

**Online Registration is from Aug. 24 to
Sept.14, 2017**

at www.snpc.ca

**In Person Registration is Sept. 14, 2017,
6:30-8 pm, Prince Philip Library**

**NOTE: Some dates and times have changed
from those posted in the Leisure Guide**

Due to very recent changes to gym availability at Prince Philip School for the booking of community programming, some programs have different times or dates than were listed in the Leisure Guide. We apologize for any inconvenience or confusion this may cause. **Please double check the date and time of your program when you register to ensure it has not changed or that it works for you.**

| *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> |
| ADULT CLASSES (ages 18 & over) | | | |
| Zumba® Everyday ~taught by various certified instructors | Monday to Friday Various times 5 days a week Sep 26-Dec. 1 | St. Philip School Gym | \$90 Participants will be emailed a schedule for available dates/times. |
| Multi-Level Yoga ~taught by Charlotte | Wednesday 6-7pm Sep 27-Nov. 29 | Prince Philip School Gym | \$55 |

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| Goertzen Please bring a mat and water bottle. | | | |
| Multi-Level Yoga ~taught by Charlotte Goertzen Please bring a mat and water bottle. | Wednesdays 8-9pm Sep 27-Nov. 29 | Prince Philip School Gym | \$55 |
| Pilates ~taught by Charlotte Goertzen Please bring a mat and water bottle. | Wednesday 7-8pm Sep 27-Nov 29 | Prince Philip School Gym | \$55 |
| Weighted Bootcamp ~taught by Val Kirk Please bring a water bottle | Monday 8:00pm-9:00pm Sep 25-Dec. 11 | Prince Philip Gym | \$55 |
| Come one, come all to an experience of a life time that really kicks butt. This class will challenge your cardiovascular system, balance, core and strength to its max by using free weights and your own body weight. Geared for all fitness levels. | | | |
| PARENT & CHILD | | | |
| Drop In Family Fitness (all ages- children must be accompanied with adult) Please bring water bottle | Friday 7-9 pm Sept. 22-Dec. 1 | Hugh Cairns V.C. School Gym | \$30 |
| YOUTH | | | |
| Engineering for Kids – Video Game Design (ages 11-15) | Tuesdays 6:00-7:30pm Oct. 3-Nov. 7 | Prince Philip Library | \$175 |
| Babysitting Course (ages 10+) | Monday and Wednesday 6:30-8:30pm Sept. 18, 20, 25, 27 | Hugh Cairns V.C. School Gym | \$45 |
| Youth Yoga (ages 9-14) | Wednesday 5-6pm Sep 27-Nov. 29 | Hugh Cairns V.C. School Gym | \$50 |

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| Please bring mat and water bottle | | | |
| Hip Hop (ages 9-14) Please bring water bottle | Thursday 4:30-5:30pm Sep 21-Nov. 30 | 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. | | | |
| CHILDREN | | | |
| Floor Hockey (ages 7-11) Please bring water bottle | Thursday 5:45-6:45pm Sep 28-Dec. 7 | Prince Philip Gym | \$20 |
| Floor Hockey (ages 7-11) Please bring water bottle | Monday 6-7pm Sept 25-Dec. 11 | 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 (ages 7-11) | Wednesday 6-7:30pm Oct. 4-Nov. 8 | Prince Philip Library | \$175 |
| Kindersoccer (ages 3-4) Please bring water bottle | Monday 5:30-6pm Sep 25-Dec. 11 Tuesday 5:30-6pm Sept. 26-Nov. 28 | Prince Philip Gym | \$20 |
| Kindersoccer requires an adult coach for the program to run. Please contact Amanda Neudorf at amandadneudorf@gmail.com to volunteer or for more information. | | | |

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 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

Thank you for supporting your community! 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.