Parkview Redevelopment Society Update

"Build the Park that Will Set Our Neigbhourhood Apart"

By Nancy Davis, PRS nadavisfamily@mac.com

emember this catchy byline? Back in 2004. a dynamic group of women came together and formed the Parkview Redevelopment Society (PRS) with the express purpose of replacing the playground and revitalizing the community hall and leased space. The PRS was to create an overall community park space that was inviting to residents of all ages and abilities. Seven years of work have resulted in a large-scale project that has added beauty and value to our community. Together, \$1.8 million dollars was raised and we now wish to thank all donors, volunteer labourers, visionaries, City of Edmonton employees, municipal and provincial government representatives, and community league executive members who have been instrumental in pulling this project together.

If you have been by the Parkview Park recently you will see that there is much to rave about. An exciting new park space has been developed on the south side of the hall. The patio space, complete with space heaters and a built-in gas BBQ, will allow for many

outdoor celebrations in the years to come. There are fantastic new green spaces, walkways, tables, benches, and fire pits tying the hall, parking lot, tennis courts, rinks, basketball courts, and playground areas together. Almost all of this development is the direct result of the countless donations and efforts of committed residents. volunteers, and contractors. Our entire community should be proud of the beautiful park space and amenities now available.



THANK YOU! The PRS would also like to thank residents and businesses for their patience and support over the past 7 years. We are truly looking forward to celebrating with community friends and neighbours at a fun-filled GRAND OPENING "Party In The Park" on Saturday, September 17th from 1-5 p.m. Find more event info on pages 4 & 5.

PRS Hangs Up Its Work Hat...

Although many people have been involved in the Parkview Redevelopment Project, there is a group of five who have donated many years to the betterment of Parkview Park. Please congratulate the following for their hard work and dedication: Val Bright - Treasurer and Fundraiser extraordinaire, Cathie Crooks and Louise Clark - Communications; Ann Sinnott - past Co-Chair; and Nancy Davis – PRS Chair.

The Society will be maintained for future development projects, however, the current board is ready to step down and move on to different things. If interested in developing your leadership skills and contributing to your community, please contact Nancy Davis at nadavisfamily@mac.com.

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Newsletter Deadlines

The Parkview/Valleyview Community League newsletter is published four times a year and distributed to members of the community.

The advertising and copy deadlines are:

Spring: February 1 Summer: May 1 Fall: August 1 Winter: November 1

Advertising Rates:

Full back page\$200
(7 1/4" wide by 9" deep)
Full inside page \$150
(7 1/4" wide by 9" deep)
Half page \$75
(3 1/2" wide by 9" deep or
7 1/4" wide by 4 1/2" deep)
Third page\$50
(7 1/4" wide by 3" deep)
Quarter page \$40
(3 1/2" wide by 4 1/2" deep)
Business card \$15
(3 1/2" wide by 2" deep)

Please note that we do not accept advertising inserts.

To submit articles contact:

Denisa Leitch editor@pvcl.ca

To place ads contact:

David Smith advertising@pvcl.ca

Parkview/Valleyview Community League Contacts

9135 - 146 Street, Edmonton, Alberta T5R 4L5

Tel: 780-483-2098

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Secretary Ed Braun secretary@pvcl Treasurer Jennifer Forsyth treasurer@pvcl Casino Coordinator Brenda McDonald 780-486-9079 casino@pvcl Hall Rentals Val Bright 780-994-4337 hallrentals@pvcl Hall Sign Louise Clark 780-481-2842 Hall & Facility Maintenance Warren Nunweiler 780-483-2098 warrennun@hotmail.c Adult Program Coordinators Tamra & Mike Simons 780-483-1291 simons1@shaw Basketball Coordinator Christina & Bo Froberg 780-454-5040 basketball@pvcl	l.ca
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Volunteer CoordinatorVACANT	
Website Editor	l.ca



If you are interested in any of the vacant positions available please contact David Smith at 780-444-0217 or president@pvcl.ca



For further information, bookings, or to volunteer, contact Val Bright

ph: 780-994-4337

email: hallrentals@pvcl.ca







Please join us for a day of family fun with TWO great events on Saturday, September 17, 2011

The Walkable Edmonton Kickoff Celebration

To officially recognize designated walking routes in the Communities of Laurier Heights, Parkview, & Crestwood.

&

The Parkview Community Grand Opening "Party In The Park"

To celebrate the completion of our newly renovated and upgraded community centre and grounds.

These two celebrations will run simultaneously in all three communities and include games, a mini carnival, and an outdoor movie. A ribbon cutting ceremony will feature city officials and dignitaries.

Prizes, free food and refreshments throughout the day!

Details, times, and a schedule of activities will be posted to the website after Sept. 1st. http://pvcl.ca/grandopening or email: celebrate@pvcl.ca

What is Walkable Edmonton? The City of Edmonton in collaboration with community leagues have mapped walking routes within city communities. The walking routes in Crestwood, Parkview and Laurier Heights will point residents to local shops and public spaces while guiding them through some of Edmonton's most beautiful mature neighborhoods, natural ravines, and our picturesque North Saskatchewan River valley.



Parkview Grand Opening and Walkable Edmonton - Two Celebrations Rolled Into One!

By Debbie Braun, Website Editor webmaster@pvcl.ca

he communities of Parkview, Crestwood and Laurier Heights along with the City of Edmonton have collaborated to produce a map of walking routes in the neighborhood. The designated walking routes are outlined in a descriptive brochure, and guide residents through some of Edmonton's most beautiful mature neighborhoods, natural ravines and our picturesque North Saskatchewan River valley.

On September 17th, Parkview Community will celebrate the Grand Opening of its newly renovated and upgraded community centre. Additions include and outdoor fire pit, walk out patio with canopy and heaters and gas barbecue. The grounds have new landscaping with nice grassy areas and park benches between the hall and playground. Bring the family for a day of family fun.

The grand opening festivities include a petting zoo, clown, face painting and Jumpy Thing complete with a bouncy slide. We will also strike up our new barbecue for hot dogs, and have grand opening cake for dessert.

Walkable Edmonton will join in on the festivities for the official kickoff of the walking routes. As a result, the Walkable Edmonton Kickoff will begin in the afternoon at Crestwood Community, meander through to Parkview to take in the grand opening celebration and finish with a movie in the evening at Laurier Heights.

Activities and games are scheduled in all three community centres. There will be prizes, free food and refreshments throughout the day. City officials and dignitaries will be on hand for a ribbon cutting ceremony, and to meet and talk with residents.

Details and a schedule of events will be available at our website after September 1st

http://pvcl.ca/grandopening or email: <u>celebrate@pvcl.ca</u>

PARKVIEW GRAND OPENING



JOIN US FOR A "PARTY IN THE PARK"

SATURDAY, SEPTEMBER 17TH FROM 1-5 pm
TO CELEBRATE THE OPENING AND COMPLETIC1 - 5 PM
OF OUR NEWLY RENOVATED OUTDOOR SOCIAL AREA.
The project includes the outdoor fire pit, canopy with heaters,
16"x 20" patio, new landscaping, park benches and barbecue.

Bring the family for a day of family fun in conjunction with the Walkabout Edmonton. Sports For Kids will have programs for ages 3-12, plus we will have a clown, face painting and Jumpy Thing will bring a fun bouncy slide. We will also have popcorn, cotton candy snow cones to enjoy.

popcorn, cotton candy Celebrate the grand

dessert.





opening with cake for



Parkview/Valleyview Park

Thank You to ALL Redevelopment Donors for Your Support!

All donations \$20.00 and more are	•	Derrick Concrete	**\$600	Shelly Duggan and Jaret Olsen	\$250
a tax deductible donation. A recissued by The City of Edmonton.	•	Rod & Gwenne Tweddle	*\$550	Edna Hansen	\$250
tions are denoted by bold type:	New dona	Bill and Wendy Vriens	\$500	St. Timothy Church	\$200
GOLD \$1000 - \$4999		The Wilk Family	\$500	Babiuk-Gibson Family	\$100
	***	Smith/Woronowicz Family	\$500	OTHER DONORS UP TO S	3249
Valerie and Tony Bright	*\$5,100	The Bowen Boys	\$500		<u> </u>
Parkview Playschool	*\$3,600	Elizabeth Coenen	*\$500	Beverley & Frank Farkas	
Acclaimed! Furnace Cleaning, Heating & Cooling	**\$3,000	Diane & Walter Konowalec	\$500	Naidu-Barrett Parkview Soccer team	
· ·		Lee Day & Gord Sawatzky	\$500	Parkview U5 Soccer Team	
Gardiner-Wilson Family	*\$2,100	U18 Parkview Power Soccer Team	\$500	William and Wynne Edwards	
Sweetland Family in memory of Muriel Sweetland	*\$1,400	BRONZE \$250 - \$499		The Clarke Family	
Lorna & Don Kramer	*\$1,050	<u> DRONZE \$230 - \$433</u>		Martha Dobbin	
The Travis Family	\$1,000	June M Kazel	*\$300	The Gladwin Family	
Boyko Boys	\$1,000	Parkview School, Class of 1956-65	*\$400	Owen and Marilyn Jackson	
•		The Jakeway Family	\$300	The Patterson's	
Rourke Family	\$1,000	Matthew & Jane Davidson	\$300	Violet Steinwant	
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SILVER \$500 - \$999		Eric & Joan Cooke	\$250	Dr. Brian Yee & Family	
Parkview Karate	*\$820	Tamara Evans	\$250	Brian R Jones	
The Gooding Family	*\$800	Linda Medland Davis & Jeff Davis	*\$250	*Reflects the cumulative amount of all donation	ns received
McCoy/Birk Family	*\$750	Barbara & Dalton Chute	\$250	from this donor. **Donations in Kind	
Jim Goertzen & Renee Goertzen	\$600	John & Mary Jane McLaughlin	\$250		
The Jakeway Family	*\$600	Marcia & Ronald Bercov	\$250		

PVCL would like to recognize Second Cup for donating coffee to the many of our community events. Thank You Second Cup Signature Place for your ongoing support!



SECOND CUP SIGNATURE PLACE

8902 - 149TH STREET EDMONTON, AB, T5R 1B5

(780) 481-1238 - PHONE (780) 484-3037 - FAX EMAIL: SECONDCUP9260@SECONDCUP.COM Fall 2011

Donations Needed!

Charitable tax receipts for donations over \$20.

Long lasting recognition will be provided within the following plateaus:

Diamond \$10,000 and up Platinum \$5,000 – \$9,999 Gold \$1,000 – \$4,999 Silver \$500 – \$999 Bronze \$250 – \$499

Cheques payable to the Parkview Redevelopment Society.

Send to: Parkview Redevelopment Society c/o Val Bright 14019 - 90 Avenue Edmonton, AB T5R 4T7

RSP Project Directors

- Chairperson, Nancy Davis nadavisfamily@mac. com or call 780-489-5191
- Treasurer, Val Bright, hallrentals@pvcl.ca or call 780-994-4337
- Communications, Louise Clarke, louiseclarke@shaw.ca, or call 780-481-2842.

Pledge Form

	! I would like to support my community park red		Your donation will be rec- ognized according to		
rvam	ne:	-	the following categories:		
Mail	ing Address:				
	Postal code:		**BRONZE \$250 - \$499		
Pho	ne: E-mail:		SILVER \$500 - \$999		
0	Please use my name on recognition materials as for to encourage others to donate:	llows	GOLD \$1,000 - \$4,999		
0	I DO NOT want to have my name published in recog		PLATINUM \$5,000 - \$9,999		
Nam	materials and wish to remain anonymous e tax receipt should be issued to:		DIAMOND \$10,000+		
YES,	dge Amount , I would like to donate to this project:	TOTAL PLEDGE AMO	DUNT: \$		
	ment O Cash O Cheque O VISA				
Plea	se make cheques payable to: City of Edmonton				
Mon (NOTE	thly payment amount (optional) \$: \$50 min for mentily VISA installments)	Number of payments			
Card	f number	Expiry date:			
Sign	nature: De	ate:			
Plea	se complete if this contribution is:				
0	In memory of:				
0	In honour of/special occasion:				
Tha	ank you for your support	Please forward pledge t Valerie Bright, Fundr 4019 - 90th Avenue, Fr	aising Coordinator		



Newsletter Advertising Coordinator Required for November 1st, 2011



Our long time Newsletter Advertising Coordinator, Al Davis, has decided after many years to hand over the reigns to a new volunteer. This position needs a person who is well organized and good communicator. You will be dealing with advertisers, collecting advertising funds, receiving newsletter ads via email and collaborating with the Newsletter Editor 4 times a year. The necessary files and training will be supplied.

If you are interested please contact:

David Smith at 780-444-0217 or president@pvcl.ca





Our Annual General Meeting is scheduled for the fall (in October) and we will be electing our board as we do each year. There is currently an open spot for Vice President and it would be good to see it filled by then.

Our core of dedicated volunteers is always looking for new people to help out with our Parkview programs. At the moment, the league board has many vacancies in the volunteer positions. Please see Page 2 for the listing of all positions and contact David Smith at president@pvcl.ca or call 780-444-0217 if you are interested.

WANT TO EARN A LITTLE EXTRA CASH?



There are times when Parkview runs a community event and we do not have enough volunteers to put on that event. If you are over 16 years and you are interested in working at one or more of our events, please contact Val at tvbright@shaw.ca



Hourly rate starts at \$12 hr

Despite the weather children had fun at the Parkview Garage Sale and Carnival!

By Val Bright, Hall Rentals/Craft Sale & Fundraising Coordinator hallrentals@pvcl.ca



his year Parkview held their annual Garage Sale and Carnival on June 4th. Kids of all ages were challenged by the obstacle courses, golf, horse shoes, basketball hoops, bocci ball, Jumpy Thing, and more. Our volunteers had candy floss, popcorn, hot dogs and snow cones at the ready for the chilly participants. Too bad the weather was colder than usual which affected the turn out. Snow cones weren't as popular as the coffee and hot dogs! Despite the weather the children had fun......

Thank you to Andrea Archimowitz, Valerie Bright, Louise Clarke and our many community volunteers and student helpers for planning and running the many games at the Carnival. Also a special thank you to Danae Kortmann-Watts for organizing the garage tables and the Mulder Family for helping with the set up and take down. We can only hope that next year will bring us warmer weather. All of the remaining items from the garage sale were donated to Community Living.

See you next year!



Parkview Hall Rental

Your newly renovated hall is available for all celebrations from weddings, for up to 250 people, to children birthday parties for 10. There is a stage for the band or hook up your computer's music to our speaker system. We have a kitchen to accommodate caterers or prepare the meals your self.

For Hall Rentals call 780-994-4337 or email hallrentals@pvcl.ca

Visit our website for more details at www.pvcl.ca

Look for information on children parties complete with a Jump Thing!

Book Your Next Gathering at Parkview Hall !!!



Programs for Adults in Parkview

By Mike & Tamra Simons Adult Program Coordinators simons1@shaw.ca

e are happy to report that programs focused on the adults of Parkview is growing and initiatives introduced in the fall seemed to have taken root.

The Book Club has been meeting regularly, and while taking a break for the summer months, will resume gathering in the fall. If you are interested in joining the Book Club in September, or would just like a bit more information, please send Elizabeth Coenen a quick email at eecoe@shaw.ca.

Night", is starting to create a little buzz, with inquiries as to when and where. The gentlemen that have been able to make the last few evenings have enjoyed hanging out with neighbours and friends, good food, drinks, and laughs. Finding a regular night and scheduling an ongoing routine has been a little tricky. Currently, we have let interested MOP's know date and time with an email. If you would like to be added to this list please send Mike an email at simons 1@shaw.ca with a 're:' line of MOP.

The offering of a Scrap Book Crop has not had the interest of the community to plan and host one, so we decided to "tweak" it a little. When we sent out the survey last fall as to what activities members of the

community would like to see offered, a Greeting

Card Workshop was a popular choice. If you are interested in attending an afternoon or evening of card making please send Laura Verbeek an email at laura.verbeek@gmail.com. We thought a fall date would accommodate an opportunity to make all of your holiday greeting cards.

As we take a little break for the summer months please save the date for a "That's Not Garbage" presentation at the community hall, Wednesday September 14, 7:30 – 8:30pm. The program is presented and sponsored by the City of Edmonton. "If you've ever puzzled over where to pitch your pizza box, this free seminar on recycling will help you find the answers". We only ask that you let us know if you are planning to attend so we know how many chairs to set out and have a way to reach you should our planned date and time need to be

changed closer to the evening. RSVP <u>simons1@shaw.ca</u> with a 're:' line of "garbage.

Have a wonderful summer and we look forward to new ideas and events as Adult Programs continues to grow.





Parkview has worked over the summer improving the front gardens to make your community look better. We have added 5 large Columnar Aspens and various shrubs and perennials. A big thanks to the Mulder Family and Bright Family for their role in planting the shrubs and spreading the mulch. We hope you will enjoy the new look as you walk through the new stone pathway off to the park. You can help us make it look even better. We would like to line the pathway with Hostas and are asking community members to donate clippings from their plants. Fall is the best time. We will need about 40 plants. You can either bring the clippings to the hall or call Valerie Bright to pick them up. tvbright@shaw.ca or 780-994-4337 Thank you and have a great fall.

Senior Card Sharks

Cards Anyone?

If you're a Senior who likes a friendly chat, great company and the challenge of a good card game, come out and meet the "Senior Sharks" in the Parkview Community League Hall at 1:00 p.m. on Wednesday afternoons. Learn the game of Wizard, enjoy a light snack and meet new people. Call Elen Jones at 780-483-8156 or June Bradley at 780-483-9475 for details



Bridge Club

Card players interested in playing bridge, please join us at Crestwood Community League on Thursdays afternoons at 1:00 p.m. from October 13th, 2010 to April 2012 Anyone interested please contact Teresa Feehan at 780-483-6473

Private Guitar Lessons for Adults

weekday mornings or afternoons in Laurier Heights beginner – intermediate – advanced folk, rock, pop, and classical

Gord McCrostie – B.Mus. 25 years experience (780)444–0741; gord.mccrostie@shaw.ca





Parkview Playschool

By Annissa Brodie-Dux Playschool President playschool@pvcl.ca

Located on the 2nd Floor of the Parkview Community League, 9135 - 146 Street

The Parkview Playschool is a non-profit, parent cooperative school that is located on the 2nd floor of the Parkview Community League. We have 3 different classes for the upcoming school year. We have a 3-year-old class on Tuesday and Thursday mornings, a 4-year-old class on Monday, Wednesday and Friday mornings, and a 3/4 blend class on Monday, Tuesday and Wednesday afternoons. The afternoon blend class has the 3 year olds attending Monday and Wednesdays and the 4 year olds attending all three afternoons. If you are interested in a quality playschool program in your community, please contact our registrar, Carla Perrin at 780-421-8618 or carla.perrin@shaw.ca.

Please mark your calendars for the following dates:

Parents Mixer:

· September 6, times to be announced

Note: The Mixer is an opportunity for parents to meet and introduce themselves before the school year begins.

Open House Dates:

- · Wednesday, September 7, 2011 (4 yr old class am) 10:00 am to 11:30 am
- · Wednesday, September 7, 2011 (3/4 yr old class pm) 1:00 pm to 2:30 pm
- Thursday, September 8, 2011 (3 yr old class) 10:00 am to 11:30 am

Note: The Open House is offered as a way for new students to get to know the teacher and familiarize themselves with the classroom. A parent comes with the child and stays with the child for the duration of the open house.

First Day of School:

- · Monday, September 12, 2011 (morning 4-year old class)
- · Monday, September 12, 2011 (afternoon 4-year old class)
- · Tuesday, September 13, 2011 (3-year old class)

Stay tuned for the 2012/2013 school year registration date taking place in early 2012

Parkview Playschool is directed by a volunteer executive and is a sub-group of the Parkview Community League. As a non-profit parent cooperative, all parents are required to volunteer for in-class roster duty approximately every 12 to 16 classes, one toy wash per year and one fund-raising activity. As well, parents are asked to contribute or donate occasional supplies, assist with fieldtrips, special events and the option to participate on the executive board.

Our teacher, Merri-Ann Wojcicki achieves the goals of the Parkview Playschool through classroom activities, such as:

- Free play allowing children to create, explore, share, problem-solve, play cooperatively, etc
- Calendar, weather, etc
- Story time, sing-a-long and action songs, etc
- Exercise, games and gym-time
- Music and stories on tape and rhythm instruments
- Crafts, painting, colouring, cutting, creating
- "Show and Share" and "Busy Bee" responsibilities
- Class parties on special days throughout the year
- Field trips, special events and invited visitors
- School readiness skills

Please check our website at www.pvcl/playschool

If you have further questions contact:

Parkview Playschool President

Annissa Brodie-Dux at <u>ajurib1@hotmail.com</u> or 780-443-4279 Parkview Playschool Registrar

C 1 D : d 1 C 1

Carla Parrin at <u>carla.perrin@shaw.ca</u> or 780-421-8618





PVCL Membership has it's benefits! Join Your Community!

What's New? The Edmonton

Minor Hockey Association and Edmonton Federation of Community Leagues came up with a new system to facilitate the sales of Community League memberships during hockey registration. Each hockey club will charge a mandatory fee for community league memberships. That means that all Parkview families registering for hockey should buy their memberships at the time of registration. All other families can still purchase their membership online or by mail by sending their form into the hall address. All membership cards and numbers will be sent out the first week of September to avoid duplication.

If you have any questions, feel free to email Robin at: membership@pvcl.ca

s well as being able to purchase your membership at the various community programs like Tot Time, Soccer ,etc., you may purchase your membership online at www.pvcl.ca and pay online through PayPal OR you may use the form listed below and follow the mail in instructions.

Once you have used one of the above options, your membership card will be mailed to you by the membership coordinator, Robin Hobal.

Parkview Community League Membership Benefits:

- Free public skating at selected City of Edmonton Arenas (call 496-4999 for information)
- · Free use of Parkview skating rinks through the winter season
- Free community swim at Jasper Place Pool (9200 163 St) on Sundays between 5-6pm (call 311 for more info)
- · Children's Halloween and Christmas Parties
- Weekly Tot Time program
- · Seniors Card Sharks afternoon
- Summer Playground Program

Ple	Please complete and MAIL this FORM and CHEQUE to: Robin Hobal 9135 - 146 Street Edmonton, AB T5R 4L5 ease make cheque payable to: Parkview Community League			
Type of Membership:Family Household (One and Two-Parent) - \$40Adult Household - \$40Senior Household - \$10				
NAME:				
ADDRESS:	POSTAL CODE:			
TELEPHONE:	EMAIL:			
CHILDREN:	AGE:			
	AGE:			
	AGE:			

^{**}Memberships are required for community sponsored programs.

Parkview Tot Time - Come Join Us This Fall!



By Gillian Culham
Tot Time Coordinator
tottime@pvcl.ca

o you have a child or children in your care who are under 4 years? Do you have some free time on Tuesday

mornings? If you answered yes to both of these questions then you should join us at the Community Hall for Parkview Tot Time!

Give your little one a chance to have some fun with other children and give yourself some time to meet other parents in our neighbourhood. The kids have free play time, a weekly craft, followed by a snack and song circle. It is also a great way for new moms and caregivers to make connections as well to set up different play dates within the community.

Tot Time is an informal drop-in gathering run by parents and caregivers. We meet on Tuesdays between 9:15 and 11:15am. Tot Time follows the school year schedule and runs from September

20, 2011 to December 13, 2011 and January 3, 2012 to June 19, 2012. The cost per child is \$1.00 which contributes towards operational costs. You must also have an active community membership, from any community in the city not just Parkview (this is for insurance reasons). The Membership Coordinator will be on hand for the first few sessions if you need to purchase your membership.

Please remember this group session can only run if everyone is involved! We need helpers to set up and clean up each session, and people to bring snacks and a craft once a term.

Your 2011/12 coordinator is: Andrea Archimowitz 780-633-5490 or email tottime@pvcl. ca, and co-coordinators Tami Lackey and Gillian Culham. If you have any questions please feel free to contact us. Hope to see you there!





Vita Bella Restaurant

Upscale Italian Cuisine

15620-95 Avenue

Edmonton, Alberta T5P 0A4

Phone: 780 757-1088

Web: www.vitabellarestaurant.ca

Dinner Monday thru Thursday 5 PM to 10 PM Friday and Saturday 5 PM to 11 PM



Wholesome Home Cooking Style......Served and Presented Elegantly



KARATE AT PARKVIEW COMMUNITY HALL



Practice of Karate will help to develop friendships
respect
confidence
self-esteem
fitness

FOR ALL AGES 5 YRS AND UP

defense

(Adult only classes offered)

Call 780-695-KIKS

REGISTRATION FOR THE NEXT YEAR WILL BE ON SEPT 7 & 8,6-8 PM AT THE PARKVIEW COMMUNITY HALL

Evening "Drop-In" Fitness Classes at PARKVIEW SCHOOL (NE Gym)

Everyone welcome!
All fitness levels are covered in these fun-filled classes.

COME OUT, GET IN SHAPE, HAVE FUN & FEEL GOOD

Time: Monday & Wednesday evenings from 7 - 8 pm

For further information, please email Personal Trainer Specialist, Leslie at lelor@shaw.ca or call Leslie at 780-483-0824.

Parkview Sports

Parkview Indoor Soccer Registration Dates

Indoor soccer season runs from mid October to February. It is a great way to keep fit and have fun over winter.

Players with birth years 1994-2008

Date	Location	Time
Tuesday, Sep. 6, 2011	ESC West –	6:00 – 9:00 pm
	17415 106A Ave	_
Thursday, Sep. 8, 2011	ESC West –	6:00 – 9:00 pm
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Late Registration	EWZSA office-	6:00 – 8:00 pm
Thursday, Sep, 15, 2011	15430 – 93 Ave	_

Check website www.pvcl.ca for registration details closer to dates

Ladies Sports Nite (Basketball for women 18 to 108)

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If you are interested please contact: Christina Froberg at basketball@pvcl.

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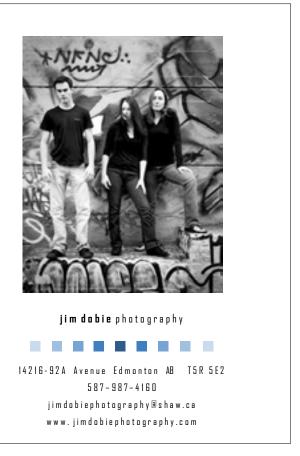


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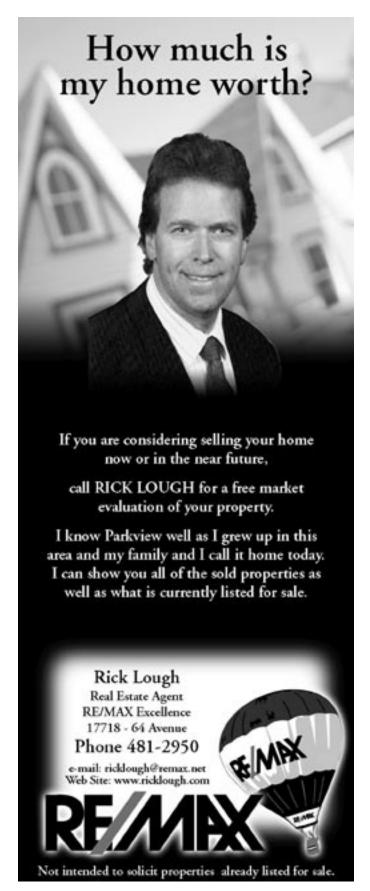
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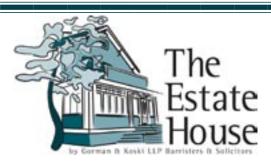
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10:15 am						0	0
11:30 am	•	0	0	•	•		
1:30 pm						0	0
3:30 pm	0	0	0	0	0	0	0
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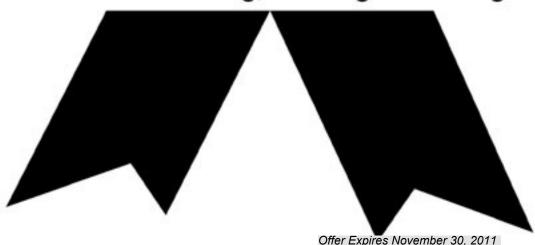
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