



2024 FALL PROGRAMS

Online registration: Aug. 26 to Sept. 15 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 | Sep 24 - Nov 26 Wed 6:30-7 pm | St. Philip School | \$25 |
| Junior Floor Hockey | 7 - 9 | Sep 25 – Dec 11 Wed 6-7 pm | Prince Philip School | \$30 |
| Senior Floor Hockey | 10 - 13 | Sep 27 – Dec 13 Fri 6-7 pm | Prince Philip School | \$30 |
| Floor Hockey requires an adult volunteer to supervise/organize for the programs to run. Please contact snPCA.programs@gmail.com to volunteer or for more information. | | | | |
| Mindful Yoga Please bring a yoga mat | 18+ | Sep 19 - Dec 12 Thu 7:15-8:15 pm | Prince Philip School | \$60 |
| TRX Strength & Cardio | 15+ | Sept 25 - Dec 4 Wed 7-8 pm | St. Philip School | \$60 |
| TRX is a type of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability! This class will focus on increasing cardiovascular and building full body strength. No experience necessary. Max. 10 participants. | | | | |
| Zumba | 15+ | Sept 26 - Dec 12 Thu 7-8 pm | George Vanier Dance Studio | \$60 |
| Drop-in Pickleball | 18+ | Sep 23 – Dec 9 Mon 8-10 pm | Prince Philip School | \$30 |
| Drop-in Pickleball | 18+ | Sep 25 – Dec 11 Wed 8-10 pm | Prince Philip School | \$30 |
| Drop In Pickleball - 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. | | | | |
| Learn to Play Pickleball | 18+ | TBD | TBD | TBD |



SNPCA reserves the right to a. change class times and/or locations based upon instructor and school availability. Some classes fill quickly – register early to ensure a spot; b. 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.

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**

**THURSDAY, AUGUST 29
FROM 1-3 PM**

PRINCEPHILIPSCHOOL@SPSD.SK.CA

1715 DRINKLE STREET

306-683-7400

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