



APCCA Community Soccer and Spring programs
In person Soccer Registration will be held on Feb. 26
6:30-7:30pm @ Hugh Cairns School Library Cash or Cheque.
Online Registration Feb.16 - Mar. 1 www.myapcca.ca .

Program	Location	Day of Week	Time	Registration Fee
Adult (18 years and over) Programs				
Pilates	Prince Philip School – Gym	Th Apr 9-Jun11	6:30 - 7:30 PM	\$60
Multi-Level Yoga	Prince Philip School – Gym	Wednesday Apr 8 – Jun 10	6:30 - 7:30 PM	\$60
Zumba® Everyday	Hugh Cairns VC & St. Philip Schools – Gym	Mon to Fri Apr	Varying times – see schedule on website	\$100
Spring Learn to Run	Churchill Park beside Community Garden	Sun & Wed Apr 19-Jun 6	6:30 - 7:30 PM	\$50
Youth and Children Programs				
Babysitting Course (10yrs+)	Hugh Cairns V.C. School Library	Tue & Th Apr 21,23,28,20	6:30-8:30 PM	\$50
Outdoor Kindersoccer Community Soccer (3-4yrs)	Prince Philip School – Gym	Day TBD Begins in May	Time TBD	\$25
Under 5 Coed Saskatoon Youth Soccer	Born 2015	3 v 3 (no keeper)	Mon/Tues 6:00-7:00 PM Possible Fri	\$65
Under 7 Boys & Girls Saskatoon Youth Soccer	Born 2013 & 2014	4 v 4 includes keeper (optional)	Wed/Th 6:00-7:00 PM Possible Fri	\$75
Under 9 Boys & Girls Saskatoon Youth Soccer	Born 2011 & 2012	5 v 5 includes keeper	Mon/Tues 6:00& 7:00 PM Possible Fri	\$85



Important Soccer Information: A community membership is required to register for programs. Memberships can be purchased at time of registration for \$15.00. Memberships from other communities are accepted. Saskatoon Youth Soccer Inc. schedules the games for U5, U7 and U9. 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. Coaches are needed in order for teams to be entered into league play. Please consider volunteering to coach!! Certification for coaches is offered through Saskatoon Youth Soccer – Any certification fees will be covered by either SYSI or the community association. We cannot offer our soccer programs without a coach for each team. Registrations will be cancelled and refunded if the team does not have a coach. 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 registration with APCCA.

If you have questions or want to volunteer to coach

please email Dayna at soccer@myapcca.ca

Follow us on



Thank you for purchasing your \$15 APCCA membership. This allows for affordable local programs and events. Together we are building a healthy community.

Please contact us with community ideas and suggestions at myapcca@gmail.ca



2nd Annual FAM JAM

in the PARK

Saturday JUNE 6th

@

Churchill Park

Vendor requests are now being accepted.

Contact our social coordinator Jania at jchilma@gmail.com to book your space or table

Music, food, activities, flea market style. We are planning a day of outdoor fun. Local entrepreneurs and artisans will be showcasing their talents and wares. Onsite volunteers and organizers needed.

Join the beginner 8 week walk to run program.



Get ready to enjoy this chance to hang out and learn 2x/week with Tracy Magnin and friends.

Instruction on proper: warmup/cool down/ interval training. Learning for Life.

The Meaning of Movement in celebration of International Women's Day



International Women's Day

Sunday March 8th

10:00am -12:00 pm

at

Hugh Cairns School Gym 2601 Cairns Avenue

Free Community Event, register at bit.ly/MeaningofMovement

Bringing people together to understand the potential and power of rhythm and movement within us.

Hosted by Master Pilates Instructor Jana Danielson, Founder & CEO of Lead Pilates, Lead Integrated Health Therapies & the Metta District; Jade, Owner and Facilitator of Zen Rhythm.Co; and Deb Hockley, Metta District Community Builder.



leadpilates.com



bit.ly/movewithDeb



zenrhythmco.ca

Exercise will be performed barefoot.
Bring your water bottle and exercise mat (if you have one).