




# WINTER PROGRAMS

**Online registration:** Dec. 21 to Jan. 11 at [www.snPCA.ca](http://www.snPCA.ca)

**In person:** Jan. 11, 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 Jan. 11.

Program	Age	Date and Time	Location	Cost
<b>Drop-in Pickleball</b> 	18+	Jan. 17 – Mar. 28 Wednesdays 8-9pm	Prince Philip School Gym	\$25
<b>Zumba® Everyday</b> Classes are taught by various certified instructors.	18+	Jan. 15 – Mar. 29 Monday to Friday, various times Participants will be emailed a schedule for available dates and times.	St. Philip School gym and Prince Philip School Gym	\$90
<b>Multi-level Yoga</b> Taught by Charlotte Goertzen. Please bring a mat and water bottle.	18+	Jan. 17 – Mar. 28 Wednesdays 6-7pm	Prince Philip School gym	\$55
		Jan. 18 – Mar. 29 Thursdays 8-9pm		
<b>Pilates</b> Taught by Charlotte Goertzen. Please bring a mat and water bottle.	18+	Jan. 17 – Mar. 28 Wednesdays 7-8pm	Prince Philip School gym	\$55
<b>Weighted Bootcamp</b> Taught by Val Kirk. Please bring a water bottle.	18+	Jan. 15 – Mar. 26 Mondays 8-9pm	Prince Philip Gym	\$55
Come experience a workout 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.				
<b>Creativity and Wellness</b>  Taught by Michelle Flowers	18+	Jan. 16 – Mar. 27 Tuesdays 8-9pm	Prince Philip School Library	\$40
This class is focused on self-discovery and self-expression using paint, collage, drawing and poetry, among other things. It is not a 'how to' class, but rather an opportunity to explore creativity and inspiration without judgement or critical thought. All supplies will be provided except for your own individual sketch book. Please bring one from home.				
<b>Engineering for Kids</b>				
<b>Amazing Race: The engineering of transportation</b>	11-15 yrs.	Feb. 6, 13, 27, Mar. 6, 13, 20 Tuesdays 6-7:30pm	Prince Philip Library	\$175
<b>Minecraft: Medieval Machinations</b>	7 -11 yrs.	Feb. 7, 14, 28, Mar. 7, 14, 21 Wednesdays 6:00-7:30pm		

Program	Age	Date and Time	Location	Cost
<b>Babysitting Course</b>	10+	Apr. 11, 18, 25 and May 2 Wednesdays 6:30 – 8:30pm	Hugh Cairns V.C. School Gym	\$45
<b>Hip Hop</b> Bring a water bottle.	9-14 yrs.	Jan. 18 – Mar. 29 Thursdays 4:30-5:30pm	Hugh Cairns V.C. School Gym	\$50
Learn the fundamentals of hip hop movement. This class is fun, upbeat, and high energy with some funky footwork.				
<b>Floor Hockey</b> Please bring a water bottle	7-11 yrs.	Jan. 18 – Mar. 29 Thursdays 7-8pm	Prince Philip Gym	\$20
<b>Floor Hockey</b> Please bring a water bottle	7-11 yrs.	Jan. 15 – Mar. 26 Mondays 6-7pm	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 <a href="mailto:snpca.programs@gmail.com">snpca.programs@gmail.com</a> to volunteer or for more information.				
<b>Tiny Tots Ballet</b> 	3-4 yrs. 5-6 yrs.	Jan. 18 – Mar. 29 Thursdays 5:30-6pm Thursdays 6:15-6:45pm	Prince Philip School	\$30
<b>Dance Fusion</b>	3-5 yrs.	Jan. 18 – Mar. 29 Thursdays 4:00-4:45pm	Hugh Cairns V.C. School Gym	\$35
<b>Learn to Skate</b>	3-5 yrs.	Jan. 20 until ice melts Saturdays 11am-12pm	South Nutana Park Outdoor Rink (Harold Tatler North Park)	\$40
<b>Learn to Skate</b>	6-10 yrs.	Jan. 20 until ice melts Saturdays 10-11am	South Nutana Park Outdoor Rink (Harold Tatler North Park)	\$40
<b>Kindersoccer</b> Please bring a water bottle	3-4 yrs.	Jan. 15 – Mar. 26 Mondays 5:30-6pm	Prince Philip Gym	\$20
		Jan. 16 – Mar. 27 Tuesdays 5:30-6pm		

**Kindersoccer** requires an adult coach for the program to run. Please contact Amanda Neudorf at [snpca.programs@gmail.com](mailto:snpca.programs@gmail.com) to volunteer or for more information.

Most of our programs are joint programs with Adelaide Park Churchill Community Association and may have limited enrollment. Programs may change. Please consult the community association newsletter, Facebook page at <https://www.facebook.com/snpca>, or visit [www.snpca.ca](http://www.snpca.ca), for final program details.

