

FALL 2019 PROGRAMS



REGISTRATION

Monday
Sept 23, 2019
7:30pm – 8:00pm

Columbus Centre
7201 St Lawrence Ave

Check out our website for:

- Use of Facility Rules
- Registration Information
- Volunteer Opportunities
- Program Description, Times, Limits
- Contact Information
- Mission Statement and Purpose
- And Much More!

collegeheightsca.org

250-964-2662

Box 2662

Prince George, BC

V2N 4T5

“Like” us on Facebook 

(College Heights Community Association)

Kool Cats Kid Care

School Aged Daycare

www.koolcatskidcare.ca

koolcats@telus.net

250-964-2668

NO
EARLY
REGISTRATIONS

Registration Information

- ★ CASH or CHEQUE only
- ★ First come first serve, space is limited
- ★ One cheque per program
- ★ Cheques are made payable to “CHCA”
- ★ No refunds after start of program

For more information, visit our website!

Anyone Requiring
Special Needs Access
for Registration Night call
Cheryl at (250)964-2662
prior to September 23rd.

CHCA 2019 Scholarship Recipient:

Vanessa Soupidis!!

Parents & High School Students:

Did you know, if you volunteer sufficient hours for the CHCA, you are eligible to apply for a **\$500 Scholarship** when you graduate?

See our website for more information or contact Jean at jean.chcaprograms@gmail.com for more information

Use of Facilities

- ★ Make sure your child makes contact with the program leader
- ★ Do not leave your child unsupervised before or after program
- ★ Be on time, as doors are locked during programs

For more information, please visit our website!

UPCOMING EVENTS:

Free Neighbourhood Picnic

Tuesday September 17th 5:00 - 7:00pm
Malaspina Park

CHCA Annual General Meeting

Wednesday October 16th 7:30pm
Kool Cats Kid Care

Kids Good As New Sale

Saturday October 19th 10:00am – 2:00pm
Catholic Diocese

Halloween Haunted Journey

Saturday October 26th 2:00 – 4:00pm
Columbus Centre

Halloween Fireworks

Thursday October 31st 8:15pm
CHSS Field

Breakfast with Santa

Sunday December 1st 10:00am
Columbus Centre

See our website for more information

VOLUNTEERS NEEDED!

Ice Rinks:

778-983-1996 (Barry) or
250-617-0544 (John)

SPECIAL EVENTS:

Halloween Haunted Journey

Call 250-552-6294 (Jennifer)

Halloween Fireworks

Call 250-964-1952 (Lisa) or
chcafireworks@gmail.com

Breakfast with Santa

Call 250-552-9536 (Andrea) or
chca.santasbreakfast@gmail.com

PROGRAM LEADERS/ASSISTANT LEADERS:

Visit our website for more information or
Contact Cheryl at 250-964-2662 for Criminal
Record Checks or information

- Kids Arts & Crafts
- Mini Chefs
- Floor Hockey 6-8 years
- Floor Hockey 7-10 years
- Floor Hockey 9-12 years
- Lego Night
- Indoor Soccer 6-9 years
- Kids Floorball
- Kids Co-Ed Basketball

THANK YOU

Supporters




Specializing in
Industrial/Civil
Construction


Cell 778-349-4352
Office 250-596-9301
Fax 250-596-9303

Andre Faucher
Project Manager
Afaucher@aprcontracting.ca

Unit 102 - 430 McAtoney Road
Prince George, BC V2K 4L5



Ph: (250) 564-8979 Fx: (250) 564-6005
evolvebike@gmail.com
2299 Westwood Drive, Prince George, BC V2N 4V6



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



COLLEGE HEIGHTS
veterinary
clinic Ltd.

we have your best interest at heart

save on foods online shopping



Volunteers

We would like to thank all of our volunteers.

We showed our appreciation at a Volunteer Dinner in November.

The **Baseball programs** would like to thank our coordinators for making our
season a success:

Little Rookies: Jarrod Kehl & Matt Handford

T-Ball: April Tod

Softball: Mara Lovel

Ball Field: Larry Parker & Ken Wood

And all the coaches!

We would like to thank our **Outdoor Soccer Coordinators** for making our
season a success: Lisa Parker, Jessie Kehl, and Jason Laurie

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!

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.*

ADULT & TEEN PROGRAMS

(Visit our website for class descriptions)

Co-ed Volleyball

\$7.50 Drop-in or Punch Card

a. 16 Years + College Heights Sec
Wednesday 8:15 – 10:00pm

Sept 25 – Nov 27

Fees: \$40

**After Sept 23 Fee is \$45

b. 19 Years + Southridge Elem
Thursday 7:45 – 9:45pm

Sept 26 – Nov 28 (No class Oct 10, 31)

Fees: \$30

**After Sept 23 Fee \$35

Ladies Indoor Soccer (19 yrs +)

Tuesday 7:45 – 9:15pm

Oct 1 – Nov 19

Southridge Elementary

Fees: \$30

\$7.50 Drop-in or Punch Card

**After Sept 23 Fee \$35

Ladies Recreational Basketball

(30yrs +)

Monday 7:00 – 8:15pm

Sept 30 – Nov 25

(no class Oct 14, 21 & Nov 11)

Southridge Elementary

Fees: \$25

\$7.50 Drop-in or Punch Card

**After Sept 23 Fee \$30

Discover Diving (12yrs+)

Contact Neil Miller 250-964-9459

Date/Time TBA

Four Seasons Pool

Fees: \$55 (inc. rental gear)

Learn to Skate (13 yrs +)

BYO Skates & CSA approved helmets

Sunday 5:15 – 6:00pm

Oct 20 – Dec 8 (no class Nov 10)

Kin Centre 3

Fees: \$85

**After Sept 23 Fee \$90

Men's Floor Hockey (30 yrs +)

BYO Plastic stick & indoor runners

a. Tuesday 7:45 – 9:45pm

Sept 24 – Nov 26

b. Thursday 7:45 – 9:45pm

Sept 26 – Dec 5 (No Class Oct 31)

College Heights Elementary

Fees: \$40

\$7.50 Drop-in or Punch Card

**After Sept 23 Fee \$45

Scrapbooking (16 yrs +)

Tuesday 7:00 – 9:00pm

Oct 1 – Dec 3

Kool Cats Kid Care

Fees: \$40

**After Sept 23 Fee \$45

Quilting (16 yrs +)

BYO Sewing machine

Monday 7:00 – 9:00pm

Sept 30 – Dec 2

Kool Cats Kid Care

Fees: \$40

**After Sept 23 Fee \$45

Monday AM Therapeutic Yoga

(16yrs +)

BYO Yoga mat, blanket, props

Monday 9:15 – 10:30am

Sept 30 – Nov 18

(No class Oct 14 & Nov 11)

Kool Cats Kid Care

Fees: \$55 or \$10 Drop-in

**After Sept 23 Fee \$60

Tuesday PM Multi-Level Yoga

(16yrs +) BYO Yoga mat

Tuesday 7:45 – 8:45pm

Oct 1 – Nov 5

Polaris Elementary

Fees: \$55 or \$10 Drop-in

**After Sept 23 Fee \$60

Wednesday PM Hatha-Vinyasa

Flow Yoga (16yrs +) BYO Yoga mat

Wednesday 7:45 – 8:45pm

Oct 2 – Nov 13

Polaris Elementary

Fees: \$60 or \$10 Drop-in

**After Sept 23 Fee \$65

Adult Program Punch Card

Available at programs where
card accepted

4 Visits \$30

Adult Yoga Punch Card

Tuesday & Wednesday Class

6 Visits \$55

YOUTH & PRESCHOOL PROGRAMS

(Visit our website for class descriptions)

Home Alone (10yrs + by Dec 2019)

Saturday 10:00 – 2:00pm

Sept 28

Kool Cats Kid Care

Fees: \$40⁽¹⁾

**After Sept 23 Fee \$45

(1) 48 hour notice for cancellation. No refund or re-scheduling missed class

Inquiries and late registration for:
**Home Alone, Babysitter Course,
Mini Chefs, & Kids Arts & Crafts**
Contact jean.chcaprograms@gmail.com

Red Cross Babysitting (11yrs +)

Sunday 10:30 – 4:30pm

Oct 6

Kool Cats Kid Care

Fees: \$65⁽¹⁾

**After Sept 23 Fee \$70

Kids Arts & Crafts (7-12yrs)

Saturday 1:00 – 3:00pm

Nov 23 – Nov 30

Kool Cats Kid Care

Fees: \$30

**After Sept 23 Fee \$35

Lego Night (7-11yrs)

Monday 6:30 – 7:30pm

Oct 7 – Nov 4 (No class Oct 14)

Kool Cats Kid Care

Fees: \$15

**After Sept 23 Fee \$20

Mini Chefs (10-12yrs)

BYO Apron & food container

Saturday 10:00 – 12:00pm

Oct 5 – Nov 2 (No class Oct 12)

Kool Cats Kid Care

Fees: \$60

**After Sept 23 Fee \$65

YOUTH & PRESCHOOL PROGRAMS

(Visit our website for class descriptions)

Floor Hockey

BYO Indoor shoes & gloves

Fees: \$30

**After Sept 23 Fee \$35

a. 6 – 8 Years College Heights Elem

Tuesday 6:30 – 7:30pm

Oct 1 – Nov 12

b. 7 - 10 Years Malaspina Elem

Thursday 6:30 – 7:30pm

Oct 3 – Nov 21 (No class Oct 31)

c. 9 – 12 Years Malaspina Elem

Thursday 7:45 – 8:45pm

Oct 3 – Nov 21 (No class Oct 31)

Indoor Soccer

BYO Indoor shoes

a. 6 – 9 Years Southridge Elem

Tuesday 6:30 – 7:30pm

Oct 1 – Nov 12

Fees: \$30

**After Sept 23 Fee \$35

b. 4 - 6 Years Southridge Elem

Thursday 6:30 – 7:30pm

Oct 3 – Nov 21 (No class Oct 10, 31)

Fees: \$25

**After Sept 23 Fee \$30

Supplied Air Snorkeling for Youth

(SASY) (8 – 12yrs)

Contact Neil Miller 250-964-9459

Date/Time TBA

Four Seasons Pool

Fees: \$50 (inc. rental gear)

Jazz Dance

Fees: \$50

**After Sept 23 Fee \$55

a. 6 – 8 Years Columbus Centre

Monday 4:15 – 5:00pm

Sep 30 – Dec 2 (No class Oct 14/Nov 11)

b. 4 - 5 Years Columbus Centre

Monday 3:30 – 4:15pm

Sep 30 – Dec 2 (No class Oct 14/Nov 11)

Kids Floorball (8-11yrs)

Monday 7:45 – 8:45pm

Sept 30 – Nov 18

(No class Oct 14, Nov 11)

Malaspina Elementary

Fees: \$25

**After Sept 23 Fee \$30

Introduction to Martial Arts

Parents required to stay. Instructors

from Shadow Martial Arts.

College Heights Elem

a. 8 - 13 Years

Wednesday 7:00 – 7:45pm

Oct 2 – Nov 13

Fees: \$55

**After Sept 23 Fee \$60

b. 5 - 7 Years

Wednesday 6:00 – 6:45pm

Oct 2 – Nov 6

Fees: \$50

**After Sept 23 Fee \$55

Learn to Skate

BYO CSA approved hockey helmets, skates, gloves, & warm clothes

a. 6 - 12 Years Kin Centre 3

Sunday 5:15 – 6:00pm

Oct 20 – Dec 8 (No class Nov 10)

Fees: \$85

**After Sept 23 Fee \$90

b. 4 - 5 Years Kin Centre 3

Sunday 4:30 – 5:15pm

Oct 20 – Dec 8 (No class Nov 10)

Fees: \$85

**After Sept 23 Fee \$90

c. 3 Years (Limit 6) Kin Centre 3

Sunday 4:40 – 5:10pm

Oct 20 – Dec 8 (No class Nov 10)

Fees: \$75

**After Sept 23 Fee \$80

Pee Wee Gym

(Walking-Kindergarten)

Parent Participation required.

Wednesday 6:30 – 7:30pm

Oct 2 – Nov 13

Southridge Elementary

Fees: \$30

**After Sept 23 Fee \$35

Co-ed Basketball

Polaris Elementary (7005 Gladstone)

Fees: \$30

**After Sept 23 Fee \$35

a. 10-12 Years

Tuesday 6:30 – 7:30pm

Oct 1 – Nov 12

b. 8-11 Years

Wednesday 6:30 – 7:30pm

Oct 2 – Nov 13

Ice Hockey (5-7yrs)

Must be able to skate across rink.

Only a few spots available, call

Cheryl @ 250-964-2662 or email

bvanderlinde@shaw.ca

3:45 – 4:45pm

Oct 2019 – March 2020

Kin Centre 3

Fees: \$300

a. Monday/Wednesday

b. Tuesday/Thursday

Nechako Karate Club Promotional

Program

Mon & Wed Sept 30 – Nov 20

a. 6-12 Years 6:30pm – 7:30pm \$115

b. 13+ Years 7:30pm – 9:30pm \$125

For more info call Keith 250-617-1973

College Heights Preschool (3-5yrs) Must be toilet trained and 3 yrs old by

Dec 31, 2019. Parents have option of either Non-Parent Participating (No Duty Days) or Parent Participating (one Parent Duty Day per month).

Programs Starts the week of Sept 16, 2019.

For more info, visit our website or to register, call Cheryl at 250-964-2662.

1 DAY A WEEK

PARENT PARTICIPATING \$45.00 per month or

NON PARENT PARTICIPATING \$50.00 per month

Friday 9:00 – 11:00am

2 DAY A WEEK

PARENT PARTICIPATING \$90.00 per month or

NON PARENT PARTICIPATING \$110.00 per month

Monday/Wednesday 9:00 – 11:00am

Tuesday/Thursday 9:00 – 11:00am

Tuesday/Thursday 12:15 – 2:15pm

4 YEAR OLDS ONLY (BORN IN 2015)

3 DAYS A WEEK - NON PARENT PARTICIPATING \$160.00 per month

Monday/Wednesday/Friday 9:00 – 11:30am

2 DAYS A WEEK - NON PARENT PARTICIPATING \$125.00 per month

Tuesday/Thursday 9:00 – 11:30am

Tuesday/Thursday 12:15 – 2:45pm