

# Sutherland-Forest Grove Community Association Newsletter

Box 32003 Erindale Postal Outlet S7S 1N8



Online Registration Dates:  
September 2<sup>nd</sup> @ 8am to September 7<sup>th</sup> @ 8pm

See Page 2 For Registration Information

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

## 2025 Executive

## President's Message

**President**  
Megan Dyck  
president@sutherlandforestgrove.ca

**Vice President**  
VACANT  
vicepresident@sutherlandforestgrove.ca

**Secretary/Memberships**  
Amber Wood  
secretary@sutherlandforestgrove.ca

**Treasurer**  
David Purdy  
treasurer@sutherlandforestgrove.ca

**Communications**  
Caitlyn Barton  
events@sutherlandforestgrove.ca

**Webmaster**  
Stephan Simon  
web@sutherlandforestgrove.ca

**Special Events**  
VACANT  
events@sutherlandforestgrove.ca

**Indoor Coordinator**  
Raelene Petracek  
indoor@sutherlandforestgrove.ca

**Basketball**  
Amir Zehtab-Jadid  
amir.zehtab@gmail.com

**Outdoor Soccer Coordinator**  
VACANT  
soccer@sutherlandforestgrove.ca

**Rink Coordinator**  
Logan Turk  
rink@sutherlandforestgrove.ca

**Community Liaison**  
Stephan Simon  
web@sutherlandforestgrove.ca

**Inventory**  
Bonita Rogalski  
inventory@sutherlandforestgrove.ca

**Member at Large**  
VACANT

Hi Neighbours,

I hope everyone had a safe and fun filled summer. September is here and we are back in the swing of things!

This year we are planning to do a community event in the winter - so keep your eyes peeled for more info on that in the coming months.

We have a full slate of programs for our members this fall and are looking for a few new volunteers to join our executive board. If you are interested, please give me a call, we'd love to have you!

As always, if you have any questions, concerns, or ideas about our community, feel free to reach out.

Cheers,  
Megan

### Notice:

The next AGM will be held on November 17th at 7:30 via Zoom - watch the facebook page and website for link.





**\*\* 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 winter session. If you have any questions, please contact the Indoor Coordinator listed on the front of this newsletter.**

### Registration Info

Registration is taken on a first-come, first-served basis. Several programs have limited enrollment.

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.

The SFG Community Association reserves the right to cancel any program that does not receive sufficient enrollment or have an instructor by registration night.

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.

2025-2026 SFG memberships will be available on the website as well, and a current membership with a Community Association in Saskatoon is required to participate in programming.

### 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 Indoor Coordinator or President when registering.

#### **Indoor Program Registration:**

Registration dates - September 2nd-7th  
Access the new Communibee through the SFG website using the drop down tabs (the old Communibee app used prior to Sept 2024 is no longer valid).

Find us at: [sutherlandforestgrove.ca](http://sutherlandforestgrove.ca)

#### **Please Note:**

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

# PRESCHOOL, CHILDREN, AND YOUTH

## **BABYSITTING \$60.00**

11+ years old  
Day/Time/Place TBA

## **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 Sept 25

## **FLOOR HOCKEY \$30.00**

6 to 12 years old  
Thursdays from 6:30-7:30 at St Volodymyr School  
Begins Sept 25

## **HOME ALONE \$40.00**

10+ years old (must be 10 by Oct 31)  
Tuesday from 6:00 pm - 8:30 pm at Forest Grove School Library  
Sept 23

## **KINDERBASKETBALL \$30.00**

4 to 5 years  
Tuesdays from 6:00 - 6:45 pm at St Volodymyr School  
Begins TBA

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

2 to 3 years old  
Mondays from 6:00 - 6:30 pm at St. Volodymyr School  
Begins Sept 22

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

3.5 to 5 years old  
Mondays from 6:30 - 7:00 pm at St. Volodymyr School  
Begins Sept 22

## **KINDERSOCCER \$30.00**

3 to 4 years  
Wednesdays from 6:00 - 6:45 pm at Forst Grove School Small gym  
Begins Sept 24

## **KIDS COOKING \$50.00**

(note: new day)  
7 to 9 years old  
Wednesdays from 6:00 - 7:15 pm at St. Volodymyr School  
Begins Sept 24

## **KIDS COOKING II \$60.00**

(note: new day)  
9 to 12 years  
Tuesdays from 6:00-8:00 pm at St.Volodymyr School  
Begins Sept 23

## **YOGA (CHILDREN'S) \$50.00**

8 to 12 years  
Tuesdays from 6:15 - 7:00 pm at Sylvania Fedoruk School  
Multipurpose Room  
Begins TBA

## **TAE KWON DO—PRESCHOOL \$60.00**

3.5 to 5 years (please do not register children younger than 3.5yrs)  
Fridays from 6:15-6:45pm Silverspring Small Gym  
Begins TBA

## **TAE KWON DO—BEGINNER \$60.00**

Fridays at Silverspring Small Gym  
6 to 8 yrs from 7:00 - 7:30 pm  
9 yrs+ from 7:45 - 8:15 pm  
Begins TBA

## **Dance**

(please note: these classes are tentative at this time)  
Hoping to add more classes

## **BALLET \$35.00**

3 to 4 years  
Mondays from 6:30 - 7:00 pm at Sylvania Fedoruk School  
Multipurpose Room  
Begins TBA

## **BALLET/JAZZ \$35.00**

8 to 12 years  
Mondays from 7:05 - 7:55 pm at Sylvania Fedoruk School  
Multipurpose Room  
Begins TBA

## **CHILDREN'S JAZZ DANCE \$45.00**

8 to 12 years  
Tuesdays from 7:05 - 7:50 pm at Sylvania Fedoruk School  
Multipurpose Room  
Begins TBA



# ADULT AND YOUNG ADULT

18+ unless otherwise noted

## FITNESS & EXERCISE

### AEROBICS/FITNESS 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 Jan 13

### \*\*New\*\* HIP HOP WORKOUT (8 classes)- Intro price \$35

Tuesdays 8:00 - 9:00 pm at Forest Grove School Small Gym  
Begins Sept 23

### ZUMBA with Lina \$50.00

Mondays 7:30 - 8:30 pm at JG Egnatoff School Small Gym or  
Tuesdays 6:00 - 7:00 pm at JG Egnatoff School Small Gym  
Begins TBA

## YOGA (18 yrs+)

### BEGINNER YOGA with Kveta \$50.00

Tuesdays from 7:00 - 8:00 pm at JG Egnatoff School-Small Gym  
Thursdays from 6:30 - 7:30 pm at JG Egnatoff School-Small Gym  
Begins TBA

### FLOW YOGA with Kveta \$50.00

Wednesdays from 7:00 - 8:00 pm at Forest Grove School Small Gym  
Begins TBA

## SPORTS & RECREATION (18yrs+)

### CO-ED VOLLEYBALL \$25.00 Fall or \$45 Fall/Winter (Tues/Thurs only)

Tuesday or Thursday at St Volodymyr School 7:30-9:30  
Begins Sept 16 and 18  
Wednesdays at Egnatoff School 8:00-10:00  
Begins TBA

### CO-ED BASKETBALL \$25.00

Mondays from 8:30 - 10:00 pm at St Nicholas School  
Begins Jan TBA

### MEN'S FLOOR HOCKEY \$25.00

Thursdays from 8:00 - 10:00 pm at Silverspring School  
Begins Sept 11

### PICKLEBALL\*\* - 25.00

Mondays 7:00 - 9:00 at Mother Teresa School begins Sept 08  
Wednesdays 8:30-10:00 at Father Robinson School begins TBA



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)

**PROGRAM Guide** | Alice Turner Library / 110 Nelson Rd  
[saskatoonlibrary.ca](http://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.

**SASKATOON PUBLIC LIBRARY** | | ALL PROGRAMS ARE **FREE**

