



Fall programs are back!

Child In-Person Programs	Age	Date and Time	Location	Cost
Babysitter Course (11-15) and Home Alone (10+)	10-15	Registration/programming dates will be announced in early October.	St. John's Ambulance on Central	\$45 and \$35
Floor Hockey*	1 - 11	Oct 5-Dec 7 Tuesdays 6-7pm	Hugh Cairns School	\$30
Kindersoccer (Daniela Fuenzalida) Please bring a water bottle.	3-4	Oct 5-Dec 7 Tuesdays 5:30-6pm -or- 6PM-6:30PM	St. Philip School	\$20
Drop In Family Sports/Activities Supervised by the APCCA Executive	All ages	Oct 15-Dec 10 Fridays 6:30PM - 7PM	Hugh Cairns School	\$20 per family
Woodworking (Robin Reynolds)	10-13	TBA	Hugh Cairns Rink's Maintenance Building	\$75
Kids Dance Fusion Stephanie Leier	8-10	Oct 4-Dec 6 Mondays, 5:30-6:15	St. Philip School	\$40
Adult/Teen Programs	Age	Date and Time	Location	Cost
TRX Strength & Cardio (Tracy Magnin)	15+	Sept 22- Dec 1 Wednesdays -6-7PM	Hugh Cairns School- Outdoor (Sept 22 nd and 29 th) and Gymnasium Oct 4 th – Dec 1)	\$60
Drop In Volleyball (Darcy Warrington) Requires some previous experience playing volleyball.	12+	Oct 7-Dec 9 Thursdays 8:30PM -10PM	Hugh Cairns School	\$25
Zumba (Stephanie Leier) Please bring a water bottle.	16+	Oct 4-Dec 6 Mondays (Time of evening session TBA)	TBA- Hugh Cairns and/or St. Philip School	\$60
Beginner Crochet A list of supplies will be provided.	18+	Oct 5-Nov 9 Tuesdays 7-830pm	Prince Philip School Library	\$50 plus supplies

Chair and Me Yoga Taught by Jennelle Dodd, C-IAYT Please bring a mat and a water bottle.	18+	Oct 7-Dec 9 Thursdays 6-7pm	Prince Philip School Gym	\$60
Mindful Yoga Taught by Jennelle Dodd, C-IAYT Please bring a mat and a water bottle.	18+	Oct 7-Dec 9 Thursdays 7:30-8:30pm	Prince Philip School Gym	\$60
Pilates Taught by Diane Hein Please bring a mat and a water bottle.	18+	Oct 5-Dec 7 Tuesdays 6 -7pm	Prince Philip School Gym	\$60
Pickleball	18+	Sept 22- Dec 8 Wednesdays 8-10pm	Beginner level: Prince Philip School Gym Intermediate and Advanced: Chief Whitecap School	\$30

After a year of cancelled plans and few recreation options, we know you are ready to get active in your community once again. There is something for everyone in our program schedule!

CLASS DESCRIPTIONS:

Floor Hockey - Please bring a water bottle. Personal plastic blade hockey sticks are also encouraged but not required.

*Floor Hockey requires an adult volunteer to supervise/organize for the program to run. Please contact Darcy Warrington at darcywarrington@gmail.com to volunteer or for more information.

Kindersoccer - requires an adult volunteer to supervise/organize for the program to run. We have one volunteer thus far but would consider offering additional sessions if we had another volunteer.

Please contact Darcy Warrington at darcywarrington@gmail.com to volunteer or for more information.

Drop-In Family Sports/Activities - Different sports and activities will be highlighted each week (floor hockey, basketball, volleyball, soccer, badminton, etc.) but flexibility will be utilized to allow those present to choose appropriate and fun activities to be a part of.

WoodWorking - Course may include but is not limited to the following: students will learn a basic foundation for woodworking techniques through using hand tools, battery operated power tools, manual and plug-in power tools. All power tool procedures, preparation of materials will be completed to ensure safety of students. Specific tools used in class might

include hammer, drill, screwdriver, pull and coping saws, ruler, tape measure, pliers, clamps, smoothing plane, sandpaper. Some materials for building are provided with the \$75 fee.

Kids Dance Fusion - This youth program is geared towards different types of dance such as: hip-hop, Zumba, and various other forms of movement. The focus will be on having fun and being active while doing so.

TRX Strength and Cardio - TRX is a type of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability! This TRX class will focus on increasing your cardiovascular and building full body foundational strength. No experience necessary. Only 8 registrants can register for this program.

Drop-In Volleyball - 1-2 courts will be used depending on weekly attendance. While the focus is organized adult volleyball, mentoring the next generation of athletes in our community to enjoy volleyball is also a goal for this program.

Zumba - Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

Chair and Me Yoga - This class will build strength, flexibility, and balance, both physically and mentally. Classes will include postures, breath, and awareness practice. Modifications and use of a chair will be offered to better engage in the postures. Please bring a yoga mat, a towel or firm blanket, and comfy clothes for movement. Chairs will be provided.

Mindful Yoga - Take time each week to slow down, release stress, and return to your center. This class weaves together yoga postures and breath practices with embodiment, compassion, and mindfulness. Emphasis is not on touching your toes, but instead on uncovering your capacity to bring your best self to your life. This class is appropriate for those new to, and familiar with yoga. You will be supported and empowered to adapt the class to meet your needs. Please bring a yoga mat, your curiosity, and wear comfy clothing for movement.

Pickleball - Please sign up for the session you intend to start with. Participants will then have the chance to move between the Beginner and Intermediate/Advanced sessions.

TO REGISTER FOR ALL PROGRAMS LISTED VISIT OUR WEBSITE:

WWW.ADELAIDECHURCHILL.CA

Indoor Youth Soccer 2021

ONLINE REGISTRATION - August 22- September 10 www.adelaidechurchill.ca

Program	Age	Format	Game Times Loc		Cost
Under 5 Coed	Born 2017	3v3 (no keeper)	Sundays Times TBD	Oct 17- mid March 15 games at Henk Reys Soccer Centre	\$130.00
Under 7 Boys & Girls	Born 2015 & 2016	4v4 includes keeper (optional)	Sundays Times TBD		\$130.00
Under 9 Boys & Girls	Born 2013 & 2014	5v5 includes keeper	Sundays Times TBD		\$160.00

Payments will be accepted online by credit card only, there will be no in-person registration. If you require another payment option, please inquire to soccer@myapcca.ca

A community membership is required every year in order to register for programs. Memberships can be purchased when you register, for \$15.00, and are good from September 1st to August 31st. We also accept memberships from other communities.

Saskatoon Youth Soccer Inc. (SYSI) will schedule the games for U5, U7 and U9. Adelaide Park Churchill Community Association (APCCA) does not have control over the schedule. Practices are at the discretion of the coaches and will be scheduled by the coaches. Players will require shin guards, socks and either cleats or running shoes. A team jersey will be provided for the season. All players and team personnel will also be required to register through the SYSI Ramp registration site. You will be directed to the link upon completion of your registration with APCCA.

Coaches are required for each team in order to be entered into league play and for our soccer program to continue to be offered by APCCA. Certification for coaches is offered through SYSI – Certification fees will be reimbursed by the community association. Registrations will be cancelled.



Upcoming

Events:

ANNUAL GENERAL MEETING

November 9th

7:00 pm

Location TBD



- Join us to learn what your APCCA Executive
- has been up to this past year, learn how you
- can get involved, and chat with Counselor
- Mairin Loewen. We'll bring the coffee.



FALL FAM JAM

09.26.21 | 11AM-3PM

CHURCHILL PARK

ARTS & CRAFTS, MINI DANCE &
SOCCER WORKSHOPS, BOUNCY
HOUSES, BALLOON FUNN, AND MORE!

SEE YOU THERE!

FALL CLEAN-UP

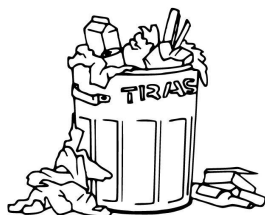


Date: 09/25

Time: 9-12

Dumpsters will be located in alley along Churchill Park.

Bring your non-hazardous yard and garage junk for
disposal



VOLUNTEERS WANTED

To help form ally clean up-crews

Email APCCA to sign up!

COMMUNITY NEWS

It was a great summer in Adelaide Park Churchill! With all the incredible *HEAT* we experienced, families were thankful to have the Adelaide **Paddling Pool** open once again. Our two friendly program leaders kept kids entertained with crafts, games, and plenty of fun. What a great place to gather with neighbours when it's 35 degrees!

The heat brought challenges for the growers at **Churchill Park Community Garden**. With almost no rain all summer, gardeners put in many hours of hand watering, as well as potato beetle picking, weeding, and mulching. The work paid off for many, with harvests of lettuce, tomatoes, potatoes, beans and carrots. The flowers along the edge of some plots added a welcome pop of colour as the grass in the park faded to brown.

A highlight of the summer was **SUM Theatre's** production of *The Other Side of The River* in Adelaide Park. It was a loud and colourful rock opera that dealt with themes of equality and antiracism in a joyful way. It was a treat to be able to enjoy the talents of local artists, actors and musicians right here in our own neighbourhood.

Park activities continued right through the summer with Saskatoon Youth Soccer's **Kids in the Park** mini soccer workshops. Despite the heat, kids of all ages came out to practice their skills and



connect with friends. Unfortunately not all of our beautiful parks were able to be used as much as others. After an intentionally set fire destroyed the play structure in **Meadowlark Park** earlier this spring, the City of Saskatoon added Meadowlark to their list for park upgrades this summer. Due to delays in the procurement process, the project was not completed by the end of August. The timeline has now been adjusted to target a fall completion.

Meadowlark Park is not the only park slated for work in coming months. The City of Saskatoon will be commencing work on the **Churchill Park Dry Pond** in February 2021. The purpose of the pond is to divert storm water during major rainfall events so as to prevent flooding on some streets. Specifically, the intersections of Bute and Munroe, Bute and Albert, Ruth and Cairns, and Ruth and York are susceptible to damaging floods. As part of the planning and design stage of the project, community residents are invited to provide input through an online survey. The survey can be found at www.saskatoon.ca/engage/churchill-park-redesign. Residents can also ask questions, see renderings of the pond, and view photos of past floods.

We are heading into cooler months, a new school year, new activities and hopefully continued low COVID rates. As we move into this new season, the APCCA invites you to reconnect with your neighbours - or connect for the first time! Getting involved is a great way to feel rooted in your community and the APCCA is always looking for new volunteers. If you are only interested in helping a few times a year with special events, we'll take it!

See you around the neighbourhood!

Adelaide Park Churchill 50/50 RAFFLE



Tickets = 1 for \$2; 3 for \$5 or 15 for \$20

**Starts Wednesday September
15 and ends Tuesday
November 9, 2021. Draw will
occur at the APCCA AGM**

LIC # SR21-0698

Purchase your 50/50 raffle tickets by contacting:
any Association member, our Facebook page or the
Treasurer at treasurer@myapcca.ca

The 50/50 winner will receive half of all raffle
funds collected. Proceeds from the 50/50 raffle
will help the APCCA in their efforts of offering
programs and events for all residents of the
community.

APCCA Memberships

With Fall fast approaching, our awesome Community Association Volunteers are back planning family fun events, programs, a community clean-up and more! Purchasing a \$15 APCCA Membership is one way to support our efforts and access fun programming for the whole family. Memberships are valid September 1 st , 2021 - August 31 st , 2022.

How do you purchase a membership?

Visit our website to purchase on-line:
www.adelaidechurchill.ca

E-mail: memberships@myapcca.ca

Phone: 306-281-4298

Thank-you for your Support!

Tracy Magnin

Membership Coordinator



Get In Touch

Executive List

President - Michael Kautzman - president@myapcca.ca

Vice President/Newsletter - Gina Khonje - ginadtrapp@gmail.com

Secretary - Robin Reynolds - robinreynolds@gmail.com

Treasurer - Tamara Young - treasurer@myapcca.ca

Membership - Tracy Magnin - 306-281-4298 - memberships@myapcca.ca

Social Coordinator - Jania Chilima - social@myapcca.ca

Program Coordinator - Darcy Warrington - darcywarrington@gmail.com

Soccer Coordinator - Dayna Howe - soccer@myapcca.ca

HCVC Rink Coordinator - Riley Day - rinks@myapcca.ca

St. Philip Rink Coordinator - Rob Frank - rinks@myapcca.ca

Website Coordinator - Dave Sosulski - adelaideparkchurchill@gmail.com

Director at Large - Deb Hockey 306-229-5371

Basketball Coordinator, School Liaisons, Director at Large, Newsletter Coordinator Your Name Here

Community Consultant - Shelly Panko Schultz 306-974-3381

Follow us on  @AdelaideParkChurchillCommunityAssociation

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