



# Sutherland-Forest Grove Community Association Newsletter

AGM: September 29 at 7:00 via ZOOM  
(see meeting link below)

Online Registration dates: Sept 13 to Sept 20  
(check website and Facebook for more information)

[www.sutherlandforestgrove.ca](http://www.sutherlandforestgrove.ca)

September 2021

## President's Message

Wow, this has been quite the year! (I know that is how I started my message for the last newsletter we published but I can't think of anything more appropriate for this one).

The one bright spot for this last year was being able to have the rinks operational and run skating lessons. A big thankyou as always, to Kerry and the rink volunteers, some of whom have been with us for many years.

Big news for SFG this year is that we will be transitioning to **online registration** (we would have done it last year but well, you know what happened there...). We are planning a great year of programs, activities and sports this year. Programs will be starting a little later than usual (1st week of October) in order to allow the schools a chance to settle in before we add Community Programs to the mix. Please watch the website and Facebook page for more information and updates.

Sad news for us is that we are again looking to fill the positions of Vice-President and Soccer Coordinator. Soccer registration is setup and underway for this year but we do really need someone to volunteer for that position in order for the program to continue to be offered.

President/Indoor Coordinator  
Raelene Petracek

## AGM meeting information:

Join Zoom Meeting:

Sept 29 at 7:00 pm

<https://us02web.zoom.us/j/85052244428?pwd=VTFBaXVSRLdyU0pmQkdXS2tVU1pJQT09>

Meeting ID: 850 5224 4428

Passcode: 397546



<b>2021—2022 Executive Members</b>
<b>President</b> Raelene Petracek....306-230-5987
<b>Vice President</b> VACANT
<b>Secretary/Memberships</b> Amber Wood.....306-955-0575
<b>Treasurer</b> Joanne Zehtab.....306-292-2344
<b>Communications</b> Janelle Paposki....306-281-0992
<b>Webmaster</b> Stephan Simon.....306-272-2421
<b>Special Events</b> Aron Cory.....306-250-7701
<b>Indoor Coordinator/ Adult/Children/Youth</b> Raelene Petracek...306-230-5987 indoor@sutherlandforestgrove.ca VACANT
<b>Basketball</b> Amir Zehtab-Jadid.306-281-0771
<b>Soccer Coordinator</b> VACANT
<b>Rink Coordinator</b> Kerry Lajeunesse...306-227-5556
<b>Community Liaison</b> Stephan Simon.....306-373-2421
<b>Inventory</b> Adam Song .....306-250-3675
<b>Member at Large</b> Meaghan Taylor....306-370-5051 Juliana Ofori.....306-230-4998

Community Association Membership is \$10.00 per household  
(September 2021—August 2022)

The Sutherland-Forest Grove Community Association also honours other  
Community Association Memberships.

A late fee of \$20.00 may be applied to registrations after the last  
scheduled night. Early registrations are not accepted.

Your continued patience at registration is appreciated. Thank you!

### **Cost as a Barrier**

Your SFG Community Association is sensitive to the needs of families facing financial hardships and may partially, or fully, fund participation fees in various activities. Subsidization is only to cover the cost of the program and will not include membership to the Community Association. Subsidization is limited to those who reside within our community boundaries. For information, please contact the Coordinator or President when registering.

## INDOOR PROGRAMS

\*\* indicates a joint program with the Silverspring, Evergreen, Erindale/Arbor Creek, Willowgrove/University Heights Community Associations. The following is a list of programs offered by the Sutherland-Forest Grove Community Association for the fall session. If you have any questions, please contact the Indoor Coordinators listed on the front of this newsletter.

### Registration Information:

1. Registration is taken on a first-come, first-served basis. Several programs have limited enrollment.
2. Refunds will be granted if the SFG Community Association cancels a program/activity or if the participant provides a physician's certificate stating that he/she is unable to participate due to medical reasons. All requests for refunds must be submitted in writing to the SFG Community Association Executive. Refunds will be limited to the cost of the program itself.
3. The SFG Community Association reserves the right to cancel any program that does not receive sufficient enrollment or have an instructor by registration night.
4. Classes may be subject to cancellation as the schools have first priority on their gyms and facilities. Rescheduling may not be an option at that time.

### 5. Programs are subject to change please watch our website and Facebook pages for updates

## PRESCHOOL, CHILDREN & YOUTH

### **BABYSITTING \*\* - \$40.00**

*10+ years old*

Sat/Sun from 1:00 pm - 5:00 pm at

Sutherland Evangelical Church (104th St)

October 23 & 24

### **BLAST BALL \*\* - \$25.00**

Bishop Filevich School on Thursday

*3 to 4 years old: 6:00 - 6:30 pm*

*4 to 5 years old: 6:30 - 7:00 pm*

Begins October 07

### **FLOOR HOCKEY \*\* \$25.00**

Thursdays at St Volodymyr School

*6 to 8 years old; 6:30 - 7:30 pm*

*9 to 12 years old; 7:30 - 8:30 pm*

Begins October 07

### **FUTSAL \*\* \$25.00**

What is Futsal? Great for Skill Development; promotes quality touches and better foot skills! Safer; eliminates injuries associated with wall collisions and turf toe! Fun; High Scoring + Constant Excitement + Continuous Action!

Wednesdays at Sutherland School

*6 to 10 years old; 7:00 - 8:00 pm*

Begins October 07

### **KINDERSIZE – PARENT AND TOT \*\* - \$25.00**

*2 to 3 years old*

Mondays from 6:00 - 6:30 pm at St. Volodymyr School

Begins October 04

### **KINDERSIZE - II \*\* - \$25.00**

*3 to 5 years old*

Mondays from 6:30 - 7:00 pm at St. Volodymyr School

Begins October 04

### **KIDS COOKING \$35.00**

*7 to 9 years old*

Tuesdays from 6:00 - 7:15 pm at St. Volodymyr School

Begins October 05

### **KIDS COOKING II \$45.00**

*9 to 12 years old*

Wednesdays from 6-8 pm at St. Volodymyr School

Begins October 06

### **KIDS YOGA\*\* \$TBA**

*4 to 10 years*

Thursdays from 6:30 - 7:00 pm

Location: TBA

Begins October 07

### **KINDERSOCCER\*\* \$25.00**

*3 to 5 years*

Wednesdays from 6:00 - 7:00 pm at Sutherland School

Begins October 06

### **SPORTS ABCs- \*\* - \$35.00**

*3 to 5 years old*

Mondays from 6:00 - 6:30 pm at Willowgrove School Large gym

Begins October 05

### **TAE KWON DO—PRESCHOOL\*\* \$60.00**

*3 1/2 to 6 years old*

Wednesdays from 6:00 - 6:30 pm or

Thursdays from 5:30 - 6:00 pm

Sutherland Memorial Hall

Begins October 06 & 07

### **TAE KWON DO—BEGINNER\*\* \$60.00**

*6yrs to Adult*

Wednesdays or Thursdays from 6:30 - 7:30 pm at

Sutherland Memorial Hall

Begins October 06 & 07

## DANCE

### **BEGINNER DANCE\*\* \$35.00**

Tuesdays at Willowgrove School Multipurpose Rm

*3 to 5 years old; 6:00 - 6:30 pm*

*5 to 7 years old: 6:45 - 7:15 pm*

Begins October 05

### **CREATIVE DANCE\*\* \$35.00**

Thursdays at Willowgrove School Multipurpose Rm

*3 to 5 years old; 6:00 - 6:30 pm*

*6 to 9 years old; 6:45 - 7:15 pm*

## ADULT & YOUNG ADULT

**AEROBICS WITH DARCIE (16 yrs+)**  
**BEGINNER YOGA with Kveta- Mondays (14yrs +)**  
**KICKBOXING (14yrs +)**  
**SELF DEFENSE FOR WOMEN (15yrs+)**  
**TAE KWON DO - BEGINNER (6yrs to adult)**  
**ZUMBA with Lina- Mon (14yrs +)**  
**ZUMBA/ZUMBA STEP (14yrs+)**  
 See info in Adult Section

Sutherland Memorial Hall  
 Begins October 06 & 07

**ZUMBA with Lima(14yrs +)\*\* - \$50.00**  
 Mondays with Lima(14yrs +) from 8:00 - 9:00 pm at  
 JG Egnatoff School Sm. Gym  
 Wednesdays from 7:00 - 8:00 pm at Willowgrove  
 MP/Flex room  
 Begins October 04 & 05

## ADULT 18+ yrs (unless otherwise noted)

### FITNESS & EXERCISE

**AEROBICS with Darcie (16 yrs+) \*\***  
**Fall only:1 day/wk: \$35, 2 days/wk: \$65**  
**Fall/Winter:1 day/wk: \$65, 2 days/wk: \$120**  
 Held at St. Volodymyr School.  
 Mondays and/or Wed from 7:15 - 8:15 pm  
 Begins October 04 & 06

**BOOT CAMP with Don\*\* \$50.00**  
 Tuesdays from 8:00 - 9:00 pm at  
 Forest Grove School Lg Gym  
 Begins October 05

**BUTTS and GUTS with Don \*\* \$50.00**  
 Wednesdays from 6:00 - 7:00 pm at  
 Silverspring Sm Gym  
 Begins October 06

**CORE BODY with Don\*\* - \$50.00**  
 Mondays from 6:00 - 7:00 pm at  
 Bishop Filevich School  
 Begins October 04

**KETTLEBELLwith Don\*\* \$50.00**  
 Thursdays from 8:00 - 9:00 pm at  
 JG Egnatoff School Sm. Gym  
 Begins October 07

**KICKBOXING\*\* (16 yrs+) \$50.00**  
 Thursdays from 8:00 - 9:00 pm at  
 Forest Grove School Lg Gym  
 Begins October 07

**PILATES with Sabrina \*\* \$50.00**  
 Mondays at Silverspring Sm Gym  
 Beginner: 6:30 - 7:30 pm  
 Intermediate: 7:30 - 8:30pm  
 Begins October 04

**SELF DEFENSE FOR WOMEN (15yrs+) \*\* \$60.00**  
 Tuesdays from 8:15 -9:15 pm at  
 Sutherland Memorial Hall  
 Begins TBA

**TAE KWON DO—BEGINNER\*\* \$60.00**  
*6yrs to Adult*  
 Wednesdays or Thursdays from 6:30 - 7:30 pm at

## YOGA (18 yrs+ unless otherwise noted)

**BEGINNER YOGA with Kveta \*\* \$50.00**  
 Location: JG Egnatoff School - Sm Gym  
 Mondays from 6:00 - 7:00 pm; (14yrs +)  
 Tuesdays from 6:30 - 7:30 pm  
 Thursdays from 6:30 - 7:30 pm  
 Begins October 04, 05 or 07

**CARDIO YOGA with Kveta \*\* \$50.00**  
 Wednesdays from 8:00 - 9:00 at  
 Silverspring School Sm Gym  
 Begins October 06

**CHAIR YOGA \* \$40.00**  
 Tuesdays from 7:30 -8::30 at  
 Location TBA  
 Begins TBA

**FLOW YOGA \*\* \$50.00**  
 Tuesdays from 8:15 - 9:15 at Silverspring School SmGym  
 Wednesdays f(with Kveta) from  
 7:00 - 8:00 pm at Silverspring Sm Gym  
 Thursdays from 7:00-8:00 at TBD  
 Begins October 05, 06 & 07

## SPORTS & RECREATION (18yrs+)

**CO-ED VOLLEYBALL\*\***  
**Tuesday \$25.00 Fall only, \$45.00 Fall/Winter**  
**Wednesday \$35.00 Fall only**  
 Tuesdays from 7:30 - 9:00 pm at St. Volodymyr School  
 Wednesdays from 8:30 - 10:00 pm at Holy Family School  
 Begins October 05 & 06

**MEN'S BASKETBALL\*\* - \$25.00**  
 Tuesdays from 9:00 - 10:00 pm at Silverspring School  
 Begins October 05

**MEN'S FLOOR HOCKEY\*\* - 25.00**  
 Thursdays from 9:00 - 10:00 pm at Silverspring School  
 Begins October 07

**PICKLEBALL\*\* - 25.00**  
 Thursdays from 8:30 - 9:30 pm at Mother Teresa Gym  
 Begins October 07

## Indoor Program Registration

**Sutherland Forest Grove is going online!**  
**Registration dates Sept 13 to 20th**

**Please watch the website and Facebook for Registration info.**

### Volunteers Needed!

#### **Coaches and Instructors Needed**

#### **Positions on Executive Board:**

**Soccer Coordinator**

**Vice President**

**Please contact Raelene at [soccer@sutherlandforestgrove.ca](mailto:soccer@sutherlandforestgrove.ca) or 306-230-5987 if interested.**



Coaches are needed.

For **Kindersoccer** (ages 3-5) please see Indoor Programs

Please register for **U5 to U9** online at:

<http://SutherlandForestGroveCA.rampregistrations.com> registration open until Sept 13. See below for age groups.

If you would like to register for different age groups please visit: <http://saskatoonyouthsoccer.ca/> for more information.

#### **2021-22 Soccer Age Groups:**

Year Born/Age	Age Group	Cost	Practice Day	Game Day
2017	Under-5 (Coed)	\$150	TBD	Sunday
2015/2016	Under-7 (Girls or Boys)	\$150	TBD	Sunday
2013/2014	Under-9 (Girls or Boys)	\$200	TBD	Sunday

Games for U5, U7 and U9 are played at Henk Ruys Soccer Centre. Year end tournament mid-March

# BASKETBALL

**Come play basketball with us!**

**Fall 2021/Winter 2022**  
**Season Runs October 2021 to March 2022**  
**Registration July 12<sup>th</sup> – September 17<sup>th</sup> at [www.smba.ca](http://www.smba.ca)**  
 (Please register before the deadline to ensure your spot on a team)

**Basketball Programs for Grades 1 -12 - Boys and Girls**

Dunkaroos - Grade 1/2  
 Spuds - Grade 3/4  
 Minis - Grade 5/6  
 Bantam - Grade 7/8  
 Junior - Grade 9/10  
 Senior - Grade 11/12

\*Our league allows players to play SMBA and High School basketball\*

Officials – Grade 9 and up – register at [www.smba.ca](http://www.smba.ca).  
 For information email [saskatoonminorbasketball@gmail.com](mailto:saskatoonminorbasketball@gmail.com) or [smba4712@gmail.com](mailto:smba4712@gmail.com)

**Register at [www.smba.ca](http://www.smba.ca)**

Follow us on:  
 Facebook – Saskatoon Minor Basketball Association (SMBA)  
 Twitter @minorSaskatoon  
 Instagram – [smba\\_saskatoon](https://www.instagram.com/smba_saskatoon)  
 Watch for updates on our website at [www.smba.ca](http://www.smba.ca)

The SMBA works together with all Community Associations in Saskatoon to provide Basketball opportunities for youth in our city.



The Sutherland-Forest Grove newsletter is printed by **Globe Printers**, a printing company located in your community at 217 Jessop Avenue. See what they have to offer you at [www.globesask.com](http://www.globesask.com). Contact **Wendy Morin** at (306) 229-3461 or [wendy@globesask.com](mailto:wendy@globesask.com)