

# Fall 2019

Follow us on Facebook to see the latest updates.

www.pacificheights.ca.

Email <u>pacificheightssaskatoon@gmail.com</u> for questions regarding indoor programs, or <u>info@pacificheights.ca</u> for other inquiries.

# **Annual General Meeting**

Monday, October 7<sup>th</sup>
Meet us at 7pm in the Library at
Lester B Pearson school to talk about
what is happening in Pacific Heights.

Drinks & Snacks Provided

# **Fall Indoor Programs**

Online registration opens Sept 1<sup>st</sup> at 6:00pm. <a href="https://phca.ticketspice.com/fall-2019">https://phca.ticketspice.com/fall-2019</a>. Register in the comfort of your home in the matter of minutes!

#### OR

# **In Person Program Registration**

Monday, September 9<sup>th</sup> 6:30 – 8:00 Lester B Pearson School Entrance Cash or cheque.

See the next page for program details!

## **Interested in Volunteering?**

There is plenty of opportunities to help out in the community with events, indoor programs, newsletters, websites, and more!

Please email <u>info@pacificheights.ca</u> if you're interested. General help is appreciated, without being assigned to a designated role.

# **Upcoming Events**

#### **Halloween Dance**

Friday, October 25<sup>th</sup> 7:00 – 9:00 pm Doors Open at 6:30pm Father Vachon School



# **Father Vachon Bottle Drive**

September 14th

#### Santa's Market

Nov 9<sup>th</sup> - Basement of St. Patrick's Church \$50/table for vendors, plenty of free parking Email I woroschuk83@hotmail.com to reserve a table.

# **Christmas Light Tour**

Stay tuned on our Facebook page for a chance to win prizes for those houses decorated during the holiday season!

#### **Meet the Committee**

Rink Coordinators – Nairn Neiser and
Darryl Campbell
Social Coordinator – Amanda Guldiman
Newsletter – Nikita King
Indoor Coordinator – Nikita King
Vacant Positions- President, Vice-President,
Director at Large, Soccer, Webmaster













# FALL 2019 INDOOR PROGRAMS

Follow us on Facebook to see the latest updates, or go to <a href="www.pacificheights.ca">www.pacificheights.ca</a>. Email <a href="pacificheightssaskatoon@gmail.com">pacificheightssaskatoon@gmail.com</a> for questions regarding indoor programs.

# **Adult Programs**

Programs are designed to welcome all levels, from beginner to advanced!

#### Yoga (Monday)

Sept 23 – Dec 16, 7-8pm (10 classes)

Lester B Pearson Library

Bring a yoga mat

Instructor: Heidi

\$60

Cancellations: Oct 7, Oct 14, Nov 11

#### **Bootcamp** (Tuesday)

Sept 24 – Dec 17, 7-8pm

(12 classes)

Lester B Pearson Large Gym

Instructor: Nikita

Bring a set of dumbbells (3-8 lbs) &

yoga mat.

\$65

#### **Women's Art Class**

Sept 24 - Nov 26

7:30 - 8:30pm

(10 Classes)

Lester B Pearson

Art Room

\$60

Come explore your creative side and build confidence, no equipment required

#### Floor Hockey (Tuesday)

Sept 24 – June 10, 8-10pm Lester B Pearson Large Gym

\$75

Cancellations: Feb 18, April 14



#### **Bootcamp** (Thursday)

Sept 26 – Dec 19, 7:15-8pm

(12 Classes)

Lester B Pearson Small Gym

Instructor: Jolene

Bring a set of dumbbells (3-8 lbs) &

yoga mat.

\$60

# 7

# **Kids Programs**

# Floor Hockey A (Tuesday)

Ages 6-9

Oct 3 – Dec 5 (10 classes)

6-6:45pm

Lester B Pearson Large Gym

Instructor: Michael

\$30



# Floor Hockey B (Tuesday)

Ages 10-12

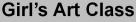
Oct 3 – Dec 5 (10 classes)

7-7:45pm

Lester B Pearson Large Gym

Instructor: Michael

\$30



(Tues)

9-13 yrs

Sept 24 – Nov 26

6:15 - 7:15pm

(10 Classes)

Lester B Pearson

Art Room

Come explore your creative side and build confidence, no equipment required

### Kinder Soccer (Monday)

Age 3-4 (accompanied by a parent)

Sept 23 - Dec 9 (10 Classes)

6-6:45pm

Lester B Pearson Large Gym

Instructor: Eden

\$35

Cancellations: Oct 14, Nov 11

#### Basketball (Monday)

Ages 9-13

Sept 23 – Dec 9 7-7:45pm (10

Classes)

Lester B Pearson Large Gym

Free

Cancellations: Oct 14, Nov 11

