contacting
the school at 306-565-2441.

If you have questions, please contact the school at 306-565-2441.

Residents are invited to attend a **Neighbourhood Watch Information Session**
at the Arcola East Community Centre **Wednesday, January 16 at 7 p.m.**

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>

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 beginning Sept. 17th. 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, 2019.

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 \$ _____

2018-2019 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

AECA Youth Ice Programs

January-March 2019

Category: Children

Name: Power Skating and Skills

Ages: 5-6

Day: Mondays (9 sessions) from
January 7 – March 11, 2019

Time: 5:45-6:25 p.m.

Location: Mahon Rink

Cost: \$180

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

No class Feb. 18

Category: Children

Name: Power Skating and Skills

Ages: 7-9

Day: Mondays (9 sessions) from
January 7 - March 11, 2019
6:25-7:15 p.m.

Location: Mahon Rink

Cost: \$225

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

No class Feb. 19

Category: Children

Name: Power Skating and Skills

Ages: 10-12

Day: Monday (9 Sessions) from
January 7-March 11, 2019

Time: 7:20 – 8:15 p.m.

Location: Mahon Rink

Cost: \$225

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

No class Feb. 18

For more information email
aecaskating@gmail.com

2019 Winter Adult (16 years & over) Programming

Please note there will not be classes Feb. 16-23 and April 19-26.

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 January 14 - April 18 from 6 pm-8:30 pm
Cost - \$ 30.00

Please see our website (<http://www.aecaregina.com>) for complete list of programs.

Fitness Classes

Core/Cardio –

Monday @ 7:15 pm to 8:15 pm

\$85.00

* 12 spots available*

January 14 to May 13, 2019 – 16

weeks ** Infill **

No classes February 18 & April 22

-Rev up your Core with Cardio intervals. Exercises to enhance your core's strength and stability using body weight, stability ball, weights and stretches. This class is what you need to achieve your core goals.

Fitness yoga –

Mondays 6:00 to 7:00 pm \$85.00

* 10 spots available*

January 14 to May 13, 2019 – 16

weeks

** Infill **

No classes February 18 & April 22

This class is a combination of yoga and exercise and is suitable for all levels.

Yoga movements and poses will incorporate light weights, stability balls, bosu balls, bolsters and yoga straps. The class will strengthen and tone the muscles, improve flexibility and balance, and promote healthy posture. There will also be a relaxation component to calm the mind and reduce stress. Part of the class will be a movement style with flow followed by a slower mindful relaxation segment. Please bring a blanket, water and yoga mat. If you don't have a mat there are some available for you to use.

Barre Above -

Tuesdays 7:00 to 8:00 pm

\$85.00

10 spots available

January 15 to May 14, 2019 – 16

weeks ** Dance Studio **

No classes February 19 & April 23

- is a no - to low impact class that will focus on functional movements, full range of motion and alignment. It is a muscular, strength, and endurance class which combines Yoga, Pilates, and Ballet using a barre, light dumbbells, gliding discs, resistance bands, and body weight. This class will be held in the dance studio which has a barre along a mirrored wall. This class is for all levels.

Adult Zumba -

Tuesday 7:00 to 8:00 pm

\$85.00

16 spots available

January 15 to May 14, 2019 – 16

weeks

** Jack Mackenzie gym **

No classes February 19 & April 23

Thursday 7:00 to 8:00 pm

\$85.00

11 spots available

January 17 to May 16, 2019 – 16

weeks ** St. Gabriel gym**

No classes February 21 & April 25

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.

Total Body Sculpt -

Sunday 10:00 to 11:00 am \$85.00

5 spots available

January 13 to May 12, 2019

** AECC Infill **

No classes February 17 & April 21

Tuesday 7:00 to 8:00 pm

\$85.00

*0 spots available.

Total Body Sculpt is a non-aerobic, muscle-toning class with a focus on core strength. This sculpting class uses body weight, exercise bands, or dumbbells, or a combination of these gadgets to tighten and tone all areas. You perform traditional weight-training moves in a class setting. A challenging yet easy to follow workout that is suitable for all ages.

Core/Stretch -

Saturdays 9:00 to 10:00 am

\$85.00 * 11 spots*

January 12 to May 11, 2019 - 16 wks

** AECC Infill **

No classes February 16 & April 20 A 60min class that will target each of the major muscle groups following some gentle mobilising movements to warm the muscles. ... A strong, flexible core underpins almost everything you do. A dynamic flexibility class with simple stretching and postural focus.

Power Walk/Run -

Saturdays 10:00 to 11:15 am

\$92.00

* 6 spots available*

January 12 to May 11, 2019 - 16 wks

** AECC Infill **

No classes February 16 & April 20 -

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

20/20/20 -

Wednesdays 6:00 to 7:00 pm \$85.00 *
15 spots*

January 16 to May 15, 2019 - 16

weeks ** AECC Infill **

No classes February 20 & April 24

Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge?

PiYo Live -

Wednesdays 7:00 to 8:00 pm \$85.00

* 14 spots available*

January 16 to May 15, 2019 - 16 weeks

** AECC Infill **

No classes February 20 & April 24

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

YOGA - Flow into Connection

Mondays 7:15 to 8:15 pm \$140.00

* 6 spots available*

January 14 to May 13, 2019 - 16 weeks

** AECC MP Room **

No classes February 18 & April 22

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!

YOGA - Continuing

Tuesdays 9:15 to 10:15 am \$140.00

* 8 spots available*

January 15 to May 14, 2019 - 16 weeks

** AECC MP Room **

No classes February 18 & April 23

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.

YOGA - Gentle Beginner

Wednesdays 6:15 to 7:15 pm \$140.00

* 12 spots available*

January 16 to May 15, 2019 - 16 weeks

* Jack Mac Dance **

No classes February 20 & April 24

Thursdays 10:30 to 11:30 am \$140.00

* 14 spots available*

January 17 to May 16, 2018 - 16 weeks

** AECC MP Room **

No classes February 21 & April 25

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.

YOGA - Power Vinyasa/Flow

Wednesdays 7:30 to 8:30 pm \$140.00

* 3 spots available*

January 16 to May 15, 2019 - 16 weeks

* Jack Mac Dance **

No classes February 20 & April 24

Power Vinyasa Flow Yoga is a powerful, energetic form of yoga where students fluidly move from one pose to the next while connecting their breathing to their movements. This type of yoga is a vigorous and revitalizing form of physical fitness.

YOGA - Mindfulness yoga

Thursdays 9:15 to 10:15 am

\$140.00

* 12 spots available *

January 17 to May 16, 2018 - 16

weeks

** AECC MP Room **

No classes February 21 & April 25

Practice to settle the busy mind by focusing on the breath and body. We will move very slowly and gently in class bringing present moment awareness to the subtle energy of the body as we hold and explore all sensations. As well as learning how to relax the body and mind in times of stress and tension.

YOGA - Vinyasa/Flow Multi-level

Thursdays 7:00 to 8:00 pm

\$140.00

* 4 spots available*

January 17 to May 16, 2018 - 16

weeks)

** Dance Room **

No classes February 21 & April 25

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 a sanas and breath work that will leave you feeling balanced and at ease.





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AN INDEPENDENT MEMBER BROKER

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COMMUNITY PROGRAMS



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