

Lakeview Community Association Programs Schedule Fall 2017

Registration Date: Tuesday September 12th from 7:00 - 8:00 PM

Registration Location: Lakeview School Gym

Contact: lcaprograms306@gmail.com

FAMILY AND COMMUNITY						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Skate	All Ages	Mon	Oct 23-Dec 18	7-8 PM	Optimist Arena	Free

PRESCHOOL						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-4 yrs	Wed	Oct 18 – Dec 13	5-5:30 PM	Balfour Arena	\$70
Learn to Skate	3-4 yrs	Wed	Oct 18 – Dec 13	5:30-6 PM	Balfour Arena	\$70
Learn to Skate	4-6 yrs	Sat	Oct 14 – Dec 9 (Excl. Nov 11)	3:45-4:30 PM	Balfour Arena (Oct 14 only) Optimist	\$70
Sportball (Parent & Child Multi-Sport)	16-24 mo	Sun	Sept 17 – Dec 3 (Excl. Oct 8 & Nov 12)	4-4:45 PM	Lakeview School Gym	\$186
Sportball (Parent & Child Multi-Sport)	2-3 yrs	Sun	Sept 17 – Dec 3 (Excl. Oct 8 & Nov 12)	3-3:45 PM	Lakeview School Gym	\$186
Sportball (Multi-Sport)	5-7 yrs	Sun	Sept 17 – Dec 3 (Excl. Oct 8 & Nov 12)	2-3 PM	Lakeview School Gym	\$186
Multi-Sport)	3-5 yrs	Sun	Sept 17 – Dec 3 (Excl. Oct 8 & Nov 12)	1-2 PM	Lakeview School Gym	\$186

CHILDREN						
Activity	Ages	Day	Dates	Times	Location	Cost
Hockey Skills	7-8 yrs	Tue	Oct 24-Mar 13	6-7 PM	Optimist Arena	\$250
Hockey Skills	9-12 yrs	Tue	Oct 24-Mar 13	7-8 PM	Optimist Arena	\$250
Mando for Kids	7-12 yrs	Tue	Sep 19-Dec 5	5-5:30 PM	Lakeview School	\$145
Mini Mites	5-6 yrs	Tue	Oct 17-Mar 6 (Excl. Dec 19-Jan 20)	6:45-7:45 PM	Balfour Arena	\$170
Learn to Skate	5-6 yrs	Wed	Oct 18-Dec 13	6-6:30 PM	Balfour Arena	\$70
Learn to Skate	7-12 yrs	Wed	Oct 18-Dec 13	6:30-7 PM	Balfour Arena	\$70
Learn to Skate	5-12 yrs	Sat	Oct 14-Dec 9 (Excl. Nov 11)	4:30-5:15 PM	Balfour Arena (Oct 14 only) then Optimist Arena	\$70
Learn to Skate	7-12 yrs	Sat	Oct 14-Dec 9 (Excl. Nov 11)	5:15-6 PM	Balfour Arena (Oct 14 only) then Optimist Arena	\$70

Hockey Skills Program - All participants must be able to skate the full length of the rink and should also be able to skate backwards for the hockey skills programs. There will be no program December 19 January 2.

Learn to Skate Program 5-12 years - Children 5 and 6 years must be able to get up and skate the whole rink by themselves.

Mando for Kids Mandolins are available for rent.

ADULTS						
Activity	Ages	Day	Dates	Times	Location	Cost
Artesian Bread Baking at Home	16+ yrs	Sun	Nov 5, Nov 19	12-6 PM	Cathedral Neighbourhood Centre	\$105/classes
Decorative Holiday Bread	16+ yrs	Sun	Dec 3	12-6 PM	Cathedral Neighbourhood Centre	\$105/classes
PAD – RQHR Public Access Defibrillator Course	Adult	Sat	Sep 23	10 AM-12 PM	South Leisure Art Room	Free
PiYo Fitness	18+ yrs	Thu	Sep 22-Dec 8	6-7 PM	Lakeview School Gym	\$60/\$7 Drop-in
Zumba	16+ yrs	Sun	Sep 17-Dec 10 (Excl. Oct 8)	10-11 AM	Lakeview School Gym	\$60/\$7 Drop-in
Zumba	16+ yrs	Mon	Sep 18-Dec 11 (Excl Oct 9)	6-7 PM	Lakeview School Gym	\$60/\$7 Drop-in
Zumba	16+ yrs	Wed	Sep 20-Dec 6	6-7 PM	Lakeview School Gym	\$60/\$7 Drop-in

Artisan Bread Baking At Home Baking great bread at home is becoming a lost art but it can be easy fun and delicious. Learn the principles of baking classic artisan style bread at home. The class will discuss ingredients mixing fermentation shaping and baking with a focus on using tools commonly found in home kitchens. Students will make a traditional Italian Ciabatta and a whole wheat hearth loaf.

Decorative Holiday Bread - Learn how to make your own delicious sweet bread at home must in time for the holidays. Participants will learn several braiding patterns and will make a kolach a traditional Eastern European celebration loaf studded with nuts and dried fruit.

PAD - This session provides information on how to recognize the warning signs of sudden cardiac arrest provides hands-on instruction on how to do high quality chest compressions and for how to use an Automated External Defibrillator AED to help save the lives. For more information visit:

www.rhealth.ca/department/cardiosciences/public-access-defibrillation.

OLDER ADULTS						
Activity	Ages	Day	Dates	Times	Location	Cost
Mature Driver Refresher Course	55+	Sat	Oct 28	9 AM – 3:30 PM	South Leisure Art Room	Free

Mature Driver Course - The Mature Driver Refresher Course is strictly informational. There are no required examinations and your license will not be affected. This course will be led by the Saskatchewan Safety Council. For more information please visit: sasksafety.org/training/traffic/maturedriver.