



WINTER 2019 INDOOR PROGRAMS

Follow us on Facebook to see the latest updates, or go to www.pacificheights.ca. Email pacificheightssaskatoon@gmail.com for questions regarding indoor programs.

Adult Programs

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

Yoga (Monday)

Jan 7 – Mar 25 7-8pm (6 Classes)

Lester B Pearson Library

Bring a yoga mat.

\$35

Cancellations:

Jan 14, Jan 28, Feb 4, Feb 18, Mar 4, Mar 11



Yoga (Wednesday)

Jan 8 – Mar 27 7-8pm (11 Classes)

Lester B Pearson Library

Bring a yoga mat.

\$60

Cancellations:

Feb 20

Bootcamp (Tuesday)

Jan 8 – Mar 26 7-8pm (11 Classes)

Lester B Pearson Large Gym

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

\$60

Cancellations: Feb 19



Pre/Postnatal Strength (Thurs)

Jan 10 – Mar 28 6-6:50pm (11 Classes)

Lester B Pearson Small Gym

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

\$60

Cancellations: Feb 21

Strength & Tone (Thurs)

Jan 10 – Mar 28 7-8pm (11 Classes)

Lester B Pearson Small Gym

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

\$60

Cancellations: Feb 21



Kids Programs

Floor Hockey (Tuesday)

Ages 6-9

Jan 8 – Mar 26 6-6:45pm

(11 Classes)

Lester B Pearson Large Gym

\$30

Cancellations: Feb 21



Kinder Soccer (Thursday)

Age 3-4 (accompanied by a parent)

Jan 10 – Mar 28 6-6:45pm

(11 Classes)

Lester B Pearson Large Gym

\$35

Cancellations: Feb 21

Fun Family Yoga (Tuesday)

All ages

Jan 8 – Mar 5 6-6:50pm (8 Classes)

Lester B Pearson Small Gym

\$30 per adult, \$20 per child

Cancellations: Feb 21

**See other side for
registration info!**



Basketball (Thursday)

Ages 9-13

Jan 10 – Mar 21 7-8pm

(10 Classes)

Lester B Pearson Large Gym

Free

Cancellations: Feb 21

How Do I Register?



One Page Online Registration

Sign up for multiple programs via credit card in the convenience of your home, using a simple **one page** registration. A \$2 processing fee will be applied per transaction, to offset administrative costs. *Exception: If you're registering for only a free program, no charge will be applied.*

Registration will be open **Tuesday, Dec 11th 6:00pm – Thurs Jan 10th 9:00pm.**

If class numbers aren't sufficient, classes will be cancelled and refunds will be issued on January 2nd automatically to your credit card with an email notification.

Instructions

1. Go to the website <https://phca.ticketspice.com/register>
2. Select all of the programs you want to register for (yes, you can do multiple in one transaction).

Monday Yoga
Adult Program
Mondays Jan 7 - March 25
7-8pm in Lester B Pearson School Library
Class Cancellations: Feb 19

\$50.00 \$0.00 1 ▾

Ticket #1 Details

Name * First Name Last Name

Country * Canada ▾

3. Enter all of the required participant information for each program.
4. Enter your credit card information, and click Submit.

Card Number * VISA MasterCard AMERICAN EXPRESS DISCOVER

Expiration Date * Exp. Month ▾ Exp. Year ▾ CVV

Country * Canada ▾

Address * Street Address

Address Line 2

5. You will receive a confirmation email. Keep this email to show the instructor at the first class. If you cannot show it at the first class, it is okay, the instructor will ensure you are on the registration list provided to them.

OR

Registration Night

Monday, December 10th 6:30 – 8pm in the Lester B Pearson Entrance.
Cash or cheque.

