



TWIN LAKES COMMUNITY ASSOCIATION

NEWSLETTER Fall, 2026

A Better Place to Live

We hope you're having a great summer! As we look ahead to fall, the Twin Lakes Community Association is excited to bring you another season of fun and engaging programs for all ages.

Our children's dance and cheer classes are back and better than ever—perfect for kids who love to move and express themselves. For adults, we're offering a variety of fitness options, including returning favorites like Adult Tap and an Adult Cheerleading class for those 18 and over. Also, check out our new classes in Art, Martial Arts Sticks and Women's Self-Defense.

Spots fill up quickly, so don't miss out! Registration opens **Saturday, August 1, 2026.**

Saturday, August 1st, 2026 Registration Open all TLCA programs (9:00AM)

Sunday, April 18th, 2027 Twin Lakes Dance and Cheer Showcase, Riddell Center, University of Regina

Spring 2027 TLCA Cabaret, date TBA. Watch our Facebook and website for updates.



Dance and Cheer Recital Volunteers

Newsletter Delivery people

Program Coordinator



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Adult Programming

Get ready for an exciting season of fun, fitness, and learning with our fall adult programming lineup. Whether you're looking to try something new, stay active, or build your skills, we have something for everyone! Unless otherwise specified, all classes are intended for participants **18 years of age and older**.



Adult Cheerleading Class (Pom Queens)

No experience required!

Have you always wanted to try Pom, but never had the opportunity? Have you done pom in the past and want to try it out again? Either way, this class is for you! Dust off your shoes and join some other adults for 60 minutes of pom fun per week. This is a non-competitive, dance-based program that will focus on creating effects with poms through motions, formations, footwork and jumps, then put together with creative and fun choreography. Dances will be a high-energy combination of hip hop, jazz and an element of musical theatre. No stunting or gymnastic skills will be taught in this program. This class will include a year end performance at the University of Regina's Riddell Theatre on Sunday, April 18th, 2027. Your registration also includes membership with the Saskatchewan Cheerleading Association.

Season Start/Stop	Time/Day/Location	Cost	Instructors
10/1/2026 to 4/18/2027	Thursdays, 8:50 to 9:50PM, MacNeill School	\$180.00	Alissa S., Reegan K., Jorie K.

Adult Beginner/Intermediate Tap Dancing

Always wanted to try tap, or wish to revisit it when you took it as a child? Join us in our beginner / intermediate class to challenge yourself while getting some exercise! Come in comfortable clothing and prepared to have fun! Bring tap shoes.

Season Start/Stop	Time/Day/Location	Cost	Instructors
9/30/2026 to 4/18/2027	Wednesdays, 8:00 to 8:50PM, Winston Knoll	\$180.00	Allison M., Grace S.

Pickleball

Must have knowledge of the game and have played pickleball in the past; no lessons will be given. Bring your paddle and non-marking court shoes. Community Association Membership required (TLCA or other).

Season Start/Stop	Time/Day/Location	Cost	Coordinator
9/16/2026 to 12/23/2027	Wednesdays, 3:30 to 5:30PM, NWLC	\$20.00	Kevin K.

Martial Arts Sticks

Discover the art and discipline of Filipino stick fighting in this beginner-friendly class focused on the Pintados style. Participants will learn fundamental techniques using a single stick (provided) including strikes, blocks and footwork. Movements begin slowly so that participants learn to move in an aligned, harmonious manner. Later on in the training, some empty hand principles will also be touched on though stick work will be the primary focus. The instructor is a retired police officer with experience in instructing both martial arts and police defensive tactics. Please wear comfortable clothing and non-marking indoor running shoes. No watches or jewelry for safety reasons. Open to medically fit adults (18 yrs and up). A water bottle is recommended.

Season Start/Stop	Time/Day/Location	Cost	Instructor
9/22/2026 to 12/1/2026	Tuesdays, 7:00 to 8:00PM, Ruth M. Buck School	\$110.00	Lee J.

Elements of Women's Self Defense

Classes run on **September 25th, October 16th, November 6th, and November 27th.**

Learn the foundations of personal safety in these dynamic and informative sessions. You'll explore essential skills such as situational awareness, risk assessment, and prevention strategies. The class introduces practical techniques including defensive stances, basic striking, and escapes from grabs. You'll also get the option to try out break-fall techniques in a safe manner. This introductory session is a great way to experience many of the core principles of self-defense. The instructor is a retired police officer with experience in instructing both martial arts and police defensive tactics. Please wear comfortable clothing and non-marking indoor running shoes. No watches or jewelry for safety reasons. Open to medically fit women (16 yrs and up). A water bottle is recommended.

Class Dates	Time/Day/Location	Cost	Instructor
9/25/2026 10/16/2026 11/6,2026 11/27/2026	Fridays, 7:00 to 8:15PM, St. Angela Merici School	\$50.00	Lee J.

Strong and Healthy Bodies

It's never too late to start exercising, regardless of your age or if you are new to exercise! A total body muscular strength and endurance workout designed for all levels. Increase your strength, boost your mobility, and muscular endurance to help achieve your fitness goals. Modifications provided to ensure success! Bonus educational tips shared as well! Please bring your own yoga mat and set of weights.

Season Start/Stop	Time/Day/Location	Cost	Instructor
10/6/2026 to 12/8/2026	Tuesdays, 6:30 to 7:30PM, St. Jerome School	\$70.00	Wendy M.

Adult Co-ed Volleyball

Get ready to serve up some serious fun in our action-packed Volleyball program! Whether you're a total newbie or a seasoned pro, this is the place to be for non-stop excitement and thrilling matches! No need to be a volleyball guru; we welcome all levels of knowledge and experience! Our program is all about the joy of the game and creating unforgettable moments with your fellow players. So, gather your friends and join us for some epic, non-competitive volleyball action! Oh, and don't forget your non-marking shoes – it's the only thing you need to bring to this amazing event! Are you ready to dig, dive, and hit the ball with all your might? Don't miss this chance to be part of the most exhilarating volleyball showdown in town! See you on the court! (No classes on stat holidays and school closures)

Season Start/Stop	Time/Day/Location	Cost	Coordinator
9/16/2026 to 12/3/2026	Wednesdays, 7:00 to 8:30PM, MacNeill School	\$20.00	Stefanie M.

Yoga (2 Classes)

Offered at a slower pace this class will give you a good foundation with introduction to basic yoga poses, breathing techniques and overall personal awareness. Please bring your own yoga mat. No classes September 30th or November 11th.

Season Start/Stop	Time/Day/Location	Cost	Instructor
9/23/2026 to 12/9/2026	Wednesdays, 6:00 to 7:00PM	\$70.00	Fran S.
9/24/2026 to 11/26/2026	Thursdays, 6:15 to 7:15PM, St. Jerome School	\$70.00	Fran S.

Zumba with Pound

This class is a half hour Zumba (dance inspired cardio workout) combined with a half hour Pound class (drumming cardio inspired). This class is great for those who love to dance and drum!! SO MUCH FUN! It's also a great way to get just enough of both of these great classes. No experience necessary! No class October 12th.

Season Start/Stop	Time/Day/Location	Cost	Instructor
9/21/2026 to 11/30/2026	Mondays, 6:30 to 7:30PM, MacNeill School	\$70.00	Milena E..

Art Classes

Join us in 2026–27 for an exciting lineup of art classes featuring painting, embroidery, stained glass design, and many other creative activities. These classes provide a wonderful opportunity to learn new skills, meet fellow community members, and explore your artistic talents. Watch our website, Facebook and community sign for updates on class offerings, dates, and locations.



Cheer Program

Running from **September 2026 to April 2027**, our non-competitive Cheer Program offers quality instruction, exciting routines, team uniforms, pom-poms, and professional team and individual photos. The season concludes with a year-end Twin Lakes Dance and Cheer Showcase at the **Riddell Centre Theatre, University of Regina on Sunday, April 18th, 2027.**

Led by experienced former cheer athletes, this program helps participants build confidence, stay active, develop teamwork, and make lasting friendships. Registration also includes a **Saskatchewan Cheerleading Association membership.**

All Classes will be held at **St. Angela Merici School Monday to Wednesday** and **MacNeill School on Thursdays.**



Cheer - U6 Level 1 (Mon) - Jessie's Girls - Ages 5 to 6 – St. Angela

Ages 5 to 6, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
9/28/2026 to 4/18/2027	Mondays, 6:00 to 6:50PM	\$365.00	Kerri W., Reegan K., Jorie K., Isla T.

Cheer - U8 Level 1 (Mon) - Jungle Jaguars - Ages 7 to 8 – St. Angela

Ages 7 to 8, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
9/28/2026 to 4/18/2027	Mondays, 7:00 to 7:50PM	\$365.00	Kerri W., Reegan K., Jorie K., Isla T.

Cheer - U14 Level 1 (Mon) - Eclipse - Ages 9 to 12 – St. Angela

Ages 9 to 12, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Mondays, 8:00 to 9:00PM	\$385.00	Reegan K., Kerri W., Jorie K., Isla T.

Cheer - U8 Pom (Tue) - Demon Hunter - Ages 5 to 8 – St. Angela

Ages 5 to 8, previous experience is not required. This is a non-competitive, dance-based program that will focus on creating effects with poms through motions, formations, footwork and jumps, then put together with creative and fun choreography. Dances will be a high-energy combination of hip hop, jazz and an element of musical theatre. No stunting or gymnastic skills will be taught in this program.

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Tuesdays, 6:00 to 6:50PM	\$365.00	Alissa S., Halle C., Isla T.

Cheer - U12 Acro (Tue) - Mixed Emotions - Ages 7 to 12 – St. Angela

Ages 7 to 12, previous experience is not required. Do you want to learn more tumbling skills with the grace of a dancer? Acro is for you! This class is designed for those who wish to increase their strength, balance, flexibility, and coordination while working handstands, cartwheels, walkovers, aerials, and small lifts. Technical skills are paired with grace of movement and good posture, making this an excellent singular class or a complementary class to cheer and dance classes. **Note: this class does not include Poms.**

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Tuesdays, 7:00 to 7:50PM	\$365.00	Alissa S., Halle C., Isla T.

Cheer - U14 Pom (Tue) - The Outcasts - Ages 9 to 14 – St. Angela

Ages 9 to 14, previous experience is not required. This is a non-competitive, dance-based program that will focus on creating effects with poms through motions, formations, footwork and jumps, then put together with creative and fun choreography. Dances will be a high-energy combination of hip hop, jazz and an element of musical theatre. No stunting or gymnastic skills will be taught in this program.

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Tuesdays, 8:00 to 9:00PM	\$385.00	Alissa S., Halle C., Isla T.

Cheer - U6 Level 1 (Wed) - Country Cuties - Ages 5 to 6 – St. Angela

Ages 5 to 6, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
10/7/2026 to 4/18/2027	Wednesdays, 6:00 to 6:50PM	\$360.00	Kerri W., Reegan K., Eve R.

Cheer - U8 Level 1 (Wed) - Disco Divas - Ages 7 to 8 – St. Angela

Ages 7 to 8, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
10/7/2026 to 4/18/2027	Wednesdays, 7:00 to 7:50PM	\$360.00	Kerri W., Reegan K., Eve R.

Cheer - U14 Level 1 (Wed) - Green be Envy - Ages 9 to 14 – St. Angela

Ages 9 to 14, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together. **Note: this class does not include Poms.**

Season Start/Stop	Time/Day	Cost	Instructors
10/7/2026 to 4/18/2027	Wednesdays, 8:00 to 9:00PM	\$380.00	Reegan K., Kerri W., Eve R.

Cheer - U6 Novice Level 1 (Thu) - Unicorns - Ages 3 to 4 - MacNeill School

Ages 3 to 4, previous experience is not required. This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
10/1/2026 to 4/18/2027	Thursdays, 6:00 to 6:50PM	\$365.00	Alissa S., Reegan K., Jorie K., Isla T.

Cheer - U16 Level 2 (Thu) - ICONIC - Ages 12 to 16 - MacNeill

Ages 12 to 16, **with at least a year of cheer experience is required**. Register for the waitlist starting July 15th. We will choose the team from available waitlisters based on experience and ability and will notify families of the team selection on July 29th. Any participants who do not make the enrolment will be able to openly register for the Monday U12 and Wednesday U14 classes on August 1st. **NEW! Level 2 with longer class time!** This non-competitive program introduces athletes to the components of cheerleading – motions, jumps, stunting, tumbling and dance. Athletes continue to learn and build skills through proper progressions and learn to work together.

Season Start/Stop	Time/Day	Cost	Instructors
10/1/2026 to 4/18/2027	Thursdays, 7:00 to 8:40PM	\$420.00	Reegan K., Alissa S., Jorie K.

Adult Cheerleading Class (Pom Queens) – MacNeill

No experience required!

Have you always wanted to try Pom, but never had the opportunity? Have you done pom in the past and want to try it out again? Either way, this class is for you! Dust off your shoes and join some other adults for 60 minutes of pom fun per week. This is a non-competitive, dance-based program that will focus on creating effects with poms through motions, formations, footwork and jumps, then put together with creative and fun choreography. Dances will be a high-energy combination of hip hop, jazz and an element of musical theatre. No stunting or gymnastic skills will be taught in this program. This class will include a year end performance at the University of Regina's Riddell Theatre on Sunday, April 18th, 2027. Your registration also includes membership with the Saskatchewan Cheerleading Association.

Season Start/Stop	Time/Day/Location	Cost	Instructors
10/1/2026 to 4/18/2027	Thursdays, 8:50 to 9:50PM, MacNeill School	\$180.00	Alissa S., Reegan K., Jorie K.

Dance Program

From September to April, kids can enjoy high-quality instruction in jazz, tap, ballet and hip-hop. Each dancer receives recital costumes, digital class and individual photos, plus performs in a year-end Twin Lakes Dance and Cheer Showcase at the Riddell Centre Theatre, University of Regina on **Sunday, April 18th, 2027**



Led by former competitive dancers, our instructors bring energy, fun, and encouragement to every class. All classes will be held at **Winston Knoll Collegiate**. **No classes December 7 - January 3, and school holidays.** These dates will be communicated through the dance newsletter.

Dance - Ballet (Mon) - Ages 3-4

Students enrolled in this class will learn basic ballet techniques. Students will learn both feet and arm positions. Ballet slippers are required. No previous dance experience is necessary.

Season Start/Stop	Time/Day	Cost	Instructors
9/28/2026 to 4/18/2027	Mondays, 6:00 to 6:50PM	\$340.00	Allison M., Olivia G.

Dance - Tap (Mon) - Ages 7+

Our preschool tap dance class is an introduction to basic tap steps and positions. This curriculum will include introductory tap skills with games incorporated. Tap shoes are required. No previous dance experience is necessary.

Season Start/Stop	Time/Day	Cost	Instructors
9/28/2026 to 4/18/2027	Mondays, 7:00 to 7:50PM	\$340.00	Allison M., Olivia G.

Dance - Ballet (Mon) - Ages 7+

Students enrolled in this class will learn basic ballet techniques. Students will learn both feet and arm positions. Ballet slippers are required. No previous dance experience is necessary.

Season Start/Stop	Time/Day	Cost	Instructors
9/28/2026 to 4/18/2027	Mondays, 8:00 to 8:50PM	\$340.00	Allison M., and Olivia G.

Dance - Tap (Tue) - Ages 3-4

This dance class focuses on basic tap skills. Students will work on developing their abilities to control their bodies in keeping time with the music and beat. Students will learn a variety of moves and combinations. Tap shoes are required. No previous dance experience is necessary.

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Tuesdays, 6:00 to 6:50PM	\$340.00	Jaedyn W., Kaylee B.

Dance - Tap/Jazz Combo (Tue) - Ages 5-6

Our tap and jazz combo dance class is an introduction to basic tap and jazz steps and positions. This curriculum will include introductory tap and jazz skills. Both tap and jazz shoes are required. This class will be performing twice at the year end showcase - one jazz routine and one tap routine. No previous dance experience is necessary.

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Tuesdays, 7:00 to 7:50PM	\$340.00	Jaedyn W., Kaylee B.

Dance - Musical Theatre (Tue) - Ages 7+

This musical theatre class focuses on performance dancing, expressions and Broadway styles of theatre performances. This is a dance-based class and therefore dance will be the focus, but please note you may sing occasionally. Jazz shoes required – preferred colour beige. No previous dance experience required.

Season Start/Stop	Time/Day	Cost	Instructors
9/29/2026 to 4/18/2027	Tuesdays, 8:00 to 8:50PM	\$340.00	Jaedyn W., Kaylee B.

Dance - Ballet/Jazz (Wed) - Ages 6+

This dance class focuses on basic ballet and jazz skills. Students will work on developing their abilities to control their bodies in keeping time with the music and beat. Students will learn a variety of moves and combinations. Ballet slippers and jazz shoes are required. This class will be performing twice at the year-end showcase - one ballet routine and one jazz routine. No previous dance experience is required.

Season Start/Stop	Time/Day	Cost	Instructors
10/7/2026 to 4/18/2027	Wednesdays, 6:00 to 6:50PM	\$335.00	Allison M., Grace S.

Dance - Jazz (Wed) - Ages 7+

This dance class is a fast-paced class focused on learning jazz technique, terminology and developing flexibility. No previous dance experience required. Students will learn a variety of moves and sequences. Jazz shoes are required.

Season Start/Stop	Time/Day	Cost	Instructors
10/7/2026 to 4/18/2027	Wednesdays, 7:00 to 7:50PM	\$335.00	Allison M., Grace S.

Dance - Hip Hop (Thu) - Firecrackers - Ages 5-7

This dance class focuses on basic hip hop skills. Students will work on developing their abilities to control their bodies in keeping time with the music and beat. Students will learn a variety of moves and combinations. No previous dance experience required. Runners are required.

Season Start/Stop	Time/Day	Cost	Instructors
10/1/2026 to 4/18/2027	Thursdays, 6:00 to 6:50PM	\$340.00	Autumn A., Grace S.

Dance - Hip Hop (Thu) - Genie Crew - Ages 8-9

This dance class focuses on basic hip hop skills. Students will work on developing their abilities to control their bodies in keeping time with the music and beat. Students will learn a variety of moves and combinations. No previous dance experience required. Runners are required.

Season Start/Stop	Time/Day	Cost	Instructors
10/1/2026 to 4/18/2027	Wednesdays, 7:00 to 7:50PM	\$340.00	Autumn A., Grace S.

Dance - Hip Hop (Thu) - Fire Squad - Ages 10+

This dance class focuses on basic hip hop skills. Students will work on developing their abilities to control their bodies in keeping time with the music and beat. Students will learn a variety of moves and combinations. No previous dance experience required. Runners are required.

Season Start/Stop	Time/Day	Cost	Instructors
10/1/2026 to 4/18/2027	Thursdays, 8:00 to 8:50PM	\$340.00	Autumn A., Grace S.

Adult Beginner/Intermediate Tap Dancing

Always wanted to try tap, or wish to revisit it when you took it as a child? Join us in our beginner / intermediate class to challenge yourself while getting some exercise! Come in comfortable clothing and prepared to have fun! Bring tap shoes.

Season Start/Stop	Time/Day/Location	Cost	Instructors
9/30/2026 to 4/18/2027	Wednesdays, 8:00 to 8:50PM, Winston Knoll	\$180.00	Allison M., Grace S.

Babysitting Program

Ages 11-13

Learn the safe care of children, how to be a good babysitter and how to respond in emergencies. Space is limited to 10 participants. **Refunds are not provided after 48 hours prior to the class starting. All 3 sessions must be attended to receive certification. No-Shows will not be rescheduled.**



All Classes are held in the Northwest Leisure Center

Season Start/Stop	Time/Day	Cost	Instructors
Sept. 14-28, 2026	Mondays, 5:30 to 8:00PM	\$35.00	Maureen H.
Oct. 6-20, 2026	Tuesdays, 5:30 to 8:00PM	\$35.00	Maureen H.
Oct. 7-21, 2026	Wednesdays, 5:30 to 8:00PM	\$35.00	Maureen H.
Nov. 5-19, 2026	Thursdays, 5:30 to 8:00PM	\$35.00	Maureen H.
Nov. 16-30, 2026	Mondays, 5:30 to 8:00PM	\$35.00	Maureen H.

Home Alone Program

The Home Alone Program is designed to provide children **10 years of age and older** with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. **Space is limited to 10 participants. Refunds are not provided after 48 hours prior to the class starting.**



All Classes are held in the Northwest Leisure Center

Season Start/Stop	Time/Day	Cost	Instructors
Sept. 15, 2026	Tuesday, 5:30 to 8:00PM	\$20.00	Maureen H.
Sept. 17, 2026	Thursday, 5:30 to 8:00PM	\$20.00	Maureen H.
Sept. 29, 2026	Tuesday, 5:30 to 8:00PM	\$20.00	Maureen H.
Oct. 27, 2026	Tuesday, 5:30 to 8:00PM	\$20.00	Maureen H.
Oct. 28, 2026	Wednesday, 5:30 to 8:00PM	\$20.00	Maureen H.
Nov. 4, 2026	Wednesday, 5:30 to 8:00PM	\$20.00	Maureen H.
Nov. 9, 2026	Monday, 5:30 to 8:00PM	\$20.00	Maureen H.
Nov. 18, 2026	Wednesday, 5:30 to 8:00PM	\$20.00	Maureen H.

SMASHBALL

SMASHBALL is a dynamic variation of volleyball designed to highlight the most exciting part of the game—attacking! It's all about hitting, spiking, and high-energy rallies that keep players constantly moving and engaged. This fun, fast-paced format simplifies traditional volleyball rules to focus on offensive skills, making it perfect for players who love action and want to build confidence in their hitting technique. Whether you're new to volleyball or looking to sharpen your attack game, SMASHBALL offers a thrilling and supportive way to improve your skills while having a blast.



Get ready to jump, swing, and SMASH!

All Classes are Located at MacNeill School

SMASHBALL – FUNdamentals- Ages 6-8 (Grades 4-6)

This 8 week program will:

- Introduce children to the game of volleyball in a fun and interesting way
- Use play experience (games & activities) to help children learn and develop basic movement & motor skills, game tactics, and rules
- Uses lighter and softer volleyballs; activities / games are played on a smaller court (badminton court or modified volleyball court)

Smashball is a fun, fast-paced volleyball game-play variation that emphasizes attacking (hitting/spiking).

Minimum 6 participants.

Season Start/Stop	Time/Day	Cost	Instructors
10/6/2026 to 11/24/2027	Tuesdays, 6:15 to 7:15PM	\$40.00	Tom A., Tina A.

SMASHBALL – Learn to Train – Ages 9-11

(Designed for children: gr. 4 - 6; ages 9 – 11 years)

It is a volleyball program in which:

- children learn the **basic skills** of volleyball; (*spiking, fore-arm passing, overhead passing, and serving*)
- children practice the skills through modified game play (SMASHBALL) that incorporates:
 - the use of lighter and softer volleyballs;
 - a badminton court with the net at badminton height or, a modified volleyball court with a lowered net.

Smashball is a fun, fast-paced volleyball game-play variation that emphasizes attacking (hitting/spiking).

Season Start/Stop	Time/Day	Cost	Instructors
10/6/2026 to 11/24/2027	Tuesdays, 7:15 to 8:45PM	\$60.00	Tom A., Tina A.

TLCA Scholarship Award Winners!!

Each year the TLCA awards several scholarships to deserving graduating Grade 12 students in our catchment. The Twin Lakes Community Association would like to congratulate the following scholarship winners for 2026!:

Aubrey Stewart, WKC
Brooke Bigalky, WKC
Finn McIntyre, WKC
Madison Pattullo, Riffel



A Final Note:

We hope you have a wonderful year enjoying all that our community has to offer through our many programs and events!

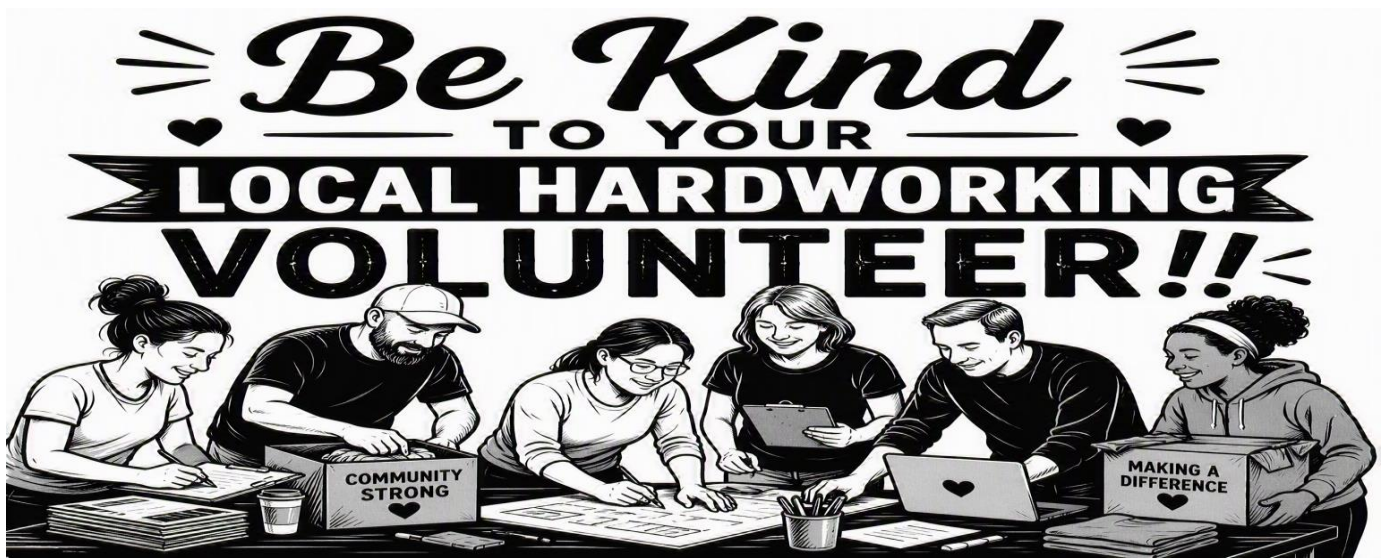
Behind the scenes, we are a small but dedicated team of volunteers. While many of us have full-time jobs and family commitments, we're passionate about serving our community and work hard to:

- Operate one of the largest non-profit cheer and dance programs in Canada, with many graduates going on to become successful athletes, coaches, and leaders.
- Organize our annual Spring Cabaret, a popular event enjoyed by hundreds of community members each year.
- Deliver more than 3,500 newsletters to households throughout Northwest Regina.
- Offer a wide variety of programs, ranging from children's activities and adult fitness classes to arts, crafts, and stained glass workshops.
- Support countless other initiatives, events, and opportunities that help strengthen our community.

...and that's just the beginning!

So, if you contact us with a question, concern, or issue, please know that we will do our very best to respond as quickly as possible. We appreciate your patience and understanding as our volunteer team balances community service with work and family responsibilities.

Thank you for your support—we couldn't do it without you!



Twin Lakes, Where Community Comes to Life

In Regina's Northwest, where neighbours meet,
Twin Lakes brings a welcoming beat.
A place where laughter fills the air,
With open doors and hearts that care.

For grown-ups seeking strength and grace,
There's fitness set at every pace.
Creative hands find joy in crafts,
Sharing stories, smiles, and laughs.

And who would guess? The spirit soars—
Adult cheerleading opens doors!
With pom-poms high and voices bright,
Friends become a team each night.

The youngest members find their stage,
Growing stronger at every age.
From dance that twirls with joyful flair,
To cheer routines performed with care.

Each leap and spin, each clap and cheer,
Builds confidence throughout the year.
New friendships bloom, young dreams take flight,
Encouraged by a community's light.

Practical lessons help kids prepare,
Learning skills with thoughtful care.
Babysitting courses teach responsibility and pride,
While Home Alone helps confidence grow inside.

Through every season, near and far,
Twin Lakes shines just as they are—
A gathering place where all belong,
A neighborhood united, proud, and strong.

So here's a cheer for all they do,
For families old and faces new.
Twin Lakes Community Association stands tall,
Creating memories—and community—for all.

Twin Lakes Community Association Contact Information

For information on all our programs, please visit the website at:
<http://tlca.ca>

To e-mail us with questions or would like to get involved:
community@tlca.ca

**Our mailing address is: P.O. Box 35014 Sherwood Village Office,
Regina, SK S4X 4C6**