

# COLLEGE HEIGHTS COMMUNITY ASSOCIATION

# SPRING 2019 PROGRAMS

## REGISTRATION INFORMATION

- First come first serve basis.
- Programs may limit registration.
- Lack of registrations or leaders will cause cancellation.
- Child's proof of age is required for some programs.
- Medical waivers **MUST** be signed by the participant or the parent or guardian of a minor participant when registering for the program.
- **Cheques are made payable to CHCA and one for each program is required.**
- **CASH or CHEQUE ONLY- NO Debit or Credit Cards**
- Class fees subject to change. This main flyer will be referred to if there is a fee dispute.

**\*\*Please note** there are two program fees. To receive the discount program rate, please attend Registration Night on Monday, March 11, 2019. After March 11, regular program fees apply. If you cannot attend Registration Night, have a friend sign you up. Registration forms are available one week prior at Kool Cats Kid Care and College Heights Preschool.

### **OPERATIONS MANAGER**

Cheryl Vanderlinde

250-964-2662

PRESCHOOL BUILDING

105 - 6500 Southridge Ave

### **ASSISTANT COORDINATOR & KOOL CATS KID CARE**

Jean Petrovic

jean.chcaprograms@gmail.com



**250-964-2662**

FAX 250-964-2698

P.O. Box 2662

Prince George, BC

V2N 4T5

[collegeheightsca.org](http://collegeheightsca.org)

Now on Facebook

### CHCA Email Contacts

CHCA Chairman:

[chair@collegeheightsca.org](mailto:chair@collegeheightsca.org)

CHCA Treasurer:

[treasurer@collegeheightsca.org](mailto:treasurer@collegeheightsca.org)

Special Events:

[specialevents@collegeheightsca.org](mailto:specialevents@collegeheightsca.org)

Outdoor Youth Programs:

[outdooryouthprograms@collegeheightsca.org](mailto:outdooryouthprograms@collegeheightsca.org)

Kids Good As New Sale Sellers:

[kgnsellers@collegeheightsca.org](mailto:kgnsellers@collegeheightsca.org)

Kids Good As New Sale Volunteers:

[kgnsvolunteers@collegeheightsca.org](mailto:kgnsvolunteers@collegeheightsca.org)

Website:

[webmaster@collegeheightsca.org](http://webmaster@collegeheightsca.org)

**NO EARLY  
REGISTRATIONS**

## **USE OF FACILITIES**

The CHCA would like to thank the various people who make the facilities available for programs. This help is vital to the CHCA and we ask you to respect the following rules when attending our programs:

- Registered participants only in the facility.
- Stay in the specified program area.
- Non-marking indoor shoes only.
- Leave all outdoor footwear at door.
- Be on time, as doors will be opened for a limited time.
- **Parents, please make sure your child makes contact with the leader and do not leave your child unsupervised before or after programs.**
- Parents will be contacted to pick up unruly children.

## **REGISTRATION**

**MONDAY**

**March 11, 2019**

**7:30 - 8:00 PM**

**COLUMBUS CENTRE  
7201 ST LAWRENCE AVE**

**Anyone Requiring  
Special Needs Access for  
Registration Night  
call Cheryl at  
(250)964-2662**

## **COLLEGE HEIGHTS COMMUNITY ASSOCIATION**

### DIRECTORS

Chairman.....Jason Laurie  
Treasurer.....Lynn Monteith

Director ..... Ed Shearer  
Vice Chair ..... Lisa Parker

Secretary.....Andrea Fraser  
Director.....Birthe Miller

# College Heights Community Association

## Ice Rinks 2018-2019

A big THANK YOU to the ice rink captains and their volunteers for maintaining the four ice rinks in College Heights this winter.

- ◆ CHSS Courts
- ◆ Malaspina Courts
- ◆ St. Mary's Park
- ◆ Eton Tennis Courts

## COORDINATORS

### COMMITTEES

Flyer ..... Kathleen Petrovic  
Ice Rink ..... Barry Langthorne & John Francis  
Registration ..... Lynn Monteith

### PROGRAMS

Preschool & Columbus Centre .....  
..... Cheryl Vanderlinde  
College Heights Elem. & Kin Centre .....  
..... Judy Clark  
Malaspina Elem. & Kool Cats Kid Care .....  
..... Colette Gillespie  
Southridge Elem & CHSS. Cheryl Vanderlinde  
Polaris Elem. .... Valerie Hopwood

### SPECIAL EVENTS

Appreciation Dinner ..... June Berreth  
Breakfast with Santa ..... Andrea Fraser  
Fireworks ..... Lisa Parker  
Halloween Haunted Journey. .... Jen Slugoski  
Kids Good as New Sale ..... Lyndsay Spencer

### LIAISONS

College Heights Elem. .... April Tod  
College Heights Sec. .... Jana Peters  
Malaspina Elem. .... Andrea Fraser  
Southridge Elem. .... Vacant  
Polaris Elem. .... Vacant

The **College Heights Community Association** and the hundreds of people we serve, benefit from the net proceeds of charitable gaming and funds raised through our affiliation with

### Treasure Cove Bingo Hall

2003 Hwy 97 South, Prince George

## PLAY BINGO!

*We acknowledge the financial support of the Province of British Columbia.*

### VOLUNTEER FOR THE CHCA!!

When you volunteer to lead a program, you take that program for **FREE** and receive a **\$20 voucher** to apply toward any of the CHCA programs in the next session. Volunteer leaders also receive a CHCA Volunteer T-shirt. All leaders of youth programs must complete a RCMP criminal check.

### PURPOSE OF THE COMMUNITY ASSOCIATION

The purposes of the Society are:

- To plan, develop, activate and promote community programming.
  - To obtain and control finances to be used for these objectives.
- To encourage all citizens to assume their share of responsibility and to participate in the support of community recreation

### College Heights Community Association

Has joined **Save On Foods**

Gift Card Promotional for Non-Profit

program. Simply purchase a Save-On-Foods gift card at their customer service desk and mention you are supporting the College Heights Community Association and 4% of the gift card sale will be donated to us for our fundraising.

Thank you for your support!

## SCHOLARSHIP

CHCA offers this award to encourage our young adults to contribute to the community today and in the years ahead.

### AWARD \$500.00

#### Eligibility

- ◆ Demonstrate responsibility and compassion towards others.
- ◆ Demonstrate leadership and volunteer spirit particularly with the College Heights Community Association
- ◆ College Heights resident
- ◆ Good academic standing

Contact your high school counsellor for more details

# ADULT & TEEN

## **Volleyball**

**16 yrs & up.** Continuation of Winter program. Must have some Volleyball experience (not a beginner program. Different teams each week. Limit 30. Wednesday 8:15 – 10:00pm Until May 15 (No class March 20, 27) College Heights Secondary Fees: \$5.00 drop-in

## **Volleyball**

**19 yrs & up.** Continuation of Winter program. Different teams each week. Limit 16. Thursdays 7:45 – 9:45pm Until April 25 (No class March 21, 28) Southridge Elementary Fees: \$5.00 drop-in

## **Men's Floor Hockey**

**30 yrs & up.** Recreational. Plastic blade, composite or wood stick required. Limit 18

Tuesday 7:45– 9:45pm (No class March 19, 26) Until April 23

College Heights Elementary Fees: \$5.00 Drop-in

Thursday 7:45– 9:45pm (No class March 21 & 28) Until April 25

College Heights Elementary Fees: \$5.00 Drop-in

## **Women's Self Defense Basics**

**15 yrs & up.** Learn basic skills and awareness in this introduction course. Wear jogging pants/gym shorts and t-shirt. Long hair tied up, no jewelry. Bring indoor running shoes.

Min. 6, Max. 20

For more info call

Marta 250-564-4025

Wednesday 6:15 - 7:45pm

April 10 (1 class)

College Heights Elementary

Fees: \$30.00

\*\*\*After Mar 11 Fee is \$35.00

### **Yoga Punchcard:**

6 visits for \$50.00

## **Tuesday AM – Gentle Flow Yoga**

**16 yrs & up.** For beginners or those wishing a gentle yoga. Will focus on strength, flexibility & endurance using classic postures. Mat beneficial, but not required. Limit 14

**Instructor: Siliva Morrison**

Tuesday 9:15 – 10:30am

April 2 – May 21 (8 classes)

Kool Cats Kid Care

Fees: \$70.00

\$10.00 drop-in if program not full

\*\*\*After Mar 11 Fee is \$75.00

## **Tuesday PM – Beginner Yoga**

**16 yrs & up.** For beginners or those wishing a gentle yoga. Bring your own yoga mat. Limit 20

**Instructor: Ken Gleeson**

Tuesday 7:00 – 8:30pm

April 2 – May 14 (7 classes)

Polaris Elementary

Fees: \$65.00 (No drop-in)

\*\*\*After Mar 11 Fee is \$70.00

## **Wednesday AM – Therapeutic Yoga**

**16 yrs & up.** For beginners or those wishing a gentle yoga. Will focus on strength, flexibility and endurance using classic postures. Mat beneficial, but not required. Limit 14

**Instructor: Lisanne Watchell**

Wednesday 9:15 – 10:30am

April 3 – May 22 (8 classes)

Kool Cats Kid Care

Fees: \$70.00

\$10.00 drop-in if program not full

\*\*\*After Mar 11 Fee is \$75.00

## **Wednesday PM –Yoga**

**16 yrs & up.** Beginner to intermediate. Will focus on physical benefits of yoga. Improves muscle tone and shape, improves strength, balance and flexibility. BYO mat. Limit 25.

**Instructor: Jenna Hansen**

Wednesday 7:45 - 8:45pm

April 3 – May 8 (6 classes)

Polaris Elementary

Fees: \$50.00

\$10.00 drop-in if program not full

\*\*\*After Mar 11 Fee is \$55.00

**Dr. Ricardo Bonafine** DVM  
ricardo@chvc.ca  
5129 Domano Blvd.  
Prince George, BC V2N 5E1  
Tel: 778-416-7387 (PETS)  
Fax: 778-416-5669  
www.chvc.ca

**COLLEGE HEIGHTS  
veterinary clinic** ltd.

we have your best interest at heart

**save on foods**

**Neil Guardiero**  
store manager

5232 Domano Blvd, Prince George, BC V2N 4A1  
phone: (250) 964-9666 ext. 9-637  
facsimile: (250) 964-6907  
cell: (250) 983-8941  
965sm@owfg.com  
saveonfoods.com

A Division of Overwaitea Food Group LP, a Jim Pattison business

Simple

**BigSteelBox.com**

5495 Hartway Dr., Prince George, BC V2K 5B6  
p: 250-981-1291

t: 1-800-373-1187



**CASH OR CHEQUE ONLY**

**North Central Senior Association – College Heights**  
5401 Moriarty Cres.  
(College Heights Baptist Church)

**Hours: Monday, Wednesday,  
Friday 10:00am – Noon**

### Activities:

Photo Club          Cards  
Crafts                Book Club  
Tai Chi

# YOUTH

## Home Alone

**10 yrs & up.** Teaches safety when home alone. Contains Basic Fire Safety, First Aid components and Computer Safety. Limit 12.

Saturday 10:00am – 2:00 pm  
April 6

Kool Cats Kid Care

Fees: \$40.00

\*\*\*After Mar 12 Fee is \$45.00

Additional classes will be offered if numbers warrant it. Must be 10 years old by June 30, 2019.

~No refunds or rescheduling will be allowed for no-shows or withdrawals less than 48 hours before day of class.~

jean.chcaprograms@gmail.com

## Red Cross Babysitting Course

**11 yrs & up.** Prepares boys and girls to become responsible babysitters. Contains Basic Fire Safety and First Aid components. Limit 12.

Sunday 10:30am – 4:30pm

April 14

Kool Cats Kid Care

Fees: \$65.00

\*\*\*After Mar 11 Fee is \$70.00

~No refunds or rescheduling will be allowed for no-shows or withdrawals less than 48 hours before day of class.~

jean.chcaprograms@gmail.com

## Supplied Air Snorkeling for Youth (SASY) 8-12 yrs.

Learn to snorkel program for beginners. 90 min of pool time.

Certified instructors

Contact Neil Miller 250-964-9459

Four Seasons Pool

Date & Time **To Be Announced**

Fees: \$50.00 includes gear rental

## SCUBA Diving

**12 yrs & up** This is a PADI course put on by certified instructors. 1 ½ Hours of classroom time and 2 hours of pool time.

Contact Neil Miller 250-964-9459

Four Seasons Pool

Date & Time **To Be Announced**

Fees: \$55.00 includes gear rental

## Jazz Dance

**6 - 8 yrs.** Wear soft-soled dance slippers or bare feet. Limit 12.

Instructors from Lorna Carbutt School of Dance.

Monday 4:15 - 5:00 pm

April 1 – June 3

(No class April 22 & May 20)

Columbus Centre

Fees: \$45.00

\*\*\*After Mar 11 Fee is \$50.00

## Basketball

**8-11 yrs.** Clean indoor shoes required. Limit 16

Wednesday 6:30 – 7:30pm

April 3 – 17 (3 classes)

Polaris Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Indoor Coed Soccer

**5-8 yrs. Leaders needed.**

Teaches teamwork and basic skills.

Parent participation appreciated.

Clean indoor shoes. Limit 24

Tuesday 6:30 – 7:30pm

April 2 - 16 (3 classes)

Southridge Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Floor Ball

**8 - 11 yrs** Sticks provided.

Limit 18.

Monday 7:45 – 8:45pm

April 1 – 15 (3 classes)

Malaspina Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Floor Hockey

**6 - 8 yrs. Leaders needed.**

Clean indoor shoes. Limit 18.

Tuesday 6:30 - 7:30pm

April 2 - 16 (3 classes)

College Heights Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Floor Hockey

**7 - 10 yrs Leaders needed.**

Clean indoor shoes required.

Limit 18.

Thursday 6:30 - 7:30pm

April 4 – 25 (no class April 11)

(3 classes)

Malaspina Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Floor Hockey

**9 - 12 yrs Leaders needed.**

Clean indoor shoes required.

Limit 18.

Thursday 7:45 - 8:45pm

April 4 - 25 (no class April 11)

(3 classes)

Malaspina Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Lego Night

**7 – 11 yrs** Meet with other Lego enthusiasts to share ideas and use your imagination to create with Lego. Lego is supplied.

Monday 6:30 - 7:30pm

April 1 - 15 (3 classes)

Malaspina Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Youth Outdoor Soccer

**4 - 6 yrs Leaders needed.**

Must be 4 yrs old by June 30,

2019. Different teams each

week. Shin guards & cleats

recommended. Limit 16

Mondays 6:30 – 7:30pm

May 6 – Jun 17 (no class May 20)

Malaspina Elem Field

Fees: \$30.00

\*\*\*After Mar 11 Fee is \$35.00

## Outdoor Soccer

**5 - 7 yrs Leaders needed.**

Different teams each week. Shin

guards & cleats recommended.

Limit 22

Mondays 6:30 – 7:30pm

May 6 – Jun 17 (no class May 20)

Malaspina Elementary Field

Fees: \$30.00

\*\*\*After Mar 11 Fee is \$35.00

## Outdoor Soccer

**8 - 10 yrs Leaders needed.**

Different teams each week. Shin

guards & cleats recommended.

Limit 22

Mondays 6:30 – 7:30pm

May 6 – Jun 17 (no class May 20)

Malaspina Elementary Field

Fees: \$30.00

\*\*\*After Mar 11 Fee is \$35.00

**CASH OR CHEQUE ONLY**

**Participate**  **Prince George**  
eat healthy. be active.

# PRESCHOOL & BALL PROGRAMS

## Preschool Jazz Dance

**4-5 yrs.** Ideal for older preschool or kindergarten student.

Soft soled dance slippers or bare feet. Limit 12.

Instructors from Lorna Carbutt School of Dance

Mon 3:30 – 4:15pm

April 1 – Jun 3

(No class April 22 & May 20)

Columbus Centre

Fees: \$45.00

\*\*\*After Mar 11 Fee is \$50.00

## Pee-Wee Gym

### **Walking - Kindergarten**

Parents and children can enjoy games, circle time, and other activities in a gym environment.

Parent participation required!

NOTE: **NO** activities for older children. Limit 25

**Leaders needed**

Wed 6:30 – 7:30pm

April 3– April 17 (3 classes)

Southridge Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Indoor Co-Ed Soccer

**4-6 yrs.** Teaches teamwork and basic skills. Parent participation is appreciated. Limit 24.

**Leaders needed.**

Thurs 6:30 – 7:30pm

April 4 – April 18 (3 classes)

Southridge Elementary

Fees: \$10.00

\*\*\*After Mar 11 Fee is \$15.00

## Registration for Fall 2019

- **Preschool**.....See back page for details
- **Ice Hockey**.....See inside back page for details

Check out our website at: [collegeheightsca.org](http://collegeheightsca.org)

# Ball Programs

## At College Heights Secondary Field

Ball programs are recreational and non-competitive. Fees include a team T-shirt.

Volunteer parent coaches required.

### Little Rookies T-Ball (4-6 years)

2013, 2014, Jan - June 2015

(Must be 4yrs old by June 30, 2019)

FUN, non-competitive introduction to the Game. No score so everyone wins.

**Proof of age required at registration.**

Limit 60

Tues 6:30 – 7:15pm

May 7 - June 18

College Heights Secondary Field

Fees: \$40.00

\*\*\*After Mar 11 fee is \$45.00

### T-Ball (5-7 years)

FUN, non-competitive, everyone plays and bats

Limit 48

Thurs 6:30 – 7:30pm

May 9 - June 20

College Heights Secondary Field

Fees: \$40.00

\*\*\*After Mar 11 fee is \$45.00

### Softball (7-10 years)

Stresses skills and fun.

Limit 48

Thurs 6:30 – 7:30pm

May 9 - June 20

College Heights Secondary Field

Fees: \$40.00

\*\*\*After Mar 11 fee is \$45.00

### Adult Slo-Pitch (19+ years)

**Recreational FUN League.**

Two tournaments.

Limit 16 teams. May-August

Mon - Thurs 7:30 – 9:00pm

College Heights Secondary Field

Fees: \$550.00 per team

Call Larry Parker at 250-964-1952

for information.

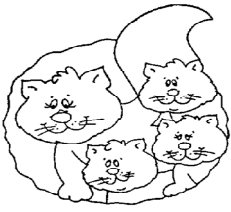
**Help Needed: Coaches**  
For Youth Ball Programs  
Call Lisa at 250-964-1952

Or

[outdooryouthprograms@collegeheightsca.org](mailto:outdooryouthprograms@collegeheightsca.org)

To Book  
College Heights  
Secondary  
Ball Diamonds  
Call Larry Parker  
250-964-1952

**PARKING PROHIBITED AT DOMANO SQUARE**



# KOOL CATS KID CARE

Conveniently located beside Polaris Elementary.

Kool Cats is a licensed childcare centre for school age children.

Hours of Operation Mon to Fri 7:00am - 6:00pm (except Stat Holidays)

To Register Call Stacy at 250-964-2668

Spaces limited!

[koolcats@telus.net](mailto:koolcats@telus.net)

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

## School Year Care

- ☛ Before and after school care
- ☛ Age appropriate environment and activities for your child
- ☛ Personal pick up for kindi-children from the classroom
- ☛ Transportation from the three College Heights schools
- ☛ Open on non-instructional days
- ☛ Open Christmas Break and Spring Break
- ☛ Some part-time spaces available
- ☛ Breakfast program

## Summer Care

Come join the Fun and Games!

Field trips and other activities all summer!

- ☛ Ideal to cover your regular care giver's holidays
- ☛ Child must have attended school in 2018-2019 or be entering Kindergarten in the Fall
- ☛ Book for the days you require!

**\$40.00 non-refundable deposit due at time of registration.**  
Fees subject to change.

### College Heights Community Association's Spring

## Kid's "Good as New" Sale

Saturday April 13, 2019

10:00am - 2:00pm

Catholic Diocese Centre

6500 Southridge Avenue

Quality "pre-owned" children's items including:

Clothing sizes newborn to size 12, books, games, puzzles, toys, maternity clothes, and much more...

To register as a seller and for general information:

Contact Lyndsay at 250-981-4946

Or [kgnsellers@collegeheightsca.org](mailto:kgnsellers@collegeheightsca.org)

To Volunteer, email Amanda at [kgnsvolunteers@collegeheightsca.org](mailto:kgnsvolunteers@collegeheightsca.org)

# Ice Hockey Program Early Registration for October 2019

On March 11, 2019 – Spring Registration Night  
Columbus Community Centre @ 7:30pm

**\$20.00 Non-refundable deposit due at  
Registration for each participant in program.  
Cash or Cheque ONLY.**

## Ice Hockey Program

5-7 years by Dec 31, 2019 (2012, 2013, 2014)  
Proof of Age required (Birth Certificate or Medical Care Card).

C.S.A. Approved hockey gear required.

Registration for returning players was held in early March 2019.

Balance due September 2019.  
Limit 72.

Dates and times are subject to change.  
Spaces Limited.

Child must be able to skate across the width of the rink.

**Mon/Wed or Tues/Thurs**

3:45 – 4:45pm Kin 3


October 2019 – March 2020

Fees: \$300.00

*Marie Elizabeth Designs*  
email: marie\_forman@hotmail.com  
phone: 250-552-0944  
Specializing in Custom Parties  
and Digital Design  
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in the community**



**B SPORTS**

Ph: (250) 564-6002 Fx: (250) 564-6005  
sales@pgplayersbench.ca • teamwear@pgplayersbench.ca  
2299 Westwood Drive, Prince George, BC V2N 4V6

# College Heights Preschool

## Early Registration for September 2019

On March 11, 2019 – Spring Registration Night

Columbus Community Centre @ 7:30pm

**\$25.00 Non-refundable deposit due at Registration for each participant.**

**Internal registration for returning children was held in late February 2019**

**Cash or Cheque ONLY.**

***Fees subject to change.***

### **College Heights Preschool (3 – 5 years)**

Child must be toilet-training and three (3) years old by December 31<sup>st</sup>, 2019. We offer a fun, safe, inclusive environment.

Our ECE instructors and assistants offer a balance of individual, small and large group activities where we address goals such as physical, social and emotional development. Children learn to interact with others, problem solve, and are safely guided through issues such as empathy, impulse control and aggression. Our semi-structured two hour program includes teacher guided activities as well as child led activities. Registration is ongoing. Limit 16 children/class.

Parents have the option of either Non-Parent Participating (No Duty Days) or Parent Participating (one Parent Duty Day per month). These programs will have two instructors. Program starts week of September 9, 2019.

#### **1 DAY A WEEK**

**PARENT PARTICIPATING (1 duty day every 4-6 weeks) \$45.00 per month  
or NON-PARENT PARTICIPATING For \$50.00 per month**

**Friday 9:00 - 11:00am**

#### **2 DAYS A WEEK**

**PARENT PARTICIPATING (1 duty day a month) \$90.00 per month  
or NON-PARENT PARTICIPATING For \$110.00 per month**

**Mon & Wed 9:00 - 11:00am**

**Tues & Thurs 9:00 - 11:00am**

**Mon & Wed 12:15 - 2:15pm**

**Tues & Thurs 12:15 - 2:15pm**

---

### **4 Year Olds Only (born in 2015)**

**3 DAYS A WEEK – Non-Parent Participating \$160.00 per month**

**Mon & Wed & Fri 9:00 - 11:30am**

**2 DAYS A WEEK – Non-Parent Participating \$125.00 per month**

**Mon & Wed 12:15 – 2:45pm**

**Tues & Thurs 9:00 - 11:30am**

**Tues & Thurs 12:15 – 2:45pm**

For children born in 2015, and in their last year of preschool, we are offering 2 ½ hour classes, two or three times a week. These non-parent participating classes have two instructors. Classes will comprise of basic science, hands-on art/craft, and group activities, as well as pre-writing and reading activities to help prepare them for kindergarten.

For more information, call Cheryl 250-964-2662

**College Heights Preschool Building 105-6500 Southridge Ave**  
**(Across from Wal-Mart Tire Centre on the Catholic Diocese Centre Property)**