



# Sutherland-Forest Grove Community Association Newsletter

Online Registration dates: Jan 3<sup>rd</sup> to 9<sup>th</sup>

See Page 4 for registration information

<b>2021—2022 Executive Members</b>
<b>President</b> Raelene Petracek....306-230-5987 indoor@sutherlandforestgrove.ca
<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 Paproski....306-281-0992
<b>Webmaster</b> Stephan Simon.....306-272-2421
<b>Special Events</b> VACANT
<b>Indoor Coordinator/ Adult/Children/Youth</b> Raelene Petracek...306-230-5987 indoor@sutherlandforestgrove.ca
<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>
<b>Member at Large</b> Meaghan Taylor....306-370-5051 Juliana Ofori.....306-230-4998

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

December 2021

## President's Message

Hi again!!

I am so pleased to be able to say that we are back running programs again and it is so nice. With a few accommodations we have been able to once again offer a wide variety of indoor programs as well as children's soccer and basketball. I am personally participating in a couple of adult programs and coaching a couple of children's programs and have to say it is great to be back!

We are looking forward to once again having the rinks up and running and will be offering Skating lessons again on Saturdays at Forest Grove Rink (more information elsewhere in the newsletter).

As always I would like to thank all of our volunteers and people that help us out in ways big and small. The Community Associations run on volunteers and we would not be able to function without you. So no matter how you help out, whether it is on the Executive, coaching a team, helping as a coordinator for a program, doing some shoveling at a rink or just watching a door when we need you—again Thankyou! That being said we do have some open positions and could really use some people to join us.

President/Indoor Coordinator/Interim Soccer Coordinator  
Raelene Petracek

### HELP !!!!!

We need a Soccer Coordinator!

This position requires a moderate time commitment during spring and fall registrations but other than that it requires very little time. Please contact Raelene for more information



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:  
indoor@sutherlandforestgrove.ca

## 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.

## PRESCHOOL, CHILDREN & YOUTH

### BABYSITTING \*\* - \$45.00

*10+ years old*  
Sat/Sun from 1:00 pm - 5:00 pm at  
Sutherland Evangelical Church (104th St)  
March 12 & 13

### 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 January 27

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

*2 to 3 years old*  
Mondays from 6:00 - 6:30 pm at St. Volodymyr School  
Begins Jan 17

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

*3 to 5 years old*  
Mondays from 6:30 - 7:00 pm at St. Volodymyr School  
Begins Jan 17

### KIDS COOKING \$35.00

*7 to 9 years old*  
Tuesdays from 6:00 - 7:15 pm at St. Volodymyr School  
Begins January 18

### KIDS COOKING II \$45.00

*9 to 12 years old*  
Wednesdays from 6:00-8:00 pm at St. Volodymyr School  
Begins January 19

### KINDERSOCCER\*\* \$25.00

*3 to 5 years*  
Wednesdays from 6:00 - 7:00 pm at Forest Grove School  
Begins January 26

### TAE KWON DO—PRESCHOOL\*\* \$60.00

*3 1/2 to 5 years old*  
Thursdays from 6:15 - 6:45 pm at Silverspring Sm Gym  
Begins January 27

### TAE KWON DO—BEGINNER\*\* \$60.00

Thursdays at Silverspring Sm Gym  
*6 to 8 yrs from 7:00 - 7:30 pm*  
*8 to 10 yrs from 7:45 - 8:15 pm*  
Begins January 27

### CHILDRENS YOGA\*\* \$25.00

*5 to 10 years old*  
Thursdays from 6:30 - 7:00 pm at Sylvia Fedoruk Shared CARm  
Begins January 20

## DANCE

### BALLET\*\* \$30.00

*3 to 5 years old;*  
Mondays from 6:30 - 7:00 pm at Sylvia Fedoruk Multipurpose Rm  
Begins January 24

### BALLET/JAZZ Combo\*\* \$30.00

*5 to 7 years old;*  
Mondays from 6:35- 7:15 pm at Sylvia Fedoruk Multipurpose Rm  
Begins January 24

### INTRO to ACRO DANCE\*\* \$30.00 \*\*NEW\*\*

**Acro combines flexibility with and introduction to basic acrobatic movements (bring yoga mat)**  
*6 to 10 years old;*  
Mondays from 7:20-8:00 pm at Sylvia Fedoruk Multipurpose Rm  
Begins January 24

### INTRO to DANCE\*\* \$35.00

*3 to 5 years old;*  
Fridays from 6:30 - 7:00 pm at Silverspring School Sm Gym  
Begins January 28

### JUST DANCE\*\* \$35.00

*5 to 8 years old;*  
Fridays from 7:15 - 7:45 pm at Silverspring School Sm Gym  
Begins January 28

### Please Note:

Program listings are subject to change. Please watch the website and Facebook page for updates

## ADULT & YOUNG ADULT

**AEROBICS WITH DARCIE (16 yrs+)**

**BEGINNER YOGA with Kveta- Mondays (14yrs +)**

**ZUMBA with Lina- Mon (14yrs +)**

See info in Adult Section

## ADULT 18+ yrs (unless otherwise noted)

### FITNESS & EXERCISE

**AEROBICS with Darcie (16 yrs+) \*\***

**1 day/wk: \$35, 2 days/wk: \$65**

Held at St. Volodymyr School.

Mondays and/or Wed from 7:15 - 8:15 pm

Begins January 17 & 19

**BUTTS and GUTS with Don \*\* \$50.00 (new day!)**

Fridays from 8:00 - 9:00 pm at

Silverspring Sm Gym

Begins January 21

**SELF DEFENSE FOR WOMEN \*\* \$60.00**

Tuesdays from 7:00-8:00 pm at

Mother Teresa Gym

Begins January 25

**ZUMBA with Lima (14yrs +)\*\* - \$50.00**

Mondays 8:00 - 9:00 pm at

JG Egnatoff School Sm. Gym

Begins January 24

### COVID Protocols for Indoor Programs

**Masking** is required at all times for all participants and spectators

**Adult programs** ( 18\_+) require all participants to be fully vaccinated. Method of providing **Proof of Vaccination** to be communicated by the CA hosting the program.

## YOGA (18 yrs+ unless otherwise noted)

**BEGINNER YOGA with Kveta \*\* \$50.00**

Location: JG Egnatoff School - Sm Gym

Tuesdays from 6:30 - 7:30 pm

Thursdays from 6:30 - 7:30 pm

Begins January 25 or 27

**CHAIR YOGA \*\* \$50.00**

Tuesdays from 7:30 - 8:30 pm at

Sylvia Fedoruk Shared CA Room

Begins January 18

**FLOW YOGA with Kveta\*\* \$50.00 (new time!)**

Wednesdays from 8:00 - 9:00 pm at

Silverspring School Sm Gym

Begins January 26

**SPA YOGA \*\* \$50.00 \*\*NEW\*\***

Thursdays from 7:15 - 8:00 pm at

Sylvia Fedoruk Shared CA Room

Begins January 20

## SPORTS & RECREATION (18yrs+)

**CO-ED VOLLEYBALL\*\***

**Tuesday \$25.00**

**Wednesday \$35.00**

Tuesdays from 7:30 - 9:00 pm at St. Volodymyr School

Wednesdays from 8:30 - 10:00 pm at Holy Family School

Begins January 25 & 26

**CO-ED BASKETBALL\*\* - \$25.00**

Mondays from 8:30 - 10:00 pm at

Sylvia Fedoruk School

Begins January 10

**MEN'S BASKETBALL\*\* - \$25.00**

Tuesdays from 9:00 - 10:00 pm at

Silverspring School

Begins January 25

**MEN'S FLOOR HOCKEY\*\* - 25.00**

Thursdays from 9:00 - 10:00 pm at

Silverspring School

Begins January 27

**PICKLEBALL\*\* - 25.00**

Wednesday or Thursdays from 7:30 - 9:00 pm at

Mother Teresa Gym

Begins January 26 & 27

## Learn to Skate\*\* \$30.00

Skating will be cancelled if windchill is below -25°C

Saturdays at Forest Grove School Rink

Begins January 15 and runs to March 19 or when the ice melts, whichever comes first.

**LEARN TO SKATE—PARENT AND TOT\*\***

*(parents may wear boots or skates)*

**3 to 5 years old;** 1:00 - 1:30 pm or 1:30 - 2:00 pm

**LEARN to SKATE\*\***

**6 to 9 years old;** 2:00 - 2:30 pm or 2:30 - 3:00 pm

**10 yrs +years old;** 3:00 - 3:30 pm

**Participants must supply their own skates and helmet**

# PROGRAM Guide

**Alice Turner Library / 110 Nelson Rd**  
saskatoonlibrary.ca

Check out what's happening at your library!

## Program Guide

Details on fun programs and events for all ages and ability levels.

## Your Next Great Read

Tell us your likes (and dislikes) and we'll provide recommendations.

## Digital Library

Enjoy free access to eBooks, eAudiobooks, movies, music and more.

## 1000 Books Before Kindergarten

Register and help your little one develop early literacy skills by reading with them.

## Discovery Passes

Borrow a pass and enjoy free admission to great places around Saskatoon.



ALL PROGRAMS ARE  
**FREE**

### A message from our rink coordinator:

Hello Everyone,

The abnormally warm temperature created a bit of a delayed start. We have begun the flooding process and they should be ready in a couple of weeks. This year we have new nets for all to enjoy. Happy holidays!

Sincerely,

**Kerry Lajeunesse**  
SFG Rink Coordinator

To Register for indoor programs:

**Registration dates: Jan 3 to 9th:**

Use the link below or if you already have a CommuniBee account add Sutherland-Forest Grove to your communities

<https://app.communibee.ca/#/register?community=Sutherland>



**Globe**  
PRINTERS

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.globeprinters.com](http://www.globeprinters.com). Contact **Wendy Morin** at (306) 229-3461 or [wendy@globesask.com](mailto:wendy@globesask.com)

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