

*Al Ritchie Community Membership  
\$5 per family per year.*

# Youth Programs

*We offer Youth programs September - June.*

*Follow our website or facebook  
for updates!*

## 1. AFTER SCHOOL

Activities, snacks & fun free for kids 5-17yrs. Mon-Fri 3:30pm - 5:15pm.

## 2. BOYS REC NIGHT

Monday nights in the gym.

**These are hosted by the City of Regina** - in the Core Ritchie Neighbourhood Ctr  
**Pre-register** at 777-7080



## LEARN TO SKATE & NEW TO SKATES.

Beginner skater? New to Skates? These classes start with the basics.

Watch for Fall'18 registration

## SUMMER JAM

Camp for kids in our Al Ritchie neighbourhood. Free. 5 - 13yrs

Register by the week.  
July to mid-August  
**Monday - Friday**  
9am - 3:30pm

Lunch and snacks provided.  
**2018 registration ONLINE**  
<https://go.teamsnap.com/forms/108947>

## HULA HOOPIN'

Join us for some exercise while having a blast with our resident fitness instructor Naomi.

**\$35/10 week sessions plus membership pre-register**  
check calendar for dates

## GENTLE YOGA

Meet up for health & wellness in a supportive environment as our resident fitness instructor helps us develop our mental and physical potential! 1 hour.

Al Ritchie Community Centre - upstairs  
**\$35/10 week sessions plus membership pre-register**  
Thursdays 7pm  
Evening class, 12yrs +  
check calendar for dates

## CENTRAL ZONE SOCCER

ARCA organizes the CZB Soccer league that runs 7 weeks in May & June. Kids 4-14yrs.

Wed - U6 - \$35  
Tues & Thurs U 7 & up - \$55  
Central Zone Parks  
**Pre-Registration & Payment required by April 2, 2018.**

**2018 registration ONLINE**  
<https://go.teamsnap.com/forms/107770>

## COOK & EAT JUNIOR

Geared towards kids 12-16 years, we cook together and then sit down to eat together. Focus on skills, nutrition, basic recipes & ingredients, safety in the kitchen while supporting each other and having a blast!

**pre-registration** - Thurs 5-7pm  
free with family membership  
watch calendar for dates.

## NEW PROGRAMS

Do you have ideas or requests for Youth programming?

Email ideas to [arcaprograms@sasktel.net](mailto:arcaprograms@sasktel.net)



**CHECK WEBSITE CALENDAR FOR DATES & TIMES**  
**Pre-register: 2250 Lindsay St, 306.522-3930 or [arcaprograms@sasktel.net](mailto:arcaprograms@sasktel.net)**