# Leisure Guide Winter/Spring 2024

**Registration dates:** Residents - December 12 Non-Residents - December 14

# Winter fun for everyone!

Regina.ca/recreation | 306-777-7529 (PLAY)



# When does registration start?

# Regina residents: Tuesday, December 12

(beginning at 7 a.m. for this day only)

# Non-residents: Thursday, December 14

(beginning at 7 a.m. for this day only)

# easy ways to register

# **Online Registration**

- Go to Regina.ca/leisureguide
- Click on Regina Recreation Online
- Sign in or Create an Account
- Use the step-by-step guide to add your preferred classes to your 'wish list' before registration day

# Call 306-777-PLAY (7529)

PlayLine operating hours: Monday – Friday: 9 a.m. – 8 p.m. Saturday – Sunday: 9 a.m. – 7 p.m. Statutory holidays: 1:30 – 3:30 p.m. The City of Regina no longer supports a TTY line. Deaf and Hard of Hearing residents are encouraged to phone the PlayLine number using SRV Canada VRS.

Make sure you create your online account before

registration day!

# Visit a Facility



Neil Balkwill Civic Arts Centre	2420 Elphinstone St.
North West Leisure Centre	1127 Arnason St.
Sandra Schmirler Leisure Centre	3130 E Woodhams Dr.
Sportplex – Lawson Aquatic Centre & Fieldhouse.	1717 Elphinstone St.

# Program Cancellations, Withdrawals, Transfers & Late Registrations

#### Cancellations

- All programs are subject to cancellation by the City if there are insufficient registrations or due to other extenuating circumstances.
- You will be issued either a refund or credit and not charged a withdrawal fee.

#### Withdrawals

- **NEW!** Withdraw online up to 24 hours before the first day of your activity using Recreation Online!
- Withdrawals are permitted up to 12 p.m. on the calendar day following the first class to receive a pro-rated credit or refund.

#### **Transfers**

- Subject to availability, you may transfer immediately into another program.
- Pro-rated fees/refunds will be applied between the two programs.

#### Late Registrations

- Late registrations for programs are accepted, if available.
- A pro-rated fee will be applied.

#### **Payment Methods**

Payment online and by phone by credit card only. For those who wish to use cash or debit, a credit may be placed on your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

# Table of Contents

# Recreation For All



City of Regina programs are open to everyone. People experiencing disability or those with specific needs are encouraged to participate in programs listed throughout this guide. Programs with the Adapted Program logo are intended to be used as stepping stones to inclusion and focus on individuals' unique needs. When registering for a program, please inform City staff of any inclusive strategies you may need to participate. Participants who may need assistance during the program are required to bring an attendant.

Occasionally programs and information in this publication are incorrect or subject to change due to unforeseen events or to accommodate an event. Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

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# Winter is waiting, get outside and enjoy it!



**Discover countless activities and events throughout the season.** Share your adventures with others and watch for chances to win some prizes!

# #WinterCityYQR



**Regina.ca/wintercity** 

# Explore our Winter City!

- ☆ Lace up your skates at over 50 outdoor skating rinks
- 💥 Race down one of Regina's 19 designated toboggan hills
- ☆ Check out the Speedskating Oval at Mount Pleasant Sports Park
- ✤ Enjoy the groomed cross country ski trails at the Tor Hill golf course
- 💥 Ride down one of the groomed Fat Bike trails
- 🔆 Try an outdoor game of Crokicurl
- ✤ Play a game of shinny at one of six sites
- ✤ Head to one of eight community fire pit locations















**Regina.ca/wintercity** 

# **RENTAL INFORMATION**

event, the City of Regina offers a wide variety of facility rentals located throughout the city. The facilities have many amenities to choose from and can accommodate groups from 3 to 300.

If you are planning a cultural or sporting event, community program, meeting, wedding, birthday party, or other special

### **Sport and Recreation Facilities**

- Arenas/Skating Rinks
- Athletic Fields and Ball Diamonds
- Mount Pleasant Sports Park
- Park and Picnic Sites
- Regina Public and Catholic School Facilities
- Mosaic Stadium
- Leibel Field
- Canada Games Athletic Complex
- Outdoor Tennis Courts

For information on booking deadlines, fees and charges, availability or to book any of the sports and recreation facilities above, contact the Central Scheduling Office at 306-777-7979 or visit Regina.ca.

## Leisure Centres, Sportplex and Neil Balkwill Civic Arts Centre

City of Regina Leisure Centres and the Sportplex can be booked for everything from birthday parties to sporting events for all sizes of groups.

The Neil Balkwill Civic Arts Centre has studio rental space, meeting rooms and more.

For full details on booking options for Leisure Centres, Sportplex and Neil Balkwill Civi Arts Centre, contact the facility of your choice by calling 306-777-PLAY (7529).

	ð	Multi Purpose Gym (Up to 300)	Multi Purpose Gym (Up to 250)	Multi Purpose Gym (Up to 150)	Multi Purpose Gym (Up to 75)	Large Meeting Room (Up to 100)	Meeting Room (Up to 40)	Board Room (Up to 20)	Games Room	Craft Room	Dance Studio	Kitchen	Lounge	Showers/ Change Room
H	North West Leisure Centre 306-777-7529 1127 Arnason St.		•				2							•
/ WEST	North East Community Centre 306-347-8299 160 Broad St.			•			٠		٠	•		•	•	
NORTH /	Uplands Community Centre 306-949-5137 20 Weekes Cr.			•				•		•		•		
z	Argyle Park Community Centre 306-543-5653 35 Davin Cr.		•				2	•		•		•		
SOUTH	South Leisure Centre 306-777-7031 170 Sunset Dr.	•					2	•		•	•	•		•
	mâmawêyatitân centre 306-777-7033 3355 6th Ave.	2					10	2		•	•	•		•
	Cathedral Neighbourhood Centre 306-777-7034 2900 13th Ave.			•				•	•	•		•	•	
CENTRAL	Core Ritchie Neighbourhood Centre 306-777-7080 445 14th Ave.	•						•	•	•		•		•
	Eastview Community Centre 306-525-4757 615 6th Ave.		•			•						•		
	Mitakuyé Owâs'ā Centre 1770 Halifax St. 306-777-7135	•					•		•	•		•		
EAST	Glencairn Neighbourhood Recreation Centre 306-777-7747 2626 Dewdney Ave. E	•				•			•			•		•
E	Arcola East Community Centre 306-525-3401 3860 Buckingham Dr. E.				•					•				

# Free Evening Youth Program

Join us for an inclusive and free drop-in program for youth!

MyTime is an inclusive program for ages 11-15 that offers fun group activities, specialized instructors and community outings for youth of all abilities. Come try something different and meet some new friends!



Days, times and locations vary, scan the QR code for more information on Free Evening Youth Program.



Regina.ca/freeprograms

# Multipurpose Recreational Facilities

# Get fit, get creative, have fun!

### **Registered programs**

Each of our multipurpose recreational facilities offer awesome registered programs to suit every interest and skill level, including swimming lessons, fine arts, fitness classes and sports programs! Check out these great registered programs starting on page **14** of this guide.

#### **Drop-in activities and fitness**

Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities at **Regina.ca/dropin**.

# **Neil Balkwill Civic Arts Centre**

2420 Elphinstone St. 306-777-PLAY (7529) balkwillcentre@regina.ca



#### **Facility hours:**

Monday – Thursday: 8:30 a.m. - 5 p.m. and 7 - 10 p.m. Friday – Saturday: 8:30 a.m. - 5 p.m. Sunday: 1 - 5 p.m.

Hours may vary according to program needs.



## Arenas

Al Ritchie 2230 Lindsay St. 306-777-7381

**Clarence Mahon** 130 Brotherton Ave. 306-777-7387 **Doug Wickenheiser** 1127 Arnason St. 306-777-7073

Jack Hamilton 1010 McCarthy Blvd. 306-777-7385 \*Under Construction **Jack Staples** 444 Broad St. N 306-777-7384

**Murray Balfour** 68 Massey Rd. 306-777-7386 **Optimist** 222 Sunset Dr. 306-777-7809

Wheat City Kinsmen 560 Elphinstone St. 306-777-7382

# North West Leisure Centre

1127 Arnason St. 306-777-PLAY (7529)

#### Facility hours:

Monday – Thursday: 8 a.m. - 9:30 p.m. Friday: 8 a.m. - 8:30 p.m. Saturday – Sunday: 9 a.m. - 8:30 p.m. Stat Holidays: 12 - 6 p.m.

- Leisure pool ranging in depth from .20 to 1.5 metres
- Whirlpool
- Pool slides Pool is very warm, usually 32°C
- Co-ed dry sauna
- Sundeck Aquatic wheel chair Pool ramp
- Accessible universal/family change rooms
- Strength and conditioning area
- Multi-purpose gym Meeting rooms



# **Sportplex**

1717 Elphinstone St. 306-777-PLAY (7529)

#### Facility hours:

Monday – Friday: 5:30 a.m. - 9:30 p.m. Saturday – Sunday: 7 a.m. - 8 p.m. Stat Holidays: 9 a.m. - 7 p.m.

#### Fieldhouse

- Impact-absorbing synthetic floor Six lane 200-metre oval track
- Four tennis courts Five badminton courts Two classrooms
- Wheelchair accessible Strength and conditioning area

#### Lawson Aquatic Centre

- Eight lane 65-metre pool, 28°C Chair lift
- Warm toddler pool, 30°C
- Men's and women's dry sauna Strength and conditioning area
- 1 and 3-metre diving boards 5, 7.5 and 10-metre diving towers
- Whirlpool Outdoor suntanning area



# Sandra Schmirler Leisure Centre



3130 East Woodhams Dr. 306-777-PLAY (7529)

#### Facility hours:

Monday – Friday: 6 a.m. - 9:30 p.m. Saturday – Sunday: 9 a.m.- 8:30 p.m. Stat Holidays: 12 - 6 p.m.

Main pool ranging in depth from .45 to 3 metres

 Pool slides
 Umbrella rain tree

 1-metre diving board
 Accessible overhead lift

 Accessible universal/family change rooms
 Large whirlpool and co-ed dry sauna

 Strength and conditioning area

• Strength and conditioning area • Activity room



# Looking for the Winter/Spring Drop-in Schedule?

Scan the QR code or click the link to find your favourite drop-in class or try something new!



You can still view the **Fall Drop-in Schedule here** 



**Regina.ca/DropIn** 

# **MORE THAN FITNESS**

# **Stay active while having fun!**

A City of Regina Leisure Pass provides you:

- Admission to City pools, fitness centres and public skates at indoor arenas
- An affordable way to meet new people and stay connected
- The flexibility to be active on your own schedule
- An opportunity to try something new...or an activity you used to do

Purchase a one-year Leisure Pass today for less than \$45.00\* each month! Flexible payment options include 1, 3, 6 or 12 month passes and punch cards.



\*Adult Leisure Pass cost for an annual membership paid monthly

#### Leisure Pass (Plus Applicable Taxes): One-Month Three-Month Six-Month One-Year Adult (25-64) \$56.88 \$153.58 \$290.09 \$511.92 \$42.66 \$115.18 \$217.57 \$383.94 Senior (65+) Young Adult (19-24) \$42.66 \$115.18 \$217.57 \$383.94 \$34.13 \$92.15 \$174.06 \$307.17 Youth (13-18) Child (2-12) \$25.60 \$69.12 \$130.56 \$230.40 Family\* \$110.92 \$299.48 \$565.69 \$998.28

# Single & Bulk Admissions (Plus Applicable Taxes):

	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$6.98	\$62.82	\$118.66
Senior (65+)	\$5.41	\$48.69	\$91.97
Young Adult (19-24)	\$5.41	\$48.69	\$91.97
Youth (13-18)	\$4.73	\$42.57	\$80.41
Child (2-12)	\$3.15	\$28.35	\$53.55
Family*	\$13.96	\$125.64	\$237.32

\*Applies to all persons living in the same household with a maximum of two adults. Prices in effect January 1 - December 31, 2024.

# REGINA

- Welcome to the City of

# Regina.ca/leisurepass | 306-777-7529 (PLAY)



# Swim for Life Aquatic Registration Guidelines

# Still unsure what level to register for?

Ask a lifeguard about a swim evaluation at your next visit to Leisure Swim at the Lawson Aquatic Centre, Sandra Schmirler Leisure Centre or North West Leisure Centre.

	Child is under 3 years of age:	Register in:	This class is most similar to:
Parent & Tot	Is 4 to 12 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 1	Red Cross Starfish or Duck YMCA Splashers or Bubblers
arent	Is 12 to 24 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 2	Red Cross Sea Turtle YMCA Bobbers
å	Is 24 to 36 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 3	Red Cross Sea Otter YMCA Bobbers
	Child is 3-5 years old:	Register in:	This class is most similar to:
	Is 3 to 5 years old* and able to go in and move around the water without a caregiver. *Must be at least 3 years old by first lesson. Please note the child is to be unassisted by caregiver during this class.	Preschool 1	Red Cross Salamander YMCA Floaters
	Is 5+ years old	Swimmer 1	
	Is 5 and under and can: Enter and exit shallow water Jump into chest deep water (assisted) Put their face in the water Perform front and back floats and glides on both front and back.	Preschool 2	Red Cross Sunfish YMCA Gliders or Divers
	Is 5+ years old	Swimmer 1	
Preschool	Is 5 and under and can: Is 5 and under and can: Is Enter and exit the water wearing a PFD Jump into chest deep water (unassisted) Submerge and exhale Perform front and back floats wearing a life jacket Front and back glides wearing a life jacket and flutter kick Is 5+ years old	Preschool 3 Swimmer 1	Red Cross Crocodile YMCA Surfers
	Is 5 and under and can: Jump into deep water wearing a PFD Hold their breath underwater Recover an object from the bottom Perform a back float; roll to front and swim 3 metres Front and back glides and front and back flutter kick	Preschool 4	Red Cross Whale YMCA Dippers
	Is 5+ years old	Swimmer 1	
	<ul> <li>Is under 5 and can:</li> <li>Jump into deep water</li> <li>Perform sideways entries, treading water, open eyes under water, as well as front floats</li> <li>Roll to back swim 5m, glide on side 3m and front crawl wearing a PFD</li> </ul>	Preschool 5	Red Cross Whale YMCA Dippers
	Is 5+ years old	Swimmer 1	



	The swimmer is 5 years or older and <u>CAN ALREADY</u> perform the following skills:	Register in:	This class is most similar to:
	ls 5-12 years and just starting out	Swimmer 1	Red Cross Swim Kids 1 or 2 YMCA Otter or Seal
	ls 8-14 years and just starting out	Youth Swimmer 1	Red Cross Swim Kids 1 or 2 YMCA Otter or Seal
	<ul> <li>Jump into deep water wearing a PFD</li> <li>Tread water, submerge and exhale</li> <li>Front and back floats, glides, flutter kick and front crawl wearing a PFD</li> <li>Is 8-14 years and can perform the skills listed above.</li> </ul>	Swimmer 2 Youth Swimmer 2	Red Cross Swim Kids 3 YMCA Dolphin or Swimmer
		Swimmer 3	
	<ul> <li>Jump into deep water, perform sideways entries wearing a PFD</li> <li>Support self at surface 15 sec</li> <li>Recover an object from the bottom</li> <li>Flutter kick on front and back, whip kick in vertical position, swim 10m front and back crawl</li> </ul>	Swimmer 3	Red Cross Swim Kids 4 or 5 YMCA Star 1
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 3	
Swimmer	<ul> <li>Kneeling dives, forward rolls, front somersaults</li> <li>Tread water 30 sec</li> <li>Jump into deep water</li> <li>Flutter kicks, 10m whip kick on back, swim 15m front and back crawl</li> <li>Is 8-14 years and can perform the skills listed above.</li> </ul>	Swimmer 4	Red Cross Swim Kids 6 YMCA Star 2
Swi		Youth Swimmer 4	
	<ul> <li>Swim to Survive Standard:</li> <li>Roll – tread 1 min.</li> <li>Swim 50m</li> <li>Standing dives</li> <li>Underwater swim</li> <li>15m whip kick on front, breaststroke arms with breathing</li> <li>Front and back crawl 25m</li> </ul>	Swimmer 5	Red Cross Swim Kids 7 YMCA Star 3
	<ul> <li>Shallow dives, tuck jumps, stationary eggbeater, scissor kick</li> <li>25m breaststroke</li> <li>50m front and back crawl, head up front crawl</li> <li>Interval training 4x50m</li> </ul>	Swimmer 6	Red Cross Swim Kids 8 YMCA Star 4
	<ul> <li>Stride entries, compact jumps</li> <li>Legs only surface support for 45 sec</li> <li>25m breaststroke</li> <li>100m front crawl, back crawl and head up front crawl</li> <li>300m workout</li> </ul>	Rookie Patrol	Red Cross Swim Kids 9 YMCA Star 5
	<ul> <li>Front crawl, back crawl, and breaststroke over 50m each</li> <li>Timed 100m swims</li> <li>350m workouts</li> </ul>	Ranger Patrol	Red Cross Swim Kids 10 YMCA Star 6
	<ul> <li>Front crawl, back crawl, and breaststroke over 75m each</li> <li>100m lifesaving medley</li> <li>Timed 200m swims</li> </ul>	Star Patrol	Red Cross Swim Kids 10 YMCA Star 6



LAC – Lawson Aquatic Centre NWLC – North West Leisure Centre SSLC – Sandra Schmirler Leisure Centre

# Preschool Aquatics – Lifesaving Swim for Life

Parent & Tot: The Parent & Tot program structures inwater interaction between parent and child to stress the importance of play in developing water positive attitudes and skills.

# Parent & Tot 1

#### 4-12 months

In this level babies and their caregivers work on entering and exiting the water safely, readiness for submersion as well as floats, back floats, and float wearing PFDs.

Additional Note: Minimum 1 parent/guardian participant required in water per child.

LAC	71765	Mon	Jan 8-Mar 18	5-5:30p.m.	\$70.00
	71766	Sat	Jan 13-Mar 23	11:25-11:55a.m.	\$49.00
	71770	Sun	Jan 14-Mar 24	12:15-12:45p.m.	\$56.00
	72580	Wed	Mar 27-Jun 5	4:55-5:25p.m.	\$70.00
	72584	Sat	Apr 13-Jun 8	11:25-11:55a.m.	\$49.00
NWLC	71844	Wed	Jan 10-Mar 20	10:25-10:55a.m.	\$70.00
	71845	Wed	Jan 10-Mar 20	5:15-5:45p.m.	\$70.00
	71847	Thu	Jan 11-Mar 21	9:35-10:05a.m.	\$70.00
	71846	Fri	Jan 12-Mar 22	4:35-5:05p.m.	\$70.00
	72094	Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
	72140	Wed	Mar 27-Jun 5	10:25-10:55a.m.	\$70.00
	72181	Thu	Mar 28-Jun 6	9:35-10:05a.m.	\$70.00
	72182	Thu	Mar 28-Jun 6	5:15-5:45p.m.	\$70.00
SSLC	71933	Mon	Jan 8-Mar 18	10:45-11:15a.m.	\$70.00
	71932	Mon	Jan 8-Mar 18	5:10-5:40p.m.	\$70.00

SSLC	71978	Tue	Jan 9-Mar 19	10:55-11:25a.m.	\$70.00
	71967	Tue	Jan 9-Mar 19	4:35-5:05p.m.	\$70.00
	72035	Wed	Jan 10-Mar 20	10:30-11a.m.	\$70.00
	72023	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
	72161	Fri	Jan 12-Mar 22	5:30-6p.m.	\$70.00
	72218	Sat	Jan 13-Mar 23	11:55a.m12:25p.m.	\$70.00
	72239	Sat	Jan 13-Mar 23	1:30-2p.m.	\$70.00
	72372	Sun	Jan 14-Mar 24	11:10-11:40a.m.	\$70.00
	72455	Mon	Mar 25-Jun 3	10:45-11:15a.m.	\$63.00
	72454	Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
	72546	Wed	Mar 27-Jun 5	10:45-11:15a.m.	\$70.00
	72545	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	72594	Thu	Mar 28-Jun 6	10:55-11:25a.m.	\$70.00
	72593	Thu	Mar 28-Jun 6	4:35-5:05p.m.	\$70.00
	72639	Fri	Apr 12-Jun 7	5:30-6p.m.	\$63.00
	72684	Sat	Apr 13-Jun 8	11:10-11:40a.m.	\$63.00
	72707	Sat	Apr 13-Jun 8	1:30-2p.m.	\$63.00
	72816	Sun	Apr 14-Jun 2	11:55a.m12:25p.m.	\$56.00

## Parent & Tot 2

#### 12-24 months

In this level babies and their caregivers work on entry from a sitting position, getting face wet and in water, attempting to recover objects below the surface, as well as front floats, back floats, kicks and surface passes with continuous contact.

# Additional Note: Minimum 1 parent/guardian participant required in water per child.

LAC	71772	Sat	Jan 13-Mar 23	12:40-1:10p.m.	\$49.00
	71775	Sun	Jan 14-Mar 24	10:05-10:35a.m.	\$56.00
	72974	Wed	Mar 27-Jun 5	5:35-6:05p.m.	\$70.00
	72586	Sat	Apr 13-Jun 8	10:40-11:10a.m.	\$49.00
	72588	Sun	Apr 14-Jun 9	9:40-10:10a.m.	\$49.00
NWLC	71860	Mon	Jan 8-Mar 18	12:50-1:20p.m.	\$70.00
	71852	Mon	Jan 8-Mar 18	4:05-4:35p.m.	\$70.00
	71853	Tue	Jan 9-Mar 19	9-9:30a.m.	\$70.00

NWLC	71854	Wed	Jan 10-Mar 20	11-11:30a.m.	\$70.00
	71855	Wed	Jan 10-Mar 20	5:50-6:20p.m.	\$70.00
	71856	Thu	Jan 11-Mar 21	5:10-5:40p.m.	\$70.00
	71858	Sat	Jan 13-Mar 23	11:15-11:45a.m.	\$70.00
	71857	Sat	Jan 13-Mar 23	12:05-12:35p.m.	\$70.00
	71859	Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$70.00
	72078	Mon	Mar 25-Jun 3	12:50-1:20p.m.	\$63.00
	72125	Tue	Mar 26-Jun 4	9-9:30a.m.	\$70.00
	72124	Tue	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
	72141	Wed	Mar 27-Jun 5	11-11:30a.m.	\$70.00
	72201	Thu	Mar 28-Jun 6	5:50-6:20p.m.	\$70.00
	72215	Fri	Apr 12-Jun 7	5:10-5:40p.m.	\$63.00
	72355	Sat	Apr 13-Jun 8	10:50-11:20a.m.	\$63.00
	72285	Sun	Apr 14-Jun 2	11:15-11:45a.m.	\$56.00
	72282	Sun	Apr 14-Jun 2	12:05-12:35p.m.	\$56.00
SSLC	71931	Mon	Jan 8-Mar 18	11:20-11:50a.m.	\$70.00
	71929	Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
	71930	Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
	71968	Tue	Jan 9-Mar 19	9:45-10:15a.m.	\$70.00
	72036	Wed	Jan 10-Mar 20	11:05-11:35a.m.	\$70.00
	72024	Wed	Jan 10-Mar 20	6-6:30p.m.	\$70.00
	72058	Thu	Jan 11-Mar 21	11:45a.m12:15p.m.	\$70.00
	72193	Fri	Jan 12-Mar 22	4:15-4:45p.m.	\$70.00
	72219	Sat	Jan 13-Mar 23	9:10-9:40a.m.	\$70.00
	72263	Sat	Jan 13-Mar 23	11:15-11:45a.m.	\$70.00
	72243	Sat	Jan 13-Mar 23	2:10-2:40p.m.	\$70.00
	72373	Sun	Jan 14-Mar 24	9:35-10:05a.m.	\$70.00
	72388	Sun	Jan 14-Mar 24	12:10-12:40p.m.	\$70.00
	72495	Mon	Mar 25-Jun 3	11:20-11:50a.m.	\$63.00
	72456	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
	72494	Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
	72516	Tue	Mar 26-Jun 4	11:45a.m12:15p.m.	\$70.00
	72548	Wed	Mar 27-Jun 5	11:05-11:35a.m.	\$70.00
	72547	Wed	Mar 27-Jun 5	6-6:30p.m.	\$70.00
	72595	Thu	Mar 28-Jun 6	9:45-10:15a.m.	\$70.00
	72641	Fri	Apr 12-Jun 7	4:15-4:45p.m.	\$63.00
	72686	Sat	Apr 13-Jun 8	9:35-10:05a.m.	\$63.00
	72687	Sat	Apr 13-Jun 8	12:10-12:40p.m.	\$63.00
		Sat Sat	Apr 13-Jun 8 Apr 13-Jun 8	12:10-12:40p.m. 2:10-2:40p.m.	\$63.00 \$63.00
	72687		•	•	

# Parent & Tot 3

## 24-36 months

In this level toddlers and their caregivers work on jump entries, entry and submersion, holding their breath and opening their eyes underwater, as well as front and back starfish/pencil floats and underwater passes.

# Additional Note: Minimum 1 parent/guardian participant required in water per child.

71777	Mon	Jan 8-Mar 18	6:55-7:25p.m.	\$70.00					
71778	Wed	Jan 10-Mar 20	6:45-7:15p.m.	\$70.00					
71781	Sun	Jan 14-Mar 24	9:30-10a.m.	\$56.00					
72590	Mon	Mar 25-Jun 3	6:45-7:15p.m.	\$63.00					
72591	Sun	Apr 14-Jun 9	10:10-10:40a.m.	\$49.00					
71863	Tue	Jan 9-Mar 19	5:10-5:40p.m.	\$70.00					
71864	Wed	Jan 10-Mar 20	5:55-6:25p.m.	\$70.00					
71865	Thu	Jan 11-Mar 21	4:35-5:05p.m.	\$70.00					
71866	Fri	Jan 12-Mar 22	5:45-6:15p.m.	\$70.00					
71867	Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$70.00					
71868	Sat	Jan 13-Mar 23	11:50a.m12:20p.m.	\$70.00					
71870	Sun	Jan 14-Mar 24	11:55a.m12:25p.m.	\$70.00					
71869	Sun	Jan 14-Mar 24	12:35-1:05p.m.	\$70.00					
72107	Mon	Mar 25-Jun 3	5:45-6:15p.m.	\$63.00					
72149	Wed	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00					
72199	Thu	Mar 28-Jun 6	5:55-6:25p.m.	\$70.00					
72246	Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00					
72349	Sat	Apr 13-Jun 8	11:55a.m12:25p.m.	\$63.00					
72348	Sat	Apr 13-Jun 8	12:35-1:05p.m.	\$63.00					
72315	Sun	Apr 14-Jun 2	9:35-10:05a.m.	\$56.00					
72317	Sun	Apr 14-Jun 2	11:50a.m12:20p.m.	\$56.00					
72156	Thu	Jan 11-Mar 21	11:10-11:40a.m.	\$70.00					
72155	Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00					
72220	Sat	Jan 13-Mar 23	10:20-10:50a.m.	\$70.00					
72247	Sat	Jan 13-Mar 23	1:35-2:05p.m.	\$70.00					
72389	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$70.00					
72374	Sun	Jan 14-Mar 24	12:45-1:15p.m.	\$70.00					
72543	Tue	Mar 26-Jun 4	11:10-11:40a.m.	\$70.00					
72542	Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00					
72694	Sat	Apr 13-Jun 8	10:15-10:45a.m.	\$63.00					
72692	Sat	Apr 13-Jun 8	12:45-1:15p.m.	\$63.00					
72695	Sat	Apr 13-Jun 8	1:35-2:05p.m.	\$63.00					
72824	Sun	Apr 14-Jun 2	10:20-10:50a.m.	\$56.00					
	71777       717781       71781       717591       72591       71863       71864       71865       71867       71868       71869       71869       71869       71869       71869       71869       71869       72199       72240       72348       72349       72349       72340       72340       72347       72348       72240       72240       72348       72349       72349       72349       72349       72349       72349       72349       72440       72542       72542       72692       72692       72693	71777         Mon           71778         Wed           71778         Sun           71780         Sun           72590         Mon           72591         Sun           71863         Tue           71864         Wed           71865         Thu           71866         Fri           71867         Sat           71868         Sat           71869         Sun           71869         Sun           71869         Sun           71869         Sun           72149         Wed           72149         Wed           72348         Sat           72348         Sat           72349         Sun           72340         Sun           72341         Sun           72342         Sun           72343         Sun           72155         Thu           72240         Sat           72343         Sun           72344         Sun           72455         Tuu           72346         Sun           72347         Sun           72348 </td <td>71777MonJan 8-Mar 1871778WedJan 10-Mar 2071781SunJan 14-Mar 2472590MonMar 25-Jun 372591SunApr 14-Jun 971863TueJan 9-Mar 1971864WedJan 10-Mar 2071865ThuJan 11-Mar 2171866FriJan 13-Mar 2371867SatJan 13-Mar 2371868SatJan 13-Mar 2371869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunMar 25-Jun 372149WedMar 25-Jun 572149NedMar 24-Jun 272149SatApr 13-Jun 872348SatApr 13-Jun 872349SunJan 11-Mar 2172340SunJan 11-Mar 2172341SunJan 11-Mar 2172342SunJan 13-Mar 2372435TuuJan 13-Mar 2372440SatJan 13-Mar 2372441SatJan 13-Mar 2472542TueJan 14-Mar 2472543TueJan 14-Mar 2472543TueJan 14-Mar 2472544SatJan 14-Mar 2472545TueMar 26-Jun 472694SatApr 13-Jun 872695SatApr 13-Jun 872694SatApr 13-Jun 8<td>71777       Mon       Jan 8-Mar 18       6:55-7:25p.m.         71778       Wed       Jan 10-Mar 20       6:45-7:15p.m.         71781       Sun       Jan 14-Mar 24       9:30-10a.m.         72590       Mon       Mar 25-Jun 3       6:45-7:15p.m.         72591       Sun       Apr 14-Jun 9       10:10-10:40a.m.         71863       Tue       Jan 9-Mar 19       5:10-5:40p.m.         71864       Wed       Jan 10-Mar 20       5:55-6:25p.m.         71865       Thu       Jan 12-Mar 20       5:45-6:15p.m.         71866       Fri       Jan 12-Mar 20       5:45-6:15p.m.         71867       Sat       Jan 13-Mar 20       9:35-10:05a.m.         71868       Sat       Jan 14-Mar 24       11:50a.m12:20p.m.         71869       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71869       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71870       Mon       Mar 25-Jun 3       5:45-6:15p.m.         71870       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71870       Non       Mar 25-Jun 5       5:10-5:40p.m.         72149       Nu       Apr 13-Jun 8       11:55a.m.12:25p.m.         72149       <t< td=""></t<></td></td>	71777MonJan 8-Mar 1871778WedJan 10-Mar 2071781SunJan 14-Mar 2472590MonMar 25-Jun 372591SunApr 14-Jun 971863TueJan 9-Mar 1971864WedJan 10-Mar 2071865ThuJan 11-Mar 2171866FriJan 13-Mar 2371867SatJan 13-Mar 2371868SatJan 13-Mar 2371869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunJan 14-Mar 2471869SunMar 25-Jun 372149WedMar 25-Jun 572149NedMar 24-Jun 272149SatApr 13-Jun 872348SatApr 13-Jun 872349SunJan 11-Mar 2172340SunJan 11-Mar 2172341SunJan 11-Mar 2172342SunJan 13-Mar 2372435TuuJan 13-Mar 2372440SatJan 13-Mar 2372441SatJan 13-Mar 2472542TueJan 14-Mar 2472543TueJan 14-Mar 2472543TueJan 14-Mar 2472544SatJan 14-Mar 2472545TueMar 26-Jun 472694SatApr 13-Jun 872695SatApr 13-Jun 872694SatApr 13-Jun 8 <td>71777       Mon       Jan 8-Mar 18       6:55-7:25p.m.         71778       Wed       Jan 10-Mar 20       6:45-7:15p.m.         71781       Sun       Jan 14-Mar 24       9:30-10a.m.         72590       Mon       Mar 25-Jun 3       6:45-7:15p.m.         72591       Sun       Apr 14-Jun 9       10:10-10:40a.m.         71863       Tue       Jan 9-Mar 19       5:10-5:40p.m.         71864       Wed       Jan 10-Mar 20       5:55-6:25p.m.         71865       Thu       Jan 12-Mar 20       5:45-6:15p.m.         71866       Fri       Jan 12-Mar 20       5:45-6:15p.m.         71867       Sat       Jan 13-Mar 20       9:35-10:05a.m.         71868       Sat       Jan 14-Mar 24       11:50a.m12:20p.m.         71869       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71869       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71870       Mon       Mar 25-Jun 3       5:45-6:15p.m.         71870       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71870       Non       Mar 25-Jun 5       5:10-5:40p.m.         72149       Nu       Apr 13-Jun 8       11:55a.m.12:25p.m.         72149       <t< td=""></t<></td>	71777       Mon       Jan 8-Mar 18       6:55-7:25p.m.         71778       Wed       Jan 10-Mar 20       6:45-7:15p.m.         71781       Sun       Jan 14-Mar 24       9:30-10a.m.         72590       Mon       Mar 25-Jun 3       6:45-7:15p.m.         72591       Sun       Apr 14-Jun 9       10:10-10:40a.m.         71863       Tue       Jan 9-Mar 19       5:10-5:40p.m.         71864       Wed       Jan 10-Mar 20       5:55-6:25p.m.         71865       Thu       Jan 12-Mar 20       5:45-6:15p.m.         71866       Fri       Jan 12-Mar 20       5:45-6:15p.m.         71867       Sat       Jan 13-Mar 20       9:35-10:05a.m.         71868       Sat       Jan 14-Mar 24       11:50a.m12:20p.m.         71869       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71869       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71870       Mon       Mar 25-Jun 3       5:45-6:15p.m.         71870       Sun       Jan 14-Mar 24       12:35-1:05p.m.         71870       Non       Mar 25-Jun 5       5:10-5:40p.m.         72149       Nu       Apr 13-Jun 8       11:55a.m.12:25p.m.         72149 <t< td=""></t<>					

Preschool: The Preschool program works to ensure 3 to 5-year-olds become comfortable in the water while also developing an appreciation and healthy respect for the water before they get in too deep.

# **Preschool 1**

#### 3-5 years

In this level swimmers work on entering and exiting shallow water, jumping into chest deep water (assisted), putting face in the water, as well as front and back floats, and glides on front and back.

LAC	71800	Mon	Jan 8-Mar 18	5:30-6p.m.	\$70.00
	71801	Tue	Jan 9-Mar 19	6:50-7:20p.m.	\$70.00
	71803	Wed	Jan 10-Mar 20	5:35-6:05p.m.	\$70.00
	71815	Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$49.00
	71828	Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$56.00
	72483	Tue	Mar 26-Jun 4	6:50-7:20p.m.	\$70.00
	72484	Wed	Mar 27-Jun 5	6:05-6:35p.m.	\$70.00
	72485	Sat	Apr 13-Jun 8	9:30-10a.m.	\$49.00
	72486	Sat	Apr 13-Jun 8	10:55-11:25a.m.	\$49.00
	72577	Sun	Apr 14-Jun 9	12:20-12:50p.m.	\$49.00
NWLC	71906	Mon	Jan 8-Mar 18	1:30-2p.m.	\$70.00
	71905	Mon	Jan 8-Mar 18	2:15-2:45p.m.	\$70.00
	71662	Mon	Jan 8-Mar 18	5:50-6:20p.m.	\$70.00
	71656	Tue	Jan 9-Mar 19	9:35-10:05a.m.	\$70.00
	71655	Tue	Jan 9-Mar 19	10:25-10:55a.m.	\$70.00
	71657	Tue	Jan 9-Mar 19	4:40-5:10p.m.	\$70.00
	71658	Wed	Jan 10-Mar 20	9:35-10:05a.m.	\$70.00
	71660	Wed	Jan 10-Mar 20	4:05-4:35p.m.	\$70.00
	71659	Wed	Jan 10-Mar 20	5:10-5:40p.m.	\$70.00
	71661	Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
	71663	Thu	Jan 11-Mar 21	5:15-5:45p.m.	\$70.00
	71664	Thu	Jan 11-Mar 21	5:55-6:25p.m.	\$70.00
	71666	Fri	Jan 12-Mar 22	4:05-4:35p.m.	\$70.00
	71665	Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
	71667	Sat	Jan 13-Mar 23	9:50-10:20a.m.	\$70.00
	71668	Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$70.00
	71670	Sun	Jan 14-Mar 24	9:40-10:10a.m.	\$70.00
	71669	Sun	Jan 14-Mar 24	10:10-10:40a.m.	\$70.00
	72022	Mon	Mar 25-Jun 3	1:30-2p.m.	\$63.00
	72021	Mon	Mar 25-Jun 3	2:15-2:45p.m.	\$63.00
	72109	Mon	Mar 25-Jun 3	4:05-4:35p.m.	\$63.00
	72109	Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
	72100	Tue	Mar 25-Jun 3	9:35-10:05a.m.	\$70.00
	72131	Tue	Mar 26-Jun 4	10:25-10:55a.m.	\$70.00
	72130	Tue	Mar 26-Jun 4	5:50-6:20p.m.	\$70.00
	72129	Wed	Mar 27-Jun 5	9:35-10:05a.m.	\$70.00
	72130	Wed	Mar 27-Jun 5	4:40-5:10p.m.	\$70.00
	72139	Thu	Mar 27-Jun 5	4:40-5:10p.m. 4:05-4:35p.m.	\$70.00
	72194				
	12192	Thu	Mar 28-Jun 6	5:10-5:40p.m.	\$70.00

NWLC	70000	E.S.	Ann 10 Jun 7	4.4.00m m	¢c0.00
NWLC	72206	Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
	72207	Fri	Apr 12-Jun 7	5:15-5:45p.m.	\$63.00
	72209	Fri	Apr 12-Jun 7	5:55-6:25p.m.	\$63.00
	72343	Sat	Apr 13-Jun 8	9:40-10:10a.m.	\$63.00
	72342	Sat	Apr 13-Jun 8	10:10-10:40a.m.	\$63.00
	72290	Sun	Apr 14-Jun 2	9:50-10:20a.m.	\$56.00
	72294	Sun	Apr 14-Jun 2	10:45-11:15a.m.	\$56.00
SSLC	71939	Mon	Jan 8-Mar 18	10:45-11:15a.m.	\$70.00
	71938	Mon	Jan 8-Mar 18	11:20-11:50a.m.	\$70.00
	71935	Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
	71936	Mon	Jan 8-Mar 18	4:30-5p.m.	\$70.00
	71934	Mon	Jan 8-Mar 18	5:55-6:25p.m.	\$70.00
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	71937	Mon –	Jan 8-Mar 18	6:50-7:20p.m.	\$70.00
	71969	Tue	Jan 9-Mar 19	10:20-10:50a.m.	\$70.00
	71979	Tue	Jan 9-Mar 19	10:55-11:25a.m.	\$70.00
	72038	Wed	Jan 10-Mar 20	10:30-11a.m.	\$70.00
	72037	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
	72025	Wed	Jan 10-Mar 20	4:35-5:05p.m.	\$70.00
	72070	Thu	Jan 11-Mar 21	4:30-5p.m.	\$70.00
	72059	Thu	Jan 11-Mar 21	5:20-5:50p.m.	\$70.00
	72067	Thu	Jan 11-Mar 21	6-6:30p.m.	\$70.00
	72162	Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
	72171	Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
	72251	Sat	Jan 13-Mar 23	9:10-9:40a.m.	\$70.00
	72250	Sat	Jan 13-Mar 23	9:50-10:20a.m.	\$70.00
	72221	Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$70.00
	72253	Sat			
			Jan 13-Mar 23	2:05-2:35p.m.	\$70.00
	72255	Sat	Jan 13-Mar 23	2:45-3:15p.m.	\$70.00
	72390	Sun	Jan 14-Mar 24	9:05-9:35a.m.	\$70.00
	72375	Sun	Jan 14-Mar 24	9:35-10:05a.m.	\$70.00
	72391	Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$70.00
	72392	Sun	Jan 14-Mar 24	1-1:30p.m.	\$70.00
	72393	Sun	Jan 14-Mar 24	6:10-6:40p.m.	\$70.00
	72500	Mon	Mar 25-Jun 3	10:45-11:15a.m.	\$63.00
	72499	Mon	Mar 25-Jun 3	11:20-11:50a.m.	\$63.00
	72496	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
	72497	Mon	Mar 25-Jun 3	4:30-5p.m.	\$63.00
	72457	Mon	Mar 25-Jun 3	5:55-6:25p.m.	\$63.00
	72498	Mon	Mar 25-Jun 3	6:50-7:20p.m.	\$63.00
	72519	Tue	Mar 26-Jun 4	4:30-5p.m.	\$70.00
	72517	Tue	Mar 26-Jun 4	5:20-5:50p.m.	\$70.00
			Mar 26-Jun 4		
	72518	Tue		6-6:30p.m.	\$70.00
	72551	Wed	Mar 27-Jun 5	10:30-11a.m.	\$70.00
	72550	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	72549	Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	72596	Thu	Mar 28-Jun 6	10:20-10:50a.m.	\$70.00
	72597	Thu	Mar 28-Jun 6	10:55-11:25a.m.	\$70.00

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SSLC	72642	Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
	72643	Fri	Apr 12-Jun 7	6-6:30p.m.	\$63.00
	72699	Sat	Apr 13-Jun 8	9:05-9:35a.m.	\$63.00
	72697	Sat	Apr 13-Jun 8	9:35-10:05a.m.	\$63.00
	72700	Sat	Apr 13-Jun 8	10:50-11:20a.m.	\$63.00
	72701	Sat	Apr 13-Jun 8	1-1:30p.m.	\$63.00
	72703	Sat	Apr 13-Jun 8	2:05-2:35p.m.	\$63.00
	72705	Sat	Apr 13-Jun 8	2:45-3:15p.m.	\$63.00
	72827	Sun	Apr 14-Jun 2	9:10-9:40a.m.	\$56.00
	72826	Sun	Apr 14-Jun 2	9:50-10:20a.m.	\$56.00
	72825	Sun	Apr 14-Jun 2	10:45-11:15a.m.	\$56.00
	72893	Sun	Apr 14-Jun 9	6:10-6:40p.m.	\$63.00

# **Preschool 2**

3-5 years

In this level swimmers will work on entering and exiting water wearing a PFD, jumping into chest deep water, submerging and exhaling, as well as front and back floats wearing a PFD, front and back glides wearing a PFD and flutter kick. **Prerequisite:** Your child must be able to enter and exit shallow

**Prerequisite:** Your child must be able to enter and exit shallow water, jump into chest deep water (assisted), put their face in the water, as well as perform front and back floats, and glides on front and back.

LAC	71843	Tue	Jan 9-Mar 19	5:35-6:05p.m.	\$70.00
	71848	Wed	Jan 10-Mar 20	6:05-6:35p.m.	\$70.00
	71850	Thu	Jan 11-Mar 21	5:35-6:05p.m.	\$70.00
	71872	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$49.00
	71873	Sun	Jan 14-Mar 24	10:40-11:10a.m.	\$56.00
	72592	Mon	Mar 25-Jun 3	6:10-6:40p.m.	\$63.00
	72604	Tue	Mar 26-Jun 4	5:35-6:05p.m.	\$70.00
	72606	Sat	Apr 13-Jun 8	10:05-10:35a.m.	\$49.00
	72608	Sun	Apr 14-Jun 9	11:15-11:45a.m.	\$49.00
NWLC	71690	Mon	Jan 8-Mar 18	2:50-3:20p.m.	\$70.00
	71676	Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
	71677	Tue	Jan 9-Mar 19	11-11:30a.m.	\$70.00
	71678	Tue	Jan 9-Mar 19	4:35-5:05p.m.	\$70.00
	71679	Tue	Jan 9-Mar 19	5:15-5:45p.m.	\$70.00
	71680	Tue	Jan 9-Mar 19	5:45-6:15p.m.	\$70.00
	71681	Wed	Jan 10-Mar 20	9-9:30a.m.	\$70.00
	71683	Wed	Jan 10-Mar 20	4:40-5:10p.m.	\$70.00
	71682	Wed	Jan 10-Mar 20	4:45-5:15p.m.	\$70.00
	71684	Thu	Jan 11-Mar 21	5:50-6:20p.m.	\$70.00
	71686	Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
	71685	Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
	71687	Sat	Jan 13-Mar 23	11:30-12p.m.	\$70.00
	71688	Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
	71689	Sun	Jan 14-Mar 24	11:20-11:50a.m.	\$70.00
	72076	Mon	Mar 25-Jun 3	2:50-3:20p.m.	\$63.00
	72111	Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
	72110	Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
	72120	Tue	Mar 26-Jun 4	11-11:30a.m.	\$70.00

NWLC	72119	Tue	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
	72134	Wed	Mar 27-Jun 5	9-9:30a.m.	\$70.00
	72135	Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	72136	Wed	Mar 27-Jun 5	5:15-5:45p.m.	\$70.00
	72137	Wed	Mar 27-Jun 5	5:45-6:15p.m.	\$70.00
	72198	Thu	Mar 28-Jun 6	4:40-5:10p.m.	\$70.00
	72197	Thu	Mar 28-Jun 6	4:45-5:15p.m.	\$70.00
	72238	Fri	Apr 12-Jun 7	5:50-6:20p.m.	\$63.00
	72359	Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
	72361	Sat	Apr 13-Jun 8	11:20-11:50a.m.	\$63.00
	72276	Sun	Apr 14-Jun 2	11:30a.m12p.m.	\$56.00
SSLC	71944	Mon	Jan 8-Mar 18	11:55a.m12:25p.m.	\$70.00
	71941	Mon	Jan 8-Mar 18	4:45-5:15p.m.	\$70.00
	71940	Mon	Jan 8-Mar 18	5:25-5:55p.m.	\$70.00
	71943	Mon	Jan 8-Mar 18	6:50-7:20p.m.	\$70.00
	71942	Mon	Jan 8-Mar 18	7:25-7:55p.m.	\$70.00
	71986	Tue	Jan 9-Mar 19	9:45-10:15a.m.	\$70.00
	71987	Tue	Jan 9-Mar 19	10:20-10:50a.m.	\$70.00
	71970	Tue	Jan 9-Mar 19	4-4:30p.m.	\$70.00
	71985	Tue	Jan 9-Mar 19	4:45-5:15p.m.	\$70.00
	71984	Tue	Jan 9-Mar 19	5:25-5:55p.m.	\$70.00
	72040	Wed	Jan 10-Mar 20	11:05-11:35a.m.	\$70.00
	72026	Wed	Jan 10-Mar 20	5:10-5:40p.m.	\$70.00
	72039	Wed	Jan 10-Mar 20	6-6:30p.m.	\$70.00
	72069	Thu	Jan 11-Mar 21	11:10-11:40a.m.	\$70.00
	72060	Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
	72068	Thu	Jan 11-Mar 21	6-6:30p.m.	\$70.00
	72172	Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
	72163	Fri	Jan 12-Mar 22	4:45-5:15p.m.	\$70.00
	72222	Sat	Jan 13-Mar 23	9:45-10:15a.m.	\$70.00
	72260	Sat	Jan 13-Mar 23	11:25-11:55a.m.	\$70.00
	72259	Sat	Jan 13-Mar 23	12:25-12:55p.m.	\$70.00
	72261	Sat	Jan 13-Mar 23	12:55-1:25p.m.	\$70.00
	72262	Sat	Jan 13-Mar 23	2:40-3:10p.m.	\$70.00
	72376	Sun	Jan 14-Mar 24	10:10-10:40a.m.	\$70.00
	72394	Sun	Jan 14-Mar 24	11:45a.m12:15p.m.	\$70.00
	72396	Sun	Jan 14-Mar 24	5:35-6:05p.m.	\$70.00
	72395	Sun	Jan 14-Mar 24	6:10-6:40p.m.	\$70.00
	72504	Mon	Mar 25-Jun 3	11:55a.m12:25p.m.	\$63.00
	72501	Mon	Mar 25-Jun 3	4:45-5:15p.m.	\$63.00
	72458	Mon	Mar 25-Jun 3	5:25-5:55p.m.	\$63.00
	72503	Mon	Mar 25-Jun 3	6:50-7:20p.m.	\$63.00
	72502	Mon	Mar 25-Jun 3	7:25-7:55p.m.	\$63.00
	72522	Tue	Mar 26-Jun 4	11:10-11:40a.m.	\$70.00
	72520	Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00
	72521	Tue	Mar 26-Jun 4	6-6:30p.m.	\$70.00
	72554	Wed	Mar 27-Jun 5	11:05-11:35a.m.	\$70.00
	72552	Wed	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00

SSLC	72553	Wed	Mar 27-Jun 5	6-6:30p.m.	\$70.00
	72601	Thu	Mar 28-Jun 6	9:45-10:15a.m.	\$70.00
	72602	Thu	Mar 28-Jun 6	10:20-10:50a.m.	\$70.00
	72598	Thu	Mar 28-Jun 6	4-4:30p.m.	\$70.00
	72600	Thu	Mar 28-Jun 6	4:45-5:15p.m.	\$70.00
	72599	Thu	Mar 28-Jun 6	5:25-5:55p.m.	\$70.00
	72645	Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
	72644	Fri	Apr 12-Jun 7	4:45-5:15p.m.	\$63.00
	72709	Sat	Apr 13-Jun 8	10:10-10:40a.m.	\$63.00
	72710	Sat	Apr 13-Jun 8	11:45a.m12:15p.m.	\$63.00
	72711	Sat	Apr 13-Jun 8	2:40-3:10p.m.	\$63.00
	72829	Sun	Apr 14-Jun 2	9:45-10:15a.m.	\$56.00
	72833	Sun	Apr 14-Jun 2	11:25-11:55a.m.	\$56.00
	72831	Sun	Apr 14-Jun 2	12:25-12:55p.m.	\$56.00
	72835	Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00
	72891	Sun	Apr 14-Jun 9	5:35-6:05p.m.	\$63.00
	72890	Sun	Apr 14-Jun 9	6:10-6:40p.m.	\$63.00

## **Preschool 3**

#### 3-5 years

In this level swimmers will work on jumping into deep water wearing a PFD, holding their breath underwater, recover object from the bottom, as well as back float; roll to front and swim 3 metres, front and back glides, and front and back flutter kick.

**Prerequisite:** Your child must be able to enter and exit the water wearing a PFD, jump into chest deep water, submerge and exhale, as well as perform front and back floats wearing a PFD, front and back glides wearing a PFD and flutter kick.

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NWLC	72300	Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00
SSLC	71948	Mon	Jan 8-Mar 18	11:55a.m12:25p.m.	\$70.00
	71945	Mon	Jan 8-Mar 18	4:15-4:45p.m.	\$70.00
	71946	Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
	71947	Mon	Jan 8-Mar 18	7:25-7:55p.m.	\$70.00
	71971	Tue	Jan 9-Mar 19	4:50-5:20p.m.	\$70.00
	71988	Tue	Jan 9-Mar 19	5:25-5:55p.m.	\$70.00
	72027	Wed	Jan 10-Mar 20	5:25-5:55p.m.	\$70.00
	72072	Thu	Jan 11-Mar 21	11:45a.m12:15p.m.	\$70.00
	72061	Thu	Jan 11-Mar 21	4:45-5:15p.m.	\$70.00
	72071	Thu	Jan 11-Mar 21	5:25-5:55p.m.	\$70.00
	72164	Fri	Jan 12-Mar 22	4:05-4:35p.m.	\$70.00
	72173	Fri	Jan 12-Mar 22	5:25-5:55p.m.	\$70.00
	72223	Sat	Jan 13-Mar 23	1:35-2:05p.m.	\$70.00
	72377	Sun	Jan 14-Mar 24	9:10-9:40a.m.	\$70.00
	72397	Sun	Jan 14-Mar 24	12:55-1:25p.m.	\$70.00
	72398	Sun	Jan 14-Mar 24	6:15-6:45p.m.	\$70.00
	72507	Mon	Mar 25-Jun 3	11:55a.m12:25p.m.	\$63.00
	72459	Mon	Mar 25-Jun 3	4:15-4:45p.m.	\$63.00
	72505	Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
	72506	Mon	Mar 25-Jun 3	7:25-7:55p.m.	\$63.00
	72525	Tue	Mar 26-Jun 4	11:45a.m12:15p.m.	\$70.00
	72523	Tue	Mar 26-Jun 4	4:45-5:15p.m.	\$70.00
	72524	Tue	Mar 26-Jun 4	5:25-5:55p.m.	\$70.00
	72555	Wed	Mar 27-Jun 5	5:25-5:55p.m.	\$70.00
	72603	Thu	Mar 28-Jun 6	4:50-5:20p.m.	\$70.00
	72605	Thu	Mar 28-Jun 6	5:25-5:55p.m.	\$70.00
	72646	Fri	Apr 12-Jun 7	4:05-4:35p.m.	\$63.00
	72648	Fri	Apr 12-Jun 7	5:25-5:55p.m.	\$63.00
	72712	Sat	Apr 13-Jun 8	9:10-9:40a.m.	\$63.00
	72713	Sat	Apr 13-Jun 8	12:55-1:25p.m.	\$63.00
	72714	Sat	Apr 13-Jun 8	1:35-2:05p.m.	\$63.00
	72896	Sun	Apr 14-Jun 9	6:15-6:45p.m.	\$63.00

### **Preschool 4**

#### 3-5 years

In this level swimmers will work on jumping into deep water, sideways entries, treading water, opening eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

**Prerequisite:** Your child must be able to jump into deep water wearing a PFD, hold their breath underwater, recover an object from the bottom, as well as perform a back float; roll to front and swim 3 metres, front and back glides, and front and back flutter kick.

LAC	71883	Mon	Jan 8-Mar 18	6:10-6:40p.m.	\$70.00
	71884	Thu	Jan 11-Mar 21	5:35-6:05p.m.	\$70.00
	71885	Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$49.00
	71886	Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$56.00
	72630	Thu	Mar 28-Jun 6	5:35-6:05p.m.	\$70.00
	72640	Sat	Apr 13-Jun 8	12-12:30p.m.	\$49.00
	72673	Sun	Apr 14-Jun 9	9:30-10a.m.	\$49.00
	72674	Sun	Apr 14-Jun 9	10:05-10:35a.m.	\$49.00

NWLC	71708	Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
	71709	Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
	71710	Sat	Jan 13-Mar 23	10:55-11:25a.m.	\$70.00
	72132	Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00
	72241	Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
	72274	Sun	Apr 14-Jun 2	10:55-11:25a.m.	\$56.00
SSLC	72378	Sun	Jan 14-Mar 24	9:40-10:10a.m.	\$70.00
	72715	Sat	Apr 13-Jun 8	9:40-10:10a.m.	\$63.00

# **Preschool 5**

#### 3-5 years

In this level swimmers will work on forward rolls wearing a PFD, treading water, submerge and hold breath, as well as whip kick in vertical position, front crawl, back crawl, and interval fitness training. **Prerequisite:** Your child must be able to jump into deep water, perform sideways entries, treading water, open eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

LAC	71887	Mon	Jan 8-Mar 18	5:30-6p.m.	\$70.00
	71888	Tue	Jan 9-Mar 19	6:05-6:35p.m.	\$70.00
	71889	Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$49.00
	72675	Mon	Mar 25-Jun 3	5:35-6:05p.m.	\$63.00
	72677	Tue	Mar 26-Jun 4	6:05-6:35p.m.	\$70.00
	72679	Sat	Apr 13-Jun 8	11:25-11:55a.m.	\$49.00
	72681	Sun	Apr 14-Jun 9	11:15-11:45a.m.	\$49.00
NWLC	71712	Sat	Jan 13-Mar 23	10:15-10:45a.m.	\$70.00
	72326	Sun	Apr 14-Jun 2	10:15-10:45a.m.	\$56.00
SSLC	72224	Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$70.00

SSLC	72837	Sun	Apr 14-Jun 2	9:35-10:05a.m.	\$56.00
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Child Aquatics – Lifesaving Swim for Life

Swimmer: The Swimmer Program uses lots of in-water practice and progressions to develop solid swimming strokes and skills.

## Swimmer 1

#### 5-12 years

In this level swimmers will work on entering and exiting the water, jumping into deep water wearing a PFD, treading water, submerge and exhale, as well as front and back floats, glides, flutter kick and front crawl wearing a PFD.

LAC	71980	Mon	Jan 8-Mar 18	5:35-6:05p.m.	\$70.00
	71981	Mon	Jan 8-Mar 18	7-7:30p.m.	\$70.00
	73174	Tue	Jan 9-Mar 19	2-2:30p.m.	\$70.00
	71982	Tue	Jan 9-Mar 19	5:30-6p.m.	\$70.00
	71983	Tue	Jan 9-Mar 19	6:40-7:10p.m.	\$70.00
	71989	Wed	Jan 10-Mar 20	5:30-6p.m.	\$70.00
	71990	Wed	Jan 10-Mar 20	6:10-6:40p.m.	\$70.00
	71994	Thu	Jan 11-Mar 21	6:55-7:25p.m.	\$70.00
	71995	Sat	Jan 13-Mar 23	10:50-11:20a.m.	\$49.00
	71996	Sat	Jan 13-Mar 23	12-12:30p.m.	\$49.00
	71998	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$56.00
	71999	Sun	Jan 14-Mar 24	11:15-11:45a.m.	\$56.00
	72683	Mon	Mar 25-Jun 3	5:35-6:05p.m.	\$63.00

Individuals requiring one-on-one assistance, please bring an attendant/ support person

# Adapted Leisure Swim

**Enjoy a leisure swim in a relaxed, warm, and accessible pool environment.** This free swim has been established for persons experiencing disabilities, their families and supports.

See the Adapted Programs section of the Leisure Guide for locations, dates and times.



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140	70005	Man	Mor 05 Ive 0	6.05 6.05	\$62.00
LAC	72685	Mon	Mar 25-Jun 3	6:05-6:35p.m.	\$63.00
	72688	Tue	Mar 26-Jun 4	5:30-6p.m.	\$70.00
	72690	Tue	Mar 26-Jun 4	6:40-7:10p.m.	\$70.00
	73185	Wed	Mar 27-Jun 5	2-2:30p.m.	\$70.00
	72691	Wed	Mar 27-Jun 5	5:30-6p.m.	\$70.00
	72693	Wed	Mar 27-Jun 5	6:10-6:40p.m.	\$70.00
	72696	Thu	Mar 28-Jun 6	5:35-6:05p.m.	\$70.00
	72698	Sat	Apr 13-Jun 8	9:30-10a.m.	\$49.00
	72702	Sat	Apr 13-Jun 8	11:15-11:45a.m.	\$49.00
	72704	Sat	Apr 13-Jun 8	12:10-12:40p.m.	\$49.00
	72706	Sun	Apr 14-Jun 9	10:40-11:10a.m.	\$49.00
	72708	Sun	Apr 14-Jun 9	10:50-11:20a.m.	\$49.00
NWLC	71715	Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
	71713	Mon	Jan 8-Mar 18	4:40-5:10p.m.	\$70.00
	71714	Mon	Jan 8-Mar 18	5:15-5:45p.m.	\$70.00
	71735	Tue	Jan 9-Mar 19	5:05-5:35p.m.	\$70.00
	71716	Tue	Jan 9-Mar 19	5:45-6:15p.m.	\$70.00
	71717	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
	71736	Wed	Jan 10-Mar 20	5:15-5:45p.m.	\$70.00
	71718	Wed	Jan 10-Mar 20	5:50-6:20p.m.	\$70.00
	71719	Thu	Jan 11-Mar 21	4:35-5:05p.m.	\$70.00
	71720	Thu	Jan 11-Mar 21	5:45-6:15p.m.	\$70.00
	71721	Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
	71723	Fri	Jan 12-Mar 22	4:40-5:10p.m.	\$70.00
	71722	Fri	Jan 12-Mar 22	5:45-6:15p.m.	\$70.00
	71724	Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$70.00
	71726	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$70.00
	71727	Sat	Jan 13-Mar 23	11:45a.m12:15p.m.	\$70.00
	71728	Sat	Jan 13-Mar 23	12:25-12:55p.m.	\$70.00
	71725	Sat	Jan 13-Mar 23	12:35-1:05p.m.	\$70.00
	71729	Sat	Jan 13-Mar 23	1-1:30p.m.	\$70.00
	71730	Sun	Jan 14-Mar 24	9:35-10:05a.m.	\$70.00
	71732	Sun	Jan 14-Mar 24	9:40-10:10a.m.	\$70.00
	71731	Sun	Jan 14-Mar 24	10:45-11:15a.m.	\$70.00
	71733	Sun	Jan 14-Mar 24	10:55-11:25a.m.	\$70.00
	71734	Sun	Jan 14-Mar 24	12:30-1p.m.	\$70.00
	72084	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
	72090	Mon	Mar 25-Jun 3	4:40-5:10p.m.	\$63.00
	72087	Mon	Mar 25-Jun 3	5:45-6:15p.m.	\$63.00
	72128	Tue	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
	72126	Tue	Mar 26-Jun 4	4:40-5:10p.m.	\$70.00
	72127	Tue	Mar 26-Jun 4	5:15-5:45p.m.	\$70.00
	72146	Wed	Mar 27-Jun 5	5:05-5:35p.m.	\$70.00
	72145	Wed	Mar 27-Jun 5	5:45-6:15p.m.	\$70.00
	72186	Thu	Mar 28-Jun 6	4-4:30p.m.	\$70.00
	72189	Thu	Mar 28-Jun 6	5:15-5:45p.m.	\$70.00
	72187	Thu	Mar 28-Jun 6	5:50-6:20p.m.	\$70.00
	72210	Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00
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NWLC	72212	Fri	Apr 12-Jun 7	5:45-6:15p.m.	\$63.00
	72336	Sat	Apr 13-Jun 8	9:35-10:05a.m.	\$63.00
	72338	Sat	Apr 13-Jun 8	9:40-10:10a.m.	\$63.00
	72337	Sat	Apr 13-Jun 8	10:45-11:15a.m.	\$63.00
	72340	Sat	Apr 13-Jun 8	10:55-11:25a.m.	\$63.00
	72341	Sat	Apr 13-Jun 8	12:30-1p.m.	\$63.00
	72264	Sun	Apr 14-Jun 2	9:35-10:05a.m.	\$56.00
	72267	Sun	Apr 14-Jun 2	10:10-10:40a.m.	\$56.00
	72268	Sun	Apr 14-Jun 2	11:45a.m12:15p.m.	\$56.00
	72270	Sun	Apr 14-Jun 2	12:25-12:55p.m.	\$56.00
	72265	Sun	Apr 14-Jun 2	12:35-1:05p.m.	\$56.00
	72271	Sun	Apr 14-Jun 2	1-1:30p.m.	\$56.00
SSLC	71949	Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
	71951	Mon	Jan 8-Mar 18	5:25-5:55p.m.	\$70.00
	71952	Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
	71993	Tue	Jan 9-Mar 19	4:15-4:45p.m.	\$70.00
	71991	Tue	Jan 9-Mar 19	5:25-5:55p.m.	\$70.00
	71972	Tue	Jan 9-Mar 19	5:45-6:15p.m.	\$70.00
	71992	Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
	72041	Wed	Jan 10-Mar 20	4:15-4:45p.m.	\$70.00
	72042	Wed	Jan 10-Mar 20	4:50-5:20p.m.	\$70.00
	72028	Wed	Jan 10-Mar 20	5:40-6:10p.m.	\$70.00
	72073	Thu	Jan 11-Mar 21	4:05-4:35p.m.	\$70.00
	72074	Thu	Jan 11-Mar 21	4:15-4:45p.m.	\$70.00
	72062	Thu	Jan 11-Mar 21	4:40-5:10p.m.	\$70.00
	72075	Thu	Jan 11-Mar 21	4:50-5:20p.m.	\$70.00
	72174	Fri	Jan 12-Mar 22	4:15-4:45p.m.	\$70.00
	72176	Fri	Jan 12-Mar 22	4:50-5:20p.m.	\$70.00
	72175	Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
	72165	Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
	72279	Sat	Jan 13-Mar 23	9:45-10:15a.m.	\$70.00
	72278	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$70.00
	72280	Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$70.00
	72297	Sat	Jan 13-Mar 23	11:50a.m12:20p.m.	\$70.00
	72225	Sat	Jan 13-Mar 23	12:10-12:40p.m.	\$70.00
	72283	Sat	Jan 13-Mar 23	1-1:30p.m.	\$70.00
	72286	Sat	Jan 13-Mar 23	1:30-2p.m.	\$70.00
	72292	Sat	Jan 13-Mar 23	2:05-2:35p.m.	\$70.00
	72291	Sat	Jan 13-Mar 23	2:10-2:40p.m.	\$70.00
	72288	Sat	Jan 13-Mar 23	2:40-3:10p.m.	\$70.00
	72295	Sat	Jan 13-Mar 23	2:45-3:15p.m.	\$70.00
	72379	Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
	72400	Sun	Jan 14-Mar 24	10:10-10:40a.m.	\$70.00
	72403	Sun	Jan 14-Mar 24	10:30-11a.m.	\$70.00
	72404	Sun	Jan 14-Mar 24	11:05-11:35a.m.	\$70.00
	72399	Sun	Jan 14-Mar 24	11:45a.m12:15p.m.	\$70.00
	72402	Sun	Jan 14-Mar 24	12:25-12:55p.m.	\$70.00
	72401	Sun	Jan 14-Mar 24	12:50-1:20p.m.	\$70.00

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SSLC	72405	Sun	Jan 14-Mar 24	5:35-6:05p.m.	\$70.00
	72406	Sun	Jan 14-Mar 24	6:50-7:20p.m.	\$70.00
	72461	Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
	72508	Mon	Mar 25-Jun 3	5:25-5:55p.m.	\$63.00
	72509	Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
	72527	Tue	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
	72528	Tue	Mar 26-Jun 4	4:15-4:45p.m.	\$70.00
	72526	Tue	Mar 26-Jun 4	4:40-5:10p.m.	\$70.00
	72529	Tue	Mar 26-Jun 4	4:50-5:20p.m.	\$70.00
	72557	Wed	Mar 27-Jun 5	4:15-4:45p.m.	\$70.00
	72558	Wed	Mar 27-Jun 5	4:50-5:20p.m.	\$70.00
	72556	Wed	Mar 27-Jun 5	5:40-6:10p.m.	\$70.00
	72611	Thu	Mar 28-Jun 6	4:15-4:45p.m.	\$70.00
	72609	Thu	Mar 28-Jun 6	5:25-5:55p.m.	\$70.00
	72607	Thu	Mar 28-Jun 6	5:45-6:15p.m.	\$70.00
	72610	Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
	72651	Fri	Apr 12-Jun 7	4:15-4:45p.m.	\$63.00
	72653	Fri	Apr 12-Jun 7	4:50-5:20p.m.	\$63.00
	72652	Fri	Apr 12-Jun 7	5:10-5:40p.m.	\$63.00
	72649	Fri	Apr 12-Jun 7	6-6:30p.m.	\$63.00
	72717	Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
	72720	Sat	Apr 13-Jun 8	10:10-10:40a.m.	\$63.00
	72725	Sat	Apr 13-Jun 8	10:30-11a.m.	\$63.00
	72726	Sat	Apr 13-Jun 8	11:05-11:35a.m.	\$63.00
	72719	Sat	Apr 13-Jun 8	11:45a.m12:15p.m.	\$63.00
	72722	Sat	Apr 13-Jun 8	12:25-12:55p.m.	\$63.00
	72721	Sat	Apr 13-Jun 8	12:50-1:20p.m.	\$63.00
	72727	Sat	Apr 13-Jun 8	1:30-2p.m.	\$63.00
	72731	Sat	Apr 13-Jun 8	2:05-2:35p.m.	\$63.00
	72729	Sat	Apr 13-Jun 8	2:10-2:40p.m.	\$63.00
	72728	Sat	Apr 13-Jun 8	2:40-3:10p.m.	\$63.00
	72732	Sat	Apr 13-Jun 8	2:45-3:15p.m.	\$63.00
	72844	Sun	Apr 14-Jun 2	9:45-10:15a.m.	\$56.00
	72841	Sun	Apr 14-Jun 2	10:10-10:40a.m.	\$56.00
	72846	Sun	Apr 14-Jun 2	10:45-11:15a.m.	\$56.00
	72842	Sun	Apr 14-Jun 2	11:50a.m12:20p.m.	\$56.00
	72839	Sun	Apr 14-Jun 2	12:10-12:40p.m.	\$56.00
	72847	Sun	Apr 14-Jun 2	1-1:30p.m.	\$56.00
	72888	Sun	Apr 14-Jun 9	5:35-6:05p.m.	\$63.00
	72889	Sun	Apr 14-Jun 9	6:50-7:20p.m.	\$63.00
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# **Youth Swimmer 1**

8-14 years

In this level swimmers will work on entering and exiting the water, jumping into deep water wearing a PFD, treading water, submerge and exhale, as well as front and back floats, glides, flutter kick and front crawl wearing a PFD. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

LAC	72266	Mon	Jan 8-Mar 18	6:05-6:35p.m.	\$70.00
	72269	Wed	Jan 10-Mar 20	5:35-6:05p.m.	\$70.00

LAC	72284	Wed	Jan 10-Mar 20	6:55-7:25p.m.	\$70.00
	72273	Thu	Jan 11-Mar 21	7-7:30p.m.	\$70.00
	72275	Sat	Jan 13-Mar 23	10:50-11:20a.m.	\$49.00
	72289	Sun	Jan 14-Mar 17	9:30-10a.m.	\$49.00
	72277	Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$56.00
	72810	Thu	Mar 28-Jun 6	6:55-7:25p.m.	\$70.00
	72811	Sat	Apr 13-Jun 8	10:05-10:35a.m.	\$49.00
	72812	Sun	Apr 14-Jun 9	9:35-10:05a.m.	\$49.00
NWLC	71737	Sat	Jan 13-Mar 23	9:05-9:35a.m.	\$70.00
	71738	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$70.00
	72352	Sat	Apr 13-Jun 8	10:15-10:45a.m.	\$63.00
	72322	Sun	Apr 14-Jun 2	9:05-9:35a.m.	\$56.00
SSLC	71957	Mon	Jan 8-Mar 18	4:50-5:20p.m.	\$70.00
	72010	Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
	72385	Sun	Jan 14-Mar 24	9:55-10:25a.m.	\$70.00
	72492	Mon	Mar 25-Jun 3	4:50-5:20p.m.	\$63.00
	72626	Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
	72752	Sat	Apr 13-Jun 8	9:55-10:25a.m.	\$63.00

## Swimmer 2

#### 5-12 years

In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training. **Prerequisite:** Your child must be able enter and exit the water, jump into deep water wearing a PFD, tread water, submerge and exhale, as well as perform front and back floats, glides, flutter kick and front crawl wearing a PFD.

LAC	72002	Mon	Jan 8-Mar 18	6:20-6:50p.m.	\$70.00
	73175	Tue	Jan 9-Mar 19	2:35-3:05p.m.	\$70.00
	72003	Tue	Jan 9-Mar 19	6:10-6:40p.m.	\$70.00
	72004	Wed	Jan 10-Mar 20	6:40-7:10p.m.	\$70.00
	72006	Thu	Jan 11-Mar 21	6:25-6:55p.m.	\$70.00
	72007	Sat	Jan 13-Mar 23	9:30-10a.m.	\$49.00
	72016	Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$56.00
	72020	Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$56.00
	72716	Mon	Mar 25-Jun 3	6:45-7:15p.m.	\$63.00
	72718	Tue	Mar 26-Jun 4	6:10-6:40p.m.	\$70.00
	73186	Wed	Mar 27-Jun 5	2:35-3:05p.m.	\$70.00
	72723	Wed	Mar 27-Jun 5	5:30-6p.m.	\$70.00
	72724	Wed	Mar 27-Jun 5	6:05-6:35p.m.	\$70.00
	72733	Thu	Mar 28-Jun 6	6:25-6:55p.m.	\$70.00
	72736	Sat	Apr 13-Jun 8	9:30-10a.m.	\$49.00
	72743	Sat	Apr 13-Jun 8	10:50-11:20a.m.	\$49.00
	72745	Sat	Apr 13-Jun 8	12:20-12:50p.m.	\$49.00
	72747	Sun	Apr 14-Jun 9	11:25-11:55a.m.	\$49.00
NWLC	71646	Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
	71647	Mon	Jan 8-Mar 18	5:10-5:40p.m.	\$70.00
	71648	Mon	Jan 8-Mar 18	5:45-6:15p.m.	\$70.00
	71741	Tue	Jan 9-Mar 19	4-4:30p.m.	\$70.00

NWLC	71742	Tue	Jan 9-Mar 19	4:25 5:05p m	\$70.00
INVVLC	71917			4:35-5:05p.m.	
		Tue	Jan 9-Mar 19	5:40-6:10p.m.	\$70.00
	71743	Wed	Jan 10-Mar 20	4:35-5:05p.m.	\$70.00
	71744	Thu	Jan 11-Mar 21	4:05-4:35p.m.	\$70.00
	71745	Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
	71746	Sat	Jan 13-Mar 23	11-11:30a.m.	\$70.00
	71747	Sat	Jan 13-Mar 23	12:20-12:50p.m.	\$70.00
	71749	Sun	Jan 14-Mar 24	11:30a.m12p.m.	\$70.00
	71748	Sun	Jan 14-Mar 24	12-12:30p.m.	\$70.00
	72114	Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
	72116	Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00
	72117	Tue	Mar 26-Jun 4	5:10-5:40p.m.	\$70.00
	72118	Tue	Mar 26-Jun 4	5:45-6:15p.m.	\$70.00
	72142	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	72143	Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	72144	Wed	Mar 27-Jun 5	5:40-6:10p.m.	\$70.00
	72191	Thu	Mar 28-Jun 6	4:35-5:05p.m.	\$70.00
	72234	Fri	Apr 12-Jun 7	4:05-4:35p.m.	\$63.00
	72358	Sat	Apr 13-Jun 8	11:30a.m12p.m.	\$63.00
	72357	Sat	Apr 13-Jun 8	12-12:30p.m.	\$63.00
	72304	Sun	Apr 14-Jun 2	11-11:30a.m.	\$56.00
	72306	Sun	Apr 14-Jun 2	12:20-12:50p.m.	\$56.00
SSLC	71954	Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
	71956	Mon	Jan 8-Mar 18	5:05-5:35p.m.	\$70.00
	71953	Mon	Jan 8-Mar 18	5:20-5:50p.m.	\$70.00
	71955	Mon	Jan 8-Mar 18	5:25-5:55p.m.	\$70.00
	71997	Tue	Jan 9-Mar 19	4:50-5:20p.m.	\$70.00
	71973	Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
	72043	Wed	Jan 10-Mar 20	4:50-5:20p.m.	\$70.00
	72029	Wed	Jan 10-Mar 20	5:10-5:40p.m.	\$70.00
	72063	Thu	Jan 11-Mar 21	5:25-5:55p.m.	\$70.00
	72166	Fri	Jan 12-Mar 22	4:35-5:05p.m.	\$70.00
	72178	Fri	Jan 12-Mar 22	4:50-5:20p.m.	\$70.00
	72177	Fri	Jan 12-Mar 22	5:45-6:15p.m.	\$70.00
	72226	Sat	Jan 13-Mar 23	9-9:30a.m.	\$70.00
	72308	Sat	Jan 13-Mar 23	11:20-11:50a.m.	\$70.00
	72301	Sat	Jan 13-Mar 23	11:45a.m12:15p.m.	\$70.00
	72307	Sat	Jan 13-Mar 23	12:20-12:50p.m.	\$70.00
	72303	Sat	Jan 13-Mar 23	12:45-1:15p.m.	\$70.00
	72407	Sun	Jan 14-Mar 24	9:50-10:20a.m.	\$70.00
	72380	Sun	Jan 14-Mar 24	12:10-12:40p.m.	\$70.00
	72408	Sun	Jan 14-Mar 24	5:40-6:10p.m.	\$70.00
	72409	Sun	Jan 14-Mar 24	6:45-7:15p.m.	\$70.00
	72510	Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
	72512	Mon	Mar 25-Jun 3	5:05-5:35p.m.	\$63.00
	72487	Mon	Mar 25-Jun 3	5:20-5:50p.m.	\$63.00
	72511	Mon	Mar 25-Jun 3	5:25-5:55p.m.	\$63.00

SSLC	72530	Tue	Mar 26-Jun 4	5:25-5:55p.m.	\$70.00
	72566	Wed	Mar 27-Jun 5	4:50-5:20p.m.	\$70.00
	72565	Wed	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
	72613	Thu	Mar 28-Jun 6	4:50-5:20p.m.	\$70.00
	72612	Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
	72660	Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00
	72663	Fri	Apr 12-Jun 7	4:50-5:20p.m.	\$63.00
	72661	Fri	Apr 12-Jun 7	5:45-6:15p.m.	\$63.00
	72737	Sat	Apr 13-Jun 8	9:50-10:20a.m.	\$63.00
	72735	Sat	Apr 13-Jun 8	12:10-12:40p.m.	\$63.00
	72853	Sun	Apr 14-Jun 2	9-9:30a.m.	\$56.00
	72861	Sun	Apr 14-Jun 2	11:20-11:50a.m.	\$56.00
	72856	Sun	Apr 14-Jun 2	11:45a.m12:15p.m.	\$56.00
	72860	Sun	Apr 14-Jun 2	12:20-12:50p.m.	\$56.00
	72858	Sun	Apr 14-Jun 2	12:45-1:15p.m.	\$56.00
	72894	Sun	Apr 14-Jun 9	5:40-6:10p.m.	\$63.00
	72895	Sun	Apr 14-Jun 9	6:45-7:15p.m.	\$63.00

### **Youth Swimmer 2**

#### 8-14 years

In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

**Prerequisite:** Your child must be able enter and exit the water, jump into deep water wearing a PFD, tread water, submerge and exhale, as well as perform front and back floats, glides, flutter kick and front crawl wearing a PFD.

LAC	72975	Mon	Jan 8-Mar 18	5:35-6:05p.m.	\$70.00
	72976	Sat	Jan 13-Mar 23	10:15-10:45a.m.	\$49.00
	72977	Sun	Jan 14-Mar 24	9:30-10a.m.	\$56.00
	72813	Mon	Mar 25-Jun 3	6:55-7:25p.m.	\$63.00
	72815	Thu	Mar 28-Jun 6	7-7:30p.m.	\$70.00
	72817	Sat	Apr 13-Jun 8	11:30a.m12p.m.	\$49.00
	72818	Sat	Apr 13-Jun 8	1:30-2p.m.	\$49.00
NWLC	71750	Thu	Jan 11-Mar 21	5:10-5:40p.m.	\$70.00
	71751	Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
	72245	Fri	Apr 12-Jun 7	5:10-5:40p.m.	\$63.00
	72335	Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
SSLC	72034	Wed	Jan 10-Mar 20	4:35-5:05p.m.	\$70.00
	72158	Thu	Jan 11-Mar 21	5:55-6:25p.m.	\$70.00
	72231	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$70.00
	72386	Sun	Jan 14-Mar 24	11:10-11:40a.m.	\$70.00
	72544	Tue	Mar 26-Jun 4	5:55-6:25p.m.	\$70.00
	72575	Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	72754	Sat	Apr 13-Jun 8	11:10-11:40a.m.	\$63.00
	72874	Sun	Apr 14-Jun 2	10:10-10:40a.m.	\$56.00

# Swimmer 3

5-12 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl, and interval fitness training. **Prerequisite:** Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

LAC	72077	Mon	Jan 8-Mar 18	6:55-7:25p.m.	\$70.00
	73176	Tue	Jan 9-Mar 19	3:10-3:40p.m.	\$70.00
	72079	Tue	Jan 9-Mar 19	5:30-6p.m.	\$70.00
	72080	Tue	Jan 9-Mar 19	6:45-7:15p.m.	\$70.00
	72331	Wed	Jan 10-Mar 20	6:25-6:55p.m.	\$70.00
	72081	Wed	Jan 10-Mar 20	6:45-7:15p.m.	\$70.00
	72082	Thu	Jan 11-Mar 21	6:15-6:45p.m.	\$70.00
	72083	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$49.00
	72085	Sat	Jan 13-Mar 23	1:25-1:55p.m.	\$49.00
	72086	Sun	Jan 14-Mar 24	10:05-10:35a.m.	\$56.00
	72751	Mon	Mar 25-Jun 3	6:25-6:55p.m.	\$63.00
	72756	Mon	Mar 25-Jun 3	6:40-7:10p.m.	\$63.00
	72759	Tue	Mar 26-Jun 4	5:30-6p.m.	\$70.00
	72760	Tue	Mar 26-Jun 4	6:45-7:15p.m.	\$70.00
	73187	Wed	Mar 27-Jun 5	3:10-3:40p.m.	\$70.00
	72762	Wed	Mar 27-Jun 5	5:30-6p.m.	\$70.00
	72765	Wed	Mar 27-Jun 5	5:35-6:05p.m.	\$70.00
	72768	Thu	Mar 28-Jun 6	6:15-6:45p.m.	\$70.00
	72771	Sat	Apr 13-Jun 8	10:20-10:50a.m.	\$49.00
	72774	Sat	Apr 13-Jun 8	12:55-1:25p.m.	\$49.00
	72777	Sun	Apr 14-Jun 9	12:25-12:55p.m.	\$49.00
NWLC	71833	Mon	Jan 8-Mar 18	4:30-5p.m.	\$70.00
	71832	Mon	Jan 8-Mar 18	5:55-6:25p.m.	\$70.00
	71834	Wed	Jan 10-Mar 20	5:45-6:15p.m.	\$70.00
	71835	Thu	Jan 11-Mar 21	4:35-5:05p.m.	\$70.00
	71836	Fri	Jan 12-Mar 22	4:35-5:05p.m.	\$70.00
	71838	Sat	Jan 13-Mar 23	9:40-10:10a.m.	\$70.00
	71837	Sat	Jan 13-Mar 23	12-12:30p.m.	\$70.00
	71840	Sun	Jan 14-Mar 24	9:05-9:35a.m.	\$70.00
	71841	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$70.00
	71839	Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$70.00
	72113	Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
	72123	Tue	Mar 26-Jun 4	4:30-5p.m.	\$70.00
	72122	Tue	Mar 26-Jun 4	5:55-6:25p.m.	\$70.00
	72196	Thu	Mar 28-Jun 6	5:45-6:15p.m.	\$70.00
	72242	Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00
	72346	Sat	Apr 13-Jun 8	9:05-9:35a.m.	\$63.00
	72347	Sat	Apr 13-Jun 8	10:15-10:45a.m.	\$63.00
	72345	Sat	Apr 13-Jun 8	11:25-11:55a.m.	\$63.00
	72310	Sun	Apr 14-Jun 2	12-12:30p.m.	\$56.00
	72312	Sun	Apr 14-Jun 2	9:40-10:10a.m.	\$56.00
SSLC	71958	Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00

SSLC	71960	Mon	Jan 8-Mar 18	4:50-5:20p.m.	\$70.00
	71959	Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
	72000	Tue	Jan 9-Mar 19	4:05-4:35p.m.	\$70.00
	71974	Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
	72030	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
	72044	Wed	Jan 10-Mar 20	5:25-5:55p.m.	\$70.00
	72150	Thu	Jan 11-Mar 21	4:05-4:35p.m.	\$70.00
	72064	Thu	Jan 11-Mar 21	5:20-5:50p.m.	\$70.00
	72151	Thu	Jan 11-Mar 21	6-6:30p.m.	\$70.00
	72179	Fri	Jan 12-Mar 22	4:40-5:10p.m.	\$70.00
	72167	Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
	72334	Sat	Jan 13-Mar 23	9:45-10:15a.m.	\$70.00
	72227	Sat	Jan 13-Mar 23	11:10-11:40a.m.	\$70.00
	72332	Sat	Jan 13-Mar 23	12:55-1:25p.m.	\$70.00
	72381	Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
	72410	Sun	Jan 14-Mar 24	11:50a.m12:20p.m.	\$70.00
	72411	Sun	Jan 14-Mar 24	6:45-7:15p.m.	\$70.00
	72488	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
	72514	Mon	Mar 25-Jun 3	4:50-5:20p.m.	\$63.00
	72513	Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
,	72532	Tue	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
	72531	Tue	Mar 26-Jun 4	5:20-5:50p.m.	\$70.00
	72533	Tue	Mar 26-Jun 4	6-6:30p.m.	\$70.00
	72567	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	72568	Wed	Mar 27-Jun 5	5:25-5:55p.m.	\$70.00

You can now withdraw from activities online up to 24 hours before the day of your first class on Recreation Online!

See full details and instructions at **Regina.ca/recreation** under "Refunds, Cancellations & Transfers".

**Regina.ca/recreation** 



SSLC	72615	Thu	Mar 28-Jun 6	4:05-4:35p.m.	\$70.00
	72614	Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
	72666	Fri	Apr 12-Jun 7	4:40-5:10p.m.	\$63.00
	72665	Fri	Apr 12-Jun 7	6-6:30p.m.	\$63.00
	72739	Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
	72740	Sat	Apr 13-Jun 8	11:50a.m12:20p.m.	\$63.00
	72866	Sun	Apr 14-Jun 2	9:45-10:15a.m.	\$56.00
	72864	Sun	Apr 14-Jun 2	11:10-11:40a.m.	\$56.00
	72865	Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00
	72892	Sun	Apr 14-Jun 9	6:45-7:15p.m.	\$63.00

## **Youth Swimmer 3**

#### 8-14 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8-14 years of age to enroll. Prerequisite: Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

LAC	72293	Tue	Jan 9-Mar 19	6:05-6:35p.m.	\$70.00
	72296	Sat	Jan 13-Mar 23	11:20-11:50a.m.	\$49.00
	72299	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$56.00
	72819	Mon	Mar 25-Jun 3	5:30-6p.m.	\$63.00
	72820	Tue	Mar 26-Jun 4	6:05-6:35p.m.	\$70.00
	72821	Sat	Apr 13-Jun 8	1:30-2p.m.	\$49.00

## Swimmer 4

5-12 years

In this level swimmers will work on standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl, interval fitness training, and sprint front crawl. Prerequisite: Your child must be able to successfully perform kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl.

1.40	72088	Man	Jan O May 10	0.40 7.00	ф70 F0
LAC	72088	Mon	Jan 8-Mar 18	6:40-7:20p.m.	\$76.50
	72089	Tue	Jan 9-Mar 19	6:30-7:10p.m.	\$76.50
	72091	Wed	Jan 10-Mar 20	5:30-6:10p.m.	\$76.50
	73177	Thu	Jan 11-Mar 21	1:30-2:10p.m.	\$76.50
	72092	Sat	Jan 13-Mar 23	10:05-10:45a.m.	\$53.55
	72093	Sat	Jan 13-Mar 23	12:05-12:45p.m.	\$53.55
	72095	Sun	Jan 14-Mar 24	10:40-11:20a.m.	\$61.20
	73181	Mon	Mar 25-Jun 3	1:30-2:10p.m.	\$68.85
	72779	Mon	Mar 25-Jun 3	5:30-6:10p.m.	\$68.85
	72782	Tue	Mar 26-Jun 4	6:30-7:10p.m.	\$76.50
	72783	Wed	Mar 27-Jun 5	6:10-6:50p.m.	\$76.50
	72784	Sat	Apr 13-Jun 8	10:05-10:45a.m.	\$53.55
	72785	Sat	Apr 13-Jun 8	12:45-1:25p.m.	\$53.55
NWLC	71804	Mon	Jan 8-Mar 18	5:10-5:50p.m.	\$76.50
	71805	Tue	Jan 9-Mar 19	5:50-6:30p.m.	\$76.50
	71810	Wed	Jan 10-Mar 20	4:30-5:10p.m.	\$76.50
	71811	Thu	Jan 11-Mar 21	5:10-5:50p.m.	\$76.50

NWLC	71806	Fri	Jan 12-Mar 22	5:15-5:55p.m.	\$76.50
	71807	Sat	Jan 13-Mar 23	10:10-10:50a.m.	\$76.50
	71808	Sun	Jan 14-Mar 24	9:35-10:15a.m.	\$76.50
	71809	Sun	Jan 14-Mar 24	12:40-1:20p.m.	\$76.50
	72115	Mon	Mar 25-Jun 3	5:15-5:55p.m.	\$68.85
	72121	Tue	Mar 26-Jun 4	5:10-5:50p.m.	\$76.50
	72148	Wed	Mar 27-Jun 5	5:50-6:30p.m.	\$76.50
	72200	Thu	Mar 28-Jun 6	4:30-5:10p.m.	\$76.50
	72249	Fri	Apr 12-Jun 7	5:10-5:50p.m.	\$68.85
	72364	Sat	Apr 13-Jun 8	9:35-10:15a.m.	\$68.85
	72366	Sat	Apr 13-Jun 8	12:40-1:20p.m.	\$68.85
	72272	Sun	Apr 14-Jun 2	10:10-10:50a.m.	\$61.20
SSLC	71962	Mon	Jan 8-Mar 18	4-4:40p.m.	\$76.50
	71961	Mon	Jan 8-Mar 18	4:35-5:15p.m.	\$76.50
	72009	Tue	Jan 9-Mar 19	4-4:40p.m.	\$76.50
	72008	Tue	Jan 9-Mar 19	4:55-5:35p.m.	\$76.50
	72031	Wed	Jan 10-Mar 20	4:35-5:15p.m.	\$76.50
	72045	Wed	Jan 10-Mar 20	4:55-5:35p.m.	\$76.50
	72046	Wed	Jan 10-Mar 20	5:45-6:25p.m.	\$76.50
	72152	Thu	Jan 11-Mar 21	4-4:40p.m.	\$76.50
	72065	Thu	Jan 11-Mar 21	•	\$76.50
	72005	Thu		4:35-5:15p.m.	
			Jan 11-Mar 21	5:50-6:30p.m.	\$76.50
	72168	Fri	Jan 12-Mar 22	4-4:40p.m.	\$76.50
	72183	Fri	Jan 12-Mar 22	4:50-5:30p.m.	\$76.50
	72180	Fri	Jan 12-Mar 22	5:15-5:55p.m.	\$76.50
	72228	Sat	Jan 13-Mar 23	9:05-9:45a.m.	\$76.50
	72339	Sat	Jan 13-Mar 23	12:45-1:25p.m.	\$76.50
	72412	Sun	Jan 14-Mar 24	9:45-10:25a.m.	\$76.50
	72382	Sun	Jan 14-Mar 24	10:25-11:05a.m.	\$76.50
	72415	Sun	Jan 14-Mar 24	11:25a.m12:05p.m.	\$76.50
	72413	Sun	Jan 14-Mar 24	12:10-12:50p.m.	\$76.50
	72515	Mon	Mar 25-Jun 3	4-4:40p.m.	\$68.85
	72489	Mon	Mar 25-Jun 3	4:35-5:15p.m.	\$68.85
	72535	Tue	Mar 26-Jun 4	4-4:40p.m.	\$76.50
	72534	Tue	Mar 26-Jun 4	4:35-5:15p.m.	\$76.50
	72536	Tue	Mar 26-Jun 4	5:50-6:30p.m.	\$76.50
	72569	Wed	Mar 27-Jun 5	4:35-5:15p.m.	\$76.50
	72570	Wed	Mar 27-Jun 5	4:55-5:35p.m.	\$76.50
	72571	Wed	Mar 27-Jun 5	5:45-6:25p.m.	\$76.50
	72617	Thu	Mar 28-Jun 6	4-4:40p.m.	\$76.50
	72616	Thu	Mar 28-Jun 6	4:55-5:35p.m.	\$76.50
	72668	Fri	Apr 12-Jun 7	4-4:40p.m.	\$68.85
	72670	Fri	Apr 12-Jun 7	4:50-5:30p.m.	\$68.85
	72669	Fri	Apr 12-Jun 7	5:15-5:55p.m.	\$68.85
	72744	Sat	Apr 13-Jun 8	9:45-10:25a.m.	\$68.85
	72741	Sat	Apr 13-Jun 8	10:25-11:05a.m.	\$68.85
	72742	Sat	Apr 13-Jun 8	11:25a.m12:05p.m.	\$68.85

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SSLC	72746	Sat	Apr 13-Jun 8	12:10-12:50p.m.	\$68.85
	72867	Sun	Apr 14-Jun 2	9:05-9:45a.m.	\$61.20
	72869	Sun	Apr 14-Jun 2	12:45-1:25p.m.	\$61.20

## **Youth Swimmer 4**

#### 8-14 years

In this level swimmers will work on standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl, interval fitness training, and sprint front crawl. **Prerequisite:** Your child must be able to successfully perform kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl.

LAC	72302	Sat	Jan 13-Mar 23	12:50-1:30p.m.	\$53.55
	72305	Sun	Jan 14-Mar 24	11:50a.m12:30p.m.	\$61.20

# Swimmer 5

#### 5-12 years

In this level swimmers will work on shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint front and back crawl. **Prerequisite:** Your child must be able to successfully perform standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl.

LAC	72096	Mon	Jan 8-Mar 18	6:10-6:50p.m.	\$76.50
	72097	Tue	Jan 9-Mar 19	6:05-6:45p.m.	\$76.50
	72098	Wed	Jan 10-Mar 20	6:10-6:50p.m.	\$76.50
	73179	Thu	Jan 11-Mar 21	2:15-2:55p.m.	\$76.50
	72099	Thu	Jan 11-Mar 21	5:30-6:10p.m.	\$76.50
	72100	Sat	Jan 13-Mar 23	9:30-10:10a.m.	\$53.55
	72101	Sat	Jan 13-Mar 23	1:10-1:50p.m.	\$53.55
	72213	Sun	Jan 14-Mar 17	9:30-10:10a.m.	\$53.55
	72214	Sun	Jan 14-Mar 24	12:25-1:05p.m.	\$61.20
	73183	Mon	Mar 25-Jun 3	2:15-2:55p.m.	\$68.85
	72786	Mon	Mar 25-Jun 3	6:10-6:50p.m.	\$68.85
	72787	Tue	Mar 26-Jun 4	6:05-6:45p.m.	\$76.50
	72788	Wed	Mar 27-Jun 5	5:35-6:15p.m.	\$76.50
	72789	Wed	Mar 27-Jun 5	6:40-7:20p.m.	\$76.50
	72790	Thu	Mar 28-Jun 6	6:10-6:50p.m.	\$76.50
	72791	Sat	Apr 13-Jun 8	10:40-11:20a.m.	\$53.55
SSLC	71963	Mon	Jan 8-Mar 18	5:20-6p.m.	\$76.50
	71975	Tue	Jan 9-Mar 19	4:05-4:45p.m.	\$76.50
	72001	Tue	Jan 9-Mar 19	5:20-6p.m.	\$76.50
	72047	Wed	Jan 10-Mar 20	4:10-4:50p.m.	\$76.50
	72032	Wed	Jan 10-Mar 20	5:45-6:25p.m.	\$76.50
	72066	Thu	Jan 11-Mar 21	4:35-5:15p.m.	\$76.50
	72169	Fri	Jan 12-Mar 22	4:05-4:45p.m.	\$76.50
	72229	Sat	Jan 13-Mar 23	12-12:40p.m.	\$76.50
	72414	Sun	Jan 14-Mar 24	9:10-9:50a.m.	\$76.50
	72383	Sun	Jan 14-Mar 24	12:20-1p.m.	\$76.50
	72490	Mon	Mar 25-Jun 3	5:20-6p.m.	\$68.85
	72537	Tue	Mar 26-Jun 4	4:35-5:15p.m.	\$76.50
	72573	Wed	Mar 27-Jun 5	4:10-4:50p.m.	\$76.50
	72572	Wed	Mar 27-Jun 5	5:45-6:25p.m.	\$76.50

SSLC	72618	Thu	Mar 28-Jun 6	4:05-4:45p.m.	\$76.50
	72620	Thu	Mar 28-Jun 6	5:20-6p.m.	\$76.50
	72621	Thu	Mar 28-Jun 6	5:20-6p.m.	\$76.50
	72672	Fri	Apr 12-Jun 7	4:05-4:45p.m.	\$68.85
	72749	Sat	Apr 13-Jun 8	9:10-9:50a.m.	\$68.85
	72748	Sat	Apr 13-Jun 8	12:20-1p.m.	\$68.85
	72871	Sun	Apr 14-Jun 2	12-12:40p.m.	\$61.20

## Swimmer 6

5-12 years

In this level swimmers will work on stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint breaststroke.

**Prerequisite:** Your child must be able to successfully perform shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl.

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LAC	72202	Mon	Jan 8-Mar 18	5:35-6:15p.m.	\$76.50		
	73180	Thu	Jan 11-Mar 21	3-3:40p.m.	\$76.50		
	72203	Thu	Jan 11-Mar 21	6:10-6:50p.m.	\$76.50		
	72204	Sat	Jan 13-Mar 23	10:45-11:25a.m.	\$53.55		
	72205	Sat	Jan 13-Mar 23	12:05-12:45p.m.	\$53.55		
	72208	Sun	Jan 14-Mar 17	9:30-10:10a.m.	\$53.55		
	72211	Sun	Jan 14-Mar 24	12:10-12:50p.m.	\$61.20		
	73184	Mon	Mar 25-Jun 3	3-3:40p.m.	\$68.85		
	72792	Wed	Mar 27-Jun 5	6:05-6:45p.m.	\$76.50		
	72793	Thu	Mar 28-Jun 6	5:30-6:10p.m.	\$76.50		
	72794	Sat	Apr 13-Jun 8	9:35-10:15a.m.	\$53.55		
	72795	Sun	Apr 14-Jun 9	12:15-12:55p.m.	\$53.55		
SSLC	71964	Mon	Jan 8-Mar 18	4:05-4:45p.m.	\$76.50		
	71976	Tue	Jan 9-Mar 19	4:40-5:20p.m.	\$76.50		
	72033	Wed	Jan 10-Mar 20	4:05-4:45p.m.	\$76.50		
	72159	Thu	Jan 11-Mar 21	4:40-5:20p.m.	\$76.50		
	72160	Thu	Jan 11-Mar 21	5:05-5:45p.m.	\$76.50		
	72170	Fri	Jan 12-Mar 22	5:35-6:15p.m.	\$76.50		
	72230	Sat	Jan 13-Mar 23	9-9:40a.m.	\$76.50		
	72344	Sat	Jan 13-Mar 23	10:25-11:05a.m.	\$76.50		
	72384	Sun	Jan 14-Mar 24	9:05-9:45a.m.	\$76.50		
	72491	Mon	Mar 25-Jun 3	4:05-4:45p.m.	\$68.85		
	72538	Tue	Mar 26-Jun 4	4:40-5:20p.m.	\$76.50		
	72539	Tue	Mar 26-Jun 4	5:05-5:45p.m.	\$76.50		
	72574	Wed	Mar 27-Jun 5	4:05-4:45p.m.	\$76.50		
	72625	Thu	Mar 28-Jun 6	4:40-5:20p.m.	\$76.50		
	72676	Fri	Apr 12-Jun 7	5:35-6:15p.m.	\$68.85		
	72750	Sat	Apr 13-Jun 8	9:05-9:45a.m.	\$68.85		
	72872	Sun	Apr 14-Jun 2	9-9:40a.m.	\$61.20		
	72873	Sun	Apr 14-Jun 2	10:25-11:05a.m.	\$61.20		

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Swim Patrol: The Swim Patrol Program provides enriched training for those ready to go beyond learn to swim. It continues to develop participants' swim strokes and provide skill foundation for future Bronze Medal classes.

# Lifesaving Swim Patrol – Rookie Patrol

### 8-14 years

Rookie Patrol features development of front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts. A workhard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for water smart behavior.

**Prerequisite:** Your child must be able to successfully perform stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl.

LAC	72233	Mon	Jan 8-Mar 18	5:30-6:20p.m.	\$88.50
	72235	Thu	Jan 11-Mar 21	5:30-6:20p.m.	\$88.50
	72237	Sat	Jan 13-Mar 23	1:10-2p.m.	\$61.95
	72796	Mon	Mar 25-Jun 3	6:15-7:05p.m.	\$79.65
	72797	Thu	Mar 28-Jun 6	5:30-6:20p.m.	\$88.50
	72798	Sat	Apr 13-Jun 8	1:10-2p.m.	\$61.95
SSLC	71977	Tue	Jan 9-Mar 19	5:05-5:55p.m.	\$88.50
	72190	Fri	Jan 12-Mar 22	4:35-5:25p.m.	\$88.50
	72628	Thu	Mar 28-Jun 6	5:05-5:55p.m.	\$88.50
	72680	Fri	Apr 12-Jun 7	4:35-5:25p.m.	\$79.65

# Lifesaving Swim Patrol – Ranger Patrol

#### 8-14 years

Ranger Patrol features development of front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

**Prerequisite:** Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts.

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LAC	72240	Tue	Jan 9-Mar 19	5:35-6:25p.m.	\$88.50
	72244	Wed	Jan 10-Mar 20	6:15-7:05p.m.	\$88.50
	72248	Sat	Jan 13-Mar 23	12:50-1:40p.m.	\$61.95
	72799	Tue	Mar 26-Jun 4	5:35-6:25p.m.	\$88.50
	72804	Wed	Mar 27-Jun 5	6:20-7:10p.m.	\$88.50
	72805	Sat	Apr 13-Jun 8	12:35-1:25p.m.	\$61.95
SSLC	72005	Tue	Jan 9-Mar 19	4-4:50p.m.	\$88.50
	72049	Wed	Jan 10-Mar 20	5:20-6:10p.m.	\$88.50
	72154	Thu	Jan 11-Mar 21	5:20-6:10p.m.	\$88.50
	72188	Fri	Jan 12-Mar 22	5:20-6:10p.m.	\$88.50
	72232	Sat	Jan 13-Mar 23	11:15a.m12:05p.m.	\$88.50
	72387	Sun	Jan 14-Mar 24	10:45-11:35a.m.	\$88.50
	72540	Tue	Mar 26-Jun 4	5:20-6:10p.m.	\$88.50
	72576	Wed	Mar 27-Jun 5	5:20-6:10p.m.	\$88.50
	72627	Thu	Mar 28-Jun 6	4-4:50p.m.	\$88.50
	72678	Fri	Apr 12-Jun 7	5:20-6:10p.m.	\$79.65
	72757	Sat	Apr 13-Jun 8	10:45-11:35a.m.	\$79.65
	72875	Sun	Apr 14-Jun 2	11:15a.m12:05p.m.	\$70.80

## Lifesaving Swim Patrol – Star Patrol

Star Patrol demands good physical conditioning and lifesaving judgement. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, and breaststroke over 100m each; and complete 600m and 300m timed swims.

**Prerequisite:** Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

LAC	72254	Mon	Jan 8-Mar 18	6:05-6:55p.m.	\$88.50
	72256	Wed	Jan 10-Mar 20	5:30-6:20p.m.	\$88.50
	72257	Sat	Jan 13-Mar 23	1:15-2:05p.m.	\$61.95
	72258	Sun	Jan 14-Mar 24	12:05-12:55p.m.	\$70.80
	72806	Mon	Mar 25-Jun 3	5:30-6:20p.m.	\$79.65
	72807	Sat	Apr 13-Jun 8	1:05-1:55p.m.	\$61.95
	72808	Sun	Apr 14-Jun 9	12:05-12:55p.m.	\$61.95
SSLC	71965	Mon	Jan 8-Mar 18	5:40-6:30p.m.	\$88.50
	72493	Mon	Mar 25-Jun 3	5:40-6:30p.m.	\$79.65

# **All Ages**

### **Private Lessons**

#### 6 years and up

Private lessons provide adults and children an opportunity to focus on developing specific skills, as lessons will be tailored to individual needs. Private lessons can be an excellent option for participants who are not comfortable in a group environment.

LAC	72309	Mon	Jan 8-Feb 5	6:25-6:55p.m.	\$169.50
	72311	Tue	Jan 9-Feb 6	5:30-6p.m.	\$169.50
	72313	Wed	Jan 10-Feb 7	6:10-6:40p.m.	\$169.50
	72314	Thu	Jan 11-Feb 8	6:10-6:40p.m.	\$169.50
	72316	Sat	Jan 13-Feb 3	11:25-11:55a.m.	\$101.70
	72318	Sat	Jan 13-Feb 3	11:30a.m12p.m.	\$101.70
	72319	Sat	Jan 13-Feb 3	12-12:30p.m.	\$101.70
	72320	Sat	Jan 13-Feb 3	12:35-1:05p.m.	\$101.70
	72327	Sat	Feb 10-Mar 23	11:25-11:55a.m.	\$135.60
	72328	Sat	Feb 10-Mar 23	11:30a.m12p.m.	\$135.60
	72329	Sat	Feb 10-Mar 23	12-12:30p.m.	\$135.60
	72330	Sat	Feb 10-Mar 23	12:35-1:05p.m.	\$135.60
	72321	Mon	Feb 12-Mar 18	6:25-6:55p.m.	\$169.50
	72323	Tue	Feb 13-Mar 19	5:30-6p.m.	\$169.50
	72324	Wed	Feb 14-Mar 20	6:10-6:40p.m.	\$169.50
	72325	Thu	Feb 15-Mar 21	6:10-6:40p.m.	\$169.50
	72828	Mon	Mar 25-Apr 29	6:10-6:40p.m.	\$169.50
	72830	Tue	Mar 26-Apr 30	5:30-6p.m.	\$169.50
	72832	Wed	Mar 27-May 1	6:40-7:10p.m.	\$169.50
	72834	Wed	Mar 27-May 1	6:50-7:20p.m.	\$169.50
	72836	Thu	Mar 28-May 2	6:10-6:40p.m.	\$169.50
	72838	Thu	Mar 28-May 2	6:45-7:15p.m.	\$169.50
	72840	Sat	Apr 13-May 4	12:20-12:50p.m.	\$101.70
	72843	Sat	Apr 13-May 4	12:35-1:05p.m.	\$101.70
	72848	Sun	Apr 14-May 5	9:30-10a.m.	\$101.70

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LAC	72845	Sun	Apr 14-May 5	10:05-10:35a.m.	\$101.70
	72849	Sun	Apr 14-May 5	10:40-11:10a.m.	\$101.70
	72850	Sun	Apr 14-May 5	10:45-11:15a.m.	\$101.70
	72862	Mon	May 6-Jun 3	6:10-6:40p.m.	\$169.50
	72863	Tue	May 7-Jun 4	5:30-6p.m.	\$169.50
	72868	Wed	May 8-Jun 5	6:40-7:10p.m.	\$169.50
	72870	Wed	May 8-Jun 5	6:50-7:20p.m.	\$169.50
	72972	Thu	May 9-Jun 6	6:10-6:40p.m.	\$169.50
	72973	Thu	May 9-Jun 6	6:45-7:15p.m.	\$169.50
	72851	Sat	May 18-Jun 8	12:20-12:50p.m.	\$135.60
	72852	Sat	May 18-Jun 8	12:35-1:05p.m.	\$135.60
	72854	Sun	May 19-Jun 9	9:30-10a.m.	\$135.60
	72855	Sun	May 19-Jun 9	10:05-10:35a.m.	\$135.60
	72857	Sun	May 19-Jun 9	10:40-11:10a.m.	\$135.60
	72859	Sun	May 19-Jun 9	10:45-11:15a.m.	\$135.60
NWLC	72654	Tue	Jan 9-Feb 6	5:10-5:40p.m.	\$169.50
	72655	Tue	Jan 9-Feb 6	4:30-5p.m.	\$169.50
	72656	Thu	Jan 11-Feb 8	5:45-6:15p.m.	\$169.50
	72657	Fri	Jan 12-Feb 9	5:45-6:15p.m.	\$169.50
	72658	Sat	Jan 13-Feb 10	12:40-1:10p.m.	\$169.50
	72659	Sun	Jan 14-Feb 11	1-1:30p.m.	\$169.50
	73108	Tue	Feb 6-Mar 19	4:30-5p.m.	\$169.50
	73107	Tue	Feb 13-Mar 19	5:10-5:40p.m.	\$169.50
	73109	Thu	Feb 15-Mar 21	5:45-6:15p.m.	\$169.50
	73110	Fri	Feb 16-Mar 22	5:45-6:15p.m.	\$169.50
	73111	Sat	Feb 17-Mar 23	12:40-1:10p.m.	\$169.50
	73112	Sun	Feb 18-Mar 24	1-1:30p.m.	\$169.50
	73143	Mon	Mar 25-Apr 29		\$169.50
				5:45-6:15p.m.	
	73160	Wed Wed	Mar 27-May 1	4:30-5:00p.m.	\$169.50 \$169.50
	73159		Mar 27-May 1	5:10-5:40p.m.	
	73144	Fri	Apr 12-May 3	5:45-6:15p.m.	\$135.60
	73145	Sat	Apr 13-May 4	1-1:30p.m.	\$135.60
	73146	Mon	May 6-Jun 3	5:45-6:15p.m.	\$135.60
	73161	Wed	May 8-Jun 5	4:30-5:00p.m.	\$135.60
	73162	Wed	May 8-Jun 5	5:10-5:10p.m.	\$135.60
	73147	Fri	May 10-Jun 7	5:45-6:15p.m.	\$169.50
	73148	Sat	May 11-Jun 8	1-1:30p.m.	\$169.50
SSLC	72011	Tue	Jan 9-Feb 6	4:15-4:45p.m.	\$169.50
	72013	Tue	Jan 9-Feb 6	4:50-5:20p.m.	\$169.50
	72015	Tue	Jan 9-Feb 6	5:25-5:55p.m.	\$169.50
	72018	Tue	Jan 9-Feb 6	6-6:30p.m.	\$169.50
	72050	Wed	Jan 10-Feb 7	4:05-4:35p.m.	\$169.50
	72052	Wed	Jan 10-Feb 7	4:40-5:10p.m.	\$169.50
	72054	Wed	Jan 10-Feb 7	5:15-5:45p.m.	\$169.50
	72056	Wed	Jan 10-Feb 7	5:50-6:20p.m.	\$169.50
	72350	Sat	Jan 13-Feb 10	9:30-10a.m.	\$169.50
	72354	Sat	Jan 13-Feb 10	10:05-10:35a.m.	\$169.50

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SSLC	72363	Sat	Jan 13-Feb 10	11:15-11:45a.m.	\$169.50
	72367	Sat	Jan 13-Feb 10	12-12:30p.m.	\$169.50
	72369	Sat	Jan 13-Feb 10	12:35-1:05p.m.	\$169.50
	72417	Sun	Jan 14-Feb 11	9:10-9:40a.m.	\$169.50
	72419	Sun	Jan 14-Feb 11	9:45-10:15a.m.	\$169.50
	72421	Sun	Jan 14-Feb 11	10:20-10:50a.m.	\$169.50
	72423	Sun	Jan 14-Feb 11	11-11:30a.m.	\$169.50
	72427	Sun	Jan 14-Feb 11	11:35-12:05p.m.	\$169.50
	72431	Sun	Jan 14-Feb 11	12:10-12:40p.m.	\$169.50
	72012	Tue	Feb 13-Mar 19	4:15-4:45p.m.	\$169.50
	72014	Tue	Feb 13-Mar 19	4:50-5:20p.m.	\$169.50
	72017	Tue	Feb 13-Mar 19	5:25-5:55p.m.	\$169.50
	72019	Tue	Feb 13-Mar 19	6-6:30p.m.	\$169.50
	72051	Wed	Feb 14-Mar 20	4:05-4:35p.m.	\$169.50
	72053	Wed	Feb 14-Mar 20	4:40-5:10p.m.	\$169.50
	72055	Wed	Feb 14-Mar 20	5:15-5:45p.m.	\$169.50
	72057	Wed	Feb 14-Mar 20	5:50-6:20p.m.	\$169.50
	72353	Sat	Feb 17-Mar 23	9:30-10a.m.	\$169.50
	72356	Sat	Feb 17-Mar 23	10:05-10:35a.m.	\$169.50
	72362	Sat	Feb 17-Mar 23	10:40-11:10a.m.	\$169.50
	72365	Sat	Feb 17-Mar 23	11:15-11:45a.m.	\$169.50
	72368	Sat	Feb 17-Mar 23	12-12:30p.m.	\$169.50
	72370	Sat	Feb 17-Mar 23	12:35-1:05p.m.	\$169.50
	72418	Sun	Feb 18-Mar 24	9:10-9:40a.m.	\$169.50
	72420	Sun	Feb 18-Mar 24	9:45-10:15a.m.	\$169.50
	72422	Sun	Feb 18-Mar 24	10:20-10:50a.m.	\$169.50
	72425	Sun	Feb 18-Mar 24	11-11:30a.m.	\$169.50
	72429	Sun	Feb 18-Mar 24	11:35a.m12:05p.m.	\$169.50
	72432	Sun	Feb 18-Mar 24	12:10-12:40p.m.	\$169.50
	72578	Wed	Mar 27-May 1	4:05-4:35p.m.	\$169.50
	72581	Wed	Mar 27-May 1	4:40-5:10p.m.	\$169.50
	72583	Wed	Mar 27-May 1	5:15-5:45p.m.	\$169.50
	72587	Wed	Mar 27-May 1	5:50-6:20p.m.	\$169.50
	72629	Thu	Mar 28-May 2	4:15-4:45p.m.	\$169.50
	72632	Thu	Mar 28-May 2	4:50-5:20p.m.	\$169.50
	72634	Thu	Mar 28-May 2	5:25-5:55p.m.	\$169.50
	72636	Thu	Mar 28-May 2	6-6:30p.m.	\$169.50
	72761	Sat	Apr 13-May 4	9:10-9:40a.m.	\$135.60
	72763	Sat	Apr 13-May 4	9:45-10:15a.m.	\$135.60
	72764	Sat	Apr 13-May 4	10:20-10:50a.m.	\$135.60
	72766	Sat	Apr 13-May 4	11-11:30a.m.	\$135.60
	72767	Sat	Apr 13-May 4	11:35a.m12:05p.m.	\$135.60
	72769	Sat	Apr 13-May 4 Apr 13-May 4	12:10-12:40p.m.	\$135.60
	72876	Sun	Apr 14-May 5	9:30-10a.m.	\$135.60
	72878	Sun	Apr 14-May 5	10:05-10:35a.m.	\$135.60
	72880	Sun	Apr 14-May 5	10:40-11:10a.m.	\$135.60
	72882	Sun	Apr 14-May 5	11:15-11:45a.m.	\$135.60
	72885	Sun	Apr 14-May 5	12-12:30p.m.	\$135.60

SSLC	72886	Sun	Apr 14-May 5	12:35-1:05p.m.	\$135.60
	72579	Wed	May 8-Jun 5	4:05-4:35p.m.	\$169.50
	72582	Wed	May 8-Jun 5	4:40-5:10p.m.	\$169.50
	72585	Wed	May 8-Jun 5	5:15-5:45p.m.	\$169.50
	72589	Wed	May 8-Jun 5	5:50-6:20p.m.	\$169.50
	72631	Thu	May 9-Jun 6	4:15-4:45p.m.	\$169.50
	72633	Thu	May 9-Jun 6	4:50-5:20p.m.	\$169.50
	72635	Thu	May 9-Jun 6	5:25-5:55p.m.	\$169.50
	72637	Thu	May 9-Jun 6	6-6:30p.m.	\$169.50
	72770	Sat	May 11-Jun 8	9:10-9:40a.m.	\$169.50
	72772	Sat	May 11-Jun 8	9:45-10:15a.m.	\$169.50
	72773	Sat	May 11-Jun 8	10:20-10:50a.m.	\$169.50
	72775	Sat	May 11-Jun 8	11-11:30a.m.	\$169.50
	72776	Sat	May 11-Jun 8	11:35a.m12:05p.m.	\$169.50
	72778	Sat	May 11-Jun 8	12:10-12:40p.m.	\$169.50
	72877	Sun	May 12-Jun 2	9:30-10a.m.	\$135.60
	72879	Sun	May 12-Jun 2	10:05-10:35a.m.	\$135.60
	72881	Sun	May 12-Jun 2	10:40-11:10a.m.	\$135.60
	72883	Sun	May 12-Jun 2	11:15-11:45a.m.	\$135.60
	72884	Sun	May 12-Jun 2	12-12:30p.m.	\$135.60
	72887	Sun	May 12-Jun 2	12:35-1:05p.m.	\$135.60

## Women's Only Swim

#### 14 years and up

An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. All swims are supervised by an all-female staff. **Cost:** General admission or free with a Leisure Pass.

NWLC	73132	Sun	Jan 14	6:30-8:25p.m.
	73133	Sun	Jan 28	6:30-8:25p.m.
	73134	Sun	Feb 11	6:30-8:25p.m.
	73135	Sun	Mar 10	6:30-8:25p.m.
	73136	Sun	Mar 24	6:30-8:25p.m.
	73137	Sun	Apr 21	6:30-8:25p.m.
	73138	Sun	May 5	6:30-8:25p.m.
	73139	Sun	May 19	6:30-8:25p.m.
	73140	Sun	Jun 2	6:30-8:25p.m.

# Adult

#### Adult 1

#### 14 years and up

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. In Adult 1 swimmers learn jumping into deep water, treading water, submerging and exhaling as well as front and back floats, glides, flutter kick, whip kick in vertical position, and front/back crawl 15m.

NWLC	71966	Mon	Jan 8-Mar 18	5:45-6:35p.m.	\$88.50
	71874	Thu	Jan 11-Mar 21	8:35-9:25p.m.	\$88.50
	72252	Thu	Mar 28-Jun 6	8:35-9:25p.m.	\$88.50
SSLC	72157	Thu	Jan 11-Mar 21	5:15-6:05p.m.	\$88.50
	72216	Sat	Jan 13-Mar 23	9:15-10:05a.m.	\$88.50

SSLC	72371	Sun	Jan 14-Mar 24	10:30-11:20a.m.	\$88.50
	72453	Mon	Mar 25-Jun 3	5:45-6:35p.m.	\$79.65
	72541	Tue	Mar 26-Jun 4	5:15-6:05p.m.	\$88.50
	72682	Sat	Apr 13-Jun 8	10:30-11:20a.m.	\$79.65
	72809	Sun	Apr 14-Jun 2	9:15-10:05a.m.	\$70.80

# Adult 2

#### 14 years and up

In Adult 2 swimmers will learn standing dives, forward rolls, front somersaults in water, swim underwater as well as flutter kick and reverse directions, whip kick on front and back, breaststroke arms, and front/back crawl 50m each.

SSLC	72195	Fri	Jan 12-Mar 22	5:30-6:20p.m.	\$88.50
	72217	Sat	Jan 13-Mar 23	10:20-11:10a.m.	\$88.50
	72638	Fri	Apr 12-Jun 7	5:30-6:20p.m.	\$79.65
	72814	Sun	Apr 14-Jun 2	10:20-11:10a.m.	\$70.80

# Family

## **Family Swim Lessons**

6 years and up

Family Swim Lessons are a fun way for family members to "get their toes wet" by learning something new or improving acquired swimming skills. This program focuses on the basic aquatic survival skills all Canadians need – the ability to enter deep water, tread for 1 minute, and swim 50 meters. Families are also able to work with City of Regina lifeguard/instructors to create their own unique outcomes from the lesson. Once a parent or guardian has registered, up to three additional family members may be enrolled.

NWLC	73124	Sat	Jan 13-Feb 10	9-9:30a.m.	\$87.25
	73126	Sun	Jan 14-Feb 11	12-12:30p.m.	\$87.25
	73125	Sat	Feb 17-Mar 23	9-9:30a.m.	\$87.25
	73127	Sun	Feb 18-Mar 24	12-12:30p.m.	\$87.25
	73128	Sat	Apr 13-May 4	12-12:30p.m.	\$69.80
	73130	Sun	Apr 14-May 5	9:15-9:45a.m.	\$69.80
	73129	Sat	May 11-Jun 8	12-12:30p.m.	\$87.25
	73131	Sun	May 12-Jun 2	9:15-9:45a.m.	\$69.80

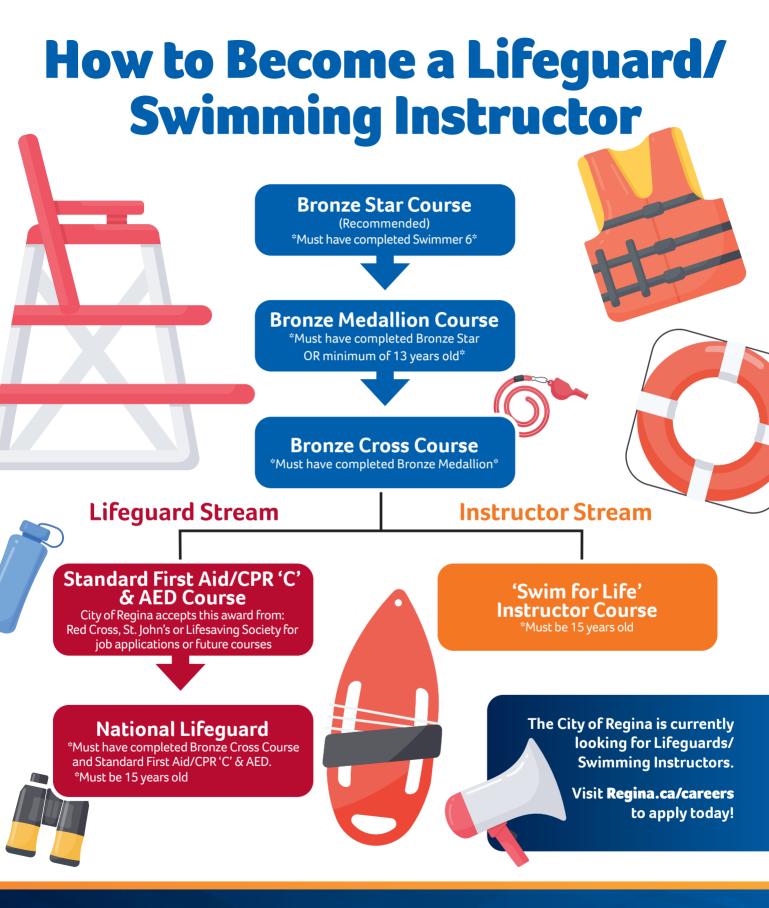
# **Aquatic Leadership Courses**

# Lifesaving Society Bronze Medallion

# 13 years and up

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for the assistant lifeguard training in Bronze Cross. **Prerequisite:** 13 years of age OR Bronze Star (need not be current)

LAC	73169	Tue-Wed	Jan 2-3	9a.m6p.m.	\$190.00
	73029	Fri Sat-Sun	Jan 12 Jan 13-14	5:30-9:30p.m. 9a.m6p.m.	\$190.00
	73030	Fri Sat-Sun	Feb 16 Feb 17-18	5:30-9:30p.m. 9a.m6p.m.	\$190.00



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# Lifesaving Society Bronze Medallion cont'd

13 years and up

LAC	73031	Sat-Sun Sat	Mar 16-17 Mar 23	9a.m6p.m. 9a.m1p.m.	\$190.00
SSLC	72446	Sun	Jan 14-Feb 11	4:30-8:30p.m.	\$190.00
	72447	Sun	Feb 18-Mar 24	4:30-8:30p.m.	\$190.00
	72803	Sun	Apr 14-May 5	3-8p.m.	\$190.00

## Lifesaving Society Bronze Cross

14 years and up

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. It emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are included. Bronze Cross is a prerequisite for advanced training in the National Lifeguard award. **Prerequisites:** Bronze Medallion certification (need not be current).

LAC	73170	Fri-Sun	Jan 5-7	9a.m6p.m.	\$165.00
	73032	Sat/Sun	Jan 27-Feb 3	9a.m6p.m.	\$165.00
	73033	Mon-Wed	Feb 19-Feb 21	9a.m6p.m.	\$165.00
	73034	Sat/Sun	Apr 13-Apr 20	9a.m6p.m.	\$165.00
SSLC	72448	Sun	Jan 14-Feb 11	4:30-9p.m.	\$165.00
	72449	Sun	Feb 18-Mar 24	4:30-9p.m.	\$165.00
	72802	Sun	May 12-Jun 9	4-8:30p.m.	\$165.00

# Lifesaving Society National Lifeguard

## 15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. **Prerequisite:** Minimum 15 years old (by the last day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Standard First Aid from one of the four organizations: Canadian Red Cross, Lifesaving Society, Canadian Swim Patrol or St. John Ambulance only (need not be current).

LAC	73035	Fri Sat Sun	Feb 9 & 16 Feb 10 Feb 4, 11 & 18	5:30-9:30p.m. 9am6p.m. 9a.m6p.m.	\$300.00
	73036	Sat-Wed	Mar 30-Apr 3	9a.m6p.m.	\$300.00
	73037	Fri Sat Sun	May 31 & Jun 7 Jun 1 & Jun 8 Jun 2 & Jun 9	5:30-9:30p.m. 9a.m6p.m. 9a.m6p.m.	\$300.00
SSLC	72440	Tue-Sat	Jan 2-6	9a.m6p.m.	\$300.00
	72444	Tue-Sat	Feb 20-24	8a.m5p.m.	\$300.00
	72800	Sun	Apr 14-Jun 9	4-8:30p.m.	\$300.00

## Lifesaving Swim for Life Instructor

This leadership course provides candidates with the theory, knowledge, skill and practice to teach and certify in the following Lifesaving programs - Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer, and Fitness Swimmer. **Prerequisite:** 15 years old and Bronze Cross award (need not be current).

\*Please note, January 20 class takes place at NWLC

LAC	72989	Sat	Jan 13-Feb 17*	9a.m2p.m.	\$252.00
	73027	Thu-Sat Sun	Feb 22-24 Feb 25	9a.m6p.m. 9a.m12p.m.	\$252.00
	73028	Sat/Sun Sun	May 18-25 May 26	9a.m6p.m. 9a.m12p.m.	\$252.00
SSLC	72781	Tue-Fri	Apr 2-5	8a.m4p.m.	\$252.00

# Red Cross First Aid/CPR/AED 12 years and up

This course certifies the candidate in Red Cross Standard First Aid, CPR-C and Automated External Defibrillation (AED).

NWLC	73061	Sat-Sun	Jan 6-7	9a.m6p.m.	\$161.00
	73063	Sat-Sun	Feb 10-11	9a.m6p.m.	\$161.00
	73064	Sat-Sun	Mar 16-17	9a.m6p.m.	\$161.00
	73065	Sat-Sun	Apr 20-21	9a.m6p.m.	\$161.00
	73066	Sat-Sun	May 18-19	9a.m6p.m.	\$161.00

# **Aquatic Recertification Courses**

# Lifesaving Society National 16 years and up Lifeguard Recertification

Precertification/recertification of the Lifesaving Society's National Lifeguard award.

LAC	73123	Sun	Jan 28	11a.m4p.m.	\$80.00
	73196	Sun	May 19	11a.m4p.m.	\$80.00
SSLC	72445	Sun	Mar 10	4-9p.m.	\$80.00
	72801	Sun	May 12	4-9p.m.	\$80.00

# Red Cross First Aid/CPR/AED 15 years and up – Blended Recertification

This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED. This blended option offers an online portion plus a classroom portion to be flexible to meet the various needs of course participants. Online portion must be completed prior to the in-class components.

NWLC	73062	Sat	Jan 13	9a.m1p.m.	\$90.00
	73067	Sat	Feb 3	9a.m1p.m.	\$90.00
	73068	Sun	Mar 3	9a.m1p.m.	\$90.00
	73069	Sun	Mar 24	9a.m1p.m.	\$90.00
	73070	Sat	Apr 27	9a.m1p.m.	\$90.00
	73071	Sat	May 11	9a.m1p.m.	\$90.00



# **Attendant Admission Program**

If you require an attendant to help you during your program or activity, the Attendant Admission Program allows you to bring your own attendant to accompany you into any City-operated facility at no extra cost.

If you require more information, visit a major facility, or call 306-777-PLAY (7529).

# **Recreation for All** Our programs and buildings are open to everyone.

# **Accessible Equipment**

## Lawson Aquatic Centre:

- · Chair lifts into tot pool and hot tub
- Portable chair lift to access main pool
- Accessible all gender/family changerooms with overhead sling lift and plinth options

# North West Leisure Centre:

- Aquatic ramp and wheelchair for entry into pool
- · Accessible all gender/family change room with plinth located on pool deck

#### Fieldhouse:

- Wheelchair accessible strength and conditioning area
- · Variety of cardio and strength machines and equipment including recumbent stepper, hand bikes, rope trainer, and hand weights
- Wheelchair accessible treadmills, skiing, and rowing machines
- Accessible all gender/family changerooms with overhead sling lift and plinth options

# Sandra Schmirler Leisure Centre:

- Accessible all gender/family changerooms with overhead sling lift and plinth options
- Accessible overhead sling lift on pool deck



# **Registered Adapted Programs**



# Legend

CRNC – Core Ritchie Neighbourhood Centre FLDH – Fieldhouse MOC – Mitakuyé Owâs'ā Centre mc – mâmawêyatitân centre NWLC – North West Leisure Centre SSLC – Sandra Schmirler Leisure Centre SLC – South Leisure Centre

#### **Adapted Programs**

City of Regina programs are open to everyone. People who have a disability or specific needs are encouraged to participate in programs listed throughout this guide. Programs marked **AP** are intended to be used as stepping stones to inclusion and focus on individuals' unique needs.

# Aquatic

# Adapted Leisure Swim

Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons who have disabilities and their family members/supports. The Sandra Schmirler Leisure Centre is home to a powered ceiling track lift in the accessible/family change room, and a ceiling lift system in the pool area for transferring individuals to and from the pool. The Northwest Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on-site to supervise the program but are not able to transfer, lift, or reposition individuals.

NWLC	73021	Sun	Jan 7	6:30-8:25p.m.	Free
	73022	Sun	Jan 21	6:30-8:25p.m.	Free

NWLC	73023	Sun	Feb 4	6:30-8:25p.m.	Free
	73024	Sun	Feb 18	6:30-8:25p.m.	Free
	73025	Sun	Mar 3	6:30-8:25p.m.	Free
	73026	Sun	Mar 17	6:30-8:25p.m.	Free
	73038	Sun	Apr 14	6:30-8:25p.m.	Free
	73039	Sun	Apr 28	6:30-8:25p.m.	Free
	73040	Sun	May 12	6:30-8:25p.m.	Free
	73041	Sun	May 26	6:30-8:25p.m.	Free
	73042	Sun	Jun 9	6:30-8:25p.m.	Free
SSLC	73043	Sat	Jan 13	6:30-8:25p.m.	Free
	73044	Sat	Jan 27	6:30-8:25p.m.	Free
	73045	Sat	Feb 10	6:30-8:25p.m.	Free
	73046	Sat	Feb 24	6-7:55p.m.	Free
	73047	Sat	Mar 9	6:30-8:25p.m.	Free
	73048	Sat	Mar 23	6:30-8:25p.m.	Free
	73049	Sat	Apr 6	6-7:55p.m.	Free
	73050	Sat	Apr 20	6:30-8:25p.m.	Free
	73051	Sat	May 4	6:30-8:25p.m.	Free
	73052	Sat	May 18	6:30-8:25p.m.	Free
	73053	Sat	Jun 1	6:30-8:25p.m.	Free

# Adapted Group Swim Lessons AP 4-7 years

This adapted swim lesson is designed for children with disabilities who enjoy but enjoy being in a group setting. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals and we recommend a parent or guardian be in the water for support.

NWL	С	73141	Sat	Jan 13-Mar 23	9-9:30a.m.	\$70.00
		73142	Sun	Apr 14-Jun 2	9-9:30a.m.	\$56.00

# Adapted Swim Lessons AP 4 years and up

This 1-on-1 adapted swim lesson is designed for those with disabilities. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals.

NWLC	72647	Mon	Jan 8-Feb 5	5:40-6:10p.m.	\$84.75
	72662	Tue	Jan 9-Feb 6	4-4:30p.m.	\$84.75
	72667	Wed	Jan 10-Feb 7	5:20-5:50p.m.	\$84.75
	72978	Fri	Jan 12-Feb 9	4:35-5:05p.m.	\$84.75
	72985	Sun	Jan 14-Feb 11	10:20-10:50a.m.	\$84.75
	72983	Sun	Jan 14-Feb 11	12:35-1:05p.m.	\$84.75
	72650	Mon	Feb 12-Mar 18	5:40-6:10p.m.	\$84.75
	72664	Tue	Feb 13-Mar 19	4-4:30p.m.	\$84.75
	72671	Wed	Feb 14-Mar 20	5:20-5:50p.m.	\$84.75
	72979	Fri	Feb 16-Mar 22	4:35-5:05p.m.	\$84.75
	72986	Sun	Feb 18-Mar 24	10:20-10:50a.m.	\$84.75
	72984	Sun	Feb 18-Mar 24	12:35-1:05p.m.	\$84.75
	72987	Mon	Mar 25-Apr 29	4:35-5:05p.m.	\$84.75
	72988	Mon	May 6-Jun 3	4:35-5:05p.m.	\$67.80
	73149	Tue	Mar 26-Apr 30	5:40-6:10p.m.	\$84.75
	73150	Wed	Mar 27-May 1	4-4:30p.m.	\$84.75
	73151	Thu	Mar 28-May 2	5:20-5:50p.m.	\$84.75
	73152	Sat	Apr 13-May 4	10:20-10:50a.m.	\$67.80
	73153	Sat	Apr 13-May 4	12:35-1:05p.m.	\$67.80
	73154	Tue	May 7-Jun 4	5:40-6:10p.m.	\$84.75
	73155	Wed	May 8-Jun 5	4-4:30p.m.	\$84.75
	73156	Thu	May 9-Jun 6	5:20-5:50p.m.	\$84.75
	73157	Sat	May 11-Jun 8	10:20-10:50a.m.	\$84.75
	73158	Sat	May 11-Jun 9	12:35-12:55p.m.	\$84.75

# Adapted Art

# ABI Art MAN ARE AP

18 years and up

This Art program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Art Group provides an opportunity for individuals to explore creative pursuits at their own pace in a supportive environment. The ABI Outreach Team and City of Regina Staff will be present to assist when necessary. Participants are welcome to bring in creative projects of their own or may use the supplies provided.

SLC	73057	Thu	Jan 11-Jun 6	1-2:30p.m.	Free
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# Adapted Art ME AP

13 years and up

Adapted Art is an art program designed for persons with disabilities. Join us for this introductory-level art program that will focus on art forms including painting, drawing, and working with many other textures and mediums. Join us as we immerse ourselves in learning about and creating beautiful works of art.

mc	71674	Sat	Feb 3-Mar 23	1-2:30p.m.	\$52.00
	73163	Sat	Apr 20-Jun 8	1-2:30 pm	\$52.00

# Adapted Music Program

This music program is designed for children and youth with disabilities. This program is led by a certified Music Therapist who will focus on everyone's strengths to create a fun and safe sensory experience that fosters fine motor development while promoting socialization.

#### 5-9 years

MOC	73105	Sat	Feb 10-Mar 16	1-1:45p.m.	\$39.00	
11-15 years						
MOC	73106	Sat	Feb 10-Mar 16	2-2:45p.m.	\$39.00	

# Inclusive Craft Program

Designed for children who have disabilities; however, all abilities are welcome. This program will focus on fun and easy crafts that promote fine motor development, socialization, and creativity. This course will use a variety of materials to create fun crafts, seasonal artwork, and more!

#### 5-8 years

CRNC	71816	Sat	Feb 3-Mar 30	10-11a.m.	\$52.00
9-12 ye	ars				
CRNC	73055	Sat	Feb 3-Mar 30	11:15a.m12:15p.m.	\$52.00

# **Adapted Sport and Fitness**

# Adapted Adult MENT AP Dance Fitness

18 years and up

A class for adults of all ages that breaks down dance steps and uses basic movements, at a slower pace, but still includes all the fun! This class can be adapted to all needs and abilities. Each session has a special theme and ends with a session wind up class!

NWLC	71793	Mon	Jan 8-Feb 12	10:30-11:30a.m.	\$43.50
	71795	Mon	Feb 26-Mar 25	10:30-11:30a.m.	\$36.75
	71798	Mon	Apr 8-May 13	10:30-11:30a.m.	\$43.50

# Adapted Adult I I years and up Fitness

This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills.Each class will utilize a variety of equipment and bonus activities from week to week.

FLDH	71623	Mon	Jan 22-Mar 4	3-4p.m.	\$45.50
	71625	Mon	Mar 18-Apr 29	3-4p.m.	\$45.50

For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

# Adapted Sport and Fitness Try-it Days

This once-a-month program is free for those with disabilities and their supports to enjoy a variety of adapted sports and fitness sessions. Led by an instructor who will create a safe and comfortable environment to facilitate participation in introductory-level sessions focused on leisure education and fun for all!

#### Badminton

Want to learn how to play badminton or already love the sport? This free badminton try-it session will focus on inclusion for all and most of all fun.

		FLDH	73190	Fri	Jan 19	6:30-7:30p.m.	Free
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## Track & Field

Want to learn new skills as they relate to track and field activities? This free session will focus on inclusion for all and most of all fun!

FLDH 73191 Fri Feb 16 6:30-7:30p.m. Free			FLDH	73191	Fri	Feb 16	6:30-7:30p.m.	Free
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### Sports Jam

Join us as we combine a variety of sports like soccer, basketball and floor hockey. A variety of sport equipment will be available that can be adapted to meet all skills and abilities.

FLDH	73192	Fri	Mar 15	6:30-7:30p.m.	Free
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#### **Dance Fitness**

Dance Fitness breaks down dance steps and uses basic movements to focus on moving our bodies in a fun new way. This class can be adapted to all skills and abilities.

FLDH	73193	Fri	Apr 19	6:30-7:30p.m.	Free

# Adapted Adult Strength Training

50 years and up

This introductory-level class is geared towards empowering older adults who have disabilities or who experience barriers to accessing recreation. This class will focus on building up core strength while improving balance and mobility. Each class will utilize a variety of equipment and incorporate a bonus activity each week.

NWLC	71891	Fri	Jan 12-Feb 16	10:30-11:30a.m.	\$43.50
	71894	Fri	Mar 1-Mar 22	10:30-11:30a.m.	\$29.00
	71895	Fri	Apr 12-May 17	10:30-11:30a.m.	\$43.50

# Adapted Teen Fitness I AP 13-16 years

This introductory-level class is geared towards empowering young teens who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class includes a cardio warm-up activity, a strength training component, and a specialized fitness activity, and finishing each class with a cool-down stretching component. Each class will utilize a variety of equipment and bonus activities from week to week.

FLDH	71756	Sun	Jan 21-Mar 3	2:30-3:30p.m.	\$45.50
	71758	Sun	Mar 17-Apr 28	2:30-3:30p.m.	\$45.50

# Adapted Walk and Roll Fitness AP

The Adapted Walk and Roll Fitness is for adults who have disabilities or rehabilitating from an injury. In this program, participants will utilize the walking track and equipment twice a week in a relaxed casual setting. This program will provide opportunities for individuals to learn, maintain and improve functional skills as they relate to physical fitness. Dedicated City of Regina staff members will be present at all times to assist with equipment and to keep the good times rolling. The group is encouraged to meet at the cafe in the facility after the program to socialize in a comfortable and safe environment.

FLDH	73058	Tue & Thu	Jan 9-Feb 29	1:00-2:30p.m.	\$56.00
	73058	Tue & Thu	Mar 5-Apr 25	1:00-2:30p.m.	\$56.00
	73058	Tue & Thu	Apr 30-Jun 6	1:00-2:30p.m.	\$42.00

# Adapted Basketball

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. This program will introduce the basic skills of basketball such as passing, shooting, defense, dribbling and game strategy while also learning about the values of teamwork, cooperation and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning basketball. Parent or support person participation is encouraged to assist when needed.

#### 5-7 years

FLDH	71523	Mon	Jan 8-Mar 4	5:30-6:30p.m.	\$58.00
	71644	Mon	Mar 25-May 13	5:30-6:30p.m.	\$58.00
NWLC	72105	Fri	Jan 12-Feb 16	5:30-6:30p.m.	\$43.50
	72439	Fri	Mar 1-Mar 22	5:30-6:30p.m.	\$29.00
	72441	Fri	Apr 12-May 17	5:30-6:30p.m.	\$43.50

#### 8-12 years

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FLDH	71903	Mon	Jan 8-Mar 4	6:30-7:30p.m.	\$58.00
	71928	Mon	Mar 25-May 13	6:30-7:30p.m.	\$58.00
NWLC	72730	Fri	Jan 12-Feb 16	6:30-7:30p.m.	\$43.50
	72734	Fri	Mar 1-Mar 22	6:30-7:30p.m.	\$29.00
	72738	Fri	Apr 12-May 17	6:30-7:30p.m.	\$43.50

# Adapted Soccer AP

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. This program will introduce to the basic skills of soccer and game strategy while also learning about teamwork, cooperation and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning and playing soccer. Parent or support person participation is encouraged to assist when needed.

#### 5-7 years

FLDH	71584	Thu	Jan 11-Feb 29	5-6p.m.	\$58.00
	71767	Thu	Mar 28-May 16	5-6p.m.	\$58.00

# Adapted Sports Jam

Designed for children, youth and teens who are experiencing difficulties with gross motor development and community participation in a group setting. The program will provide children with the opportunity to participate in a variety of non-competitive sports and activities for fun and fitness focusing on various sports like soccer, floor hockey, basketball and cooperative games. Parent or support person participation is encouraged to assist when needed.

#### 5-7 years

FLDH	71574	Tue	Jan 9-Feb 27	5:30-6:30p.m.	\$58.00
	71654	Tue	Mar 26-May 14	5:30-6:30p.m.	\$58.00

#### 8-12 years

NWLC	71560	Sat	Jan 13-Feb 17	4:30-5:30p.m.	\$43.50
	72437	Sat	Mar 2-23	4:30-5:30p.m.	\$29.00
	72438	Sat	Apr 13-May 18	4:30-5:30p.m.	\$43.50
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#### 14-18 years 🎊

NWLC	72753	Sat	Jan 13-Feb 17	3:30-4:30p.m.	\$43.50
	72755	Sat	Mar 2-23	3:30-4:30p.m.	\$29.00
	72758	Sat	Apr 13-May 18	3:30-4:30p.m.	\$43.50

# Inclusive Dance Class IRE AP 5-11 years

Join this dance class for smiles, fun, and something new! This free class is inclusive in nature, and open to all abilities. This program is adapted to meet the diverse needs of children and youth who have disabilities. Instruction is based on a variety of dance culture and movement skills, emphasizing enthusiasm, fun and friendship through the arts with an instructor from Listen to Dis'!

mc	71897	Sat	Jan 20-Mar 23	1-2p.m.	Free
	71898	Sat	Jan 20-Mar 23	2:15-3:15p.m.	Free

# **Adapted Social**

# Sensory-

10-15 years

Join us for this free and inclusive registered program for ages 10–15. The program is designed for youth who would benefit from a sensoryfriendly group setting. The program will promote social interaction, physical movement, and creativity through a variety of recreational activities. This program is a great opportunity for youth of all abilities to try something new. Registration is required and participants must have a Participant Information Form signed by a parent/guardian to attend. The form can be filled out on the first day of the program or found at Regina.ca/freeprograms.

MOC	73054	Thu	Jan 18-Apr 25	6-8:30p.m.	Free

For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.



# **Community Outing Program**

This program is designed for adults (19+) who have disabilities. This weekly program provides an opportunity to get out to explore different spaces, activities, and events happening in Regina. These activities include local sporting events, recreational activities, and social gatherings. City staff will be present and meet everyone at the designated location for the week, but they are unable to assist with personal care. If 1 on 1 assistance is required, we kindly ask that you bring a support person to assist. Arranging transportation to and from each designated outing will be done independently.

The first session on January 12th will be located at the **Mitakuyé Owâs'ā Centre**. The full schedule with all of the outing locations and details will be provided on this date.

MOC	71922	Fri	Jan 12-Mar 8	7-9p.m.	Free
After	noon			10	un al com

# Afternoon Make Area 18 years and up Adult Program

Designed for individuals who have disabilities to come together for a free program focused on functional fitness, socialization, and fun. This program welcomes adults of all ages and will provide family/ caregivers an opportunity for respite. Participants are welcome to bring in creative projects or their favorite game or activity.

MOC         73056         Tue,Thu         Jan 23-Jun 6         2-5p.m.         Free	6 Tue,Thu Jan 23-Jun 6 2-5p.m.	MOC	hu Jan 23-Jun 6 2-8	Tue,Thu	MOC	
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# **Inclusive Drop-in Gym Time**

Everyone is welcome for this drop-in gym time\*. Come and have fun while reaching your fitness goals! City of Regina Staff will be on-site to assist with all recreational needs and with accessing adapted sport and fitness equipment. For more information, please email socialinclusionprograms@regina.ca

North West Leisure Centre Jan 14-Jun 9, 2024 Sundays 6:15-8:15 p.m. FREE **Fieldhouse** Jan 11-Jun 6, 2024 Thursdays 6:30-8:30 p.m. **General Admission** 

\*Children under 12 require adult supervision.

See full details at Regina.ca/dropin



The Affordable Access Program provides Regina residents with financial barriers the opportunity to access City of Regina recreation facilities as well as arts, culture, recreation, and leisure programs at discounted rates.

Once approved for the Affordable Access Program, the discount can apply to Leisure Passes, single admissions, registered programs, and transit passes.

#### For more information, eligibility, or an application form:

- Visit Regina.ca Visit a major facility
- Call 306-777-PLAY (7529)

Transit passes must be purchased from the Transit Information Centre (2124 11th Avenue)

Regina.ca/affordablefun



🖌 REGINA

# Inclusion **Support Service**

A new, free, City service offered to anyone (ages 5 and up) experiencing barriers to recreation. This service offers support for residents to better engage in meaningful recreation & leisure opportunities offered by the City of Regina.

### The Inclusion Support Services offers support to those who may need help with:

- 💋 Finding suitable programs
- Overcoming barriers to participation
- Navigating resources needed for recreation

The service also offers Leisure Companions, who will provide direct support to individuals during programs for:

- Program & equipment adaptions
- Emotional/social companionship
- Cognitive & behavioural support

# **How to Access**

**Step. 1:** 

Get in Touch

Complete and return a "Getting to Know You" form, available on Regina.ca or in person at a City of Regina Major Recreation Facility.

# Step 2: Meet with us

We will review your application to see how we can best help you. If eligible, you will be contacted to meet with the Inclusive Recreation Advisor



Together, we will create a plan to best meet your recreation needs and goals.



You'll engage in recreation that is suitable and enjoyable for you (with support as necessary).

For more information about this service please contact:

🖂 inclusionsupport@regina.ca

**C** 639-590-8895





# **Registered Preschool Programs**

### Legend

FLDH – Fieldhouse NBAC – Neil Balkwill Civic Arts Centre NWLC – North West Leisure Centre

### **Fine Arts**

### **Creative Beginnings**

4-6 years

This class is packed with all things creative! We will read stories, play both indoor and outdoor games, sing songs, play musical instruments, dance, paint, do sensory play, color, improv acting, study live nature, draw, you name it! Activities are geared to assist with the development of motor skills, encourage imagination and play.

NBAC	71404	Wed	Jan 17-Mar 6	10:30a.m12p.m.	\$110.00
	71457	Wed	Apr 10-May 29	1-2:30p.m.	\$110.00

### **Garden Surprises**

### 3-5 years

3-5 years

Using our courtyard as well as the studio preschoolers and Kinders will explore spring and garden activities! Projects will range from making items for your garden such as wind chimes, bird feeders, and wind spinners to bringing gardens indoors with sun catchers, and paper and rock gardens. A fairy teacup garden will be a final project.

NBAC	71467	Tue	May 7-28	9-10:30a.m.	\$68.00
	71468	Tue	May 7-28	1-2:30p.m.	\$68.00

### Recreation

### **Surprise Activity and Swim**

Participate in a flexible laid-back class involving a fun, surprise activity and swim! In the first part of the class kids will enjoy either crafts, sports, story telling, activities and games. Each day will be a surprise! While the second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

NWLC	72980	Fri	Jan 12-Feb 9	2:30-3:35p.m.	\$44.25
	71875	Fri	Feb 16-Mar 22	2:30-3:35p.m.	\$44.25
	72981	Fri	Apr 12-May 10	2:30-3:35p.m.	\$44.25
	72982	Fri	May 17-Jun 7	2:30-3:35p.m.	\$35.40

### Sports

### Parent & Tot Basketball

3-5 years

Parents and tots will enjoy learning basic Basketball skills together. Fun developmental games and activities will also be taught in a nongame based and non-competitive environment.

FLDH	71639	Fri	Jan 5-Mar 8	5-6p.m.	\$50.75
	71831	Fri	Apr 5-May 10	5-6p.m.	\$43.50

### Parent & Tot Floor Hockey

3-5 years

This program is a great way for parents and tots to bond and have fun learning and playing Floor Hockey. Basic floor Hockey skills combined with fun developmental games and activities will be taught in a non-game based and competitive environment.

FLDH	71640	Fri	Jan 5-Mar 8	6-7p.m.	\$43.50
	71842	Fri	Apr 5-May 10	6-7p.m.	\$43.50

### Parent & Tot Soccer

3-5 years

Parents and tots will enjoy learning basic soccer skills together. Basic soccer skills combined with fun developmental games and activities will be taught in a non-game based and non-competitive environment.

FLDH	71522	Mon	Jan 8-Mar 4	4:30-5:30p.m.	\$58.00
	71643	Mon	Mar 25-May 13	4:30-5:30p.m.	\$58.00

### Parent & Tot Sports Jam

3-5 years

All sorts of sports and activities for you and your tot! In a non-game based environment parents and tots will play a different activity or sport every week.

FLDH	71572	Tue	Jan 9-Feb 27	4:30-5:30p.m.	\$58.00
	71671	Tue	Mar 26-May 14	4:30-5:30p.m.	\$58.00
NWLC	71561	Thu	Jan 11-Feb 15	5:15-6:15p.m.	\$43.50
	72435	Thu	Feb 29-Mar 28	5:15-6:15p.m.	\$36.25
	72436	Thu	Apr 11-May 16	5:15-6:15p.m.	\$43.50

# **Registered Child And Youth Programs**

### Legend

**CRNC – Core Ritchie Neighbourhood Centre** FLDH – Fieldhouse **GNC – Glencairn Neighbourhood Centre** MOC – Mitakuyé Owâs'ā Centre NBAC – Neil Balkwill Civic Arts Centre NWLC – Northwest Leisure Centre SSLC – Sandra Schmirler Leisure Centre

### **Fine Arts**

### 3D Printing and Design 1

8-16 years

Do you want to learn how to create your very own 3D design and print it too? If 3D printing and designing interest you, then come join this awesome class. Learn how to design and print your very own ideas - anything you can think of we will help make a reality with our 3D printer. Students must supply their own laptops or iPad.

NBAC	71391	Sat	Jan 20-Mar 16	9:30-10:30a.m.	\$95.00
	71448	Sat	Apr 13-Jun 8	9:30-10:30a.m.	\$95.00

### 3D Printing and Design 2

Do you want to continue to learn more about 3D printing and design? This class will teach you new design skills and more hands-on work with the 3D printers. Students must supply their own laptop or iPad. Prerequisite: 3D Printing and Design 1 or equivalent experience.

NBAC	71392	Sat	Jan 20-Mar 16	11a.m12p.m.	\$95.00
	71449	Sat	Apr 13-Jun 8	11a.m12p.m.	\$95.00

### A Nightmare Before Art Class 12-16 years

Beloved characters from animated films including The Nightmare Before Christmas will be the source of inspiration for this class. Portions of animated films will be explored as they delve into imaginary worlds through art creations in their sketchbooks, on canvas, and in sculpture.

NBAC	71393	Sun	Jan 21-Mar 17	3-4:30p.m.	\$98.00
Abstract Art for Teens				12	16 voare

### DSTRACT ART FOR TEENS

12-16 years

12-16 years

Do you like abstract art but do not understand it? Perhaps you want to create your own abstract works but do not know where to begin. This class will introduce you to abstract and nonobjective art and show you how to apply it to a variety of art projects. No experience necessary.

NBAC 71450 Sat Apr 13-Jun 8 1-2:30p.m. 5	\$95.00
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### Acrylics for Teens

Have fun learning new techniques and creating amazing art pieces using acrylic paint. Explore composition, colour mixing and brush techniques. No previous experience necessary.

NBAC	71530	Wed	Jan 17-Mar 6	7-8:30p.m.	\$95.00
	71653	Wed	Apr 10-May 29	7-8:30p.m.	\$95.00

### Adventures in Art for **Homeschoolers 1**

6-8 years

This course has been designed for, but not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor!

NBAC	71395	Thu	Jan 18-Mar 7	10a.m12p.m.	\$125.00
	71451	Thu	Apr 11-May 30	10a.m12p.m.	\$125.00

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8-12	2 vears	

### Adventures in Art for Homeschoolers 2

This course has been designed for, but is not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor! Note this is level 2 and subject matter will be more advanced.

NBAC	71396	Thu	Jan 18-Mar 7	1-3p.m.	\$125.00
	71452	Thu	Apr 11-May 30	1-3p.m.	\$125.00

### **Art Exploration**

### 8-12 years

Explore the work of various artists and styles throughout history and then create your own unique artworks. Take your art to the next level and develop further skills in colour theory, perspective, blending, light, shadows, and values. Experiment with several art mediums such as graphite pencils, watercolours, watercolour pencils, acrylics, and pastels. You will also learn colour theory through blending and devising a colour wheel.

NBAC	71397	Sat	Jan 20-Mar 16	12:30-2:30p.m.	\$125.00
	71453	Sat	Apr 13-Jun 8	12:30-2:30p.m.	\$125.00

### **Art Sampler**

### 6-9 years

Drawing, watercolour, tempera, sculpture, chalk, and oil pastels, try them all and more in our fun-filled, lighthearted class! This is the perfect class for young, budding artists to create a lifelong passion and solid foundation for visual art.

NBAC	71399	Sat	Jan 20-Mar 16	9:30-11:30a.m.	\$125.00
	71455	Sat	Apr 13-Jun 8	9:30-11:30a.m.	\$125.00

### Beginner Arduino

### 12-16 years

11-15 years

Unlock the exciting world of electronics and programming with this introduction to Arduino, a course designed specifically for youth. This hands-on, beginner-friendly course will take you on a journey into the heart of microcontrollers, sensors, and creative problem-solving.

NBAC	71535	Tue	Jan 16-Mar 5	7-9p.m.	\$120.00
	71642	Tue	Apr 9-May 28	7-9p.m.	\$120.00

### Beginner Embroidery

Students will learn a variety of basic embroidery stitches, how to follow an embroidery pattern, and will be given the creative freedom to create their own works of embroidery art.

NBAC	71533	Thu	Jan 18-Mar 7	7-8p.m.	\$82.00
	71694	Thu	Apr 11-May 30	7-8p.m.	\$82.00

### **Comics for Kids**

Write and draw your very own comics to share with your friends! Learn to draw characters, backgrounds, and special effects!

NBAC	71403	Sat	Jan 20-Mar 16	1-2:30p.m.	\$98.00
	71456	Sat	Apr 13-Jun 8	3-4:30p.m.	\$98.00

### Creative Art Therapy

### 8-11 years

8-13 years

This engaging class will help support the health and well-being of children and youth by using music, art, and play. It can help to build problem-solving skills, improve self-esteem and self-awareness, strengthen relationships, and advance social skills.

NBAC	71916	Sat	Apr 13-Jun 8	3-4:30p m	\$105.00
NDAU	11310	Juli		0-4.000.00	ψ100.00

# 9-13 years Drawing and Colouring Adventure

Come celebrate the act of drawing and colouring through a variety of fun and imaginative exercises. Classic mediums like pencils and crayons will be mixed with markers, pencil crayons, pastels, and watercolour to create unique artwork which may be realistic, imagined, or abstract. No experience is required.

NBAC	71406	Sat	Jan 20-Mar 16	11a.m12:30p.m.	\$98.00
	71892	Sat	Apr 13-Jun 8	9-10:30a.m.	\$98.00

### Drawing Awesome Environments

9-13 years

6-10 years

Learn to draw all kinds of places, including room interiors, street scenes, and landscapes. Practice 3-D drawing techniques, including linear and atmospheric perspective, worms' eye and birds' eye views, light, shadow, and realistic details! Sketchbook required.

NBAC         71812         Sat         Apr 13-Jun 8         10-11a.m.         \$82.00
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### Drawing Mythological Creatures 9-14 years

Learn to draw creatures and characters from stories around the world such as hydras, fairies, chimera, and dragons alongside Kirin, mermaids, and the Valkyrie. Draw scales, fur, people, animals or all of them together! All levels of drawing experience are welcome!

NBAC	71407	Sun	Jan 21-Mar 17	3-4:30p.m.	\$95.00
	71459	Sat	Apr 13-Jun 8	1-2:30p.m.	\$95.00

### Drawing Stories

### 7-12 years

Do you love to draw and tell stories? Learn to draw characters in places and doing things! Create stories with a beginning, middle, and end! Make your own comics and picture books with awesome colour illustrations! Sketchbook required.

NBAC	71408	Sat	Jan 20-Mar 16	10-11a.m.	\$82.00
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### Easy Sewing - Fun Felt Friends 10-15 years

A class for new and beginner stitchers. Learn two easy stitches and simple patterns to sew an adorable animal character with colourful felt and embroidery thread.

NBAC	71558	Sun	Jan 14	1-4p.m.	\$35.00
	71460	Sun	Apr 7	1-4p.m.	\$35.00

### Embroidery: Next Level

11-15 years

Students will need to have taken Beginner Embroidery or have some experience with basic embroidery stitches. Students will continue to build skills, learn a wider variety of stitches, follow an embroidery pattern, and be given the creative freedom to create their own works of embroidery art.

NBAC	71534	Mon	Jan 15-Mar 11	7-8p.m.	\$82.00
	71695	Mon	Apr 8-Jun 3	7-8p.m.	\$82.00

### Fairy Tale Fun

### 6-10 years

Learn basic storytelling elements and write your own fairy tale. Create a story and have the chance to share it with some new friends!

NBAC	71556	Sat	Jan 13	1-2:30p.m.	\$20.00
	71462	Sat	Apr 6	1-2:30p.m.	\$20.00

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### **Fantastic Friends Drawing**

Learn to draw everything from knights, dinosaurs, and jaguars to haunted houses, rocket ships, and fairy forests! Each week will focus on a different class decided theme.

NBAC	71553	Sun	Jan 21-Mar 17	1-2:30p.m.	\$98.00
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### Fantasy and Science Fiction Art 12-16 years

This class allows students the opportunity to explore themes ranging from dragons to aliens and wizards to robots, through a variety of mediums. Classical art techniques including painting and sculpture will be introduced to allow the student's creations to go beyond the sketchbook.

	NBAC	71543	Sat	Jan 20-Mar 16	1-2:30p.m.	\$95.00
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### Flowers, Food and Fashion 13-18 years

The title of this class says it all, but the potential is endless. You will draw, paint, and create works of art inspired by the diverse potential of flowers, food and fashion as all your senses will be required for this class

NBAC	71893	Sun	Apr 14-Jun 9	3-4:30p.m.	\$95.00

### From Oz to Wonderland

Take a trip into the pages of fantasy and imagination as we create art inspired by such creative works as Alice In Wonderland, The Wizard of Oz, and more. No experience in art is necessary, only enthusiasm.

NC	71890	Sun	Apr 14-Jun 9	1-2:30p.m.	\$95.00

### Game Design

NBA

9-14 years

Make your own card games, board games, and role-playing games. We'll play-test our storytelling and fantasy adventure games together, then make changes to take home a finished, playable game!

NBAC	71412	Sat	Jan 20-Mar 16	2-4p.m.	\$115.00
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### Game Design 2

9-15 years

Level up your game designs! Learn some advanced tabletop game design techniques, including tileset and action economy boardgames, deck building card games, and role-playing games "powered by the apocalypse". Create and playtest your own original tabletop game idea!

### NBAC 71830 Sat Apr 13-Jun 8 2-4p.m.

### Illustration for Teens

13-18 years

6-9 vears

\$115.00

Bring your favourite stories to life with fun illustration techniques. Learn watercolour, ink, pencil, pencil crayon, and mixed media methods to create many exciting and gripping moments of fiction.

NBAC	71557	Sat	Jan 20-Mar 16	3-4:30p.m.	\$95.00
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### Inspiring Art for Young Minds!

Designed to be easy to follow, children will embark on a creative journey filled with fun and imagination. With step-by-step instructions and engaging activities, they will learn fundamental drawing techniques such as shading, blending, and creating textures, while exploring a variety of themes including animals, nature, fantasy worlds, and their favorite storybook characters. Get ready for a colorful and enjoyable experience that will ignite their artistic passion!

NBAC	71588	Sat	Jan 20-Mar 16	3-4:30p.m.	\$100.00
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### Manga 1

This class starts manga comic artists off with the basics. Explore line drawing with a pencil or pen and learn the basics of drawing figures, faces, and perspective. Then turn your sketches into inked drawings and finally into a finished comic book page. Sketchbook required.

NBAC	71531	Sat	Jan 20-Mar 16	12-1:30p.m.	\$95.00
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### Manga 2

### 9-16 years

9-14 years

Take your manga and comics drawing to the next level. Improve vour human and monster characters with foreshortening and facial expressions, and improve your backgrounds with texture, shading, and special effects. Develop a short comic story and choose your own drawing challenges to focus on. Some previous comics or manga drawing experience required.

NBAC	71785	Sat	Apr 13-Jun 8	12-1:30p.m.	\$95.00
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### Mask Making Adventures MEW

8-13 years

Unlock your child's creative potential with this mask making class. In this easily accessible, hands-on program, students are encouraged to explore their creativity as they design and decorate their masks. Whether they aspire to become a mythical creature, a superhero, or invent something entirely unique, this class will provide an excellent canvas for their imagination to flourish.

		NBAC	71909	Sat	Apr 13-Jun 8	3-4:30p.m.	\$103.00
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### Octopus's Garden

### 8-12 years

Explore your imagination in the world of aquatic and garden life. Through the fusion of landscapes and seascapes, you will be able to experiment with a variety of creative scenarios and try out a range of art materials. Scenes in the sky and outer space will also be explored.

		NBAC	71542	Sun	Jan 21-Mar 17	1-2:30p.m.	\$100.00
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### Paper People Party

### 7-10 vears

10-14 years

Create cardstock characters and design them a set of paper costumes! Use your imagination or a premade cutout!

NBAG	71555	Sat	Jan 13	3-4:30p.m.	\$23.00
	71486	Sat	Apr 6	3-4·30p m	\$23.00

### Roblox Coding for NEW Beginners

Take a vacation away from your Brookhaven home and learn how to create your own Roblox Map or Game using a basic scripting language, Lua, and Roblox Studio. This is a Roblox Coding class for beginners.

NBAC	71526	Sat	Jan 20-Mar 16	1-2p.m.	\$90.00
	71641	Sat	Apr 13-Jun 8	1-2p.m.	\$90.00

### Watercolour for Teens

### 12-16 years

Create beautiful watercolour paintings in this fun lighthearted class. Learn or enhance basic sketching techniques, composition, colour theory, and brush strokes. No previous experience is necessary.

NBAC	71529	Tue	Jan 16-Mar 5	7-8:30p.m.	\$95.00
	71494	Tue	Apr 9-May 28	7-8:30p.m.	\$95.00

9-14 vears

10-14 years

### Watercolour Wonderland

14-18 years

6-10 years

Explore the use of watercolour paints in creating whimsical worlds combining imagination and elements from real life.

	NBAC 71896	Sun	Apr 14-Jun 9	1-2:30p.m.	\$100.00	
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### World of Crayons, Markers and Pastels

Crayons, markers, and pastels are found in many children's art supplies, but over time they can seem juvenile, disposable, or just boring. This class will push the boundaries and limits of your art supplies - come explore a variety of new ways to create exciting and original works of art.

NBAC	71541	Sat	Jan 20-Mar 16	9-10:30a.m.	\$98.00
	71499	Sat	Apr 13-Jun 8	11a.m12:30p.m.	\$98.00

### Youth Art Program

10-15 years

This Winter at Mitakuyé Owâs'ā Centre and Glencairn Neighbourbood Centre, we are working with a local Indigeno

Neighbourhood Centre, we are working with a local Indigenous artist to provide an art class for youth aged 10-15. Registration is required, all supplies will be provided.

MOC	71520	Sat	Feb 3-Apr 20	3-5p.m.	Free
GNC	71521	Tue	Jan 30-Apr 16	5:30-8:30p.m.	Free

### Sports

### Badminton – Kids (Beginner) 11-15 years

This class will be an introduction to the basic skills and game play of Badminton including; learning footwork, underhand strokes, overhand strokes, serving and scoring. Participants will be able to practice and review a variety of skills each week.

NWLC	71552	Sun	Jan 14-Feb 18	9:15-10:15a.m.	\$43.50
	72424	Sun	Mar 3-Mar 24	9:15-10:15a.m.	\$29.00
	72426	Sun	Apr 14-May 19	9:15-10:15a.m.	\$43.50

### **Badminton – Kids**

### 5-7 years

This class will teach the basics of Badminton such as footwork, overhand and underhand strokes, serving and scoring.

FLDH	71631	Sat	Jan 6-Mar 2	1-2p.m.	\$58.00
	71796	Sat	Mar 30-May 18	1-2p.m.	\$58.00

### **Badminton – Junior**

8-12 years

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about the basics of the sport such as proper footwork, serves and returns, net shots, back shots, scoring and other important Badminton skills all while having fun playing the game.

FLDH	71632	Sat	Jan 6-Mar 2	2-3p.m.	\$58.00
	71622	Mon,Wed	Jan 8-Jan 31	5-6p.m.	\$58.00
	71624	Mon,Wed	Jan 8-Jan 31	6-7p.m.	\$58.00
	71626	Tue,Thu	Jan 9-Feb 1	5-6p.m.	\$58.00
	71628	Fri	Jan 12-Mar 8	5-6p.m.	\$58.00
	71635	Mon,Wed	Feb 5-Mar 4	5-6p.m.	\$58.00
	71636	Mon,Wed	Feb 5-Mar 4	6-7p.m.	\$58.00

FLDH	71637	Tue,Thu	Feb 6-Feb 29	5-6p.m.	\$58.00
	71788	Mon,Wed	Mar 25-Apr 17	5-6p.m.	\$58.00
	71789	Mon,Wed	Mar 25-Apr 17	6-7p.m.	\$58.00
	71790	Tue,Thu	Mar 26-Apr 18	5-6p.m.	\$58.00
	71797	Sat	Mar 30-May 18	2-3p.m.	\$58.00
	71792	Fri	Apr 5-May 17	5-6p.m.	\$50.75
	71814	Mon,Wed	Apr 29-May 22	6-7p.m.	\$58.00
	71813	Mon,Wed	Apr 29-May 22	5-6p.m.	\$58.00
	71817	Tue,Thu	Apr 30-May 28	5-6p.m.	\$58.00

### Badminton - Junior (Intermediate) 11-14 years

In this class, participants will review their Badminton skills before moving into more advanced game play. Participants will have the opportunity to work on techniques such as; footwork, underhand strokes, overhand strokes, serving, shot making, and game strategy. Games of singles and doubles will also be played in this class.

NWLC	71551	Sun	Jan 14-Feb 18	10:30-11:30a.m.	\$43.50
	72428	Sun	Mar 3-Mar 24	10:30-11:30a.m.	\$29.00
	72430	Sun	Apr 14-May 19	10:30-11:30a.m.	\$43.50

### **Badminton – Teens**

13-15 years

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about the basics of the sport such as proper footwork, serves and returns, net shots, back shots, scoring and other important Badminton skills all while having fun playing the game.

FLDH	71633	Sat	Jan 6 – Mar 2	5-6p.m.	\$58.00
	71627	Tue,Thu	Jan 9-Feb 1	6-7p.m.	\$58.00
	71638	Tue,Thu	Feb 6-Feb 29	6-7p.m.	\$58.00
	71791	Tue,Thu	Mar 26-Apr 18	6-7p.m.	\$58.00
	71799	Sat	Mar 30-May 18	5-6p.m.	\$58.00
	71829	Tue,Thu	Apr 30-May 28	6-7p.m.	\$58.00

### **Basketball Kids**

### 5-7 years

Through this program, children will learn the basics of basketball in a fun, and non-competitive environment. Drills, scrimmages will also be included.

FLDH	71576	Tue	Jan 9-Feb 27	6-7p.m.	\$58.00
	71577	Tue	Jan 9-Feb 27	7-8p.m.	\$58.00
	71582	Thu	Jan 11-Feb 29	4:30-5:30p.m.	\$58.00
	71691	Tue	Mar 26-May 14	6-7p.m.	\$58.00
	71692	Tue	Mar 26-May 14	7-8p.m.	\$58.00
	71739	Thu	Mar 28-May 16	4:30-5:30p.m.	\$58.00

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### Basketball Fundamental Development

This program will continue building and honing basketball fundamental skills such as passing, shooting, and dribbling. Game strategy and teamwork will also be given emphasis, a great way to increase skill level in playing basketball.

CRNC	71908	Sat	Jan 13-Mar 2	9-10a.m.	\$58.00
	71910	Sat	Jan 13-Mar 2	10-11a.m.	\$58.00
	71911	Sat	Mar 16-May 11	9-10a.m.	\$58.00
	71912	Sat	Mar 16-May 11	10-11a.m.	\$58.00
FLDH	71571	Mon	Jan 8-Mar 4	7:30-8:30p.m.	\$58.00
	71614	Fri	Jan 5-Mar 8	5-6p.m.	\$50.75
	71615	Fri	Jan 5-Mar 8	6-7p.m.	\$43.50
	71652	Mon	Mar 25-May13	7:30-8:30p.m.	\$58.00
	71769	Fri	Apr 5-May10	5-6p.m.	\$43.50
	71771	Fri	Apr5-May10	6-7p.m.	\$43.50
NWLC	72106	Sat	Jan 13-Feb 17	11:30a.m 12:30p.m.	\$43.50
	72442	Sat	Mar 2-Mar 23	11:30a.m 12:30p.m.	\$29.00
	72443	Sat	Apr 13-May 18	11:30a.m 12:30p.m.	\$43.50

### Basketball – Advanced

8-12 years

10-14 years

This program will hone further the participants' fundamental knowledge and skills in Basketball such as, passing, shooting, defense, dribbling and game strategy through intensive coaching, drills and training and by playing actual games.

FLDH	71570	Mon	Jan 8-Mar 4	6:30-7:30p.m.	\$58.00
	71651	Mon	Mar 25-May13	6:30-7:30p.m.	\$58.00

### Fitness, Health & Wellness Yoga 8-13 years

Build healthy habits in your kids! Our youth yoga class is designed to inspire and engage young participants. This 60-minute class is open to youth aged 8-13 years. We'll move, bend and stretch while learning fun-filled yoga poses, easy breathing exercises and soothing relaxation techniques. Explore beginner yoga poses and unite in body, mind and spirit.

NWLC         73100         Sat         Mar 2-Mar 23         12:15-1:15p.m.         \$27.60
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### Floor Hockey – Kids

5-7 years

This program is for children who are interested in learning and developing floor hockey skills while playing a variety of fun games in a non-competitive environment.

FLDH	71616	Sun	Jan 7-Feb 25	6-7p.m.	\$58.00
	71773	Sun	Mar 31-May 19	6-7p.m.	\$58.00



(pronounced mee-taulk-ooh-yay Ooo-wazs-ay Centre)

Regina's newest Neighbourhood Centre is now open at 1770 Halifax Street!



See the Rental Information section of the Leisure Guide or Regina.ca for a list of amenities and how to rent space.



### Football – Kids

8-10 vears

This program is for kids to develop football skills, such as passing, catching, and kicking, along with defensive skills.

FLDH	71569	Wed	Jan 10-Feb 28	4:30-5:30p.m.	\$58.00
	71650	Wed	Mar 27-May 15	4:30-5:30p.m.	\$58.00

### Go Girls Sports Jam

Girls only! Participate in a variety of non-competitive sports and activities for fun and fitness. This program will focus on a different activity or sport every session such as soccer, badminton, and track & field. Taught by a female instructor.

### 5-7 vears

FLDH	71580	Thu	Jan 11-Feb 29	4:30-5:30p.m.	\$58.00
	71707	Thu	Mar 28-May 16	4:30-5:30p.m.	\$58.00

### 8-12 years

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FLDH	71581	Thu	Jan 11-Feb 29	5:30-6:30p.m.	\$58.00
	71711	Thu	Mar 28-May 16	5:30-6:30p.m.	\$58.00

### Indigenous Youth Employment 14-18 years Program

An opportunity for Indigenous youth, ages 14-18, to grow leadership and life skills for adulthood. Participants will gain experiences through volunteer work and group activities, all blended with traditional Indigenous teachings. Additionally, participants will receive certification in First Aid CPR-C/AED. By the end of the program, youth will leave with a toolbox of skills, meaningful experiences and a guaranteed interview for a cashier or casual rec worker position.

### Winter

MOC	71518	Tue-Wed	Jan 30-Feb 28	4-7p.m.	\$75.00			
Spring								
MOC	71519	Tue-Wed	Mar 12-Apr 10	4-7p.m.	\$75.00			

### Lacrosse - Kids

5-7 years

This class teaches basic Lacrosse skills and rules. Drills and teamwork and other exercises will be included.

FLDH	71579	Wed	Jan 10-Feb 28	5:30-6:30p.m.	\$58.00
	71706	Wed	Mar 27-May 15	5:30-6:30p.m.	\$58.00

### Soccer Kids

This class teaches basic skills and rules. Drills, teamwork, and scrimmages will be included. Wear shorts and soccer shin pads.

### 5-7 years

FLDH	71524	Mon	Jan 8-Mar 4	5-6p.m.	\$58.00
	71645	Mon	Mar 25-May 13	5-6p.m.	\$58.00

### 8-12 years

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FLDH	71568	Tue	Jan 9-Feb 27	4:30-5:30p.m.	\$58.00
	71649	Tue	Mar 26-May 14	4:30-5:30p.m.	\$58.00

# Adapted Art & Sport Programs

The City of Regina is expanding our Adapted Art, Sport and Fitness programs to better serve those with diverse abilities! The adapted sport and fitness classes will allow individuals to learn, maintain and improve functional skills as they relate to physical wellness. The adapted art classes will focus on fun, creativity, and inclusion for all while exploring a variety of mediums and styles.

For more information about these exciting new art, fitness and sport programs please email socialinclusionprograms@regina.ca or search Adapted Programs on Regina Recreation Online.

We kindly ask that individuals requiring one-on-one support/ assistance please bring an attendant/support person.

**REGINA** 

**Regina.ca/inclusiveprograms** 

### **Sports Jam**

Participate in a variety of non-competitive sports and activities for fun and fitness. This program will focus on a different activity or sport each session such as soccer, badminton, track & field, and cooperative games.

### 5-7 years

NWLC	71562	Mon	Jan 8-Feb 12	7:15-8:15p.m.	\$43.50
	72433	Mon	Feb 26-Mar 25	7:15-8:15p.m.	\$36.25
	72434	Mon	Apr 8-May 13	7:15-8:15p.m.	\$43.50

8-12 years

FLDH	71575	Tue	Jan 9-Feb 27	5:30-6:30p.m.	\$58.00
	71673	Tue	Mar 26-May 14	5:30-6:30p.m.	\$58.00

### Intro To Table Tennis

Participants will learn basic skills in Table Tennis such as gripping, serving, footwork and scoring. Rules in playing the sport will also be taught.

### Junior 8-12 years

FLDH	71752	Mon,Wed	Jan 15-Feb 7	6-7p.m.	\$58.00
	71754	Mon,Wed	Feb 12-Mar 6	6-7p.m.	\$58.00
	71849	Mon,Wed	Mar 25-Apr 17	6-7p.m.	\$58.00
	71861	Mon,Wed	Apr 22-May 15	6-7p.m.	\$58.00

### Teens 13-15 years

FLDH	71753	Mon,Wed	Jan 15-Feb 7	7-8p.m.	\$58.00
	71755	Mon,Wed	Feb 12-Mar 6	7-8p.m.	\$58.00
	71851	Mon,Wed	Mar 25-Apr 17	7-8p.m.	\$58.00
	71862	Mon,Wed	Apr 22-May 15	7-8p.m.	\$58.00

### Tennis – Kids & Junior

1/2 Court Orange Ball. Low compression balls and a smaller court are used to give players more time and control to learn the necessary technique and skill needed to advance their game to full court tennis.

### Kids - Level 1 8-10 years

FLDH	71618	Sun	Jan 7-Feb 25	10-11a.m.	\$43.50
	71776	Sat	Mar 30-May 11	10-11a.m.	\$50.75
	71783	Sun	Mar 31-May 19	10-11a.m.	\$58.00

### Junior - Level 1 11-13 years

FLDH	71619	Sun	Jan 7-Feb 25	11a.m12p.m.	\$43.50
	71779	Sat	Mar 30-May 11	11a.m12p.m.	\$50.75
	71786	Sun	Mar 31-May 19	11a.m12p.m.	\$58.00

### Volleyball – Elementary

7-10 years

Learn to play volleyball or sharpen your skills for the upcoming season by participating in a co-ed volleyball program that teaches skill development in bumping, setting, serving and more.

FLDH	71585	Sun	Jan 7-Mar 3	7-8p.m.	\$58.00
	71768	Sun	Mar 31-May 19	7-8p.m.	\$58.00

### Volleyball – Skill Development

8-12 years

Learn to play volleyball or sharpen your skills for the upcoming season by participating in a co-ed volleyball program that teaches skill development in bumping, setting, serving and more.

FLDH	71573	Tue	Jan 9-Feb 27	5-6p.m.	\$58.00
	71672	Tue	Mar 26-May 14	5-6p.m.	\$58.00

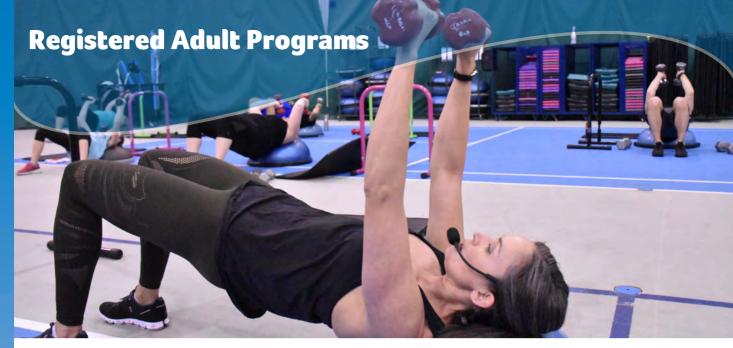
### Yoga – Youth

### 8-13 years

Build healthy habits in your kids! Our youth yoga class is designed to inspire and engage young participants. This 60-minute class is open to youth aged 8-13 years. We'll move, bend and stretch while learning fun-filled yoga poses, easy breathing exercises and soothing relaxation techniques. Explore beginner yoga poses and unite in body, mind and spirit.

NW	LC	72473	Sat	Jan 13-Feb 17	3:15-4:15pm	\$41.40
		73101	Sat	Apr 13-May 18	3:15-4:15pm	\$41.40
		73100	Sat	Mar 2-Mar 23	3:15-4:15p.m.	\$27.60





### Legend

FLDH – Fieldhouse LAC – Lawson Aquatic Centre NBAC – Neil Balkwill Civic Arts Centre NWLC – North West Leisure Centre SSLC – Sandra Schmirler Leisure Centre

### **Material Fees**

Materials may be provided for some classes. If so, the cost of materials will be included with the registration fee. Otherwise, lists of materials for students to purchase are provided on your registration receipt. Please call the Neil Balkwill Civic Arts Centre at 306-777-PLAY (7529) for more information.

### Fine Arts – Drawing & Painting

### 3D Modelling and Printing

15 years and up

Are you interested in 3D printing? Have you ever had to throw out an item because a small plastic part was broken and unavailable? 3D printing may be able to replicate the part. This class will cover basic 3D modeling skills and 3D printing. Students will be required to provide their own laptop computer.

NBAC	71439	Thu	Jan 18-Mar 7	7-9p.m.	\$140.00
	71447	Thu	Apr 11-May 30	7-9p.m.	\$140.00

### **Alcohol Ink**

### 15 years and up

Explore the amazing and vibrant world of Fluid Art with alcohol ink! Learn all the tips and tricks of this dynamic medium to create beautiful and unique works of art. Let go and the inks will flow! Your instructor is a pioneer in teaching this medium in our city and will guide the way. No previous experience is required.

NBAC 71525 We	d Jan 17-Mar 6	7-9p.m.	\$145.00
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### Art Odyssey

### 15 years and up

Get ready to explore and take a journey into art! This course is the perfect way to jumpstart your creativity. Multiple mediums such as acrylics, watercolor, alcohol ink, printmaking, oil pastel and more will be used. Relax in the processes and join an adventure of discovery.

### NBAC 71454 Wed Apr 10-May 29 7-9p.m. \$140.00

### Café Sketchbook Tour

15 years and up

Learn different sketchbook techniques to capture ideas for later inspiration. We will visit different coffee houses in Regina to sketch indoors or on their outdoor patios - weather permitting. Students will meet at the Neil Balkwill Centre on the first day then go to the Mercury Café on 13th Avenue. Subsequent locations will be discussed at each class.

NBAC 71901 Wed-Thu May 8-May 23 1-4p.m. \$125.00

### Colour Schemes

### 15 years and up

The sky doesn't have to be blue! Let's explore colour schemes and how they can affect the mood of a work of art. We will cover colour theory and practice mixing, then repaint quick acrylic sketches choosing various colour schemes to see the effect on our subject.

NBAC	71587	Tue-Wed	Jan 16-Jan 31	9a.m12p.m.	\$125.00

### Commercial Portraiture

15 years and up

This course is designed for students who would like to take commissions, produce, and sell portraits. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to complete a human portrait by the end of the course.

NBAC 719	923 Tue	Apr 9-May 28	7-9p.m.	\$115.00
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# Connections

### 55 years and up

15 years and up

In this class, seniors will participate in art activities that enhance memory recall and sensory stimulation, while also promoting reminiscence and emotional support. The inclusion of group interactions will encourage participants to view things from unique perspectives and provide motivation for continued engagement.

### NBAC 71915 Fri Apr 12-May 31 10a.m.-12p.m. \$125.00

### **Drawing for Seniors** 55 years and up

Explore drawing and art theory from masters past and present. Establish sound drawing technique and appreciate value, perspective, proportion, and composition. You will learn the how and why of drawing. Beginners and advanced students are welcome.

NBA	71919	Mon	Apr 8-Jun 3	9a.m12p.m.	\$165.00
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# Drawing Hyperrealistic **WEW** 15 years and up Eyes, Noses, Ears, and Mouths

The goal of this course is to help students dramatically improve the drawing of key facial features to professional standards. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to produce photo-realistic facial features by the end of the course.

NBAC	71592	Thu	Jan 18-Mar 7	7-9p.m.	\$115.00

### Expressive Watercolour Techniques

Review basic watercolour techniques and explore techniques of sponging, crumpled wax paper, salt applications, splashing, wax resist, imprinting, collage, mixed mediums and more! These techniques will infuse new excitement into your watercolour paintings. Bring your own landscapes or florals for reference materials for the instructor to guide you in your selection of techniques.

NBAC	71409	Tue-Thu	Mar 5-Mar 14	9a.m12p.m.	\$125.00

# High Precision Pencil **NEW** 15 years and up Sketching

In this course, students will be introduced to the grid method of precision drawing. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to reproduce a sketch of any image or object by the end of the course.

NBAC         71925         Thu         Apr 11-May 30         7-9p.m.	\$115.00
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# Introduction to Photo- 15 years and up realistic Pet and Wildlife Drawing

In this course, students will learn simple techniques for achieving photo-realistic drawings in charcoal. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to complete a photo-realistic animal drawing by the end of course.

		NBAC	71591	Tue	Jan 16-Mar 5	7-9p.m.	\$115.00
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### Landscapes in Acrylic

15 years and up

Paint picturesque landscapes in versatile acrylic medium. Students will learn canvas preparation, various techniques including traditional brush work and colour mixing to achieve their artistic vision. Experience in any traditional art media or general drawing skills would be a great asset but not essential.

NBAC	71423	Mon	Jan 15-Mar 11	7-10p.m.	\$165.00
	71478	Tue	Apr 9-May 28	1-4p.m.	\$165.00

### Landscapes in Watercolour 15 years and up

This course will introduce students to various brush techniques to paint sunlight, skies, trees, water, houses, barns, seasons, etc. By the end of the course students should be able to integrate all elements into a single watercolour artwork. Past experience in any traditional art media or general drawing skills would be a great asset but not essential.

NBAC	71424	Tue	Jan 16-Mar 5	1-4p.m.	\$165.00
	71479	Mon	Apr 8-Jun 3	7-10p.m.	\$165.00

### Mastering Coloured Pencil 15 years and up

Learn how to create intense, detailed and realistic coloured pencil drawings. Students should have prior drawing experience.

NBAC	71589	Mon	Jan 15-Mar 11	1-4p.m.	\$165.00

### Oil Painting 1

### 15 years and up

Basic oil painting techniques are taught through classic yet simple still life and landscape subjects. We will use water-mixable oil paints that are a safer alternative to traditional oils and give identical results. No solvents will be used in this class.

NBAC	71442	Wed	Jan 17-Mar 6	7-10p.m.	\$165.00
	71482	Fri	Apr 12-May 31	1-4p.m.	\$165.00

# Painting and Drawing 14 years and up Drop in

Spend Friday mornings painting or drawing in your medium of choice. This is a great opportunity to share enthusiasm, experience and inspiration. Participants must supply their own materials. You don't need to register, and it's free!

NBAC	71428	Fri	Jan 5-Mar 22	9-11:30a.m.	Free
	71484	Fri	Apr 5-Jun 28	9-11:30a.m.	Free

### **Painting with Acrylic 3**

### 15 years and up

In this class students with previous painting experience will be able to work in an open studio environment. Students will work on specific paintings or projects of their choice throughout the duration of the class. The instructor will provide professional guidance with students' progress and will oversee friendly, constructive group critique so all can benefit.

NBAC	71429	Wed	Jan 17-Mar 6	1-4p.m.	\$165.00
	71485	Wed	Apr 10-May 29	9a.m12p.m.	\$165.00

# Painting with WWW

15 years and up

Learn the basics of working with open acrylics. A new medium that blends the water mixable traits of acrylic with a longer blending time. They may be mixed with regular acrylic paints and acrylic mediums.

NBAC	71904	Wed-Thu	Apr 10-Apr 25	1-4p.m.	\$125.00
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# Pysanka: The Art of **FRE** 6 years and up Batik Eggs

Made famous by Ukrainians, these beautiful eggs can be made by anyone age six and up. These free drop-in sessions are an opportunity for total beginners to learn to decorate eggs using the wax-resist (batik) method. It is also an opportunity for experienced artists to come together to share ideas and techniques, and to be part of this welcoming, artistic community. Supplies will be available in class for those that need them.

NBAC	71532	Sun	Jan 21, Feb 18	1-4p.m.	Free
			Mar 17		

### Sketching Dioramas

### 15 years and up

Have you ever wanted to sketch Saskatchewan wildlife but found they move too much? Well, we will meet weekly at the Royal Saskatchewan Museum to sketch the subjects in their beautiful dioramas. We will be able to sketch details of animals depicted in motion from several different angles. Only dry mediums are allowed.

NBAC	71586	Mon-Fri	Feb 5-Feb 9	9:30a.m12:30p.m.	\$112.00
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### Sketching the Basics

### 15 years and up

Learn how to use basic sketching techniques to compose simple but dynamic drawings which may be used as finished works or studies towards more developed projects. We will explore the use of line to represent basic shape, form, light, and shadow in the world around you.

NBAC	71434	Fri	Jan 19-Mar 8	1-3:30p.m.	\$135.00
	71490	Wed	Apr 10-May 29	7-9:30p.m.	\$135.00

### Watercolour – Level 1

### 15 years and up

Learn the foundation techniques of watercolour painting in a small class setting. Instruction will include techniques such as the basics of brushstrokes, washes, wet-in-wet painting and colour mixing. No experience required.

NBAC	71436	Sat	Jan 20-Mar 16	9a.m12p.m.	\$165.00
	71493	Sat	Apr 13-Jun 8	9a.m12p.m.	\$165.00

### Fine Arts – Fibre Arts

306-777-PLAY (7529)

### **Fibre Felting Fun**

48

### 14 years and up

An introduction to fibre felting for beginners. Learn all about processing raw wool, carding, roving, dying, felt "painting", wet and needle felting. Create felt pieces of art as well as whimsical creatures.

NBAC	71411	Tue	Jan 16-Mar 5	7-9:30p.m.	\$155.00
	71465	Tue	Apr 9-May 28	7-9:3p.m.	\$155.00

### Introduction to Crochet

14 years and up

Whether you are an absolute beginner or have some experience - learn how to crochet. In this beginner class you will learn how to crochet basic stitches so that you can complete easy projects like dishcloths, baby blankets, and scarves.

NBAC	71414	Tue	Jan 16-Feb 20	7-8p.m.	\$65.00
	71469	Tue	Apr 9-May 14	7-8p.m.	\$65.00

### Introduction to Knitting

### 14 years and up

Whether you are an absolute beginner or have some experience - learn how to knit. In this beginner class you will learn how to knit basic stitches so that you can complete easy projects like dishcloths, baby blankets, and scarves.

NBAC	71415	Mon	Jan 15-Feb 26	7-8p.m.	\$65.00
	71470	Mon	Apr 8-May 13	7-8p.m.	\$65.00

### Learn to Sew

15 years and up

Learn basic machine stitches, patterning, and how to apply zippers, and buttons to create a versatile shoulder bag. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

NBAC	71425	Sat	Jan 13	10a.m3p.m.	\$55.00
	71480	Sat	Apr 6	10a.m3p.m.	\$55.00

### **Upcycled Denim Slippers**

### 15 years and up

Learn how to upcycle your favourite pair of old denim jeans, jacket or even thrift-store finds into a pair of cozy slippers. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. Students will provide their own materials. A list of materials will be provided on the registration receipt.

NBAC 71567	Sat	Jan 6	10a.m3p.m.	\$55.00
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### Open Fibre Night

### 14 years and up

The Regina Weavers and Spinners Guild welcomes you to the world of fibre. Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more. Feel free to bring your work in progress. All ages and skill levels welcome. Registration is not necessary for this drop-in.

NBAC	71427	Thu	Jan 25, Feb 22, Mar 28	7-10p.m.	Free
	71483	Thu	Apr 25, May 23, Jun 27	7-10p.m.	Free

### Quilting Drop In

### 15 years and up

Join members of the Prairie Piecemakers Quilters' Guild when they meet each Thursday morning to make donation quilts for infants and children in hospitals and shelters. All levels of experience are welcome, and registration is not necessary.

NBAC	71432	Thu	Jan 4-Mar 28	9a.m2p.m.	Free
	71488	Thu	Apr 4-Jun 27	9a.m2p.m.	Free

### Stitch-In

### 15 years and up

Come and enjoy working on your needlework with members of the Regina Stitchery Guild. Open to everyone at any level of experience. Registration is not necessary for this drop-in.

NBAC	71435	Fri	Jan 5-Mar 22	9-11:30a.m.	Free
	71492	Fri	Apr 5-Jun 28	9-11:30a.m.	Free

### Fine Arts – Jewellery and Metalwork

### **Anodizing Titanium & Cold Connection**

16 years and up

Anodizing is applying electrical current to Titanium to produce brilliant and colourful patinas. Titanium cannot be soldered, so students will also learn a variety of cold connection techniques (riveting and tab setting). A materials fee, paid at the time of registration, will cover the cost of all materials.

NBAC	71539	Thu	Jan 18-Mar 7	1-4p.m.	\$290.00

### Corrugation and NEW

16 years and up

### **Metal Fusing**

Students will learn various metal fusing techniques and corrugation to incorporate into their jewellery designs. With corrugation, a specific type of foldforming, you will learn to work with high-gauge metal. You will also learn how to fuse metal together for interesting effects. Prerequisite: Jewellery 1 and Jewellery 2.

NBAC 71563 Sun Jan 21-Mar 17 1-4p.m. \$230.00

### **Extended Fine Silver Fusing** 16 years and up

Students will learn the basics of Fine Silver Fusing along with project ideas including texturing, fused chain, shapes, and inclusion of cubic zirconia beads.

Prerequisite: Jewellery 1.

NBAC	71461	Thu	Apr 11-May 16	7-10p.m.	\$188.00

### **Jewellery 1**

### 16 years and up

An introduction to jewellery making using basic silversmithing techniques on sterling silver, copper, and brass. Learn how to saw, drill, file, texture, and solder metal. In this course you'll create a pierced pendant, a band ring, and projects of your choice. Come explore the world of the metal arts!

NBAC	71417	Tue	Jan 16-Mar 5	7-10p.m.	\$270.00
	71472	Tue	Apr 9-May 28	7-10p.m.	\$270.00

### Jp

This class is a continuation from Jewellery 1 and includes chain making, pin back construction, riveting and bezel setting cabochon stones. Prerequisite: Jewellery 1.

	NBAC	71418	Thu	Jan 18-Mar 7	7-10p.m.	\$230.0
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### **Jewellery Project**

16 years and up

Work on the jewellery projects of your choice, with the instructor's assistance and advice as required. Prerequisite: Jewellery 1 and Jewellery 2.

NBAC 71419 Tue Jan 16-Mar 5 1-4p.m. \$230.00 71474 Thu Apr 11-May 30 \$230.00 1-4p.m.

71472 Tue				Apr 9-May 28	7-10p.m.	\$270.00
	Jewe	llery	2		16 years	and u

# Lampwork –

jewellery.

NBAC

### 16 years and up

### **Beyond Beads**

71420

71476

Lampwork Beads 1

unique glass beads.

71536

71876

**Project Class** 

Lampwork – Bead

Prerequisite: Lampwork Beads 1

Sat

Mon

Wed

Sat

NBAC

Learn all the fundamentals of making glass beads and studio

safety while using a torch. Learn the basics of how to manipulate

fundamental techniques such as raking, poking and twisting to make

Jan 17-Feb 21

Apr 13-May 25

This is an excellent class for students who have taken Lampwork

designs. With the instructor in attendance for guidance, you will be

Beads 1 and would like extra torch time to practice and fine-tune their

able to work on your special beads and assemble your creations into

Jan 20-Mar 16

Apr 8-Jun 3

7-10p.m.

9a.m.-12p.m.

9a.m.-12p.m.

7-10p.m.

This class will progress beyond the concept of the traditional round bead and cover the creation of other interesting objects such as beautiful glass buttons, decorative headpins, and more. Students should have a basic understanding of glass manipulation and heat control.

Prerequisite: Lampwork Beads

		NBAC	71878	Wed	Apr 10-May 29	7-10p.m.	\$245.00
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### Lampwork – NEW Make Your Own Frit

16 years and up

Students should bring their short glass rod ends and scrap pieces where they will learn two methods for making their own glass frit. They will then create custom colour blends to use on their glass beads. It is a great way to use up short rods and scraps and reduce waste. All glass brought for use in this workshop should be COE 104. Prerequisite: Lampwork Beads

NBAC 71879 Sat-Sun Apr 6-Apr 7 9:30a.m4:30p
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### Lampwork – Simple Sculptures

### 16 years and up

Students will learn a variety of simple techniques such as shaping, cutting, poking, and pulling glass to create unique and threedimensional sculptured beads and raised designs. Prerequisite: Lampwork 1

NBAC	71537	Mon	Jan 15-Mar 11	7-10p.m.	\$245.00
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### glass in the flame and shape it into beads using gravity. Create simple surface designs by applying dots, stripes and by using other

\$225.00

\$225.00

\$245.00

\$245.00

16 years and up

16 years and up

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### Torch-Fired Enameling Workshop

Students will learn how to fuse colourful enamels to copper pieces using a studio torch. They will leave the workshop with an array of unique and colourful pieces. The workshop will also cover some specialized techniques such as crackle enamel, as time permits. Enamels will be supplied. Students may bring their own 18 to 24-gauge copper for enameling. The instructor will also have copper blanks for sale.

Prerequisite: Jewellery 1, or Lampwork 1, or equivalent

	NBAC	71538	Sat-Sun	Feb 17-Feb 18	9:30a.m4:30p.m.	\$150.00
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### Sand Casting Jewellery

### 16 years and up

16 years and up

Sand casting is a low-tech way to cast your own solid jewellery pieces without the use of big equipment using sand as the mold. Students will learn how to pour molten sterling silver metal into molds to create unique shapes such as rings, pendants, and chain links. Students are encouraged to bring some scrap silver and purchased casting grain - to be discussed in first class.

Prerequisite: Jewellery 1 and Jewellery 2

NBAC	71489	Sun	Apr 14-Jun 9	1-4p.m.	\$255.00
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### Fine Arts – Photography

### Photography 1 – Camera Operation

15 years and up

Learn to operate your camera by exploring its mechanics, modes, menus, functions, optics, metering system and creative controls. Emphasis is on exploring the fundamental principles of photography and analyzing variables that control image quality, exposure, and white balance.

NBAC	71443	Mon	Jan 15-Feb 12	7-10p.m.	\$112.00
	71430	Wed	Jan 17-Feb 14	7-10p.m.	\$112.00
	71504	Mon	Apr 8-May 6	7-10p.m.	\$112.00
	71487	Wed	Apr 10-May 8	7-10p.m.	\$112.00

### Photography 2 – Principles of Photography

15 years and up

Develop your understanding of the principles of photography, intricacies of camera operation and variables that control image quality, exposure, and white balance. Emphasis is on using your camera's creative controls to explore depth of field and motion. Participate in photographic assignments to develop your skills and achieve a better understanding of the technical aspects of photography.

Prerequisite: Photography 1 or equivalent.

NBAC	71431	Wed	Feb 21-Mar 20	7-10p.m.	\$112.00
	71444	Mon	Feb 26-Mar 25	7-10p.m.	\$112.00
	71505	Mon	May 13-Jun 17	7-10p.m.	\$112.00
	71506	Wed	May 15-Jun 12	7-10p.m.	\$112.00

### Fine Arts – Woodworking

### A Solid Table

### 16 years and up

Students will use old school construction methods to build a small to medium sized table in solid wood. The class will emphasize the skills needed for accurate stock preparation and strong joints, as well as plenty of discussion of the aesthetic issues involved in making an attractive table. Students will each work on a design they have chosen or developed in consultation with the instructor. Materials are extra.

Prerequisite: Basic woodworking or instructor's permission.

NBAC	71394	Wed	Jan 17-Mar 20	7-10p.m.	\$280.00

### Basic Woodworking 16

### 16 years and up

This course offers an introduction to wood shop safety and woodworking processes, including the use of hand tools and power machinery. Students will build a small table that will introduce them to the use of various tools in the shop. An additional materials fee payable to the instructor will cover the cost of materials used in assigned projects.

NBAC	71400	Tue	Jan 16-Mar 19	7-9:30p.m.	\$235.00
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### Dovetailed Shaker-style Kitchen Caddy

Prepare for outdoor patio meals with a hand-dovetailed kitchen caddy, cutlery tray that evokes the classic Shaker style. Learn how hand-cut dovetails, and different cuts of wood enhance strength and aesthetics. Dimension, surface, and dovetail wood using handsaw, hand plane and chisel, and power tools as needed. An additional materials fee paid to the instructor will cover all required materials.

NBAC	72563	Thu	Apr 11-May 30	7-10p.m.	\$230.00	
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### End Grain Cutting Board

16 years and up

This is a beginner to intermediate level class where each student will construct an end grain kitchen cutting board. Skills utilized include safe operation of a table saw, accurate stock preparation with the jointer and planer, laminating wood, and using a tabletop router to round off corners and create finger grooves. Students will also be able to make accompanying kitchen utensils such as spatulas and tongs. An additional materials fee payable to the instructor will cover the cost of materials.

NBAC71402SatJan 20-Mar 23	9a.m12p.m.	\$280.00
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### Garden Furniture

### 15 years and up

An introductory woodworking class focused on garden furniture, such as planters, or simple benches or tables. Students will learn shop safety and how to use the hand and machine tools appropriate for their projects. Materials will be purchased by the student after the first class. Material costs may vary, depending on the project chosen by each student.

NBAC         71466         Tue         Apr 9-May 28         7-9:30p.m.	\$200.00
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### Infant Toy Making

Learn to make handmade wooden toys for the little ones in your life. Students will make an animal inspired baby rattle and then choose from an array of interactive baby toys, such as a portable floor mobile/baby gym, a ball runner, child-friendly learning knife, or a percussion alligator toy. Learn to use the drill press, cut out stock on the bandsaw, hand and machine sand to shape wood, and apply a child-friendly finish. An additional materials fee payable to the instructor will cover the cost of materials. No previous woodworking experience needed.

NBAC	72564	Sat	Apr 13-Jun 8	9a.m12p.m.	\$230.00
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### Introductory Bowl Turning

16 years and up

16 years and up

This introduction to bowl turning will include safety instruction, wood selection and orientation, and the use and sharpening of bowl gouges and relevant tools. Students will practice turning techniques to produce finished pieces. Both green and dry wood turning will be covered. A fee for materials used will be paid to the instructor in the first class.

NBAC	71440	Fri	Jan 12	7-9p.m.	\$205.00
		Sat-Sun	Jan 13-14	9a.m5p.m.	

### Introductory Wood Turning 16 year

16 years and up

This introduction to spindle turning (turning between centres, as distinct from bowl turning) will include safety instruction, wood selection, use of the tools and sharpening. Students will practice different cuts (beading, coves, cylinders, tenons, etc.) and produce finished pieces. Register early!

NBAC	71441	Fri Sat-Sun	Jan 5 Jan 6-7	7-9p.m. 9a.m5p.m.	\$205.00
	71471	Fri Sat-Sun	Apr 5 Apr 6-7	7-9p.m. 9a.m5p.m.	\$205.00

# Japanese Sliding MEXEL

16 years and up

With hand tools, build a sliding lid chest in the style of Japanese craftsman Toshio Odate's toolbox. Size your chest to fit toys or tools for gardening and woodworking. Learn how classic cut, forged nails and hand-cut housing dado joints enhance strength and aesthetics. Learn to dimension and surface wood using hand tools with power tools as needed. An additional materials fee paid to the instructor will cover all required materials.

NBAC 72562 Thu Jan 18-Mar 21 7-10p.m. \$280.0
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### **Sharpening Workshop**

### 16 years and up

Learn to tune up and sharpen hand planes and cabinet chisels in this hands-on class. You can practice with shop chisels, or work on your own. If buying a chisel ahead of the class, please discuss with the instructor for advice on what to purchase.

### NBAC 71433 Sun Feb 11 1-5p.m.

Wood Carving Drop-in

### 15 years and up

\$65.00

Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program.

NBAC	71437	Tue	Jan 2-Mar 26	9-11:30a.m.	Free
	71496	Tue	Apr 2-Jun 25	9-11:30a.m.	Free

### Wood Finishing

16 years and up

This course covers proper sanding, applying oil, shellac, wax and varnish finishes, and hand-rubbing processes for high quality finishes. Wood colouring methods will include bleaching, wood dyes, chemical stains and making your own pigment stains. Students prepare sample sets of the various finishes and processes. Materials will be supplied by the instructor at a cost of approximately \$45 per student. Registrations will not be accepted after the first class.

NBAC 71497 Wed Apr 10-May 29	7-10p.m.	\$230.00
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### Wood Project

16 years and up

Work on a project of your choice, with the instructor's advice and assistance as required.

**Prerequisite:** completion of at least one previous Neil Balkwill woodworking class or instructor's permission.

NBAC	71438	Mon	Jan 15-Mar 25	7-10p.m.	\$280.00
	71498	Mon	Apr 8-Jun 3	7-10p.m.	\$230.00

### Aquatic Fitness, Health & Wellness

### **Programming Note**

All City fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529). Classes marked with an (M) are included with a leisure pass membership and are free to passholders when registering.

### Aquacise

14 years and up

A fitness class using the natural resistance and buoyancy of the water.

LAC	71342	Tue	Jan 9-Feb13	6:15-7p.m.	\$34.80
	71343	Thu	Jan 11-Feb 15	6:15-7p.m.	\$34.80
	71366	Tue	Feb 27-Mar 26	6:15-7p.m.	\$29.00
	71367	Thu	Feb 29-Mar 28	6:15-7p.m.	\$29.00
	73171	Tue	Apr 9-May 21	6:15-7p.m.	\$40.60
	73172	Thu	Apr11-May 23	6:15-7p.m.	\$34.80
NWLC	72474	Mon	Jan 8-Feb 12	8:35-9:20p.m.	\$34.80
	72480	Tue	Jan 9-Feb 13	8:35-9:20p.m.	\$34.80
	72481	Wed	Jan 10-Feb 14	8:35-9:20p.m.	\$34.80
	73007	Mon	Feb 26-Mar 25	8:35-9:20p.m.	\$29.00
	73009	Tue	Feb 27-Mar 26	8:35-9:20p.m.	\$29.00
	73011	Wed	Feb 28-Mar 27	8:35-9:20p.m.	\$29.00
	73008	Mon	Apr 8-May 13	8:35-9:20p.m.	\$34.80
	73010	Tue	Apr 9-May 21	8:35-9:20p.m.	\$40.60
	73012	Wed	Apr 10-May 15	8:35-9:20p.m.	\$34.80
SSLC	72898	Mon	Jan 8-Feb 12	8:30-9:15p.m.	\$34.80
	72899	Tue	Jan 9-Feb 13	8:30-9:15p.m.	\$34.80
	72900	Wed	Jan 10-Feb 14	8:30-9:15p.m.	\$34.80
	72901	Thu	Jan 11-Feb 15	8:30-9:15p.m.	\$34.80
	72923	Mon	Feb 26-Mar 25	8:30-9:15p.m.	\$29.00

SSLC	72924	Tue	Feb 27-Mar 26	8:30-9:15p.m.	\$29.00
	72925	Wed	Feb 28-Mar 27	8:30-9:15p.m.	\$29.00
	72926	Thu	Feb 29-Mar 28	8:30-9:15p.m.	\$29.00
	72948	Mon	Apr 8-May 13	8:30-9:15p.m.	\$34.80
	72949	Tue	Apr 9-May 21	8:30-9:15p.m.	\$40.60
	72950	Wed	Apr 10-May 22	8:30-9:15p.m.	\$40.60
	72951	Thu	Apr 11-May 23	8:30-9:15p.m.	\$40.60

### **Baby & Me Aquacise**

Bring baby along and have a complete workout in the pool. You get the exercise while babies get the fun. Babies ages 3 to 18 months can attend.

SSLC	72902	Wed	Jan 10-Feb 14	9:15-10a.m.	\$34.80
	72927	Wed	Feb 28-Mar 27	9:15-10a.m.	\$29.00
	72952	Wed	Apr 10-May22	9:15-10a.m.	\$40.60

### Baby & Me Bootcamp

### 15 years and up

Bring your infant/toddler to this fun and challenging workout. Replenish your tired body with vigor and vitality along with other new parents in this fitness class designed specifically for you. A variety of cardio, strength and core exercises aimed to help restore muscular strength, firm up your body, and improve your energy levels making it easier to run after your little one. This class is suitable for all fitness levels.

NWLC	73102	Wed	Jan 10-Feb 14	10:30-11:30a.m.	\$41.40
	73103	Wed	Feb 28-Mar 27	10:30-11:30a.m.	\$34.50
	73104	Wed	Apr 10-May 22	10:30-11:30a.m.	\$48.30
FLDH	71344	Tue	Jan 9-Feb 13	10:45-11:45a.m.	\$41.40
	71345	Thu	Jan 11-Feb 15	10:45-11:45a.m.	\$41.40
	71368	Tue	Feb 27-Mar 26	10:45-11:45a.m.	\$34.50
	71369	Thu	Feb 29-Mar 28	10:45-11:45a.m.	\$34.50
	71599	Tue	Apr 9-May 21	10:45-11:45a.m.	\$48.30
	71600	Thu	Apr 11-May 23	10:45-11:45a.m.	\$41.40

### Land Fitness, Health & Wellness

### Abs & Arms 🚺

### 15 years and up

A 45-minute class designed to work your abs and arms with various equipment and routines. Exercise will target both areas and more.

NWLC	72479	Tue	Jan 9-Feb 13	7:15-8p.m.	\$34.80
	73073	Tue	Feb 27-Mar 26	7:15-8p.m.	\$29.00
	73074	Tue	Apr 9-May 14	7:15-8p.m.	\$34.80

### Body Blast 🕑

### 15 years and up

Join this heart pumping, calorie burning, muscle building circuit/ conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

NWLC	73081	Wed	Jan 10-Feb 14	6-7p.m.	\$34.80
	73082	Wed	Feb 28-Mar 27	6-7p.m.	\$29.00
	73083	Wed	Apr 10-May 22	6-7p.m.	\$40.60

### Cardio & Sculpt 🚺

15 years and up

A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing, and sculpting using hand weights.

NWLC	72460	Mon	Jan 8-Feb 12	6-7p.m.	\$34.80
	72994	Thu	Jan 11-Feb 15	6:30-7:30p.m.	\$34.80
	72462	Mon	Feb 26-Mar 25	6-7p.m.	\$29.00
	72995	Thu	Feb 29-Mar 28	6:30-7:30p.m.	\$29.00
	72463	Mon	Apr 8-May 13	6-7p.m.	\$34.80
	72996	Thu	Apr 11-May 23	6:30-7:30p.m.	\$40.60

### Cardio & Tone Interval

15 years and up

A mid-intensity cardio with weight training in between using dumbbells, bands or bodyweight with a 2:2 ratio. This is followed by core and stretch exercises.

SSLC	72903	Fri	Jan 12-Feb 16	11:45a.m 12:45p.m.	\$34.80
	72928	Fri	Mar 1-Mar 22	11:45a.m 12:45p.m.	\$23.20
	72953	Fri	Apr 12-May 24	11:45a.m 12:45p.m.	\$40.60

### Cardio Combo M

15 years and up

A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

NWLC	72477	Tue	Jan 9-Feb 13	6-7p.m.	\$34.80
	72478	Sat	Jan 13-Feb 17	9-10a.m.	\$34.80
	73017	Tue	Feb 27-Mar 26	6-7p.m.	\$29.00
	73019	Sat	Mar 2-Mar 23	9-10a.m.	\$23.20
	73018	Tue	Apr 9-May 21	6-7p.m.	\$40.60
	73020	Sat	Apr 13-May 25	9-10a.m.	\$40.60

### Fresh Air Fitness

### 15 years and up

Dress appropriately for a fresh outdoor walk around the lake in Rochdale Park, located behind the North West Leisure Centre. This is followed by an indoor gentle yoga stretch. All participants of any fitness level are welcome. In the event of inclement weather, the outdoor walk will take place in the NWLC Gym.

NWLC	72464	Fri	Jan 12-Feb 16	9-10a.m.	\$41.40
	73099	Fri	Mar 1-Mar 22	9-10a.m.	\$27.60
	73098	Fri	Apr 12-May 24	9-10a.m.	\$48.30

### **FUNctional Fit**

### 15 years and up

This class focuses on undoing what occurs naturally during the aging process and throughout daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.

NWLC	72476	Tue	Jan 9-Feb 13	10:30-11:30a.m.	\$34.80
	73015	Tue	Feb 27-Mar 26	10:30-11:30a.m.	\$29.00
	73016	Tue	Apr 9-May 21	10:30-11:30a.m.	\$40.60

# Glutes Galore, Core 🔕 & More!

15 years and up

LiveWell

This glute and core conditioning class will strengthen your hips, back, butt, and belly along with a focus on the lower body using bands, dumbbells, balls, and gliders.

NWLC	73084	Wed	Jan 10-Feb 14	7:15-8p.m.	\$34.80
	73087	Sat	Jan 13-Feb 17	10:15-11a.m.	\$34.80
	73085	Wed	Feb 28-Mar 27	7:15-8p.m.	\$29.00
	73088	Sat	Mar 2-Mar 23	10:15-11a.m.	\$23.20
	73086	Wed	Apr 10-May 22	7:15-8p.m.	\$40.60
	73089	Sat	Apr 13-May 25	10:15-11a.m.	\$40.60

### HIIT (M) (High Intensity Interval Training)

### 15 years and up

High Intensity Interval Training (HIIT) combines intervals of cardio mixed with weight training. Get ready for an action-based calorie burning workout! Suitable for all fitness levels.

NWLC	73189	Wed	Jan 10-Feb 14	9-10a.m.	\$34.80
	73079	Wed	Feb 28-Mar 27	9-10a.m.	\$29.00
	73080	Wed	Apr 10-May 22	9-10a.m.	\$40.60

### How to Fit – Resolution 2024 Pt. 1

Welcome to 2024! How To Fitness gets you set up and on your way to brand new fitness goals. Come out and learn about cardio, strength and stretching.

FLDH	71346	Wed	Jan 10-Feb 14	5:30-6:30p.m.	\$41.40

### How to Fit – Resolution 2024 Pt. 2

### 16 years and up

16 years and up

Welcome to 2024! How To Fitness gets you set up and on your way to continue with your brand new fitness goals. Come out and learn about cardio, strength and stretching.

FLDH	71370	Wed	Feb 28-Mar 27	5:30-6:30p.m.

### 15 years and up

\$34.50

Ignite your metabolism with this fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.

NWLC	72102	Mon	Jan 8-Feb 12	9-10a.m.	\$34.80
	72103	Mon	Feb 26-Mar 25	9-10a.m.	\$29.00
	72104	Mon	Apr 8-May 13	9-10a.m.	\$34.80

### **Just Dance**

Ignite 🚻

16 years and up

A class where you will learn different styles of dance and incorporate the fun of music and rhythm.

FLDH	71347	Fri	Jan 12-Feb 16	5:45-6:45p.m.	\$34.50
	71371	Fri	Mar 1-Mar 29	5:45-6:45p.m.	\$34.50
	71601	Fri	Apr 12-May 24	5:45-6:45p.m.	\$41.40

### Have you thought about joining a gym but do not know where to start? You will be assisted in learning how to work out within your capabilities in a gym setting. You will learn how to be confident with your workout routine. Progressions will be made as your physical abilities improve when you are consistent with your program twice a week. It is personal training within a group training atmosphere.

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FLDH	71351	Tue, Thu	Jan 2-Feb 8	5:30-6:30p.m.	\$95.40
	71349	Mon, Wed	Jan 3-Feb 7	10-11a.m.	\$95.40
	71350	Mon,Wed	Jan 3-Feb 7	11a.m12p.m.	\$87.45
	71348	Mon	Jan 8-Feb 5	11a.m12p.m.	\$39.75
	71373	Mon, Wed	Feb 26-Mar 27	10-11a.m.	\$79.50
	71372	Mon	Feb 26-Mar 25	11a.m12p.m.	\$39.75
	71374	Mon, Wed	Feb 26-Mar 27	11a.m12p.m.	\$79.50
	71375	Tue, Thu	Feb 27-Mar 28	5:30-6:30p.m.	\$79.50
	71594	Mon, Wed	Apr 8-May 22	10-11a.m.	\$111.30
FLDH	71593	Mon	Apr 8-May 20	11a.m12p.m.	\$55.65
	71595	Mon, Wed	Apr 8-May 22	11a.m12p.m.	\$111.30
	71598	Tue, Thu	Apr 9-May 23	4:30-5:30p.m.	\$111.30
	71596	Tue	Apr 9-May 21	5:30-6:30p.m.	\$55.65
	71597	Tue, Thu	Apr 9-May 23	5:30-6:30p.m.	\$111.30

### **Minds in Motion**

### 20 years and up

15 years and up

A program that combines physical activity, socialization and mental stimulation for those with early symptoms of dementia to enjoy with a family member or friend. Must register in pairs. For more information, contact Heather at 1-800-263-3367, by email at mindsinmotion@ alzheimer.sk.ca or visit alzheimer.ca/sk. Must Register in pairs.

NWLC	73165	Thu	Jan 25-Mar 28	1:30-3:30pm	\$30
	73166	Thu	Apr 25-Jun 13	1:30-3:30pm	\$25

### Mobility – Strength, Flexibility & Relaxation

### 16 years and up

This class is designed to progress through three components that contribute to the proper functioning and mobility of our bodies using a variety of tools. You start with a focus on strength and stability to warm the body up and fine tune our motor control, then incorporate moves and exercises that focus on biomechanics and increasing the flexibility of the muscular structure, joints and connective tissues. Class ends with relaxation techniques that help your nervous system relax and prep your body for a restful night of sleep.

FLDH	71352	Mon	Jan 8-Feb12	7-8pm	\$41.40
	71376	Mon	Feb 26-Mar 25	7-8pm	\$34.50
	71602	Mon	Apr-8-May 20	7-8pm	\$48.30

### **Mobility & Steel Mace**

### 16 years and up

Your chance to learn about an ancient form of cardio and resistance training that has incredible physical benefits! Steel Mace is an off-set weighted tool that is available in various weight from 5lbs and up. Perfect for any fitness level as it is easily modified and adaptable. The benefits of the rotational use and engagement of stabilizing muscles is incredibly beneficial in many facets of fitness/athletics, physical health and longevity.

FLDH	71356	Mon	Jan 8-Feb 12	12:10-12:55p.m.	\$47.70
	71607	Mon	Apr 8-May 20	12:10-12:55p.m.	\$55.65

### Ninja Sweat

### 18 years and up

User Friendly Bootcamp - Simple fit & fun style! This one hour class targets the entire body starting with walking intervals on the track, then small weights, abs and toning! Each session finishes with a yoga style stretch. No muscle group will be left behind - trust us! Class is open to all levels of fitness.

	FLDH	71603	Wed	Apr 10-May 22	5:30-6:30p.m.	\$48.30
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### Qigong

### 15 years and up

A movement class that has a focus on breathing, movement, strength, stretching and energizing. The flowing, smooth and repetitive movements are connected to traditional acupuncture and creating balance in the body. It's great for improving back pain, anxiety, depression and general health. The class will be lead by Siheng Wybo Ottenbreit-Born who has studied Qigong under Sifu Eric James for over 10 years.

FLDH	71759	Tue	Jan 9-Feb 27	6:30-7:30a.m.	\$55.20
	71761	Tue	Feb 27-Mar 26	6:30-7:30a.m.	\$34.50
	71763	Tue	Apr 9-May 21	6:30-7:30a.m.	\$55.20

### Small Group Fitness Coaching

### 16 years and up

Small Group Coaching guides you through a variety of workouts combining cardio training, intervals, weights and flexibility in a fun and user-friendly environment.

FLDH	71353	Thu	Jan 11-Feb 15	6:45-7:45p.m.	\$41.40
	71377	Thu	Feb 29-Mar 28	6:45-7:45p.m.	\$34.50
	71604	Thu	Apr 11-May 23	6:45-7:45p.m.	\$41.40

### SoulFusion

### 16 years and up

This Beachbody™ class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

FLDH	71354	Sat	Jan 13-Feb 17	9:45-10:45a.m.	\$34.50
	71378	Sat	Mar 2-Mar 30	9:45-10:45a.m.	\$34.50
	71605	Sat	Apr 13-May 25	9:45-10:45a.m.	\$41.40

### STEP 🚺

### 15 years and up

A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

NWLC	72475	Tue	Jan 9-Feb 13	9-10a.m.	\$41.40
	73013	Tue	Feb 27-Mar 26	9-10a.m.	\$34.50
	73014	Tue	Apr 9-May 21	9-10a.m.	\$48.30

### StepFit ME

### 16 years and up

This workout benefits the body with using the step for cardio, weight work and body conditioning sets. All equipment is provided, bring your water to hydrate.

SSLC	72897	Mon	Jan 8-Feb 12	5:30-6:30p.m.	\$34.80
	72922	Mon	Feb 26-Mar 25	5:30-6:30p.m.	\$29.00
	72947	Mon	Apr 8-May 13	5:30-6:30p.m.	\$34.80

### Stretch & Tone

### 15 years and up

A beginner/moderate level class designed to enhance flexibility, body awareness and alignment and to relax and reduce muscle tension and stress. Use of hand weights for muscle toning. This class will also use dancing and cardio movements to help with balance and stamina.

SSLC	72904	Wed	Jan 10-Feb 14	10:30-11:30a.m.	\$34.80
	72929	Wed	Feb 28-Mar 27	10:30-11:30a.m.	\$29.00
	72954	Wed	Apr 10-May 22	10:30-11:30a.m.	\$40.60

### SWAT 🚺

### 15 years and up

Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

NWLC	73095	Thu	Jan 11-Feb 15	9-10a.m.	\$34.80
	73096	Thu	Feb 29-Mar 28	9-10a.m.	\$29.00
	73097	Thu	Apr 11-May 23	9-10a.m.	\$40.60

### Tai Chi

### 15 years and up

Tai Chi Chuan is a martial art incorporating various forms for selfdefense, Qi Gong, weapons, and push hands. In this class we will be focusing on learning the Yang style 24 form as a martial art as well as promotion of health. The class will also include Qi Gong sets with a focus on health through breathing and movement. The class will be led by Siheng Wybo Ottenbreit-Born who has studied Tai Chi under Sifu Eric James for over 10 years.

FLDH	71760	Thu	Jan 11-Feb 29	6:30-7:30a.m.	\$55.20
	71762	Thu	Feb 29-Mar 28	6:30-7:30a.m.	\$34.50
	71764	Thu	Apr 11-May 23	6:30-7:30a.m.	\$48.30

### **Total Body Sculpting**

### 14 years and up

This class will sculpt and tone the muscles above and below the belt. Your abs, butt, arms, back and legs will get a great workout with a relaxing stretch to wrap up the class.

SSLC	72905	Tue	Jan 9-Feb 13	6:45-7:45p.m.	\$34.80
	72906	Wed	Jan 10-Feb 14	5:30-6:30p.m.	\$34.80
	72930	Tue	Feb 27-Mar 26	6:45-7:45p.m.	\$29.00
	72931	Wed	Feb 28-Mar 27	5:30-6:30p.m.	\$29.00
	72955	Tue	Apr 9-May 21	6:45-7:45p.m.	\$40.60
	72956	Wed	Apr 10-May 22	5:30-6:30p.m.	\$40.60

# TRX<sup>®</sup> Group Suspension Training

### 16 years and up

Are you looking for a new workout challenge? Try this small group class using the TRX suspension trainer for strength, balance, flexibility, and core.

FLDH	71357	Wed	Jan 10-Feb 14	5:30-6:30p.m.	\$47.70
	71381	Wed	Feb 28-Mar 27	5:30-6:30p.m.	\$39.75
	71608	Wed	Apr 10-May 22	5:30-6:30p.m.	\$55.65

# **REGISTERED ADULT PROGRAMS**

### Yoga – Boomers and Beyond 30 years and up

This class is designed to meet the unique needs of aging. Yoga postures and movements are modified to meet your physical health challenges. Each week this class will build upon learned poses increasing your strength, balance and flexibility of body and mind.

NWLC	72466	Tue	Jan 9-Feb 13	10:15-11:15a.m.	\$41.40
	72465	Thu	Jan 11-Feb 15	10:15-11:15a.m.	\$41.40
	73075	Tue	Feb 27-Mar 26	10:15-11:15a.m.	\$34.50
	73077	Thu	Feb 29-Mar 28	10:15-11:15a.m.	\$34.50
	73076	Tue	Apr 9-May 14	10:15-11:15a.m.	\$41.40
	73078	Thu	Apr 11-May 23	10:15-11:15a.m.	\$48.30

### Yoga – Flow

### 15 years and up

This fun flowing class is moderately paced and focuses on synchronizing yoga postures with your breath. This uplifting class will build strength, flexibility, and balance. Breath work, relaxation and meditation are part of this well-rounded class. You will leave feeling refreshed, renewed, and rejuvenated.

NWLC	72469	Mon	Jan 8-Feb 12	7:15-8:15p.m.	\$41.40
	72468	Tue	Jan 9-Feb 13	6-7p.m.	\$41.40
	73003	Mon	Feb 26-Mar 25	7:15-8:15p.m.	\$34.50
	73005	Tue	Feb 27-Mar 26	6-7p.m.	\$34.50
	73004	Mon	Apr 8-May 13	7:15-8:15p.m.	\$41.40
	73006	Tue	Apr 9-May 21	6-7p.m.	\$48.30
SSLC	72909	Mon	Jan 8-Feb 12	8-9p.m.	\$41.40
	72934	Mon	Feb 26-Mar 25	8-9p.m.	\$34.50
	72959	Mon	Apr 8-May 13	8-9p.m.	\$41.40

### Yoga – Gentle

15 years and up

A gentle yoga class that blends balance, strength, and flexibility.

FLDH 1388MonJan 8-Feb 125:45-6:45p.m.\$41.4071382MonFeb 26-Mar 255:45-6:45p.m.\$41.4071099MonJan 8-Feb 126:7p.m.\$41.4072470MonJan 10-Feb 145:45-6:45p.m.\$41.4072471WedJan 10-Feb 145:45-6:45p.m.\$41.4072472SatJan 13-Feb 171:30-2:30p.m.\$41.4072997MonFeb 26-Mar 256:7p.m.\$34.5072997MonFeb 28-Mar 275:45-6:45p.m.\$34.5073010SatMar 2-Mar 231:30-2:30p.m.\$41.4073010SatApr 10-May 86:45-6:45p.m.\$41.4073001SatApr 10-May 85:45-6:45p.m.\$41.4073002SatApr 10-May 85:45-6:45p.m.\$41.4073003NedApr 10-May 85:45-6:45p.m.\$41.4073004NedApr 10-May 85:45-6:45p.m.\$41.4073005NanJan 8-Feb 121:13-0:130.a.m.\$41.4075916MonJan 8-Feb 121:13-0:130.a.m.\$41.4072917MonJan 11-Feb 151:45-3m.124.50\$41.4072918ThuJan 11-Feb 156:45-7:45p.m.\$41.4072919FriJan 12-Feb 161:13-0:130.a.m.\$41.4072914FriJan 12-Feb 161:15-115.5a.m.\$41.4072915FriJan 12-Feb 161:03-11:30.a.m.\$41.4072916FriJan 12-Feb 161:03-11:30.a						
11000         Mon         Apr 8-May 13         5:45-6:45p.m.         \$41.40           NWLC         72470         Mon         Jan 8-Feb 12         6-7p.m.         \$41.40           72471         Wed         Jan 10-Feb 14         5:45-6:45p.m.         \$41.40           72472         Sat         Jan 13-Feb 17         1:30-2:30p.m.         \$41.40           72997         Mon         Feb 26-Mar 25         6-7p.m.         \$34.50           72999         Wed         Feb 28-Mar 27         5:45-6:45p.m.         \$34.50           72999         Wed         Feb 28-Mar 23         1:30-2:30p.m.         \$27.60           73001         Sat         Mar 2-Mar 23         1:30-2:30p.m.         \$27.60           72998         Mon         Apr 8-May 13         6-7p.m.         \$34.50           73001         Sat         Mar 2-Mar 23         1:30-2:30p.m.         \$41.40           73000         Wed         Apr 10-May 8         5:45-6:45p.m.         \$34.50           73002         Sat         Apr 13-May 18         1:30-2:30p.m.         \$41.40           SSLC         72910         Mon         Jan 8-Feb 12         9:15-10:15a.m.         \$41.40           72912         Mon         Jan 8-Feb 12	FLDH	71358	Mon	Jan 8-Feb 12	5:45-6:45p.m.	\$41.40
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72914         Thu         Jan 11-Feb 15         11:45a.m12:45p.m.         \$41.40           72913         Thu         Jan 11-Feb 15         6:45-7:45p.m.         \$41.40           72915         Fri         Jan 12-Feb 16         9:15-10:15a.m.         \$41.40           72916         Fri         Jan 12-Feb 16         10:30-11:30a.m.         \$41.40           72935         Mon         Feb 26-Mar 25         9:15-10:15a.m.         \$34.50		72911	Mon	Jan 8-Feb 12	10:30-11:30a.m.	\$41.40
72913         Thu         Jan 11-Feb 15         6:45-7:45p.m.         \$41.40           72915         Fri         Jan 12-Feb 16         9:15-10:15a.m.         \$41.40           72916         Fri         Jan 12-Feb 16         10:30-11:30a.m.         \$41.40           72935         Mon         Feb 26-Mar 25         9:15-10:15a.m.         \$34.50		72912	Mon	Jan 8-Feb 12	6:45-7:45p.m.	\$41.40
72915         Fri         Jan 12-Feb 16         9:15-10:15a.m.         \$41.40           72935         Mon         Feb 26-Mar 25         9:15-10:15a.m.         \$34.50		72914	Thu	Jan 11-Feb 15	11:45a.m12:45p.m.	\$41.40
72916         Fri         Jan 12-Feb 16         10:30-11:30a.m.         \$41.40           72935         Mon         Feb 26-Mar 25         9:15-10:15a.m.         \$34.50		72913	Thu	Jan 11-Feb 15	6:45-7:45p.m.	\$41.40
72935         Mon         Feb 26-Mar 25         9:15-10:15a.m.         \$34.50		72915	Fri	Jan 12-Feb 16	9:15-10:15a.m.	\$41.40
		72916	Fri	Jan 12-Feb 16	10:30-11:30a.m.	\$41.40
72936         Mon         Feb 26-Mar 25         10:30-11:30a.m.         \$34.50		72935	Mon	Feb 26-Mar 25	9:15-10:15a.m.	\$34.50
		72936	Mon	Feb 26-Mar 25	10:30-11:30a.m.	\$34.50

SSLC	72937	Mon	Feb 26-Mar 25	6:45-7:45p.m.	\$34.50
	72939	Thu	Feb 29-Mar 28	11:45a.m12:45p.m.	\$34.50
	72938	Thu	Feb 29-Mar 28	6:45-7:45p.m.	\$34.50
	72940	Fri	Mar 1-Mar 22	9:15-10:15a.m.	\$27.60
	72941	Fri	Mar 1-Mar 22	10:30-11:30a.m.	\$27.60
	72960	Mon	Apr 8-May 13	9:15-10:15a.m.	\$41.40
	72961	Mon	Apr 8-May 13	10:30-11:30a.m.	\$41.40
	72962	Mon	Apr 8-May 13	6:45-7:45p.m.	\$41.40
	72964	Thu	Apr 11-May 23	11:45a.m12:45p.m.	\$48.30
	72963	Thu	Apr 11-May 23	6:45-7:45p.m.	\$48.30
	72965	Fri	Apr 12-May 24	9:15-10:15a.m.	\$48.30
	72966	Fri	Apr 12-May 24	10:30-11:30a.m.	\$48.30

### Yoga – Hatha

### 15 years and up

A yoga flow class blending balance, strength, and flexibility. Basic yoga postures, breathing and relaxation techniques will leave you feeling stronger, more flexible, balanced, and relaxed. Must be able to move from the mat to standing with ease and have some yoga experience.

FLDH	71359	Tue	Jan 9-Feb 13	10:30-11:30a.m.	\$41.40
	71383	Tue	Feb 27-Mar 26	10:30-11:30a.m.	\$34.50
	71610	Tue	Apr 9-May 21	10:30-11:30a.m.	\$48.30

### Yoga – Yin

15 years and up

16 years and up

After a slow and gentle warm-up, go deep into restorative yoga postures using props to support passive opening of the body. This quiet practice emphasizes space and stillness and is very meditative for the mind.

SSLC	72917	Tue	Jan 9-Feb 13	8-9p.m.	\$41.40
	72942	Tue	Feb 27-Mar 26	8-9p.m.	\$34.50
	72967	Tue	Apr 9-May 21	8-9p.m.	\$48.30

### **Zumba Gold Fitness**

This exciting class modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness is known for: the Latin music, like salsa, merengue, cumbia, and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating atmosphere.

NWLC	73092	Wed	Jan 10-Feb 14	10:30-11:30a.m.	\$34.80
	73093	Wed	Feb 28-Mar 27	10:30-11:30a.m.	\$29.00
	73094	Wed	Apr 10-May 22	10:30-11:30a.m.	\$40.60

### Zumba Fitness

### 16 years and up

Ditch the workout and join the party! This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

FLDH	71360	Wed	Jan 10-Feb 14	6:45-7:45p.m.	\$47.70
	71384	Wed	Feb 28-Mar 27	6:45-7:45p.m.	\$39.75
	71611	Wed	Apr 10-May 22	6:45-7:45p.m.	\$55.65
SSLC	72918	Thu	Jan 11-Feb 15	8-9p.m.	\$41.40

SSLC	72919	Sat	Jan 13-Feb 17	9-10a.m.	\$41.40
	72943	Thu	Feb 29-Mar 28	8-9p.m.	\$34.50
	72944	Sat	Mar 2-Mar 23	9-10a.m.	\$27.60
	72968	Thu	Apr 11-May 23	8-9p.m.	\$48.30
	72969	Sat	Apr 13-May 25	9-10a.m.	\$48.30

### Sports

### **Badminton**

### 16 years and up

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about the basics of the sport such as proper footwork, serves and returns, net shots, back shots, scoring and other important Badminton skills all while having fun playing the game.

FLDH	71634	Sat	Jan 6-Mar 2	6-7:30p.m.	\$87.00
	71629	Fri	Jan 12-Mar 8	6-7:30p.m.	\$87.00
	71802	Sat	Mar 30-May 18	6-7:30p.m.	\$87.00
	71794	Fri	Apr 5-May 17	6-7:30p.m.	\$76.13

### Tennis – Adult Level 1

AII

### 16 years and up

Basic skills including rules and scoring. Ground strokes, defensive and attacking skills, depth and consistency are emphasized.

FLDH	71621	Sun	Jan 7-Feb 25	12:15-1:15p.m.	\$43.50
	71780	Sat	Mar 30-May 11	12:15-1:15p.m.	\$50.75
	71787	Sun	Mar 31-May 19	12:15-1:15p.m.	\$58.00

Bodies Swin



# **All Bodies Swim**

is a drop-in leisure swim for people who are transgender, non-binary and/or gender non-conforming and their allies.

For more information email socialinclusionprograms@regina.ca



Regina.ca/inclusiveprograms

# **Registered Older Adult Programs**



### Legend

MOC – Mitakuyé Owâs'ā Centre NWLC – North West Leisure Centre SSLC – Sandra Schmirler Leisure Centre

### **Programming Note**

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529). Classes marked with an **M** are included with a leisure pass membership and are free to passholders when registering.

### 20/20/20 AP

This class is designed for older adults or those with mobility issues. This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs for stability.

NWLC	72450	Mon	Jan 8-Feb 12	10:30-11:30a.m.	\$34.80
	72991	Thu	Jan 11-Feb 15	10:30-11:30a.m.	\$34.80
	72451	Mon	Feb 26-Mar 25	10:30-11:30a.m.	\$29.00
	72992	Thu	Feb 29-Mar 28	10:30-11:30a.m.	\$29.00
	72452	Mon	Apr 8-May 13	10:30-11:30a.m.	\$34.80
	72993	Thu	Apr 11-May 16	10:30-11:30a.m.	\$34.80

### Yoga – Chair

Chair yoga provides an opportunity to stretch, tone and relax in a safe comfortable environment. Great for older adults, a recovering body, chronic conditions and beginners to yoga, expect to maximize tension release and improve your range of motion through correct breathing techniques.

SSLC	72907	Mon	Jan 8-Feb 12	11:45a.m12:45p.m.	\$41.40
	72908	Wed	Jan 10-Feb 14	11:45a.m12:45p.m.	\$41.40
	72932	Mon	Feb 26-Mar 25	11:45a.m12:45p.m.	\$34.50
	72933	Wed	Feb 28-Mar 27	11:45a.m12:45p.m.	\$34.50
	72957	Mon	Apr 8-May 13	11:45a.m12:45p.m.	\$41.40

SSLC	72958	Wed	Apr 10-May 22	11:45a.m12:45p.m.	\$48.30
NWLC	72467	Wed	Jan 10-Feb 14	1-2p.m.	\$41.40
	73090	Wed	Feb 28-Mar 27	1-2p.m.	\$34.50
	73091	Wed	Apr 10-May 15	1-2p.m.	\$41.40

### Zumba Gold

Zumba for older adults! This exciting class modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness is known for: the Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating atmosphere.

SSLC	72920	Tue	Jan 9-Feb 13	10:30-11:30a.m.	\$41.40
	72921	Thu	Jan 11-Feb 15	10:30-11:30a.m.	\$41.40
	72945	Tue	Feb 27-Mar 26	10:30-11:30a.m.	\$34.50
	72946	Thu	Feb 29-Mar 28	10:30-11:30a.m.	\$34.50
	72970	Tue	Apr 9-May 21	10:30-11:30a.m.	\$48.30
	72971	Thu	Apr 11-May 23	10:30-11:30a.m.	\$48.30

### Adapted Adult Strength Training

### 50 years and up

This class is designed for older adults or those with mobility issues. This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs for stability.

NWLC	71891	Fri	Jan 12-Feb 16	10:30-11:30a.m.	\$43.50
	71894	Fri	Mar 1-Mar 22	10:30-11:30a.m.	\$29.00
	71895	Fri	Apr 12-May 17	10:30-11:30a.m.	\$43.50

# Afternoon NEW TREE AP

50 years and up

Designed for individuals experiencing disabilities to come together for a free program focused on functional fitness, socialization, and fun. This program welcomes adults of all ages and will provide family/ caregivers an opportunity for respite. Participants are welcome to bring in creative projects or their favorite game or activity.

MOC	73056	Tue,Thu	Jan 23-Jun 6	2-5p.m.	Free
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# Zone Board & Community Association Programs

### How To Register For Community Programs

To register for community programs listed on the following pages, contact the Community Association or Zone Board that is offering the program you wish to enroll in directly.

For more information on community programs, contact:

### **Central Zone**

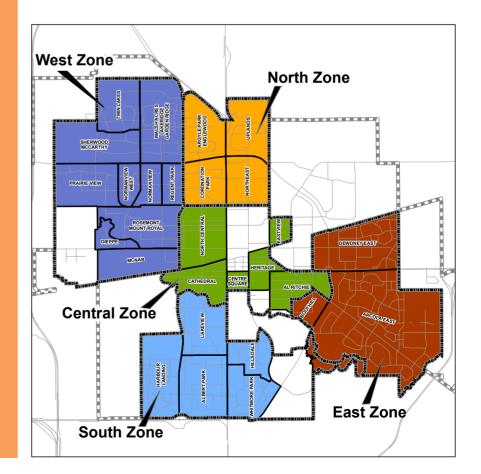
Brent Elsaesser belsaess@regina.ca 306-536-9925

### East & South Zones Loreen Anderson

landerso@regina.ca 306-777-7322

### North & West Zones Maria Kotsetas

mkotseta@regina.ca 306-777-7362 There are many community programs listed in this guide. These programs offer something for people of all ages, interests and abilities. The community programs listed in the following pages are offered by Community Associations, Zone Boards and their affiliates. These are not City of Regina programs.



### **Central Zone Board**

### Contact: Denis Simard

### Email: qceca@hotmail.ca

### Registration Date: Please contact the zone or association directly

Registration Location: Al Ritchie Community Association, 2250 Lindsay St.

Registration Location: 615 6th Ave.

The Central Zone Board is made up of volunteer representatives from the following community associations: Al Ritchie, Cathedral, Centre Square, Heritage, North Central and Queen City Eastview.

The Central Zone Board is proud to sponsor two programs:

The Tae Kwon Do program can be found in the Heritage listing and the Soccer program will be coming in the Eastview listing.

We are proud to sponsor local programs offered by our members. The Central Zone Board invites all interested citizens to look up the individual program listings for each member group. The Central Zone Board organizes a variety of programs and services in partnership with the zone board members

### Al Ritchie Community Association

### alritchie.org

### Contact: 306-352-3930

### Facebook.com/AIRitchieCommunityAssociation Email: programs@alritchie.org

Registration Date: Ongoing

ritchie.org

Al Ritchie Community Association provides a number of services and offers various programs to members of our community. Programs and services are accessible for all residents of the Al Ritchie neighborhood and a community membership is only \$5 annually!

Al Ritchie Community Association is located at 2250 Lindsay Street. Core Ritchie Neighbourhood Centre is located at 445 14th Avenue.

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Second Chance Community Shop	All	Mon-Fri	Ongoing	10 a.m-2p.m.	AI Ritchie Community Association	Free	
Mosaic Pantry	All	Mon-Fri	Ongoing	10a.m2p.m.	AI Ritchie Community Association	Free	
Fresh Cut Friday (Free Haircuts)	All	Fri	Ongoing	12p.m5p.m.	Al Ritchie Community Association	Free	
Jingle Ball (Holiday Event)	All	Sat	Dec 16	1 -4p.m.	Core Ritchie Neighbourhood Centre	Free	
Cinemagic Movie Event	All	Sat	Feb 17	ТВА	Core Ritchie Neighbourhood Centre	Free	
Eggstravaganza (Holiday Event)	All	Sat	Mar 30	1-4p.m.	Core Ritchie Neighbourhood Centre	Free	

Preschool	Preschool							
Activity	Ages	Day	Dates	Times	Location	Cost		
Jungle Gym	0-10 yrs	Mon	Ongoing	10-11a.m.	Core Ritchie Neighbourhood Centre	Free Drop-in		
Snackaroos	0-6 yrs	Mon	Ongoing	1-2p.m.	Al Ritchie Community Association	Free Drop-in		
Little Artists	0-6 yrs	Tue	Ongoing	1-2p.m.	Al Ritchie Community Association	Free Drop-in		
Fresh Air Friends	0-10 yrs	Tue	Ongoing	2-3p.m.	Al Ritchie Community Association	Free Drop-in		
Books For Breakfast	0-6 yrs	Wed	Ongoing	9:30-10:30a.m.	Al Ritchie Community Association	Free Drop-in		
Stay & Play	0-6 yrs	Wed	Ongoing	10:30-11:30a.m.	Al Ritchie Community Association	Free Drop-in		
Cookie Monsters	0-10 yrs	Wed	Ongoing	1-2:30p.m.	Al Ritchie Community Association	Free Drop-in		
Little Einsteins	0-6 yrs	Thu	Ongoing	9:30-10:30a.m.	Al Ritchie Community Association	Free Drop-in		
Mini Math	0-6 yrs	Thu	Ongoing	11a.m12p.m.	Al Ritchie Community Association	Free Drop-in		

Children						
After School Program	5-15 yrs	Mon-Fri	School Days	3:15-5p.m.	Al Ritchie Community Association	Free
Jungle Gym	0-10 yrs	Mon	Weekly	10-11a.m.	Al Ritchie Community Association	Free Drop-in
Fresh Air Friends	0-10 yrs	Tue	Weekly	2-3p.m.	Al Ritchie Community Association	Free Drop-in
Cookie Monsters	0-10 yrs	Wed	Weekly	1-2:30p.m.	Al Ritchie Community Association	Free Drop-in
Learn to Skate (Session 2)	5-12 yrs	Thu	Jan 11-Feb 15	5:45-6:30p.m.	Al Ritchie Ice Arena	Free
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Jan 11-Mar 28	6:45-7:30p.m.	Core Ritchie Neighbourhood Centre	Free

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
After School Program	5-15 yrs	Mon-Fri	School days	3:15-5p.m.	AI Ritchie Community Association	Free		
Youth Mentorship	8-15 yrs	Tue & Thu	ТВА	ТВА	AI Ritchie Community Association	Free		
Youth Cook & Eat	8-16 yrs	Sun	Jan 14-Feb 18	11a.m1p.m.	AI Ritchie Community Association	\$30		
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Jan 11-Mar 28	6:45-7:30p.m.	Core Ritchie Neighbourhood Centre	Free		
Home Alone / Babysitting Course	11+ yrs	ТВА	ТВА	ТВА	Al Ritchie Community Association	\$40/one child \$75/two children \$100/three children		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Barre Fitness	18+ yrs	Thu	Jan 11-Mar 28	7:30-8:15p.m.	Core Ritchie Neighbourhood Centre	\$5 drop-in or 5 class pass for \$20
Pickleball	18+ yrs	Thu	Sep-Jun	11a.m2p.m.	Core Ritchie Neighbourhood Centre	\$2 Drop-in or \$20 Annually
Adult Arts & Crafts	18+ yrs	ТВА	ТВА	ТВА	AI Ritchie Community Association	ТВА
Nobody's Perfect Parenting Program	18+ yrs	ТВА	ТВА	ТВА	Al Ritchie Community Association	Free
Yang 85 Form Tai chi	18+ yrs	Sun	Weekly	1-2:30p.m.	Core Ritchie Neighbourhood Centre	\$25
Older Adult						

Older Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Chair Yoga	55+	Fri	Sep-Jun	10-11:15a.m.	Core Rithie Neighbourhood Centre	Free Drop-in		

### **Cathedral Area Community Association**

### cathedralvillage.org

Contact: 306-569-8755

### Registration Date: Online starting Nov 1, 2023

Email: caca@sasktel.net

Registration Location: Cathedral Neighbourhood Centre, 2900 13th Ave.

The Cathedral Village 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 classes for all ages and interests. Those participating in our programs are asked to have a valid community association membership. If you don't have a community association, or your community association doesn't sell memberships, our memberships cost \$5 per family for 12 consecutive months. Please visit our website or Facebook page for more information or call or email the office directly.

**Parent & Baby Group** – Bring your baby to an informal group setting & hang out with other parents with babies. Have a new parent/baby related question & need a group of peers to offer an opinion? Or just need to talk with other parents that get what you're going through? This is the place for you!

**Qigong** – or "Life Energy Cultivation," has its roots in traditional Chinese medicine that has been practiced for more than 4,000 years. It is a practice based on aligning gentle rhythmic movements, awareness and breathing. Qigong promotes balance, flexibility, strength, and a calm mind. It enhances and promotes healing and the immune system. It is suitable for all ages and levels.

Tai Chi Chih: Beginner – A tool for self healing. Softness, flow & effortlessness are guiding principles in the practice. It is often thought of as a moving meditation because of the calming effect on the mind & emotions & the release of tension throughout the body.

**Tai Chi Chih: Advanced** – Open to anyone who attended Tai Chi Chih: Beginner. Everything covered previously will be reviewed & fine tuned. The philosophy of Tai Chi Chih will be delved into a little deeper. Each session will include full practices of all 20 movements of Tai Chi Chih.

**Tai Chi Chuan** – This class focuses on learning the Yang style 24 form as a martial art as well as promotion of health. It will also include a Qigong set with a focus on general health through a rebalancing of body, mind & breath. The class will be led by Siheng Wybo Ottenbreit-Born who has studied Tai Chi under Sifu Eric James from the Prairie School of Tai Chi Chuan for over 10 years.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
AGM	All	Tues	Mar 19	7:15-9p.m.	Cathedral Neighbourhood Centre	free with \$5 membership		
Cathedral Village Arts Festival	All	Mon-Sat	May 20-25	various	Cathedral Area	free		
Parent & Baby Group	All	Thu	Jan 11-Jun 27 excl May 23	1-2:30p.m.	Cathedral Neighbourhood Centre	free with \$5 membership		

Rink Shack Open	All	Tue-Sun	tentatively Dec 20-Mar 10, weather depen- dant	various, see website	Leslie Park Rink	free
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Baby								
Activity	Ages	Day	Dates	Times	Location	Cost		
Parent & Baby Group	All	Thu	Jan 11-Jun 27 excl May 23	1-2:30p.m.	Cathedral Neighbourhood Centre	free with \$5 membership		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Just for Fun Hockey	8-11 yrs	Sat	registration dead- line Dec 15, runs Dec 30/23-Mar 9/24	9:30-10:30 a.m.	Optimist Arena	\$165 or \$20 drop- in, drop-ins must register		
Just for Fun Hockey	12-14 yrs	Sat	registration dead- line Dec 15, runs Dec 30/23-Mar 9/24	10:30-11:30p.m.	Optimist Arena	\$165, drop-in \$20, drop-ins must register		
Kids Painting: Home Sweet Birdhouse	7-11 yrs	Sun	Feb 11	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25		
Kids Painting: Adventurous Little Koala	7-11 yrs	Sun	Mar 10	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25		
Kids Painting: Mushroom Inn	7-11 yrs	Sun	Apr 14	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25		
Learn to Skate	5-12 yrs	Sat	Jan 13-Feb 10	12-12:45p.m.	Lesley Park Rink (outdoors)	\$80, helmet required		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Just for Fun Hockey	12-14 yrs	Sat	registration dead- line Dec 15, runs Dec 30/23-Mar 9/24	10:30-11:30p.m.	Optimist Arena	\$165, drop-in \$20, drop-ins must register		
Just for Fun Hockey	15-18 yrs	Sat	registration dead- line Dec 15, runs Dec 30/23-Mar 9/24	11:30-12:30p.m.	Optimist Arena	\$165, drop-in \$20, drop-ins must register		

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Cathedral Sewing Circle	18+ yrs	Tue	Jan 9-Jun 25	7-9p.m.	Cathedral Neighbourhood Centre	free with \$5 membership			
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Jan 9-Jun 25	1-3p.m.	Cathedral Neighbourhood Centre	free with \$5 membership			
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Jan 10-Feb 28	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$42			
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Mar 13- Apr 24	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$42			
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	May 1-Jun 19 excl May 22	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$42			
Tai Chi Chih Beginner Trial Class	18+ yrs	Mon	Jan 8	8-9p.m.	Cathedral Neighbourhood Centre	free, must register			
Tai Chi Chih Beginner	18+ yrs	Mon	Jan 15-Mar 18	8-9p.m.	Cathedral Neighbourhood Centre	\$90			
Tai Chi Chih Beginner Trial Class	18+ yrs	Mon	Apr 1	8-9p.m.	Cathedral Neighbourhood Centre	free, must register			
Tai Chi Chih Beginner	18+ yrs	Mon	Apr 8-Jun 17 excl May 20	8-9p.m.	Cathedral Neighbourhood Centre	\$90			
Tai Chi Chih Advanced Trial Class	18+ yrs	Mon	Jan 8	6:45-7:45p.m.	Cathedral Neighbourhood Centre	free, must register			
Tai Chi Chih Advanced	18+ yrs	Mon	Jan 15-Mar 18	6:45-7:45p.m.	Cathedral Neighbourhood Centre	\$90			
Tai Chi Chih Advanced Trial Class	18+ yrs	Mon	Apr 1	6:45-7:45p.m.	Cathedral Neighbourhood Centre	free, must register			

Tai Chi Chih Advanced	18+ yrs	Mon	Apr 8-Jun 17 excl	6:45-7:45p.m.	Cathedral Neighbourhood Centre	\$90
Tai Chi Chuan Trial Class	18+ yrs	Sun	May 20 Jan 7	8-9 a.m.	Cathedral Neighbourhood Centre	free, must
Tai Chi Chuan	18+ yrs	Sun	Jan 14-Mar 31, 10 classes guar- anteed	8-9 a.m.	Cathedral Neighbourhood Centre	\$100
Tai Chi Chuan Trial Class	18+ yrs	Sun	Apr 7	8-9 a.m.	Cathedral Neighbourhood Centre	free, must register
Tai Chi Chuan	18+ yrs	Sun	Apr 14-Jun 30 excl May 26, 10 classes guaran- teed	8-9 a.m.	Cathedral Neighbourhood Centre	\$100
Qigong Trial Class	18+ yrs	Tues	Jan 9	7:15-8:15p.m.	Cathedral Neighbourhood Centre	free, must register
Qigong	18+ yrs	Tues	Jan 16-Mar 26 excl Mar 19, 10 classes guaran- teed	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$100
Qigong Trial Class	18+ yrs	Tues	Apr 2	7:15-8:15p.m.	Cathedral Neighbourhood Centre	free, must register
Qigong	18+ yrs	Tues	Apr 9-Jun 25 excl May 21, 10 classes guaran- teed	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$100
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+ yrs	Tue	Jan 9	5:45-7p.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Jan 16-Mar 26 excl Feb 20	5:45-7p.m.	Cathedral Neighbourhood Centre	\$90
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+ yrs	Tue	Apr 9	5:45-7p.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Apr 16-Jun 25 excl May 21	5:45-7p.m.	Cathedral Neighbourhood Centre	\$90
Yoga: Chair Trial Class	18+ yrs	Tue	Jan 9	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: Chair	18+ yrs	Tue	Jan 16-Mar 26 excl Feb 20	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	\$80
Yoga: Chair Trial Class	18+ yrs	Tue	Apr 9	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: Chair	18+ yrs	Tue	Apr 16-Jun 25 excl May 21	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	\$80
Yoga: For Every Body (Taught by Susan Spinarski) Trial Class	18+ yrs	Sat	Jan 13	10-11:15 a.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: For Every Body (Taught by Susan Spinarski)	18+ yrs	Sat	Jan 20-Mar 23	10-11:15 a.m.	Cathedral Neighbourhood Centre	\$85
Yoga: For Every Body (Taught by Susan Spinarski) Trial Class	18+ yrs	Sat	Mar 30	10-11:15 a.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: For Every Body (Taught by Susan Spinarski) Trial Class	18+ yrs	Sat	Apr 6-Jun 15 excl May 25	10-11:15 a.m.	Cathedral Neighbourhood Centre	\$85
Yoga: Yin Trial Class	18+ yrs	Thu	Jan 11	5:45-6:55p.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: Yin	18+ yrs	Thu	Jan 18-Mar 28 excl Feb 20	5:45-6:55p.m.	Cathedral Neighbourhood Centre	\$85
Yoga: Yin Trial Class	18+ yrs	Thu	Apr 11	5:45-6:55p.m.	Cathedral Neighbourhood Centre	free, must register
Yoga: Yin	18+ yrs	Thu	Apr 18-Jun 27 excl May 23	5:45-6:55p.m.	Cathedral Neighbourhood Centre	\$85

Older Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Jan 9-Jun 25	1-3p.m.	Cathedral Neighbourhood Centre	free with \$5 membership		
ForeverIn Motion	55+ yrs	Mon	Jan 8-May 27 excl Feb 19, May 20	1-2p.m.	Cathedral Neighbourhood Centre	free with \$5 membership, must register		
ForeverIn Motion	55+ yrs	Fri	Jan 12-May 31 excl Mar 29, May 24	1-2p.m.	Cathedral Neighbourhood Centre	free with \$5 membership, must register		
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Jan 10-Feb 28	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$42		
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Mar 13- Apr 24	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$42		
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	May 1-Jun 19 excl May 22	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$42		
Yoga: Chair Trial Class	18+ yrs	Tue	Jan 9	10:30-11:30a.m.	Cathedral Neighbourhood Centre	free, must register		
Yoga: Chair	18+ yrs	Tue	Jan 16-Mar 26 excl Feb 20	10:30-11:30a.m.	Cathedral Neighbourhood Centre	\$80		
Yoga: Chair Trial Class	18+ yrs	Tue	Apr 9	10:30-11:30a.m.	Cathedral Neighbourhood Centre	free, must register		
Yoga: Chair	18+ yrs	Tue	Apr 16-Jun 25 excl May 21	10:30-11:30a.m.	Cathedral Neighbourhood Centre	\$80		
			-					

### Heritage Community Association

### heritagecommunityassociation.com

**Registration Date: Ongoing** 

### **Contact: Wendy Miller**

### Email: director@heritagecommunityassociation.com

### Registration Location: In person, by phone or email

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighborhood Located in the historic Municipal Justice Building at 1770 Halifax Street. HCA offers a range of programs and services that focus on community engagement, children and youth, and arts and culture. Memberships are available for a \$5 donation. Please call us at 306-757-9952 for more information on our program offerings

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Mini Pantries	All Ages	Various	Ongoing	Various	Heritage Community	No Cost		
Literacy Event	All Ages	Sat	Jan-27-2024	1-3p.m.	1770 Halifax St.	No Cost		
Heritage Vintage Market	All Ages	Sat	April 13, 2024	9a.m5p.m.	1770 Halifax St.	No Cost		
Plant Exchange/Sale Work- shops	All Ages	Sat	May 17, 2024	9a.m3p.m.	1770 Halifax St	No Cost		
National Indigenous People's Day Celebration	All Ages	Thurs	June 24, 2024	12-4p.m.	1770 Halifax St.	No Cost		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo (8 sessions)	9-14 yrs	Tues	Jan-08-2024	6:15-7:15p.m.	Call To Register	Low Cost		
Let's Move	9-14 yrs	Wed	Jan. 8, 2024	6-8p.m.	Call To Register	No Cost		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Women's Self Defense	18+ yrs	Mon	Jan.15, 2024	7:30-8:30p.m.	Call To Register	No Cost		
Tai Chi	18+ yrs	Mon	Jan.15, 2024	6:15-7:15p.m.	Call To Register	No Cost		

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Seniors Potluck	55+				Call To Register	No Cost		
Chair Exercise	55+	Wed	Jan.10, 2024 ongoing	10:45-11:30a.m.	1770 Halifax Street	No Cost		

### Contact: Pat Faulconbridge

### Email: info@nccaregina.ca

### Registration Date: Contact the Central Zone or NCCA Association directly

### Registration Location: mâmawêyatitân centre, 3355 6th Ave.

The North Central Community Association serves the largest inner-city community in the City of Regina and represents a population of over 12,000 people in an area of 183 square blocks, consisting of 4300 homes and over 200 businesses. Our mission is to enhance, engage and represent our diverse neighborhoods by coordinating the delivery of programs for the residents and facilitating community partnerships and other services to reach our vision of a safe, caring, and vibrant community where all residents can enjoy a positive quality of life.

### Queen City Eastview Community Association

### Contact: Denis & Katelyn

### Email: programs@eastviewregina.com

Registration Date: Ongoing

### Registration Location: 615 6th Ave.

eastviewregina.com

Come to the Eastview Community Centre to get your membership and find out about what is happening at the Centre. To register for programs, a \$5 Eastview membership is needed. Enrolment fees should not be a barrier for anyone. If you need support, please contact the centre

Family								
Activity	Ages	Day	Dates	Times	Location	Cost		
Toddler Town	Parent & Tot	Mon	Jan 15-Mar 11	10-11a.m.	Eastview Community Centre	\$65 Includes membership		
Toddler Town	Parent & Tot	Tue	Jan 16-Mar 5	10-11a.m.	Eastview Community Centre	\$65 Includes membership		
Family Movie Night	All	Fri	Dec 8	7p.m.	Eastview Community Centre	Free		
Rink Skating	All	When lights on	Dec-Mar	When lights on	Eastview Rink	Free		
Winter Carnival	All	Sat	Mar 2	10a.m3:30p.m.	Eastview Community Centre	\$2.50 per person		
Stay and Play	Parent & Tot	Sun	Jan 28, Feb 18, Apr 14, May 26	3-5p.m.	Eastview Community Centre	\$10		

Preschool	Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost			
Toddler Town	n Parent & Mon		Jan 15-Mar 11	10-11a.m.	Eastview Community Centre	\$65 Includes membership			
Toddler Town	Parent & Tot	Tue	Jan 16-Mar 5	10-11a.m.	Eastview Community Centre	\$65 Includes membership			
Family Movie Night	All	Fri	Dec 8	7p.m.	Eastview Community Centre	Free			
Rink Skating	Skating All When lights on Dec-Mar		Dec-Mar	When lights on	Eastview Rink	Free			
Winter Carnival	All	Sat	Mar 2	10a.m3:30p.m.	Eastview Community Centre	\$2.50 per person			
Stay and Play	Parent & Tot	Sun	Jan 28, Feb 18, Apr 14, May 26	3-5p.m.	Eastview Community Centre	\$10			

Children	Children								
Activity	Ages	Day	Dates	Times	Location	Cost			
After School Program	6-15 yrs	Mon-Fri	Jan 8-May 31	3:30-5:15p.m.	Eastview Community Centre	\$5 membership			
Family Movie Night	All	Fri	Dec 8	7p.m.	Eastview Community Centre	Free			
Rink Skating	All	When lights on	Dec-Mar	When lights on	Eastview Rink	Free			
Kids Cooking	8-15 yrs	Sat	Jan 13	10a.m2p.m.	Eastview Community Centre	\$50			
Kids Cooking	8-15 yrs	Sat	Jan 20	10a.m2p.m.	Eastview Community Centre	\$50			
Try Xcite	9-16 yrs	Mon	Jan 8	5:45-7p.m.	Eastview Community Centre	Free			
Youth Basketball	9-16 yrs	Mon	Jan 15-Feb 26	5:45-7p.m.	Eastview Community Centre	\$90			
Winter Carnival	All	Sat	Mar 2	10a.m3:30p.m.	Eastview Community Centre	\$2.50 per person			

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
MyTime	11-16 yrs	Wed	Jan 29-Apr 19	6-8p.m.	Eastview Community Centre	Free		
Home alone/ Babysitting Course	11+ yrs	Sat	Jan 6	8a.m.	Eastview Community Centre	\$55		

### Zone Board & Community Association Programs

Youth Basketball	9-16 yrs	Mon	Jan 15-Feb 26	5:45-7p.m.	Eastview Community Centre	\$90
After School Program	6-15 yrs	Mon-Fri	Jan 8-May 31	3:30-5:15p.m.	Eastview Community Centre	\$5 membership
Rink Skating	All	When lights on	Dec-Mar	When lights on	Eastview Rink	Free
Try Xcite	9-16 yrs	Mon	Jan 8	5:45-7p.m.	Eastview Community Centre	Free
Winter Carnival	All	Sat	Mar 2	10a.m3:30p.m.	Eastview Community Centre	\$2.50 per person

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Mother & Daughter Self Defense	13+ yrs	Sat	Jan 6, 13, 20	10-11:30a.m.	Eastview Community Centre	\$75 per person
Winter Carnival	All	Sat	Mar 2	10a.m3:30p.m.	Eastview Community Centre	\$2.50 per person
Indoor Walk & Talk	19+ yrs	Fri	Jan 12-May 31	10-11a.m.	Eastview Community Centre	\$5 membership
Foreverin Motion	19+ yrs	Thu	Jan 11-May 30	10-11a.m.	Eastview Community Centre	\$5 membership
Rink Skating	All	When lights on	Dec-Mar	When lights on	Eastview Rink	Free
Adult Drop-in Basketball	18+ yrs	Wed	Jan 10-Apr 17	8:30-10p.m.	Eastview Community Centre	\$5 membership

Older Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Winter Carnival	All	Sat	Mar 2	10a.m3:30p.m.	Eastview Community Centre	\$2.50 per person		
Golden Hour Drum Fit	55+ yrs	Wed	Jan 10-Feb 14	10-11a.m.	Eastview Community Centre	\$10		
Indoor Walk & Talk	19+ yrs	Fri	Jan 12-May 31	10-11a.m.	Eastview Community Centre	\$5 membership		
Rink Skating	All	When lights on	Dec-Mar	When lights on	Eastview Rink	Free		
Foreverin Motion	19+ yrs	Thu	Jan 11-May 30	10-11a.m.	Eastview Community Centre	\$5 membership		

### **East Zone**

### **East Zone Board**

### Contact: East Zone Board

Email: www.eastzoneboard.com

The East Zone Board represents the Arcola East, Boothill and Dewdney East areas. We provide recreation and community programs that are offered zone wide. The East Zone board is a volunteer board that is always looking for more members. If you are interested in community volunteering opportunities, please visit the website.

East Zone Tae Kwon Do - Contact Master Folk for registration requirements at 306-949-7067 or email b.folktkd@hotmail.com.

**Regina East Zone Youth Soccer** – offers two recreational soccer seasons a year, indoor which runs from Oct to Mar and outdoor May and June. For more information see rezysa.com or call 306-525-6407.

**Skating** offers two sessions one in the fall and one in the new year. Registration for winter skating will take place at the Glencairn Rec Center, Thursday January 11 from 6:30-7p.m. Doors open at 5:45p.m. For further information call 306-525-3512. Helmets and mitts are mandatory.

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Taekwondo	7+ yrs	Mon	Jan 8-Jun 24	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person			
Taekwondo	7+ yrs	Wed	Jan 10-Jun 26	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person			
Taekwondo	7+ yrs	Wed	Jan 10–Jun 12	7:30-9p.m.	Campus Regina Public	\$40/mth/ person			

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Skate-Tot-Learn to	3-5 yrs	Wed	Jan 24-Mar 13	1:15-2p.m.	Clarence Mahon Arena	\$50/8 sessions		
Skate-Parent/Tot	3-5 yrs	Sat	Jan 27-Mar 23	10-10:30a.m. 10:30- 11a.m.	Clarence Mahon Arena	\$45/8 Sessions		

### eastzoneboard.com

**Registration Location: see below** 

**Registration Date: see below** 

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Skate-Learn to	4-9 yrs	Sat	Jan 27-Mar 23	11-11:30a.m. 11:30- 12p.m. 12-12:30p.m.	Clarence Mahon Arena	\$45/8 Sessions			
Skate-Intermediate	6-12 yrs	Sat	Jan 27-Mar 23	12:30-1p.m.	Clarence Mahon Arena	\$45/8 Sessions			
Taekwondo	7+ yrs	Mon/Wed	Jan 8-Jun 24	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person			
Taekwondo	7+ yrs	Wed	Jan 10–Jun 12	7:30-9p.m.	Regina Campus Direct	\$40/mth/ person			

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Mon/Wed	Jan 8-Jun 24	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person
Taekwondo	13-17 yrs	Wed	Jan 10–Jun 12	7:30 – 9p.m.	Regina Campus Direct	\$40/mth/ person

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Taekwondo	18+ yrs	Mon/Wed	Jan 8-Jun 24	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person			
Taekwondo	18+ yrs	Wed	Jan 10–Jun 12	7:30–9p.m.	Regina Campus Direct	\$40/mth/ person			

### Arcola East Community Association

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Contact: 306-525-3401
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### Email: contact@aecaregina.com

### Registration Date: Register at aecaregina.com starting Dec 17 at 9a.m. to Dec 28 at 6p.m. for Arcola East residents. Dec 29 at 6p.m. for out of area residents. Registration Location: Online registration only at aecaregina.com

The AECA serves the ever-expanding southeast area of the City. It is based in the Arcola East Community Centre at 3860 Buckingham Drive. The center has many programs and has a 100-metre indoor walking track which is open to the public at a very reasonable cost. Please visit the website for all programs.

Please visit the website for all program

### Track hours are:

Mon-Fri 5:30 a.m.-10:25 a.m. 11:45a.m.-12:45p.m. 2:15p.m.-9:30p.m. Sat 5:30a.m. -10:00a.m. 11:15a.m. -9:30p.m. Sun 5:30 a.m.-9:30 p.m.

aecaregina.com

Please vacate building by 9:30 p.m.

Yearly passes or 4 consecutive month passes are available for purchase. You must have or buy a community association membership.

You can also choose our Evening Fitness Walk and walk Monday to Thursday January 8-March 28 from 6:00p.m.-8:30p.m. for \$35.00.

Purchase a track pass or join the Fitness Walk by phoning 525-3401, Box 1 or visit the office during hours of operation Monday-Thursday 6:00p.m.-8:00p.m.

The AECA offers a variety of programs for all ages. For more information, call 525-3401 and leave a message in Box 1 for the Track, Box 2 for Programs, Box 3 for general inquiries. The Winter session will begin on January 6th with no classes February 17-February 24 inclusive and March 29-April 6 inclusive.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Parent and Child Zumba	3-9 yrs	Thu	Jan 11-May 16	6-7p.m.	Jack Mackenzie Gym	\$150/\$30 ad- ditional child		
Fit n Fun Family	All ages	Tue	Jan 9-Mar 28	6-7p.m.	Jack Mackenzie Gym	\$10		

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool Dance	3-6 yrs	Thu	Jan 11- Mar 21	5:45-6:15p.m.	Arcola East Community Centre	\$80

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Dance	6-10 yrs	Thu	Jan 11-Mar 21	6:15-6:45p.m.	Arcola East Community Centre	\$80
Babysitting	11-16 yrs	Thu Tue	Feb 22 or Apr 2	9:30a.m4:30p.m.	AECA MP Room	\$70

Home Alone	10-14 yrs	Tue	Feb20	9:30 a.m12p.m. or 1:30p.m4:00p.m.	AECA MP Room	\$50
Ukrainian Dance	7-11 yrs	Tue	Jan 9-Mar 19	6-7p.m.	Jack Mackenzie Dance Room	\$80
My EQ: Emotional Intelligence	8-11 yrs	Mon	Jan15- Mar 11	6:30-7:30p.m.	AECC MP Room	\$80
Skating and Skills -full equip with stick	5-6 yrs	Mon	Jan 8- Mar 11	5:45-6:25p.m.	Mahon Rink	\$200
Power Skating /Skills- full equip with stick	7-8yrs	Mon	Jan 8- Mar 11	6:25-7:15p.m.	Mahon Rink	\$245
Power Skating /Skills -full equip with stick	9-12 yrs	Mon	Jan 8- Mar 11	7:20-8:15p.m.	Mahon Rink	\$245

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yoga -Yin Yoga	T/A/OA	Mon	Jan 8 -May13	7-8p.m.	Jack Mackenzie Dance	\$210
Yoga-Beginner	T/A/OA	Wed	Jan10- May15	7:30-8:30 p.m	Jack MacKenzie Dance	\$210
Yoga -Vinyasa/Flow Multi- Level	T/A/OA	Wed	Jan10-May15	9:15-10:15 a.m.	AECC MP	\$210
Yoga-Intermediate	T/A/OA	Wed	Jan10-May15	6:15-7:15p.m.	Jack Mackenzie Dance	\$210
Power Walk/Run	T/A/OA	Sat	Jan 6- May11	10-11:15a.m.	AECC Infill / Track	\$200
Cardio/Core	T/A/OA	Mon	Jan 8-May13	7-8p.m.	AECC Infill / Track	\$150
Total Body Sculpt	T/A/OA	Sun	Jan 7-May12	10-11 a.m.	AECC Infill	\$150
Total Body Sculpt	T/A/OA	Wed	Jan10-May15	7-8p.m.	AECC Infill	\$150
Butts & Gutts	T/A/OA	Thu	Jan11-May16	7-8p.m.	AECC Infill	\$150
Tai Chi-Level 1	T/A/OA	Sat	Jan6-May11	1-2p.m.	AECC infil	\$150
Tai Chi Level 2	T/A/OA	Sat	Jan 6-May11	2:30-3:30p.m.	AECC Infill	\$150
Zumba	T/A/OA	Thu	Jan11-May16	7-8p.m.	Jack Mackenzie Gym	\$140
Peri Menopause/Menopause Fitness	A/OA	Mon	Jan 8 May13	6-7p.m.	AECC Infill	\$150
All Levels Daytime Fitness- Strength and Mobility	T/A/OA	Tue	Jan 9-May14	11a.m12p.m.	AECC MP	\$150
All Levels Daytime Fitness- Strength and Mobility	T/A/OA	Thu	Jan11-May16	11a.m12p.m.	AECC MP	\$150
Evening Fitness Walk	A/OA	Mon -Thu	Jan 8- Mar 28	6-8:30p.m.	AECC Track	\$35
Stretch and Mobility	T/A/OA	Thu	Jan 11-May 16	9:45-10:45a.m.	AECC MP	\$150

### **Boothill Community Association**

### Contact: Lorri Kudells

### Email: boothillca@gmail.com

### Registration Date: January 9 Registration Location: Contact the zone or association directly

boothillca.com

The Boothill Community Association is a group of volunteers from Douglas Park and the surrounding area. Visit boothillcommunity.ca or join our Facebook page "Boot Hill Community Association" for updated information and announcements!

### \*ALL PROGRAMS REQUIRE \$5 ANNUAL FAMILY MEMBERSHIP

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yoga	18+ yrs	Mon	Jan 22-Apr 15	6-7p.m.	Douglas Park School	\$65
Yoga	18+ yrs	Wed	Jan 17-Mar 27	6-7p.m.	Douglas Park School	\$65
Pickleball	18+ yrs	Tue	Jan 16-Mar 26	6-8p.m.	Douglas Park School	\$30
Pickleball	18+ yrs	Fri	Jan 19-Apr 12	6-8p.m.	Douglas Park School	\$30

### **Dewdney East Community Association**

### Contact: 306-789-6559

Email: info@decaregina.ca

Registration Date: Tue Aug 31 at 9a.m.-Mon Sep 11 at 12p.m. Registration Location: Online at decaregina.ca

decaregina.ca

Community memberships also available for purchase online at time of registration

The Dewdney East Community Association serves the areas of: Glen Elm, Glencairn, Glencairn Village, East Point Estates, East Gate, Parkridge and Creekside.

We are excited to add some new programs this winter: Tech Help for Seniors, Childrens Yoga (TBD), Childrens Pickleball, Adult Stained Glass for Beginners and an Acrylic Paint Class.

Please check our website for official community association meeting dates. For more information please call 306 789-6559, e-mail us at info@ decaregina.ca or visit our website at decaregina.ca.

We are holding our Annual Celebration of Cultures on Sunday March 10. From 1-5p.m. Come join us for an afternoon of FREE multi-cultural entertainment, samples of ethnic foods and door prizes for all ages.

Our Community Garage Sale is back again on Sat, April 20th. From 9-3p.m. Vendors may book up to 2 tables for \$15 per table plus membership fee. Call our info line 306-789-6559 or email info@decaregina.ca for more information or to book your table.

PLEASE NOTE: ON-LINE REGISTRATION will start 9:00 a.m. Thursday, Dec. 31 at decaregina.ca, and will remain open as spots are still available.

Community Memberships will be available on-line during program registration or at our in-person registration night.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis	All	Mon	Jan 15-Apr 29	6:30-8:30p.m.	Glen Elm School-use east door	\$15 for year
Tech Help	All	Sat	Mar 2	1-3p.m.	Glencairn Rec Centre	\$5 Community Membership
Celebration of Cultures	All	Sun	Mar 10	1-5p.m.	Glencairn Rec Centre	FREE (en- tertainment, samples of ethnic foods and door prizes)
Garage Sale	All	Sat	Apr 20	9am-3p.m.	Glencairn Rec Centre	\$15 per table (max 2 tables) plus membership. Call or email for info.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool	3-4 yrs	Mon/Wed or Tues/ Thu	Jan-Jun	9:30-11:30a.m.	Glencairn Rec Centre	\$60/mth for 2 days per week
Preschool	3-4 yrs	Fri Op- tional	Jan-Jun	9:30-11:30a.m.	Glencairn Rec Centre	\$20/mth for extra 3rd day per week

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Floor Hockey	6-8 yrs	Sun	Jan 14-Mar 24 (excl Feb 18)	12-1p.m.	Glencairn Rec Centre	\$25
Floor Hockey	9-10 yrs	Sun	Jan 14-Mar 24 (excl Feb 18	1-2p.m.	Glencairn Rec Centre	\$25
Floor Hockey	11-12 yrs	Sun	Jan 14-Mar 24 (excl Feb 18)	1-2p.m.	Glencairn Rec Centre	\$25
Soccer Tots	3-4 yrs	Tue	Jan 16-Mar 26 (excl Feb 20)	6-7p.m.	Glen Elm School-use east door	\$25
Soccer Skills	5-6 yrs	Tue	Jan 16-Mar 26 (excl Feb 20)	7-8 p.m.	Glen Elm School-use east door	\$25
Children's Team Handball	11-14 yrs	Mon	Jan 15-Mar 25 (excl Feb 19)	6-7p.m.	Judge Bryant School	\$25
DECA Soccer Camp	7-9 yrs	Sat	Jan 13-Mar 23 (excl Feb 17)	1-2p.m.	Dr George Ferguson	\$25
DECA Soccer Camp	10-11 yrs	Sat	Jan 13-Mar 23 (excl Feb 17)	2-3p.m.	Glencairn Rec Centre	\$25

### **68** Zone Board & Community Association Programs

Children's Improv	10-14 yrs	Thu	Jan 18-Mar 28 (excl Feb 22)	6-7:30p.m.	Glencairn Rec Centre	\$25
Learn to Dance	5-7 yrs	Wed	Jan 17-Mar 27 (excl Feb 21)	5:30-6:30p.m.	Glencairn Rec Centre	\$40
Learn to Dance	8-11 yrs	Wed	Jan 17-Mar 27 (excl Feb 21)	6:30-7:30p.m.	Glencairn Rec Centre	\$40
Children's Yoga	7-12 yrs	TBD	TBD	TBD	TBD	TBD
Children's Pickleball	7-12 yrs	TBD	TBD	TBD	Glencairn Rec Centre	\$25
Regina Steam Academy (Early Engineers)	6-10 yrs	Tue	Jan 16-Feb 13	6-7p.m.	Glencairn Rec Centre	\$90
Regina Steam Academy (Coding & Video Design)	8+ yrs	Tue	Jan 16-Feb 13	7:15-8:30p.m.	Glencairn Rec Centre	\$105
Regina Steam Academy (Early Engineers)	6-10 yrs	Tue	Feb 27-Mar 26	6-7p.m.	Glencairn Rec Centre	\$90
Regina Steam Academy (Coding & Video Design)	8+ yrs	Tue	Feb 27-Mar 26	7:15-8:30p.m.	Glencairn Rec Centre	\$105
St John's Home Alone	10-15 yrs	Sat	Mar 24	1:00-3:30p.m.	Glencairn Rec Centre	\$45

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Acrylic Paint	Adult	Thu	Apr 11-May 2	12:30-2:45	Glencairn Rec Centre	\$50 plus ma- terials (list to be provided)
Stained Glass for Beginners – Cardinal or Blue Jay	Adult	TBD	TBD	TBD	Glencairn Rec Centre	\$50 (Materi- als included)
Stained Glass for Beginners – Mushroom	Adult	TBD	TBD	TBD	Glencairn Rec Centre	\$50 (Materi- als included)
Virtual Dance Fitness-Winter	Adult	Mon, Wed, Sat	Jan 1-Mar 30	M, W & Sat	M & W 7:30-8:30p.m. Sat 9-10:30a.m. Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne at j.klock@ myaccess. com
Virtual Dance Fitness-Spring	Adult	Mon, Wed, Sat	Apr 1-Jun 29	M, W & Sat	M & W 7:30-8:30p.m. Sat 9-10:30a.m. Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne at j.klock@ myaccess. com
Virtual Dance Fitness-Summer	Adult	Mon, Wed, Sat	Jul 1-Aug 24	M, W & Sat	M & W 6:45-7:45p.m. Sat 9-10:30a.m. Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne at j.klock@ myaccess. com
Zumba-Winter	Adult	Wed	Jan 17-Mar 27 (excl Feb 21)	6:30-7:30p.m.	Glen Elm School-use east door	\$80 or \$10 drop in
Zumba-Spring	Adult	Wed	Apr 10-Jun 5	6:30-7:30p.m.	Glen Elm School-use east door	\$72 or \$10 drop in
Yoga-Winter Beginner	Adult	Tue	Jan 16-Mar 26 (excl Feb 20)	7:15-8:15p.m.	Glencairn Rec Centre	\$80
Yoga-Winter Advanced	Adult	Thu	Jan 18-Mar 28 (excl Feb 22)	6:30-7:30p.m.	Glencairn Rec Centre	\$80
Yoga-Spring Beginner	Adult	Tue	Apr 9-Jun 11	7:15-8:15p.m.	Glencairn Rec Centre	\$80
Yoga-Spring Advanced	Adult	Thu	Apr 11-Jun 13	6:30-7:30p.m.	Glencairn Rec Centre	\$80
Bellydance-Beginner	Adult	Mon	Jan 15-Mar 25 (excl Feb 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$80
Bellydance-Intermediate	Adult	Mon	Jan 15-Mar 25 (excl Feb 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$80
Bellydance-Advanced	Adult	Mon	Jan 15-Mar 25 (excl Feb 19)	8:30-9:30p.m.	Glencairn Rec Centre	\$80
Learn to Dance	Adult	Wed	Jan 17-Mar 27 (excl Feb 21)	7:30-8:30p.m.	Glencairn Rec Centre	\$40

Older Adult	Older Adult					
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion	Senior 55+	Mon & Thu	Jan 11-Aug 22	9:00- 10:00a.m.	Glencairn Rec Centre	\$5 Com- munity Membership (available at class)
Acrylic Paint	Adult	Thu	Apr 11-May 2	12:30-2:45p.m.	Glencairn Rec Centre	\$50 plus ma- terials (list to be provided)
Tech Help	Adult	Sat	Mar 2	1-3p.m.	Glencairn Rec Centre	\$5 Commu- nity Member- ship

### South Zone

### South Zone Recreation Board

### Contact: Gerry Fincati, Chair Email: gfincati@sasktel.net

### Registration Date: Visit szrb.ca for contacts Registration Location: Contact the Program Coordinator listed online

The South Zone Recreation Board is comprised of a volunteer executive board of officers and directors, and volunteer program coordinators who offer a variety of programs for residents of all ages. Programs are developed and enhanced by dedicated volunteers who recruit leaders, coaches, referees, umpires, etc. who work tirelessly to provide affordable programs for residents living in the South Zone. Please visit our website-szrb.ca-and sign up to our Mailchimp service to learn more about the many programs we offer. If you are interested in any of the programs listed below or offered by the SZRB-contact the program coordinator directly.

All program participants must possess a Community Association Membership Card. If you don't have one, you can purchase one from our Program Coordinators for \$5 per household.

Senior's Badminton	laurenmang@myaccess.ca
Table Tennis	reginatabletennis@sasktel.net
Senior's Bridge	rjczach@sasktel.net
Taekwondo	b.folktkd@hotmail.com
Dance	hutsolalla@gmail.com

Seniors Pickleball Rhythm E's Round Dance	
Community Gardens	
Indoor Soccer	.szindoorsoccer@outlook.com
Heritage Fiddlers	lensmobile@hotmail.com

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
TAEKWONDO	7+ yrs	Tue	Jan 9-Jun 24	6-8p.m.	St Mathew School	\$40/MONTH			
TAEKWONDO	7+ yrs	Fri	Jan 5-Jun 28	6-8p.m.	South Leisure Centre	\$40/MONTH			

Preschool										
Activity	Ages	Day	Dates	Times	Location	Cost				
Latin Dance	4-6 yrs	Fri	Jan 12-Jun 14	5'30-6'30nm	South Leisure Centre- Multipurpose Room	\$140				

Children										
Activity	Ages	Day	Dates	Times	Location	Cost				
TAEKWONDO	7+ yrs	Tue	Jan 9-Jun 24	6-8p.m.	St Mathew School	\$40/MONTH				
TAEKWONDO	7+ yrs	Fri	Jan 5-Jun 28	6-8p.m.	South Leisure Centre	\$40/MONTH				
Latin Dance	7- 9 yrs	Fri	Jan 12-Jun 14	6:30-7:30p.m.	South Leisure Centre- Multipurpose Room	\$140				
Latin Dance	10-12 yrs	Fri	Jan 12-Jun 14	7:30-8:30p.m.	South Leisure Centre- Multipurpose Room	\$140				
Table Tennis	7-13 yrs	Tue, Wed	Jan 2-Jun 26	6-7:45p.m.	South Leisure Centre- Art room	\$200/pp				

Teen										
Activity	Ages	Day	Dates	Times	Location	Cost				
TAEKWONDO	13-17 yrs	Tue	Jan 9-Jun 24	6-8p.m.	St Mathew School	\$40/MONTH				
TAEKWONDO	13-17yrs	Fri	Jan 5-Jun 28	6-8p.m.	South Leisure Centre	\$40/MONTH				
Latin Dance	17+ yrs	Mon	Jan 8-Jun 10	7:45- 8:45p.m.	South Leisure Centre- Multipurpose Room	\$140				
Latin Dance	13-16 yrs	Mon	Jan 8-Jun 10	6-7:45p.m.	South Leisure Centre- Multipurpose Room	\$140				
Table Tennis	13-18 yrs	Tue, Wed	Jan 2-Jun 26	7:45-9:30p.m.	South Leisure Centre- Art room	\$200/pp				

szrb.ca

### Zone Board & Community Association Programs

Adult										
Activity	Ages	Day	Dates	Times	Location	Cost				
TAEKWONDO	18+ yrs	Tue	Jan 9-Jun 24	6-8p.m.	St Mathew School	\$40/MONTH				
TAEKWONDO	18+ yrs	Fri	Jan 5-Jun 28	6-8p.m.	South Leisure Centre	\$40/MONTH				
Two-Step Dance Lessons	18+ yrs	Mon	Jan 8-May 6	6:30-8:30p.m.	Grand Coulee Town Hall	\$50/Person				

Older Adults									
Activity	Ages	Day	Dates	Times	Location	Cost			
Seniors 55+ Badminton	55+ yrs	Mon & Fri	Jan 3-May 30	10:30a.m12:00p.m.	South Leisure Centre	\$15			
Seniors Bridge	55+ yrs	Thu	Jan-Jun	1-4:30p.m.	South Leisure Centre	\$2/participant			
SZ Senior Indoor Pickleball	55+ yrs	Tue- Thu	Jan 2-May 17	11:45a.m2:45p.m	South Leisure Centre	\$40/session			
SZ Senior Indoor Pickleball	55+ yrs	Fri	Jan 5-May 18	12:30a.m2:30p.m.	South Leisure Centre	\$40/session			
Heritage Fiddlers Jam Session	55+ yrs	3rd Wed	Jan- Jun	1:30-4p.m.	South Leisure Centre-Art Room	Free			

### **Albert Park Community Association**

### Contact: albertpark.ca and Facebook

Email: info@albertpark.ca

### Registration Date: Online Registration-Open: Dec 17 8a.m. to Jan 13 at albertpark.ca or register at the first class if there is remaining space. There will be no in-person registration night.

Registration Location: albertpark.ca

albertpark.ca

The Albert Park Community Association (APCA) serves the southwest Regina neighborhoods of Albert Park and Parliament Place. APCA offers a wide variety of programs for children, youth, adults, and seniors including AM and PM fitness classes, badminton, basketball, pickleball, technical power skate, Bricks 4 Kidz, yoga, Pilates, and much more.

APCA is proud to bring free activities to the community, including free public skating thanks to Sask Lotteries, family movie nights, Summer Market, and Cultural Evolut!on. An annual \$5 family membership is required to register for all classes and helps support free activities. Memberships can be purchased on our website.

Join us for an APCA monthly meeting, 3rd Monday of the month, 7:00p.m. to 9:00p.m. at the South Leisure Centre in the Board Room. APCA is always looking for volunteers, new program ideas and coordinators. Please assist APCA to expand programming in your community.

For full program details, descriptions and contact info, visit the APCA website at albertpark.ca

Program notes: Technical power skating-full hockey gear is required.

Or further details regarding spring soccer and to register, visit srcs.ca.

Family & Community											
Activity	Ages	Day	Dates	Times	Location	Cost					
Public Skating	All	Thu	Nov 9-Feb 22	6-8p.m.	Optimist Arena	Free					
Children											
Activity	Ages	Day	Dates	Times	Location	Cost					
Basketball Skills Development	7-14 yrs	Wed	Jan 10-Feb 28	6-7p.m.	South Leisure Centre Gym	\$100					
Basketball Skills Development	7-14 yrs	Wed	Mar 6-Apr 24	6-7p.m.	South Leisure Centre Gym	\$100					
Basketball Skills Development	7-14 yrs	Wed	May 8-June 26	6-7p.m.	South Leisure Centre Gym	\$100					
Soccer Under 5	3 & 4 yrs	TBD	May-Jun	6-7p.m. or 7-8p.m.	South End Parks	\$65					
Soccer Under 6	5 yrs	Mon/Wed	May-Jun	6-7p.m. or 7-8p.m.	South End Parks	\$65					
Soccer Under 8	6-7 yrs	Tue/Thu	May-Jun	6-7p.m. or 7-8p.m.	South End Parks	\$65					
Soccer Under 10	7-8 yrs	Mon/Wed	May-Jun	6-7p.m. or 7-8p.m.	South End Parks	\$80					
Soccer Under 12	10-11 yrs	Tue/Thu	May-Jun	6-7p.m. or 7-8p.m.	South End Parks	\$90					
Sportball – Parent & Child Multi-sport	16-24mos	Sat	Jan 20-Mar 23	4-4:45p.m.	St Kateri Gym	\$186					
Sportball – Parent & Child Multi-sport	16-24mos	Sat	Apr 6-Apr 27	4-4:45p.m.	St Kateri Gym	\$102					
Sportball – Parent & Child Multi-sport	2-4 yrs	Wed	Jan 10-Mar 6	6-6:45p.m.	St Kateri Gym	\$186					
Sportball – Parent & Child Multi-sport	2-4 yrs	Sat	Jan 20-Mar 23	3:10-3:55p.m.	St Kateri Gym	\$186					
Sportball – Parent & Child Multi-sport	2-4 yrs	Wed	Mar 13-Apr 24	6-6:45p.m.	St Kateri Gym	\$144					
Sportball – Parent & Child Multi-sport	2-4 yrs	Sat	Apr 6-Apr 27	3:10-3:55p.m.	St Kateri Gym	\$102					
Sportball – Coach & Child Multi-sport	4-6 yrs	Wed	Jan 10-Mar 6	6:55-7:55p.m.	St Kateri Gym	\$165					

Sportball – Coach & Child Multi-sport	4-6 yrs	Sat	Jan 20-Mar 23	5-6p.m.	St Kateri Gym	\$186
Sportball – Coach & Child Multi-sport	4-6 yrs	Wed	Mar 13-Apr 24	6:55-7:55p.m.	St Kateri Gym	\$144
Sportball – Coach & Child Multi-sport	4-6 yrs	Sat	Apr 6-Apr 27	5-6p.m.	St Kateri Gym	\$102
Sportball – Coach & Child Multi-sport	6-8 yr	Sat	Jan 20-Mar 23	2-3p.m.	St Kateri Gym	\$186
Sportball – Coach & Child Multi-sport	6-8 yr	Sat	Apr 6-Apr 27	2-3p.m.	St Kateri Gym	\$102
Early Engineers	6+ yrs	Wed	Feb 29-Mar 28	6:15-7:15p.m.	South Leisure Centre	\$75
Jr. Robotics & Coding	9+ yrs	Wed	Jan 11-Feb 15	7:30-8:45p.m.	South Leisure Centre	\$150
Jr. Robotics & Coding	9+ yrs	Wed	Feb 29-Mar 28	7:30-8:45p.m.	South Leisure Centre	\$125
Dodgeball	8-12 yrs	Mon	Jan 8-Apr 29 (No Class Feb 18 and Apr 1)	7-8p.m.	Deshaye Gym	\$50

Teen									
Activity	Ages	Day	Dates	Times	Location	Cost			
Basketball Skills Development	7-14 yrs	Wed	Jan 10-Feb 28	6-7p.m.	South Leisure Centre Gym	\$100			
Basketball Skills Development	7-14 yrs	Wed	Mar 6-Apr 24	6-7p.m.	South Leisure Centre Gym	\$100			
Basketball Skills Development	7-14 yrs	Wed	May 8-June 26	6-7p.m.	South Leisure Centre Gym	\$100			
Power Skating	13+ yrs	Mon	Jan 8-Mar 11	4:30-5:30p.m.	Optimist Arena	\$310			
Tennis	11-14 yrs	Wed	May 8-Jun 12	7-8p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet			
Tennis-Beginner	15+ yrs	Mon	May 6-Jun 17	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110 with racquet (No class-May 20)			
Tennis-Beginner	15+ yrs	Thu	May 9-Jun 13	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110with racquet			
Tennis-Intermediate	15+ yrs	Tue	May 7-Jun 11	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110with racquet			
Soccer under 15	13-15 yrs	Tue/Thu	May-Jun	6-7 or 7-8p.m.	South End Parks	\$95			
Soccer under 18	16-18 yrs	Mon/Wed	May-Jun	6-7 or 7-8p.m.	South End Parks	\$95			

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Stott's Pilates Level 1	Adult	Thu	Jan 11-Mar 28	5:30 to 6:30p.m.	South Leisure Centre	\$140			
Stott's Pilates Level 2	Adult	Thu	Jan 11-Mar 28	6:40 to 7:40p.m.	South Leisure Centre	\$140			
Pickleball	18+	Mon	Jan 8-Jun 10	7:30-9:30p.m.	South Leisure Centre Gym	\$35			
Fitness-Muscle Toner	Adult	Tue	Jan 9-Jun 11	9-10a.m.	South Leisure Centre	\$110			
Fitness-Total Body Conditioning	Adult	Thu	Jan 11-Jun 13	9-10a.m.	South Leisure Centre	\$105			
Fitness: Low Impact & Coffee	18+	Mon (No class- Feb19)	Jan 8-Mar 25	9:15-10:15a.m.	South Leisure Centre Gym	\$55			
Fitness: Low Impact & Coffee	18+	Mon (No class-Apr 1, May 20)	Apr 8-Jun 10	9:15-10:15a.m.	South Leisure Centre Gym	\$45			
Yoga-Hatha Yoga	18+	Wed	Jan 10-Mar 27	9:15-10:30a.m.	South Leisure Centre Art Room	\$132			
Yoga-Hatha Yoga	18+	Wed	Apr 3-Jun 26	9:15-10:30a.m.	South Leisure Centre Art Room	\$143			
Yoga-Chair Yoga	18+	Wed	Jan 10-Mar 27	11.00a.m12p.m.	South Leisure Centre	\$108			
Yoga-Chair Yoga	18+	Wed	Apr 3-Jun 26	11.00a.m12p.m.	South Leisure Centre	\$117			
Floor Hockey-Full	18+	Wed	Jan 10-Apr 24	8-10p.m.	South Leisure Centre Gym	\$35			
Tennis-Beginner	15+	Mon	May 6-Jun 17 (No class-May 20)	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110with racquet			
Tennis-Beginner	15+	Thu	May 9-Jun 13	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110with racquet			
Tennis-Intermediate	15+	Tue	May 7-Jun 11	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110with racquet			
Badminton For Adults	18+	Tue	Jan 9-May 14	7:30-9:30p.m.	South Leisure Centre Gym	\$40			
Badminton For Adults	18+	Thu	Jan 11-May 16	7:30-9:30p.m.	South Leisure Centre Gym	\$40			
Badminton For Adults	18+	Tue & Thu	Jan 9-May 16	7:30-9:30p.m.	South Leisure Centre Gym	\$80			
Improv	50+	Saturday	Jan 6-May 4	10:30a.m12:30p.m.	South Leisure Centre Multipur- pose Room	\$20			

Bellyfit Sage16+WedJan 3-Jun 269:30a.m10:30a.m.pose Room\$15/classTai chi18+WedJan 17-Mar 276:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10classTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10classHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Mon (N class Feb19	Fitness (Muscle Movement & Reboot)	Jan 3-Mar 25	6-7:15p.m.	South Leisure Centre Gym	\$55
Sculpting)18+InuJan 11-Mar 286-7:15p.m.South Leisure Centre Gym\$60Yoga (Multi Level Yoga)18+MonJan 8-Mar 255:30-6:30p.m.South Leisure Centre Art Room\$120Fitness (Muscle Movement & Reboot)18+MonApr 8-Jun 246-7:15p.m.South Leisure Centre Gym\$55Fitness (Body Sculpting)18+TueApr 2-Jun 256-7:15p.m.South Leisure Centre Gym\$65Fitness (Cardio & Body Sculpting)18+ThuApr 4-Jun 276-7:15p.m.South Leisure Centre Gym\$65Voga (Multi Level Yoga)18+ThuApr 4-Jun 276-7:15p.m.South Leisure Centre Gym\$65Yoga (Multi Level Yoga)18+Mon (No Class Apr1 and May20)Apr 1-Jun 245:30-6:30p.m.South Leisure Centre Art Room\$65Bellyfit Sage16+WedJan 3-Jun 269:30a.m10:30a.m.South Leisure Centre Multipur- pose Room\$120/sess 	18+ Tue	Fitness (Body Sculpting)	Jan 9-Mar 26	6-7:15p.m.	South Leisure Centre Gym	\$60
Fitness (Muscle Movement & Rebot)18+MonApr 8-Jun 246-7:15p.m.South Leisure Centre Gym\$55Fitness (Body Sculpting)18+TueApr 2-Jun 256-7:15p.m.South Leisure Centre Gym\$65Fitness (Cardio & Body Sculpting)18+ThuApr 4-Jun 276-7:15p.m.South Leisure Centre Gym\$65Yoga (Multi Level Yoga)18+ThuApr 1-Jun 245:30-6:30p.m.South Leisure Centre Art Room\$65Yoga (Multi Level Yoga)18+WedJan 3-Jun 269:30a.m10:30a.m.South Leisure Centre Multipurpose Room\$120/sess \$15/classTai chi18+WedJan 17-Mar 276:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10class \$15/classTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10class \$15/classTai chi18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Thu		Jan 11-Mar 28	6-7:15p.m.	South Leisure Centre Gym	\$60
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Fitness (Cardio & Body Sculpting)18+ThuApr 4-Jun 276-7:15p.m.South Leisure Centre Gym\$65Yoga (Multi Level Yoga)18+Mon (No Class Apr1 and May20)Apr 1-Jun 245:30-6:30p.m.South Leisure Centre Art Room\$65Bellyfit Sage16+WedJan 3-Jun 269:30a.m10:30a.m.South Leisure Centre Multipur- pose Room\$120/sess \$15/classTai chi18+WedJan 17-Mar 276:30-7:15p.m.South Leisure Centre Multipur- pose Room\$98/10class \$15/classTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipur- pose Room\$98/10class \$15/classHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Mon		Apr 8-Jun 24	6-7:15p.m.	South Leisure Centre Gym	\$55
Sculpting)18+1huApr 4-Jun 276-7:15p.m.South Leisure Centre Gym\$65Yoga (Multi Level Yoga)18+Mon (No Class Apr1 and May20)Apr 1-Jun 245:30-6:30p.m.South Leisure Centre Art Room\$65Bellyfit Sage16+WedJan 3-Jun 269:30a.m10:30a.m.South Leisure Centre Multipur- pose Room\$120/sess \$15/classTai chi18+WedJan 17-Mar 276:30-7:15p.m.South Leisure Centre Multipur- pose Room\$98/10class \$15/classTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipur- pose Room\$98/10class \$15/classHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Tue	Fitness (Body Sculpting)	Apr 2-Jun 25	6-7:15p.m.	South Leisure Centre Gym	\$65
Yoga (Multi Level Yoga)18+Class Apr1 and May20)Apr 1-Jun 245:30-6:30p.m.South Leisure Centre Art Room\$65Bellyfit Sage16+WedJan 3-Jun 269:30a.m10:30a.m.South Leisure Centre Multipur- pose Room\$120/sess \$15/classTai chi18+WedJan 17-Mar 276:30-7:15p.m.South Leisure Centre Multipur- pose Room\$98/10class \$15/classTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipur- pose Room\$98/10class \$15/classHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Thu		Apr 4-Jun 27	6-7:15p.m.	South Leisure Centre Gym	\$65
Bellyfit Sage16+WedJan 3-Jun 269:30a.m10:30a.m.pose Room\$15/classTai chi18+WedJan 17-Mar 276:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10classTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10classHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Class Apr1 a	Yoga (Multi Level Yoga)	Apr 1-Jun 24	5:30-6:30p.m.	South Leisure Centre Art Room	\$65
Tai chi18+WedJan 17-Mar 276:30-7:15p.m.pose Room\$15/ClassTai chi18+WedApr 10-June 126:30-7:15p.m.South Leisure Centre Multipurpose Room\$98/10classHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	16+ Wed	Bellyfit Sage	Jan 3-Jun 26	9:30a.m10:30a.m.		\$120/session Drop-in \$15/class
Iai chi18+WedApr 10-June 126:30-7:15p.m.pose Room\$15/ClassHoopsFit18+WedJan 10-Feb 287-8p.m.South Leisure Centre Gym\$100	18+ Wed	Tai chi	Jan 17-Mar 27	6:30-7:15p.m.	1 · · · · · · · · · · · · · · · · · · ·	\$98/10classes Drop in \$15/Class
	18+ Wed	Tai chi	Apr 10-June 12	6:30-7:15p.m.		\$98/10classes Drop in \$15/Class
Liener Eite de Marciel Marciel 7 en marciel Cauté Laisure Carter Curre (\$100	18+ Wed	HoopsFit	Jan 10-Feb 28	7-8p.m.	South Leisure Centre Gym	\$100
Hoops+it 18+ ved Mar 6-Apr 24 7-8p.m. South Leisure Centre Gym \$100	18+ Wed	HoopsFit	Mar 6-Apr 24	7-8p.m.	South Leisure Centre Gym	\$100
HoopsFit         18+         Wed         May 8-Jun 26         7-8p.m.         South Leisure Centre Gym         \$100	18+ Wed	HoopsFit	May 8-Jun 26	7-8p.m.	South Leisure Centre Gym	\$100

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Older Adult Fitness	50+	Tue Thu Friday	Jan 2-Apr 2 Jan 4-Apr 4 Jan 5-Apr 12	10:30-11:30a.m. 10:30-11:30a.m. 9-10a.m.	South Leisure Centre Gym	\$50 once/week \$60 twice/week \$70 /3 times/week
HoopsFit	18+	Wed	Jan 10-Feb 28	7-8p.m.	South Leisure Centre Gym	\$100
HoopsFit	18+	Wed	Mar 6-Apr 24	7-8p.m.	South Leisure Centre Gym	\$100
HoopsFit	18+	Wed	May 8-Jun 26	7-8p.m.	South Leisure Centre Gym	\$100

## Harbour Landing Community Association

### Facebook.com/hlcaregina

### **Contact: Please email**

### Email: hlcaregina@gmail.com

### Registration Date: Dec 8 ongoing

### Registration Location: See below for registration details

The Harbour Landing Community Association (HLCA) was established in August 2019 as a non-profit organization. The HLCA is run by a group of volunteers who take pride in, and are excited about, community involvement. Our vision is to be a safe, caring, and vibrant community that celebrates diversity and brings people together. Our mission is to create opportunities for community engagement and program participation that meets the diverse and unique needs of the Harbour Landing neighbourhood.

### To register for the following programs or for more information, please email hlcaregina@gmail.com:

- **Preschool** Culturally based, developmentally-appropriate early childhood education. Space is limited and children would benefit most from enhanced programming are prioritized for enrolment.
- University Tutoring Tutor Mentorship and Ongoing Support an effective way for high school and college students as well as younger learners to find a specialized tutor in the subject (s) they struggle with most.
- Women's Wellness Workshops Join us for an incredible journey towards a healthier and happier you. Discover a wide range of practices and techniques that promote well-being and balance in your life.

### To register for Afro-Camp and King's Club, please contact the program directly:

- Afro-Camp Whether you are of the Afro community or you are looking to learn Afro-culture, Afro-Mentorship-Initiative has something for you! Learn more at www.afromentorship.com Sharon, 306-716-9198
- King's Club Organized by the Lighthouse Church at Harbour Landing, friendship building, action songs, Faith/value lessons, games, crafts, snacks and a lot of fun! Incithrive@gmail.com or Bindu Cherian, 306-436-3107.

Join us for the Glamour Kids Annual Business Fair which promotes young entrepreneurs in our community. In partnership with the University of Regina. For more information about vendor opportunities, email hlcaregina@gmail.com.

We are looking for Directors to join our Board! If you are interested in learning more about how to join the HLCA Board, please reach out to info@hlcaregina.com. Membership: \$5

Preschool Activity

Preschool A

Preschool B

Children Activity

Afro-Camp

Afro-Camp

Ages

2-5 yrs

2-5 yrs

Ages

6-12 yrs

6-12 yrs

Day

Tue & Fri

Thu Fri

Day

Tue-Fri

Tue-Fri

Dates

Jan-Jun

Jan-Jun

Dates

Jan 2-5

Dec 26-29

King's Club	4-12 yrs	Fri	Sep-May	6:30-8p.m.	Harbour Landing School	Free
King's Club	4-12 yrs	Sat	Sep-May	10a.m.	Holiday Inn	Free
Afro Camp	6-12 yrs	Mon-Fri	Feb 19-23	8:30a.m3:30p.m.	ТВА	\$200/child
Afro Mentorship Cultural Cooking Class	7-16 yrs	Fri	Jan 12-Feb 9	5:30-7:30p.m.	South Leisure Centre	\$35/session or \$150/5 classes
Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
University Tutoring	12-17 yrs	Jan-Jun	Days, evenings, weekends	ТВА	virtual	\$50/month
Afro Mentorship Cultural Cooking Class	7-16 yrs	Fri	Jan 12-Feb 9	5:30-7:30p.m.	South Leisure Centre	\$35/session or \$150/5 classes
Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Women's Wellness Workshop	All	1st Sat/ month	Jan-Jun	10-1p.m.	Meridian Inn & Suites	\$60/session
on the Hillsdale Community A	aleca.ca eca.ca hity just sout Association v	h of Wasca website (http	Re na Park and close p://hillsdaleca.ca/).	to the University of R	Registration Date: Tu : Marion McVeety School Gyr egina; more information about H	n, 38 Turgeon Cres Hillsdale is available
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Contact: programs@hillsd mail: programs@hillsdale fillsdale is a vibrant commun n the Hillsdale Community A foga is provisional right now ne Newsletter link or the Pro egistration are available on t Adult Activity Zumba Yoga (please bring your own yoga mat)	aleca.ca eca.ca hity just sout Association v (awaiting w grams link), he website.	h of Wascar website (http ord about fa including d Day Mon	Re na Park and close p://hillsdaleca.ca/). acility availability). A ates that are not av Dates Jan 15 - Apr 15	dditional program de vailable for a particula Times 6:30-7:30p.m.	Registration Date: Tu         Marion McVeety School Gyr         regina; more information about H         tetails will be available on the HC         ar program. As well, instructions         Location         École Massey School gym         South Leisure Centre-Multipur-	Hesday Jan 9, 7-8p.r m, 38 Turgeon Cres Hillsdale is available A website (click on s for online program Cost \$60 (12 sessions)
Contact: programs@hillsdale imail: programs@hillsdale illsdale is a vibrant community A foga is provisional right now ne Newsletter link or the Pro egistration are available on the Adult Activity Zumba Yoga (please bring your own yoga mat) East Indian Cooking	aleca.ca eca.ca hity just sout Association v (awaiting w grams link), he website.	h of Wascar website (http ord about fa including d Day Mon Wed	Re na Park and close p://hillsdaleca.ca/). acility availability). A ates that are not av <b>Dates</b> Jan 15 - Apr 15 Jan 17 - Mar 27	to the University of R additional program de vailable for a particula <b>Times</b> 6:30-7:30p.m. 7:30-8:45p.m.	Registration Date: Tu         Marion McVeety School Gyr         regina; more information about H         tealis will be available on the HC         ar program. As well, instructions         Location         École Massey School gym         South Leisure Centre-Multipur-pose Room         Regina Christian School -	Hesday Jan 9, 7-8p.r m, 38 Turgeon Cres Hillsdale is available A website (click on s for online program Cost \$60 (12 sessions) \$65 (10 sessions)
Contact: programs@hillsd mail: programs@hillsdale illsdale is a vibrant commun n the Hillsdale Community A Yoga is provisional right now ne Newsletter link or the Pro egistration are available on t Adult Activity Zumba Yoga (please bring your own yoga mat) East Indian Cooking Older Adults	aleca.ca eca.ca hity just sout Association v (awaiting w grams link), he website.	h of Wascar website (http ord about fa including d Day Mon Wed	Re na Park and close p://hillsdaleca.ca/). acility availability). A ates that are not av <b>Dates</b> Jan 15 - Apr 15 Jan 17 - Mar 27	to the University of R additional program de vailable for a particula <b>Times</b> 6:30-7:30p.m. 7:30-8:45p.m.	Registration Date: Tu         Marion McVeety School Gyr         regina; more information about H         tealis will be available on the HC         ar program. As well, instructions         Location         École Massey School gym         South Leisure Centre-Multipur-pose Room         Regina Christian School -	Hesday Jan 9, 7-8p.r m, 38 Turgeon Cres Hillsdale is available A website (click on s for online program Cost \$60 (12 sessions) \$65 (10 sessions)
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Family & Communit	amily & Community								
Glamour Kid's Annual Business Fair	12-16 yrs	Sat	Jun 15	2:30-4:30p.m.	Norseman Park	Free			

Times

Times

8:30-3:30

8:30 -3:30

8-10:30a.m.

8-10:30a.m.

11-1:30p.m.

Location

Location

SLC

SLC

South Leisure Centre

South Leisure Centre

Cost \$200/month

Cost

\$200/child

\$200/child

\$200/month

74	Zone Board	&	Community	Association	Programs
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## **Lakeview Community Association**

# Icaregina.ca

### **Contact: Chelsea Brown**

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### **Registration Date: Please check our website for details**

#### Email: lcaprograms306@gmail.com

## Registration Location: Please check our website for details: lcaregina.ca/programs/#register

Lakeview Community Association (LCA) is a friendly and active force in the south end of Regina. We offer a wide variety of program options for people from all communities in Regina. Please feel free to join our association or attend our meetings if you are interested in becoming more active in your community. Visit Icaregina.ca for details.

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Family Free Skate		Mon	Jan 8-Mar 4 2024	7-8p.m.	Optimist Arena	Free	
Snow Angels*		Mon-Sun	Jan 1-snow is gone		Lakeview Community	Free for those in need	

Preschool										
Activity	Ages	Day	Dates	Times	Location	Cost				
Sportball*	2-3.5 yrs	Sun	TBD	TBD	Lakeview School Gym	TBD				
Sportball*	3.5-5 yrs	Sun	TBD	TBD	Lakeview School Gym	TBD				
Learn to Skate	4-6 yrs	Sat	Jan 13-Mar 2	3:45-4:30p.m.	Optimist Arena	\$90				

\*Register online at www.sportball.ca/south-saskatchewan

Children									
Activity Ages Day Dates Times Location C									
Sportball*	5-7 yrs	Sun	TBD	TBD	Lakeview School Gym	TBD			
Learn to Skate	6-12 yrs	Sat	Jan 13-Mar 2	4:30-5:15p.m.	Optimist Arena	\$90			
Learn to Skate	7-12 yrs	Sat	Jan 13-Mar 2	5:15-6p.m.	Optimist Arena	\$90			
*Desistence il secondo a secondo	Berline Berline and Alexandria and Alexandria and Alexandria and Alexandria and Alexandria and Alexandria and A								

\*Register online at www.sportball.ca/south-saskatchewan

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn to Skate	18+ yrs	Sat	Jan 13-Mar 2	6-6:30p.m.	Optimist Arena	\$90		
Zumba	16+ yrs	Mon	Jan 15-Apr 15 (excl Feb 19 and Apr 1)	6:30-7:30p.m.	Lakeview School Gym	\$90		
Yoga	16+ yrs	Tues	Jan 16-Apr 16 (excl Feb 20 and Apr 2)	6:30-7:30p.m.	Lakeview School Gym	\$108		

Older Adults	Adults							
Activity	Ages	Day	Dates	Times	Location	Cost		
Mature Driver Refresher Course	55+ yrs	Sun	TBD	9a.m3p.m.	TBD	Free		

## Whitmore Park Community Association

#### Contact: programs@whitmorepark.ca Email: programs@whitmorepark.ca

**Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly** 

whitmorepark.ca

Whitmore Park is a responsive, accountable, collaborative, fun, caring and informative south Regina community overflowing with community pride. Visit Whitmore Park Community Association (WPCA) on Facebook, Instagram, or whitmorepark.ca for more information.

Joint us for our monthly meetings, third Wednesday of the month at 7 p.m. WPCA is always looking for ideas, volunteers, coordinators, and instructors. Visit our website, Facebook page, and community sign for updates on program offerings.

### **T-Ball and Softball**

Registration is done online. Early bird pricing of \$50 per player is available if the players are registered and paid by December 31. After December 31 the price increases to \$55 per player.

Family & Community								
Activity	Ages	Day	Times	imes Location	Cost			
Skating	All Ages	Wed	Oct-Mar	2:30-4p.m.	Balfour Arena	Free		
Outdoor Skating	All Ages	Sat-Sun	Dec-Feb	12-5p.m.	Grant Road School	Free		
Family Skate	All Ages	Mon	Feb 19	2-4p.m.	Balfour Arena	Free		
New Year's Eve Family Skate	All Ages	Sun	Dec 31	2-4p.m.	Balfour Arena	Free		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Outdoor T-Ball	2-3	Mon, Wed	May 6-June 26	6-6:30p.m. or 6:30- 7p.m.	South Ball Diamonds	\$55		
Outdoor T-Ball	4-5	Tue, Thu	May 7-Jun 27	6-6:45p.m. or 6:45- 7:30p.m.	South Ball Diamonds	\$55		

Children									
Ages	Day	Dates	Times	Location	Cost				
6-8	Mon, Wed	May 6-Jun 26	6:30-7:30p.m.	South Ball Diamonds	\$55				
8-13	Tue, Thu	May 7-Jun 27	7-8p.m.	South Ball Diamonds	\$55				
Teen									
	6-8	6-8 Mon, Wed	6-8         Mon, Wed         May 6-Jun 26	6-8         Mon, Wed         May 6-Jun 26         6:30-7:30p.m.	6-8Mon, WedMay 6-Jun 266:30-7:30p.m.South Ball Diamonds				

Activity	Ages	Day	Dates	Times	Location	Cost			
Outdoor Softball	14-18	Mon, Wed	May 6-Jun 26	7-8p.m.	South Ball Diamonds	\$55			

## North Zone

### North Zone Board

Email: northzoneregina@gmail.com

### nonprofits.accesscomm.ca/northzoneregina

### Contact: Please contact the groups below directly

Registration Date: See below for each program Registration Location: See below for each program

Skating – The North Zone Skating program will help a beginner skater learn how to stand, then move on the ice comfortably; or help a skater who has some skating ability to improve on them. The program concentrates on the basic skills of skating including balance, skating forwards and backwards, starts, stops, and turns using fun activities and games. Helmet and regular winter mitts (gloves) are mandatory for all young skaters.

Skating **registration** is on **Thurs**, **Jan 11**, **2024**, from 7 to 8 p.m. at the North East Community Centre (North backside of Imperial Community School – 200 Broad St. No registrations before Jan 11 will be accepted.

### For more information about the North Zone Skating program, contact: Sherry at 306-721-7577 or email northzoneregina@gmail.com.

Soccer – Players start at 3 years of age in the 4U. Online registration will start Feb 1, 2024. Registration information will be posted on the Soccer website soccerregina.ca. Runners/soccer cleats and shin guards are mandatory for players. Games are played during the week (Mon/Wed or Tues/ Thurs). The season runs May 1st to late June.

### For the Soccer program: Updates are posted to our website soccerregina.ca as new information is available.

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Learn to Skate	4-6 yrs	Thu	Jan 18-Mar 7	5:45-6:30p.m.	Staples Arena	\$80			
Soccer	4U	TBD	May to Jun	TBD	TBD	\$90			

Children										
Activity	Ages	Day	Dates	Times	Location	Cost				
Learn to Skate	7-12 yrs	Tue	Jan 16-Mar 5	6-6:45p.m.	Staples Arena	\$80				
Soccer	6U	TBD	May to Jun	TBD	TBD	\$90				
Soccer	8U	TBD	May to Jun	TBD	TBD	\$110				
Soccer	10U	TBD	May to Jun	TBD	TBD	\$110				
Soccer	12U	TBD	May to Jun	TBD	TBD	\$130				

Teen									
Activity	Ages	Day	Dates	Times	Location	Cost			
Soccer	15U	TBD	May to Jun	TBD	TBD	\$130			
Soccer	18U	TBD	May to Jun	TBD	TBD	\$130			

## Argyle North Community Association

### Contact: Argyle North Community Association 35 Davin Cres or 306-543-5653

Registration Date: Jan 9, 2024 (ancaregina.ca)

Registration Location: Argyle North Community Centre or online at ancaregina.ca

Email: programs@ancaregina.ca

Argyle North Community Association is in the north end of Regina including Argyle Park, Englewood, and Hawkstone. Perfectly suited to a familyoriented lifestyle, we are a close-knit community. The association welcomes people interested in teaching, volunteering, sharing their special skills, or providing new ideas for our community whether it is related to programming or events.

Sponsored in part by Sask Lotteries and Community Investment Fund.

Tae Kwon Do - Discount applies for multiple registrations from the same household.

Crafts 4 Kids - All Children ages 6 and under must be accompanied by an adult.

**MyTime/Free Evening Youth Program** – Please register through the city at Regina.ca/free-programs.

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Gym Night	All Ages	Mon	Jan 15-Apr 29	6:30-8:30p.m.	Argyle North Community Association	Free			

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Crafts 4 Kids	3-7 years	Mon	Jan 15-Mar 25	6:15-7:00p.m.	Argyle North Community Association	\$15			
Time for Tots	3 years	Tue & Thu	Oct-May	9:15-11:15a.m.	Argyle North Community Association	\$75			
Time for Tots	4 years	Mon, Wed & Fri	Oct-May	9:15-11:35a.m.	Argyle North Community Association	\$95			

Children	Children										
Activity	Ages	Day	Dates	Times	Location	Cost					
Before School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55a.m.	Argyle North Community Association	\$150					
After School Program	Grade 1-6	School Days	Sep-Jun	3:35-6:00p.m.	Argyle North Community Association	\$200					
Before & After School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55a.m. & 3:35-6:00p.m.	Argyle North Community Association	\$300					
Craft Night	8+	Mon	Jan 15-Mar 25	7:15-8:15p.m.	Argyle North Community Association	\$15					
Tae Kwon Do	5+	Tue & Thu	Sep 7/23- Jun 20/24	6:15-7p.m. for fundamentals	Argyle North Community Association	\$30 per month					

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	9+	Tue & Thu	Sep 7/23- Jun 20/24	6:15-7:45p.m. p.m. for Advanced	Argyle North Community Association	\$30 per month
Floor Hockey (14 Sessions)	16+	Thu	Jan 18-Mar 28	8-9:30p.m.	Argyle North Community Association	\$55
Pickle Ball	19+	Sun	Jan 14-Apr 28	12:30-2:30 2:30-4:30	Argyle North Community Association	\$5 drop in Plus Comm. Membership

**Registration Date: Contact the zone or association directly** 

### Contact: 306-545-4652

#### Email: coronationpark.ca@gmail.com

Please note that Coronation Park Community Association is in the process of hiring a programmer. As the position has been vacant for a few months now, the only program actively running at the moment is our Yoga, with the new classes starting the middle of November. With that being said, please keep an eye on our Facebook page for more concrete dates, as well as our future programs and events once we have a programmer in place.

### North East Community Association

#### Contact: Regina North East Community Association Email: info@rneca.com

Registration Date: see rneca.com Registration Location: see rneca.com

rneca.com

**Registration Location: By phone or email** 

### Information:

Please contact RNECA at 306-501-2406 or by email at info@rneca. Follow our programs and events at rneca.com!

Buzy Bodz is a free exploration program that encourages children and their caregivers to enjoy the different activities set out including tunnels, parachutes, balls, forts and sensory games. Each station will be a different kind of play experience, developing fine and gross motor skills for you to explore with you child. We suggest little ones wear gripped socks to prevent slipping when running around and wear play clothes or bring a change of clothes for your child as some activities may be messy.

Forever Fit is designed for adults who want to maintain their ability to preform day to day activities independently. The hour long class covers strength, flexibility, endurance, balance, coordination and agility. All activities are demonstrated with options to challenge the range of fitness each participant brings to the class. Participant will be required to complete the Par-Q fitness self-assessment.

Yoga guides you through movement that develops strength, flexibility and develops the connection between body, mind and breath. Deepen your understanding of the postures and basic alignments in the body, breathing and relaxation techniques. Classes are designed for mixed-level participants.

Chair Yoga is a gentle practice in which postures are performed while seated and/or with aid of a chair. Excellent class for those with mobility challenges and older adults interested in continuing to remain fit but have a difficult time getting up and down to the floor.

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Buzy Bodz parent-tot drop-in	1-5 yrs	Thu	Jan 11-Mar 28	11a.m12p.m.	North East Community Centre	Free			

Adult										
Activity	Ages	Day	Dates	Times	Location	Cost				
Forever Fit	18+	Thu	Feb 1-Mar 21	9:30-10:30a.m.	North East Community Centre	\$40				
Yoga	16+	Thu	Jan 25-Mar 28	6:30-7:30p.m.	North East Community Centre	\$50				
Chair Yoga	16+	Thu	Jan 11-Mar 14	11a.m-12p.m.	North East Community Centre	\$50				

### **Uplands Community Association**

# and sconninunity.co

#### Contact: Please email Email: uplandsca@gmail.com

#### Registration Date: Jan 9, 2024 Registration Location: Uplands Community Centre, 20 Weekes Crescent

The Uplands Community Association includes the Uplands and Kensington Greens areas of Regina, but all residents of Regina can register for our programs. In Uplands there is the community association board as well as the Centre board that are both run by volunteers. We welcome anyone who would like to volunteer.

The Uplands Community Centre (UCC) board is looking for volunteers to sit on our board. The UCC board meets 4 to 6 times a year and the time commitment is minimal for our board members. If you are interested in being a member of our board or if you have any questions regarding joining the board, contact Charlene at 306-775-2372.

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Pickleball	10-17 yrs	Sat	Jan 13-Jun 8	12:30-5:30p.m.	Ruth Pawson School	\$30			

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Slow Flo Yoga	16+	Thu	Jan11-Mar14	6-7p.m.	Uplands Community Centre	\$55		
Deep Rest Yoga	16+	Thu	Jan 11-Mar14	7:15-8:15p.m.	Uplands Community Centre	\$55		
Slow Flo Yoga	16+	Thu	Apr 1-Jun 6	6-7p.m.	Uplands Community Centre	\$55		
Deep Rest Yoga	16+	Thu	Apr 1-Jun 6	7:15-8:15p.m.	Uplands Community Centre	\$55		

# **78** Zone Board & Community Association Programs

### westzoneboard.ca

### Contact: 306-791-0226 Email: office@westzoneboard.ca

West Zone Board

#### Registration Date: Jan 2- Jan 12 Registration Location: westzoneboard.ca

The West Zone Board organization consists of a volunteer executive comprised of elected officers, coordinators, and representatives from each of the 10 Community Associations and 4 Affiliated Groups. The West Zone Board receives funding from the City of Regina to assist to provide programs to residents. The West Zone Board is the liaison between the city and the groups under its umbrella. Residents are invited to attend bi-monthly meetings which are held September to May to share information and ideas. The West Zone Board mission is to enhance the quality of life of the residents through recreation and community service development – which is accomplished by offering a variety of programs which are facilitated in partnership with the Community Associations and the Affiliated Groups.

Affiliate Contact Information

- · Regina West Zone Indoor Soccer Association reginaindoorsoccer.ca
- Regina West Zone (Outdoor) Soccer Association rwzsa.ca
- · Regina North West Sports Association rnwsa.ca
- West Zone Taekwon-do offers Taekwon-do for all ages and provides three lessons for free for those who wish to try it out. For further information, please email wztaekwondo@gmail.com or visit them on Facebook.

For information about the West Zone Board, programs or to volunteer, visit our website, email, or call. Registration for West Zone Board programs are all online. A community association membership is required to participate in West Zone Board programs, which can be purchased at the time of registration at a cost of \$10 per family. The memberships are good for the period Sept 1, 2023 to Aug 31, 2024.

Family & Communit	Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost				
Parent & Child Learn to Skate	All	Sat	Jan 20- Mar 9	10:50-11:30a.m.	Wheat City Kinsmen Area	Free w/Community Membership**				
Learn Magic For Kids-Grand Finale Magic Show (winter)	All	Sat	Mar 2	7:30-8p.m.	North West Leisure Centre-Gymnasium	0-16yrs-FREE Adults-By Donation				
Learn Magic For Kids-Grand Finale Magic Show (spring)	All	Sat	May 25	7:30-8p.m.	North West Leisure Centre-Gymnasium	0-16yrs-FREE Adults-By Donation				

\*\*For Paid Participants in Learn to Skate or Little Stars Hockey- Winter 2024 Session. Limited drop-in spots available. Pre-register at westzoneboard.ca

Preschool										
Activity	Ages	Day	Dates	Times	Location	Cost				
Taekwon-do Little Tigers	3-5 yrs	Sun	Continuous	1-1:45p.m.	Henry Janzen School	\$150/ 15 week session				
Learn to Skate	3-5 yrs	Sat	Jan 20- Mar 9	9:30-10:05a.m.	Kinsmen Arena	\$80				
Learn to Skate	3-5 yrs	Sun	Jan 28-Mar 17	3:45-4:20p.m.	Doug Wickenheiser Arena	\$80				
Little Stars-Hockey Skills Program*	4-7 yrs	Sun	Jan 20- Mar 9	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110				

\*Prerequisite: Learn to Skate

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn Magic for Kids! (Winter)	7-13 yrs	Tues	Jan 16-Feb.13	7-8p.m.	North West Leisure Centre-Meeting Rm	\$200
Learn Magic for Kids! (Spring)	7-13 yrs	Tues	Apr 16-May21	7-8p.m.	North West Leisure Centre-Meeting Rm	\$200
Taekwon-do Beginner	6+ yrs	Mon Wed Sun	Continuous	6-7p.m. 6-7p.m. 1-2p.m.	Henry Janzen School Henry Janzen School Henry Janzen School	\$350**/ 3 Mo Session
Learn to Skate	6-12 yrs	Sat	Jan 20- Mar 9	10:10-10:50a.m.	Kinsmen Arena	\$80
Learn to Skate	6-12 yrs	Sun	Jan 28-Mar 17	4:25-5:05p.m.	Doug Wickenheiser Arena	\$80
Little Stars-Hockey Skills Program*	4-7 yrs	Sun	Jan 28-Mar 17	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110

\*\*Returning students save \$100 for equipment costs

\*Prerequisite: Learn to Skate

Teen										
Activity	Ages	Day	Dates	Times	Location	Cost				
Taekwon-do Intermediate	6 + yrs.	Mon Wed Sun	Continuous	7-8p.m. 7-8p.m. 1-2p.m.	Henry Janzen School	\$350*/ 3 Mo Session				
Learn to fly a Drone	13-18 yrs	Sat	TBD	1-4p.m.	North West Leisure Center-Gymnasium	\$75 for one session				
*Deturning students save \$100 f	or og uinmont	aaata								

\*Returning students save \$100 for equipment costs

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to fly a Drone	18+ yrs	Sat	TBD	1-4p.m.	North West Leisure Center-Gymnasium	\$75 for one session
Basic First Aid & CPR	18+ yrs	Sat	Jan.13, Feb.10 or May 11	9:30a.m5:30p.m.	North West Leisure Center-Meeting Room	\$120*
Basic First Aid & CPR	18+ yrs	Sun	Feb.11, Apr.14 or Jun 9	9:30a.m5:30p.m.	North West Leisure Center-Meeting Room	\$120*
Basic First Aid & CPR	18+ yrs	Tues, Wed, Thurs	Jan.23,24,25; Apr.23,24,25 or May.28,29,30	6-9p.m	North West Leisure Center-Meeting Room	\$120*

\*Basic First Aid & CPR- 6-8 HRS of Online Training will be provided and required before the in-person component. The classes are intended to provide basic First Aid training for individuals/volunteers to use at home and in their communities. Businesses looking to provide training for their employees should contact a qualified first aid training company to discuss courses to suit their specific needs.

## **Dieppe-Westerra Community Association**

#### Contact: Please see our website for contact information Email: Please see website for registration instructions

### Registration Location: online or by phone, please see website

Located in the west end of Regina, Dieppe Place is one of the city's smaller communities. It is bordered by Courtney Street to the west, Dewdney Avenue to the south, and the Wascana Creek to the north and east. Part of A E Wilson Park is within our boundaries, and we're proud to host the Dieppe War Memorial.

Westerra is one of Regina's newest communities, located between Courtney Street and Pinkie Road and extending from Dewdney Avenue south to the Canadian Pacific Rail line. Westerra is the first neighbourhood to be based on Design Regina — the Official Community Plan designed to manage Regina's growth and set the stage for its long-term development.

Check out Dieppe-Westerra Community Association's website (dieppeplace.org) and Facebook page to find out more information about our programs, and community events, such as our winter wagon rides, garage sale weekend, mobile security, and more. Our programs and family events are open to those with DWCA memberships. Please note that class sizes for programs are limited and subject to cancellation if registrations are below minimum class size requirements. **\*Karate is for Preschool age 4 to Older Adult. Yoga is for Teen age 13 to Older Adult.** 

Activity Ages Day Dates Times Location Cost									
Activity	Ages	Day	Dates	Times	Location	Cost			
Winter Sleigh Ride 2023	All	Sunday	December 10	1-4p.m.	Dieppe School Shack	Free with DWCA membership			
Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Karate	4 yrs and up*	Monday	Sep-June	6:30p.m.	Dieppe School	Free with DWCA membership			
Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Karate	4 yrs and up*	Monday	Sep-June	6:30p.m.	Dieppe School	Free with DWCA membership			

Teen	Teen								
Activity	Ages	Day	Dates	Times	Location	Cost			
Art Class (Drawing & Painting)	10–16 yrs	Wednes- days	January 10, 17, 24, 31 February 7, 14, 21, 28 March 6, 13	6:30-7:30p.m.	Dieppe School	\$135 *Students will also receive an art supply list to bring to class with confirmation of registration)			
Beginner Flow Yoga with Diana	13 yrs and up*	Tuesdays	January 9, 16, 23, 30 February 6, 13, 27	6:30-7:30p.m.	Dieppe School	\$60 if prepaid in advance on or before December 20, 2023 or \$15/drop in fee.			

# **0** Zone Board & Community Association Programs

Registration Date: December 20, 2023

dieppeplace.org

Adult	dult								
Activity	Ages	Day	Dates	Times	Location	Cost			
Karate	4 yrs and up*	Monday	Sep-June	6:30p.m.	Dieppe School	Free with DWCA membership			
Beginner Flow Yoga with Diana	13 yrs and up*	Tuesdays	January 9, 16, 23, 30 February 6, 13, 27	6:30-7:30p.m.	Dieppe School	\$60 if prepaid in advance on or before December 20, 2023 or \$15/drop in fee.			

	Activity	Ages	Day	Dates	Times	Location	Cost	
	Karate	4 yrs and up*	Monday	Sep-June	6:30p.m.	Dieppe School	Free with DWCA mem- bership	
	Beginner Flow Yoga with Diana	13 yrs and up*	Tuesdays	January 9, 16, 23, 30 February 6, 13, 27	6:30-7:30p.m.	Dieppe School	\$60 if prepaid in advance on or before December 20, 2023 or \$15/drop in fee.	

\*Karate is for Preschool age 4 to Older Adult. Yoga is for Teen age 13 to Older Adult.

# **McNab Community Association**

### mcnabcommunity.com

#### Contact: McNab Community Association Email: mcnabca@sasktel.net

Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly

OOur Mission Statement: To make McNab Community a safe, caring, and vibrant community where all people can thrive.

Situated between Lewvan Drive and the Royal Regina Golf and Country Club the McNab area offers easy access to Regina's downtown area while remaining tucked away in one of Regina's greenest areas of the city.

All residents are welcome to join us at our monthly meetings held the second Monday of the month from September to June (holidays may change this so if you would like to attend please contact us through our email). Neighbourhood Watch round table begins at 6:30 p.m. Come join and see what is happening in your neighborhood and express your opinions or concerns. McNab Community Association memberships are available for \$5 a year per household and can be purchased at all meetings and community events.

Follow us on Facebook and Instagram @McNabcommunity so you don't miss any of the upcoming activities or events.

\*Activities must be registered for by emailing merissa.ehrhar@gmail.com

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Craft Night	3-12	Wed	Nov 8	7p.m.	McNab Park	N/A		
*Adult Paint Night	16+	Mon	Nov 20	7 p.m.	Mutchmor Lodge	\$5		
Games Night	All	Wed	Nov 22	7p.m.	McNab Park	N/A		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Facebook Activities	All	TBA	Watch Facebook	Evenings	Facebook	Free		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Facebook Activities	All	ТВА	Watch Facebook	Evenings	Facebook	Free		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Facebook Activities	All	ТВА	Watch Facebook and Instagram	Evenings	Facebook	Free		

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Facebook Activities	All	ТВА	Watch Facebook	Evenings	Facebook	Free	

### Contact: nrgi.ca

### Email: 2023nrgi@gmail.com

Registration Date: see nrgi.ca

nrai.ca

### Registration Location: see nrgi.ca

Normanview Residents Group (NRGI) is the registered non-profit community association for Normanview. All Regina residents are welcome to participate in any program with a current Community Association Membership. Memberships can be purchased on registration day or on our website NRGI.CA under 'Membership'.

Family Memberships are \$10.

The Community Association is always looking and welcoming new ideas from our beautiful community. Come join us on our Executive meetings and hear about new ideas, activities and events in our community! Visit our Facebook group and website NRGI.CA to find out the dates of the meetings and learn about what your community has to offer.

You can check on all our programs, events and updates on our new updated interactive calendar on the website NRGI.CA

Our website is constantly being updated with events and details for local activities. Check back often to stay in the loop of our Community activities!

You can also contact us via email at 2023nrgi@gmail.com or on our Facebook page.

We cannot control school closures or cancellations of classes or programs occurrences. Dates and costs are subject to alteration.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Pickleball	16+ yrs	Sun	Jan 14 - May 26	6-8p.m.	St. Nicholas School	\$20		
Pickleball	16+ yrs	Wed	Jan 17 - May 29	6-8p.m.	St. Nicholas School	\$20		
Volleyball	16+ yrs	Tue	Jan 16 – Apr 30	6:30-8p.m.	St. Josaphat School	\$20		
Badminton	16+ yrs	Mon	Jan 15 – May 29	6:15-8p.m.	Centennial School	\$20		

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Indoor Floor Curling	55+	Fri	Jan 19 – Apr 26	1-3p.m.	North West Leisure Centre (Gym)	\$20		
Foreverin Motion	55+	Thu	Jan 18 – Apr 25	1:30-2:45p.m.	North West Leisure Centre (Rm 1)	Free		

# Normanview West Community Association

### nwcaregina.com

#### Contact: nwcaregina.com Email: nwcaregina@gmail.com

Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly

A \$10 Community Association membership is required for registration in all programs and can be purchased online via e-transfer. These memberships cover your entire family and are valid for 1 year.

Stay connected to get the most up to date information on dates and times and safety information for below programming. For more information on Sportball visit sportball.ca.

We encourage you to reach out to us on Facebook (@NWCommunityAssoc) if you have any suggestions or can run a new program! All residents are invited and encouraged to join board meetings as members at large. Visit our new website often for up-to-date info at nwcaregina.com.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Family Fun Night	All Ages	Friday	Jan–Mar	6:30-7:30p.m.	Ruth M Buck School	Free with Membership		
Yoga	18+	Thursday	Jan–Mar	7-8p.m.	Ruth M Buck School	\$50		

### Contact: Gwen Barschel

### Email: jbarschel@accesscomm.ca

### Registration Date: Jan. 9

### Registration Location: McLurg School, 125 Paynter Crescent

The Prairieview Community Association (PVCA) offers programs for the local community and the City as a whole. The Association provides programs that make our local community safe, fun, and enriching for all. We run programs for all ages and interests. We appreciate your feedback on our current programming, suggestions for any programs you would like to see, or if you are interested in instructing any new programming. You can contact us via email or by visiting our Prairieview Community Association page on Facebook.

These programs, events and community improvements are possible through the efforts of our volunteers, people like yourself, who generously give their time to support the community. We are always looking for volunteers and the time commitment can be as little as one hour a month. Please contact any of the Executive if you have questions or are interested in getting involved.

Our Membership fee is \$10 and are valid until September 1 of each year.

Advertisements for business and organizations are available in our newsletters and we also have three billboard signs to advertise community events. For more information, email us, visit pcva.ca, or find us on Facebook as Prairieview Community Association.

For class descriptions please see pvca.ca.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Regina Shintani Wado Kai Karate	8-14 yrs 13+ yrs	Tue	Jan 16-May 28	7-8p.m. 8-9p.m.	McLurg School	\$200 single/\$400 family		
Regina Shintani Wado Kai Karate 'Just for Kicks'	5-8 yrs	Tue	Jan 16-May 28	6:30-7p.m.	McLurg School	\$110 single/\$200 family		
Parent/Youth Dodgeball	8-12 yrs	Wed	Jan 17-May 22	7:15-8:30p.m.	McLurg School	\$20 family		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Flag Football Skills and Drills	8 -14 yrs	Sun	Feb 4-Mar 24	3-4p.m.	McLurg School	\$40		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Drop in Pickleball	16 +	Mon	Jan 15-May 27	6:30-8:30p.m.	McLurg School	\$5 drop-in fee with membership		
Weights and Drills with Lee	16+ yrs	Wed	Jan 17-Apr 24	6-7p.m.	McLurg School	\$65		
Low Impact Latin-Inspired Dance Cardio Class	16+ yrs	Thu	Jan 18-Apr 25	6:15-7p.m.	McLurg School	\$50		

# **Regent Park Community Association**

# facebook.com/regentparkca

#### Contact: Korin Uhryn Email: regentparkca@live.com

#### Registration Date: January 9 6-8p.m. Registration Location: Elsie Mironuck School

Welcome to Regent Park! We are excited to be offering some fun, diverse programs for our local community and city. A current Community Membership is required. Memberships are available for \$10/year at registration night, or by contacting us. We are a Nonprofit community group with a mission to enhance the quality of life for all our residents. Making the living environment a safe, fun, inclusive, and enriching place to live and grow. We provide recreation and community events to build and connect our community. Come try out our programs at our drop in class rate of \$10/class for Fitness and Zumba.

The RPCA Board meets on the 3rd Thursday of every month, from Sept-June. You are welcome to attend any meeting. For more information and to keep in contact find us on Facebook at Regent Park Regina Community Association. We are always looking for volunteers to help put on these fun programs and events for our community. We welcome any new ideas for programs you may have. See our website listed above for more details.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Rink Shack Open	All Ages	Mon-Sun	Various dates (Dec-Feb)	Various times, see FB posts	Elsie Mironuck School	FREE		

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Badminton	18+	Tue	Jan 16-Mar 27	7-9p.m.	Elsie Mironuck School	\$10/Semester			
Co-Ed Fitness Class	18+	Wed	Jan 17-Mar 28	5:30-6:30p.m.	Elsie Mironuck School	\$50/semester			
Zumba	18+	Tue	Jan 16-Mar 27	6-6:50p.m.	Elsie Mironuck School	\$50/semester			

#### Contact: Theresa Porter Email: mail@rmrca.com

### Registration Date: Winter Registration: Jan 3-12 (Online) In-Person: Tuesday Jan 9 (7-8p.m.)

Spring Registration: Mar 25-Apr 5 (Online)

#### **Registration Location: Rosemont Community School, 841 Horace St**

The Rosemont Mount Royal Community Association (RMRCA) consists of approximately 4,000 households.

Come out and learn what your Community Association is all about. Hybrid Meetings are held the first Tuesday of each month, September through June, email mail@rmrca.com, if interested in attending. All residents are welcome.

Visit our website, subscribe to our e-news and follow RMRCA on Facebook to find out about community events and initiatives like Winter Family Fun Day, Community Garage Sale, Clean-Up Days, Scholarships, Snow Angels and more!

Thank you to the Community Initiative Fund (CIF) for the sponsorship of RMRCA programming, and to the City of Regina for their grant funding.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Outdoor Open Skate	All	Mon-Fri	TBA (Dec-Feb)	5-9p.m.	Rosemont Outdoor Rink	Free		
Outdoor Open Skate	All	Thu-Fri	TBA (Dec-Feb)	5-9p.m.	Mable Brown Rink	Free		
Outdoor Open Skate	All	Sat-Sun	TBA (Dec-Feb)	1-9p.m.	Rosemont Outdoor Rink	Free		
Outdoor Open Skate	All	Sat-Sun	TBA (Dec-Feb)	1-8p.m.	Mable Brown Rink	Free		

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Basketball Skills (Bryn)	7-9 yrs	Wed	Winter: Jan 17-Mar 27*	6:30-7:30p.m.	Walker School - Gym	\$50	
Basketball Skills (Bryn)	10-13 yrs	Wed	Winter: Jan 17-Mar 27*	7:45-8:45p.m.	Walker School - Gym	\$50	
Basketball Skills (Bryn)	7-9 yrs	Wed	Spring: Apr 10-May 29	6:30-7:30p.m.	Walker School - Gym	\$45	
Basketball Skills (Bryn)	10-13 yrs	Wed	Spring: Apr 10-May 29	7:45-8:45p.m.	Walker School - Gym	\$45	

\*No Class Feb 21

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Zumba (Josee)	18+ yrs	Mon	Winter: Jan 15-Mar 25*	6:30-7:30p.m.	Walker School - Gym	\$50	
Yoga (Josee)	18+ yrs	Mon	Winter: Jan 15-Mar 25*	7:45-8:45p.m.	Walker School - Gym	\$50	
Fire & Flow Fitness (Effie)	18+ yrs	Tue	Winter: Jan 16-Mar 26*	7:30-8:30p.m.	Walker School - Gym	\$50	
Zumba (Josee)	18+ yrs	Mon	Spring: Apr 8-June 3**	6:30-7:30p.m.	Walker School - Gym	\$40	
Yoga (Josee)	18+ yrs	Mon	Spring: Apr 8-June 3**	7:45-8:45p.m.	Walker School - Gym	\$40	
Fire & Flow Fitness (Effie)	18+ yrs	Tue	Spring: Apr 9-May 28	7:30-8:30p.m.	Walker School - Gym	\$45	

Older Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Foreverin Motion	55+ yrs	Mon, Wed, Fri	Jan - June	ТВА	ТВА	Free w/ \$5 membership	
Tai Chi (Katherine)	55+ yrs	Tue	Winter: Jan 16-Mar 26	10-11a.m.	Online (Zoom)	Free w/ \$5 membership	
Chair Yoga (Mariam)	55+ yrs	Thu	Winter: Jan 18-Mar 28	9-10a.m.	Online (Zoom)	Free w/ \$5 membership	
Tai Chi (Katherine)	55+ yrs	Tue	Spring: Apr 9-Jun 11	10-11a.m.	ON-LINE (Zoom)	Free w/ \$5 membership	
Chair Yoga (Mariam)	55+ yrs	Thu	Spring: Apr 11-Jun 13	9-10a.m.	ON-LINE (Zoom)	Free w/ \$5 membership	

### Sherwood Estates/Mccarthy Park Community Association

### semp.ca

#### Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly

Registration Date: Contact the zone or association directly

The Sherwood Estates/McCarthy Park (SEMP) Community Association serves the area from 9th Avenue to Rochdale Boulevard and from McCarthy Boulevard to Courtney Street. For volunteer opportunities, please contact semp@sasktel.net or visit semp.ca.

## **Twin Lakes Community Association**

Contact: semp@sasktel.net

Email: semp@sasktel.net

Contact: twinlakescommunity@gmail.com (main contact)

Email: twinlakesprograms@gmail.com (programs/inquiries) Registration Location: Contact the zone or association directly twinlakesbabysittingcourse@gmail.com (babysitting and home alone) twinlakesdanceprogram@gmail.com (dance program only) twinlakescheerprogram@gmail.com (cheer program only)

2023-24 Membership Registration available from August 1, 2023 to July 31, 2024.

Visit tlca.ca for class descriptions, online registration and to purchase your TLCA membership and receive your membership number. Any changes or updates to our classes will be available through our website tlca.ca. You must have a valid email address to register and to receive important updates throughout the year.

Please note that to register for any community association programming, a valid Community Association membership is required. A membership card can be purchased for \$10.

Please Note: For community updates, like us on Facebook Twin Lakes Community Association.

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Cheer – U6 Novice Level 1	3-4 yrs	Wed	Apr 15-May 30	6pm-6:50pm	St. Angela	TBD			
Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Cheer – U6 Level 1	5-6 yrs	Mon	Apr 15-May 30	6pm-6:50pm	St. Angela	TBD			
Cheer – U6 Level 1	5-6 yrs	Thu	Apr 15-May 30	6pm-6:50pm	St. Angela	TBD			
Cheer – U8 Pom	5-7 yrs	Tue	Apr 15-May 30	6pm-6:50pm	St. Angela	TBD			
Cheer – U8 Level 1	7-8 yrs	Mon	Apr 15-May 30	7pm-8:00pm	St. Angela	TBD			

7pm-8:00pm

7pm-8:00pm

7pm-8:00pm

St. Angela

St. Angela

St. Angela

Apr 15-May 30

Apr 15-May 30

Apr 15-May 30

# Walsh Acres/Lakeridge/Gardenridge Community Association

Wed

Tue

Thu

7-8 yrs

8-12 yrs

8-12 yrs

## walrgr.com

### Contact: Doreen Patel

Cheer – U8 Level 1

Cheer - U12 Level 1

Cheer - U12 Level 1

### Email: walrgr.programs@gmail.com

### Registration Date: January 9 from 7-8p.m. Registration Location: Henry Janzen School

TBD

TBD

TBD

Walsh Acres/Lakeridge/Garden Ridge Community Association offers programs for residents of our community and all of Regina. Our mission is to enhance the quality of life of the residents of the West Zone through recreation and community service development. Volunteers are always welcomed to support our community. Email: walrgr.chair@gmail.com or walrgr.secretary@gmail.com.

\*\*\* All Community Association Programs Require a Community Membership Card \*\*\* Community Membership card can be purchased from Terry Michell for \$5. Email: walrgr.memberships@gmail.com; Phone: 306-539-3319. Membership fees are non-refundable.

For "Tae Kwon Do", contact Master Bryan Folk, phone 306-949-7067, or email b.folktkd@hotmail.com. This program has ongoing registrations.

For "Sportball", contact Tina, email tinak@sportball.ca

For "Bricks 4 Kidz", registration is online (bricks4kidz.com/regina) or at registration night.

Programs will be filled first with WALRGR residents; others will be put on a waiting list.

We cannot control school or facility closures or cancellations of class/program occurrence and will not offer to make up classes or occurrences. Dates and costs are subject to alteration.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	6 yrs+	Tue & Thu	Jan 11-Jun 6	6:30-8p.m.	Henry Janzen School-Large Gym	\$40/month		

tlca.ca

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Jan 20-Mar 23	9:15-10a.m.	Henry Janzen School-Large Gym	\$186/8 sessions
Sportball-Parent & Child Multi-sport	2-3.5 yrs	Sat	Jan 20-Mar 23	10:10-10:55a.m.	Henry Janzen School-Large Gym	\$186/8 sessions
Sportball-Coach & Child Multi-sport	3.5-5 yrs	Sat	Jan 20-Mar 23	11a.m12p.m.	Henry Janzen School-Large Gym	\$186/8 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Jan 14-Mar 10	2:05-3:05p.m.	NWLC Gym	\$186/8 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Jan 14-Mar 10	3:15-4p.m.	NWLC Gym	\$186/8 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Apr 6-Apr 27	9:15-10a.m.	Henry Janzen School-Large Gym	\$102/4 sessions
Sportball-Parent & Child Multi-sport	2-3.5 yrs	Sat	Apr 6-Apr 27	10:10-10:55a.m.	Henry Janzen School-Large Gym	\$102/4 sessions
Sportball-Coach & Child Multi-sport	3.5-5 yrs	Sat	Apr 6-Apr 27	11a.m12p.m.	Henry Janzen School-Large Gym	\$102/4 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Mar 17-Apr 28	2:05-3:05p.m.	NWLC Gym	\$144/6 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Mar 17-Apr 28	3:15-4p.m.	NWLC Gym	\$144/6 sessions
Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child	4-6 yrs	Sun	lan 14-Mar 10	1-2n m	NWLC Gym	\$186/8 sessions

Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Jan 14-Mar 10	1-2p.m.	NWLC Gym	\$186/8 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Jan 14-Mar 10	4:10-4:55p.m.	NWLC Gym	\$186/8 sessions
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Mar 17-Apr 28	1-2p.m.	NWLC Gym	\$144/6 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Mar 17-Apr 28	4:10-4:55p.m.	NWLC Gym	\$144/6 sessions
Tae Kwon Do	6 yrs+	Tue & Thu	Jan 11-Jun 6	6:30-8p.m.	Henry Janzen School-Large Gym	\$40/month
Bricks 4 Kidz-Early Engineers (max 16)	6 yrs+	Wed	Jan 10-Feb 14	6:15-7:15p.m.	George Lee School-Gym	\$90/6 sessions
Bricks 4 Kidz-Jr Robotics & Coding (max 8)	9 yrs+	Wed	Jan 10-Feb 14	7:30-8:45p.m.	George Lee School-Gym	\$150/6 sessions
Bricks 4 Kidz-Early Engineers (max 16)	6 yrs+	Wed	Feb 28-Mar 27	6:15-7:15p.m.	George Lee School-Gym	\$75/5 sessions
Bricks 4 Kidz-Jr Robotics and Coding (max 8)	9 yrs+	Wed	Feb 28-Mar 27	7:30-8:45p.m.	George Lee School-Gym	\$125/5 sessions
Bricks 4 Kidz-Early Engineers (max 16)	6 yrs+	Wed	Apr 10-May 15	6:15-7:15p.m.	George Lee School-Gym	\$90/6 sessions
Bricks 4 Kidz-Jr Robotics & Coding (max 8)	9 yrs+	Wed	Apr 10-May 15	7:30-8:45p.m.	George Lee School-Gym	\$150/6 sessions

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	13 yrs+	Tue & Thu	Jan 11-Jun 6	6:30-8p.m.	Henry Janzen School-Large Gym	\$40/month		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	18 yrs+	Tue & Thu	Jan 11-Jun 6	6:30-8p.m.	Henry Janzen School-Large Gym	\$40/month		
Recreational Volleyball	16 yrs+	Mon	Jan 22-Jun 3	8-10p.m.	St. Bernadette School-Gym	\$20		
Pickleball (max 24)	16 yrs+	Sat	Jan 13-Jun 8	12:15-2p.m.	Henry Janzen School-Both Gyms	\$20		
Pickleball (max 24)	16 yrs+	Sat	Jan 13-Jun 8	2-4p.m.	Henry Janzen School-Both Gyms	\$20		
Pickleball (max 24)	16 yrs+	Sun	Jan 14-Jun 9	3-5p.m.	Henry Janzen School-Both Gyms	\$20		
Yoga (max 20)	16 yrs+	Sun	Jan 28-Apr 14	6:30-7:30p.m.	George Lee-Gym	\$60		
Yoga (max 20)	16 yrs+	Mon	Jan 29-Apr 15	6:30-7:30p.m.	George Lee-Gym	\$60		

Zone Board & Community Association Programs