



# Sutherland-Forest Grove Community Association Newsletter

## ANNUAL GENERAL MEETING (AGM) AND REGISTRATION DATES

AGM - Tuesday, September 6, 6:30 pm at Forest Grove School

Registration to follow AGM until 8:30 pm

**Second Registration Night:** Wednesday, September 7, 6:30 to 7:30 pm at Bishop Filevich

### 2010—2011 Executive Members

<b>President</b> Rebecca May.....343-5588
<b>Vice President</b> VACANT
<b>Past President</b> Harold Shiffman.....280-6706
<b>Secretary/Memberships</b> VACANT
<b>Treasurer</b> Tammy Knuttila.....249-0862
<b>Communications</b> Jennifer Simon.....373-2421
<b>Webmaster</b> Crissie Auckland.....373-9032
<b>Special Events</b> Helga Fellehner.....955-0922
<b>Indoor Coordinators</b> Raelene Petracek.....373-4379 Anne St. Yves.....249-2576
<b>Adult Coordinator</b> April Perrin.....262-6918
<b>Children's /Youth Coordinator</b> VACANT
<b>Basketball</b> Shawn Brown.....653-6628
<b>Softball/Tennis</b> Jennifer Simon.....373-2421
<b>Indoor Soccer</b> VACANT
<b>Outdoor Soccer</b> Colleen Dauvin.....477-5029
<b>Soccer (Aurora)</b> Kevin Street.....373-0515
<b>Football</b> Chris Molnar.....384-2470 Denis St. Yves.....249-2576
<b>Rink Coordinator</b> Darwin Taylor.....373-7738
<b>Community Liaison</b> Zach Jeffries.....229-8721 Stephan Simon.....373-2421
<b>Inventory</b> Rob Thompson.....384-0268
<b>Member-at-large</b> Mary Beckett

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

August 2011

### President's Message

I hope everyone had a great summer! I would also like to thank everyone who volunteered for the Day in the Park. Although it was cancelled due to weather, your help and support is much appreciated!

Fall registration is right around the corner. We have lots of exciting programs to offer this year including some \*NEW\* programs. Please consider volunteering for your Community Association. We currently have four (4) open positions on the executive committee. **A soccer coordinator is required by the beginning of registration night. No coordinator means no soccer in our area.** Remember, without the support of volunteers our programs will not run. Please contact me if you are interested in volunteering, your kids will thank you!

*Rebecca May, President*

### 7 ON 7 FLAG FOOTBALL LEAGUE

The SFG Community Association is once again entering teams in Saskatoon Minor Football's fall **7-on-7 Flag Football League**. 7-on-7 Flag Football is a fun, safe and *non-competitive* way to learn the basics of football for boys and girls from grade 1 to 10. No equipment is required. Games will be played on Tuesdays, Wednesdays or Thursdays (depending on age) and Saturdays.

#### 7-on-7 Flag Football Divisions

Co-Ed	Girls
Rider Division: Grade 9 - 10	Rider Division: Grade 9 - 10
Huskie Division: Grade 7 - 8	Huskie Division: Grade 6 - 8
Hilltop Division: Grade 5 - 6	Hilltop Division: Grade 3 - 5
Stampeder Division: Grade 3 - 4	
Colt Division: Grade 1 - 2	



To register for 7-on-7 Flag Football, go to the SFGCA fall registration on Wednesday, September 8th at Forest Grove School. The registration cost is \$55 per player. Please bring your child's Saskatchewan Health Services number to registration night; Saskatoon Minor Football requires this information for insurance purposes. For more information, visit [www.saskatoonminorfootball.com](http://www.saskatoonminorfootball.com) and click the Fall 7-on-7 Flag Football link or call one of our new Football Coordinators - Denis St. Yves (249-2576) or Chris Molnar (384-2470).

*Chris Molnar & Denis St. Yves  
Football Coordinators*

## INDOOR PROGRAMS

\*\* indicates a joint program with the Silverspring, Erindale/Arbor Creek or Willowgrove/University Heights Community Associations. The following is a list of programs offered by the Sutherland-Forest Grove Community Association for the fall session. Please keep this sheet as a reference and bring it to registration. If you have any questions, please call one of the Indoor Coordinators listed on the front of this newsletter.

### Registration Information:

1. A parent/guardian must be present to sign waivers for children.
2. Registration is taken on a first-come, first-served basis. Several programs have limited enrollment.
3. 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.
4. The SFG Community Association reserves the right to cancel any program that does not receive sufficient enrollment or have an instructor by registration night.
5. Classes are usually 9 weeks in duration, unless otherwise indicated.
6. 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.

### PLEASE NOTE:

**Parents/Guardians must be available and remain at the site at all times (arrangements can be made with another parent to be responsible for your child). You will be required to be a hall monitor on a rotating basis for the class or activity your child is participating in. We require someone from each class to volunteer as a convener. This involves assisting with phoning in the event of a cancellation or change and distributing class lists, instructor packages, etc. This small investment of your time will assist the coordinators immensely.**

## TODDLERS & CHILDREN

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

A very simple concept utilizing the skills of softball in a fun, fast-paced activity for young players. Blast ball is held at **Bishop Filevich School**.

*3 and 4 years old*

Tuesdays from 6:15 - 7:00 pm; Begins September 27

*4 and 5 years old*

Tuesdays from 7:00 - 7:45 pm; Begins September 27

### **MOVE TO MUSIC \*\* - \$20.00**

An interactive class that introduces children to music and some basic dance.

*3.5 to 5 years old*

Wednesdays from 6:00 - 6:30 pm at Bishop Filevich School

Begins September 28

### **KIDERSIZE – PARENT AND TOT \*\* - \$20.00**

Activities to suit the active lifestyle of a 2 or 3 year old. With your child, experience fun through music, games and run and tumble activities. **An adult must accompany the child.**

*2 and 3 years old*

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

Begins September 27

### **KIDERSIZE - II \*\* - \$20.00**

Designed for 3 and 5 year olds, this program will offer your child the opportunity to enjoy music, games and run and tumble activities on their own.

*3 and 5 years old*

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

Begins September 27

## ALL AGES

### **FAMILY SWIM (10 EVENINGS EACH FALL & WINTER)**

**\$65.00 FOR FALL OR \$125 FALL/WINTER**

1 1/2 hours of relaxing family entertainment at Lakewood Civic Centre. A great deal! The cost for a family swim during regular hours is \$15.00!

*All ages*

Sundays from 7:00 - 8:30 pm at Lakewood Civic Centre

Begins September 18/January 22

### **KARATE FOR ALL \*\***

**\$15 PER PERSON or \$30 PER FAMILY**

Parents, learn karate with your child from a qualified instructor. The children participate for about an hour (longer if they want).

*5+ years and up*

Mondays from 6:00 - 7:30 pm at Sutherland School

Begins September 19

### **FAMILY YOGA\*\*\$25.00/PERSON**

*10+ years and up*

Wednesdays from 7:00 - 8:00 pm at Centennial Collegiate

Dance Studio

Begins September 28

## YOUTH DROP IN

### **YOUTH NIGHT - FREE**

A drop-in centre open to all children and youth ages 6-14.

Qualified leaders will provide a varied slate. There is no registration fee but participants will be required to fill out a registration form at the drop-in centre.

*6 to 14 years*

Tuesdays from 7:00 - 9:00 pm at Sutherland School

Begins September 27

Community Association Membership is \$10.00 per household (September 2011—August 2012).

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!

**CHILDREN & YOUTH**

**ADAPTED SOCCER - \$20.00**

A fun, non-competitive opportunity for children with physical and/or intellectual challenges to learn soccer skills. The goals of this program are: physical fitness, fun with peers and learning new skills.

*6-14 years old*

Wednesdays from 7:00 - 8:00 pm at Forest Grove School

Begins September 28

**BABYSITTING \*\* - \$25.00**

This is an 8-hour course that is certified by St. John's Ambulance, with a qualified instructor. Participants must be **at least 12 years old** by the end of the class. Please bring a doll or teddy bear a suitable size for practicing diapering. Saturday/Sunday participants bring a sizable snack.

*12+ years old*

Mondays from 6:30 - 8:30 pm at JG Egnatoff School

September 26 - October 24

Sat/Sun from 1:00 pm - 5:00 pm at St. Volodymyr School

November 5

**CHEERLEADING \*\* - \$40.00**

In this **10 week program** you will learn the moves, flips, lifts and much more at **JG Egnatoff School, small gym.**

*8 to 11 years old*

Mondays from 6:00 - 7:00 pm

Begins September 16

**FLOOR HOCKEY \*\* - \$20.00**

Skills and practice followed by a pickup game at **St. Volodymyr.**

*6 to 8 years old*

Thursdays from 6:00 - 7:00 pm; Begins September 29

*9 to 12 years old*

Thursdays from 7:00 - 8:00 pm; Begins September 29

**HIP HOP AND JAZZ - \$25.00**

This is an introduction to the fundamentals of Hip Hop and Jazz in a fun atmosphere.

*9 to 13 years old*

Wednesdays from 6:30 - 7:15 pm at Bishop Filevich School

Begins September 27

**HIP HOP - \$25.00**

*6 to 9 years old*

Wednesdays from 7:15 - 8:15 pm at Bishop Filevich School

Begins September 27

**INDOOR SOCCER**

**INDOOR SOCCER COORDINATOR REQUIRED. If there are no volunteers (can be shared) for this position, soccer registrations will not be taken!!!!**

**Please contact Rebecca May (President) if you are interested.**

Age Group	Year Born	SFG Fee	Game Days
Under 6 Co-ed	2005/2006	\$90	Mon to Fri
Under 8* Girls	2003/2004	\$110	Sat/Sun
Under 8* Boys	2003/2004	\$110	Sat/Sun
Under 10* Girls	2001/2002	\$145	Mon/Thurs
Under 10* Boys	2001/2002	\$145	Mon/Thurs

*\*Under 8 and Under 10 will have practice time once a week Monday to Friday.*

A uniform deposit will be required for each player. Please bring a \$35 deposit cheque, post-dated for April 2012 when you register. There will be a \$20 late fee for any registrations after the last registration night, until the teams are filled.

**Coaches and assistant coaches are required. If interested, please notify coordinator at registration.**

**BASKETBALL**

Age Group	Grade or Year Born	Cost
Spuds	Grades 3 & 4 or 2002-2003	\$80
Mini	Grades 5 & 6 or 2000 or 2001	\$105
Bantam	Grades 7 & 8 or 1998 or 1999	\$115
Midget	Grades 9 & 10 or 1996 or 1997	\$130
Juvenile	Grades 11 & 12 or 1994 or 1995	\$160

**Uniform deposit - \$35**



**Shawn Brown  
Basketball Coordinator**

**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 Vice President or Past President at Registration.

## CHILDREN & YOUTH

### **KIDS COOKING I \*\* - \$30.00**

A great way to learn the basics of cooking.

**NOTE:** One adult is required at each class to assist.

*7 to 9 years old*

Tuesdays from 6:00 - 7:15 pm at St. Volodymyr School  
Begins September 27

### **KIDS COOKING II \*\* - \$40.00**

This class is for the boys and girls who want to expand their kitchen cooking skills. **NOTE:** One adult is required at each class to assist.

*9 to 12 years old*

Wednesdays from 6:00 - 8:00 pm at St. Volodymyr School  
Begins September 28

### **LEARN TO DRAW \*\* - \$30.00**

An introduction to a variety of mediums and techniques in the Forest Grove School library, beginning on September 27.

*6 to 9 years old*

Tuesdays from 6:00 - 7:00 pm;

*10 to 14 years old*

Thursdays from 7:00 - 8:00 p.m.

### **\*NEW\* LEARN TO PLAY CHESS (PARENT & CHILD)\*\***

**\$25/Parent and Child (Bring own Chess Board)**

*8+ years old*

Tuesdays 6:30 - 8:30 pm Egnatoff School Library  
Begins September 13

### **\*NEW\* MULTIMEDIA ART FOR KIDS\*\* - \$30.00 (9 WEEKS)**

Explore your creative side. An introduction for children to a variety of art-making methods. Class is led by an internationally trained artist.

*8 to 12 years*

Wednesdays 6:15 to 7:45

Sutherland School

Begins September 28

### **SEW MUCH FUN I - BEGINNER SEWING \*\***

**\$25.00 PLUS MATERIALS (10 CLASSES)**

*7 to 12 years* at Father Robinson School

Thursdays 6:00 - 7:00 pm

Start Date TBA (To Be Announced)

### **SEW MUCH FUN II - MACHINE SEWING \*\***

**\$25.00 PLUS MATERIALS (10 CLASSES)**

*7 to 12 years* at Father Robinson School

Thursdays 7:15 - 8:15 pm,

Start Date TBA (To Be Announced)

### **TENNIS \*\* - \$20.00**

Tennis is a game that can be played by people of all ages, from pre-schoolers to seniors. This is a learn-to-play program facilitated by Tennis Canada. All equipment will be supplied. Located at Sutherland School; beginning on September 28.

*6 to 8 years old*

Wednesdays from 6:00 - 7:00 pm

*9 to 12 years old*

Wednesdays from 7:00 - 8:00 pm

### **THEATRE \*\* - \$40.00**

Learn the basics of acting in this **20 class program**. Kids will produce a play to perform at the end of the program.

*9 to 12 years old*

Wednesdays from 8:00 - 9:00 p.m. at JG Egnatoff School  
Begins September 28 (ends March 1, 2012)

### **YOGA FOR KIDS \*\* - \$40.00**

*8 to 12 years old*

Wednesdays from 6:20 - 7:10 pm at Silverspring School  
September 21

### **ZUMBA FOR TEENS \*\* - \$40.00**

ZUMBA is a fun way to get exercise and learn coordination skills!

*14+ years old*

Thursdays from 6:30 - 7:30 pm at Silverspring School

Begins TBA (To Be Announced)

## ADULT (18+ YEARS)

### **AEROBICS \*\***

**1 DAY/WK: \$15 FALL or \$25 FALL/WINTER**

**2 DAYS/WK: \$25 FALL or \$45 FALL/WINTER**

A 1-hour cardiovascular workout with your choice of high or low impact, either once or twice a week. Held at St. Volodymyr School.

Mondays from 7:15 - 8:15 pm; Begins October 3

Wednesdays from 7:15 - 8:15 pm; Begins October 5

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

**(10 CLASSES)**

Mondays from 9:00 - 10:00 pm at Silverspring School  
September 19

### **BELLY DANCING\*\* - \$35.00**

A fun way to get a great abs workout!

**Beginner Belly Dancing**

Mondays from 6:00 - 7:30 pm at Bishop Filevich School  
Begins September 19

**Tribal Fusion Belly Dancing (Intermediate)**

**\*must have taken beginner belly dancing\***

Mondays from 7:30 - 9:00 pm at Bishop Filevich School  
Begins September 19

### **BOOT CAMP I & II\*\* - \$50.00**

An all-fitness-levels-mixed exercise class involving endurance, speed, agility, strength and core. Uses bungees, pylons, agility ladder and body weight to create a workout unlike anything you've tried before.

**Boot Camp I**

Tuesdays from 8:00 - 9:00 pm at Forest Grove School  
Begins September 27

**Boot Camp II**

Thursdays from 8:00 - 9:00 pm at Forest Grove School  
Begins September 29

### **\*NEW\* CO-ED BADMINTON\*\* - \$25.00**

Tuesdays from 9:00 - 10:00 pm at Silverspring School  
Begins September 20

## ADULT (18+ YEARS)

### **\*NEW\* CO-ED FLOOR HOCKEY\*\* - \$15.00**

Sundays from 6:00 - 7:30 pm at Father Robinson School  
Begins September 25

### **CORE BODY I \*\* - \$30.00**

An entry-level class that focuses on toning and strengthening the mid-section and the abdominal muscles that support it. Gain stability, improve balance, strengthen your back. All you need is a yoga mat - no previous experience or shoes necessary.

Tuesdays from 6:00 - 7:00 pm at Forest Grove School  
Begins October 4

### **CORE BODY II \*\* - \$30.00**

Regular attendance in any previous session of Core Body I is a prerequisite. More challenging than Core Body I - focus on stability, balance, twisting, side bending, AB work and back strengthening.

Thursdays from 6:00 - 7:00 pm at Centennial Collegiate;  
Begins October 6

### **\*NEW\* FITNESS FUN FOR 50+\*\* - \$40.00**

Wednesdays from 6:00 - 7:00 pm at Centennial Collegiate  
Begins September 28

### **\*NEW\* INTERVAL TRAINING\*\* - \$40.00**

Thursdays from 7:00 - 8:00 pm at JG Egnatoff School  
Begins September 29

### **INTRO INTO BALLROOM DANCING \*\* - \$50.00/COUPLE**

Thursdays from 8:45 - 9:45 pm at St. Volodymyr School  
Begins September 22

### **\*NEW\* INTRO TO WOMEN'S KICK BOXING\*\* - \$40.00**

Wednesdays from 9:00 - 10:00 pm at Silverspring School  
Begins September 20

### **LEARN TO SPEAK SPANISH\*\*\$50.00 (10 CLASSES)**

#### **Beginner**

Thursdays from 6:30 - 7:30 pm at Silverspring School  
Begins September 22

#### **Intermediate**

Thursdays from 7:30 - 8:30 pm at Silverspring School  
Begins September 22

### **\*NEW\* NORDIC PLUS WALKING\*\* - \$30.00**

18+ years  
Tuesdays from 6:00 - 7:00 pm  
Outside at Wallace Park (Willowgrove)  
Begins September 20

### **PILATES \*\* - \$45.00**

Works on building core strength, improving posture and realignment of the spine all while giving the body overall toning. A great class for all ages.

Mondays from 6:30 - 7:30 pm at Forest Grove School  
Begins September 26

### **SALSA: BEGINNER (Couples Class)\*\* - \$30.00/PERSON**

Fridays from 7:15 - 8:15 pm at Silverspring School  
Begins September 16

### **STRETCH AND TONE \*\* (9 CLASSES)**

#### **\$30.00 FALL or \$40.00 FALL/WINTER**

Tuesdays from 6:30 - 7:30 pm at JG Egnatoff School  
Begins September 26

### **VOLLEYBALL - CO-ED REC**

#### **\$20.00 FALL OR \$35.00 FALL/WINTER**

A slower-paced, non-competitive game for fun and fitness held at St. Volodymyr School. Choose your night:

Mondays from 8:30 - 10:00 pm; begins September 19  
Tuesdays from 8:30 - 10:00 pm; begins September 27  
Wednesdays from 8:30 - 10:00 pm; begins September 28

### **YOGA**

Yoga is described as the principle of movement, breath and alignment. In beginner yoga, we will build on basic hatha yoga postures (asanas). Emphasis on improving flexibility and strength, and reducing body tension. Through anatomical instruction, greater body awareness is developed. Bring your own yoga mat. Straps and blocks supplied.

#### **Beginner\*\* - \$45.00 (9 CLASSES)**

Tuesdays from 7:30 - 8:30 pm at JG Egnatoff School  
Begins September 27

#### **\*NEW\* Cardio Yoga\*\* - 30.00**

Wednesdays 8:00 - 9:00 pm at Centennial Collegiate  
Begins September 28

#### **Flow Yoga \*\* - \$35.00**

**Beginner vinyasa-style class based in ashtanga (ie. flowing from one pose to another).**

Tuesdays from 7:00 - 8:00 pm at Forest Grove School  
Begins October 4

Thursdays from 7:00 - 8:00 pm at Centennial Collegiate  
Begins October 6

#### **\*NEW\* Power Yoga\*\* - \$60.00**

Mondays from 7:30 - 9:00 pm at Silverspring School  
Begins September 19

### **ZUMBA \*\* - \$35.00**

ZUMBA is a fun way to get exercise and work on coordination!  
Thursdays from 8:45 - 9:45 pm at Silverspring School;  
Small gym. Begins September 23

### **Remember when Scouts...**

- Did good deeds.
- Helped friends and neighbors.
- Planted trees to take care of the world.
- Respected others and themselves.
- Shared stories around the campfire.

#### **They still do!**

**Fall Registration Night**

**52<sup>nd</sup> Sutherland**

**Wednesday August 31 at 7:00 PM**

**For Boys & Girls**

**Beavers Ages  
5 - 7**

**Cubs Ages  
8 - 10**

**Scouts Ages  
11 - 14**

**Ventures**





## AURORA SOCCER

The Aurora Soccer Club will be holding registration nights for the indoor soccer season as follows:

**Wednesday August 31 from 7:00 to 9:00 pm  
at St. Joseph Collegiate; 115 Nelson Road  
and**

**Thursday September 1 from 7:00 to 9:00 pm  
at Evan Hardy Collegiate, 605 Acadia Drive**

This registration is for all youth soccer players born from 1996 to 2001 in the following age groups:

Age Group	Year Born
Under 12	2000-2001
Under 14	1998-1999
Under 16	1996-1997
Under 18*	1993-1994-1995

\*Under 18 players must register directly with Saskatoon Youth Soccer.

All persons wishing to play youth soccer **must register at one of the times listed above**. If you are unable to attend either of these times, please contact the Registrar, Anne Ballantyne at 373-4675 prior to August 24. By registration time, there may be an ability to accept registrations online. Late registrants will be accepted only as space permits and will be charged a late registration fee of \$25.00.

Fees will be announced at a later date. Please check the Aurora website ([www.aurorasoccer.ca](http://www.aurorasoccer.ca)) for more information.

Applications for Kidsport will be available at the registration nights for those families needing financial assistance or you may contact Kidsport directly.

Sutherland School Community Council  
Annual General Meeting & Elections  
Tues. Oct.4 -- 7pm in the LRC



**NEWS** from the  
**Alice Turner Branch Library**  
110 Nelson Road 975-8127

Thanks for your patience during this time of construction! We look forward to sharing the newly expanded Alice Turner Branch Library with all of the community.

This fall, we will be offering the following programs:

Family Storytime (all ages) Mondays, 10:30 a.m.

BabyTalk (babies up to 18 months) Fridays, 10:30 a.m.

Due to construction, programs may be postponed. Check our website or phone the branch for the latest programming updates.

All Library programs, resources and services are free of charge. For information about Library programs, pick up a copy of *Library News* or visit us online at [saskatoonlibrary.ca](http://saskatoonlibrary.ca).



### *Wanted—Secretary*

The Sutherland-Forest Grove is currently seeking someone for the position of Secretary. Some of the duties include: Minute taking, maintaining files and records, updating membership lists, etc. You will need to attend monthly meetings and provide assistance during registration nights.

The time commitment is  
***Moderate.***

*For more information please contact our  
President*



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)