

FALL PROGRAMS



Online registration: Aug. 23 to Sept. 14 at www.snPCA.ca

In person: Sept. 14, 6:30-8 pm in the Prince Philip School Library

Pay online by credit card. Pay in person with cash or cheque. Registration and payment deadline is Sept. 14.

Program	Age	Date and Time	Location	Cost
Zumba® Everyday Classes are taught by various certified instructors.	18+	Sept 26-Dec 1 Monday to Friday, various times Participants will be emailed a schedule for available dates and times.	St. Philip School gym (<u>Not</u> Prince Philip School)	\$90
Multi-level Yoga Taught by Charlotte Goertzen. Please bring a mat and water bottle.	18+	Sept 27-Nov 29 Choice of two classes: Wednesdays 6-7 pm or 8-9 pm	Prince Philip School gym	\$55
Pilates Taught by Charlotte Goertzen. Please bring a mat and water bottle.	18+	Sept 27-Nov 29 Wednesdays 7-8 pm	Prince Philip School gym	\$55
Weighted Bootcamp Taught by Val Kirk. Please bring a mat and water bottle.	18+	Sept 27-Nov 29 Tuesdays 8-9 pm	Prince Philip School gym	\$55
The Weighted Bootcamp class will challenge your cardiovascular system, balance, core and strength by using free weights and your own body weight. Geared for all fitness levels.				
Drop-in Family Fitness Children must be accompanied by an adult. Please bring a water bottle.	All ages	Sept 22-Dec 1 Fridays 7-9 pm	Hugh Cairns V.C. School gym	\$30
Engineering for Kids: Video Game Design	11-15 yrs.	Oct 3- Nov 7 Tuesdays 6-7:30 pm	Prince Philip School library	\$175
Babysitting Course	10+ yrs	Sept 18, 20, 25, 27 Wednesdays 6:30-8:30 pm	Hugh Cairns V.C. School gym	\$45
Youth Yoga Please bring a water bottle.	9-14 yrs.	Sept 27-Nov 29 Wednesdays 5-6 pm	Hugh Cairns V.C. School gym	\$50
Hip Hop Please bring a water bottle.	9-14 yrs.	Sept 21-Nov 30 Thursdays 4:30-5:30 pm	Hugh Cairns V.C. School gym	\$45
Hip Hop will give the fundamentals of hip hop movement. This class is fun, upbeat, and high energy with some funky footwork.				

Save the date!

The annual SNPCA 18+ Halloween Dance is October 28



Program	Age	Date and Time	Location	Cost
Floor Hockey Please bring a water bottle.	7-11 yrs.	Sept 28-Dec 7 Thursdays 5:45-6:45 pm	Prince Philip School gym	\$20
Floor Hockey Please bring a water bottle.	7-11 yrs.	Sept 25-Dec 11 Mondays 6-7 pm	Hugh Cairns V.C. School gym	\$20
Floor Hockey requires an adult volunteer to supervise/organize for the program to run. Please contact Amanda Neudorf at amandadneudorf@gmail.com to volunteer or for more information.				
Engineering for Kids: MinecraftEDU Design the Future	7-11 yrs.	Oct 4-Nov 8 Wednesdays 6-7:30 pm	Prince Philip School library	\$175
KinderSoccer Please bring a water bottle.	Born 2014-15	Sept 25-Dec 11 Mondays 5:30-6pm	Prince Philip School gym	\$20
KinderSoccer Please bring a water bottle.	Born 2014-15	Sept 26-Nov 28 Tuesdays 5:30-6pm	Prince Philip School gym	\$20
Under-5 (born 2013) Under-7 (born 2011-12) Under-9 (born 2009-10)	Further information provided at registration on Aug 23, online or in-person.			
All soccer teams require volunteer coaches. Please consider volunteering to coach your son or daughter's team. Without parents, community sports cannot run.				
Under-9 (Development League) Under-11 to Under-19	Register with Eastside Soccer Club: http://eastsidesoccer.ca			

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

Contact Amanda at amandadneudorf@gmail.com for ideas and comments about community programming!



Cancellations

All classes are cancelled on statutory holidays. Refunds will be issued by the treasurer. SNPCA reserves the right to:

- change class times and locations based upon instructor and school availabilities. 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.

Questions?

- Please visit www.snPCA.ca for information on events, programs, refunds, and **cost-as-a-barrier funding**.
- Need help with online registration or your profile? Contact Howard M. at snPCA.membership@gmail.com.
- Contact Amanda at amandadneudorf@gmail.com for ideas and comments about indoor programs.
- All soccer inquiries can be directed to Sarah at snPCA.soccer@gmail.com.