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PARK CITY WEST COMMUNITY CENTRE

NEWSLETTER • SPRING 2017



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Active exercise based physiotherapy treatment works.



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- Strengthening Exercises




Please call 204-654-9917 for a free 5 minute phone consultation 10 am to 2 pm.

James TEITSMA

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t. 204.691.7976
james@jamesteitsma.ca

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Park City West Community Centre

115 Sanford Fleming Road, Winnipeg, MB R2C 5B8
 Ph: 204-222-1411
 Website: www.pcwcc.ca
 Follow us on Facebook

This publication has been produced by Jae Media
 Project Manager Lori Kemp

SPORTS REGISTRATION

FEBRUARY 23RD, 2017 TO MARCH 9TH, 2017
IN-HOUSE REGISTRATION DATE MARCH 1ST, 2017 (6:30-8:30PM)

SAVE THE DATE

AGM APRIL 18 • VOLUNTEER DINNER APRIL 22 • MICRO SOCCER JAMBOREE JUNE 24
LIKE US ON FACEBOOK TO STAY UP TO DATE WITH CLUB EVENTS

Supporting the community



Wyatt Dowling

INSURANCE BROKERS

Leave your worries at our door.

| | | | |
|--|--|---|---|
| Regent & Bond 138 Regent Ave. W. Phone (204) 222 3221 | Regent & Plessis 4-801 Regent Ave. Phone (204) 940 6552 | Plessis & Devonshire 401-1750 Plessis Rd. Phone (204) 949 2600 | Reenders & Lag./59 60-11 Reenders Dr. Phone (204) 949 2610 |
|--|--|---|---|



Preteen Dances

Held once a month
(check our website pcwcc.ca
for upcoming dances)

6:30 - 9:30 pm
DJ and canteen
Suitable for 8-12 year olds
The dance is supervised by parent
volunteers (Thank You!) Feel free
to stay or drop your child off
Check website for upcoming dates

Volunteering

*"In our lives, one thing we cannot
buy or borrow is time. We have a
limited amount of time for sleep,
work, family and our own interests.
Therefore, an individual's time is a
very precious commodity."*
- Anonymous

Here at Park City West our volunteers
- whether Board Members; Team
Coaches or Managers; or individuals
lending a hand at special events
- every job done by a volunteer is
an important contribution to our
Community Club. Your commitment
and support is greatly appreciated!

Park City West Community Centre
has many volunteer opportunities
for those who wish to give back
to their community. If you are
interested in volunteering for the
board, or would like to know what
opportunities are available, please
contact us via our website, or feel
free to come to one of the regular
board meetings. We meet in the
board room at Park City West
Community Centre the third Tuesday
of each month, September through
June. All meetings start at 7:00pm.



Board of Directors

Executive

President - Mike Purdy
Vice President - VACANT
Treasurer - VACANT
Secretary - Katie Patteson
Registrar - Deidre Dowd

General Board

Buildings & Grounds - Brad Smith
Canteen - Marion Segal
Preteen Dance - Brenda Hrycyk
Special Events - Nicki Burbank
Volunteer Scheduling - Tanya Haines

Conveners

Hardball - Trent Fettig
Hockey - 8A1 & Up - Daryl Zazula
Hockey - Female - Krista Ducharme
Hockey - House League - Chris Redekop
Ringette - Mandy Silvani
Soccer Director - Les Kauk
Micro Soccer (3/4) - Deirdre Dowd
Micro Soccer (5/6) - Alicia Bousquet
Soccer (7 & 8) - Jacquie Sippola
Soccer (9 & Over, Boys) - Phil VanderAa
Soccer (9 & Over, Girls) - Tabitha Bear
Soccer (Indoor) - Liz Hurd
Softball - Katie Patteson

Spring Sports Registration 2017

Spring registration 2017 for Soccer, Softball
and Hardball will begin on ...

PCWCC Sports registration is done online
via our website www.pcwcc.ca. Follow
the Pointstreak link to create a family
account or access your existing family
account. Here you can add/edit your
family members, register children, sign
up for coaching, pay by credit card, and
print out your receipt for tax time - all from
the comfort of your home! Cash payment
arrangements can be made by contacting
the office, the registrar or the appropriate
sports convener. Please ensure you receive
a receipt and keep it for your records.
Information on registration and fees will



appear on our website as soon as it is
available. Watch our website for dates and
times for online and in-house registration.

Hall Rentals

Our recently renovated hall is ideal for any
small or large gatherings, such as birthday
parties, socials, weddings, showers,
meetings, and more.

- Hall Capacity: 250 guests

Features:

- Air conditioned
- Wheelchair accessible
- Ample parking
- Big Kitchen!
- Sound System
- Sports equipment

****Bouncer available for an additional charge****



Hockey News

Our Park City West 10A2 team finished 1st
place in the B side at the Portage La Prairie
tournament. Members of the team are:

Noah Wowryk; Tristan Bye; Lukas Campos;
Cole Lawton; Nathan Blank; Nathan
Heibert ; Myles McCaw; Derrick Smith;
Griffin Boomer ; Rene Saks; Cody Gable ;
Logan Krabbenhoft; Thomas Turner; Connor
Raynbird ; Jeremy Pancoe

Coaches: Brad Smith; Tom Boomer; Mark
Blank; Thomas Raynbird

Manager

Maria Campos

Ringette News

Gabrielle Delorme (fastest skater); Eleanor
Smith (Goalie); and Maegehn Gozda
(hardest shot) represented Park City West in
the U14 All Star Skills Competition at Seven
Oaks Arena on January 3rd.

The U14 Park City West Girls (front page photo)
are sporting brand new jerseys sponsored by
Birchwood Ford on Regent. Birchwood Ford
Drives Community Spirit Campaign.

Congratulations to the U14 Park City girls
who made it to the Finals of Southdale's
Ring Rage Tournament bringing home a
silver medal.



Programs

Turbo Kick

Burn calories and blast fat! This addictive
workout combines kickboxing, sports drills,
yoga, and simple dance moves in a party
atmosphere where losing weight is the
side effect of having FUN! Turbo Kick is an
interval based class that allows participants
of any fitness level to participate and
custom tailor their workouts. Bring your
shoes, water and your energy! If you
have not yet experienced a class, you are
missing out! Give it a try and know that
when the workout is over, you will leave
being better and healthier than when you
first walked in! Come join us at Park City
Tuesdays from 6:30pm -7:30pm. Visit www.
winnipegsturbo.com for more information!
See YOU in class!

Yoga

Yoga has its origins from India and is
now widely practised with people wanting
to experience the benefits of it. For an
outsider yoga is just about the stretches
that make it look like its for fitness only.
Yet that is only part of the process and
yoga is more then just stretching. Yes the
muscles do stretch and the overall effect is
to find the balance in each part of the body



WildCat Corner

U14 Ringette Goalie
Eleanor Smith

How long have you been playing?
6 years

Do you play any other sports?
Yes soccer

What do you like about being
goalie?

It's a fun position because it
challenges me.

Do you ever get nervous before
a game?

Yes sometimes when it's a big
game and it means a lot.

What's been a highlight
moment?

Winning bronze in city
championships last year. I also
like all the friends I have made. It
feels good being part of a team.

I wanted to be a goalie because in
bunnies we all took turns playing
goal and I thought it was fun and I
thought I was good at it.

Park City West Community Centre Mission Statement

We will commit to be a leading
community organization, focused
on the needs of the community,
through safe, flexible, self-
sufficient and accessible services
and programs for all ages.

In delivering recreational,
educational and leisure programs,
we will foster pride and respect
in the centre and the community
we serve.

A SPECIAL THANK YOU TO ALL OUR ADVERTISERS

The Park City West Community Centre wishes to thank the
many businesses who purchased an advertisement to make
this publication possible. Your ad helped us to defer all costs
relating to this newsletter. We value your support and gratefully
acknowledge your participation.



Coach's Corner

Coach Tim and daughter Claire Patteson

Claire has played ringette for 10 years out of Transcona.

Claire has always played forward. Tim has coached for three years.

"What I love about coaching is being around the girls, teaching them as well as learning from them, and of course competing and watching it all come together on the ice."

I think a good coach is someone who is impartial and listens to their players no matter what, and every decision that's made is done in the best interest of the team and individual players. Teaching them the right way to play the game, and respect them and earn their respect.

Subsidy Program

Did you know we offer a subsidy program for lower income earners? The General Council of Winnipeg Community Centres and their sponsors allow qualifying families to apply for a portion of their sports registration fees to be subsidized. Please contact the registrar or the office to inquire about your eligibility and how to apply. Please note the most recent tax years' notice of assessment for each parent in the home must accompany the application. Keep checking the website for information on sports registration and other events and announcements at the club.



through the breathing that accompanies each pose. In fact yoga is about balance overall both physically and mentally. The breathing is what enable the student to find the balance just by being aware of the breath. There has been an increase in those practising yoga because of the positive benefits it has on one's health overall. Breathing deep enough does help to relax the body and that is what yoga is about. Its the process of breathing through each pose that enables the body and mind to relax which then allows the body to stretch further one breath at a time. Under the guidance of an experienced instructor the students are able to learn the breathing that is beneficial for each of us to let go of the tension and relax into the pose and over time the student can see the benefits by remaining focused on the breath. Come join us at Park City West on Wednesday nights at 6:15 pm. Email countrygirl1@mymts.net

Taekwondo

Do it as a family or try it as an individual sport. Suitable for all ages, these traditional martial art classes can be enjoyed by people starting as early as the age of five. For your membership* you will learn the techniques of self defense. These techniques will help anyone acquire a new sense of confidence, concentration and self-esteem. It will give them the advantage of increasing their ability for patience and discipline, as well as giving them the benefits of regular exercise & stress relief. Provided in a fun and safe environment, we always encourage good sportsman-like conduct, and emphasize the importance that what we learn in Taekwondo, we must act with it responsibly.

Offered on Wednesday nights (6:15-7:15pm), the K. Saunders Taekwondo program, is challenging everyone to come and try two FREE weeks of Taekwondo.

Think you're up for the challenge? You have nothing to lose! Call or email us to get more information at 204-952-3176 or KSTA.academy@gmail.com. Family Discount available for those with 3 or more members.

Zumba

Zumba is a Latin inspired dance fitness program that is moving millions of people towards fitness and joy. Zumba is sometimes referred to as "exercise in disguise" because it combines Latin rhythms and easy to follow dance moves to ...create a one of a kind fitness program. No previous dance experience required. It's all about having fun by feeling the rhythm and beat of the music! Zumba is not only great for the body, but it's also great for your mind and soul, improves self-esteem and self confidence! Come find out why Zumba Fitness has become such a fun and uplifting workout!

Mondays 7-8pm. Email: vgrycko@shaw.ca

Hospitality For The Homeless Bike Ride

(In Support of Siloam Mission)

Park City West CC to Bird's Hill Park

Last year on September 17th the Fairmont Winnipeg hosted their second Hospitality for the Homeless Bike Ride. The event was another great success raising over \$10 000 for Siloam Mission. Park City's own Robert Brown (Facility Manager) and Catherine Schalla (Board Member) participated in the ride. This year we'll be hosting the event for the third time on September 16th.

This bike ride is where individuals and teams cycle from Park City West Community Centre to Bird's Hill Park and back. Each team member pledges to raise money through the sponsorship of family, friends and colleagues.

For more information visit www.hospitalityforthehomeless.ca



Upgrades to Park City West Community Centre Grounds

Work finished last year on our brand new Splash Pad, toddler playground, pathways and garden beds. The refurbishment of our tennis courts, including the addition of a basketball court and pickleball courts, were sponsored by *Manitoba Liquor and Lotteries*.

This Spring we hope to see our popular outdoor hockey rinks get completely rebuilt.

Stay tuned!



baseball/softball

soccer

football

Get ready for your game.

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homerunsports.com

WINNIPEG | MISSISSAUGA | LONDON | CALGARY | EDMONTON

Daniel Blaikie, M.P.

Elmwood-Transcona

Proud to support our community

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