

RIVER HEIGHTS Community News

COMMUNITY ASSOCIATION

www.riverheights.sk.ca
Spring, 2016

Spring's footprint is here, what are you waiting for? See what is going on in our community please 😊

thank
you

Thank you to those who came out to our presentations – **Just In Case** and **Will Power**. And thanks to our presenters, **Harold Empey** and **Tyler Wake**. The information presented was important and appreciated.

If you have ideas for future presentation topics, or if you have feedback on the past presentations, please contact Ruth at therousells@sasktel.net.

WELCOME

We welcome **SUE BOUCHARD** to the RHCA executive. Sue will serve as our **SOCIAL CO-ORDINATOR** and **ST. ANNE'S SCHOOL LIAISON**. She is returning to the Community Association after a few years away. Sue brings a lot of energy & experience to the table and we look forward to working with her!

There are still positions available. Contact Gerald at president@riverheights.sk.ca or any CA member for more information.

Theatre In the Park

coming to River Heights in July...

www.sumtheatre.com
facebook.com/sumtheatresk



We are on Twitter!

Follow us on twitter
@webmaster_RHCA

SPRING 2016 PROGRAMMING

REGISTRATION NIGHT: Tuesday March 22nd River Heights School Library from 5:30pm to 7:30pm.

- For programming details and updates, please go to www.riverheights.sk.ca.
- We honour all community association memberships. Annual Memberships may be purchased at a cost of \$10, if needed.

MONDAYS

CLASS	TIME	DATES	INSTRUCTOR	LOCATION	COST
Advanced Yoga	6:30pm to 8pm	Apr 4 – May 30. No class May 23.	Sarah Junkin	River Heights School – Sm Gym	\$85
Beginner Yoga	8:15pm to 9:15pm	Apr 4 – May 30. No class May 23.	Lisa Leis	River Heights School – Sm Gym	\$55

TUESDAYS

CLASS	TIME	DATES	INSTRUCTOR	LOCATION	COST
Zumba	7pm to 8pm	Apr 5 – May 31	Heather McDonald	River Heights School – Sm Gym	\$30

WEDNESDAYS

CLASS	TIME	DATES	INSTRUCTOR	LOCATION	COST
Family Tae Kwon Do	6pm to 7pm	Apr 6 – Jun 1	Jim Daley	River Heights School – Sm Gym	\$45
Pilates 1.0	7pm to 8pm	Apr 6 – Jun 1	Diane Hein	River Heights School – Sm Gym	\$60
Pilates 1.5	8pm to 9pm	Apr 6 – Jun 1	Diane Hein	River Heights School – Sm Gym	\$60
Outdoor Bootcamp*	6pm to 7pm	May 11 – Jun 29	K-Rush Fitness	Meewasin Vally Authority – Canoe Launch Parking Lot	\$30

*All participants are required to complete the PAR-Q & You Form online at: <https://sites.google.com/site/krushfitsask/>.

THURSDAYS

CLASS	TIME	DATES	INSTRUCTOR	LOCATION	COST
Zumba	7pm to 8pm	Apr 7 – Jun 2	Heather McDonald	River Heights School – Sm Gym	\$30
Butts N' Guts*	8pm to 9pm	Apr 7 – Jun 2	K-Rush Fitness	River Heights School – Sm Gym	\$30

*All participants are required to complete the PAR-Q & You Form online at: <https://sites.google.com/site/krushfitsask/>.

SATURDAYS

CLASS	TIME	DATES	INSTRUCTOR	LOCATION	COST
Trails, Paths & Pavement Running Group*	8:30am to 9:30am	Apr 9 – Jun 18. No class May 21.	K-Rush Fitness	Meewasin Valley Authority – Canoe Launch by Bathrooms	\$40

*All participants are required to complete the PAR-Q & You Form online at: <https://sites.google.com/site/krushfitsask/>.

INTRODUCTION TO SOFTBALL – AGES 4 & 5

TIME	DATES	INSTRUCTOR	LOCATION	COST
TBD	Mid May - end of June	Looking for a parent volunteer to coach	Behind River Heights School	\$20

River Heights Community Association

Mission Statement

"To promote and enhance the quality of life of the people of River Heights through the provision of programs, amenities, and green space, by ensuring the needs of the community are represented."

River Heights
PO Box 25023
Saskatoon, SK
S7K 8B7

Website:
www.riverheights.sk.ca

Facebook: [River Heights Community Association](#)

RHCA Executive Contact List Effective March, 2016

Executive Position			Email
President	Gerald	Rousell	president@riverheights.sk.ca
Vice President	Hastings	Nyekanyeka	fukula@gmail.com
Treasurer	Sheila	Kavanagh	sheilakav@sasktel.net
Secretary	Wendy	Benson	jason.wendy@sasktel.net
Memberships Coordinator	Rachelle	Lockwood	rhcamemberships@gmail.com
Program Coordinator - 1	Hali	Drewlo	halidrewlo@gmail.com
Program Coordinator - 2	Erica	England	ericaengland@sasktel.net
Basketball Coordinator - 1	Wendy	Benson	jason.wendy@sasktel.net
Basketball Coordinator - 2	Stacey	Edwards	staceyedwards@sasktel.net
Soccer Coordinator - 1	Jessica	Anderson	jmwarmedal@hotmail.com
Soccer Coordinator - 2	Leah	Hipperson	ldfoulds@shaw.ca
Football Coordinator	Vacant		
Rink Coordinator	Scott	Sinclair	tssinclair@gmail.com
Social Coordinator	Sue	Bouchard	suehemingway27@yahoo.ca
Communications Coordinator	Sherry	He	sherryhxs@hotmail.com
Website Coordinator	Andrew	Welham	webmaster@riverheights.sk.ca
River Heights School Liaison	Erica	Hoffart	ehoffart@sasktel.net
St. Anne's School Liaison	Sue	Bouchard	suehemingway27@yahoo.ca
Civics Coordinator	Vacant		
Member at Large - 1	Andrea	Neufeldt-Rodda	aneufeldtrodda@gmail.com
Member at Large - 2	Ruth	Rousell	therousells@sasktel.net
Member at Large - 3	Vacant		
Member at Large - 4	Vacant		

Bringing the library to you!



If you or your family member has a hard time getting out due to illness or disability, the library will bring the Home Reader Service to you. Like all other SPL services, this is free of charge!

Call Outreach & Access Services at 306.975.7565 for more information about our Home Reader Service.



Outreach & Access Services
311-23rd St E, 306.975.7565
saskatoonlibrary.ca

Want to know what is going on in your community?



Visit our NEW website
www.riverheights.sk.ca



Like us on Facebook
River Heights Community Association



Follow us on Twitter
[@webmaster_RHCA](#)

playgrounds

Weekday Playground Program

Opening the week of June 29 – Aug 25
Monday - Thursday 10:30 a.m. - 6:00 p.m.
and
Friday 12:00 - 4:30 p.m.

Your nearest Playground is

River Heights School
60 Ravine Drive

Weekend Playground Program Hours

July 9 – Aug 21 (Open Aug 1)
Saturday & Sunday 12:00 pm - 5:00 pm

Your nearest Weekend Playground Program is

St. Angela School
302 Russell Road

Draining and filling times vary for each pool. Please check with staff at site to confirm hours of operation.

Padding pools will close during unsuitable weather conditions (14 °C or less and/or when raining heavily)

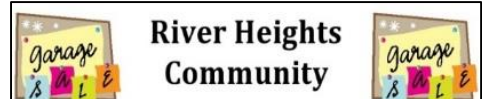


City of
Saskatoon

www.saskatoon.ca

COST AS A BARRIER

The RHCA wants to help all residents within our neighborhood with the opportunity to take part in our community programs. If you are not able to participate in a program due to financial constraints, we may be able to help. If you have questions, please speak with an Indoor Co-ordinator or any Community Association member.



Garage Sale

...Watch the Canarama sign this spring for more information

Derrick Rosenfelt
Business (306) 978-3191
Cell (306) 230-6286
greengrassco@sasktel.net

