

CACA Winter 2021 Program Guide

The Cathedral Area Community Association is dedicated to making the Cathedral area a vibrant neighbourhood with a hometown feel and a rich sense of community. We offer a variety of fun classes for all ages and interests.

As well, we have **community garden plots** available for rent at a cost recovery price located just west of the Lewvan off 13th Avenue. You can contact the office starting February 1 if you want to be put on the waiting list. Priority is given to Cathedral Area residents for garden plots and for all programming.

Do you or someone you know in the Cathedral Area require assistance with snow shovelling but don't have the resources to hire someone? Or are you willing to help someone who requires assistance? Visit cathedralvillage.org for details.

The Leslie Park Rink shack will be open for your convenience starting December 18 to mid-March, weather permitting.

- Tue-Thu: 5:30-8:30 p.m.
- Fri: 5-9 p.m.
- Sat-Sun: 2-5 p.m. and 6-9 p.m.

Kids Learn to Skate is facilitated by a Skate Canada Coach and is geared towards beginner-intermediate skaters aged 5-12. No previous skating experience required but need to be able to stand on their own. Helmets and skates required.

Adult Skating Lesson/Ice Workout is facilitated by a Skate Canada Coach and is geared towards those who have basic skating skills and would like to built on those with balance, control and agility exercises that will get skaters moving and give a great workout.

FAMILY & COMMUNITY

Parent & Baby Group – All Ages

Thu Jan 7-Jun 24 1-2:30 p.m.
Cathedral Neighbourhood Centre
Free - Please register (Membership required)

Parent & Baby Group – All Ages

Fri Jan 8-Jun 25 10-11:30 a.m.
Cathedral Neighbourhood Centre
Free - Please register (Membership required)

Cross Country Ski Clinic: Q & A on Zoom – All Ages

Geoff Horn of Prairie Summit Shop will be online to give you tips and pointers on all things regarding cross country skiing, as well as answer any questions you may have.

Fri Jan 8 6-7:30 p.m.
Online over Zoom
Free - Please register

Cross Country Ski Clinic – All Ages

Geoff Horn of Prairie Summit Shop will lead you with in person lessons to improve your cross county skiing skills.

Sat Jan 9 10 a.m.-12 p.m.
Les Sherman Park
\$15 per family or bubble group

Annual General Meeting (AGM) – All Ages

Tue Mar 16 7-8:30 p.m.
Cathedral Neighbourhood Centre
Free

Cathedral Village Arts Festival – All Ages

Mon-Sat May 24-May 29
Online & Free

PRESCHOOL

Kids Creative Movement – 4-6 yrs

Sat Jan 23-Mar 27 1-2 p.m.
Cathedral Neighbourhood Centre
\$50

CHILDREN

Just for Fun Shinny – 8-11 yrs

Saturday mornings, time to be determined
Leslie Park Rink
Cost to be determined

Just for Fun Shinny – 12-14 yrs

Saturday mornings, time to be determined
Leslie Park Rink
Cost to be determined

Kids Learn to Skate – 5-12 yrs

Sun Jan 10-Jan 24 10:15-11:15 a.m.
Leslie Park Rink
\$40/3 Sessions; \$15/1 Session

Kids Creative Movement – 4-6 yrs

Sat Jan 23-Mar 27 1-2 p.m.
Cathedral Neighbourhood Centre
\$50

Kids Learn to Skate – 5-12 yrs

Sun Jan 31-Feb 14 10:15-11:15 a.m.
Leslie Park Rink
\$40/3 Sessions; \$15/1 Session

Kids Painting: Heart to Heart Penguins – 7-10 yrs

Sun Feb 21 1-3 p.m.
Cathedral Neighbourhood Centre
\$20

Kids Painting: Unicorn Dream – 7-10 yrs

Sun Mar 21 1-3 p.m.
Cathedral Neighbourhood Centre
\$20

Kids Painting: Uniturtle Princess – 7-10 yrs

Sun Apr 18 1-3 p.m.
Cathedral Neighbourhood Centre
\$20

TEEN

Just for Fun Shinny – 12-14 yrs

Saturday mornings, time to be determined
Leslie Park Rink
Cost to be determined

Just for Fun Shinny – 15-18 yrs

Saturday mornings, time to be determined
Leslie Park Rink
Cost to be determined

Teen Improv – 14-17 yrs

Sat Jan 23-Mar 27 2:30-4:30 p.m.
Cathedral Neighbourhood Centre
\$85

ADULT

Adult Skating Lessons/Ice Workout – 16+ yrs

Thu Jan 14-Jan 28 6:30-7:30 p.m.
Leslie Park Rink
\$40/3 Sessions; \$15/1 Session

Fitness: Forever In Motion – 55+ yrs

Mon Jan 11-Jun 28 12:25-1:25 p.m.
Cathedral Neighbourhood Centre
Free - Please register (Membership required)

Fitness: Forever In Motion – 55+ yrs

Mon Jan 11-Jun 28 1:30-2:30 p.m.
Cathedral Neighbourhood Centre
Free - Please register (Membership required)

Tai Chi Chih, Continuing: Joy Through Movement Trial Class – 18+ yrs

Mon Jan 11 6:45-7:45 p.m.
Cathedral Neighbourhood Centre
Free - Please register

Tai Chi Chih, Beginner: Joy Through Movement Trial Class – 18+ yrs

Mon Jan 11 8-9 p.m.
Cathedral Neighbourhood Centre
Free

In Shape: Exercise for Heart, Lungs, Muscles & Brain – 50+ yrs

Wed Jan 13-Mar 3 1-2 p.m.
Cathedral Neighbourhood Centre
\$50

Yoga: Chair, Mixed Levels – 18+ yrs

Mon Jan 18-Mar 29 (Excl. Feb 15) 10:30-11:30 a.m.
Cathedral Neighbourhood Centre
\$70

Tai Chi Chih, Continuing: Joy Through Movement – 18+ yrs

Mon Jan 18-Mar 22 (Excl. Feb 15) 6:45-7:45 p.m.
Cathedral Neighbourhood Centre
\$70

Tai Chi Chih, Beginner: Joy Through Movement – 18+ yrs

Mon Jan 18-Mar 22 (Excl. Feb 15) 8-9 p.m.
Cathedral Neighbourhood Centre
\$70

Yoga: Chill Out – 18+ yrs

Tue Jan 19-Mar 23 5:45-7 p.m.
Cathedral Neighbourhood Centre
\$80

Yoga: Yin – 18+ yrs

Thu Jan 21-Mar 25 5:45-7 p.m.
Cathedral Neighbourhood Centre
\$80

Cribbage & Coffee – 18+ yrs

Last Tue of every month
Jan 26-Jun 29 2-4 p.m.
Cathedral Neighbourhood Centre
Free - Please register (Membership required)

In Shape: Exercise for Heart, Lungs, Muscles & Brain – 50+ yrs

Wed Mar 10-Apr 28 1-2 p.m.
Cathedral Neighbourhood Centre
\$50

Tai Chi Chih, Continuing: Joy Through Movement Trial Class – 18+ yrs

Mon Mar 29 6:45-7:45 p.m.
Cathedral Neighbourhood Centre
Free - Please register

Tai Chi Chih, Beginner: Joy Through Movement: Trial Class – 18+ yrs

Mon Mar 29 8-9 p.m.
Cathedral Neighbourhood Centre
Free - Please register

Tai Chi Chih, Continuing: Joy Through Movement – 18+ yrs

Mon Apr 5-Jun 7 6:45-7:45 p.m.
Cathedral Neighbourhood Centre
\$70

Tai Chi Chih, Beginner: Joy Through Movement – 18+ yrs

Mon Apr 5-Jun 7 8-9 p.m.
Cathedral Neighbourhood Centre
\$70

Yoga: Chair, Mixed Levels – 18+ yrs

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Yoga: Chill Out – 18+ yrs

Tue Apr 13-Jun 15 5:45-7 p.m.
Cathedral Neighbourhood Centre
\$80

Yoga: Yin – 18+ yrs

Thu Apr 15-Jun 17 5:45-7 p.m.
Cathedral Neighbourhood Centre
\$80

In Shape: Exercise for Heart, Lungs, Muscles & Brain – 50+ yrs

Wed May 5-Jun 23 1-2 p.m.
Cathedral Neighbourhood Centre
\$50

OLDER ADULT

Fitness: Forever In Motion – 55+ yrs

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ONLINE WINTER PROGRAM REGISTRATION OPENS...

DECEMBER 14, 2020

Go to the Cathedral Area Community Association website to register for all our programs...

cathedralvillage.org

PLEASE NOTE, DUE TO COVID, ALL PROGRAMS ARE TENTATIVE

In the event of future COVID-related restrictions, we may have to cancel or reschedule programs or move them online on short notice.