

Contact: Chelsea Brown
Email: lcaprograms306@gmail.com
Registration Date: Tuesday Sept. 11, 2018 from 7-8 PM
Registration Location: Lakeview School Gym

Lakeview Community Association is a friendly and active force in the south end of Regina. We offer a wide variety of program options for people from all communities in Regina. Please feel free to join our association or attend our meetings if you are interested in becoming more active in your community. Visit our website at lcaregina.ca for more information.

FAMILY

Activity	Ages	Day	Dates	Times	Location	Cost
Family Free Skate*	All ages	Mon	Oct 22 - Dec 17 Jan 7 – Mar 4 AND Saturday Mar 9	7-8 PM	Optimist Arena	FREE
Scottish Country Dancing**	8-80	Sat	Sept 15-Dec 15 (excl Oct 13 and Nov 10)	9:15-10:15 AM and 10:45-11:45 AM	Lakeview School Gym	\$75 or \$7 drop in

* LCA's weekly free skates are sponsored in large part by a grant from Sask Lotteries. Thank you!
 **No previous experience necessary, you and your child(ren), or you alone are invited to enjoy an hour of dancing to the music of Scotland. No dance experience is required - the purpose is to have fun, and move to some fantastic music. Scottish Country Dancing is a form of traditional Scottish social dancing involving 'sets' of dancers, usually in groups of 6 or 8. This form of dance became popular in the 18th century. A soft-soled shoe is recommended. No other "equipment" required. (See video for more: www.youtube.com/watch?v=w41gBaw0W6s).

PRESCHOOL

Activity	Ages	Day	Dates	Times	Location	Cost
*Sportball (Parent & Child Multi-Sport)	16-24 mo	Sun	Session 1: Sept 16-Oct 21 (excl Oct 7) Session 2: Nov 4 - Dec 9 (excl Nov 11)	3:15-4 PM	Lakeview School Gym	\$102 per session
*Sportball (Parent & Child Multi-Sport)	2-3.5 yrs	Sun	Session 1: Sept 16-Oct 21 (excl Oct 7) Session 2: Nov 4 - Dec 9 (excl Nov 11)	1-1:45 PM	Lakeview School Gym	\$102 per session

*Register for Sportball online at www.sportball.ca or in-person at Lakeview School Gym on Sept 11

CHILDREN

Activity	Ages	Day	Dates	Times	Location	Cost
Hockey Skills and Development***	7-8 yrs	Tues	Oct 23-Dec 18, Jan 8-Mar 5	6-7 PM	Optimist Arena	\$275
Hockey Skills and Development***	9-12 yrs	Tues	Oct 23-Dec 18, Jan 8-Mar 5	7-8 PM	Optimist Arena	\$275
Mini Mites	5-6 yrs	Tues	Oct 23-Dec 18, Jan 8-Mar 5	6:45-7:45 PM	Balfour Arena	\$175
Learn to Skate	3-4 yrs	Wed	Session 1: Oct 10-Dec 12 (excl Oct 31) Session 2: Jan 16-Mar 13	5-5:30 PM	Balfour Arena	\$70 per session
Learn to Skate	3-4 yrs	Wed	Session 1: Oct 10-Dec 12 (excl Oct 31) Session 2: Jan 16-Mar 13	5:30-6 PM	Balfour Arena	\$70 per session
Learn to Skate	5-6 yrs	Wed	Session 1: Oct 10-Dec 12 (excl Oct 31) Session 2: Jan 16-Mar 13	6-6:30 PM	Balfour Arena	\$70 per session

CHILDREN

Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	7-12 yrs	Wed	Session 1: Oct 10-Dec 12 (excl Oct 31) Session 2: Jan 16-Mar 13	6:30-7 PM	Balfour Arena	\$70 per session
Learn to Skate	4-6 yrs	Sat	Oct 13- Dec 1	3:45-4:30 PM	Optimist Arena	\$70
Learn to Skate**	5-12 yrs	Sat	Oct 13- Dec 1	4:30-5:15 PM	Optimist Arena	\$70
Learn to Skate	7-12 yrs	Sat	Oct 13- Dec 1	5:15-6 PM	Optimist Arena	\$70
Sportball* coach and child	3.5-5 yrs	Sun	Session 1: Sept 16-Oct 21 (excl Oct 7) Session 2: Nov 4 - Dec 9 (excl Nov 11)	2-3 PM	Lakeview School Gym	\$102 per session

*Register Online for Sportball at www.sportball.ca or in-person at Lakeview School Gym on Sept 11

** Learn to Skate Program 5-12 yrs class- Children 5 and 6 years, in this class only, must be able to get up and skate the length of the whole rink by themselves.

*** All participants in this class must be able to skate the full length of the ice and should also be able to skate backwards for the hockey skills programs

ADULT

Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	16+	Wed	Session 1: Oct 10-Dec 12 (excl Oct 31) Session 2: Jan 16-Mar 13	6:30-7 PM	Balfour Arena	\$70 per session
Learn to Skate	18+	Sat	Oct 13- Dec 1	6-6:30 PM	Optimist Arena	\$70
Zumba	16+	Mon	Sept 17-Dec 10 (excl Oct 8)	6-7 PM	Lakeview School Gym	\$60 or \$7 drop in
Zumba	16+	Wed	Sept 19 – Dec 12	6-7 PM	Lakeview School Gym	\$60 or \$7 drop in
Beginner Hatha Flow Yoga*	16+	Thurs	Sept 27-Dec 13 (excl Oct 25)	6-7 PM	Lakeview School Gym	\$65 or \$7 drop in

*A low to medium intensity class designed to strengthen the body and release tension through movement with breath. Sequences are built following a flow that goes from warm up to standing and seated poses. Modifications are provided for non-experienced yogis, so the class is suitable for beginners to intermediate, no experience required and every class could be a different challenge or experience for you. All you need is a mat. Come bring balance to body and mind, and have some fun experiencing your own body.

SENIORS

Activity	Ages	Day	Dates	Times	Location	Cost
Mature Driver Refresher Course	55+	Sun	Oct 14	9-3:30 PM	South Leisure Centre Multi-Purpose Room	FREE

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

To register email lcaprograms306@gmail.com or call Chelsea at 306-502-0737