



Fall 2019

Follow us on Facebook to see the latest updates.

www.pacificheights.ca.

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

Annual General Meeting

Monday, October 7th

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 1st at 6:00pm.
<https://phca.ticketspice.com/fall-2019>. Register in the comfort of your home in the matter of minutes!

OR

In Person Program Registration

Monday, September 9th 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 info@pacificheights.ca if you're interested. General help is appreciated, without being assigned to a designated role.

Upcoming Events

Halloween Dance

Friday, October 25th

7:00 – 9:00 pm

Doors Open at 6:30pm

Father Vachon School



Father Vachon Bottle Drive

September 14th

Santa's Market

Nov 9th - Basement of St. Patrick's Church

\$50/table for vendors, plenty of free parking

Email [I woroschuk83@hotmail.com](mailto: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 www.pacificeights.ca. Email pacificeightssaskatoon@gmail.com 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



Floor Hockey (Tuesday)

Sept 24 – June 10, 8-10pm

Lester B Pearson Large Gym

\$75

Cancellations: Feb 18, April 14



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

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



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



Girl's Art Class

(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



Floor Hockey B (Tuesday)

Ages 10-12

Oct 3 – Dec 5 (10 classes)

7-7:45pm

Lester B Pearson Large Gym

Instructor: Michael

\$30



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