

**Online Registration is from Dec. 21 to Jan. 12, 2017**

**at [www.snpca.ca](http://www.snpca.ca)**

**In Person Registration is Jan. 12, 2017,  
6:30-8 pm, Prince Philip Library**

- **Registrations are done electronically on the website by credit card. Please join us Jan. 12, 2017 to pay cash/cheque or get help with your registration or questions. Jan. 12, 2017 is the last day registrations and payments will be accepted.**

**\*all indoor programs continue to be shared with Adelaide Park Churchill**

<i>Program</i>	<i>Date/Time</i>	<i>Where</i>	<i>Cost/Cancelled Dates</i>
<b>ADULT CLASSES</b> (ages 18 & over)			
<b>Zumba® Everyday</b> ~taught by various certified instructors	<b>Monday to Friday</b> Various times 5 days a week  Jan. 23-Mar 31	St. Philip School Gym	\$90  Participants will be emailed a schedule for available dates/times.
<b>Multi-Level Yoga</b> ~taught by Charlotte Goertzen  <b>Please bring a mat and water bottle.</b>	<b>Wednesday 6:30-7:30pm</b> Jan. 25-Mar 29	Prince Philip School Gym	\$55
<b>Pilates</b> ~taught by Charlotte Goertzen  <b>Please bring a mat and</b>	<b>Wednesday 7:30-8:30pm</b> Jan. 25-Mar 29	Prince Philip School Gym	\$55

<b>water bottle.</b>			
<b>Multi-Level Yoga</b> ~taught by Charlotte Goertzen <b>Please bring a mat and water bottle.</b>	<b>Thursday 8pm-9pm</b> Jan. 26-Mar. 30	Prince Philip School Gym	\$55
<b>Cardio &amp; Sculpt Interval</b> ~taught by Eleanor Glyn-Jones <b>Please bring a mat and water bottle</b>	TBA	TBA	\$55
<b>Cardio &amp; Sculpt Interval</b> is a body weight only workout that will give you the high intensity metabolic effect you need to burn calories and increase your strength and power. Modifications demonstrated to suit <u>all</u> fitness levels. Bring your own body and build on it!			
<b>PARENT &amp; CHILD</b>			
<b>Drop In Family Fitness</b> (all ages- children must be accompanied with adult) <b>Please bring water bottle</b>	<b>Friday 7-9 pm</b> Jan. 20-Mar 31	Hugh Cairns V.C. School Gym	\$30
<b>YOUTH</b>			
Learn to Draw (ages 9-14) ~taught by Dianne Schiissler	<b>Wednesday 5-6pm</b> <b>Jan. 25-Mar 29</b>	Hugh Cairns V.C. School Gym	\$35
<b>CHILDREN</b>			
<b>Floor Hockey</b> (ages 7-11) <b>Please bring water bottle</b>	<b>Thursday 6-7pm</b> <b>Jan 26- Mar30</b>	Prince Philip Gym	\$20
Floor Hockey requires an adult volunteer to supervise/organize for the program to run. Please contact Amanda Neudorf at <a href="mailto:amandadneudorf@gmail.com">amandadneudorf@gmail.com</a> to volunteer or for more information.			
<b>Learn to Skate</b> <b>(ages 3-5)</b>	<b>Saturday 11am-12am</b> <b>Jan. 20-End of ice</b>	South Nutana Park Outdoor Rink	\$40
<b>Learn to Skate</b> <b>(ages 6-10)</b>	<b>Saturday 10am-11am</b> <b>Jan. 20-End of ice</b>	South Nutana Park Outdoor Rink	\$40

<b>Kindersoccer (ages 3-5)</b>	<b>Wednesday 6pm- 6:30pm</b>	Prince Philip School Gym	\$20

SNPCA reserves the right to:

- Change class times and/or locations based upon instructor and school availability. Some classes fill quickly- register early to ensure a spot.
- Cancel any class if it doesn't meet the minimum number of participants enrolled (so please tell your friends about our programs). If cancelled, a full refund will be issued.

**All classes are cancelled on statutory holidays.** Please visit our website [www.snPCA.ca](http://www.snPCA.ca) for the most up to date information on events, programs, refunds, and cost-as-a-barrier funding. Class refunds will be issued by the treasurer.

Locations: Prince Philip School: 1715 Drinkle Street  
 St. Philip School: 1901 Haultain Ave  
 École canadienne française Pavillon Gustave-Dubois: 2320 Louise Avenue  
 Hugh Cairns V.C. School: 2621 Cairns Avenue

Need help with online registration or your profile? Contact Howard M. at [snPCA.membership@gmail.com](mailto:snPCA.membership@gmail.com)

Thank you for supporting your community! Contact Amanda at [amandadneudorf@gmail.com](mailto:amandadneudorf@gmail.com) for ideas and comments about indoor programs. All soccer inquiries can be directed to Sarah at [snPCA.soccer@gmail.com](mailto:snPCA.soccer@gmail.com).