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Al Ritchie Community Association - Central Zone

The Al Ritchie Community Association (ARCA) is run by a board of dedicated volunteers. Priorities, goals and activities are determined through interaction with the community at meetings, established programs, events and door-to-door via Outreach efforts.

ARCA offers a variety of arts and culture workshops, recreational activities and educational seminars, both at the Community Association and through the Al Ritchie Family Wellness Centre. Most of the programs at Al Ritchie are drop-in and free of charge. Please join us for one of our many exciting programs or give us a call at 522-3930.

Family

Eggstravaganza	Sat	Apr 7	1:00 pm-4:00 pm	Core Ritchie Neigh Ctr	Free
Clothing Bank	Tu/W/Th	Ongoing	1:00 pm-5:00 pm	Al Ritchie Community Association	Free
Community BBQ		June 29	4:00 pm-7:00 pm	Cochrane High School	Free
Good Food Box Depot	Wed	Ongoing	n/a	Al Ritchie Community Association	Varies
Roast and Round Up		July 16, 23, 30	6:00 pm-8:30 pm	Al Ritchie Community Association	Fee for Food

Preschool

Parent and Pre Schooler Jungle Gym	Under 6 yrs	Mon	Ongoing	9:30 am-11:00 am	Core Ritchie Neigh Ctr	Free
Music and Movement	Under 6 yrs	Wed	Ongoing	9:30 am-11:00 am	Al Ritchie Community Association	Free
Family Fun Reading	Under 6 yrs	Tue	Ongoing	9:30 am-11:00 am	Al Ritchie Community Association	Free
Cultural Crafts	Under 6 yrs	Thu	Ongoing	9:30 am-11:00 am	Al Ritchie Community Association	Free

Adults

ESL	18 yrs	Tue	Ongoing	2:15 pm-3:30 pm	Al Ritchie Community Association	Free
Arnis, Beginner (Martial Arts)	16+ yrs	Sat	Ongoing	4:00 pm-5:00 pm	Core Ritchie Neigh Ctr	Free
Arnis, Advanced Martial Arts	16+ yrs	Sat	Ongoing	5:00 pm -6:30 pm	Core Ritchie Neigh Ctr	Free
Flea Market	18+ yrs	Sat	May 5	10:00 am-3:00 pm	Core Ritchie Neigh Ctr	\$10.00 table/ 2 for \$15.00

Older Adults

Crafters Corner	50+ yrs	Wed	Ongoing	1:00 pm-3:00 pm	Core Ritchie Neigh Ctr	Free
Walking Club	50+ yrs	Tu/W/Th	Ongoing	10:00 am-12:00 pm	Core Ritchie Neigh Ctr	Free
Movie and Popcorn	50+ yrs	2nd Tue/mo		10:00 am	Core Ritchie Neigh Ctr	Free
Souper Seniors Luncheon	50+ yrs			12:00 pm-1:30 pm	Core Ritchie Neigh Ctr	Free

Albert Park Community Association - South Zone

www.albertpark.ca

At the South Leisure Centre, fitness classes run the gamut from Low Impact and Muscle Toner to Boot Camp and the brand new Zumba! Fitness programs are scheduled weekday mornings & evenings. There's a few Pilates programs, Yoga classes (bring a mat to Hatha programs), and Adult Badminton. Improv keeps minds sharp while providing plenty of belly laughs. Shake it and get fit with Belly Dancing, Cabaret-style Burlesque Dancing. Recreational floor hockey and Pickleball round out adult programs. For seniors, there's Badminton and Over 50's Fitness. For children, there's Artrageous Minds' learn-to-draw program (artist quality materials included).

For complete program descriptions and contacts, visit the Albert Park Community Association website - www.albertpark.ca. We'd love to see you participate in one of our many neighbourhood programs!

Family

Soccer	3-18 yrs	TBA	May 1-Jun 23	TBA	Locations vary	Costs vary
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Children

Drawing & Art: Artrageous Minds	5 1/2-12 yrs	Wed	Apr 18-May 23	6:30 pm-7:30 pm	South Leisure Centre	\$100.00
Drawing & Art: Artrageous Minds	5 1/2-12 yrs	Tue	Apr 17-May 22	6:30 pm-7:30 pm	South Leisure Centre	\$100.00

Teen/Adult

Dance: Blue Hawaii Polynesian Dance & Poi	12 & up	Wed	April 18-Jun 20	5:45 pm-6:45 pm	South Leisure Centre	\$80.00
Dance: Intro to Burlesque		Wed	Apr 18-Jun 20	6:00 pm-7:00 pm	South Leisure Centre	\$80.00
Dance: Continuing Burlesque		Wed	April 18-Jun 20	7:00 pm-8:00 pm	South Leisure Centre	\$80.00
Fitness: Pilates & Strength on the Stability Ball	12 & up	Mon	Apr 16-Jun 18 (no Class May 21st)	5:30 pm-6:30 pm	South Leisure Centre	\$72.00
Fitness: Pilates & Strength on the Stability Ball	12 & up	Thurs	Apr 19-Jun 21	5:30 pm-6:30 pm	South Leisure Centre	\$80.00
Fitness: Zumba		Mon	Apr 16-Jun 18	5:30 pm-6:30 pm	South Leisure Centre	\$72.00
Fitness: Zumba Fitness and Bootcamp		Thurs	Apr 19-Jun 21	6:45 pm-8:00 pm	South Leisure Centre	\$100.00

Adult

Cardio Sculpt/Boot Camp		Mon	Apr 2-Jun 25	6:30 pm-7:30 pm	South Leisure Centre	Registered \$48.00 Drop In \$5
Dance/Fitness: Take it All Off Cardio Belly/Burlesque & Boot Camp		Wed	Apr 18-Jun 20	8:15 pm-9:30 pm	South Leisure Centre	\$100.00

Older Adults

Fitness:	50+ yrs	Tue/Thu Fri	Ongoing	10:30 am-11:30 am 9:00 am-10:00 am	South Leisure Centre	\$40 once/ wk \$50 twice/wk \$60 three/wk
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Cathedral Area Community Association

The Cathedral Area Community Association is dedicated to making the Cathedral Area a vibrant neighbourhood with a hometown feel and a rich sense of community. As part of that, we offer a variety of fun courses for all ages and interests.

For all our classes, you'll find course descriptions and registration information on our website, www.cathedralvillage.org. There you can also keep up on community events and happenings. For more information on Independent Ashtanga Yoga Practice and Power Yoga check out www.yogaguerilla.org or contact Lesley at farmerfarley73@yahoo.ca. For more information on Yoga for Growth classes, please contact Chrisantha Denis at cdenis@accesscomm.ca. For more information or to register for a class, please contact the Cathedral Area Community Association at caca@sasktel.net or phone 569-8755.

Children

Storytelling with Puppets A	5-6 yrs	Thu	Apr 5	9:00 am-10:30 am	Cathedral Neigh Ctr	\$55.00
Storytelling with Puppets B	5- 6 yrs	Thu	Apr 5	10:30 am-12:00 pm	Cathedral Neigh Ctr	\$55.00

Adult

Tai Chi Kung Fu	Mon/Wed	Mar 19-Jun 13	8:30 pm-10:30 pm	Campbell Collegiate	\$175.00
Book Club	Thu	Jan 19 monthly	2:00 pm-3:30 pm	Cathedral Neigh Ctr	Free
Scrabble Club	Wed	Jan 25 ongoing	7:00 pm-9:00 pm	Cathedral Neigh Ctr	Free
Indy Ashtanga Yoga	M, W, Thu	Apr 2- Jun 21	5:00 pm-6:45pm	Cathedral Neigh Ctr	12 wks \$60.00-\$120.00 1 month \$20.00-\$40.00 drop-in \$5
Summer Indy Yoga Practice	M, W, Thu	Jul 9- Sep 13	5:00 pm-6:45 pm	Cathedral Neigh Ctr	10 wks \$50.00-\$100.00 1 month \$20.00-\$40.00 drop-in \$5.00
Power Yoga	Fri	Apr 13 - Jun 15 (no class Apr 27)	5:45 pm-7:00 pm	Cathedral Neigh Ctr	\$60.00
Power Yoga Summer	Fri	Jul 6-Sep 14 (no class Aug 3)	5:45 pm-7:00 pm	Cathedral Neigh Ctr	\$60.00
Yoga for Growth (Multi level)	Wed	Mar 28- May 30	7:15 pm-8:45 pm	Cathedral Neigh Ctr	\$85.00
Yoga for Growth (Multi level)	Sun	Apr 1- Jun 17 (no class Apr8&May 20)	3:00 pm-4:30 pm	Cathedral Neigh Ctr	\$85.00

Dewdney East Community Association

The Dewdney East Community Association serves the areas Glen Elm, Glencairn, Glencairn Village, East Point Estates, East Gate, Parkridge and Creekside. Our meeting are the 4th Thursday of the month at 7:00 pm, at the Glencairn Neighbourhood Centre. We are always looking for volunteers and instructors. For information on how you can help our community, volunteer or information of our Programs please call 789-6559 or visit our website at www.decaregina.ca.

You must pre-register for Preschool. Belly Dance instructor Barbara Tomporowski, e-mail azurabellydance@yahoo.com. Zumba by Corleen, website: www.zumbabycorleen.com for information on each class offered.

Note: some program pre-requisites or restrictions may apply.

Register at FIRST class! Check our website www.decaregina.ca to register for our programs on line.

Family

Pickle Ball: Drop In	Wed	Apr-Jun	7:30 pm-9:00 pm	Henry Braun School	Comm. Mbrshp
Table Tennis: Drop In	Mon	Apr-Jun	7:30 pm-9:00 pm	Glen Elm Sch	Comm. Mbrshp

Teen

Dance: Belly-Beginner	Wed	Apr 4-May 30	7:00 pm-8:00 pm	Glencairn Neigh Ctr	\$52.00	
Dance: Belly-Advanced	Wed	Apr 4-May 30	8:00 pm-9:00 pm	Glencairn Neigh Ctr	\$52.00	
Zumbatomic	7-12 yrs	Sat	Mar 10-Apr 28	11:45 am-12:30 pm	Glencairn Neigh Ctr	\$42.00
Zumbatomic	7-12 yrs	Sat	May 5-Jun 16	11:45 am-12:30 pm	Glencairn Neigh Ctr	\$36.00

Adult

Dance: Belly-Beginner	Wed	Apr 4-May 30	7:00 pm-8:00 pm	Glencairn Neigh Ctr	\$52.00
Dance: Belly-Advanced	Wed	Apr 4-May 30	8:00 pm-9:00 pm	Glencairn Neigh Ctr	\$52.00
Dodge Ball: Team	Fri	Apr-Jun	1 hr time slots	Glencairn Neigh Ctr	\$60.00
Dodge Ball: Team	Fri	Apr-Jun	1 hr time slots	Judge Bryant Sch	\$60.00
Dodge Ball: Team	Sat	Apr-Jun	1 hr time slots	Judge Bryant Sch	\$60.00
Dodge Ball: Team	Fri	Apr-Jun	1 hr time slots	George Ferguson School	\$60.00
Dodge Ball Team	Sat	Apr-Jun	1 hr time slots	George Ferguson School	\$60.00
Dodge Ball Team	Sat	Apr-Jun	1 hr time slots	Henry Braun School	\$60.00
Pickle Ball: Drop In	Wed	Apr-Jun	7:30 pm-9:00 pm	Henry Braun School	Comm. Mbrshp
Table Tennis: Drop In	Mon	Apr-Jun	7:30 pm-9:00 pm	Glen Elm School	Comm. Mbrshp
Jazzercise	M,W Sat	Apr 2-Jun 30	7:30 pm-8:30 pm 9:00 am-10:00 am	Glencairn Neigh Ctr	\$117.00
Jazzercise	M,W Sat	Jul 2-Aug 29	6:45 pm-7:45 pm 9:00 am-10:00 am	Glencairn Neigh Ctr	\$78.00
Zumba GOLD	Tue	Mar 6-Apr 24	1:30 pm-2:30 pm	Glencairn Neigh Ctr	\$47.00
Zumba GOLD	Tue	May 1-Jun 5	1:30 pm-2:30 pm	Glencairn Neigh Ctr	\$40.00
Zumba Basic	Sat	Mar 10-Apr 28	10:30 am-11:30 am	Glencairn Neigh Ctr	\$55.00
Zumba Basic	Sat	May 5-Jun 16	10:30 am-11:30 am	Glencairn Neigh Ctr	\$47.00

Heritage Community Association

The Heritage Community Association, located just east of downtown from Broad St. to Winnipeg St., College Ave. to the CPR mainline, and the area known as the Arcola triangle (Winnipeg, Arcola, and Victoria), offers programs for the residents of the neighbourhood, as well as residents of the Central Zone. For more information, please call Leila at 757-9952 or email lfrancis@sasktel.net.

Family

Cultural Horse Camps 6yrs to adult	Sat, Sun	May to September	9:00 am - 5:00 pm	Twisted Wire Ranch	Free
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Children

Cultural Horse Camps 10 yrs +	Fri	May and June	9 am - 5 pm	Twisted Wire Ranch	Free
CZB Co-ed Recreational Outdoor Soccer	3-17 yrs	May 7 to June 16	Times TBA	Locations vary	Costs vary

Hillsdale Community Association

Registration for the South Regina Community Soccer recreational outdoor soccer league, ages 3-18, will be held at the South Leisure Centre, 170 Sunset Drive on Saturday March 3 from 9:00 am to 11:00 am, and on Tuesday March 6 and Wednesday March 14 from 7:00 pm to 8:00 pm. The Coaches Clinic will be held on Saturday April 21. Team schedules will be available at <http://nonprofits.accesscomm.ca/srcs/>.

Family

Soccer	3-18 yrs	TBA	May 1-Jun 23	TBA	Locations vary	Costs vary
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Lakeview Community Association

www.lcaregina.ca

Registration for the South Regina Community Soccer recreational outdoor soccer league, ages 3-18, will be held at the South Leisure Centre, 170 Sunset Drive on Saturday, March 3 from 9:00 am to 11:00 am, and on Tuesday, March 6 and Wednesday, March 14 from 7:00 pm to 8:00 pm at various locations. The Coaches Clinic will be held on Saturday, April 21. Team schedules will be available at <http://nonprofits.accesscomm.ca/srcs/>.

Socer contact: soccer@lcaregina.ca

Family

Soccer	3-18 yrs	TBA	May 1-Jun 23	TBA	Locations vary	Costs vary
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McNab Community Association - West Zone www.mcnabcommunity.com

The McNab Community Association offers programs for the residents of the neighbourhood, as well as residents of the city. We offer programs for all ages and interests. If you have a special interest that you would like to share with the community or you would like to volunteer, please contact the McNab Community Association at 347-0051 or mcnabca@sasktel.net. You may also visit our website at www.mcnabcommunity.com. The community registration for the following programs will be done by phoning the community line or e-mailing the McNab Community Association before March 15th.

Family

Picnic In The Park	Sat	Jun 9	11:00 am-2:00 pm	McNab Park
Spring Community Clean Up	Sat	May 12	10:00 am-12:00 pm	Meet at Gateway Church
Community Garden Tour	Sat	Jul 15	1:30 pm	Meet at Gateway Church

Adult

Women in Trades:						
Electrical	18+ yrs	Wed	Apr 4	6:30 pm-9:00 pm	Pioneer Village Hall	\$35.00
Plumbing	18+ yrs	Wed	Apr 11	6:30 pm-9:00 pm	Pioneer Village Hall	\$35.00
Drywall & Anchors	18+ yrs	Wed	Apr 18	6:30 pm-9:00 pm	Pioneer Village Hall	\$35.00
Painting & decorating	18+ yrs	Wed	Apr 25	6:30 pm-9:00 pm	Pioneer Village Hall	\$35.00

North East Community Association (NECA) www.rneca.com

The North East Community Centre is located on 200 Block Broad St. attached to the back of Imperial School (enter between Zion Church and Imperial School). The North East Community Association is a group of area residents who donate their time for the betterment of the North East Community. In partnership with the City of Regina, Saskatchewan Lotteries and others, we offer a variety of programs and events throughout the year.

Check out our monthly newsletter or visit our website at www.rneca.com for updated programs and information throughout the year.

If you need more information, would like to rent our facility, volunteer or advertize in our newsletter, please call Rhonda at 501-2406 or 347-8299 or e mail us at rneca@accesscomm.ca

Family

Laughter Yoga	7+ yrs	Thu	Mar 15-Jun 2	10:30 am-11:30 am	NECC	\$5.00
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Children

After My Time	6-11 yrs	Mo/Th	Jan 10-Jun 16	3:30 pm-5:00 pm	NECC	Free
My Time Crew	10-14 yrs	Mo/Th	Mar-Apr	6:30 pm-8:30 pm	NECC(Mon) Imperial School gym (Thu)	Free
Ceramic Make N Take Easter Bunny/Chick Dish	7 + Yrs	Sat	March 31	1:00 pm - 3:00 pm		

Rosemont/Mount Royal Community Association www.rmrc.com

The Rosemont Mt. Royal Community Association offers programs for the residents of the neighbourhood, as well as residents of the city. We offer programs for all ages and interests. If you have a special interest that you would like to share with the community or you would like to volunteer, please contact the Rosemont Mt. Royal Community Association at 791-0226. You may also visit our website at www.rmrc.com.

To Register for the Babysitting Class contact Theresa at 790-9155.

To Register for Hockey School contact Helen at 543-9152

To Rent a Table for the Flea Market/Craft Sale contact Wilma at 543-0395

Family

Flea Market & Craft Sale	Sat	May 5	10:00 am-4:00 pm	Rosemont Community School	\$10 – Table Rental
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Children

Babysitting Course	11 +yrs	Sun	Mar 18	9:00am - 5:00pm	Jack Hamilton Arena	\$30.00
Hockey School	6-8 yrs	Sat, Sun	Sept 8-Sept 30	9:00 am-10:00 am	Jack Hamilton Arena	\$105.00
Hockey School	9-12 yrs	Sat, Sun	Sept 8-Sept 30	10:00 am-11:00 am	Jack Hamilton Arena	\$105.00

Sherwood Estates/McCarthy Park Community Association - West Zone

www.semp.ca

For all Spring programs available in our community please check our website at www.semp.ca.

Craving Change	13+	Tue	April 3, 10, 24	6:30 pm-8:30 pm	NWLC	\$50.00 (includes workbook)
Craving Change	13+	Thu	May 3, 10, 24	6:30 pm-8:30 pm	NWLC	\$50.00 (includes workbook)

Whitmore Park

www.whitmorepark.ca

Whitmore Park is a Responsive, Accountable, Collaborative, Fun, Caring, and Informative South Regina Community overflowing with Community Pride. Please plan to be part of the many events happening in spring 2012. These include our Annual Mike Badham Walk and a Community Talent Showcase. Please check our website for details.

Registration for the South Regina Community Soccer recreational outdoor soccer league, ages 3-18, will be held at the South Leisure Centre, 170 Sunset Drive on Saturday, March 3 from 9:00 am to 11:00 am, and on Tuesday, March 6 and Wednesday, March 14 from 7:00 pm to 8:00 pm. The Coaches Clinic will be held on Saturday, April 21. Information will be available at <http://nonprofits.accesscomm.ca/srcs/> starting in late February 2012 and team schedules will be posted by late April 2012.

There is no 2012 Spring Registration Night for WPCA.

Check Whitmore Park Community Association out on Facebook and our website www.whitmorepark.ca for more information about programs and upcoming events.

Family

Soccer	3-18 yrs	TBA	May 1-Jun 23	TBA	Locations vary	Costs vary
Annual Mike Badham Walk	All Ages	Sat	TBA	1:30 pm	Mike Badham Park	N/C
Talent Showcase	All Ages	TBD	TBD	TBD	TBD	TBD

East Zone Board

www.eastzoneboard.com

The East Zone Board represents the Arcola East, Boothill, and the Dewdney East areas. We provide recreation and community programs that are offered zone wide. The East Zone Board is a volunteer board that is always looking for more members. If you are interested in Community volunteering opportunities, please contact Claude Janier at 761-1736 or at c.janier@sasktel.net.

Currently the programs being offered in the East Zone include:

-East Zone Tae Kwon Do (contact Bryan at 949-7067); this program has an ongoing registration and monthly fees, please register at your first class.

-Regina East Zone Youth Soccer (for more information see www.rezysa.com).

-East Zone Softball is not running this spring, please register with South Zone Softball (for more information see southzoneball@accesscomm.ca or call 565-1312).

Family

Tae Kwon Do						
1 person	5+ yrs	M,W	Jan 10-Jun 27	6:00 pm-7:15 pm	Glencairn Rec Ctr	\$25.00
2 person	5+ yrs	M,W	Jan 10-Jun 2	6:00 pm-7:15 pm	Glencairn Rec Ctr	\$40.00
3 person	5+ yrs	M,W	Jan 10-Jun 2	6:00 pm-7:15 pm	Glencairn Rec Ctr	\$50.00

Central Zone Board

The Central Zone Board represents the Al Ritchie, Cathedral, Centre Square, Heritage, and North Central communities. Our mission is to facilitate equitable participation that will enhance the quality of life for the residents of the Central Zone through the development and coordination of recreational, social and planning activities.

Registration for Outdoor Soccer, ages 3 - 17, will be held at the Heritage Community Association, #100 - 1654 11th Ave on March 21st from 1 - 7:30 pm. For more information, please call 757-9952.

Children

Co-ed Recreational						
Outdoor Soccer	3 - 17 years	M to Th	May 7 to June 16	Game times	TBA Locations vary	Costs vary

North Zone Board

North Zone Playschool has classes for children 3 & 4 years of age. Classes are held at the Jack Staples Arena & Jack Hamilton Arena. For more information, please contact Yvonne Thomas @ 545-6492 or yvonnethomas@hotmail.com. Registration night for the 2012-2013 Playschool year will be held on Monday, April 16, 2012 at the Uplands Community Centre. The Heartland Artist Guild is holding its' annual Art Show and Sale at the Argyle Park Community Centre on April 20, from 4-9 pm; April 21 from 10am-6 pm and April 22 from 10 am to 4 pm. Contact Cindy Schmidt at jcschmidt@sasktel.net or 949-5782.

Outdoor Soccer – registration at Argyle Community Centre on March 12 & 13 and Uplands Community Centre on March 14 & 15, 6:30 pm-8:30 pm.

Preschool

Outdoor Soccer	3-5 years	Weekdays	May-June		North Zone Fields	\$65.00
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Children

Outdoor Soccer	6-12 years	Weekdays	May-June		North Zone Fields	\$65-\$110
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Teens

Outdoor Soccer	12-17 years	Weekdays	May-June		North Zone Fields	\$65-\$110
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Adult

Soccer	18 yrs	weekdays	May-Jun		North Zone fields	\$110.00
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South Zone Board

You do not have to live in the South Zone area to play South Zone T-Ball and SoftBall. Registration dates: March 8, 2012 (6:30-pm – 8:00pm); March 12, 2012 (6:30pm – 8:00pm); March 17, 2012 (10:00am – noon) – South Leisure Centre – 170 Sunset Drive. Please contact the co-ordinator for more information:

Co-ordinator – Lauren Kos, <http://users.accesscomm.ca/southzonetball/>, southzoneball@accesscomm.ca, 565-1312, press 3

Please note the following symbol for additional program information (M): Extra materials needed.

Preschool

^(M) Outdoor T-Ball	2-3 yrs	M,W	Apr 30-Jun 27		School Diamonds, South Regina	\$40.00
^(M) Outdoor T-Ball	4-5 yrs	M,W	Apr 30-Jun 27 May 1-Jun 28		School Diamonds, South Regina	\$40.00

Children

^(M) Outdoor Softball	6-7 yrs	Th,Sat	May 2-Jun 27		School Diamonds, South Regina	\$40.00
^(M) Outdoor SoftBall	8-10yrs	W,Sat	May 2-Jun 28		School Diamonds, South Regina	\$40.00

Teen

^(M) Outdoor SoftBall	11-12yrs	Tu,Sat	May 1-Jun 28		School Diamonds, South Regina	\$40.00
^(M) Outdoor SoftBall	13+yrs	M,Sat	Apr 30-Jun 27		School Diamonds, South Regina	\$40.00

West Zone Board

www.westzoneboard.ca

The WEST ZONE BOARD is an organization consisting of a volunteer executive comprised of: elected officers, coordinators, and representatives from each of the 10 COMMUNITY ASSOCIATIONS AND 5 AFFILIATED GROUPS. The West Zone Board receives funding from the City of Regina to assist with providing Programs to the residents and Volunteer recruitment & retention. The Zone Board is the liaison between the City and the groups under its Umbrella. Monthly meetings [held August to May] are a means of sharing information & ideas and residents are invited to attend any meeting. Our mission – to enhance the quality of life of the residents through recreation and community service development - is accomplished by offering a variety of Programs which are facilitated in partnership with the Community Associations & the Affiliated Groups with the Zone Board filling the void. For information about the West Zone Board, any West Zone Programs or to volunteer, please contact the West Zone Board Office @ 791-0226 or by e-mail reginawestzoneboard@sasktel.net.

West Zone Affiliated Groups: Regina West Zone [Outdoor] Soccer

www.rwzsa.ca

An equal opportunity, recreational Soccer program for children ages 3 – 17 years [age as of Dec.31, 2011]

Program season – May/June

Regina Northwest Sports

www.rnwsa.ca

No cut, equal participation T-Ball & Softball for children ages 4 – 18 years [age as of Dec.31, 2011]

Program season – May/June

West Zone Taekwon-Do

<http://nonprofits.accesscomm.ca/wztkd>

A recreational, family orientated program for fitness, coordination & self-discipline while learning self defense. Head Instructors – Clint Norman [7th Degree Black Belt], Dave Gaboury [5th Degree Black Belt], After School Instructor – Chelsea Stone [5th Degree Black Belt].

West Zone Community Gardens – contact the West Zone Board Office @ 791-0226

West Zone Indoor Soccer

www.reginaindoorsoccer.ca

Fun & affordable co-ed recreational soccer for ages 3-18 years. Program runs late October to mid-March.

Registration for programs sponsored by the West Zone Board or an Affiliated Group may be done at the West Zone Board Office or in person by attending the Registration held by the Affiliated Group [see dates below] unless indicated differently.

Family

WZ Taekwon-Do		Cost \$120/3 months for 1st member + \$90/3months for each additional family member		
Beginner	M, W	Ongoing	6:00 pm–7:00 pm	H.Janzen School
	Sun	Ongoing	1:00 pm–2:00 pm	H.Janzen School
Intermediate	M, W	Ongoing	7:00 pm–8:00 pm	H.Janzen School
	Sun	Ongoing	2:00 pm–3:00 pm	H.Janzen School
Advanced	M, W	Ongoing	8:00 pm–9:00 pm	H.Janzen School
	Sun	Ongoing	2:00 pm–3:00 pm	H.Janzen School
After School	T,Th	Ongoing	4:00 pm–5:00 pm	NWLC
	Sun	Ongoing	1:00 pm–2:00 pm 2:00 pm–3:00pm	H.Janzen School

Children/Teen

Outdoor Rec Soccer	3-17 yrs	Feb.27	7:00 pm–8:00 pm	J.Hamilton Arena
		Feb 29	7:00 pm–8:30 pm	NWLC
		Mar 3	10:00 am–1:00 pm	NWLC
T-Ball/Softball	4-18 yrs	Mar.17	2:00 pm–3:30 pm	NWLC
		Apr. 21	2:00 pm–3:30 pm	NWLC