



2023 FALL PROGRAMS

Online registration: Aug. 25 to Sept. 17 at www.snPCA.ca

Pay online by credit card. Contact snPCA.programs@gmail.com for more info.

Programs	Age	Date and Time	Location	Cost
Preschool Soccer	2-3	TBA	St. Philip School	\$25
Kindersoccer	3-4	TBA	St. Philip School	\$25
Junior Floor Hockey	7 - 9	Sep 20 - Dec 13 Wednesdays 6-7pm	Prince Philip School	\$30
Senior Floor Hockey	10 - 12	Sep 22 - Dec 15 Fridays 6-7pm	Prince Philip School	\$30

Floor Hockey requires an adult volunteer to supervise/organize for the programs to run. Please contact Amanda Neudorf at snPCA.programs@gmail.com to volunteer or for more information.



Mindful Yoga	18+	Sept 21 – Nov 23 Thursdays 8:15 pm	Prince Philip School	\$60
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This class weaves together yoga postures and breath practices with embodiment, compassion, and mindfulness. This class is appropriate for those new to, and familiar with yoga. You will be supported and empowered to adapt the class to meet your needs. Please bring a yoga mat, your curiosity, and wear comfy clothing for movement.

TRX Strength & Cardio	15+	Sept 20 – Nov 22 Wednesdays 7-8 pm	St. Philip School	\$60
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TRX is a type of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability! This TRX class will focus on increasing your cardiovascular and building full body foundational strength. No experience necessary. Only 8 registrants can register for this program.

Programs	Age	Date and Time	Location	Cost
Zumba	15+	Sept 21 – Nov 23 Thursdays 7-8 pm	St. Philip School	\$60
Drop-in Pickleball	18+	Sept 20 – Dec 13 Wednesdays 8-10 pm	Prince Philip School	\$30

This is a great program whether you want to give pickleball a try or are a player with some experience that wants a fun, casual and welcoming atmosphere.

Family Gym Night	An adult must be present	Sept 22 – Dec 15 Fridays 7-9:30 pm	Prince Philip School	\$30
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Get your family off the couch and get active together! Includes access to equipment for basketball, floor hockey, volleyball, badminton and more. Children and youth must be accompanied by an adult. In order for this program to run, we require a designated individual to be present each week to supervise the respectful use of the equipment and to ensure it is put away properly at the end of the session. Several people/families can share this responsibility. Please email snpca.programs@gmail.com to volunteer.



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 and dates of school closure. Please visit our website www.snpca.ca for the most up-to-date information on events, programs, refunds, and cost-as-a-barrier funding or contact snpca.info@gmail.com. Class refunds will be issued by the treasurer: snpca.treasurer@gmail.com.

Need help with online registration or your profile? Contact Howard at snpca.membership@gmail.com. Contact Amanda at snpca.programs@gmail.com for ideas and comments about indoor programs.

RENEW or BUY A MEMBERSHIP for only **\$15** per household

100% of your SNPCA membership fee goes back into the community to support quality of life initiatives – events like community clean-up day, sports and leisure programs like kindersoccer, and infrastructure maintenance like ski trail grooming and improvements to the rink and warm-up shelter.

To buy a membership, please go to www.snpca.ca/membership.

Thank you for supporting SNPCA and your community!

VOLUNTEER OPPORTUNITIES

INDOOR PROGRAMMING COORDINATOR

This position involves:

- Planning and coordinating child, youth and adult indoor programming.
- Booking instructors and gym time.
- Working with the membership coordinator to facilitate registration.

The outgoing coordinator is willing to assist and train and will remain available for any questions. This is a great position for anyone that enjoys organizing events and helping people of all ages get active in their community.

SOCIAL PROGRAMMING COORDINATOR

This position involves:

- Leading the development of inclusive community events and activities
- Coordinating fundraising activities (e.g. BBQs).

NEWSLETTER & WEBSITE COORDINATOR

This position includes:

- Maintaining the SNPCA website
- Publishing a newsletter three times a year.

These volunteer positions coordinate with and are highly supported by other SNPCA board members! Please contact Amanda at snpca.programs@gmail.com for more information.

OCCASIONAL



If you are interested in helping out from time to time, subscribe to our volunteers' listserv to be informed of opportunities throughout the year. Contact Amanda at snpca.programs@gmail.com.



PRINCE PHILIP SCHOOL

**EARLY
REGISTRATION
DAY FOR NEW
STUDENTS**

**WEDNESDAY, AUGUST
30 FROM 1-3 PM**

PRINCEPHILIPSCHOOL@SPSD.SK.CA

1715 DRINKLE STREET

306-683-7400

**HTTPS://WWW.SPSD.SK.CA/
SCHOOL/PRINCEPHILIP**