

NEWSLETTER

Spring 2024

www.lakeridgecommunity.ca



TOP NEWS

- New spring programming is available for sign up now! Check them out on the next page and sign up online.
- Thank you to all who came out to support the Sunday Funday community event in January! We had an incredible day of skating, tobogganing, horse-drawn sleigh rides, and festivities. Stay tuned for our next event this summer in the park. Hint: its going to be a *blockbuster!*
- Outdoor soccer registration is open until March 8th, 2024



Home Alone Course

(by St.John Ambulance)

- Build their confidence.
- Provide your kids with the skills to increase their personal safety.

March 1, 2024 6-8:30PM

Ages 10+ \$50

Babysitting Course

(by St.John Ambulance)

Key concepts:

- Becoming a babysitter
- Caring for children
- children and food
- children and play
- keeping children safe
- handling emergencies
- first aid

March 2, 2024 9AM - 4PM

Ages 11-15 \$70



Owned and operated by a local Lakeridge family – serving up homemade food and a great time!

BRING THIS AD WITH YOU ON YOUR NEXT VISIT AND RECEIVE 10% OFF YOUR BILL!

**306-955-8888 bluerhinoyxe@gmail.com
102 103rd Street East, Saskatoon, SK
S7N1Y7**

PAINT NIGHTS WITH



Join your family and friends for an entertaining evening lead by an amazing local artist while making your own masterpiece. Ages 5+ preferred to follow instructions.

- Next paint night is **March 22**
- Special pricing for LRCA Members - it makes sense to have a \$15 family membership!
- All supplies always included
- Stay tuned for themes this Spring



**AL ANDERSON'S
SOURCE
FOR SPORTS**

SPRING PROGRAMS 2024

Yoga

- Ages 18+: 8 classes for \$90
- Mondays from 7 - 8:30PM in Lakeridge School small gym

Zumba Class

- Ages 16+: 8 classes for \$80
- Come join the fun! Stay active this spring and meet new people. Move your body to latin dance music. No experience needed!
- Mondays from 8:30 - 9:30PM in Lakeridge School small gym

Tumbling

- All Ages: 8 weeks for \$80
- Strengthen and challenge your dance, performance cheer, gymnastic skills, or just keep active.
- Wednesdays 6:15 - 7:15PM Lakeridge School small gym

Adult Pick-Up Basketball

- FREE
- Tuesdays at 7PM on the outdoor court

Learn to Pickleball

- Ages 16+: FREE activity
- Learn the basics or brush up on your skills on the brand new court in Crocus Park
- Dates TBA

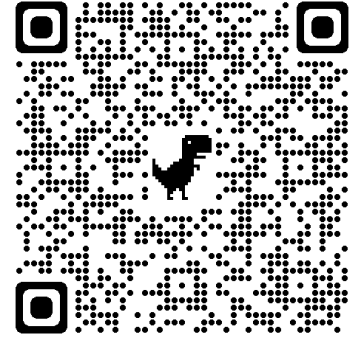
High Fitness

- Ages 16+: 8 weeks for \$70
- Beginner class for someone starting their fitness journey or with mobility issues
- Thursdays 8-9PM Lakeridge School large gym

Family Time in the Park

- All Ages: FREE activity
- Fridays 6PM

Register by
April 1, 2024



All programs
start in April
2024



Tailored real estate solutions
& compassionate concierge services
- where every move is a step towards
guiding you home with ease.



JACQUELINE YOUNG
REALTOR®
55+ Transitional Specialist
306.222.7211



www.YourSaskatoonRealtor.ca

CENTURY 21
Fusion

Thinking of
Buying or
Selling?

FREE
MARKET
EVALUATION*



Not intended to solicit properties currently listed for sale or buyers under contract.
* Some conditions apply.
Not provided by Seller or Agent. ** For real estate services by Century 21 Real Estate LLC used under license or authorized sale for sale.
© 2024 Century 21 Canada Limited Partnership. 2517/197 21 Rules.



@OUTDOOR SOCCER 2024

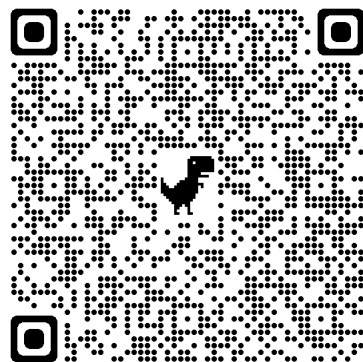


Registration is open until **March 8th!**

The 2024 outdoor soccer season will run from May 1 – June 27, 2024

Age Groups:

- **Kindersoccer** (Co-ed) - Born 2020 (\$50 each)
- **Under 5** (Co-ed) - Born 2019 (\$110 each) - Games Mondays
- **Under 7** - Born 2017 & 2018 (\$110 each) - Games Wednesdays (boys), Thursdays (girls)
- **Under 9** - Born 2015 & 2016 (\$125 each) - Games Mondays (boys), Tuesdays (Girls)



Important Soccer Information:

- See LRCA website for further information on practices etc
- Kindersoccer teams have practices/ non-competitive games once a week.
- No underage players are permitted in U5
- Nights of play and number of players in games are subject to change
- Each team requires at least one volunteer coach (ideally two), all required training will be provided. Please email soccer@lakeridgecommunity.ca if you are willing to be a coach.



KEVIN WAUGH
MP | SASKATOON—GRASSWOOD

kevin.waugh@parl.gc.ca
kevinwaugh.ca • 306-975-6472



Menstrual Health Matters

The Family Health Lab at the University of Saskatchewan is conducting a research study focused on understanding and improving menstrual pain in youth.

We are seeking youth ages 10-13, who have not yet had their period, and a parent/caregiver to participate in this important research!

Participation involves completing a series of online surveys. Families will be compensated each time they complete a survey!

To learn more about this study or participate use the QR code below or visit: <https://familyhealthlab.com/teenperiods>



This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (BEH 2777).

UNIVERSITY OF SASKATCHEWAN | Family Health Laboratory | CIHR Canadian Institutes of Health Research / Institut de recherche en santé