

Leisure Guide

Winter/Spring 2025

Registration dates:

Residents - December 10

Non-Residents - December 12

**Winter fun
for everyone!**



[Regina.ca/recreation](https://regina.ca/recreation) | 306-777-7529 (PLAY)



When does registration start?

Regina residents:

Tuesday, December 10

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

Non-residents:

Thursday, December 12

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

3 easy ways to register

1

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

Make sure you create your online account before registration day!

2

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.

Deaf and Hard of Hearing residents are encouraged to phone the PlayLine number using CRV Canada VRS.

3

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

- 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.

See full details at Regina.ca/recreation.

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.

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Recreation For All



City of Regina programs are open to everyone and those with disabilities are encouraged to participate in any programs listed throughout this guide. Adapted programs marked **AP** are programs that are changed or designed specifically to be more accessible to people with disabilities. Adaptations might include changes to equipment, content, support, technology, and/or environment.

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

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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.

Warm up with Free Drop-In Winter Activities!

FREE PUBLIC SKATING

October to March

Jack Hamilton – 1010 McCarthy Boulevard

Oct 14, 2024 - Mar 10, 2025	Mondays	6 – 8 p.m.	Free
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Clarence Mahon Arena – 130 Brotherton Avenue

Oct 15, 2024 - Mar 18, 2025	Tuesdays	6 – 8 p.m.	Free
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December 26, 2024	Thursday	6 – 8 p.m.	Free
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Al Ritchie Arena – 2230 Linsday Street

Oct 2, 2024 - Mar 19, 2025 Closed December 25 & January 1	Wednesdays	6 – 7:45 p.m.	Free
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January 2, 2025	Thursday	1:15 – 4:15 p.m.	Free
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January 3, 2025	Friday	8:45 – 11:45 a.m.	Free
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Doug Wickenheiser Arena – 1127 Arnason Street

December 30, 2024	Monday	12:15 – 3:15 p.m.	Free
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January 3, 2025	Friday	8:45 – 11:45 a.m.	Free
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January 5, 2025	Sunday	6 – 8 p.m.	Free
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February 19, 2025	Wednesday	12:30 – 3 p.m.	Free
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Balfour Arena – 68 Massey Road

March 22, 2025	Saturday	6 – 8 p.m.	Free
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Visit Regina.ca/rinks
for the full public skate
schedule & guidelines



FREE PUBLIC SWIM

November

North West Leisure Centre – 1127 Arnason Street

November 9, 2024	Saturday	1:30 – 5 p.m.	Free
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December

Sandra Schmirler Leisure Centre – 3130 East Woodhams Dr

December 15, 2024	Sunday	1:30 – 5 p.m.	Free
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January

North West Leisure Centre – 1127 Arnason Street

January 11, 2025	Saturday	1:30 – 5 p.m.	Free
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February

Lawson Aquatic Centre – 1717 Elphinstone Street

February 2, 2025	Sunday	1 – 4 p.m.	Free
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March

Sandra Schmirler Leisure Centre – 3130 East Woodhams Dr

March 16, 2025	Sunday	1:30 – 5:25 p.m.	Free
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FREE Winter Try It Activity Sessions

Enjoy some outdoor winter fun, with free outdoor activities for all ages and abilities. Children under 12 years old require an adult in attendance. Dress warmly and get ready for crafts and lots of outdoor games. You can even try on a pair of snowshoes and go for a walk.

December Try It Sessions

Neil Balkwill Civic Arts Centre - 2420 Elphinstone Street

December 7, 14, 21, 28, 2024	Saturdays	1-4 p.m.	Free
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North West Leisure Centre - 1127 Arnason Street

December 8, 15, 22, 29, 2024	Sundays	1-4 p.m.	Free
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January Try It Sessions

North West Leisure Centre Outdoor Rink and Shelter - 1127 Arnason Street

January 5, 12, 19, 26, 2025	Sundays	1-4 p.m.	Free
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Eastview Park Outdoor Rink and Shelter - 945 Broder Street

January 11, 2025	Saturday	1-4 p.m.	Free
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February Try It Sessions

North West Leisure Centre Outdoor Rink and Shelter - 1127 Arnason Street

February 2 & 9, 2025	Sundays	1-4 p.m.	Free
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Mount Pleasant - 750 Winnipeg Street North

February 22, 2025	Saturday	1-4 p.m.	Free
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Looking for more
to do this winter?

Check out [Regina.ca/wintercity](https://regina.ca/wintercity) for events and activities such as toboggan hills, crokicurl sites, outdoor rinks and community fire pits.

QCECA
THE POWER OF COMMUNITY



RENTAL INFORMATION

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

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, Sportplex, Community Centres and Neighbourhood Centres 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 Civic Arts Centre, contact the facility of your choice directly or call 306-777-PLAY (7529).

		Multi Purpose Gym (Max Occ.)	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
NORTH / WEST	North West Leisure Centre 306-777-7529 1127 Amason St.	(250)		2							•
	North East Community Centre 306-347-8299 160 Broad St.	(150)		•		•	•		•	•	
	Uplands Community Centre 306-949-5137 20 Weekes Cr.	(150)			•		•		•		
	Argyle Park Community Centre 306-543-5653 35 Davin Cr.	(250)		2	•		•		•		
SOUTH	South Leisure Centre 306-777-7031 170 Sunset Dr.	(300)		2	•		•	•	•		•
CENTRAL	māmawēyatītān centre 306-777-7033 3355 6th Ave.	2 (300)		10	2		•	•	•		•
	Cathedral Neighbourhood Centre 306-777-7034 2900 13th Ave.	(150)			•	•	•		•	•	
	Core Ritchie Neighbourhood Centre 306-777-7080 445 14th Ave.	(300)			•	•	•		•		•
	Eastview Community Centre 306-525-4757 615 6th Ave.	(250)	•						•		
	Mitakuyé Owās'ā Centre 1770 Halifax St. 306-777-7135	(300)		•		•	•		•		•
EAST	Glencairn Neighbourhood Recreation Centre 306-777-7747 2626 Dewdney Ave. E	(300)	•			•			•		•
	Arcola East Community Centre 306-525-3401 3860 Buckingham Dr. E.	(75)					•				

Star Stories Night

February 28, 2025
5 - 9 p.m.

Featuring
**Laurie
Rousseau-Nepton**

The first Indigenous
woman astrophysicist
in Canada

FREE Night of Family Fun!

- ★ Storytelling inside the Star Dome
- ★ Stargazing and Virtual Reality Experiences
- ★ Guided Nature Walk
- ★ Crafts, Prizes, Snacks and More!

FREE shuttle between all three stops



Saskatchewan Science Centre
Neil Balkwill Civic Arts Centre
RPL Albert Branch at māmawēyatitān centre

For More
Details



Regina.ca/wintercity



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 6:30 – 10 p.m.
Friday – Saturday: 8:30 a.m. – 5 p.m.
Sunday: 1 – 5 p.m.

Hours may vary according to program needs.



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
- All-gender/family change room with plinth located on pool deck
- Strength and conditioning area
- Multi-purpose gym • Meeting rooms



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
- Overhead lift available for access into pool
 - Chair lift access into all bodies of water
- All-gender/family change room with overhead sling lift and plinth changing table
 - Large whirlpool and co-ed dry sauna
- Strength and conditioning area • Activity room

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
- All-gender/family change room with overhead lift and plinth changing table

Lawson Aquatic Centre

- Eight lane 65-metre pool, 28°C • Chair lifts into tot pool and main pool
- Sling lift into hot tub
- 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
- All-gender/family change room with overhead sling lift and plinth changing table



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



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.



*One-Year Adult Leisure Pass monthly cost. Taxes not included.

Leisure Pass (Plus Applicable Taxes):

	One-Month	Three-Month	Six-Month	One-Year
Adult (25-64)	\$58.59	\$158.19	\$298.81	\$527.31
Senior (65+)	\$43.94	\$118.64	\$224.09	\$395.46
Young Adult (19-24)	\$43.94	\$118.64	\$224.09	\$395.46
Youth (13-18)	\$35.15	\$94.91	\$179.27	\$316.35
Child (2-12)	\$26.37	\$71.20	\$134.49	\$237.33
Family*	\$114.25	\$308.48	\$582.68	\$1028.25

Single & Bulk Admissions (Plus Applicable Taxes):

	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$7.21	\$64.86	\$122.57
Senior (65+)	\$5.63	\$50.67	\$95.71
Young Adult (19-24)	\$5.63	\$50.67	\$95.71
Youth (13-18)	\$4.96	\$44.64	\$84.32
Child (2-12)	\$3.38	\$30.42	\$57.46
Family*	\$14.41	\$129.69	\$244.97

*Applies to all persons living in the same household with a maximum of two adults.
Prices in effect January 1 - December 31, 2025.

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.

Parent & Tot	Child is under 3 years of age:	Register in:	This class is most similar to:
	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
	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
	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
Preschool	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: <input type="checkbox"/> Enter and exit shallow water <input type="checkbox"/> Jump into chest deep water (assisted) <input type="checkbox"/> Put their face in the water <input type="checkbox"/> 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	
	Is 5 and under and can: <input type="checkbox"/> Enter and exit the water wearing a PFD <input type="checkbox"/> Jump into chest deep water (unassisted) <input type="checkbox"/> Submerge and exhale <input type="checkbox"/> Perform front and back floats wearing a life jacket <input type="checkbox"/> Front and back glides wearing a life jacket and flutter kick	Preschool 3	Red Cross Crocodile YMCA Surfers
	Is 5+ years old	Swimmer 1	
	Is 5 and under and can: <input type="checkbox"/> Jump into deep water wearing a PFD <input type="checkbox"/> Hold their breath underwater <input type="checkbox"/> Recover an object from the bottom <input type="checkbox"/> Perform a back float; roll to front and swim 3 metres <input type="checkbox"/> Front and back glides and front and back flutter kick	Preschool 4	Red Cross Whale YMCA Dippers
	Is 5+ years old	Swimmer 1	
	Is under 5 and can: <input type="checkbox"/> Jump into deep water <input type="checkbox"/> Perform sideways entries, treading water, open eyes under water, as well as front floats <input type="checkbox"/> Roll to back swim 5m, glide on side 3m and front crawl wearing a PFD	Preschool 5	Red Cross Whale YMCA Dippers
	Is 5+ years old	Swimmer 1	

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

Swimming Lessons



Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Preschool Aquatics – Lifesaving Swim for Life

The Parent & Tot program structures in-water 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 front floats, back floats, and float wearing PFDs.

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

LAC	76556	Wed	Jan 8-Mar 19	6:05-6:35p.m.	\$70.00
	76557	Thu	Jan 9-Mar 20	6:10-6:40p.m.	\$70.00
	76599	Sat	Jan 11-Mar 22	12:05-12:35p.m.	\$49.00
	76719	Wed	Mar 26-Jun 4	4:55-5:25p.m.	\$70.00
	76729	Sat	Mar 29-Jun 7	10:10-10:45a.m.	\$49.00
	76731	Sun	Mar 30-Jun 8	10:45-11:20a.m.	\$49.00
NWLC	76776	Mon	Jan 6-Mar 17	4:35 -5:05p.m.	\$70.00
	76777	Mon	Jan 6-Mar 17	5:05-5:35p.m.	\$70.00
	76942	Tue	Jan 7-Mar 18	2:15-2:45p.m.	\$70.00
	76944	Wed	Jan 8-Mar 19	4:35-5:05p.m.	\$70.00
	76947	Thu	Jan 9-Mar 20	9-9:30a.m.	\$70.00
	77720	Mon	Mar 24-Jun 2	2:15-2:45p.m.	\$63.00
	77918	Mon	Mar 24-Jun 2	5:10-5:40p.m.	\$63.00
	77767	Tue	Mar 25-Jun 3	4:35-5:05p.m.	\$70.00
	77768	Tue	Mar 25-Jun 3	5:05-5:35p.m.	\$70.00

NWLC	77876	Wed	Mar 26-Jun 4	9-9:30a.m.	\$70.00
	77896	Thu	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
SSLC	76848	Mon	Jan 6-Mar 17	10:45-11:15a.m.	\$70.00
	76840	Mon	Jan 6-Mar 17	4:35-5:05p.m.	\$70.00
	76916	Tue	Jan 7-Mar 18	10:10-10:40a.m.	\$70.00
	77184	Sat	Jan 11-Mar 22	9:45-10:15a.m.	\$70.00
	77195	Sun	Jan 12-Mar 23	10:30-11a.m.	\$70.00
	77278	Mon	Mar 24-Jun 2	10:45-11:15a.m.	\$63.00
	77277	Mon	Mar 24-Jun 2	4:35-5:05p.m.	\$63.00
	77395	Thu	Mar 27-Jun 5	10:10-10:40a.m.	\$70.00
	77462	Sat	Mar 29-Jun 7	10:30-11a.m.	\$63.00
	77525	Sun	Mar 30-Jun 8	9:45-10:15a.m.	\$63.00

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	76535	Tue	Jan 7-Mar 18	7-7:30p.m.	\$70.00
	76600	Sat	Jan 11-Mar 22	11:10-11:40a.m.	\$49.00
	76601	Sun	Jan 12-Mar 23	10:10-10:40a.m.	\$49.00
	76738	Mon	Mar 24-Jun 2	5:30-6p.m.	\$63.00
	76741	Thu	Mar 27-Jun 5	7-7:30p.m.	\$70.00
	76733	Sat	Mar 29-Jun 7	11:30a.m.-12:05p.m.	\$49.00
NWLC	76950	Mon	Jan 6-Mar 17	2:20-2:50p.m.	\$70.00
	76951	Mon	Jan 6-Mar 17	5:40-6:10p.m.	\$70.00
	76952	Tue	Jan 7-Mar 18	2:50-3:20p.m.	\$70.00
	76954	Tue	Jan 7-Mar 18	5:10-5:40p.m.	\$70.00
	76956	Wed	Jan 8-Mar 19	9-9:30a.m.	\$70.00
	76957	Thu	Jan 9-Mar 20	4:05-4:35p.m.	\$70.00
	76961	Sat	Jan 11-Mar 22	10:50-11:20a.m.	\$70.00

NWLC	76962	Sun	Jan 12-Mar 23	11:15-11:45a.m.	\$70.00
	76963	Sun	Jan 12-Mar 23	12:05-12:35p.m.	\$70.00
	77721	Mon	Mar 24-Jun 2	2:50-3:20p.m.	\$63.00
	77722	Mon	Mar 24-Jun 2	5:10-5:40p.m.	\$63.00
	77769	Tue	Mar 25-Jun 3	2:20-2:50p.m.	\$70.00
	77770	Tue	Mar 25-Jun 3	5:40-6:10p.m.	\$70.00
	77877	Wed	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
	77897	Thu	Mar 27-Jun 5	9-9:30a.m.	\$70.00
	77826	Sat	Mar 29-Jun 7	11:15-11:45a.m.	\$63.00
	77827	Sat	Mar 29-Jun 7	12:05-12:35p.m.	\$63.00
	77852	Sun	Mar 30-Jun 8	10:50-11:20a.m.	\$63.00
SSLC	76720	Mon	Jan 6-Mar 17	5:15-5:45p.m.	\$70.00
	76915	Tue	Jan 7-Mar 18	5:30-6p.m.	\$70.00
	76972	Wed	Jan 8-Mar 19	11:10-11:40a.m.	\$70.00
	76969	Wed	Jan 8-Mar 19	5:30-6p.m.	\$70.00
	77047	Thu	Jan 9-Mar 20	5:55-6:25p.m.	\$70.00
	77082	Fri	Jan 10-Mar 21	4-4:30p.m.	\$70.00
	77164	Sat	Jan 11-Mar 22	10:25-10:55a.m.	\$70.00
	77165	Sat	Jan 11-Mar 22	12:45-1:15p.m.	\$70.00
	77270	Sun	Jan 12-Mar 23	9:40-10:10a.m.	\$70.00
	77279	Mon	Mar 24-Jun 2	5:15-5:45p.m.	\$63.00
	77326	Tue	Mar 25-Jun 3	5:55-6:25p.m.	\$70.00
	77363	Wed	Mar 26-Jun 4	11:10-11:40a.m.	\$70.00
	77362	Wed	Mar 26-Jun 4	5:30-6p.m.	\$70.00
	77396	Thu	Mar 27-Jun 5	5:30-6p.m.	\$70.00
	77431	Fri	Mar 28-Jun 6	4-4:30p.m.	\$63.00
	77463	Sat	Mar 29-Jun 7	9:40-10:10a.m.	\$63.00
	77526	Sun	Mar 30-Jun 8	10:25-10:55a.m.	\$63.00
	77527	Sun	Mar 30-Jun 8	12:45-1:15p.m.	\$63.00

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.

LAC	76554	Mon	Jan 6-Mar 17	5:35-6:05p.m.	\$70.00
	76555	Thu	Jan 9-Mar 20	4:55-5:25p.m.	\$70.00
	76602	Sun	Jan 12-Mar 23	9:35-10:05a.m.	\$49.00
	76749	Tue	Mar 25-Jun 3	6:45-7:15p.m.	\$70.00
	76743	Sat	Mar 29-Jun 7	1:20-1:55p.m.	\$49.00
	76744	Sun	Mar 30-Jun 8	11-11:35a.m.	\$49.00
NWLC	76967	Tue	Jan 7-Mar 18	4:35-5:05p.m.	\$70.00
	76968	Wed	Jan 8-Mar 19	11-11:30a.m.	\$70.00
	76971	Wed	Jan 8-Mar 19	5:45-6:15p.m.	\$70.00
	76973	Fri	Jan 10-Mar 21	5:10-5:40p.m.	\$70.00
	76979	Sat	Jan 11-Mar 22	11:55a.m.-12:25p.m.	\$70.00
	76977	Sat	Jan 11-Mar 22	12:35-1:05p.m.	\$70.00

NWLC	76984	Sun	Jan 12-Mar 23	9:35-10:05a.m.	\$70.00
	76980	Sun	Jan 12-Mar 23	11:50a.m.-12:20p.m.	\$70.00
	77723	Mon	Mar 24-Jun 2	4:35-5:05p.m.	\$63.00
	77898	Thu	Mar 27-Jun 5	11-11:30a.m.	\$70.00
	77899	Thu	Mar 27-Jun 5	5:45-6:15p.m.	\$70.00
	77786	Fri	Mar 28-Jun 6	5:10-5:40p.m.	\$63.00
	77935	Fri	Mar 28-Jun 6	5:50-6:20p.m.	\$63.00
	77829	Sat	Mar 29-Jun 7	9:35-10:05a.m.	\$63.00
	77828	Sat	Mar 29-Jun 7	11:50a.m.-12:20p.m.	\$63.00
	77854	Sun	Mar 30-Jun 8	11:55a.m.-12:25p.m.	\$63.00
	77853	Sun	Mar 30-Jun 8	12:35-1:05p.m.	\$63.00
SSLC	76748	Mon	Jan 6-Mar 17	10:05-10:35a.m.	\$70.00
	76726	Mon	Jan 6-Mar 17	4:10-4:40p.m.	\$70.00
	76746	Mon	Jan 6-Mar 17	5:45-6:15p.m.	\$70.00
	76913	Tue	Jan 7-Mar 18	10:40-11:10a.m.	\$70.00
	76912	Tue	Jan 7-Mar 18	4:45-5:15p.m.	\$70.00
	76917	Wed	Jan 8-Mar 19	4-4:30p.m.	\$70.00
	76918	Wed	Jan 8-Mar 19	5:55-6:25p.m.	\$70.00
	77027	Thu	Jan 9-Mar 20	11:10-11:40a.m.	\$70.00
	77025	Thu	Jan 9-Mar 20	4:10-4:40p.m.	\$70.00
	77099	Fri	Jan 10-Mar 21	5:25-5:55p.m.	\$70.00
	77181	Sat	Jan 11-Mar 22	11:40a.m.-12:10p.m.	\$70.00
	77186	Sat	Jan 11-Mar 22	1:30-2p.m.	\$70.00
	77206	Sun	Jan 12-Mar 23	9:10-9:40a.m.	\$70.00
	77207	Sun	Jan 12-Mar 23	11:30a.m.-12p.m.	\$70.00
	77282	Mon	Mar 24-Jun 2	10:05-10:35a.m.	\$63.00
	77280	Mon	Mar 24-Jun 2	4:10-4:40p.m.	\$63.00
	77281	Mon	Mar 24-Jun 2	5:45-6:15p.m.	\$63.00
	77328	Tue	Mar 25-Jun 3	11:10-11:40a.m.	\$70.00
	77327	Tue	Mar 25-Jun 3	4:10-4:40p.m.	\$70.00
	77364	Wed	Mar 26-Jun 4	4-4:30p.m.	\$70.00
	77365	Wed	Mar 26-Jun 4	5:55-6:25p.m.	\$70.00
	77398	Thu	Mar 27-Jun 5	10:40-11:10a.m.	\$70.00
	77397	Thu	Mar 27-Jun 5	4:45-5:15p.m.	\$70.00
	77432	Fri	Mar 28-Jun 6	5:25-5:55p.m.	\$63.00
	77464	Sat	Mar 29-Jun 7	9:10-9:40a.m.	\$63.00
	77465	Sat	Mar 29-Jun 7	11:30a.m.-12p.m.	\$63.00
	77576	Sat	Mar 29-Jun 7	1:30-2p.m.	\$63.00
	77528	Sun	Mar 30-Jun 8	11:40a.m.-12:10p.m.	\$63.00

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.

*Swimmers should be comfortable entering and moving around the water without parent assistance.

LAC	76509	Tue	Jan 7-Mar 18	6:05-6:35p.m.	\$70.00
	76511	Wed	Jan 8-Mar 19	5:35-6:05p.m.	\$70.00
	76603	Sat	Jan 11-Mar 22	12:30-1p.m.	\$49.00
	76604	Sat	Jan 11-Mar 22	1:30-2p.m.	\$49.00
	76605	Sun	Jan 12-Mar 23	10:45-11:15a.m.	\$49.00
	76752	Tue	Mar 25-Jun 3	6:10-6:40p.m.	\$70.00
	76761	Wed	Mar 26-Jun 4	6:55-7:25p.m.	\$70.00
	76762	Thu	Mar 27-Jun 5	5:30-6p.m.	\$70.00
	76857	Sat	Mar 29-Jun 7	12:20-12:55p.m.	\$49.00
	76855	Sun	Mar 30-Jun 8	11:45a.m.-12:20p.m.	\$49.00
NWLC	76671	Mon	Jan 6-Mar 17	12:50-1:20p.m.	\$70.00
	76672	Mon	Jan 6-Mar 17	3-3:30p.m.	\$70.00
	76674	Mon	Jan 6-Mar 17	5:10-5:40p.m.	\$70.00
	76673	Mon	Jan 6-Mar 17	5:15-5:45p.m.	\$70.00
	76675	Tue	Jan 7-Mar 18	1:35-2:05p.m.	\$70.00
	76676	Tue	Jan 7-Mar 18	4-4:30p.m.	\$70.00
	76677	Tue	Jan 7-Mar 18	5:15-5:45p.m.	\$70.00
	76678	Tue	Jan 7-Mar 18	5:55-6:25p.m.	\$70.00
	76680	Wed	Jan 8-Mar 19	4:05-4:35p.m.	\$70.00
	76679	Wed	Jan 8-Mar 19	5:10-5:40p.m.	\$70.00
	76681	Thu	Jan 9-Mar 20	5:50-6:20p.m.	\$70.00
	76684	Fri	Jan 10-Mar 21	4:40-5:10p.m.	\$70.00
	76685	Sat	Jan 11-Mar 22	9:40-10:10a.m.	\$70.00
	76683	Sat	Jan 11-Mar 22	10:10-10:40a.m.	\$70.00
	76686	Sun	Jan 12-Mar 23	9:50-10:20a.m.	\$70.00
	76687	Sun	Jan 12-Mar 23	10:45-11:15a.m.	\$70.00
	77724	Mon	Mar 24-Jun 2	1:35-2:05p.m.	\$63.00
	77725	Mon	Mar 24-Jun 2	4-4:30p.m.	\$63.00
	77726	Mon	Mar 24-Jun 2	5:15-5:45p.m.	\$63.00
	77727	Mon	Mar 24-Jun 2	5:55-6:25p.m.	\$63.00
	77771	Tue	Mar 25-Jun 3	12:50-1:20p.m.	\$70.00
	77772	Tue	Mar 25-Jun 3	3-3:30p.m.	\$70.00
	77774	Tue	Mar 25-Jun 3	5:10-5:40p.m.	\$70.00
	77773	Tue	Mar 25-Jun 3	5:15-5:45p.m.	\$70.00
	77878	Wed	Mar 26-Jun 4	5:50-6:20p.m.	\$70.00
	77901	Thu	Mar 27-Jun 5	4:05-4:35p.m.	\$70.00
	77900	Thu	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
	77787	Fri	Mar 28-Jun 6	4:40-5:10p.m.	\$63.00

NWLC	77830	Sat	Mar 29-Jun 7	9:50-10:20a.m.	\$63.00
	77831	Sat	Mar 29-Jun 7	10:45-11:15a.m.	\$63.00
	77856	Sun	Mar 30-Jun 8	9:40-10:10a.m.	\$63.00
	77855	Sun	Mar 30-Jun 8	10:10-10:40a.m.	\$63.00
SSLC	76809	Mon	Jan 6-Mar 17	10:10-10:40a.m.	\$70.00
	76808	Mon	Jan 6-Mar 17	11:15-11:45a.m.	\$70.00
	76508	Mon	Jan 6-Mar 17	4:05-4:35p.m.	\$70.00
	76510	Mon	Jan 6-Mar 17	4:55-5:25p.m.	\$70.00
	76890	Tue	Jan 7-Mar 18	11:15-11:45a.m.	\$70.00
	76889	Tue	Jan 7-Mar 18	4:10-4:40p.m.	\$70.00
	76888	Tue	Jan 7-Mar 18	5:10-5:40p.m.	\$70.00
	76937	Wed	Jan 8-Mar 19	11:45a.m.-12:15p.m.	\$70.00
	76935	Wed	Jan 8-Mar 19	4:35-5:05p.m.	\$70.00
	76936	Wed	Jan 8-Mar 19	6-6:30p.m.	\$70.00
	77006	Thu	Jan 9-Mar 20	11:45a.m.-12:15p.m.	\$70.00
	77004	Thu	Jan 9-Mar 20	4:05-4:35p.m.	\$70.00
	77005	Thu	Jan 9-Mar 20	5:30-6p.m.	\$70.00
	77084	Fri	Jan 10-Mar 21	4:10-4:40p.m.	\$70.00
	77083	Fri	Jan 10-Mar 21	5:10-5:40p.m.	\$70.00
	77132	Sat	Jan 11-Mar 22	9-9:30a.m.	\$70.00
	77134	Sat	Jan 11-Mar 22	12:15-12:45p.m.	\$70.00
	77133	Sat	Jan 11-Mar 22	1-1:30p.m.	\$70.00
	77136	Sat	Jan 11-Mar 22	1:35-2:05p.m.	\$70.00
	77135	Sat	Jan 11-Mar 22	2:05-2:35p.m.	\$70.00
	77204	Sun	Jan 12-Mar 23	9:05-9:35a.m.	\$70.00
	77202	Sun	Jan 12-Mar 23	10-10:30a.m.	\$70.00
	77203	Sun	Jan 12-Mar 23	10:50-11:20a.m.	\$70.00
	77201	Sun	Jan 12-Mar 23	12:50-1:20p.m.	\$70.00
	77205	Sun	Jan 12-Mar 23	5:35-6:05p.m.	\$70.00
	77286	Mon	Mar 24-Jun 2	10:10-10:40a.m.	\$63.00
	77285	Mon	Mar 24-Jun 2	11:15-11:45a.m.	\$63.00
	77283	Mon	Mar 24-Jun 2	4:05-4:35p.m.	\$63.00
	77284	Mon	Mar 24-Jun 2	4:55-5:25p.m.	\$63.00
	77331	Tue	Mar 25-Jun 3	11:45a.m.-12:15p.m.	\$70.00
	77329	Tue	Mar 25-Jun 3	4:05-4:35p.m.	\$70.00
	77330	Tue	Mar 25-Jun 3	5:30-6p.m.	\$70.00
	77368	Wed	Mar 26-Jun 4	11:45a.m.-12:15p.m.	\$70.00
	77366	Wed	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
	77367	Wed	Mar 26-Jun 4	6-6:30p.m.	\$70.00
	77401	Thu	Mar 27-Jun 5	11:15-11:45a.m.	\$70.00
	77400	Thu	Mar 27-Jun 5	4:10-4:40p.m.	\$70.00
	77399	Thu	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
	77434	Fri	Mar 28-Jun 6	4:10-4:40p.m.	\$63.00
	77433	Fri	Mar 28-Jun 6	5:10-5:40p.m.	\$63.00
	77469	Sat	Mar 29-Jun 7	9:05-9:35a.m.	\$63.00
	77467	Sat	Mar 29-Jun 7	10-10:30a.m.	\$63.00
	77468	Sat	Mar 29-Jun 7	10:50-11:20a.m.	\$63.00

SSLC	77466	Sat	Mar 29-Jun 7	12:50-1:20p.m.	\$63.00
	77578	Sat	Mar 29-Jun 7	1:35-2:05p.m.	\$63.00
	77577	Sat	Mar 29-Jun 7	2:05-2:35p.m.	\$63.00
	77529	Sun	Mar 30-Jun 8	9-9:30a.m.	\$63.00
	77531	Sun	Mar 30-Jun 8	12:15-12:45p.m.	\$63.00
	77530	Sun	Mar 30-Jun 8	1-1:30p.m.	\$63.00
	77470	Sun	Mar 30-Jun 8	5:35-6:05p.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 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	76543	Tue	Jan 7-Mar 18	5:30-6p.m.	\$70.00
	76544	Wed	Jan 8-Mar 19	5:35-6:05p.m.	\$70.00
	76545	Thu	Jan 9-Mar 20	5:35-6:05p.m.	\$70.00
	76606	Sat	Jan 11-Mar 22	9:30-10a.m.	\$49.00
	76607	Sun	Jan 12-Mar 23	12:30-1p.m.	\$49.00
	76763	Mon	Mar 24-Jun 2	6:50-7:20p.m.	\$63.00
	76766	Wed	Mar 26-Jun 4	6:40-7:10p.m.	\$70.00
	76859	Sat	Mar 29-Jun 7	10:55-11:30a.m.	\$49.00
	76856	Sun	Mar 30-Jun 8	10:20-10:55a.m.	\$49.00
NWLC	76688	Mon	Jan 6-Mar 17	1:30-2p.m.	\$70.00
	76689	Mon	Jan 6-Mar 17	5:50-6:20p.m.	\$70.00
	76690	Tue	Jan 7-Mar 18	1-1:30p.m.	\$70.00
	76691	Tue	Jan 7-Mar 18	5:50-6:20p.m.	\$70.00
	76694	Wed	Jan 8-Mar 19	5:10-5:40p.m.	\$70.00
	76693	Wed	Jan 8-Mar 19	6-6:30p.m.	\$70.00
	76692	Wed	Jan 8-Mar 19	9:35-10:05a.m.	\$70.00
	76695	Thu	Jan 9-Mar 20	4:35-5:05p.m.	\$70.00
	76696	Fri	Jan 10-Mar 21	4:35-5:05p.m.	\$70.00
	76697	Fri	Jan 10-Mar 21	5:15-5:45p.m.	\$70.00
	76698	Fri	Jan 10-Mar 21	5:45-6:15p.m.	\$70.00
	76700	Sat	Jan 11-Mar 22	9-9:30a.m.	\$70.00
	76699	Sat	Jan 11-Mar 22	11:20-11:50a.m.	\$70.00
	76701	Sun	Jan 12-Mar 23	11:30a.m.-12p.m.	\$70.00
	77728	Mon	Mar 24-Jun 2	1-1:30p.m.	\$63.00
	77729	Mon	Mar 24-Jun 2	5:50-6:20p.m.	\$63.00
	77775	Tue	Mar 25-Jun 3	1:30-2p.m.	\$70.00
	77776	Tue	Mar 25-Jun 3	5:50-6:20p.m.	\$70.00
	77879	Wed	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
	77902	Thu	Mar 27-Jun 5	9:35-10:05a.m.	\$70.00
	77904	Thu	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
	77903	Thu	Mar 27-Jun 5	6-6:30p.m.	\$70.00
	77788	Fri	Mar 28-Jun 6	4:35-5:05p.m.	\$63.00
	77789	Fri	Mar 28-Jun 6	5:15-5:45p.m.	\$63.00

NWLC	77790	Fri	Mar 28-Jun 6	5:45-6:15p.m.	\$63.00
	77832	Sat	Mar 29-Jun 7	11:30a.m.-12p.m.	\$63.00
	77858	Sun	Mar 30-Jun 8	9-9:30a.m.	\$63.00
	77857	Sun	Mar 30-Jun 8	11:20-11:50a.m.	\$63.00
	76768	Mon	Jan 6-Mar 17	10:40-11:10am	\$70.00
SSLC	76765	Mon	Jan 6-Mar 17	4:35-5:05p.m.	\$70.00
	76767	Mon	Jan 6-Mar 17	5:50-6:20p.m.	\$70.00
	76764	Mon	Jan 6-Mar 17	6:25-6:55p.m.	\$70.00
	76902	Tue	Jan 7-Mar 18	10:05-10:35a.m.	\$70.00
	76903	Tue	Jan 7-Mar 18	11:20-11:50a.m.	\$70.00
	76901	Tue	Jan 7-Mar 18	4:45-5:15p.m.	\$70.00
	76900	Tue	Jan 7-Mar 18	6-6:30p.m.	\$70.00
	76931	Wed	Jan 8-Mar 19	11:05-11:35am	\$70.00
	76929	Wed	Jan 8-Mar 19	4:10-4:40p.m.	\$70.00
	76930	Wed	Jan 8-Mar 19	4:55-5:25p.m.	\$70.00
	77021	Thu	Jan 9-Mar 20	11:05-11:35a.m.	\$70.00
	77020	Thu	Jan 9-Mar 20	4:45-5:15p.m.	\$70.00
	77019	Thu	Jan 9-Mar 20	6-6:30p.m.	\$70.00
	77066	Fri	Jan 10-Mar 21	4:40-5:10p.m.	\$70.00
	77065	Fri	Jan 10-Mar 21	6:05-6:35p.m.	\$70.00
	77144	Sat	Jan 11-Mar 22	9:35-10:05a.m.	\$70.00
	77143	Sat	Jan 11-Mar 22	12:05-12:35p.m.	\$70.00
	77145	Sat	Jan 11-Mar 22	2:50-3:20p.m.	\$70.00
	77216	Sun	Jan 12-Mar 23	9:35-10:05a.m.	\$70.00
	77217	Sun	Jan 12-Mar 23	12:20-12:50p.m.	\$70.00
	77218	Sun	Jan 12-Mar 23	6:10-6:40p.m.	\$70.00
	77290	Mon	Mar 24-Jun 2	10:40-11:10a.m.	\$63.00
	77288	Mon	Mar 24-Jun 2	4:35-5:05p.m.	\$63.00
	77289	Mon	Mar 24-Jun 2	5:50-6:20p.m.	\$63.00
	77287	Mon	Mar 24-Jun 2	6:25-6:55p.m.	\$63.00
	77334	Tue	Mar 25-Jun 3	11:05-11:35a.m.	\$70.00
	77333	Tue	Mar 25-Jun 3	4:45-5:15p.m.	\$70.00
	77332	Tue	Mar 25-Jun 3	6-6:30p.m.	\$70.00
	77371	Wed	Mar 26-Jun 4	11:05-11:35a.m.	\$70.00
	77369	Wed	Mar 26-Jun 4	4:10-4:40p.m.	\$70.00
	77370	Wed	Mar 26-Jun 4	4:55-5:25p.m.	\$70.00
	77404	Thu	Mar 27-Jun 5	10:05-10:35a.m.	\$70.00
	77405	Thu	Mar 27-Jun 5	11:20-11:50a.m.	\$70.00
	77403	Thu	Mar 27-Jun 5	4:45-5:15p.m.	\$70.00
	77402	Thu	Mar 27-Jun 5	6-6:30p.m.	\$70.00
	77436	Fri	Mar 28-Jun 6	4:40-5:10p.m.	\$63.00
	77435	Fri	Mar 28-Jun 6	6:05-6:35p.m.	\$63.00
	77471	Sat	Mar 29-Jun 7	9:35-10:05a.m.	\$63.00
	77472	Sat	Mar 29-Jun 7	12:20-12:50p.m.	\$63.00
	77579	Sat	Mar 29-Jun 7	2:50-3:20p.m.	\$63.00
	77533	Sun	Mar 30-Jun 8	9:35-10:05a.m.	\$63.00
	77532	Sun	Mar 30-Jun 8	12:05-12:35p.m.	\$63.00
	77473	Sun	Mar 30-Jun 8	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.

LAC	76546	Mon	Jan 6-Mar 17	6:55-7:25p.m.	\$70.00
	76547	Tue	Jan 7-Mar 18	5:35-6:05p.m.	\$70.00
	76548	Thu	Jan 9-Mar 20	6:50-7:20p.m.	\$70.00
	76609	Sat	Jan 11-Mar 22	10:40-11:10a.m.	\$49.00
	76608	Sun	Jan 12-Mar 23	10:45-11:15a.m.	\$49.00
	76769	Mon	Mar 24-Jun 2	6:20-6:50p.m.	\$63.00
	76770	Tue	Mar 25-Jun 3	6:15-6:45p.m.	\$70.00
	76771	Wed	Mar 26-Jun 4	3-3:30p.m.	\$70.00
	76772	Thu	Mar 27-Jun 5	5:35-6:05p.m.	\$70.00
	76862	Sat	Mar 29-Jun 7	9:30-10:05a.m.	\$49.00
	76863	Sun	Mar 30-Jun 8	10:10-10:45a.m.	\$49.00
	76706	Mon	Jan 6-Mar 17	4-4:30p.m.	\$70.00
NWLC	76705	Mon	Jan 6-Mar 17	4:30-5p.m.	\$70.00
	76704	Mon	Jan 6-Mar 17	4:40-5:10p.m.	\$70.00
	76708	Tue	Jan 7-Mar 18	4:40-5:10p.m.	\$70.00
	76712	Wed	Jan 8-Mar 19	10:25-10:55a.m.	\$70.00
	76713	Wed	Jan 8-Mar 19	4-4:30p.m.	\$70.00
	76715	Thu	Jan 9-Mar 20	9:35-10:05a.m.	\$70.00

NWLC	76722	Thu	Jan 9-Mar 20	5:05-5:35p.m.	\$70.00
	76727	Fri	Jan 10-Mar 21	4:05-4:35p.m.	\$70.00
	76730	Sat	Jan 11-Mar 22	9:05-9:35a.m.	\$70.00
	76736	Sun	Jan 12-Mar 23	10:25-10:55a.m.	\$70.00
	76740	Sun	Jan 12-Mar 23	12:55-1:25p.m.	\$70.00
	77730	Mon	Mar 24-Jun 2	4:40-5:10p.m.	\$63.00
	77779	Tue	Mar 25-Jun 3	4-4:30p.m.	\$70.00
	77778	Tue	Mar 25-Jun 3	4:30-5p.m.	\$70.00
	77777	Tue	Mar 25-Jun 3	4:40-5:10p.m.	\$70.00
	77880	Wed	Mar 26-Jun 4	9:35-10:05a.m.	\$70.00
	77881	Wed	Mar 26-Jun 4	5:05-5:35p.m.	\$70.00
	77905	Thu	Mar 27-Jun 5	10:25-10:55a.m.	\$70.00
	77906	Thu	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	77791	Fri	Mar 28-Jun 6	4:05-4:35p.m.	\$63.00
	77833	Sat	Mar 29-Jun 7	10:25-10:55a.m.	\$63.00
SSLC	77834	Sat	Mar 29-Jun 7	12:55-1:25p.m.	\$63.00
	77859	Sun	Mar 30-Jun 8	9:05-9:35a.m.	\$63.00
	76782	Mon	Jan 6-Mar 17	11:20-11:50a.m.	\$70.00
	76780	Mon	Jan 6-Mar 17	4-4:30p.m.	\$70.00
	76778	Mon	Jan 6-Mar 17	7-7:30p.m.	\$70.00
	76899	Tue	Jan 7-Mar 18	10:45-11:15a.m.	\$70.00
	76898	Tue	Jan 7-Mar 18	5:25-5:55p.m.	\$70.00
	76932	Wed	Jan 8-Mar 19	4:45-5:15p.m.	\$70.00
	77030	Thu	Jan 9-Mar 20	11:40a.m.-12:10p.m.	\$70.00
	77029	Thu	Jan 9-Mar 20	4-4:30p.m.	\$70.00

Join the City Lifeguard Team!

We're recruiting lifeguards & swimming instructors for indoor and outdoor City pools.
Apply today!



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 REGINA

SSLC	77072	Fri	Jan 10-Mar 21	4:05-4:35p.m.	\$70.00
	77071	Fri	Jan 10-Mar 21	5:30-6p.m.	\$70.00
	77173	Sat	Jan 11-Mar 22	10:20-10:50a.m.	\$70.00
	77172	Sat	Jan 11-Mar 22	12:25-12:55p.m.	\$70.00
	77188	Sat	Jan 11-Mar 22	2:45-3:15p.m.	\$70.00
	77965	Sat	Jan 11-Mar 22	2:15-2:45p.m.	\$70.00
	77196	Sun	Jan 12-Mar 23	11:05-11:35a.m.	\$70.00
	77197	Sun	Jan 12-Mar 23	6:10-6:40p.m.	\$70.00
	77293	Mon	Mar 24-Jun 2	11:20-11:50a.m.	\$63.00
	77292	Mon	Mar 24-Jun 2	4-4:30p.m.	\$63.00
	77291	Mon	Mar 24-Jun 2	7-7:30p.m.	\$63.00
	77336	Tue	Mar 25-Jun 3	11:40a.m.-12:10p.m.	\$70.00
	77335	Tue	Mar 25-Jun 3	4-4:30p.m.	\$70.00
	77372	Wed	Mar 26-Jun 4	4:45-5:15p.m.	\$70.00
	77407	Thu	Mar 27-Jun 5	10:45-11:15a.m.	\$70.00
	77406	Thu	Mar 27-Jun 5	5:25-5:55p.m.	\$70.00
	77438	Fri	Mar 28-Jun 6	4:05-4:35p.m.	\$63.00
	77437	Fri	Mar 28-Jun 6	5:30-6p.m.	\$63.00
	77474	Sat	Mar 29-Jun 7	11:05-11:35a.m.	\$63.00
	77966	Sat	Mar 29-Jun 7	2:15-2:45p.m.	\$63.00
	77580	Sat	Mar 29-Jun 7	2:45-3:15p.m.	\$63.00
	77535	Sun	Mar 30-Jun 8	10:20-10:50a.m.	\$63.00
	77534	Sun	Mar 30-Jun 8	12:25-12:55p.m.	\$63.00
	77475	Sun	Mar 30-Jun 8	6:10-6:40p.m.	\$63.00

Preschool 4

3-5 years

In this level swimmers will work on jumping into deep water, 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.

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	76549	Mon	Jan 6-Mar 17	6:25-6:55p.m.	\$70.00
	76550	Wed	Jan 8-Mar 19	6:45-7:15p.m.	\$70.00
	76551	Thu	Jan 9-Mar 20	6:40-7:10p.m.	\$70.00
	76610	Sat	Jan 11-Mar 22	10:15-10:45a.m.	\$49.00
	76611	Sat	Jan 11-Mar 22	12:30-1p.m.	\$49.00
	76612	Sun	Jan 12-Mar 23	11-11:30a.m.	\$49.00
	76773	Mon	Mar 24-Jun 2	6:40-7:10p.m.	\$63.00
	76774	Wed	Mar 26-Jun 4	5:30-6p.m.	\$70.00
	76865	Sat	Mar 29-Jun 7	12:20-12:55p.m.	\$49.00
	76864	Sun	Mar 30-Jun 8	10:20-10:55a.m.	\$49.00
NWLC	76745	Tue	Jan 7-Mar 18	4-4:30p.m.	\$70.00
	76747	Thu	Jan 9-Mar 20	4-4:30p.m.	\$70.00
	76759	Fri	Jan 10-Mar 21	5:05-5:35p.m.	\$70.00
	76758	Sun	Jan 12-Mar 23	10:55-11:25a.m.	\$70.00
	76750	Sun	Jan 12-Mar 23	12:20-12:50p.m.	\$70.00
	77731	Mon	Mar 24-Jun 2	4-4:30p.m.	\$63.00

NWLC	77882	Wed	Mar 26-Jun 4	4-4:30p.m.	\$70.00
	77836	Sat	Mar 29-Jun 7	10:55-11:25a.m.	\$63.00
	77835	Sat	Mar 29-Jun 7	12:20-12:50p.m.	\$63.00
SSLC	76849	Mon	Jan 6-Mar 17	5:10-5:40p.m.	\$70.00
	76904	Tue	Jan 7-Mar 18	4:05-4:35p.m.	\$70.00
	77049	Thu	Jan 9-Mar 20	5:30-6p.m.	\$70.00
	77077	Fri	Jan 10-Mar 21	4:45-5:15p.m.	\$70.00
	77176	Sat	Jan 11-Mar 22	9:45-10:15a.m.	\$70.00
	77180	Sat	Jan 11-Mar 22	12:50-1:20p.m.	\$70.00
	77264	Sun	Jan 12-Mar 23	11:55a.m.-12:25p.m.	\$70.00
	77265	Sun	Jan 12-Mar 23	5:40-6:10p.m.	\$70.00
	77294	Mon	Mar 24-Jun 2	5:10-5:40p.m.	\$63.00
	77337	Tue	Mar 25-Jun 3	5:30-6p.m.	\$70.00
	77408	Thu	Mar 27-Jun 5	4:05-4:35p.m.	\$70.00
	77439	Fri	Mar 28-Jun 6	4:45-5:15p.m.	\$63.00
	77476	Sat	Mar 29-Jun 7	11:55a.m.-12:25p.m.	\$63.00
	77536	Sun	Mar 30-Jun 8	9:45-10:15a.m.	\$63.00
	77537	Sun	Mar 30-Jun 8	12:50-1:20p.m.	\$63.00
	77477	Sun	Mar 30-Jun 8	5:40-6:10p.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	76552	Mon	Jan 6-Mar 17	6:05-6:35p.m.	\$70.00
	76553	Wed	Jan 8-Mar 19	1:30-2p.m.	\$70.00
	76613	Sat	Jan 11-Mar 22	10:05-10:35a.m.	\$49.00
	76614	Sun	Jan 12-Mar 23	9:35-10:05a.m.	\$49.00
	76775	Tue	Mar 25-Jun 3	5:35-6:05p.m.	\$70.00
	76779	Wed	Mar 26-Jun 4	5:35-6:05p.m.	\$70.00
	76867	Sat	Mar 29-Jun 7	9:30-10:05a.m.	\$49.00
	76866	Sun	Mar 30-Jun 8	11:30a.m.-12:05p.m.	\$49.00
NWLC	76751	Mon	Jan 6-Mar 17	5:45-6:15p.m.	\$70.00
	76753	Wed	Jan 8-Mar 19	5:45-6:15p.m.	\$70.00
	76755	Sat	Jan 11-Mar 22	9:35-10:05am	\$70.00
	76757	Sun	Jan 12-Mar 23	10:15-10:45a.m.	\$70.00
	76756	Sun	Jan 12-Mar 23	1-1:30p.m.	\$70.00
	77934	Thu	Mar 27-Jun 5	5:15-5:45p.m.	\$70.00
	77907	Thu	Mar 27-Jun 5	5:45-6:15p.m.	\$70.00
	77838	Sat	Mar 29-Jun 7	10:15-10:45a.m.	\$63.00
	77837	Sat	Mar 29-Jun 7	1-1:30p.m.	\$63.00
	77860	Sun	Mar 30-Jun 8	9:35-10:05am	\$63.00
SSLC	77093	Fri	Jan 10-Mar 21	6-6:30p.m.	\$70.00
	77185	Sat	Jan 11-Mar 22	10:55-11:25a.m.	\$70.00
	77266	Sun	Jan 12-Mar 23	12:55-1:25p.m.	\$70.00

SSLC	77267	Sun	Jan 12-Mar 23	6:50-7:20p.m.	\$70.00
	77440	Fri	Mar 28-Jun 6	6-6:30p.m.	\$63.00
	77478	Sat	Mar 29-Jun 7	12:55-1:25p.m.	\$63.00
	77538	Sun	Mar 30-Jun 8	10:55-11:25a.m.	\$63.00
	77479	Sun	Mar 30-Jun 8	6:50-7:20p.m.	\$63.00

Child Aquatics – Lifesaving Swim for Life

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	76536	Mon	Jan 6-Mar 17	5:30-6p.m.	\$70.00
	76537	Mon	Jan 6-Mar 17	6:45-7:15p.m.	\$70.00
	76538	Tue	Jan 7-Mar 18	6:40-7:10p.m.	\$70.00
	76539	Wed	Jan 8-Mar 19	6:10-6:40p.m.	\$70.00
	76540	Wed	Jan 8-Mar 19	6:25-6:55p.m.	\$70.00
	76541	Thu	Jan 9-Mar 20	5:30-6p.m.	\$70.00
	76542	Thu	Jan 9-Mar 20	6:45-7:15p.m.	\$70.00
	76615	Sat	Jan 11-Mar 22	10:05-10:35a.m.	\$49.00
	76621	Sat	Jan 11-Mar 22	11:25-11:55a.m.	\$49.00
	76616	Sun	Jan 12-Mar 23	10:25-10:55a.m.	\$49.00
	76617	Sun	Jan 12-Mar 23	11:35-12:05p.m.	\$49.00
	76785	Mon	Mar 24-Jun 2	5:35-6:05p.m.	\$63.00
	76783	Mon	Mar 24-Jun 2	6:05-6:35p.m.	\$63.00
	76786	Mon	Mar 24-Jun 2	6:45-7:15p.m.	\$63.00
	76781	Tue	Mar 25-Jun 3	5:30-6p.m.	\$70.00
	76787	Tue	Mar 25-Jun 3	5:35-6:05p.m.	\$70.00
	76788	Tue	Mar 25-Jun 3	6:50-7:20p.m.	\$70.00
	76790	Wed	Mar 26-Jun 4	6:05-6:35p.m.	\$70.00
	76789	Wed	Mar 26-Jun 4	6:40-7:10p.m.	\$70.00
	76792	Thu	Mar 27-Jun 5	6:05-6:35p.m.	\$70.00
	76791	Thu	Mar 27-Jun 5	6:25-6:55p.m.	\$70.00
	76793	Thu	Mar 27-Jun 5	6:55-7:25p.m.	\$70.00
	76874	Sat	Mar 29-Jun 7	9:30-10:05a.m.	\$49.00
	76875	Sat	Mar 29-Jun 7	9:35-10:10a.m.	\$49.00
	76873	Sat	Mar 29-Jun 7	12-12:35p.m.	\$49.00
	76869	Sun	Mar 30-Jun 8	10:50-11:25a.m.	\$49.00
	76871	Sun	Mar 30-Jun 8	12:25-1p.m.	\$49.00
	76872	Sun	Mar 30-Jun 8	12:25-1p.m.	\$49.00
NWLC	76988	Mon	Jan 6-Mar 17	4-4:30p.m.	\$70.00
	76992	Tue	Jan 7-Mar 18	4:35-5:05p.m.	\$70.00
	76993	Tue	Jan 7-Mar 18	5:45-6:15p.m.	\$70.00
	77007	Wed	Jan 8-Mar 19	4-4:30p.m.	\$70.00
	77008	Wed	Jan 8-Mar 19	4:40-5:10p.m.	\$70.00
	77997	Wed	Jan 8-Mar 19	5:15-5:45p.m.	\$70.00
	77013	Thu	Jan 9-Mar 20	4:35-5:05p.m.	\$70.00
	77010	Thu	Jan 9-Mar 20	4:40-5:10p.m.	\$70.00

NWLC	77014	Thu	Jan 9-Mar 20	5:15-5:45p.m.	\$70.00
	77015	Fri	Jan 10-Mar 21	5:45-6:15p.m.	\$70.00
	77973	Fri	Jan 10-Mar 21	5:50-6:20p.m.	\$70.00
	77017	Sat	Jan 11-Mar 22	9:40-10:10a.m.	\$70.00
	77016	Sat	Jan 11-Mar 22	10:45-11:15a.m.	\$70.00
	77018	Sat	Jan 11-Mar 22	10:55-11:25a.m.	\$70.00
	77022	Sun	Jan 12-Mar 23	9:35-10:05a.m.	\$70.00
	77024	Sun	Jan 12-Mar 23	10:10-10:40a.m.	\$70.00
	77026	Sun	Jan 12-Mar 23	12:25-12:55p.m.	\$70.00
	77023	Sun	Jan 12-Mar 23	12:35-1:05p.m.	\$70.00
	77732	Mon	Mar 24-Jun 2	4:35-5:05p.m.	\$63.00
	77733	Mon	Mar 24-Jun 2	5:45-6:15p.m.	\$63.00
	77781	Tue	Mar 25-Jun 3	4-4:30p.m.	\$70.00
	77932	Tue	Mar 25-Jun 3	5:45-6:15p.m.	\$70.00
	77884	Wed	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
	77883	Wed	Mar 26-Jun 4	4:40-5:10p.m.	\$70.00
	77885	Wed	Mar 26-Jun 4	5:15-5:45p.m.	\$70.00
	77908	Thu	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	77909	Thu	Mar 27-Jun 5	4:40-5:10p.m.	\$70.00
	77793	Fri	Mar 28-Jun 6	5:45-6:15p.m.	\$63.00
	77839	Sat	Mar 29-Jun 7	9:35-10:05a.m.	\$63.00
	77841	Sat	Mar 29-Jun 7	10:10-10:40a.m.	\$63.00
	77842	Sat	Mar 29-Jun 7	12:25-12:55p.m.	\$63.00
	77840	Sat	Mar 29-Jun 7	12:35-1:05p.m.	\$63.00
	77862	Sun	Mar 30-Jun 8	9:40-10:10a.m.	\$63.00

**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



NWLC	77861	Sun	Mar 30-Jun 8	10:45-11:15a.m.	\$63.00
	77863	Sun	Mar 30-Jun 8	10:55-11:25a.m.	\$63.00
	77983	Sun	Mar 30-Jun 8	12-12:30p.m.	\$63.00
	77984	Sun	Mar 30-Jun 8	12:35-1:05p.m.	\$63.00
	77984	Sun	Mar 30-Jun 8	12:35-1:05p.m.	\$63.00
SSLC	76802	Mon	Jan 6-Mar 17	4:40-5:10p.m.	\$70.00
	76806	Mon	Jan 6-Mar 17	5:10-5:40p.m.	\$70.00
	76805	Mon	Jan 6-Mar 17	5:45-6:15p.m.	\$70.00
	76807	Mon	Jan 6-Mar 17	6:25-6:55p.m.	\$70.00
	76884	Tue	Jan 7-Mar 18	4:35-5:05p.m.	\$70.00
	76885	Tue	Jan 7-Mar 18	6-6:30p.m.	\$70.00
	76974	Wed	Jan 8-Mar 19	4:05-4:35p.m.	\$70.00
	76975	Wed	Jan 8-Mar 19	4:50-5:20p.m.	\$70.00
	77034	Thu	Jan 9-Mar 20	4:45-5:15p.m.	\$70.00
	77033	Thu	Jan 9-Mar 20	5:20-5:50p.m.	\$70.00
	77063	Fri	Jan 10-Mar 21	4:05-4:35p.m.	\$70.00
	77058	Fri	Jan 10-Mar 21	4:35-5:05p.m.	\$70.00
	77059	Fri	Jan 10-Mar 21	5:55-6:25p.m.	\$70.00
	77158	Sat	Jan 11-Mar 22	9:05-9:35a.m.	\$70.00
	77159	Sat	Jan 11-Mar 22	10:40-11:10a.m.	\$70.00
	77160	Sat	Jan 11-Mar 22	11:05-11:35a.m.	\$70.00
	77161	Sat	Jan 11-Mar 22	12:40-1:10p.m.	\$70.00
	77163	Sat	Jan 11-Mar 22	1:40-2:10p.m.	\$70.00
	77162	Sat	Jan 11-Mar 22	2:10-2:40p.m.	\$70.00
	77964	Sat	Jan 11-Mar 22	2:40-3:10p.m.	\$70.00
	77214	Sun	Jan 12-Mar 23	9-9:30a.m.	\$70.00
	77215	Sun	Jan 12-Mar 23	10:15-10:45a.m.	\$70.00
	77211	Sun	Jan 12-Mar 23	11:45a.m.-12:15p.m.	\$70.00
	77212	Sun	Jan 12-Mar 23	12:30-1p.m.	\$70.00
	77213	Sun	Jan 12-Mar 23	6:15-6:45p.m.	\$70.00
	77295	Mon	Mar 24-Jun 2	4:40-5:10p.m.	\$63.00
	77297	Mon	Mar 24-Jun 2	5:10-5:40p.m.	\$63.00
	77296	Mon	Mar 24-Jun 2	5:45-6:15p.m.	\$63.00
	77298	Mon	Mar 24-Jun 2	6:25-6:55p.m.	\$63.00
	77339	Tue	Mar 25-Jun 3	4:45-5:15p.m.	\$70.00
	77338	Tue	Mar 25-Jun 3	5:20-5:50p.m.	\$70.00
	77373	Wed	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
	77374	Wed	Mar 26-Jun 4	4:50-5:20p.m.	\$70.00
	77409	Thu	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	77410	Thu	Mar 27-Jun 5	6-6:30p.m.	\$70.00
	77443	Fri	Mar 28-Jun 6	4:05-4:35p.m.	\$63.00
	77441	Fri	Mar 28-Jun 6	4:35-5:05p.m.	\$63.00
	77442	Fri	Mar 28-Jun 6	5:55-6:25p.m.	\$63.00
	77483	Sat	Mar 29-Jun 7	9-9:30a.m.	\$63.00
	77484	Sat	Mar 29-Jun 7	10:15-10:45a.m.	\$63.00
	77480	Sat	Mar 29-Jun 7	11:45a.m.-12:15p.m.	\$63.00
	77481	Sat	Mar 29-Jun 7	12:30-1p.m.	\$63.00
	77582	Sat	Mar 29-Jun 7	1:40-2:10p.m.	\$63.00
	77581	Sat	Mar 29-Jun 7	2:10-2:40p.m.	\$63.00

SSLC	77967	Sat	Mar 29-Jun 7	2:40-3:10p.m.	\$63.00
	77539	Sun	Mar 30-Jun 8	9:05-9:35a.m.	\$63.00
	77540	Sun	Mar 30-Jun 8	10:40-11:10a.m.	\$63.00
	77541	Sun	Mar 30-Jun 8	11:05-11:35a.m.	\$63.00
	77542	Sun	Mar 30-Jun 8	12:40-1:10p.m.	\$63.00
	77482	Sun	Mar 30-Jun 8	6:15-6:45p.m.	\$63.00

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	76590	Mon	Jan 6-Mar 17	6:20-6:50p.m.	\$70.00
	76618	Sat	Jan 11-Mar 22	12:40-1:10p.m.	\$49.00
	76868	Sun	Mar 30-Jun 8	11:30a.m.-12:05p.m.	\$49.00
NWLC	77715	Sat	Jan 11-Mar 22	12:30-1p.m.	\$70.00
	77684	Sun	Jan 12-Mar 23	9:05-9:35a.m.	\$70.00
	77714	Sun	Jan 12-Mar 23	11:45a.m.-12:15p.m.	\$70.00
	77846	Sat	Mar 29-Jun 7	9:05-9:35a.m.	\$63.00
	77847	Sat	Mar 29-Jun 7	11:45a.m.-12:15p.m.	\$63.00
	77945	Sun	Mar 30-Jun 8	10:15-10:45a.m.	\$63.00
	77870	Sun	Mar 30-Jun 8	12:30-1p.m.	\$63.00
	77870	Sun	Mar 30-Jun 8	12:30-1p.m.	\$63.00
SSLC	76914	Tue	Jan 7-Mar 18	4:45-5:15p.m.	\$70.00
	76987	Wed	Jan 8-Mar 19	5:25-5:55p.m.	\$70.00
	77003	Thu	Jan 9-Mar 20	6-6:30p.m.	\$70.00
	77170	Sat	Jan 11-Mar 22	12:10-12:40p.m.	\$70.00
	77272	Sun	Jan 12-Mar 23	6:45-7:15p.m.	\$70.00
	77351	Tue	Mar 25-Jun 3	6-6:30p.m.	\$70.00
	77383	Wed	Mar 26-Jun 4	5:25-5:55p.m.	\$70.00
	77420	Thu	Mar 27-Jun 5	4:45-5:15p.m.	\$70.00
	77555	Sun	Mar 30-Jun 8	12:10-12:40p.m.	\$63.00
	77500	Sun	Mar 30-Jun 8	6:45-7:15p.m.	\$63.00

Swimmer 2

5-12 years

In this level swimmers will work on jumping into deep water, side-ways 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	76558	Mon	Jan 6-Mar 17	5:30-6p.m.	\$70.00
	76559	Mon	Jan 6-Mar 17	6:50-7:20p.m.	\$70.00
	76560	Tue	Jan 7-Mar 18	7-7:30p.m.	\$70.00
	76561	Wed	Jan 8-Mar 19	2:05-2:35p.m.	\$70.00
	76562	Wed	Jan 8-Mar 19	5:30-6p.m.	\$70.00
	76563	Wed	Jan 8-Mar 19	6:40-7:10p.m.	\$70.00
	76564	Thu	Jan 9-Mar 20	5:30-6p.m.	\$70.00
	76565	Thu	Jan 9-Mar 20	6:15-6:45p.m.	\$70.00
	76565	Thu	Jan 9-Mar 20	6:15-6:45p.m.	\$70.00
	76565	Thu	Jan 9-Mar 20	6:15-6:45p.m.	\$70.00

LAC	76619	Sat	Jan 11-Mar 22	11:25-11:55a.m.	\$49.00
	76623	Sun	Jan 12-Mar 23	10:15-10:45a.m.	\$49.00
	76624	Sun	Jan 12-Mar 23	12:10-12:40p.m.	\$49.00
	76837	Mon	Mar 24-Jun 2	5:35-6:05p.m.	\$63.00
	76794	Mon	Mar 24-Jun 2	6:10-6:40p.m.	\$63.00
	76797	Mon	Mar 24-Jun 2	6:55-7:25p.m.	\$63.00
	76798	Tue	Mar 25-Jun 3	6:10-6:40p.m.	\$70.00
	76799	Tue	Mar 25-Jun 3	6:45-7:15p.m.	\$70.00
	76801	Wed	Mar 26-Jun 4	6:05-6:35p.m.	\$70.00
	76800	Wed	Mar 26-Jun 4	6:45-7:15p.m.	\$70.00
	76803	Thu	Mar 27-Jun 5	6:40-7:10p.m.	\$70.00
	76804	Thu	Mar 27-Jun 5	6:40-7:10p.m.	\$70.00
	76878	Sat	Mar 29-Jun 7	10:10-10:45a.m.	\$49.00
	76879	Sat	Mar 29-Jun 7	10:15-10:50a.m.	\$49.00
	76876	Sun	Mar 30-Jun 8	9:30-10:05a.m.	\$49.00
	76877	Sun	Mar 30-Jun 8	11-11:35a.m.	\$49.00
NWLC	77985	Mon	Jan 6-Mar 17	4:05-4:35 p.m.	\$70.00
	77088	Mon	Jan 6-Mar 17	5:10-5:40p.m.	\$70.00
	77089	Tue	Jan 7-Mar 18	4:05-4:35p.m.	\$70.00
	77092	Wed	Jan 8-Mar 19	5:10-5:40p.m.	\$70.00
	77097	Thu	Jan 9-Mar 20	4-4:30p.m.	\$70.00
	77095	Thu	Jan 9-Mar 20	5:10-5:40p.m.	\$70.00
	77096	Thu	Jan 9-Mar 20	5:45-6:15p.m.	\$70.00
	77113	Fri	Jan 10-Mar 21	4-4:30p.m.	\$70.00
	77114	Fri	Jan 10-Mar 21	4:35-5:05p.m.	\$70.00
	77115	Fri	Jan 10-Mar 21	5:40-6:10p.m.	\$70.00
	77118	Sat	Jan 11-Mar 22	11:30a.m.-12p.m.	\$70.00
	77119	Sat	Jan 11-Mar 22	12-12:30p.m.	\$70.00
	77976	Sat	Jan 11-Mar 22	12:30-1p.m.	\$70.00
	77123	Sun	Jan 12-Mar 23	11-11:30a.m.	\$70.00
	77734	Mon	Mar 24-Jun 2	4:05-4:35p.m.	\$63.00
	77931	Tue	Mar 25-Jun 3	4:05-4:35p.m.	\$70.00
	77782	Tue	Mar 25-Jun 3	5:10-5:40p.m.	\$70.00
	77888	Wed	Mar 26-Jun 4	4-4:30p.m.	\$70.00
	77886	Wed	Mar 26-Jun 4	5:10-5:40p.m.	\$70.00
	77887	Wed	Mar 26-Jun 4	5:45-6:15p.m.	\$70.00
	77910	Thu	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
	77794	Fri	Mar 28-Jun 6	4-4:30p.m.	\$63.00
	77795	Fri	Mar 28-Jun 6	4:35-5:05p.m.	\$63.00
	77796	Fri	Mar 28-Jun 6	5:50-6:20 p.m.	\$63.00
	77843	Sat	Mar 29-Jun 7	11-11:30a.m.	\$63.00
	77864	Sun	Mar 30-Jun 8	11:30a.m.-12p.m.	\$63.00
	77865	Sun	Mar 30-Jun 8	12-12:30p.m.	\$63.00
SSLC	76784	Mon	Jan 6-Mar 17	4:05-4:35p.m.	\$70.00
	76795	Mon	Jan 6-Mar 17	6:05-6:35p.m.	\$70.00
	76796	Mon	Jan 6-Mar 17	7-7:30p.m.	\$70.00
	76896	Tue	Jan 7-Mar 18	4:05-4:35p.m.	\$70.00

SSLC	76934	Wed	Jan 8-Mar 19	4:40-5:10p.m.	\$70.00
	76933	Wed	Jan 8-Mar 19	5:20-5:50p.m.	\$70.00
	76989	Thu	Jan 9-Mar 20	4-4:30p.m.	\$70.00
	76990	Thu	Jan 9-Mar 20	4:40-5:10p.m.	\$70.00
	76991	Thu	Jan 9-Mar 20	6:05-6:35p.m.	\$70.00
	77052	Fri	Jan 10-Mar 21	4-4:30p.m.	\$70.00
	77053	Fri	Jan 10-Mar 21	4:55-5:25p.m.	\$70.00
	77056	Fri	Jan 10-Mar 21	5:15-5:45p.m.	\$70.00
	77054	Fri	Jan 10-Mar 21	6:05-6:35p.m.	\$70.00
	77167	Sat	Jan 11-Mar 22	9:10-9:40a.m.	\$70.00
	77139	Sat	Jan 11-Mar 22	10:10-10:40a.m.	\$70.00
	77166	Sat	Jan 11-Mar 22	11:35a.m.-12:05p.m.	\$70.00
	77190	Sun	Jan 12-Mar 23	9:55-10:25a.m.	\$70.00
	77191	Sun	Jan 12-Mar 23	11:05-11:35a.m.	\$70.00
	77193	Sun	Jan 12-Mar 23	12:05-12:35p.m.	\$70.00
	77192	Sun	Jan 12-Mar 23	12:45-1:15p.m.	\$70.00
	77194	Sun	Jan 12-Mar 23	6:45-7:15p.m.	\$70.00
	77299	Mon	Mar 24-Jun 2	4:05-4:35p.m.	\$63.00
	77300	Mon	Mar 24-Jun 2	6:05-6:35p.m.	\$63.00
	77301	Mon	Mar 24-Jun 2	7-7:30p.m.	\$63.00
	77340	Tue	Mar 25-Jun 3	4-4:30p.m.	\$70.00
	77341	Tue	Mar 25-Jun 3	4:40-5:10p.m.	\$70.00
	77342	Tue	Mar 25-Jun 3	6:05-6:35p.m.	\$70.00
	77376	Wed	Mar 26-Jun 4	4:40-5:10p.m.	\$70.00
	77375	Wed	Mar 26-Jun 4	5:20-5:50p.m.	\$70.00
	77411	Thu	Mar 27-Jun 5	4:05-4:35p.m.	\$70.00
	77444	Fri	Mar 28-Jun 6	4-4:30p.m.	\$63.00
	77445	Fri	Mar 28-Jun 6	4:55-5:25p.m.	\$63.00
	77447	Fri	Mar 28-Jun 6	5:15-5:45p.m.	\$63.00
	77446	Fri	Mar 28-Jun 6	6:05-6:35p.m.	\$63.00
	77485	Sat	Mar 29-Jun 7	9:55-10:25am	\$63.00
	77486	Sat	Mar 29-Jun 7	11:05-11:35am	\$63.00
	77488	Sat	Mar 29-Jun 7	12:05-12:35p.m.	\$63.00
	77487	Sat	Mar 29-Jun 7	12:45-1:15p.m.	\$63.00
	77545	Sun	Mar 30-Jun 8	9:10-9:40a.m.	\$63.00
	77543	Sun	Mar 30-Jun 8	10:10-10:40a.m.	\$63.00
	77544	Sun	Mar 30-Jun 8	11:35a.m.-12:05p.m.	\$63.00
	77489	Sun	Mar 30-Jun 8	6:45-7:15p.m.	\$63.00

Youth Swimmer 2

8-14 years

In this level swimmers will work on jumping into deep water, side-ways 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	76626	Sat	Jan 11-Mar 22	11:55a.m.-12:25p.m.	\$49.00
NWLC	77609	Tue	Jan 7-Mar 18	5:10-5:40p.m.	\$70.00
	77611	Wed	Jan 8-Mar 19	4:35-5:05p.m.	\$70.00
	77610	Thu	Jan 9-Mar 20	5:40-6:10p.m.	\$70.00
	77736	Mon	Mar 24-Jun 2	5:10-5:40p.m.	\$63.00
	77933	Wed	Mar 26-Jun 4	5:10-5:40p.m.	\$70.00
	77891	Wed	Mar 26-Jun 4	5:40-6:10p.m.	\$70.00
	77912	Thu	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	77912	Thu	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
SSLC	76817	Mon	Jan 6-Mar 17	5:15-5:45p.m.	\$70.00
	76895	Tue	Jan 7-Mar 18	5:40-6:10p.m.	\$70.00
	76928	Wed	Jan 8-Mar 19	6:05-6:35p.m.	\$70.00
	77174	Sat	Jan 11-Mar 22	10:10-10:40a.m.	\$70.00
	77269	Sun	Jan 12-Mar 23	9:05-9:35a.m.	\$70.00
	77306	Mon	Mar 24-Jun 2	5:15-5:45p.m.	\$63.00
	77384	Wed	Mar 26-Jun 4	6:05-6:35p.m.	\$70.00
	77421	Thu	Mar 27-Jun 5	5:40-6:10p.m.	\$70.00
	77501	Sat	Mar 29-Jun 7	9:05-9:35a.m.	\$63.00
	77556	Sun	Mar 30-Jun 8	10:10-10:40a.m.	\$63.00

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	76569	Mon	Jan 6-Mar 17	6:10-6:40p.m.	\$70.00
	76566	Mon	Jan 6-Mar 17	6:40-7:10p.m.	\$70.00
	76567	Tue	Jan 7-Mar 18	6:25-6:55p.m.	\$70.00
	76568	Tue	Jan 7-Mar 18	6:55-7:25p.m.	\$70.00
	76570	Wed	Jan 8-Mar 19	2:40-3:10p.m.	\$70.00
	76572	Wed	Jan 8-Mar 19	5:35-6:05p.m.	\$70.00
	76571	Wed	Jan 8-Mar 19	6:55-7:25p.m.	\$70.00
	76573	Thu	Jan 9-Mar 20	6:05-6:35p.m.	\$70.00
	76628	Sat	Jan 11-Mar 22	9:30-10a.m.	\$49.00
	76629	Sat	Jan 11-Mar 22	10:50-11:20a.m.	\$49.00
	76630	Sat	Jan 11-Mar 22	1:15-1:45p.m.	\$49.00
	76631	Sun	Jan 12-Mar 23	11:30a.m.-12p.m.	\$49.00
	76810	Mon	Mar 24-Jun 2	5:30-6p.m.	\$63.00
	76811	Mon	Mar 24-Jun 2	6:45-7:15p.m.	\$63.00
	76812	Tue	Mar 25-Jun 3	6:50-7:20p.m.	\$70.00
	76819	Wed	Mar 26-Jun 4	2:15-2:45p.m.	\$70.00
	76813	Wed	Mar 26-Jun 4	5:30-6p.m.	\$70.00
	76814	Wed	Mar 26-Jun 4	6:20-6:50p.m.	\$70.00
	76815	Thu	Mar 27-Jun 5	5:30-6p.m.	\$70.00
	77037	Sat	Mar 29-Jun 7	10:50-11:25a.m.	\$49.00
	77038	Sun	Mar 30-Jun 8	9:30-10:05a.m.	\$49.00
	77039	Sun	Mar 30-Jun 8	11:45a.m.-12:20p.m.	\$49.00

NWLC	77125	Mon	Jan 6-Mar 17	4:35-5:05p.m.	\$70.00
	77128	Tue	Jan 7-Mar 18	4:35-5:05p.m.	\$70.00
	77129	Wed	Jan 8-Mar 19	4:35-5:05p.m.	\$70.00
	77130	Thu	Jan 9-Mar 20	4:30-5p.m.	\$70.00
	77131	Thu	Jan 9-Mar 20	5:55-6:25p.m.	\$70.00
	77664	Sat	Jan 11-Mar 22	9:05-9:35a.m.	\$70.00
	77665	Sat	Jan 11-Mar 22	10:15-10:45a.m.	\$70.00
	77666	Sat	Jan 11-Mar 22	10:20-10:50a.m.	\$70.00
	77668	Sat	Jan 11-Mar 22	11:25-11:55a.m.	\$70.00
	77669	Sun	Jan 12-Mar 23	9:40-10:10a.m.	\$70.00
	77670	Sun	Jan 12-Mar 23	12-12:30p.m.	\$70.00
	77735	Mon	Mar 24-Jun 2	4:35-5:05p.m.	\$63.00
	77783	Tue	Mar 25-Jun 3	4:35-5:05p.m.	\$70.00
	77889	Wed	Mar 26-Jun 4	4:30-5p.m.	\$70.00
	77890	Wed	Mar 26-Jun 4	5:55-6:25p.m.	\$70.00
	77911	Thu	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
	77844	Sat	Mar 29-Jun 7	9:40-10:10a.m.	\$63.00
	77845	Sat	Mar 29-Jun 7	12-12:30p.m.	\$63.00
	77866	Sun	Mar 30-Jun 8	9:05-9:35a.m.	\$63.00
	77867	Sun	Mar 30-Jun 8	10:15-10:45a.m.	\$63.00
	77868	Sun	Mar 30-Jun 8	10:20-10:50a.m.	\$63.00
	77869	Sun	Mar 30-Jun 8	11:25-11:55a.m.	\$63.00
SSLC	76852	Mon	Jan 6-Mar 17	5:30-6p.m.	\$70.00
	76880	Tue	Jan 7-Mar 18	4-4:30p.m.	\$70.00
	76882	Tue	Jan 7-Mar 18	4:40-5:10p.m.	\$70.00
	76881	Tue	Jan 7-Mar 18	5:20-5:50p.m.	\$70.00
	76883	Tue	Jan 7-Mar 18	5:55-6:25p.m.	\$70.00
	76938	Wed	Jan 8-Mar 19	5:10-5:40p.m.	\$70.00
	76939	Wed	Jan 8-Mar 19	5:50-6:20p.m.	\$70.00
	77045	Thu	Jan 9-Mar 20	4:10-4:40p.m.	\$70.00
	77046	Thu	Jan 9-Mar 20	5:20-5:50p.m.	\$70.00
	77079	Fri	Jan 10-Mar 21	4:35-5:05p.m.	\$70.00
	77078	Fri	Jan 10-Mar 21	5:20-5:50p.m.	\$70.00
	77080	Fri	Jan 10-Mar 21	6-6:30p.m.	\$70.00
	77138	Sat	Jan 11-Mar 22	9-9:30a.m.	\$70.00
	77137	Sat	Jan 11-Mar 22	9:35-10:05a.m.	\$70.00
	77258	Sun	Jan 12-Mar 23	9:35-10:05a.m.	\$70.00
	77259	Sun	Jan 12-Mar 23	11:45a.m.-12:15p.m.	\$70.00
	77260	Sun	Jan 12-Mar 23	5:35-6:05p.m.	\$70.00
	77302	Mon	Mar 24-Jun 2	5:30-6p.m.	\$63.00
	77343	Tue	Mar 25-Jun 3	4:10-4:40p.m.	\$70.00
	77344	Tue	Mar 25-Jun 3	5:20-5:50p.m.	\$70.00
	77377	Wed	Mar 26-Jun 4	5:10-5:40p.m.	\$70.00
	77378	Wed	Mar 26-Jun 4	5:50-6:20p.m.	\$70.00
	77412	Thu	Mar 27-Jun 5	4-4:30p.m.	\$70.00
	77414	Thu	Mar 27-Jun 5	4:40-5:10p.m.	\$70.00
	77413	Thu	Mar 27-Jun 5	5:20-5:50p.m.	\$70.00

SSLC	77415	Thu	Mar 27-Jun 5	5:55-6:25p.m.	\$70.00
	77449	Fri	Mar 28-Jun 6	4:35-5:05p.m.	\$63.00
	77448	Fri	Mar 28-Jun 6	5:20-5:50p.m.	\$63.00
	77450	Fri	Mar 28-Jun 6	6-6:30p.m.	\$63.00
	77490	Sat	Mar 29-Jun 7	9:35-10:05a.m.	\$63.00
	77491	Sat	Mar 29-Jun 7	11:45a.m.-12:15p.m.	\$63.00
	77547	Sun	Mar 30-Jun 8	9-9:30a.m.	\$63.00
	77546	Sun	Mar 30-Jun 8	9:35-10:05a.m.	\$63.00
	77492	Sun	Mar 30-Jun 8	5:35-6:05p.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	76816	Mon	Mar 24-Jun 2	6:10-6:40p.m.	\$63.00
	76818	Thu	Mar 27-Jun 5	6:05-6:35p.m.	\$70.00
SSLC	76714	Mon	Jan 6-Mar 17	4:40-5:10p.m.	\$70.00
	77210	Sun	Jan 12-Mar 23	10:30-11a.m.	\$70.00
	77307	Mon	Mar 24-Jun 2	4:40-5:10p.m.	\$63.00
	77502	Sat	Mar 29-Jun 7	10:30-11a.m.	\$63.00

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.

LAC	76574	Mon	Jan 6-Mar 17	5:35-6:15p.m.	\$76.50
	76575	Tue	Jan 7-Mar 18	6:15-6:55p.m.	\$76.50
	76576	Wed	Jan 8-Mar 19	6:45-7:25p.m.	\$76.50
	76632	Sat	Jan 11-Mar 22	10:40-11:20am	\$53.55
	76634	Sun	Jan 12-Mar 23	9:30-10:10am	\$53.55
	76636	Sun	Jan 12-Mar 23	12:15-12:55p.m.	\$53.55
	76820	Mon	Mar 24-Jun 2	5:30-6:10p.m.	\$68.85
	76821	Tue	Mar 25-Jun 3	5:30-6:10p.m.	\$76.50
	76822	Wed	Mar 26-Jun 4	1:30-2:10p.m.	\$76.50
	77036	Sat	Mar 29-Jun 7	10:50-11:35a.m.	\$53.55
NWLC	77035	Sun	Mar 30-Jun 8	9:30-10:15a.m.	\$53.55
	77628	Tue	Jan 7-Mar 18	5:10-5:50p.m.	\$76.50
	77632	Thu	Jan 9-Mar 20	5:10-5:50p.m.	\$76.50
	77655	Sat	Jan 11-Mar 22	9:35-10:15a.m.	\$76.50
	77658	Sun	Jan 12-Mar 23	10:10-10:50a.m.	\$76.50
	77978	Tue	Mar 25-Jun 3	5:45-6:25 p.m.	\$76.50
	77979	Fri	Mar 28-Jun 6	5:05-5:45 p.m.	\$68.85

NWLC	77998	Sun	Mar 30-Jun 8	9:35-10:15a.m.	\$68.85
SSLC	76853	Mon	Jan 6-Mar 17	4:10-4:50p.m.	\$76.50
	76897	Tue	Jan 7-Mar 18	4:40-5:20p.m.	\$76.50
	76986	Wed	Jan 8-Mar 19	4:05-4:45p.m.	\$76.50
	77031	Thu	Jan 9-Mar 20	4:35-5:15p.m.	\$76.50
	77032	Thu	Jan 9-Mar 20	5:50-6:30p.m.	\$76.50
	77074	Fri	Jan 10-Mar 21	4:40-5:20p.m.	\$76.50
	77075	Fri	Jan 10-Mar 21	5:15-5:55p.m.	\$76.50
	77177	Sat	Jan 11-Mar 22	10:20-11a.m.	\$76.50
	77178	Sat	Jan 11-Mar 22	12:50-1:30p.m.	\$76.50
	77199	Sun	Jan 12-Mar 23	9:15-9:55a.m.	\$76.50
	77200	Sun	Jan 12-Mar 23	11-11:40a.m.	\$76.50
	77198	Sun	Jan 12-Mar 23	12:05-12:45p.m.	\$76.50
	77303	Mon	Mar 24-Jun 2	4:10-4:50p.m.	\$68.85
	77345	Tue	Mar 25-Jun 3	4:35-5:15p.m.	\$76.50
	77346	Tue	Mar 25-Jun 3	5:50-6:30p.m.	\$76.50
	77379	Wed	Mar 26-Jun 4	4:05-4:45p.m.	\$76.50
	77416	Thu	Mar 27-Jun 5	4:40-5:20p.m.	\$76.50
	77451	Fri	Mar 28-Jun 6	4:40-5:20p.m.	\$68.85
	77452	Fri	Mar 28-Jun 6	5:15-5:55p.m.	\$68.85
	77494	Sat	Mar 29-Jun 7	9:15-9:55a.m.	\$68.85
	77495	Sat	Mar 29-Jun 7	11-11:40a.m.	\$68.85
	77493	Sat	Mar 29-Jun 7	12:05-12:45p.m.	\$68.85
	77548	Sun	Mar 30-Jun 8	10:20-11a.m.	\$68.85
	77549	Sun	Mar 30-Jun 8	12:50-1:30p.m.	\$68.85

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	76577	Mon	Jan 6-Mar 17	6:05-6:45p.m.	\$76.50
	76578	Tue	Jan 7-Mar 18	6:10-6:50p.m.	\$76.50
	76579	Wed	Jan 8-Mar 19	5:30-6:10p.m.	\$76.50
	76580	Thu	Jan 9-Mar 20	5:30-6:10p.m.	\$76.50
	76638	Sat	Jan 11-Mar 22	9:30-10:10a.m.	\$53.55
	76641	Sun	Jan 12-Mar 23	11:30a.m.-12:10p.m.	\$53.55
	76640	Sun	Jan 12-Mar 23	11:45a.m.-12:25p.m.	\$53.55
	76826	Mon	Mar 24-Jun 2	6:05-6:45p.m.	\$68.85
	76823	Tue	Mar 25-Jun 3	6:05-6:45p.m.	\$76.50
	76824	Wed	Mar 26-Jun 4	6:25-7:05p.m.	\$76.50
SSLC	76825	Thu	Mar 27-Jun 5	6:10-6:50p.m.	\$76.50
	77041	Sat	Mar 29-Jun 7	12:50-1:35p.m.	\$53.55
	77040	Sun	Mar 30-Jun 8	9:30-10:15a.m.	\$53.55
	76724	Mon	Jan 6-Mar 17	5:50-6:30p.m.	\$76.50
	76905	Tue	Jan 7-Mar 18	5:15-5:55p.m.	\$76.50

SSLC	76976	Wed	Jan 8-Mar 19	4:45-5:25p.m.	\$76.50
	77012	Thu	Jan 9-Mar 20	4-4:40p.m.	\$76.50
	77009	Thu	Jan 9-Mar 20	5:15-5:55p.m.	\$76.50
	77011	Thu	Jan 9-Mar 20	5:55-6:35p.m.	\$76.50
	77091	Fri	Jan 10-Mar 21	4:40-5:20p.m.	\$76.50
	77141	Sat	Jan 11-Mar 22	9:40-10:20a.m.	\$76.50
	77140	Sat	Jan 11-Mar 22	11:20a.m.-12p.m.	\$76.50
	77142	Sat	Jan 11-Mar 22	11:40a.m.-12:20p.m.	\$76.50
	77261	Sun	Jan 12-Mar 23	10:15-10:55a.m.	\$76.50
	77262	Sun	Jan 12-Mar 23	11:50a.m.-12:30p.m.	\$76.50
	77304	Mon	Mar 24-Jun 2	5:50-6:30p.m.	\$68.85
	77349	Tue	Mar 25-Jun 3	4-4:40p.m.	\$76.50
	77347	Tue	Mar 25-Jun 3	5:15-5:55p.m.	\$76.50
	77348	Tue	Mar 25-Jun 3	5:55-6:35p.m.	\$76.50
	77380	Wed	Mar 26-Jun 4	4:45-5:25p.m.	\$76.50
	77417	Thu	Mar 27-Jun 5	5:15-5:55p.m.	\$76.50
	77453	Fri	Mar 28-Jun 6	4:40-5:20p.m.	\$68.85
	77496	Sat	Mar 29-Jun 7	10:15-10:55a.m.	\$68.85
	77497	Sat	Mar 29-Jun 7	11:50a.m.-12:30p.m.	\$68.85
	77551	Sun	Mar 30-Jun 8	9:40-10:20a.m.	\$68.85
	77550	Sun	Mar 30-Jun 8	11:20a.m.-12p.m.	\$68.85
	77552	Sun	Mar 30-Jun 8	11:40a.m.-12:20p.m.	\$68.85

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.

LAC	76587	Mon	Jan 6-Mar 17	5:30-6:10p.m.	\$76.50
	76588	Tue	Jan 7-Mar 18	5:30-6:10p.m.	\$76.50
	76589	Wed	Jan 8-Mar 19	6:10-6:50p.m.	\$76.50
	76644	Sat	Jan 11-Mar 22	9:30-10:10a.m.	\$53.55
	76650	Sat	Jan 11-Mar 22	11:15-11:55a.m.	\$53.55
	76648	Sun	Jan 12-Mar 23	9:40-10:20a.m.	\$53.55
	76827	Mon	Mar 24-Jun 2	5:35-6:15p.m.	\$68.85
	76828	Tue	Mar 25-Jun 3	6:25-7:05p.m.	\$76.50
	76829	Wed	Mar 26-Jun 4	5:35-6:15p.m.	\$76.50
	77044	Sat	Mar 29-Jun 7	10:10-10:55a.m.	\$53.55
	77043	Sat	Mar 29-Jun 7	12-12:45p.m.	\$53.55
	77042	Sun	Mar 30-Jun 8	12:10-12:55p.m.	\$53.55
SSLC	76754	Mon	Jan 6-Mar 17	4:45-5:25p.m.	\$76.50
	76892	Tue	Jan 7-Mar 18	4-4:40p.m.	\$76.50
	76893	Tue	Jan 7-Mar 18	5:55-6:35p.m.	\$76.50
	76941	Wed	Jan 8-Mar 19	4-4:40p.m.	\$76.50
	76940	Wed	Jan 8-Mar 19	5:45-6:25p.m.	\$76.50
	77028	Thu	Jan 9-Mar 20	4:45-5:25p.m.	\$76.50
	77081	Fri	Jan 10-Mar 21	5:50-6:30p.m.	\$76.50

SSLC	77183	Sat	Jan 11-Mar 22	9-9:40a.m.	\$76.50
	77182	Sat	Jan 11-Mar 22	12:45-1:25p.m.	\$76.50
	77208	Sun	Jan 12-Mar 23	9:45-10:25a.m.	\$76.50
	77209	Sun	Jan 12-Mar 23	12:30-1:10p.m.	\$76.50
	77305	Mon	Mar 24-Jun 2	4:45-5:25p.m.	\$68.85
	77350	Tue	Mar 25-Jun 3	4:45-5:25p.m.	\$76.50
	77382	Wed	Mar 26-Jun 4	4-4:40p.m.	\$76.50
	77381	Wed	Mar 26-Jun 4	5:45-6:25p.m.	\$76.50
	77418	Thu	Mar 27-Jun 5	4-4:40p.m.	\$76.50
	77419	Thu	Mar 27-Jun 5	5:55-6:35p.m.	\$76.50
	77454	Fri	Mar 28-Jun 6	5:50-6:30p.m.	\$68.85
	77498	Sat	Mar 29-Jun 7	9:45-10:25a.m.	\$68.85
	77499	Sat	Mar 29-Jun 7	12:30-1:10p.m.	\$68.85
	77554	Sun	Mar 30-Jun 8	9-9:40a.m.	\$68.85
	77553	Sun	Mar 30-Jun 8	12:45-1:25p.m.	\$68.85

Swim Patrol: The Swim Patrol Program provides enriched training for those ready to go beyond learning 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 work-hard/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	76593	Mon	Jan 6-Mar 17	6:15-7:05p.m.	\$88.50
	76594	Wed	Jan 8-Mar 19	5:30-6:20p.m.	\$88.50
	76595	Thu	Jan 9-Mar 20	6:05-6:55p.m.	\$88.50
	76830	Mon	Mar 24-Jun 2	6:15-7:05p.m.	\$79.65
	76831	Thu	Mar 27-Jun 5	5:30-6:20p.m.	\$88.50
	77051	Sun	Mar 30-Jun 8	12-12:55p.m.	\$61.95
	76858	Mon	Jan 6-Mar 17	4:55-5:45p.m.	\$88.50
SSLC	76927	Wed	Jan 8-Mar 19	5:10-6p.m.	\$88.50
	77064	Fri	Jan 10-Mar 21	5:10-6p.m.	\$88.50
	77175	Sat	Jan 11-Mar 22	10:45-11:35a.m.	\$88.50
	77189	Sun	Jan 12-Mar 23	9-9:50a.m.	\$88.50
	77308	Mon	Mar 24-Jun 2	4:55-5:45p.m.	\$79.65
	77385	Wed	Mar 26-Jun 4	5:10-6p.m.	\$88.50
	77455	Fri	Mar 28-Jun 6	5:10-6p.m.	\$79.65
	77504	Sat	Mar 29-Jun 7	9-9:50a.m.	\$79.65
	77557	Sun	Mar 30-Jun 8	10:45-11:35a.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.

LAC	76596	Tue	Jan 7-Mar 18	5:30-6:20p.m.	\$88.50
	76597	Wed	Jan 8-Mar 19	6:15-7:05p.m.	\$88.50
	76659	Sat	Jan 11-Mar 22	1:05-1:55p.m.	\$61.95
	76832	Tue	Mar 25-Jun 3	5:30-6:20p.m.	\$88.50
	77050	Sat	Mar 29-Jun 7	1-1:55p.m.	\$61.95
SSLC	76894	Tue	Jan 7-Mar 18	4:45-5:35p.m.	\$88.50
	77263	Sun	Jan 12-Mar 23	11-11:50a.m.	\$88.50
	77422	Thu	Mar 27-Jun 5	4:45-5:35p.m.	\$88.50
	77503	Sat	Mar 29-Jun 7	11-11:50a.m.	\$79.65

Lifesaving Swim Patrol – Star Patrol

8-14 years

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	76598	Mon	Jan 6-Mar 17	5:30-6:20p.m.	\$70.80
	76655	Sat	Jan 11-Mar 22	1:05-1:55p.m.	\$61.95
	76658	Sun	Jan 12-Mar 23	12:05-12:55p.m.	\$61.95
	76834	Wed	Mar 26-Jun 4	5:30-6:20p.m.	\$88.50
	77055	Sat	Mar 29-Jun 7	1-1:55p.m.	\$61.95
SSLC	76891	Tue	Jan 7-Mar 18	5:45-6:35p.m.	\$88.50
	77069	Fri	Jan 10-Mar 21	4-4:50p.m.	\$88.50
	77423	Thu	Mar 27-Jun 5	5:45-6:35p.m.	\$88.50
	77456	Fri	Mar 28-Jun 6	4-4:50p.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	76591	Wed	Jan 8-Feb 5	6:10-6:40p.m.	\$169.50
	76661	Sat	Jan 11-Feb 15	11:55a.m.-12:25p.m.	\$135.60
	76663	Sat	Jan 11-Feb 15	12:55-1:25p.m.	\$135.60
	76667	Sun	Jan 12-Feb 16	10:10-10:40a.m.	\$135.60
	76665	Sun	Jan 12-Feb 16	10:50-11:20a.m.	\$135.60
	76592	Wed	Feb 12-Mar 19	6:10-6:40p.m.	\$169.50
	76662	Sat	Feb 22-Mar 22	11:55a.m.-12:25p.m.	\$101.70
	76664	Sat	Feb 22-Mar 22	12:55-1:25p.m.	\$101.70

LAC	76668	Sun	Feb 23-Mar 23	10:10-10:40a.m.	\$101.70
	76666	Sun	Feb 23-Mar 23	10:50-11:20a.m.	\$101.70
	76839	Wed	Mar 26-Apr 30	6:10-6:40p.m.	\$169.50
	76842	Thu	Mar 27-May 1	5:35-6:05p.m.	\$169.50
	76843	Thu	Mar 27-May 1	6:10-6:40p.m.	\$169.50
	76844	Thu	Mar 27-May 1	6:45-7:15p.m.	\$169.50
	77057	Sat	Mar 29-May 17	12:45-1:15p.m.	\$101.70
	77062	Sun	Mar 30-May 18	10:10-10:40a.m.	\$101.70
	76841	Wed	May 7-Jun 4	6:10-6:40p.m.	\$169.50
	76847	Thu	May 8-Jun 5	5:35-6:05p.m.	\$169.50
	76846	Thu	May 8-Jun 5	6:10-6:40p.m.	\$169.50
	76845	Thu	May 8-Jun 5	6:45-7:15p.m.	\$169.50
	77060	Sat	May 24-Jun 7	12:45-1:15p.m.	\$101.70
	77061	Sun	May 25-Jun 8	10:10-10:40a.m.	\$101.70
NWLC	77591	Mon	Jan 6-Feb 3	5:45-6:15p.m.	\$169.50
	77593	Tue	Jan 7-Feb 4	5:45-6:15p.m.	\$169.50
	77598	Wed	Jan 8-Feb 5	5:45-6:15p.m.	\$169.50
	77599	Fri	Jan 10-Feb 7	4-4:30p.m.	\$169.50
	77602	Fri	Jan 10-Feb 7	4:30-5p.m.	\$169.50
	77614	Fri	Jan 10-Feb 7	5:10-5:40p.m.	\$169.50
	77603	Sat	Jan 11-Feb 8	1-1:30p.m.	\$169.50
	77607	Sun	Jan 12-Feb 9	9-9:30a.m.	\$169.50
	77606	Sun	Jan 12-Feb 9	12:40-1:10p.m.	\$169.50
	77595	Mon	Feb 10-Mar 17	5:45-6:15p.m.	\$169.50
	77596	Tue	Feb 11-Mar 18	5:45-6:15p.m.	\$169.50
	77597	Wed	Feb 12-Mar 19	5:45-6:15p.m.	\$169.50
	77600	Fri	Feb 14-Mar 21	4-4:30p.m.	\$169.50
	77601	Fri	Feb 14-Mar 21	4:30-5p.m.	\$169.50
	77615	Fri	Feb 14-Mar 21	5:10-5:40p.m.	\$169.50
	77604	Sat	Feb 15-Mar 22	1-1:30p.m.	\$169.50
	77608	Sun	Feb 16-Mar 23	9-9:30a.m.	\$169.50
	77605	Sun	Feb 16-Mar 23	12:40-1:10p.m.	\$169.50
	77784	Mon	Mar 24-Apr 28	5:45-6:15p.m.	\$169.50
	77938	Sat	Mar 29-May 3	9-9:30a.m.	\$135.60
	77939	Sat	Mar 29-May 3	9-9:30a.m.	\$135.60
	77940	Sat	Mar 29-May 3	12:40-1:10p.m.	\$135.60
	77738	Mon	May 5-Jun 2	5:45-6:15p.m.	\$135.60
	77913	Thu	Mar 27-May 1	5:45-6:15p.m.	\$169.50
	77797	Fri	Mar 28-May 2	4-4:30p.m.	\$135.60
	77798	Fri	Mar 28-May 2	4:30-5p.m.	\$135.60
	77799	Fri	Mar 28-May 2	5:10-5:40p.m.	\$135.60
	77947	Sun	Mar 30-May 4	12:40-1:10p.m.	\$135.60
	77946	Sun	Mar 30-May 4	1-1:30p.m.	\$135.60
	77988	Thu	May 8-June 5	5:45-6:15p.m.	\$169.50
	77989	Fri	May 9-Jun 6	4-4:30p.m.	\$169.50
	77990	Fri	May 9-Jun 6	5:10-5:40 p.m.	\$169.50
	77991	Fri	May 9-Jun 6	4:30-5 p.m.	\$169.50
	77992	Sat	May 10-Jun 7	9-9:30 a.m.	\$169.50

NWLC	77993	Sat	May 10-Jun 7	9-9:30 a.m.	\$169.50
	77794	Sat	May 10-Jun 7	12:40-1:10 p.m.	\$169.50
	77995	Sun	May 11-Jun 8	1-1:30 p.m.	\$169.50
	77996	Sun	May 11-Jun 8	12:40-1:10 p.m.	\$169.50
SSLC	76835	Mon	Jan 6-Feb 3	4-4:30p.m.	\$169.50
	76833	Mon	Jan 6-Feb 3	5:50-6:20p.m.	\$169.50
	76906	Tue	Jan 7-Feb 4	4:10-4:40p.m.	\$169.50
	76907	Tue	Jan 7-Feb 4	4:55-5:25p.m.	\$169.50
	76908	Tue	Jan 7-Feb 4	6:05-6:35p.m.	\$169.50
	76920	Wed	Jan 8-Feb 5	4-4:30p.m.	\$169.50
	76919	Wed	Jan 8-Feb 5	4:35-5:05p.m.	\$169.50
	76922	Wed	Jan 8-Feb 5	5:15-5:45p.m.	\$169.50
	76921	Wed	Jan 8-Feb 5	6:05-6:35p.m.	\$169.50
	76994	Thu	Jan 9-Feb 6	4:35-5:05p.m.	\$169.50
	76997	Thu	Jan 9-Feb 6	5-5:30p.m.	\$169.50
	76996	Thu	Jan 9-Feb 6	5:20-5:50p.m.	\$169.50
	76995	Thu	Jan 9-Feb 6	6:05-6:35p.m.	\$169.50
	77086	Fri	Jan 10-Feb 7	4:45-5:15p.m.	\$169.50
	77147	Sat	Jan 11-Feb 8	9:15-9:45a.m.	\$169.50
	77148	Sat	Jan 11-Feb 8	9:55-10:25a.m.	\$169.50
	77149	Sat	Jan 11-Feb 8	10:35-11:05a.m.	\$169.50
	77150	Sat	Jan 11-Feb 8	11:20-11:50a.m.	\$169.50
	77151	Sat	Jan 11-Feb 8	12-12:30p.m.	\$169.50
	77146	Sat	Jan 11-Feb 8	12:40-1:10p.m.	\$169.50
	77222	Sun	Jan 12-Feb 9	9-9:30a.m.	\$169.50
	77223	Sun	Jan 12-Feb 9	9:40-10:10a.m.	\$169.50
	77224	Sun	Jan 12-Feb 9	10:15-10:45a.m.	\$169.50
	77225	Sun	Jan 12-Feb 9	10:50-11:20a.m.	\$169.50
	77226	Sun	Jan 12-Feb 9	11:30a.m.-12p.m.	\$169.50
	77221	Sun	Jan 12-Feb 9	12:40-1:10p.m.	\$169.50
	76836	Mon	Feb 10-Mar 17	4-4:30p.m.	\$169.50
	76838	Mon	Feb 10-Mar 17	5:50-6:20p.m.	\$169.50
	76911	Tue	Feb 11-Mar 18	4:10-4:40p.m.	\$169.50
	76910	Tue	Feb 11-Mar 18	4:55-5:25p.m.	\$169.50
	76909	Tue	Feb 11-Mar 18	6:05-6:35p.m.	\$169.50
	76925	Wed	Feb 12-Mar 19	4-4:30p.m.	\$169.50
	76926	Wed	Feb 12-Mar 19	4:35-5:05p.m.	\$169.50
	76923	Wed	Feb 12-Mar 19	5:15-5:45p.m.	\$169.50
	76924	Wed	Feb 12-Mar 19	6:05-6:35p.m.	\$169.50
	77001	Thu	Feb 13-Mar 20	4:35-5:05p.m.	\$169.50
	76998	Thu	Feb 13-Mar 20	5-5:30p.m.	\$169.50
	76999	Thu	Feb 13-Mar 20	5:20-5:50p.m.	\$169.50
	77000	Thu	Feb 13-Mar 20	6:05-6:35p.m.	\$169.50
	77087	Fri	Feb 14-Mar 21	4:45-5:15p.m.	\$169.50
	77156	Sat	Feb 15-Mar 22	9:15-9:45a.m.	\$169.50
	77155	Sat	Feb 15-Mar 22	9:55-10:25a.m.	\$169.50
	77154	Sat	Feb 15-Mar 22	10:35-11:05a.m.	\$169.50
	77153	Sat	Feb 15-Mar 22	11:20-11:50a.m.	\$169.50

SSLC	77152	Sat	Feb 15-Mar 22	12-12:30p.m.	\$169.50
	77157	Sat	Feb 15-Mar 22	12:40-1:10p.m.	\$169.50
	77231	Sun	Feb 16-Mar 23	9-9:30a.m.	\$169.50
	77230	Sun	Feb 16-Mar 23	9:40-10:10a.m.	\$169.50
	77229	Sun	Feb 16-Mar 23	10:15-10:45a.m.	\$169.50
	77228	Sun	Feb 16-Mar 23	10:50-11:20a.m.	\$169.50
	77227	Sun	Feb 16-Mar 23	11:30a.m.-12p.m.	\$169.50
	77232	Sun	Feb 16-Mar 23	12:40-1:10p.m.	\$169.50
	77310	Mon	Mar 24-Apr 14	4-4:30p.m.	\$135.60
	77309	Mon	Mar 24-Apr 14	5:50-6:20p.m.	\$135.60
	77352	Tue	Mar 25-Apr 29	4:35-5:05p.m.	\$169.50
	77355	Tue	Mar 25-Apr 29	5-5:30p.m.	\$169.50
	77354	Tue	Mar 25-Apr 29	5:20-5:50p.m.	\$169.50
	77353	Tue	Mar 25-Apr 29	6:05-6:35p.m.	\$169.50
	77387	Wed	Mar 26-Apr 30	4-4:30p.m.	\$169.50
	77386	Wed	Mar 26-Apr 30	4:35-5:05p.m.	\$169.50
	77389	Wed	Mar 26-Apr 30	5:15-5:45p.m.	\$169.50
	77388	Wed	Mar 26-Apr 30	6:05-6:35p.m.	\$169.50
	77424	Thu	Mar 27-May 1	4:10-4:40p.m.	\$169.50
	77425	Thu	Mar 27-May 1	4:55-5:25p.m.	\$169.50
	77426	Thu	Mar 27-May 1	6:05-6:35p.m.	\$169.50
	77457	Fri	Mar 28-Apr 11	4:45-5:15p.m.	\$101.70
	77506	Sat	Mar 29-Apr 12	9-9:30a.m.	\$101.70
	77507	Sat	Mar 29-Apr 12	9:40-10:10a.m.	\$101.70
	77508	Sat	Mar 29-Apr 12	10:15-10:45a.m.	\$101.70
	77509	Sat	Mar 29-Apr 12	10:50-11:20a.m.	\$101.70
	77510	Sat	Mar 29-Apr 12	11:30a.m.-12p.m.	\$169.50
	77505	Sat	Mar 29-Apr 12	12:40-1:10p.m.	\$101.70
	77559	Sun	Mar 30-Apr 13	9:15-9:45a.m.	\$101.70
	77560	Sun	Mar 30-Apr 13	9:55-10:25a.m.	\$101.70
	77561	Sun	Mar 30-Apr 13	10:35-11:05a.m.	\$101.70
	77562	Sun	Mar 30-Apr 13	11:20-11:50a.m.	\$101.70
	77563	Sun	Mar 30-Apr 13	12-12:30p.m.	\$101.70
	77558	Sun	Mar 30-Apr 13	12:40-1:10p.m.	\$101.70
	77324	Mon	Apr 28-Jun 2	4-4:30p.m.	\$169.50
	77323	Mon	Apr 28-Jun 2	5:50-6:20p.m.	\$169.50
	77458	Fri	May 2-May 16	4:45-5:15p.m.	\$101.70
	77513	Sat	May 3-May 17	9-9:30a.m.	\$101.70
	77515	Sat	May 3-May 17	9:40-10:10a.m.	\$101.70
	77517	Sat	May 3-May 17	10:15-10:45a.m.	\$101.70
	77519	Sat	May 3-May 17	10:50-11:20a.m.	\$101.70
	77521	Sat	May 3-May 17	11:30-12p.m.	\$169.50
	77511	Sat	May 3-May 17	12:40-1:10p.m.	\$101.70
	77566	Sun	May 4-May 18	9:15-9:45a.m.	\$101.70
	77568	Sun	May 4-May 18	9:55-10:25a.m.	\$101.70
	77570	Sun	May 4-May 18	10:35-11:05a.m.	\$101.70
	77572	Sun	May 4-May 18	11:20-11:50a.m.	\$101.70
	77574	Sun	May 4-May 18	12-12:30p.m.	\$101.70

SSLC	77564	Sun	May 4-May 18	12:40-1:10p.m.	\$101.70
	77356	Tue	May 6-Jun 3	4:35-5:05p.m.	\$169.50
	77359	Tue	May 6-Jun 3	5-5:30p.m.	\$169.50
	77358	Tue	May 6-Jun 3	5:20-5:50p.m.	\$169.50
	77357	Tue	May 6-Jun 3	6:05-6:35p.m.	\$169.50
	77391	Wed	May 7-Jun 4	4-4:30p.m.	\$169.50
	77390	Wed	May 7-Jun 4	4:35-5:05p.m.	\$169.50
	77393	Wed	May 7-Jun 4	5:15-5:45p.m.	\$169.50
	77392	Wed	May 7-Jun 4	6:05-6:35p.m.	\$169.50
	77427	Thu	May 8-Jun 5	4:10-4:40p.m.	\$169.50
	77428	Thu	May 8-Jun 5	4:55-5:25p.m.	\$169.50
	77429	Thu	May 8-Jun 5	6:05-6:35p.m.	\$169.50
	77459	Fri	May 23-Jun 6	4:45-5:15p.m.	\$101.70
	77514	Sat	May 24-Jun 7	9-9:30a.m.	\$101.70
	77516	Sat	May 24-Jun 7	9:40-10:10a.m.	\$101.70
	77518	Sat	May 24-Jun 7	10:15-10:45a.m.	\$101.70
	77520	Sat	May 24-Jun 7	10:50-11:20a.m.	\$101.70
	77522	Sat	May 24-Jun 7	11:30a.m.-12p.m.	\$169.50
	77512	Sat	May 24-Jun 7	12:40-1:10p.m.	\$101.70
	77567	Sun	May 25-Jun 8	9:15-9:45a.m.	\$101.70
	77569	Sun	May 25-Jun 8	9:55-10:25a.m.	\$101.70
	77571	Sun	May 25-Jun 8	10:35-11:05a.m.	\$101.70
	77573	Sun	May 25-Jun 8	11:20-11:50a.m.	\$101.70
	77575	Sun	May 25-Jun 8	12-12:30p.m.	\$101.70
	77565	Sun	May 25-Jun 8	12:40-1:10p.m.	\$101.70

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.

LAC	76651	Sat	Jan 11-Mar 22	10:15-11:05a.m.	\$61.95
	77048	Sat	Mar 29-Jun 7	11-11:55a.m.	\$53.10
NWLC	77972	Tue	Jan 7-Mar 18	8:35-9:25 p.m.	\$88.50
	77977	Mon	Mar 24-Jun 2	8:35-9:25p.m.	\$79.65
SSLC	76886	Mon	Jan 6-Mar 17	4-4:50p.m.	\$88.50
	76887	Tue	Jan 7-Mar 18	4-4:50p.m.	\$88.50
	76965	Wed	Jan 8-Mar 19	4-4:50p.m.	\$88.50
	76966	Wed	Jan 8-Mar 19	5:30-6:20p.m.	\$88.50
	77002	Thu	Jan 9-Mar 20	5:05-5:55p.m.	\$88.50
	77171	Sat	Jan 11-Mar 22	9:45-10:35a.m.	\$88.50
	77179	Sat	Jan 11-Mar 22	11:55a.m.-12:45p.m.	\$88.50
	77219	Sun	Jan 12-Mar 23	10:10-11a.m.	\$88.50
	77220	Sun	Jan 12-Mar 23	12:35-1:25p.m.	\$88.50
	77275	Mon	Mar 24-Jun 2	4-4:50p.m.	\$79.65

SSLC	77325	Tue	Mar 25-Jun 3	5:05-5:55p.m.	\$88.50
	77360	Wed	Mar 26-Jun 4	4-4:50p.m.	\$88.50
	77361	Wed	Mar 26-Jun 4	5:30-6:20p.m.	\$88.50
	77394	Thu	Mar 27-Jun 5	4-4:50p.m.	\$88.50
	77460	Sat	Mar 29-Jun 7	10:10-11a.m.	\$79.65
	77461	Sat	Mar 29-Jun 7	12:35-1:25p.m.	\$79.65
	77523	Sun	Mar 30-Jun 8	9:45-10:35a.m.	\$79.65
	77524	Sun	Mar 30-Jun 8	11:55a.m.-12:45p.m.	\$79.65

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.

LAC	76652	Sat	Jan 11-Mar 22	12:05-12:55p.m.	\$61.95
SSLC	76760	Mon	Jan 6-Mar 17	5:30-6:20p.m.	\$88.50
	77085	Fri	Jan 10-Mar 21	5:45-6:35p.m.	\$88.50
	77276	Mon	Mar 24-Jun 2	5:30-6:20p.m.	\$79.65
	77430	Fri	Mar 28-Jun 6	5:30-6:20p.m.	\$79.65

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	77674	Sat	Jan 11-Feb 8	12-12:30p.m.	\$87.25
	77673	Sat	Jan 11-Feb 8	12:35-1:05p.m.	\$87.25
	77675	Sun	Jan 12-Feb 9	9:15-9:45a.m.	\$87.25
	77678	Sat	Feb 15-Mar 22	12-12:30p.m.	\$87.25
	77677	Sat	Feb 15-Mar 22	12:35-1:05p.m.	\$87.25
	77986	Sun	Feb 16-Mar 23	9:15-9:45a.m.	\$87.25
	77941	Sat	Mar 29-May 3	9:15-9:45a.m.	\$69.80
	77851	Sat	Mar 29-May 3	10:10-10:40a.m.	\$69.80
	77943	Sun	Mar 30-May 4	9-9:30a.m.	\$69.80
	78000	Sat	May 10-Jun 7	9:15-9:45a.m.	\$87.25
	77999	Sat	May 10-Jun 7	10:10-10:40a.m.	\$87.25
	77987	Sun	May 11-Jun 8	9-9:30a.m.	\$87.25

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	76670	Fri Sat, Sun	Mar 14 Mar 15, 16	5-9p.m. 9a.m.-6p.m.	\$190.00
	77068	Fri Sat, Sun	May 30 May 31, Jun 1	5-9p.m. 9a.m.-6p.m.	\$190.00
SSLC	77590	Sun	Jan 12-Feb 9	4-8p.m.	\$190.00
	77619	Sun	Mar 30-Apr 13	1-9p.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.

Prerequisite: Bronze Medallion certification (need not be current).

LAC	76669	Sat, Sun Sat	Feb 8, 9 Feb 15	9a.m.-5:30p.m. 9a.m.-5:30p.m.	\$165.00
	77067	Sat, Sun Sun	May 17, 18 May 25	9a.m.-5:30p.m. 9a.m.-5:30p.m.	\$165.00
SSLC	77594	Sun	Feb 16-Mar 23	4:30-9p.m.	\$165.00
	77622	Sun	May 4-Jun 1	4:30-9p.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	77070	Sat, Sun Tue-Thu	Feb 15, 16 Feb 18-20	8a.m.-5p.m. 8a.m.-5p.m.	\$300.00
SSLC	77613	Sun	Jan 12-Mar 23	4:30-8:30p.m.	\$300.00
	77618	Tue-Sat	Apr 22-26	9a.m.-6p.m.	\$300.00

Lifesaving Swim for Life Instructor

15 years and up

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)

LAC	77073	Tue-Fri	Apr 22-25	9a.m.-5p.m.	\$252.00
SSLC	77588	Tue-Fri	Feb 18-21	9a.m.-5p.m.	\$252.00
	77623	Sun	May 4-Jun 8	3:30-8p.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 AED.

NWLC	76620	Sat-Sun	Jan 18-19	9a.m.-6p.m.	\$161.00
	76625	Thu-Fri	Feb 20-21	9a.m.-6p.m.	\$161.00
	76627	Sat-Sun	Mar 22-23	9a.m.-6p.m.	\$161.00
	76635	Sat-Sun	Apr 19-20	9a.m.-6p.m.	\$161.00
	76637	Sat-Sun	May 17-18	9a.m.-6p.m.	\$161.00

Aquatic Recertification Courses

Lifesaving Society National Lifeguard Recertification

16 years and up

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

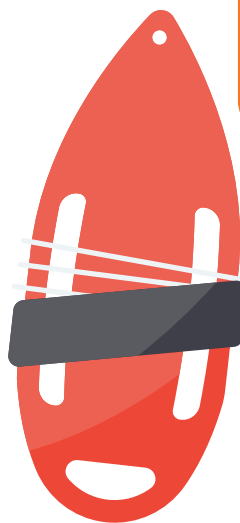
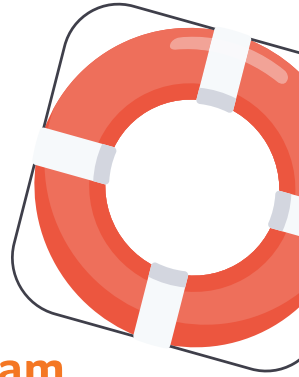
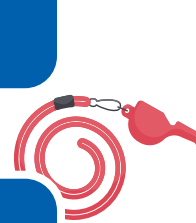
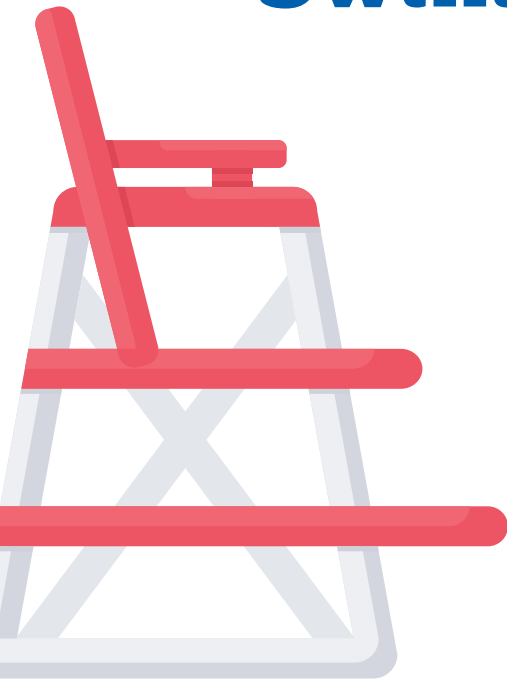
LAC	77076	Sun	May 25	11a.m.-4p.m.	\$80.00
SSLC	77616	Sun	Feb 9	4-9p.m.	\$80.00
	77617	Sun	Mar 9	4-9p.m.	\$80.00
	77625	Sun	Apr 6	4-9p.m.	\$80.00
	77626	Sun	Apr 13	4-9p.m.	\$80.00
	77627	Sun	Jun 1	4-9p.m.	\$80.00

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	76642	Sat	Jan 11	8a.m.-5p.m.	\$100.00
	76643	Sun	Jan 12	8a.m.-5p.m.	\$100.00
	76645	Sun	Feb 2	8a.m.-5p.m.	\$100.00
	76646	Sun	Feb 16	8a.m.-5p.m.	\$100.00
	76649	Sat	Feb 22	8a.m.-5p.m.	\$100.00
	76647	Sun	Mar 2	8a.m.-5p.m.	\$100.00
	76654	Sun	Apr 27	8a.m.-5p.m.	\$100.00
	76656	Sat	May 10	8a.m.-5p.m.	\$100.00

How to Become a Lifeguard/ Swimming Instructor



Bronze Star Course (Recommended)

Must have completed Swimmer 6



Bronze Medallion Course

*Must have completed Bronze Star
OR minimum of 13 years old*



Bronze Cross Course

Must have completed Bronze Medallion

Lifeguard Stream

Instructor Stream

Standard First Aid/CPR 'C' & AED Course

City of Regina accepts this award from:
Red Cross, St. John's or Lifesaving Society for
job applications or future courses



National Lifeguard

*Must have completed Bronze Cross Course
and Standard First Aid/CPR 'C' & AED.
*Must be 15 years old

'Swim for Life' Instructor Course

*Must be 15 years old

The City of Regina is currently
looking for Lifeguards/
Swimming Instructors.

Visit Regina.ca/careers
to apply today!



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.

Equipment to Support Access

Lawson Aquatic Centre:

- Chair lifts into tot pool and main pool
- Sling lift into hot tub
- All-gender/family changerooms with overhead sling lift and plinth table

North West Leisure Centre:

- Ramp and aquatic wheelchair for entry into pool
- All-gender/family change room with plinth table located on pool deck

Fieldhouse:

- Wheelchair accessible strength and conditioning area
- Wheelchair accessible weight machines, recumbent steppers, hand bikes, and rope trainer
- All-gender/family changeroom with overhead sling lift and plinth table

Sandra Schmirler Leisure Centre:

- All gender/family changerooms with overhead sling lift and plinth table
- Accessible overhead sling lift to support access to main pool
- Chair lift to access all bodies of water

Mitakuyé Owâs'â Centre

- All gender/family washroom featuring curb-free shower, aquatic wheelchair, overhead sling lift, and plinth table
- Elevator access to 2nd floor

Registered Adapted Programs



Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

mc – māmawêyatitân centre

MOC – Mitakuyé Owâs'â Centre

NWLC – North West Leisure Centre

SLC – South Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Adaptive Programs

City of Regina programs are open to everyone and those with disabilities are encouraged to participate in any programs listed throughout this guide. Adapted programs marked **AP** are programs that are changed or designed specifically to be more accessible to people with disabilities. Adaptations might include changes to equipment, content, support, technology, and/or environment.

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

NWLC	76459	Sun	Feb 2	6:30-8:25p.m.	Free
	76460	Sun	Feb 16	6:30-8:25p.m.	Free
	76461	Sun	Mar 2	6:30-8:25p.m.	Free
	76462	Sun	Mar 16	6:30-8:25p.m.	Free
	76463	Sun	Mar 30	6:30-8:25p.m.	Free
	76464	Sun	Apr 13	6:30-8:25p.m.	Free
	76465	Sun	Apr 27	6:30-8:25p.m.	Free
	76466	Sun	May 11	6:30-8:25p.m.	Free
SSLC	76467	Sun	May 25	6:30-8:25p.m.	Free
	76446	Sat	Jan 11	6:30-8:25p.m.	Free
	76447	Sat	Jan 25	6:30-8:25p.m.	Free
	76448	Sat	Feb 8	6:30-8:25p.m.	Free
	76449	Sat	Feb 22	6-7:55p.m.	Free
	76450	Sat	Mar 8	6:30-8:25p.m.	Free
	76451	Sat	Mar 22	6:30-8:25p.m.	Free
	76452	Sat	Apr 5	6:30-8:25p.m.	Free
	76453	Sat	Apr 19	6-7:55p.m.	Free
	76454	Sat	May 3	6:30-8:25p.m.	Free
	76455	Sat	May 17	6:30-8:25p.m.	Free
	76456	Sat	May 31	6:30-8:25p.m.	Free

Adapted Aquatic

Adapted Leisure Swim **FREE** **AP** All Ages

Enjoy a relaxing swim in an accessible pool environment designed for individuals with disabilities and their families. The Sandra Schmirler Leisure Centre features a powered ceiling track lift in the change room and on the pool deck (bring your own sling) as well as a manual chair lift on deck. The Northwest Leisure Centre offers a zero-depth entry pool with a ramp and aquatic wheelchair. City of Regina lifeguards will supervise but cannot assist with transfers, lifts, or repositioning.

NWLC	76457	Sun	Jan 5	6:30-8:25p.m.	Free
	76458	Sun	Jan 19	6:30-8:25p.m.	Free

Adapted Family Swim **AP** Lessons

4-7 years

For children with disabilities and their family members who want to learn swimming skills and about water safety together. Instructors will work with each family to support them in meeting their goals. One family of up to 4 members per class. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

NWLC	77699	Tue	Jan 7-Feb 4	4:40-5:10p.m.	\$87.25
	77702	Wed	Jan 8-Feb 5	4:40-5:10p.m.	\$87.25
	77703	Thu	Jan 9-Feb 6	4:40-5:10p.m.	\$87.25
	77704	Thu	Jan 9-Feb 6	5:50-6:20p.m.	\$87.25
	77700	Tue	Feb 11-Mar 18	4:40-5:10p.m.	\$87.25

NWLC	77701	Wed	Feb 12-Mar 19	4:40-5:10p.m.	\$87.25
	77706	Thu	Feb 13-Mar 20	4:40-5:10p.m.	\$87.25
	77705	Thu	Feb 13-Mar 20	5:50-6:20p.m.	\$87.25
	77716	Mon	Mar 24-Apr 28	4:40-5:10p.m.	\$69.80
	77872	Wed	Mar 26-Apr 30	4:40-5:10p.m.	\$87.25
	77873	Wed	Mar 26-Apr 30	5:50-6:20p.m.	\$87.25
	77892	Thu	Mar 27-May 1	4:40-5:10p.m.	\$87.25
	77760	Mon	May 5-Jun 2	4:40-5:10p.m.	\$87.25
	77952	Wed	May 7-Jun 4	4:40-5:10p.m.	\$87.25
	77953	Wed	May 7-Jun 4	5:50-6:20p.m.	\$87.25
	77954	Thu	May 8-Jun 5	4:40-5:10p.m.	\$87.25

NWLC	77875	Wed	Mar 26-Apr 30	4:05-4:35p.m.	\$87.25
	77894	Thu	Mar 27-May 1	5:15-5:45p.m.	\$87.25
	77895	Thu	Mar 27-May 1	5:50-6:20p.m.	\$87.25
	77950	Mon	May 5-Jun 2	4:05-4:35p.m.	\$69.80
	77766	Mon	May 5-Jun 2	5:15-5:45p.m.	\$69.80
	77957	Wed	May 7-Jun 4	4:05-4:35p.m.	\$87.25
	77955	Thu	May 8-Jun 5	5:15-5:45p.m.	\$87.25
	77956	Thu	May 8-Jun 5	5:50-6:20p.m.	\$87.25

Adapted Arts

Adapted Music Program

A fun and safe sensory experience designed for children and youth with disabilities. Led by a certified Music Therapist, this program focuses on the group's strengths to foster fine motor development and promote socialization through music.

3-5 years

MOC	77635	Sat	Mar 15-Apr 5	1-1:45p.m.	\$35.00
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6-12 years

MOC	77643	Sat	Mar 15-Apr 5	2-2:45p.m.	\$35.00
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Crafting with Nature

6-12 years

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy fun and easy crafts using natural items for sensory exploration. Promote fine motor development, socialization, and creativity as we explore natural materials in the neighboring accessible park. Registration is required.

CRNC	76735	Mon	Mar 3-31	6-7p.m.	Free
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Adapted Dance Class 5-12 years

A dance class geared toward children with disabilities. In this weekly program, professional artists with disabilities will lead children through an inclusive movement class. Learning through dance, body, breath, and voice, participants will be welcomed into an inclusive space that allows them to explore their creativity. This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina.

mc	78011	Sat	Jan 18-Mar 29	1-2p.m.	Free
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Adapted Science 6-12 years Exploration

An inclusive program for youth of all abilities! This program offers hands-on scientific experiences with natural materials, encouraging sensory exploration and discovery. Registration is required.

CRNC	76525	Mon	Jan 13-Feb 10	6-7p.m.	Free
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ABI Art- Ages 18+ 18 years and up

This free program for adults with disabilities focuses on functional fitness, socialization, and fun. It offers a welcoming space for participants to connect and provides family members or caregivers with a chance for respite. Participants are encouraged to bring their favorite game, activity, or creative project.

SLC	77653	Thurs	Jan 9-Mar 27	1-2:30p.m.	Free
	77654	Thurs	Apr 3-May 29	1-2:30p.m.	Free

Adapted Parent & Tot Swim Lessons

4-48 months

For children with disabilities and their families who enjoy group settings. The program emphasizes in-water interaction between parent and child to develop water-positive attitudes and skills through play. At least one parent/guardian must be in the water per child. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

NWLC	77707	Tue	Jan 7-Feb 4	5:50-6:20p.m.	\$87.25
	77711	Wed	Jan 8-Feb 5	4:05-4:35p.m.	\$87.25
	77712	Thu	Jan 9-Feb 6	5:15-5:45p.m.	\$87.25
	77708	Tue	Feb 11-Mar 18	5:50-6:20p.m.	\$87.25
	77709	Wed	Feb 12-Mar 19	4:05-4:35p.m.	\$87.25
	77713	Thu	Feb 13-Mar 20	5:15-5:45p.m.	\$87.25
	77717	Mon	Mar 24-Apr 28	5:50-6:20p.m.	\$87.25
	77874	Wed	Mar 26-Apr 30	5:15-5:45p.m.	\$87.25
	77893	Thu	Mar 27-May 1	4:05-4:35p.m.	\$87.25
	77764	Mon	May 5-Jun 2	5:50-6:20p.m.	\$69.80
	77980	Wed	May 7-Jun 4	5:15-5:45p.m.	\$87.25
	77981	Thu	May 8-Jun 5	4:05-4:35 p.m.	\$87.25

Adapted Swim Lessons 4 years and up

This 1-on-1 adapted swim lesson is designed for individuals who have disabilities. Instructors will work with participants to support them in meeting their needs and goals. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

NWLC	77685	Tue	Jan 7-Feb 4	4:05-4:35p.m.	\$87.25
	77689	Tue	Jan 7-Feb 4	5:15-5:45p.m.	\$87.25
	77693	Wed	Jan 8-Feb 5	5:15-5:45p.m.	\$87.25
	77694	Wed	Jan 8-Feb 5	5:50-6:20p.m.	\$87.25
	77695	Thu	Jan 9-Feb 6	4:05-4:35p.m.	\$87.25
	77686	Tue	Feb 11-Mar 18	4:05-4:35p.m.	\$87.25
	77687	Tue	Feb 11-Mar 18	5:15-5:45p.m.	\$87.25
	77696	Wed	Feb 12-Mar 19	5:15-5:45p.m.	\$87.25
	77697	Wed	Feb 12-Mar 19	5:50-6:20p.m.	\$87.25
	77698	Thu	Feb 13-Mar 20	4:05-4:35p.m.	\$87.25
	77718	Mon	Mar 24-Apr 28	4:05-4:35p.m.	\$87.25
	77719	Mon	Mar 24-Apr 28	5:15-5:45p.m.	\$87.25

Inclusive Dance Class **AP** **FREE** 5-12 years

This program is geared towards children with disabilities, however, all abilities are welcome. In this weekly program, professional artists with disabilities will lead children through an inclusive movement class. Learning through dance, body, breath, and voice, participants will be welcomed into an inclusive space that allows them to explore their creativity. This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina.

mc	78010	Jan 18-Mar 29	Sat	11a.m.-12p.m.	Free
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Adapted Sport and Fitness**Adapted Adult** **AP** 18 years and up
Strength & Balance

This introductory class empowers adults with disabilities or those facing recreational barriers, focusing on building core strength, balance, and mobility using various equipment.

SSLC	77644	Tue	Jan 7-Feb 11	12:15-1:15p.m.	\$43.50
	77645	Tue	Feb 25-Apr 1	12:15-1:15p.m.	\$43.50
	77646	Tue	Apr 15-May 27	12:15-1:15p.m.	\$43.50

Adapted Floor Hockey **AP** 5-7 years

This program is for children with disabilities or who have difficulties in gross motor development. It introduces basic floor hockey skills and game strategy while teaching teamwork, cooperation, and sportsmanship. This course is a great opportunity for children to improve their skills and have fun.

FLDH	77100	Mon	Mar 17-May 5	6-7p.m.	\$60.00
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Adapted Tennis **AP** **NEW**

This program is for children with disabilities or who have difficulties in gross motor development. It introduces basic tennis-related skills and game strategy while teaching teamwork, cooperation, and sportsmanship. This course is a great opportunity for children to improve their skills and have fun.

5-7 years

FLDH	77968	Mon	Mar 3-31	6-6:45 p.m.	\$37.50
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8-12 years

FLDH	77969	Mon	Mar 3-31	7-7:45 p.m.	\$37.50
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Adapted Teen+ Sport **AP** 13-21 years
Fundamentals

This program is for teens and young adults with difficulties in gross motor development. It offers the chance to participate in various non-competitive sports and activities, emphasizing fun, fitness, teamwork, and cooperation through sports like soccer, floor hockey, basketball, and cooperative games.

CRNC	76521	Mon	Jan 20-Feb 10	6:15-7:15p.m.	\$30.00
	76522	Mon	Mar 3-24	6:15-7:15p.m.	\$43.50

Adapted Teen+ Sport **AP** 13-21 years
Try-it Session

This free session will introduce you to Adapted Teen+ Sport Fundamentals. Registration and parent participation is required.

CRNC	77624	Mon	Jan 13	6:15-7:15p.m.	Free
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Adapted Basketball **AP**

This program is for children with disabilities or gross motor development difficulties. It fosters socialization through group participation and introduces basic basketball skills like passing, shooting, defense, dribbling, and game strategy. Children will also learn teamwork and sportsmanship. It's a great opportunity to improve skills and have fun. Participants needing one-on-one support must bring a support person.

5-7 years

FLDH	76707	Mon	Jan 6-Mar 3	4:30-5:30p.m.	\$60.00
	77090	Mon	Mar 17-May 5	4:30-5:30p.m.	\$60.00
NWLC	76337	Fri	Jan 17-Feb 14	5:30-6:15p.m.	\$37.50
	76338	Fri	Mar 14-Apr 11	5:30-6:15p.m.	\$37.50

8-12 years

FLDH	76709	Mon	Jan 6-Mar 3	5:30-6:30p.m.	\$60.00
	77094	Mon	Mar 17-May 5	5:30-6:30p.m.	\$60.00
NWLC	76344	Fri	Jan 17-Feb 14	6:30-7:15p.m.	\$37.50
	76345	Fri	Mar 14-Apr 11	6:30-7:15p.m.	\$37.50

Adapted Basketball Try-it Sessions

These introductory Try-It Session will teach the basic skills of Adapted Basketball. Registration and parent participation is required.

5-7 years

NWLC	76335	Fri	Jan 10	5:30-6:15p.m.	Free
	76336	Fri	Mar 7	5:30-6:15p.m.	Free

8-12 years

NWLC	76346	Fri	Jan 10	6:30-7:15p.m.	Free
	76343	Fri	Mar 7	6:30-7:15p.m.	Free

Adapted Soccer **AP**

This program is for children with difficulties in gross motor development. It introduces basic soccer skills and game strategy while teaching teamwork, cooperation, and sportsmanship. It's a great opportunity for children to improve their skills and have fun playing soccer. Parent participation is required.

5-7 years

FLDH	76717	Tue	Jan 7-Feb 25	4:30-5:30p.m.	\$60.00
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8-12 years

FLDH	76854	Thu	Jan 9-Mar 13	5-6p.m.	\$60.00
	77122	Thu	Mar 20-May 15	5-6p.m.	\$60.00

Adapted Parent & Tot Sports Jam



3-5 years

This program is for children with difficulties in gross motor development. Enjoy playing sport-related games and learning new skills in soccer, basketball, and floor hockey. In a non-game-based environment, this session teaches basic skills and includes fun developmental games and activities. Parent participation is required.

NWLC	76339	Sat	Jan 18-Feb 15	3-3:45p.m.	\$37.50
	76340	Sat	Mar 15-Apr 12	3-3:45p.m.	\$37.50

Adapted Sports Jam Try-it

3-5 years

This introductory Try-It Session will teach the basic skills of each sport and incorporate fun developmental games and activities. Registration and parent participation is required.

NWLC	76341	Sat	Jan 11	3-3:45p.m.	Free
	76342	Sat	Mar 8	3-3:45p.m.	Free

Adapted Sports Jam

6-12 years

This program is for children with difficulties in gross motor development. Enjoy playing sport-related games and learning new skills in soccer, basketball, and floor hockey. In a non-game-based environment, this session teaches basic skills and includes fun developmental games and activities.

NWLC	76331	Sat	Jan 18-Feb 15	4-4:45p.m.	\$37.50
	76332	Sat	Mar 15-Apr 12	4-4:45p.m.	\$37.50

Adapted Sports Jam Try-it

6-12 years

This introductory Try-It Session will teach the basic skills of each sport and incorporate fun developmental games and activities. Registration and parent participation is required.

NWLC	76333	Sat	Jan 11	4-4:45p.m.	Free
	76334	Sat	Mar 8	4-4:45p.m.	Free

What's Your Style Dance Nights



17 years and up

Everyone should have the opportunity to let loose and dance to their favorite music, regardless of musical taste, dance style or ability. Experience the rush of closing your eyes and moving to the beat with the City of Regina's inclusive dance class, in partnership with Astonished! This program is adapted to meet the needs of individuals with a disability. Enjoy a variety of dance styles that emphasize enthusiasm, camaraderie and smiles. The best part? It's free! Email socialinclusionprograms@regina.ca to register!

mc	76349	Thu	Jan 23	7-9p.m.	Free
	76348	Thu	Apr 24	7-9p.m.	Free

Adapted Social

ABI Cribbage



18 years and up

This Cribbage program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Cribbage program will provide an opportunity for individuals to socialize with peers, engage and develop their fine motor & cognitive skills at their own pace in a supportive environment. The ABI Outreach Team & City of Regina Staff will be present to assist when necessary.

SLC	77653	Fri	Jan 10-Mar 28	1-2:30p.m.	Free
	77654	Fri	Apr 4-May 30	1-2:30p.m.	Free

LEGO Club



13-21 years

This program is for teens and young adults of all abilities. Engage in various LEGO-inspired building activities that foster team-building skills and socialization. It's a great opportunity to make new friends in a creative and sensory-friendly environment. LEGO and other activity supplies will be provided

mc	77633	Wed	Mar 5-Apr 9	6-7:30p.m.	Free
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Sensory-Friendly Youth Program



10-17 years

Join this free, inclusive program for ages 10-17, designed for youth who benefit from a sensory-friendly group setting. It promotes social interaction, physical movement, and creativity through various recreational activities. It's a great opportunity for youth of all abilities to try something new. Registration is required.

mc	76529	Tue	Feb 11-Apr 8	6-8p.m.	Free
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Evening Adult Social Program



18 years and up

This program is for adults with disabilities or those facing barriers to recreation. It offers bi-weekly opportunities to socialize through various activities like instructor-led sessions, board games, and bingo, tailored to the group's interests. City of Regina staff facilitate but cannot assist with transfers, lifts, or repositioning.

MOC	77667	Fri	Feb 14-Apr 25	6-8p.m.	Free
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Short Breaks



18 years and up

Short Breaks is an intergenerational, afternoon program aimed to facilitate community building among adults experiencing an intellectual disability. This one-of-a-kind collaborative initiative is striving to respond to the needs of individuals and their families to provide a short break option throughout the week. Short Breaks is designed to be social, with an educational, recreational and creative focus. The program is a partnership between Creative Options Regina, Hopes Home, Inclusion Regina, The City of Regina, coupled with financial support from Sask Lotteries. For more information regarding the registration process please contact Kathy Cockburn at kathy@inclusionregina.ca.

mc	77656	Mon-Fri	Jan 6-Jun 16	2-5p.m.	Free
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Affordable Access Program

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



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 adaptations
- ✓ 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.



Step 3: Inclusion Plan

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



Step 4: Leisure Time!

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



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	76194	Wed	Jan 15-Mar 5	10:30a.m.-12p.m.	\$110.00
	76268	Wed	Apr 9-May 28	1-2:30p.m.	\$110.00

Garden Surprises

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	76280	Tue	May 6-May 27	9-10:30a.m.	\$70.00
	76281	Tue	May 6-May 27	1-2:30p.m.	\$70.00

Recreation

Surprise Activity and Swim

3-5 years

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, storytelling, 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	77620	Fri	Jan 10-Feb 7	2:30-3:35p.m.	\$44.25
	77621	Fri	Feb 14-Mar 21	2:30-3:35p.m.	\$44.25
	77936	Fri	Mar 28-May 2	2:30-3:35p.m.	\$35.40
	77937	Fri	May 9-Jun 6	2:30-3:35p.m.	\$44.25

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 non-game based and non-competitive environment.

FLDH	77120	Wed	Mar 19-May 7	5-6p.m.	\$60.00
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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	76702	Mon	Jan 6-Mar 3	4:30-5:30p.m.	\$60.00
	77098	Mon	Mar 17-May 5	5-6p.m.	\$60.00

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	76716	Tue	Jan 7-Feb 25	5:30-6:30p.m.	\$60.00
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Registered Child And Youth Programs



Legend

FLDH – Fieldhouse

GNRC – Glencairn Neighbourhood Recreation Centre

MOC – Mitakuyé Owâs'ā

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Fine Arts

3D Printing and Design 1

8-12 years

Do you want to learn how to create your very own 3D design and print it too? If 3D printing and designing interests 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 it a reality with our 3D printer. Students must supply their own laptop or iPad.

NBAC	76180	Sat	Jan 18-Mar 15	9:30-10:30a.m.	\$95.00
	76254	Sat	Apr 12-Jun 14	9:30-10:30a.m.	\$95.00

3D Printing and Design 2

8-16 years

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	76181	Sat	Jan 18-Mar 15	11a.m.-12p.m.	\$95.00
	76255	Sat	Apr 12-Jun 14	11a.m.-12p.m.	\$95.00

Abstract Art for Teens

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	76256	Sun	Apr 13-Jun 15	3-4:30p.m.	\$95.00
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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	76244	Thu	Jan 16-Mar 6	10a.m.-12p.m.	\$125.00
	76258	Thu	Apr 10-May 29	10a.m.-12p.m.	\$125.00

Adventures in Art for Homeschoolers 2

9-13 years

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	76185	Thu	Jan 16-Mar 6	1-3p.m.	\$125.00
	76259	Thu	Apr 10-May 29	1-3p.m.	\$125.00

Art Exploration

9-13 years

Join us for a creative exploration of the world of art! This class is designed to develop artistic skills and give insight into the styles of the great artists that came before us. Using a variety of practices and projects, students will experiment with an array of mediums such as clays, oil pastels, watercolour, drawing basics, sculpture and more!

NBAC	76187	Sat	Jan 18-Mar 15	12:30-2:30p.m.	\$125.00
	76260	Sat	Apr 12-Jun 14	12:30-2:30p.m.	\$125.00

Art Sampler

6-8 years

Ignite your child's imagination! This class is a fun and engaging space for kids to explore their creativity through a multitude of art mediums! We love colour and paint. We dive into clay, learn basics with guided drawings, build sculptures from cardboard, feel the fibre arts, experiment with pastels, discover wonders of watercolour, and so much more!

NBAC	76188	Sat	Jan 18-Mar 15	10a.m.-12p.m.	\$125.00
	76262	Sat	Apr 12-Jun 14	10a.m.-12p.m.	\$125.00

Beetlejuice Bonanza **NEW**

12-16 years

If you are a fan of the paranormal and visual arts, you will enjoy this fusion of creativity. Students will draw, paint, sculpt, paste and create creatures inspired by the realms of fantasy, space and the netherworld.

NBAC	76377	Sun	Jan 19-Mar 16	1-2:30p.m.	\$98.00
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Beginner Arduino

12-16 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	76246	Tue	Jan 14-Mar 4	7-9p.m.	\$120.00
	76263	Tue	Apr 8-May 27	7-9p.m.	\$120.00

Comics for Kids

9-13 years

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

NBAC	76192	Sat	Jan 18-Mar 15	3-4:30p.m.	\$98.00
	76266	Sun	Apr 13-Jun 15	3-4:30p.m.	\$98.00

**Creative Writing:
World of Wonders**

14-18 years

Whether you dream of writing a novel, drawing a manga, or scripting your own video game, this course will teach you how to create an original world, cast of characters, and an engaging story.

NBAC	76386	Sun	Jan 19-Mar 16	3-4:30p.m.	\$95.00
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Free Youth Evening 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](https://regina.ca/freeprograms)

REGINA

Drawing and Colouring Adventure

6-10 years

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	76270	Sat	Apr 12-Jun 14	9-10:30a.m.	\$98.00
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Drawing Everything in the World!

6-9 years

Do you love to draw? Learn to draw all kinds of places, animals, people, objects, and everything in the world! Practice pen and colour techniques to make your drawings look awesome! Make your own activity picture book full of mazes, games, treasure hunts, and detailed drawings to colour! Sketchbook required.

NBAC	76356	Sat	Jan 18-Mar 15	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	76197	Sun	Jan 19-Mar 16	1-2:30p.m.	\$95.00
	76272	Sat	Apr 12-Jun 14	1-2:30p.m.	\$95.00

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	76273	Sun	Apr 6	1-4p.m.	\$35.00
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Fantastic Friends Drawing

9-14 years

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	76388	Sun	Apr 13-Jun 15	1-2:30p.m.	\$98.00
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Fantastic Friends: Fairy Tales

7-10 years

Listen to a Fairy Tale and draw your favourite moment in the story. Every week we will have a new story from a different place around the world!

NBAC	76384	Sat	Jan 18-Mar 15	1-2:30p.m.	\$98.00
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Fantastic Friends: Magical Menagerie!

8-11 years

Want to draw a flying mermaid with dragon scales and rainbow fairy wings? How about a purple lion with flippers and a unicorn horn? Use your imagination, or a simple grid technique, to sketch magical creatures for your own menagerie!

NBAC	76387	Sun	Jan 12	1-3p.m.	\$25.00
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Fantastic Friends: Superhero Smash!

8-11 years

POW! Learn some basic character drawing, a bit of storytelling, then accessorize, colour, and power-up to create your own super team! SMASH!

NBAC	76385	Sat	Jan 11	1-3p.m.	\$25.00
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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	76378	Sun	Jan 19-Mar 16	3-4:30p.m.	\$95.00
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Game Design

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	76206	Sat	Jan 18-Mar 15	1:30-4p.m.	\$135.00
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Inspiring Art for Young Minds!

6-9 years

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	76208	Sat	Jan 18-Mar 15	1-2:30p.m.	\$98.00
	76359	Sat	Apr 12-Jun 14	1-2:30p.m.	\$98.00

Introduction to Air Dry Clay 7-12 years

This is a beginner-friendly class for anyone wanting to make objects with air-dry clay. You will learn the basic techniques of working with air dry clay to start creating works of art! Some objects that will be made in this class are a vase, jewellery dish, animals, people, and much more.

NBAC	76499	Sun	Jan 19-Mar 16	1-3p.m.	\$135.00
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Manga 2

9-16 years

Take your manga and comics drawing to the next level. Improve your 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	76357	Sat	Jan 18-Mar 15	11:30a.m.-1p.m.	\$95.00
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Mask Making Adventures

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	76358	Sat	Jan 18-Mar 15	3-4:30p.m.	\$103.00
	76296	Sat	Apr 12-Jun 14	3-4:30p.m.	\$103.00

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	76381	Sun	Apr 13-Jun 15	1-2:30p.m.	\$100.00
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Paint Magic **NEW**

8-12 years

Painting does not need to be messy or technical. This introductory class will look at painting mediums and approaches that are affordable, can be executed at home with minimal clean up, and still be creative and magical.

NBAC	76380	Sat	Jan 18-Mar 15	11a.m.-12:30p.m.	\$98.00
	76382	Sat	Apr 12-Jun 14	11a.m.-12:30p.m.	\$98.00

Photography for Kids: **NEW**

8-12 years

Capturing the World Through Play

This class is designed to offer a fun and interactive way to learn photography using the tools they're already familiar with - cellphones! But this isn't just about taking pictures; it's about boosting creativity and helping children develop a deeper visual sensitivity to the world around them. Students must provide their own cellphone.

NBAC	76489	Sun	Apr 13-Jun 15	1-2:30p.m.	\$95.00
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Roblox Coding for Beginners

10-14 years

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	76354	Sat	Jan 18-Mar 15	1-2p.m.	\$90.00
	76355	Sat	Apr 12-Jun 14	1-2p.m.	\$90.00

Teen Sketchbooking

13-18 years

Do you keep a Sketchbook or a Creative Journal? Want to start? This collaborative sketchbook class will help you organize your creative thinking by gaining an understanding of your process and point of view. You will learn how to talk about ideas in a group setting by figuring out where yours come from and what to do when they happen. Open to all drawing abilities and all kinds of makers.

NBAC	76488	Sat	Apr 12-Jun 14	1-3p.m.	\$115.00
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Watercolour Wonderland

14-18 years

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

NBAC	76320	Sat	Apr 12-Jun 14	3-4:30p.m.	\$100.00
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World of Crayons, Markers and Pastels

6-10 years

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	76243	Sat	Jan 18-Mar 15	9-10:30a.m.	\$98.00
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Mitakuyé Owâs'ā Centre

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

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

Drop-in and join us!*

Tuesday - Friday**Drop-in Gym 3-6 p.m.****Saturday****Drop-in Basketball 3-6 p.m.**

*Except Jan 2, Mar 1, 8, 29, Apr 17, Jun 3, 4, 5, 6, 7, 21



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



Recreation & Life Skills

Indigenous Youth Employment Program 14-18 years

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 for participants over the age of 15. Please note, the First Aid course will be scheduled on a weekend.

MOC	76330	Tue, Thu	Mar 18-May 1	4-7p.m.	\$75.00
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Sports

Badminton – Kids 5-7 years

This class will teach the basics of Badminton such footwork, over-hand and underhand strokes, serving and scoring.

NWLC	77271	Sat	Jan 4-Feb 22	5-6p.m.	\$60.00
	77274	Sat	Mar 22-May 10	5-6p.m.	\$60.00
FLDH	76970	Sat	Jan 4-Mar 15	1-2p.m.	\$52.50
	76983	Sun	Jan 5-Mar 9	1-2p.m.	\$60.00
	76985	Sun	Jan 5-Mar 9	2-3p.m.	\$60.00
	76953	Wed	Jan 8-Mar 12	5-6p.m.	\$60.00
	77246	Wed	Mar 19-May 7	5-6p.m.	\$60.00
	77256	Sun	Mar 23-May 25	1-2p.m.	\$60.00
	77257	Sun	Mar 23-May 25	2-3p.m.	\$60.00

Badminton – Junior 8-12 years

Children will learn various Badminton Skills such as footwork, underhand and overhand strokes, serving and scoring.

FLDH	76978	Sat	Jan 4-Mar 15	2-3p.m.	\$60.00
	76981	Sat	Jan 4-Mar 15	5-6p.m.	\$60.00
	76945	Mon	Jan 6-Mar 3	5-6p.m.	\$60.00
	76946	Mon	Jan 6-Mar 3	6-7p.m.	\$60.00
	76948	Tue	Jan 7-Feb 25	5-6p.m.	\$60.00
	76955	Wed	Jan 8-Mar 12	6-7p.m.	\$60.00
	76958	Thu	Jan 9-Mar 13	5-6p.m.	\$60.00
	76960	Fri	Jan 10-Mar 14	5-6p.m.	\$52.50
	77242	Mon	Mar 17-May 5	5-6p.m.	\$60.00
	77243	Mon	Mar 17-May 5	6-7p.m.	\$60.00
	77244	Tue	Mar 18-May 6	5-6p.m.	\$60.00
	77247	Wed	Mar 19-May 7	6-7p.m.	\$60.00
	77248	Thu	Mar 20-May 15	5-6p.m.	\$60.00
	77250	Fri	Mar 21-May 16	5-6p.m.	\$60.00
	77252	Sat	Mar 22-May 24	1-2p.m.	\$60.00
	77253	Sat	Mar 22-May 24	2-3p.m.	\$60.00
	77254	Sat	Mar 22-May 17	5-6p.m.	\$60.00
MOC	77317	Sat	Jan 11-Mar 15	10-11a.m.	\$60.00
	77318	Sat	Jan 11-Mar 15	11a.m.-12p.m.	\$60.00

MOC	77321	Sat	Mar 22-May 17	10-11a.m.	\$60.00
	77322	Sat	Mar 22-May 17	11a.m.-12p.m.	\$60.00
NWLC	77268	Sat	Jan 4-Feb 22	6-7p.m.	\$60.00
	77273	Sat	Mar 22-May 10	6-7p.m.	\$60.00

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	76949	Tue	Jan 7-Feb 25	6-7p.m.	\$60.00
	76959	Thu	Jan 9-Mar 13	6-7p.m.	\$60.00
	77245	Tue	Mar 18-May 6	6-7p.m.	\$60.00
	77249	Thu	Mar 20-May 15	6-7p.m.	\$60.00

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	76725	Tue	Jan 7-Feb 25	7:30-8:30p.m.	\$60.00
	76734	Wed	Jan 8-Mar 12	4:30-5:30p.m.	\$60.00
	76737	Wed	Jan 8-Mar 12	5:30-6:30p.m.	\$60.00
	77104	Tue	Mar 18-May 6	7:30-8:30p.m.	\$60.00
	77112	Wed	Mar 19-May 7	6-7p.m.	\$60.00
	77127	Fri	Mar 21-May 23	5:30-6:30p.m.	\$60.00
	77233	Fri	Mar 21-May 23	6:30-7:30p.m.	\$52.50

Basketball – Advanced

This program is designed to elevate participants' proficiency in basketball, refining their fundamental techniques including passing, shooting, defense, dribbling, and strategic gameplay through a dynamic blend of intensive coaching, targeted drills, and rigorous training sessions, coupled with hands-on gameplay experience.

Prerequisite: Knowledge of basic basketball skills.

8-11 years

FLDH	76710	Mon	Jan 6-Mar 3	5-6p.m.	\$60.00
	76851	Wed	Jan 8-Mar 12	6:30-7:30p.m.	\$60.00
	77101	Mon	Mar 17-May 5	5-6p.m.	\$60.00
	77105	Tue	Mar 18-May 6	4:45-5:45p.m.	\$60.00

12-14 years

FLDH	76711	Mon	Jan 6-Mar 3	6-7p.m.	\$60.00
	77102	Mon	Mar 17-May 5	6-7p.m.	\$60.00

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Basketball – Fundamental Development

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

8-10 years

CRNC	77311	Sat	Jan 4-Feb 22	10-11a.m.	\$60.00
	77313	Sat	Mar 22-May 17	10-11a.m.	\$60.00
FLDH	76728	Tue	Jan 7-Feb 25	4:45-5:45p.m.	\$60.00
	76850	Wed	Jan 8-Mar 12	5:30-6:30p.m.	\$60.00
	77236	Sat	Mar 22-May 24	10-11a.m.	\$52.50

11-13 years

FLDH	76732	Tue	Jan 7-Feb 25	5:45-6:45p.m.	\$60.00
	77106	Tue	Mar 18-May 6	5:45-6:45p.m.	\$60.00
	77111	Wed	Mar 19-May 7	5-6p.m.	\$60.00
	77237	Sat	Mar 22-May 24	11a.m.-12p.m.	\$52.50
CRNC	77312	Sat	Jan 4-Feb 22	11a.m.-12p.m.	\$60.00
	77314	Sat	Mar 22-May 17	11a.m.-12p.m.	\$60.00

Floor Hockey – Kids

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.

5-7 years

FLDH	76739	Wed	Jan 8-Feb 26	4:30-5:30p.m.	\$60.00
	77116	Wed	Mar 19-May 7	4:30-5:30p.m.	\$60.00

8-12 years

FLDH	76742	Wed	Jan 8-Mar 12	5:30-6:30p.m.	\$60.00
	77117	Wed	Mar 19-May 21	5:30-6:30p.m.	\$60.00

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 day such as soccer, badminton, and track & field. Taught by a female instructor.

5-7 years

FLDH	76860	Mon	Jan 6-Mar 3	6:30-7:30p.m.	\$60.00
	77238	Sat	Mar 22-May 24	1-2p.m.	\$60.00

8-12 years

FLDH	76861	Mon	Jan 6-Mar 3	7:30-8:30p.m.	\$60.00
	77239	Sat	Mar 22-May 24	2-3p.m.	\$60.00

Lacrosse – Kids

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

5-7 years

FLDH	76703	Mon	Jan 6-Mar 3	5:30-6:30p.m.	\$58.00
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8-12 years

FLDH	77126	Fri	Mar 21-May 23	6-7p.m.	\$60.00
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Indigenous Youth Employment Program

Are you an Indigenous youth aged 14 to 18?

Gain experience through volunteering and group activities blended with traditional Indigenous teachings.

You'll receive:

- ✓ Certification in First Aid CPR-C/AED
- ✓ A toolbox of skills and meaningful experience
- ✓ A **GUARANTEED** interview for those 15+ for the position of Cashier or Casual Recreation Worker with the City of Regina

When:

Tuesday & Thursday Mar 18-May 1 • 4-7 p.m.

First Aid Training

Apr 22 & 23 • 9 a.m.-5 p.m.
(76330) Cost: \$75

Where:

Mitakuyé Owâs'â Centre
1770 Halifax St.

How to Sign Up:

1. Online at Regina.ca/recreation
2. Visit a City of Regina Leisure or Recreation Centre
3. Call 306-777-PLAY(7529)

For more information about this program, please email socialinclusionprograms@regina.ca or call 306-777-7047



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	76718	Wed	Jan 8-Feb 19	6:30-7:30p.m.	\$60.00
MOC	77315	Thu	Jan 16-Mar 6	5:30-6:30p.m.	\$60.00
	77319	Thu	Mar 20-May 15	5:30-6:30p.m.	\$60.00

8-12 years

FLDH	76721	Wed	Jan 8-Feb 19	7:30-8:30p.m.	\$60.00
	77124	Fri	Mar 21-May 23	5-6p.m.	\$60.00
MOC	77316	Thu	Jan 16-Mar 6	6:30-7:30p.m.	\$60.00
	77320	Thu	Mar 20-May 15	6:30-7:30p.m.	\$60.00

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 day such as soccer, badminton, track & field, and cooperative games.

5-7 years

FLDH	77107	Tue	Mar 18-May 6	4:30-5:30p.m.	\$60.00
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8-12 years

FLDH	76870	Wed	Jan 8-Mar 12	6-7p.m.	\$60.00
	77108	Tue	Mar 18-May 6	5:30-6:30p.m.	\$60.00

Intro To Table Tennis – Junior

8-12 years

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

FLDH	76723	Tue	Jan 7-Feb 25	6:30-7:30p.m.	\$60.00
	77103	Tue	Mar 18-May 6	6:30-7:30p.m.	\$60.00

Tennis Kids & Junior – Level 1

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.

8-10 years

FLDH	77109	Wed	Mar 19-May 7	6-7p.m.	\$60.00
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11-13 years

FLDH	77110	Wed	Mar 19-May 7	7-8p.m.	\$60.00
	77234	Fri	Mar 21-May 23	6-7p.m.	\$60.00

Volleyball – Skill Development

11-13 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	77241	Sat	Mar 22-May 24	5-6p.m.	\$52.50
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Join our Adapted Programs!

The City of Regina is expanding programs to better serve those with diverse needs and abilities! Our adapted sport and fitness classes help individuals learn, maintain, and improve functional skills related to physical wellness. The adapted arts and social programs focus on fun, connection, creativity, and inclusion for all.

For more info, email us at socialinclusionprograms@regina.ca, search “Adapted Programs” on Regina Recreation Online or see pages 31-37 of this leisure guide.

If you need one-on-one support, please bring an attendant.

Exciting News!

We're looking for instructors for our sport & fitness programs. Send your resume to socialinclusionprograms@regina.ca.



Regina.ca/inclusiveprograms

 REGINA

Regina.ca

Shine On 

Winter Escapes Day Camp

A Memorable Winter Adventure for Kids!

Winter Escapes Day Camp is the perfect way to keep your children active, engaged, and excited during the winter break. Designed for kids ages 6 to 12 years old, this camp provides a blend of outdoor adventures and creative activities that will create lasting memories.

Be sure to bring winter outdoor clothing, skates, and a hockey helmet to enjoy activities like skating, snowshoeing and snow play. This program is offered in partnership with the YMCA of Regina.



Dates:

December 30 to January 3
(excludes Jan 1, 2025)
February 18 to 21

Cost:

\$25 per day

Locations:

Core Ritchie Neighbourhood Centre
445 14th Avenue

Eastview Community Centre
615 6th Ave

Glencairn Neighbourhood Recreation Centre
2626 Dewdney Ave East

Program Hours:

8:30 a.m. – 4 p.m.

Registration options:

- In person: 5939 Rochdale Blvd
- By phone: 306-757-9622
- Online: regina.ymca.ca

**Registration
Now Open**



Looking for more activities to do in the winter check out Regina.ca/wintercity for a list of activities and events, stay informed by subscribing to our page.



Regina.ca/wintercity

 REGINA

Registered Adult Programs



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	76179	Thu	Jan 16-Mar 6	7-9p.m.	\$140.00
	76253	Thu	Apr 10-May 29	7-9p.m.	\$140.00

Adult Sketchbooking 15 years and up

Do you keep a Sketchbook or a Creative Journal? Want to start? This collaborative sketchbook class will help you organize your creative thinking by gaining an understanding of your process and point of view. You will learn how to talk about ideas in a group setting by figuring out where yours come from and what to do when they happen. Open to all drawing abilities and all kinds of makers.

NBAC	76486	Thu	Jan 16-Mar 6	7-9p.m.	\$115.00
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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	76390	Wed	Apr 9-May 28	7-9p.m.	\$145.00
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Animals in Watercolour Workshop NEW 15 years and up

This workshop will take you through the basics of drawing to achieve an animal likeness, basic watercolour techniques, how to capture realism through texture, and expressive watercolour techniques for those who want to capture the likeness a little more freely. Any pet or animal is fair game.

NBAC	76412	Sat Sun	Apr 5 Apr 6	9a.m.-4:30p.m. 1-4:30p.m.	\$95.00
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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	76389	Wed	Jan 15-Mar 5	7-9p.m.	\$140.00
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Beginner Acrylics

15 years and up

Let's paint a few step-by-step acrylic projects together and move into creating your own acrylic paintings from your own photographs. The basics of toned grounds, wet in wet, dry brush, brush handling, glazes, painting with a palette knife, paints and brushes will all be covered in this class.

NBAC	76413	Wed-Thu	Apr 9-Apr 24	7-9:30p.m.	\$115.00
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Beginner Autodesk Fusion 360 NEW

15 years and up

Are you eager to dive into the world of 3D design? Autodesk Fusion 360 is the perfect starting point for anyone looking to develop skills in computer-aided design (CAD) and computer-aided manufacturing (CAM). This course is tailored for beginners with little to no prior experience in CAD software.

NBAC	76395	Mon	Jan 13-Mar 10	7-9p.m.	\$135.00
	76396	Mon	Apr 7-Jun 9	7-9p.m.	\$135.00

Beginner Drawing Workshop NEW

15 years and up

Learn the basics of drawing by using geometric shapes, sight-sized method, enveloping, and other methods to arrive at a good facsimile of any subject, excluding portraits. Perspective and a few techniques to achieve pleasing texture with graphite pencil will also be covered.

NBAC	76410	Sat Sun	Jan 4, Jan 11 Jan 5, Jan 12	9a.m.-4:30p.m. 1-4:30p.m.	\$145.00
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Beginner Watercolours

15 years and up

This course will lead you through a few step-by-step watercolour projects and then move into creating your own watercolour paintings from your own photographs. The basics of flat and gradient washes, and instruction on paper, paints, and brushes will all be covered in this class.

NBAC	76407	Wed-Thu	Mar 5-Mar 20	7-9:30p.m.	\$115.00
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Drawing Animals

15 years and up

Learn to sketch animals beginning with basic geometric shapes, then building detail and movement from those basics. Starting with basic shapes in perspective will allow you to be able to turn your animals. Instruction on shading and textures to represent hair will also be covered.

NBAC	76411	Wed-Thu	Feb 12-Feb 27	7-9:30p.m.	\$115.00
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Drawing Theory and Practice

15 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.

NBAC	76483	Tue	Apr 8-May 27	1-4p.m.	\$165.00
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Introduction to Coloured Pencil NEW

15 years and up

This workshop introduces students to the fantastic scope of coloured pencil art. Techniques used to create texture, blend colour, mimic oil paint and other effects will be covered, as well as technical information on this media.

NBAC	76484	Sun	Mar 30	1-4p.m.	\$40.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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	76249	Mon	Jan 13-Mar 10	7-10p.m.	\$165.00
	76292	Tue	Apr 8-May 27	1-4p.m.	\$165.00

Landscapes Painting 1

15 years and up

This class will explore the fundamentals of painting landscapes with acrylic paint. We will be painting from photo reference and study sketching, composition, lighting, and how to paint with a limited palette.

NBAC	76402	Fri	Jan 17-Mar 14	1-4p.m.	\$165.00
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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	76219	Tue	Jan 14-Mar 4	1-4p.m.	\$165.00
	76293	Mon	Apr 7-Jun 9	7-10p.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	76224	Wed	Jan 15-Mar 5	7-10p.m.	\$165.00
	76317	Fri	Apr 11-Jun 6	1-4p.m.	\$165.00

Painting and Drawing Drop In FREE

14 years and up

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	76226	Fri	Jan 3-Mar 28	9-11:30a.m.	Free
	76298	Fri	Apr 4-Jun 27	9-11:30a.m.	Free

Painting with Acrylics 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	76227	Wed	Jan 15-Mar 5	1-4p.m.	\$165.00
	76299	Wed	Apr 9-May 28	9a.m.-12p.m.	\$165.00

Portrait Drawing 1

15 years and up

This class will cover the fundamentals of drawing portraits from photo reference and imagination. Topics will include proportion, structure, form, lighting, and the study of individual facial features.

NBAC	76403	Tue	Jan 14-Mar 11	1-3:30p.m.	\$135.00
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Portrait Drawing Basics

15 years and up

This class will cover the basics of proportion used in gaining a good likeness in pencil. By the final session you will be working towards completing a head and shoulders frontal portrait, side profile, and three-quarter profile of someone you know. We will cover the basics of perspective and how it affects the primary lines in a portrait from any angle. Techniques for texture and blending will also be covered.

NBAC	76409	Wed-Thu	Jan 15-Jan 30	7-9:30p.m.	\$115.00
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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	76235	Fri	Jan 17-Mar 7	1-3:30p.m.	\$135.00
	76307	Thu	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	76239	Sat	Jan 18-Mar 15	9a.m.-12p.m.	\$165.00
	76309	Sat	Apr 26-Jun 21	9a.m.-12p.m.	\$165.00

What to Do With Acrylic Mediums

15 years and up

Learn what to do with Matt Medium, Clear Gesso and Crackle Paste. Acrylic mediums are used with your acrylic paints to expand your creative potential. We will explore a new acrylic medium's possibilities every two weeks, and apply this to your choice of still life, abstract or landscape subject matter. We will also work with ventilation tape, rubbing alcohol and stamping to add interesting textural effects.

NBAC	76414	Wed,Thu	May 7-May 22	7-9:30p.m.	\$115.00
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Fine Arts – Fibre Arts

Basic Embroidery Design

14 years and up

Create a colourful pet portrait in a style inspired by the work of Andy Warhol. Learn how to design and create an embroidery piece based on a picture of your own beloved pet!

NBAC	76498	Wed	Apr 9-Apr 30	7-9p.m.	\$101.00
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Fibre Felting Fun

14 years and up

Revel in the tactile and satisfying experience of working with wool! This class is an introduction to fibre felting for beginners. Sink into a relaxing rhythm as you learn to needle felt an enchanting, 3-dimensional scene and "paint" a frameable piece with wool. Explore wet felting as we create fascinator flowers, bowls, and even functional wool soap bars!

NBAC	76205	Tue	Jan 14-Mar 4	7-9:30p.m.	\$155.00
	76276	Tue	Apr 8-May 27	7-9:30p.m.	\$155.00

Embroidery Basics

14 years and up

Create a contemporary Northern Lights scene. Learn multiple stitches with lots of time for practice and questions.

NBAC	76496	Wed	Jan 15-Feb 5	7-9p.m.	\$101.00
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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	76209	Tue	Jan 14-Feb 18	7-8p.m.	\$65.00
	76283	Tue	Apr 8-May 13	7-8p.m.	\$65.00

Introduction to Fibre Arts

14 years and up

Discover the wide world of fibre arts! Learn the basics of a range of fibre arts to discover what inspires you: crochet, knit, spin, weave, felt, embroidery, dyeing, and more. Learn the history and basic skills to express yourself through textiles. There will be lots of open class time to practice techniques and ask questions.

NBAC	76494	Mon	Jan 13-Mar 10	7-9p.m.	\$175.00
	76495	Mon	Apr 7-Jun 9	7-9p.m.	\$175.00

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	76210	Mon	Jan 13-Feb 24	7-8p.m.	\$65.00
	76284	Mon	Apr 7-May 26	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	76220	Sat	Jan 11	10a.m.-3p.m.	\$55.00
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Learn to Sew a Shoulder Bag 15 years and up

Learn how to sew a simple but 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	76393	Sun	Apr 6	1-4p.m.	\$40.00
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All Bodies Swim

NEW
TIME

Fridays

7-8:25 p.m. at the
North West Leisure Centre

■ Jan 24 ■ Feb 14 ■ Mar 21
■ Apr 18 ■ May 23

All Bodies Swim is a drop-in leisure swim for people who are transgender, non-binary and/or gender non-conforming and their friends and families.

There will be access to all-gender change rooms and washrooms. Participants are encouraged to wear whatever swim gear is most comfortable for them.

For more information please email socialinclusionprograms@regina.ca

Regina.ca/DropIn



Explore Winter and Stay Warm

Warm up as you
explore winter city
activities with our
community fire pits.



Visit Regina.ca/Wintercity to see
activity schedules and all fire pit locations.



Open Fibre Night **FREE** 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	76225	Thu	Jan 23, Feb 27, Mar 27	7-10p.m.
	76297	Thu	Apr 24, May 22, Jun 26	7-10p.m.

Stitch-In **FREE** 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	76236	Fri	Jan 3-Mar 28	9-11:30a.m.
	76308	Fri	Apr 4-Jun 27	9-11:30a.m.

Quilting Drop-in **FREE** 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	76232	Thu	Jan 2-Mar 27	9a.m.-2p.m.
	76304	Thu	Apr 3-Jun 26	9a.m.-2p.m.

Upcycled Denim Mittens 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 unique mittens. 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	76391	Sat	Jan 4	10a.m.-3p.m.	\$55.00
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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	76394	Sat	Apr 5	10a.m.-3p.m.	\$55.00
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Upcycled Fabric Teddy Bear 15 years and up

Learn how to upcycle your old fabric, jacket or even thrift-store finds into a lovable teddy bear. 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 most materials. A list of materials for students to supply will be printed on the registration receipt.

NBAC	76401	Sat	Mar 29	10a.m.-3p.m.	\$55.00
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Fine Arts – Jewellery and Metalwork

Beginner Stained Glass **NEW** 15 years and up

In this class, you will learn the basic techniques of creating your own stained glass project from start to finish. You will get to create at least one project to take home to hang in a window.

NBAC	76493	Thu	Jan 16-Feb 20	7-9:30p.m.	\$175.00
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Corrugation **NEW** 16 years and up

Students will learn corrugation techniques to incorporate into their jewellery designs. With corrugation, a specific type of foldforming, you will learn to work with high-gauge metal.

Prerequisite: Jewellery 1

NBAC	76474	Sun	May 25-Jun 15	1-4p.m.	\$125.00
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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	76417	Sat	Jan 18-Feb 22	9a.m.-12p.m.	\$188.00
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Embellishing Enamel **NEW** 16 years and up Pieces Workshop

This workshop will explore using beads, murrini, enamel threads and frit to create colorful focal points on your enamel pieces. Students should bring their own copper sheet or copper enameling blanks. A materials fee, paid at the time of registration, will cover the cost of most materials. Enamels and embellishments will be provided.

Prerequisite: Previous enameling class or workshop.

NBAC	76436	Sat-Sun	Mar 15-Mar 16	9:30a.m.-4:30p.m.	\$170.00
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Enameling: Beyond **NEW** Jewellery 16 years and up

This class will explore enameling non-jewellery pieces, such as small bowls, wall plaques and enamel "paintings", buttons and other clothing embellishments, fridge magnets, etc. Object size is limited by the kiln size (under 6 inches) but will generally be larger than jewellery pieces. Students should bring their own copper sheet - between 18 and 20 gauge. A materials fee, paid at the time of registration, will cover the cost of most materials. Enamels will be provided.

Prerequisite: Previous enameling class or workshop.

NBAC	76478	Thu	Apr 10-May 29	7-10p.m.	\$260.00
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Enameling for the Jeweller 16 years and up

Students will learn to create jewellery by fusing colourful enamels to copper pieces. The emphasis in this class is on kiln firing, but additional methods will be discussed. Several specialized enameling techniques are covered, such as sgraffito, stenciling, champeve, basse taille, and crackle. Methods of setting, mounting, and finishing enamel pieces are also discussed. Students will leave the class with an array of unique and colourful pieces.

Prerequisite: Jewellery 1.

NBAC	76419	Thu	Jan 23-Mar 13	7-10p.m.	\$255.00
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Introduction to Stained Glass 15 years and up

In this weekend workshop, learn how to make your own sun catchers and other colourful creations while being introduced to some of the basic skills and techniques of stained glass work.

NBAC	76490	Sat-Sun	Jan 4-Jan 5	12:30-4p.m.	\$100.00
	76492	Sat-Sun	Jan 11-Jan 12	12:30-4p.m.	\$100.00
	76491	Sat-Sun	Apr 5-Apr 6	12:30-4p.m.	\$100.00

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 metal arts!

NBAC	76213	Tue	Jan 14-Mar 4	7-10p.m.	\$270.00
	76286	Tue	Apr 8-May 27	7-10p.m.	\$270.00

Jewellery 2

16 years and up

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	76437	Thu	Apr 10-May 29	1-4p.m.	\$230.00
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Jewellery 3

16 years and up

Students will learn advanced techniques including faceted stone setting, metal bead fabrication and etching on copper and brass.

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC	76416	Thu	Jan 16-Mar 6	1-4p.m.	\$230.00
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Jewellery Findings Workshop

16 years and up

This workshop will explore the process for creating various findings used in jewellery making. Students will learn how to make and use jump rings, incorporate basic wire wrapping techniques to create bails, clasps and join components to complete various styles of jewellery. A material supplies kit will be available for purchase in class. No experience necessary.

NBAC	76418	Sat	Mar 1-Mar 8	9a.m.-12p.m.	\$65.00
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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	76215	Tue	Jan 14-Mar 4	1-4p.m.	\$230.00
	76287	Tue	Apr 8-May 27	1-4p.m.	\$230.00

Jewellery – Casting Exploration

16 years and up

We will explore different methods of casting silver. This will include water casting, spaghetti casting and bean casting to create unique designs that you can incorporate into your designs. Each technique will produce a different type of organic result. Students are encouraged to use their own sterling silver scrap and create interesting components for your Jewellery. There will be a limited supply of Sterling Silver Scrap available to purchase.

Prerequisite: Jewellery 1 and Jewellery 2

NBAC	76420	Sun	Jan 19-Mar 9	1-4p.m.	\$230.00
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Jewellery

16 years and up

– Non-Traditional Bezels Workshop

We will explore a different technique for creating a bezel by learning the wrapped bezel technique. With a wrapped bezel, you can create a unique look when compared to a traditional bezel setting.

Prerequisite: Jewellery 1 and Jewellery 2

NBAC	76435	Sat-Sun	Mar 22-Mar 23	9:30a.m.-4:30p.m.	\$165.00
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Lampwork – Advanced Bead Shaping

16 years and up

This class will explore the use of various bead rollers, presses, molds and cabochon mandrels to create beads with specific shapes and textures, multiples of beads that are the same size and shapes, as well as cabochons in different shapes. Students should bring their own glass though there is some available for purchase.

Prerequisite: Lampwork Beads 1 or equivalent experience.

NBAC	76415	Mon	Jan 13-Mar 10	7-10p.m.	\$245.00
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Lampwork

16 years and up

– Bead Project Class

This is an excellent class for students who have taken Lampwork Beads 1 and would like extra torch time to practice and fine-tune their designs. With the instructor in attendance for guidance, you will be able to work on your special beads and assemble your creations into jewellery.

Prerequisite: Lampwork Beads 1

NBAC	76217	Mon	Jan 13-Mar 10	1-4p.m.	\$245.00
	76290	Mon	Apr 7-Jun 9	1-4p.m.	\$245.00

Lampwork Beads 1

16 years and up

Learn all the fundamentals of making glass beads and studio safety while using a torch. Learn the basics of how to manipulate glass in the flame and shape it into beads using gravity. Create simple surface designs by applying dots, stripes and by using other fundamental techniques such as raking, poking and twisting to make unique glass beads.

NBAC	76218	Wed	Jan 15-Feb 19	7-10p.m.	\$225.00
	76291	Sat	Apr 12-May 31	9a.m.-12p.m.	\$225.00

Lampwork Beads 2

16 years and up

Refine your skills with more in-depth instruction on how to clear case your designs to add more depth to your beads, and how to make hollow beads.

Prerequisite: Lampwork Beads 1 or equivalent experience.

NBAC	76439	Wed	Apr 9-May 28	7-10p.m.	\$245.00
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Lampwork

16 years and up

– Make Your Own Frit

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	76289	Sat	Apr 5	9:30a.m.-4:30p.m.	\$95.00
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Lampwork

16 years and up

– Simple Sculptures

Students will learn a variety of simple techniques such as shaping, cutting, poking, and pulling glass to create unique and three-dimensional sculptured beads and raised designs.

Prerequisite: Lampwork 1

NBAC	76438	Mon	Apr 7-Jun 9	7-10p.m.	\$245.00
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Metal Fusing **NEW**

16 years and up

Students will learn various metal fusing techniques to incorporate into their jewellery designs. Learn how to fuse metal together for interesting effects.

Prerequisite: Jewellery 1.

NBAC	76473	Sun	Apr 13-May 11	1-4p.m.	\$125.00
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Fine Arts – Photography

Photography 1

15 years and up

– Camera Operation

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	76250	Mon	Jan 13-Feb 10	7-10p.m.	\$115.00
	76302	Mon	Apr 7-May 12	7-10p.m.	\$115.00

Photography 2

15 years and up

– Principles of Photography

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	76251	Mon	Feb 24-Mar 24	7-10p.m.	\$115.00
	76303	Mon	May 26-Jun 23	7-10p.m.	\$115.00

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	76183	Wed	Jan 15-Mar 19	7-10p.m.	\$280.00
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Basic Woodworking

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	76189	Tue	Jan 14-Mar 18	7-9:30p.m.	\$235.00
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Contemporary **NEW** Wall Shelf 2

16 years and up

This course is a continuation of the project begun in the Contemporary Wall Shelf class. A material fee will be paid to the instructor.

Prerequisite: Contemporary Wall Shelf.

NBAC	76504	Sat	Jan 18-Mar 22	9a.m.-12p.m.	\$280.00
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Contemporary **NEW** Wall Shelf 3

16 years and up

This course is a continuation of the project begun in the Contemporary Wall Shelf level 1, and level 2 classes. A material fee will be paid to the instructor.

Prerequisite: Contemporary Wall Shelf and Contemporary Wall Shelf 2.

NBAC	76506	Sat	Apr 12-Jun 14	9a.m.-12p.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.

NBAC	76500	Sun	Apr 13-Jun 15	1-4p.m.	\$230.00
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Garden Furniture

16 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	76279	Tue	Apr 8-May 27	7-9:30p.m.	\$200.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Hand Cut Mortise and Tenon Stool

16 years and up

Create a small rectangular accent stool, cutting mortise and tenon joinery with hand tools. Learn how drawboring with a peg both tightens and strengthens the joint. Then put your feet up on it to relax or hold your beverage and book beside your tub or chair! An additional materials fee paid to the instructor will cover all required materials.

Prerequisite: Basic woodworking or instructor's permission.

NBAC	76405	Thu	Apr 24-May 29	7-10p.m.	\$180.00
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Introduction to the Wood Lathe: Bowl Turning

16 years and up

This introduction to bowl turning will include safely using the wood lathe, wood selection and orientation, and the use and sharpening of bowl gouges and other appropriate 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	76398	Fri Sat, Sun	Jan 10 Jan 11, 12	7-9p.m. 9a.m.-5p.m.	\$205.00
	76400	Fri Sat, Sun	Apr 4 Apr 5, 6	7-9p.m. 9a.m.-5p.m.	\$205.00

Introduction to the Wood Lathe: Spindle Turning

16 years and up

This introduction to spindle turning (long thin items) will include safe use of the wood lathe, wood selection, use of tools and sharpening. Students will practice different shapes: beads, coves, cylinders, tenons, etc. While not required, students will have the option to purchase wood and hardware for specific projects from the instructor.

NBAC	76397	Fri Sat, Sun	Jan 3 Jan 4, 5	7-9p.m. 9a.m.-5p.m.	\$205.00
	76399	Fri Sat, Sun	Mar 28 Mar 29, 30	7-9p.m. 9a.m.-5p.m.	\$205.00

Shaker-Influenced Nailed Box

16 years and up

This practical box hangs on the wall or graces an end table, highlighting your hand cut rabbets held with classic cut nails. The simple elegance of the design is influenced by the Shaker intentionality of form following function without excess ornamentation. You will hand plane surfaces as well as learn to lay out and cut rabbets with handsaw, chisel, rabbet plane and router plane. An additional materials fee paid to the instructor will cover all required materials.

Prerequisite: Basic woodworking or instructor's permission.

NBAC	76404	Thu	Jan 9-Jan 30	7-10p.m.	\$125.00
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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 you buy a chisel ahead of the class, please discuss with the instructor for advice on what to purchase.

NBAC	76234	Sun	Feb 9	1-5p.m.	\$65.00
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Wood Carving Drop-in

14 years and up

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

NBAC	76241	Tue	Jan 7-Mar 25	9-11:30a.m.	Free
	76311	Tue	Apr 1-Jun 24	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	76312	Wed	Apr 9-May 28	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	76242	Mon	Jan 13-Mar 24	7-10p.m.	\$280.00
	76313	Mon	Apr 7-Jun 9	7-10p.m.	\$230.00

Aquatic Fitness, Health & Wellness

Programming Note

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529).

Aquacise

14 years and up

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

LAC	77929	Tue	Jan 7-Feb 11	6:15-7p.m.	\$34.80
	77930	Thu	Jan 9-Feb 13	6:15-7p.m.	\$34.80
	77925	Tue	Feb 25-Apr 15	6:15-7p.m.	\$46.40
	77926	Thu	Feb 27-Apr 17	6:15-7p.m.	\$46.40
	77927	Tue	Apr 29-May 27	6:15-7p.m.	\$29.00
	77928	Thu	May 1-May 29	6:15-7p.m.	\$29.00
NWLC	78013	Mon	Jan 6-Feb 10	8:35-9:20p.m.	\$34.80
	78014	Tue	Jan 7-Feb 11	8:35-9:20p.m.	\$34.80
	78012	Wed	Jan 8-Feb 12	8:35-9:20p.m.	\$34.80
	78016	Mon	Feb 24-Apr 14	8:35-9:20p.m.	\$46.40
	78017	Tue	Feb 25-Apr 15	8:35-9:20p.m.	\$46.40
	78015	Wed	Feb 26-Apr 16	8:35-9:20p.m.	\$46.40
	78019	Mon	Apr 28-May 26	8:35-9:20p.m.	\$23.20
	78020	Tue	Apr 29-May 27	8:35-9:20p.m.	\$29.00
	78018	Wed	Apr 30-May 28	8:35-9:20p.m.	\$29.00
SSLC	78018	Wed	Apr 30-May 28	8:35-9:20p.m.	\$29.00
	77648	Tue	Jan 7-Feb 11	8:30-9:15p.m.	\$34.80
	77659	Wed	Jan 8-Feb 12	8:30-9:15p.m.	\$34.80

SSLC	77679	Thu	Jan 9-Feb 13	8:30-9:15p.m.	\$34.80
	77739	Mon	Feb 24-Apr 14	8:30-9:15p.m.	\$46.40
	77746	Tue	Feb 25-Apr 15	8:30-9:15p.m.	\$46.40
	77750	Wed	Feb 26-Apr 16	8:30-9:15p.m.	\$46.40
	77755	Thu	Feb 27-Apr 17	8:30-9:15p.m.	\$46.40
	77800	Mon	Apr 28-May 26	8:30-9:15p.m.	\$23.20
	77801	Tue	Apr 29-May 27	8:30-9:15p.m.	\$29.00
	77802	Wed	Apr 30-May 28	8:30-9:15p.m.	\$29.00
	77803	Thu	May 1-May 29	8:30-9:15p.m.	\$29.00

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	77660	Wed	Jan 8-Feb 12	9:15-10a.m.	\$34.80
	77751	Wed	Feb 26-Apr 16	9:15-10a.m.	\$46.40
	77804	Wed	Apr 30-May 28	9:15-10a.m.	\$29.00

Land Fitness, Health & Wellness

Baby & Me Bootcamp

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. Babies ages 3 to 18 months can attend.

FLDH	76132	Wed	Jan 8-Feb 12	10:45-11:45a.m.	\$41.40
	76133	Thu	Jan 9-Feb 6	10:45-11:45a.m.	\$34.50
	76471	Wed	Feb 26-Apr 16	10:45-11:45a.m.	\$55.20
	76472	Thu	Feb 27-Apr 17	10:45-11:45a.m.	\$55.20
	76422	Wed	Apr 30-May 28	10:45-11:45a.m.	\$34.50
	76423	Thu	May 1-May 29	10:45-11:45a.m.	\$27.60

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	77690	Fri	Jan 10-Feb 14	11:45a.m.-12:45p.m.	\$34.80
	77761	Fri	Feb 28-Apr 11	11:45a.m.-12:45p.m.	\$40.60
	77805	Fri	May 2-May 30	11:45a.m.-12:45p.m.	\$29.00

Fresh Air Fitness and Zen Stretch 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	76162	Fri	Jan 10-Feb 14	9-10a.m.	\$41.40
	76524	Fri	Feb 28-Apr 11	9-10a.m.	\$48.30
	76512	Fri	May 2-30	9-10a.m.	\$34.50

LiveWell

15 years and up

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.

FLDH	76134	Mon, Wed	Jan 6-Feb 12	10-11a.m.	\$95.40
	76135	Mon, Wed	Jan 6-Feb 12	11a.m.-12p.m.	\$95.40
	76502	Tue, Thu	Jan 7-Feb 13	4:30-5:30p.m.	\$95.40
	76136	Tue, Thu	Jan 7-Feb 13	5:30-6:30p.m.	\$95.40
	76468	Mon, Wed	Mar 12-Apr 16	10-11a.m.	\$87.45
	76469	Mon, Wed	Mar 12-Apr 16	11a.m.-12p.m.	\$87.45
	76503	Tue, Thu	Mar 13-Apr 17	4:30-5:30p.m.	\$87.45
	76470	Tue, Thu	Mar 13-Apr 17	5:30-6:30p.m.	\$87.45
	76424	Mon, Wed	Apr 28-May 28	10-11a.m.	\$71.55
	76425	Mon, Wed	Apr 28-May 28	11a.m.-12p.m.	\$71.55
	76507	Tue, Thu	Apr 29-May 29	4:30-5:30p.m.	\$79.50
	76426	Tue, Thu	Apr 29-May 29	5:30-6:30p.m.	\$79.50

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	76137	Mon	Jan 6-Feb 10	7-8p.m.	\$41.40
	76475	Mon	Feb 24-Apr 14	7-8p.m.	\$62.10
	76427	Mon	Apr 28-May 26	7-8p.m.	\$27.60

Minds in Motion

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	77916	Thu	Apr 10-May 29	1:30-3:30p.m.	\$25.00
	77915	Thu	Jan 23-Mar 27	1:30-3:30p.m.	\$30.00

Steel Mace & Mobility

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	76430	Mon	Apr 28-May 26	12:10-12:55pm	\$31.80
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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	76138	Thu	Jan 9-Feb 6	6:45-7:45p.m.	\$34.50
	76476	Thu	Feb 27-Apr 17	6:45-7:45p.m.	\$55.20
	76428	Thu	May 1-May 29	6:45-7:45p.m.	\$27.60

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	76139	Sat	Jan 11-Feb 1	9:45-10:45a.m.	\$20.70
	76477	Sat	Mar 1-Apr 12	9:45-10:45a.m.	\$41.40
	76429	Sat	May 3-May 31	9:45-10:45a.m.	\$27.60

STEPFit

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	77637	Mon	Jan 6-Feb 10	5:30-6:30p.m.	\$34.80
	77740	Mon	Feb 24-Apr 14	5:30-6:30p.m.	\$46.40
	77806	Mon	Apr 28-May 26	5:30-6:30p.m.	\$23.20

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	77661	Wed	Jan 8-Feb 12	10:30-11:30a.m.	\$34.80
	77752	Wed	Feb 26-Apr 16	10:30-11:30a.m.	\$46.40
	77807	Wed	Apr 30-May 28	10:30-11:30a.m.	\$29.00

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	77649	Tue	Jan 7-Feb 11	6:45-7:45p.m.	\$34.80
	77662	Wed	Jan 8-Feb 12	5:30-6:30p.m.	\$34.80
	77747	Tue	Feb 25-Apr 15	6:45-7:45p.m.	\$46.40
	77753	Wed	Feb 26-Apr 16	5:30-6:30p.m.	\$46.40
	77808	Tue	Apr 29-May 27	6:45-7:45p.m.	\$29.00
	77809	Wed	Apr 30-May 28	5:30-6:30p.m.	\$29.00

Looking for drop-in Fitness classes?

See the schedules and more at Regina.ca/dropin



TRX® 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	76141	Wed	Jan 8-Feb 12	5:30-6:30p.m.	\$47.70
	76479	Wed	Feb 26-Apr 16	5:30-6:30p.m.	\$63.60
	76431	Wed	Apr 30-May 28	5:30-6:30p.m.	\$39.75

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	76156	Mon	Jan 6-Feb 10	7:15-8:15p.m.	\$41.40
	76157	Tue	Jan 7-Feb 11	6-7p.m.	\$41.40
	76531	Mon	Feb 24-Apr 14	7:15-8:15p.m.	\$55.20
	76532	Tue	Feb 25-Apr 15	6-7p.m.	\$55.20
	76516	Mon	Apr 28-May 26	7:15-8:15p.m.	\$27.60
	76517	Tue	Apr 29-May 27	6-7p.m.	\$34.50
SSLC	77639	Mon	Jan 6-Feb 10	8-9p.m.	\$41.40
	77742	Mon	Feb 24-Apr 14	8-9p.m.	\$55.20
	77812	Mon	Apr 28-May 26	8-9p.m.	\$27.60

Yoga – Gentle

15 years and up

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

FLDH	76142	Mon	Jan 6-Feb 10	5:45-6:45p.m.	\$41.40
	76480	Mon	Feb 24-Apr 14	5:45-6:45p.m.	\$55.20
	76432	Mon	Apr 28-May 26	5:45-6:45p.m.	\$27.60
NWLC	76154	Mon	Jan 6-Feb 10	6-7p.m.	\$41.40
	76155	Wed	Jan 8-Feb 12	6-7p.m.	\$41.40
	76533	Mon	Feb 24-Apr 14	6-7p.m.	\$55.20
	76534	Wed	Feb 26-Apr 16	6-7p.m.	\$55.20
	76518	Mon	Apr 28-May 26	6-7p.m.	\$27.60
	76519	Wed	Apr 30-May 28	6-7p.m.	\$34.50
SSLC	77640	Mon	Jan 6-Feb 10	9:15-10:15a.m.	\$41.40
	77641	Mon	Jan 6-Feb 10	10:30-11:30a.m.	\$41.40
	77642	Mon	Jan 6-Feb 10	6:45-7:45p.m.	\$41.40
	77681	Thu	Jan 9-Feb 13	11:45a.m.-12:45p.m.	\$41.40
	77680	Thu	Jan 9-Feb 13	6:45-7:45p.m.	\$41.40
	77691	Thu	Jan 9-Feb 13	9:15-10:15a.m.	\$41.40
	77692	Fri	Jan 10-Feb 14	10:30-11:30a.m.	\$41.40
	77743	Mon	Feb 24-Apr 14	9:15-10:15a.m.	\$55.20
	77744	Mon	Feb 24-Apr 14	10:30-11:30a.m.	\$55.20
	77745	Mon	Feb 24-Apr 14	6:45-7:45p.m.	\$55.20
	77757	Thu	Feb 27-Apr 17	11:45a.m.-12:45p.m.	\$55.20
	77756	Thu	Feb 27-Apr 17	6:45-7:45p.m.	\$55.20
	77762	Thu	Feb 27-Apr 17	9:15-10:15am	\$55.20
	77763	Fri	Feb 28-Apr 11	10:30-11:30a.m.	\$48.30
	77813	Mon	Apr 28-May 26	9:15-10:15a.m.	\$27.60

SSLC	77814	Mon	Apr 28-May 26	10:30-11:30a.m.	\$27.60
	77815	Mon	Apr 28-May 26	6:45-7:45p.m.	\$27.60
	77817	Thu	May 1-May 29	11:45a.m.-12:45p.m.	\$34.50
	77816	Thu	May 1-May 29	6:45-7:45p.m.	\$34.50
	77818	Thu	May 1-May 29	9:15-10:15a.m.	\$34.50
	77819	Fri	May 2-May 30	10:30-11:30a.m.	\$34.50

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	76143	Tue	Jan 7-Feb 11	10:30-11:30a.m.	\$41.40
	76481	Tue	Feb 25-Apr 15	10:30-11:30a.m.	\$55.20
	76433	Tue	Apr 29-May 27	10:30-11:30a.m.	\$34.50

Yoga – Yin

15 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	77650	Tue	Jan 7-Feb 11	8-9p.m.	\$41.40
	77748	Tue	Feb 25-Apr 15	8-9p.m.	\$55.20
	77820	Tue	Apr 29-May 27	8-9p.m.	\$34.50

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	76144	Wed	Jan 8-Feb 5	6:45-7:45p.m.	\$34.50
	76482	Wed	Feb 26-Apr 16	6:45-7:45p.m.	\$55.20
	76434	Wed	Apr 30-May 28	6:45-7:45p.m.	\$34.50
SSLC	77682	Thu	Jan 9-Feb 13	8-9p.m.	\$41.40
	77710	Sat	Jan 11-Feb 15	9-10a.m.	\$41.40
	77758	Thu	Feb 27-Apr 17	8-9p.m.	\$55.20
	77785	Sat	Mar 1-Apr 12	9-10a.m.	\$48.30
	77821	Thu	May 1-May 29	8-9p.m.	\$34.50
	77822	Sat	May 3-May 31	9-10a.m.	\$34.50

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 sports 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	76982	Sat	Jan 4-Mar 15	6-7:30p.m.	\$90.00
	76964	Fri	Jan 10-Feb 14	6-7:30p.m.	\$78.75
	77255	Sat	Mar 15-May 24	6-7:30p.m.	\$90.00
	77251	Fri	Mar 21-May 23	6-7:30p.m.	\$90.00

Tennis – Adult Level 1

16 years and up

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

FLDH	77235	Fri	Mar 21-May 23	7-8p.m.	\$52.50
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More than Fitness
Purchase a Leisure Pass today!



[Regina.ca/leisurepass](https://regina.ca/leisurepass)



REGISTERED OLDER ADULT PROGRAMS



Legend

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).

Adapted Adult Strength 18 years and up and Balance

This introductory class empowers adults with disabilities or those facing recreational barriers, focusing on building core strength, balance, and mobility using various equipment.

SSLC	77644	Tue	Jan 7-Feb 11	12:15-1:15p.m.	\$43.50
	77645	Tue	Feb 25-Apr 1	12:15-1:15p.m.	\$43.50
	77646	Tue	Apr 15-May 27	12:15-1:15p.m.	\$43.50

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	76158	Tue	Jan 7-Feb 11	10:30-11:30a.m.	\$41.40
	76159	Thu	Jan 9-Feb 13	10:30-11:30a.m.	\$41.40
	76526	Tue	Feb 25-Apr 15	10:30-11:30a.m.	\$55.20
	76527	Thu	Feb 27-Apr 17	10:30-11:30a.m.	\$55.20
	76513	Tue	Apr 29-May 27	10:30-11:30a.m.	\$34.50
	76514	Thu	May 1-May 29	10:30-11:30a.m.	\$34.50

Yoga – Chair

Ages 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	77638	Mon	Jan 6-Feb 10	11:45a.m.-12:45p.m.	\$41.40
	77663	Wed	Jan 8-Feb 12	11:45a.m.-12:45p.m.	\$41.40
	77741	Mon	Feb 24-Apr 14	11:45a.m.-12:45p.m.	\$55.20
	77754	Wed	Feb 26-Apr 16	11:45a.m.-12:45p.m.	\$55.20
	77810	Mon	Apr 28-May 26	11:45a.m.-12:45p.m.	\$27.60
	77811	Wed	Apr 30-May 28	11:45a.m.-12:45p.m.	\$34.50
NWLC	76161	Wed	Jan 8-Feb 12	1-2p.m.	\$41.40
	76528	Wed	Feb 26-Apr 16	1-2p.m.	\$55.20
	76515	Wed	Apr 30-May 28	1-2p.m.	\$34.50

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	77651	Tue	Jan 7-Feb 11	10:30-11:30a.m.	\$41.40
	77683	Thu	Jan 9-Feb 13	10:30-11:30a.m.	\$41.40
	77749	Tue	Feb 25-Apr 15	10:30-11:30a.m.	\$55.20
	77759	Thu	Feb 27-Apr 17	10:30-11:30a.m.	\$55.20
	77823	Tue	Apr 29-May 27	10:30-11:30a.m.	\$34.50
	77824	Thu	May 1-May 29	10:30-11:30a.m.	\$34.50
NWLC	76160	Wed	Jan 8-Feb 12	10:30-11:30a.m.	\$41.40
	76530	Wed	Feb 26-Apr 16	10:30-11:30a.m.	\$55.20
	76520	Wed	Apr 30-May 28	10:30-11:30a.m.	\$34.50



Older Adults Leaders Wanted

Are you over the age of 50? Do you believe in the benefits of physical activity, are active and enjoy helping others? Why not volunteer as an Older Adult Leader?

Saskatchewan Health Authority is offering Forever...in motion Leadership Training. This training will help you enhance and develop your skills in leading physical activity classes for your peers. Training includes information on how to lead a safe exercise program for older adults, addressing chronic conditions, preventing falls and other practical hands-on experience.

2024/2025 Forever...in motion Leadership Training

For \$40 you receive:

- 30 hours of training
- a manual
- a t-shirt
- training materials

For more information about available dates or to register contact Marisol Molina-Smith at 306-766-7163 or marisol.molinasmith@saskhealthauthority.ca

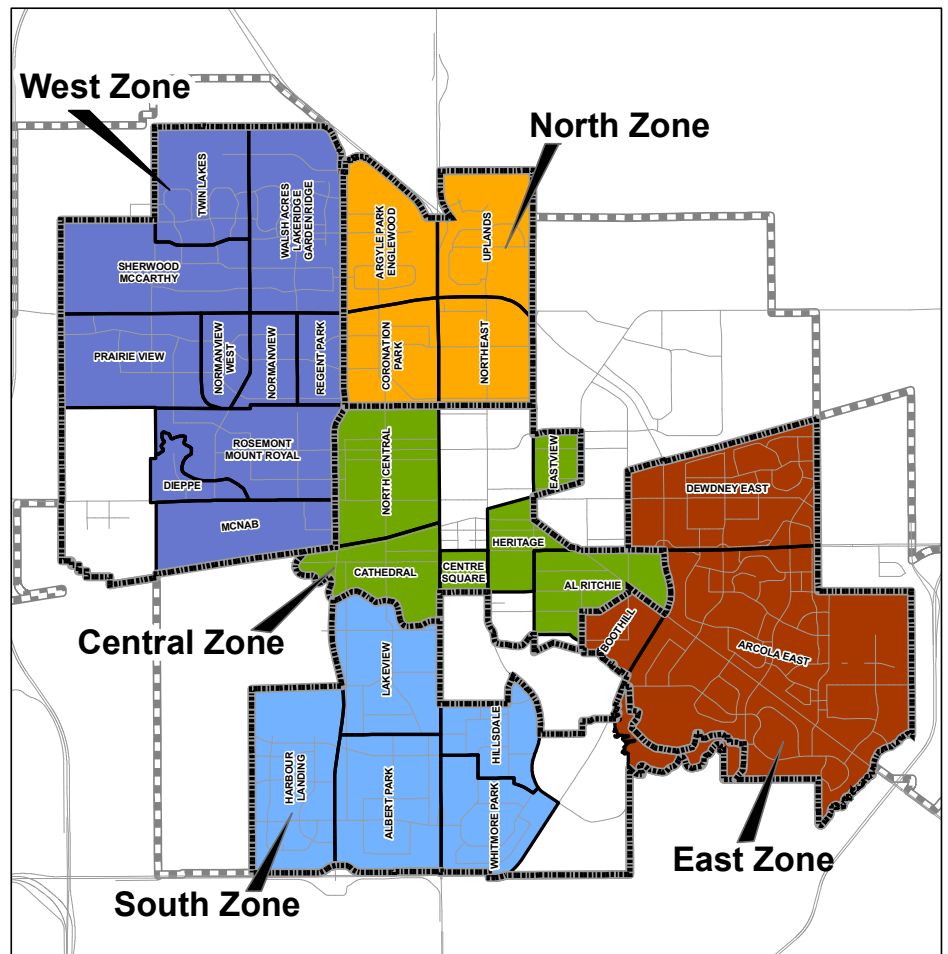


Zone Board & Community Association Programs



The following pages of programs and activities are provided by Community Associations and Zone Boards. These are not City of Regina programs.

To register for these programs and activities, or for more information, please contact the Community Association or Zone Board directly.



Central Zone Board

Contact: Central Zone Board

Registration Date: Please contact the zone or association directly

Email:

Registration Location:

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 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

Registration Date: Ongoing

Facebook.com/AlRitchieCommunityAssociation

Registration Location: 2250 Lindsay St.

Email: info@alritchie.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!

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Second Chance Community Shop	All	Mon-Fri	Ongoing	10 a.m.-2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Cinemagic Movie event	All	Sat	Feb 15	TBD	Landmark Cinemas 2064 Aurora Blvd.	Free
Eggstravaganza	All	Sat	Apr 12	1-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free
End of School Bash	All	Fri	Jun 13	4-8p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free
Community Clean up	All	Sat	Aug 16	10a.m.-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Jungle Gym	0-10 yrs	Thu	Ongoing	9-10a.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in
Snackaroos	0-6 yrs	Thu	Ongoing	10:15-11:15p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Little Artists	0-6 yrs	Wed	Ongoing	2:30-3:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Books For Breakfast	0-6 yrs	Tue	Ongoing	9-10a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Stay & Play	0-6 yrs	Tue	Ongoing	10-11a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Cookie Monsters	0-10 yrs	Wed	Ongoing	1-2:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Little Einsteins	0-6 yrs	Tue	Ongoing	1-2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Show Time	0-6 yrs	Thu	Ongoing	1-2:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in

Children						
After School Program	5-15 yrs	Mon-Fri	School Days	3:15-5p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Snackaroos	0-6 yrs	Thu	Ongoing	10:15-11:15a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Cookie Monsters	0-10 yrs	Wed	Weekly	1-2:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Learn to Skate (Session 2)	5-12	Thu	Jan 9-Feb 13	5:45-6:30p.m.	Al Ritchie Ice Arena 2230 Lindsay Street	\$100
Ringette	8-12	Mon	Apr 14-Jun 16	7-8p.m.	Al Ritchie Ice Arena 2230 Lindsay Street	Free
Dance & Free Movement Fundamentals	5-12	Thu	Jan 9-Jun 5	6:45-7:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	5-15	Mon-Fri	School days	3:15-5p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Youth Mentorship	8-15	Thu	Sep 19-Jun 5	6-8p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Youth Cook & Eat	8-16	Sun	Sep 1-Oct 6	11a.m.-1p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$35
Youth Cook & Eat	8-16	Sun	Jan 5-Feb 9	11a.m.-1p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$35
Youth Cook & Eat	8-16	Sun	Mar 9-Apr 13	11a.m.-1p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$35
Dance & Free Movement Fundamentals	5-12	Thu	Jan 9-Jun 5	6:45-7:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free
Home Alone / Babysitting Course	11+ yrs	Sat	Mar 22	8am	Al Ritchie Community Association 2250 Lindsay Street	\$50 per child

Adult						
Barre Fitness	18+	Thu	Jan 9-Jun 5	7:30-8:15p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$5 drop-in or 5 class pass for \$20
Pickleball	18+	Thu	Sep-Jun	11a.m.-2p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$2 Drop-in or \$20 Annually
Yang 85 Form Tai chi	18+	Sun	Weekly	1-2:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$25

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga	55+	Fri	Sep-Jun	10-11:15a.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in

Cathedral Village Community Association

cathedralvillage.org

Contact: 306-569-8755

Email: caca@sasktel.net

Registration Date: Online starting November 14

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 \$10 per family for 12 consecutive months. Please visit our website or Facebook page for more information or call or email the office directly.

Book Club: Queen City Urbanist - The Queen City Urbanists are a community of curious minds looking to push YQR into the future. Each month, we'll read a book that delves into the complexities of urban living, from architecture and design to politics and social justice. Through discussions, debates and recommendations, we'll delve into the latest ideas and trends shaping our urban landscapes and imagine a more equitable, sustainable and vibrant future for our city.

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	Tue	Mar 18	7:30-9p.m.	Cathedral Neighbourhood Centre	Free

Cathedral Village Arts Festival	All	Mon-Sat	May 19-24	Various	Various locations in the Cathedral Village	Free
Parent & Baby Group	All	Thu	Jan 2-Jun 26 excl. May 22	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Rink Shack Open	All	Tue-Sun	tentatively Dec 20-Mar 8-10, weather dependant	various, see website	Leslie Park Rink	Free
Self Defense Basics	8+ yrs	Thu	Jan 30-Feb 27	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Self Defense Intermediate	8+ yrs	Thu	Mar 13-Apr 9	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Baby

Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Baby Group	All	Thu	Jan 2-Jun 26 excl. May 22	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey	8-11 yrs	Sat	Jan 4-Mar 8	9:30-10:30a.m.	Optimist Arena	\$170, drop in \$20, all must register
Just for Fun Hockey	12-14 yrs	Sat	Jan 4-Mar 8	10:30-11:30a.m.	Optimist Arena	\$170, drop in \$20, all must register
Kids Painting: Polar Bear's Loving Heart	7-11 yrs	Sun	Feb 9	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: Little Panda Bear	7-11 yrs	Sun	Mar 16	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: Easter Egg Hunt	7-11 yrs	Sun	Apr 13	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: Pretty Yellow Rain Boots	7-11 yrs	Sun	Jun 8	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Self Defense Basics	8+ yrs	Thu	Jan 30-Feb 27	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Self Defense Intermediate	8+ yrs	Thu	Mar 13-Apr 9	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey	12-14 yrs	Sat	Jan 4-Mar 8	10:30-11:30p.m.	Optimist Arena	\$170, drop in \$20, all must register
Just for Fun Hockey	15-18 yrs	Sat	Jan 4-Mar 8	11:30-12:30p.m.	Optimist Arena	\$170, drop in \$20, all must register
Self Defense Basics	8+ yrs	Thu	Jan 30-Feb 27	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Self Defense Intermediate	8+ yrs	Thu	Mar 13-Apr 9	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
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Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Book Club: Queen City Urbanist	18+	First Wed of the month	Jan 8-Jun 4	7-9p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Bread Making: Famous New York Times No Knead Fancy Artisan Style Bread	18+	Sat	Feb 8	1-2p.m.	Cathedral Neighbourhood Centre	\$10
Crib & Coffee	18+	Every 2nd & 4th Tue	Jan 14-Jun 24	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Jan 8-Mar 26 excl. Jan 29	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$72
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Apr 2-Jun 25 excl. May 21	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$78
Mature Driver Refresher Course	55+	Fri	May 9	9-3:30p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong Trial Class	18+	Tue	Jan 7	7:15-8:15p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong	18+	Tue	Jan 14-Apr 1	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$125 12 classes guaranteed
Qigong Trial Class	18+	Tue	Apr 8	7:15-8:15p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong	18+	Tue	Apr 15-Jun 24 excl. May 20	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$125 12 classes guaranteed
Ringette Drop-in	21+	Thu	Jan 2-Mar 13	8:15-9:15p.m.	Optimist Arena	\$130
Tai Chi Chih Beginner Trial Class	18+	Mon	Jan 6	8-9p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+	Mon	Jan 13-Mar 31	8-9p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chih Beginner Trial Class	18+	Mon	Apr 7	8-9p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+	Mon	Apr 14-Jun 30 excl. May 19	8-9p.m.	Cathedral Neighbourhood Centre	\$110
Tai Chi Chih Advanced Trial Class	18+	Mon	Jan 6	6:45-7:45p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+	Mon	Jan 13-Mar 31	6:45-7:45p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chih Advanced Trial Class	18+	Mon	Apr 7	6:45-7:45p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+	Mon	Apr 14-Jun 30 excl. May 19	6:45-7:45p.m.	Cathedral Neighbourhood Centre	\$110
Tai Chi Chuan Trial Class	18+	Sun	Jan 5	8-9a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan	18+	Sun	Jan 12-Mar 30 12 classes guaranteed	8-9a.m.	Cathedral Neighbourhood Centre	\$125
Tai Chi Chuan Trial Class	18+	Sun	Apr 6	8-9a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan	18+	Sun	Apr 13-Jun 29, excl. May 25 12 classes guaranteed	8-9a.m.	Cathedral Neighbourhood Centre	\$125
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Tue	Jan 7	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Tue	Jan 14-Apr 15	5:45-7p.m.	Cathedral Neighbourhood Centre	\$127, bring mat

Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Tue	Apr 29	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Tue	May 6-Jun 24 excl. May 21	5:45-7p.m.	Cathedral Neighbourhood Centre	\$69, bring mat
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Fri	Jan 10	5:30-6:30p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Fri	Jan 13-Apr 11	5:30-6:30p.m.	Cathedral Neighbourhood Centre	\$118, bring mat
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Fri	May 2	5:30-6:30p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Fri	May 9-Jun 27 excl May 23	5:30-6:30p.m.	Cathedral Neighbourhood Centre	\$64, bring mat
Yoga: Chair Trial Class	18+	Tue	Jan 7	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+	Tue	Jan 14-Apr 16	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$118, bring mat
Yoga: Chair Trial Class	18+	Tue	Apr 29	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+	Tue	May 6-Jun 27	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$64, bring mat
Yoga: Yin	18+	Thu	Jan 9	5:45-6:55p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Yin	18+	Thu	Jan 16-Apr 17	5:45-6:55p.m.	Cathedral Neighbourhood Centre	\$127, bring mat
Yoga: Yin	18+	Thu	May 1	5:45-6:55p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Yin	18+	Thu	May 8-Jun 26, excl. May 22	5:45-6:55p.m.	Cathedral Neighbourhood Centre	\$69, bring mat
Yoga for Every Body	18+	Sat	Jan 11–Mar 29	10-11:15a.m.	Cathedral Neighbourhood Centre	\$130, bring mat
Yoga for Every Body	18+	Sat	Apr 5-Jun 28 excl. May 17 & 24	10-11:15a.m.	Cathedral Neighbourhood Centre	\$140, bring mat

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+	Every 2nd & 4th Tue	Jan 14-Jun 24	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Forever...In Motion	55+	Mon	Jan-Jun	1-2p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
Forever...In Motion	55+	Fri	Jan-Jun	1-2p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Jan 8-Mar 26 excl. Jan 29	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$72
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Apr 2-Jun 25 excl. May 21	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$78
Mature Driver Refresher Course	55+	Fri	May 9	9-3:30p.m.	Cathedral Neighbourhood Centre	Free, must register
Yoga: Chair Trial Class	18+	Tue	Jan 7	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+	Tue	Jan 14-Apr 16	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$118, bring mat
Yoga: Chair Trial Class	18+	Tue	Apr 29	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+	Tue	May 6-Jun 27	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$64, bring mat

Downtown Community Association

Facebook.com/dcaregina

Contact: Visit Facebook.com/dcaregina or email
Email: DCARegina@gmail.com

Registration Date: Visit Facebook.com/dcaregina
Registration Location: Visit Facebook.com/dcaregina

The Downtown Community Association was formed to give the people living downtown a voice in the decisions affecting them and strives to create an engaging, comfortable and vibrant downtown community where all people living downtown are welcome to connect and enjoy life. Check out DCA on Facebook.com/dcaregina or contact DACRegina@gmail.com for more information or to volunteer.

Heritage Community Association

heritagecommunityassociation.com

Contact: Wendy Miller
Email: director@hcaregina.com

Registration Date: See heritagecommunityassociation.com
Registration Location: See heritagecommunityassociation.com

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighborhood located in the Mitakuyé Owâs'â Centre at 1770 Halifax Street. HCA offers a range of programs and services that focus on community engagement, children, 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
Community Pantries	All Ages	Daily	TBD	TBD	Heritage Community	Free
Community Kitchens	Various groups	Call for more info	TBD	TBD	Mitakuyé Owâs'â Centre	Free
Community Gardens	Various groups	Call for more info	TBD	TBD	Mitakuyé Owâs'â Centre	Free
Vintage Market	All Ages	Mar 29	Sat	9a.m.-3p.m.	Mitakuyé Owâs'â Centre	Free
Honouring Their Spirits	All Ages	May 5	Mon	10a.m.-2p.m.	Mitakuyé Owâs'â Centre	Free
Community Clean Up	All Ages	TBD	TBD	TBD	Heritage Community	Free

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Let's Move	8-12 yrs	Mon	Jan 20-Jun16	6-8p.m.	Mitakuyé Owâs'â Centre	Preregistration required
Judo	8-12 yrs	Wed	Jan 8-May 7	6:30-8p.m.	Mitakuyé Owâs'â Centre	Preregistration required
Cooking Classes	7-12 yrs	Thu	TBD	TBD	Thomson school/Mitakuyé Owâs'â Centre	Preregistration required

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Art Connections	50+	Thu	Call to register	1:30p.m.	Mitakuyé Owâs'â Centre	Free
Chair Exercise	50+	Thu	Weekly	10:45	Mitakuyé Owâs'â Centre	Free
Potluck	50+	Tue	Call to register		Mitakuyé Owâs'â Centre	Free
Walking Group	50+	Wed	Weekly	10:15a.m.	Mitakuyé Owâs'â Centre	Free

North Central Community Association

Contact: Pat Faulconbridge
Email: exec.director@nccaregina.ca

Registration Date: Continuous
Registration Location: 306-791-9888 or contact info@nccaregina.ca

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.

Additional Programs may be added, please follow us on our NCCA Facebook page.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
NCCA Drop-in Basketball	14+	Tue, Thu, Sat, Sun	Year-round	8-10p.m.	māmawēyatitān centre	Free

Walking Club (indoors)	Adults	Wed & Fri	Year-round	8-9a.m.	māmawēyatitān centre	Free
Trauma-Informed Yoga	Indigenous Adults	Tue	Jan 7-Mar 25	6:30-7:30p.m.	māmawēyatitān centre	Free
Forever...in Motion Fitness	Adults	Tue	Jan 7-Mar 25	1030-11:30a.m.	māmawēyatitān centre	Free

Queen City Eastview Community Association

eastviewregina.com

Contact: Amanda/Kayla 306-525-4757

Registration Date: On going. First come, first served.

Email: programs@eastviewregina.com

Registration Location: 615 6th Ave.

The Queen City Eastview Community Association includes the area between Winnipeg Street on the West, McDonald on the East, the C.P.R. main line on the South, and Ross Avenue on the North. The association board of directors is a small group of hard-working volunteers that invite you to learn more about the association and get involved by calling 306-525-4757 or email qcceca@hotmail.ca. The Eastview Community Centre is located at 615 6th Avenue. The Centre staff are on site from 9a.m. to 4p.m. every weekday. Call in as we add programs regularly.

Program registration: 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 & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
BlueGrass Public Jam	All	Sun	Jan 26, Feb 23, Mar 30, Apr 27	1-3p.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	All	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Parent & Tot Imagination Station	18m+ and Parent	Mon and Tue	Jan 13-Mar 4	10-11a.m.	Eastview Community Centre	\$10 drop-in per tot
Stay and Play	18m+ and Parent	Sun	Jan 26, Feb 23, Mar 30, Apr 27, May 25	3-5p.m.	Eastview Community Centre	\$10 drop-in per tot
Try It Skate Day	All	Sat	Jan 11	1-3p.m.	Eastview Outdoor Rink	Free
Winter Carnival	All	Sat	Mar 8	10-3p.m.	Eastview Community Centre	\$5 membership

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Free Rink Skating	All	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Parent & Tot Imagination Station	18m+ and Parent	Mon and Tue	Jan 13-Mar 4	10-11a.m.	Eastview Community Centre	\$10 drop-in per tot
Stay and Play	18m+ and Parent	Sun	Jan 26, Feb 23, Mar 30, Apr 27, May 25	3-5p.m.	Eastview CommunityCentre	\$10 drop-in per tot
Try It Skate Day	All	Sat	Jan 11	1-3p.m.	Eastview Outdoor Rink	Free
Winter Carnival	All	Sat	Mar 8	10-3p.m.	Eastview Community Centre	\$5 membership

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6 and up	Mon-Fri (school days only)	Jan 14-May 30 (school days only)	3:30-5:15p.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	All	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Kids Cooking Class	8-15	Sat	Feb 8	10a.m.	Eastview Community Centre	\$50
Kids Cooking Class	8-15	Sat	Apr 12	10a.m.	Eastview Community Centre	\$50
Kids Kung Fu	TBD	TBD	TBD	TBD	Eastview Community Centre	TBD
MyTime	11-15	Wed	Feb 5-Apr 16	6-8:30p.m.	Eastview CommunityCentre	\$5 membership
Try It Skate Day	All	Sat	Jan 11	1-3p.m.	Eastview Outdoor Rink	Free
Winter Escapes	6-12	Tue-Fri	Feb 18-21	8:30a.m.-4:30p.m.	Eastview Community Centre	\$25/day
Winter Carnival	All	Sat	Mar 8	10-3p.m.	Eastview CommunityCentre	\$5 membership

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6 and up	Mon-Fri (school days only)	Jan 14-May 30 (school days only)	3:30-5:15p.m.	Eastview CommunityCentre	\$5 membership
Free Rink Skating	All	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Home Alone/Babysitting Course	11 and up	Sat	May 10	8a.m.	Eastview Community Centre	\$55 (Includes membership)
Kids Cooking Class	8-15	Sat	Feb 8	10a.m.	Eastview Community Centre	\$50
Kids Cooking Class	8-15	Sat	Apr 12	10a.m.	Eastview Community Centre	\$50
Kids Kung Fu	TBD	TBD	TBD	TBD	Eastview CommunityCentre	TBD
MyTime	11-15	Wed	Feb 5-Apr 16	6-8:30p.m.	Eastview Community Centre	\$5 membership
Try It Skate Day	All	Sat	Jan 11	1-3p.m.	Eastview Outdoor Rink	Free
Winter Escapes	6-12	Tue-Fri	Feb 18-21	8:30a.m.-4:30p.m.	Eastview CommunityCentre	\$25/day
Winter Carnival	All	Sat	Mar 8	10-3p.m.	Eastview Community Centre	\$5 membership

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Adult Drop-In Basketball	18+	Tue	Feb-May	8-10p.m.	Eastview CommunityCentre	\$5 membership
Adult Drop-In Gym Night	18+	Thu	Feb-May	8-10p.m.	Eastview Community Centre	\$5 membership
Adult Kung Fu Wellness	TBD	TB	TBD	TBD	Eastview Community Centre	TBD
BlueGrass Public Jam	all	Sun	Jan 26, Feb 23, Mar 30, Apr 27	1-3p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Jan 14-May 27	1-3p.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	all	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Indoor Walk and Talk	18+	Fri	Feb 7-May 30	10-11a.m.	Eastview Community Centre	\$5 membership
Try It Skate Day	all	Sat	Jan 11	1-3p.m.	EastviewOutdoor Rink	Free
Winter Carnival	all	Sat	Mar 8	10-3p.m.	Eastview Community Centre	\$5 membership

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
BlueGrass Public Jam	all	Sun	Jan 26, Feb 23, Mar 30, Apr 27	1-3p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Jan 14-May 27	1-3p.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	all	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Indoor Walk and Talk	18+	Fri	Feb 7-May 30	10-11a.m.	Eastview CommunityCentre	\$5 membership
Try It Skate Day	all	Sat	Jan 11	1-3p.m.	Eastview Outdoor Rink	Free
Winter Carnival	all	Sat	Mar 8	10-3p.m.	Eastview CommunityCentre	\$5 membership

East Zone

East Zone Board

eastzoneboard.com

Contact: East Zone Board
Email: eastzoneboard.com

Registration Date: see below
Registration Location: see below

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.folktd@hotmail.com. Register at your first class. Registration is on-going throughout the year.

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 www.rezysa.com, or call 306-525-6407.

Skating: 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 Centre: Thursday January 16 6:30-7p.m. Doors open at 5:45p.m. to line up. Call 525-3512 for updates on skating classes.

Skate-Tot-Learn to (3-5 years) Teaches children to stand and walk on skates. Helmets and mitts are mandatory

Skate-Parent /Tot (3-5 years) A Parent must accompany child on the ice to assist the instructors. Basic skating skills are taught. Helmets and mitts are mandatory.

Skate-Learn to (4-9 years) Children should be able to go on the ice by themselves. Teaches children to stand and walk on skates. Helmets and mitts are mandatory.

Skate-Intermediate (6-12 yrs) For children who have taken at least 2 others learn to skate classes and have a good understanding of the basic skating skills. Helmets and mitts are mandatory.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+	Mon	Jan 6-Jun 30	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Jan 8-Jun 25	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Jan 8-Jun 18	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 29-Mar 19	1:15-2p.m.	Clarence Mahon Arena	\$60/8 Sessions
Skate-Parent / Tot	3-5 yrs	Sat	Jan 25-Mar 22 (no class Mar 15)	10-10:30 am & 10:30-11 am	Clarence Mahon Arena	\$55/8 Sessions

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+	Mon	Jan 6-Jun 30	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Jan 8-Jun 30	7:30-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Jan 8-Jun 18	7:30-9p.m.	Regina Campus Direct	\$40/mth/person
Skate-Learn to	4-9 yrs	Sat	Jan 25-Mar 22 (no class Mar 15)	11-11:30 & 11:30-12 & 12-12:30	Clarence Mahon Arena	\$55/8 sessions
Skate-Intermediate	6-12 yrs	Sat	Jan 25-Mar 22 (no class Mar 15)	12:30-1p.m.	Clarence Mahon Arena	\$55/8 sessions

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Mon	Jan 6-Jun 30	6-7:15p.m.	Glencairn Rec Center	\$40/m/person
Taekwondo	13-17 yrs	Wed	Jan 8-Jun 25	7:30-7:15p.m.	Glencairn Rec Center	\$40/m/person
Taekwondo	13-17 yrs	Wed	Jan 8-Jun 18	7:30-9p.m.	Regina Campus Direct	\$40/mth/person

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+	Mon	Jan 6-Jun 30	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	18+	Wed	Jan 8-Jun 25	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	18+	Wed	Jan 8-Jun 18	7:30-9p.m.	Regina Campus Direct	\$40/mth/person

Arcola East Community Association

aecaregina.com

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

Registration Date: Online Registration visit website at aecaregina.com
December 15th @ 9:00 AM-December 28th @ 6:00 PM for Arcola East residents. December 29th @9:00 AM for out of area residents
Registration Location: Online registration only

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.

Track hours: Mon-Fri 5:30-10:25a.m., 11:45a.m.-12:45p.m., 2:15-9:30p.m.

Sat 5:30-10a.m. & 11:15a.m.-9:30p.m.

Sun 5:30a.m.-9:30 pm

Please vacate the building by 9:30p.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 6-May 15 from 6-8:30p.m. for \$55.

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 6:00 pm-8:00pm.

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.

Winter session will begin on January 4 with no classes February 15-21 inclusive and April 18-24 inclusive.

Fall session will begin on September 7 with no classes September 28-30, October 12-14 and November 9-11.

T=Teen / A= Adult / OA = Older Adult

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Fit n Fun Family	All ages	Tue	Jan 7-Mar 11	6-7p.m.	Jack Mackenzie Gym	\$10
Fit n Fun Family	All ages	Wed	Jan 8-Mar 12	6-7p.m.	St Gabriel Gym	\$10
Parent and Child Zumba	3-9 yrs	Thu	Jan 9-May 15	6-7p.m.	Jack Mackenzie Gym	\$205

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Preschool Dance	3-6 yrs	Thu	Jan 9-Mar 20	5:45-6:15p.m.	Jack Mackenzie Gym	\$85
Preschool Dance	3-6 yrs	Thu	Jan 9-Mar 20	6:15-6:45p.m.	Jack Mackenzie Gym	\$85

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting	11-16 yrs	Mon	Feb 20	9:30a.m.-4:00p.m.	AECC MP Room	\$70
Dance	6-10 yrs	Thu	Jan 9-Mar 20	6:45-7:30p.m.	Jack Mackenzie Gym	\$90
Home Alone	10-14 yrs	Fri	Feb 21	9:30a.m.-12p.m. or 1:30-4p.m.	AECC MP Room	\$50
My EQ: Emotional Intelligence	8-11 yrs	Thurs	Jan 9-Mar 13	6:30-7:30p.m.	AECC	\$90
Power Skating /Skills-full equip with stick	9-12 yrs	Mon	Jan 6-Mar 10	7:20-8:15p.m.	Mahon Rink	\$245
Power Skating /Skills-full equip with stick	7-8 yrs	Mon	Jan 6-Mar 10	6:25-7:15p.m.	Mahon Rink	\$245
Power Skating / Skills-full equip with stick	5-6 yrs	Mon	Jan 6-Mar 10	5:45-6:25p.m.	Mahon Rink	\$200

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
All Levels Daytime Fitness-Strength and Mobility	A/OA	Tue	Jan 7-May 13	9:30-10:30a.m.	AECC MP Room	\$155
Butts & Gutts	T/A/OA	Thu	Jan 9-May 15	7-8p.m.	AECC Infill	\$155
Cardio/Core	T/A/OA	Mon	Jan 6-May 12	7-8p.m.	AECC Infill / Track	\$155
Evening Fitness Walk	A/OA	Mon-Thu	Jan 6-May 15	6-8:30p.m.	AECC Track	\$55
Next Level (Peri and Post Menopause Fitness)	A/OA	Thu	Jan 9-May 15	7-8p.m.	AECC MP Room	\$155
Power Walk/Run	T/A/OA	Sat	Jan 4-May 10	10-11:15a.m.	AECC Infill / Track	\$205
Strength and Mobility	A/OA	Tue	Jan 7-May 13	10:45-11:45a.m.	AECC MP Room	\$155
Tai Chi Level 1	T/A/OA	Sat	Jan 4-May 10	1-2p.m.	AECC Infill	\$155
Tai Chi Level 2	T/A/OA	Sat	Jan 4-May 10	2:15-3:15p.m.	AECC Infill	\$155

Total Body Sculpt	T/A/OA	Sun	Jan 5-May 11	10-11a.m.	AECC Infill	\$155
Total Body Sculpt	T/A/OA	Wed	Jan 8-May 14	7:10-8:10p.m.	AECC Infill	\$155
Yoga-Vinyasa/ Flow Multi-Level	T/A/OA	Wed	Jan 8-May 14	6-7p.m.	AECC MP Room	\$215
Yoga-Yin Yoga	T/A/OA	Mon	Jan 6-May 12	7-8p.m.	AECC MP Room	\$215
Yoga-Fitness Fusion	T/A/OA	Fri	Jan 10-May 16	9:15-10:15a.m.	AECC MP Room	\$210
Yoga-Multi Level	T/A/OA	Tue	Jan 7-May 13	7:05-8:05p.m.	AECC MP Room	\$215
Yoga-Vinyasa/Flow Multi-Level	T/A/OA	Wed	Jan 8-May 14	9:15-10:15a.m.	AECC MP Room	\$215
Zumba	T/A/OA	Thu	Jan 9-May 15	7-8p.m.	Jack Mackenzie Gym	\$155

Boothill Community Association

boothillca.com

Contact: Lorri Kudells

Email: boothillca@gmail.com

Registration Date: January 14

Registration Location: Contact the zone or association directly

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+	Wed	Jan 22-Apr 2	6-7p.m.	Douglas Park School	\$65
Yoga	18+	Wed	Jan 22-Apr 2	7-8p.m.	Douglas Park School	\$65
Pickleball	18+	Mon	Jan 20-Apr 28	6-8p.m.	Douglas Park School	\$35
Pickleball	18+	Tue	Jan 21-Apr 29	6-8p.m.	Douglas Park School	\$35
Pickleball	18+	Fri	Jan 24-May 2	6-8p.m.	Douglas Park School	\$35
Bootcamp	18+	Wed	Jan 22-Apr 2	5:45-6:45p.m.	Campus Regina Public	\$60

Dewdney East Community Association

decaregina.ca

Contact: 306-789-6559

Email: info@decaregina.ca

Registration Date: Online: Jan 2 at 9 am / www.decaregina.ca

Registration Location: In person: Jan 14 from 7-8p.m.:

Glencairn Rec Centre 2626 Dewdney Ave E.

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

DECA is planning to run a **Snow Angel Program** this winter, however the program cannot run without community volunteers to help those in need of assistance shoveling due to disability or age. If interested in volunteering, e-mail info@decaregina.ca or fill in a volunteer form on our website: decaregina.ca. Volunteers will receive an honorarium for their time.

Community Gardens: Plan for your spring garden. Plots \$65 plus membership fee. Existing gardeners have a renewal option before new gardeners. Contact us for information on our garden program or to be added to the wait list.

Badminton: Seniors (55+) Saturday mornings. Contact Evelyn e.fowlie@sasktel.net to be put on a wait list.

Keep a lookout for our **Spring Community Clean-up**. Details will be posted on our community signs, website and FB in May.

PLEASE NOTE: ON-LINE REGISTRATION will start 9 am. Thursday, Jan 2nd at www.decaregina.ca, and will remain open as spots are available. In person registration will be held Jan 14 from 7-8p.m.: Glencairn Rec Centre.

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

Please visit our website at www.decaregina.ca for current program information as there may be changes to our planned programming. Call our hotline 306 789-6559 or e-mail us at info@decaregina.ca if you have any questions.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis	All	Mon	Jan 20-Apr 28	6:30-8:30p.m.	Glen Elm School-use east door	\$15 for year
Community Garage Sale	All	Sat	Apr 26	9a.m.-3p.m.	Glencairn Rec Centre	\$20 per table. Max. of 2 tables per membership. Call 306-789-6659 or email info@decaregina.ca for more info or to book tables.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool	3-4 yrs	Mon/Wed or Tue/Thu	Jan-Jun	9:30-11:30a.m.	Glencairn Rec Centre	\$70/mth for 2 days per week (Pre-registration required)
Preschool	3-4 yrs	Fri Optional	Jan-Jun	9:30-11:30a.m.	Glencairn Rec Centre	\$20/mth for extra 3rd day per week (Pre-registration required)

Children & Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Children's Team Handball	11-14 yrs	Mon	Jan 20-Mar 31 (excl Feb 17)	6-7p.m.	Judge Bryant School	\$25
Children's Improv	10-14 yrs	Thu	Jan 23-Mar 27 (excl Feb 20)	6-7:30p.m.	Glencairn Rec Centre	\$25
Children's Pickleball	8-12 yrs	Sat	Jan 18-Mar 29 (excl Feb 17 & 24)	1-3p.m.	Glencairn Rec Centre	\$25
Children's Yoga	7-12 yrs	Thu	Jan 23-Mar 27 (excl Feb 20)	5:30-6:20p.m.	Glencairn Rec Centre	\$35
DECA Soccer Camp	7-9 yrs	Sat	Jan 18-Mar 29 (excl Feb 15 & Feb 22)	1-2p.m.	Dr George Ferguson	\$25
DECA Soccer Camp	10-11 yrs	Sat	Jan 18-Mar 29 (excl Feb 15 & Feb 22)	2-3p.m.	Dr George Ferguson	\$25
Kids Kung Fu (New)	6-12 yrs	Sun	Jan 19-Mar 30 (excl Feb 16)	12-1p.m.	Glencairn Rec Centre	\$25
Football Fundamentals	12-14 yrs	Sun	Jan 19-Mar 30 (excl Feb 16)	2-3p.m.	Glencairn Rec Centre	\$25
Learn to Dance	5-7 yrs	Wed	Jan 22-Mar26 (excl Feb 19)	5:30-6:30p.m.	Glencairn Rec Centre	\$40
Learn to Dance	8-11 yrs	Wed	Jan 22-Mar26 (excl Feb 19)	6:30-7:30p.m.	Glencairn Rec Centre	\$40
Regina Steam Academy 1 (Early Engineers)	6-10 yrs	Tue	Jan 21-Mar 4 (excl Feb 18)	6-7p.m.	Glencairn Rec Centre	\$90
Regina Steam Academy 1 (Video Game Design)	8+ yrs	Tue	Jan 21-Mar 4 (excl Feb 18)	7:15-8:30p.m.	Glencairn Rec Centre	\$105
Regina Steam Academy 2 (Early Engineers)	6-10 yrs	Tue	Mar 11-Apr15	6-7p.m.	Glencairn Rec Centre	\$90
Regina Steam Academy 2 (Video Game Design)	8+ yrs	Tue	Mar 11-Apr15	7:15-8:30p.m.	Glencairn Rec Centre	\$105
Soccer Tots	3-4 yrs	Tue	Jan 21-Apr 1 (excl Feb 18)	6-7p.m.	Glen Elm School-use east door	\$25
Soccer Skills	5-6 yrs	Tue	Jan 21-Apr 1 (excl Feb 18)	7-8p.m.	Glen Elm School-use east door	\$25
Spring Basketball	7-10 yrs	Sun	Apr 6-Jun 8 (excl Apr 20)	12-1p.m.	Glencairn Rec Centre	\$25
St John's Home Alone	10-15 yrs	Sat	Mar 24	1-3:30p.m.	Glencairn Rec Centre	\$45

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Acrylic Paint-Bunny	Adult	Sat	Mar 1-Mar 15	1-4p.m.	Glencairn Rec Centre	\$45 (materials included)
Acrylic Paint-Dragonflies at Night	Adult	Sat	Mar 8	1-4p.m.	Glencairn Rec Centre	\$45 (materials included)
Acrylic Paint-Dancing Fairies	Adult	Sat	Mar 15	1-4p.m.	Glencairn Rec Centre	\$45 (materials included)
Adult Kung Fu & Wellness (New)	18+	Sun	Jan 19-Mar 30 (excl Feb 19)	1-2p.m.	Glencairn Rec Centre	\$50
Stained Glass level 1-Cats & Dogs	Adult	Sat	Jan 18	1-4p.m.	Glencairn Rec Centre	\$50 (materials included)
Stained Glass level 1-Houses	Adult	Sat	Jan 25	1-4p.m.	Glencairn Rec Centre	\$50 (materials included)

Stained GlassLevel 1-Valentines, Hearts & Flowers	Adult	Sat	Feb 1	1-4p.m.	Glencairn Rec Centre	\$50 (materials supplied)
Virtual Dance Fitness-Winter	Adult	Mon, Wed, Sat	Jan 1-Mar 31	Mon & Wed 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 2-Jun 30	Mon & Wed 7:30-8:30p.m. Sat 9-10:30a.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne: email j.klock@myaccess.ca, txt or call 306 570-6651 or Kendra txt or call 306 530-7365.
Virtual Dance Fitness-Summer	Adult	Mon, Wed, Sat	Jul 2-Aug 23	Mon & Wed 6:45-7:45p.m. Sat 9-10:30a.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne: email j.klock@myaccess.ca, txt or call 306 570-6651 or Kendra txt or call 306 530-7365.
Zumba-Winter	Adult	Tue	Jan 21-Apr 1 (excl Feb 18)	6:30-7:30p.m.	Glen Elm School-use east door	\$80 or \$10 drop in
Zumba-Spring	Adult	Wed	Apr 9-Jun 18 (excl Apr 24)	6:30-7:30p.m.	Glen Elm School-use east door	\$80 or \$10 drop in
Yoga-Winter	Adult	Tue	Jan 21-Apr 1 (excl Feb 18)	7:15-8:15p.m.	Glencairn Rec Centre	\$80
Yoga-Winter	Adult	Thu	Jan 23-Apr 3 (excl Feb 20)	6:30-7:30p.m.	Glencairn Rec Centre	\$80
Yoga-Spring	Adult	Tue	Apr 8-Jun 17 (excl Apr 22)	7:15-8:15p.m.	Glencairn Rec Centre	\$80
Yoga-Spring	Adult	Thu	Apr 11-Jun 19 (excl Apr 24)	6:30-7:30p.m.	Glencairn Rec Centre	\$80
Bellydance-Beginner	Adult	Mon	Jan 20-Mar 31 (excl Feb 17)	7:30-8:30p.m.	Glencairn Rec Centre	\$80
Bellydance-Intermediate	Adult	Mon	Jan 20-Mar31 (excl Feb 17)	7:30-8:30p.m.	Glencairn Rec Centre	\$80
Bellydance-Advanced	Adult	Mon	Jan 20-Mar31 (excl Feb 17)	8:30-9:30p.m.	Glencairn Rec Centre	\$80
Bellydance Spring-Beginner	Adult	Mon	Apr 7-Jun 16 (excl Apr 21/ May 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$72
Bellydance Spring-Intermediate	Adult	Mon	Apr 7-Jun 16 (excl Apr 21/May 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$72
Bellydance Spring-Advanced	Adult	Mon	Apr 7-Jun 16 (excl Apr21/May 19)	8:30-8:30p.m.	Glencairn Rec Centre	\$72
Learn to Dance	Adult	Wed	Jan 22-Apr 2 (excl Feb 19)	7:30-9:30p.m.	Glencairn Rec Centre	\$40

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Forever...in Motion	Senior 55+	Mon & Thu	Jan 11-Aug 22	9-10a.m.	Glencairn Rec Centre	Community Membership (available at class)
Acrylic Paint-Bunny	Adult	Sat	Mar 1	1-4p.m.	Glencairn Rec Centre	\$45 (materials included)
Acrylic Paint-Dragonflies at Night	Adult	Sat	Mar 8	1-4p.m.	Glencairn Rec Centre	\$45 (materials included)
Acrylic Paint-Dancing Fairies	Adult	Sat	Mar 15	1-4p.m.	Glencairn Rec Centre	\$45 (materials included)
Stained Glass level 1 Cats & Dogs	Adult	Sat	Jan 18	1-4p.m.	Glencairn Rec Centre	\$50 (materials included)
Acrylic Paint-Dragonflies at Night	Adult	Sat	Jan 25	1-4p.m.	Glencairn Rec Centre	\$50 (materials included)
Acrylic Paint-Dancing Fairies	Adult	Sat	Feb 1	1-4p.m.	Glencairn Rec Centre	\$50 (materials included)

South Zone

South Zone Recreation Board

szrb.ca
Contact: Gerry Angelo Fincati (Chairperson)

Email: gfincati@sasktel.net
Registration Date: Visit szrb.ca for contacts

Registration Location: Contact Program Coordinator

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 and/or chairperson 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 55+ Badminton: Lauren Mang laurenmang@myaccess.ca

 Table Tennis: Ed Hung edhung738@gmail.com

 Senior's 55+ Bridge: Jessie Carlson rjczach@sasktel.net

 Valerie Stimpson valerie.48@hotmail.com

 Taekwondo: Master Bryan Folk b.folktkd@hotmail.com

 Indoor Soccer: Jenny Bromstad szindoorsoccer@outlook.com

John Schell

 Seniors 55+ Pickleball: Tracy Mamona tmamona@sasktel.net

 Rhythm E's Dance: Ron Hopkinson r.hopkinson@sasktel.net

 Community Gardens: Donna Braun donna.braun@uregina.ca

 Ukrainian/Latino Dance: Alla Hutsol hutsolalla@gmail.com

 Heritage Fiddlers: Len Dumont lensmobile@hotmail.com

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+ yrs	Fri	Jan 5-Jun 27	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Jan 14-Jun 17	6-8p.m.	St. Matthew School	\$40/mth/person

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Dance	4-7 yrs	Fri	Jan 10-Jun 13	6-7p.m.	South Leisure Centre	\$145

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+ yrs	Fri	Jan 5-Jun 27	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Jan 14-Jun 17	6-8p.m.	St. Matthew School	\$40/mth/person
Dance	8-11 yrs	Fri	Jan 10-Jun 13	7-9p.m.	South Leisure Centre	\$145
Table Tennis	7-13 yrs	Tue, Wed	Jan 7-Jun 2	5:45-7:30p.m.	South Leisure Centre-Art room	\$200/pp
Table Tennis	7-13 yrs	Sat	Jan 4-Jun 28	8:15-10a.m.	South Leisure Centre-Art room	\$100/pp

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Fri	Jan 5-Jun 27	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	13-17 yrs	Tue	Jan 14-Jun 17	6-8p.m.	St. Matthew School	\$40/mth/person
Dance	12-14 yrs	Mon	Jan 6-Jun 9	6-7:15p.m.	South Leisure Centre	\$145
Dance	15-18 yrs	Mon	Jan 6-Jun 9	7:15-8:30p.m.	South Leisure Centre	\$145
Table Tennis	13-18 yrs	Tue, Wed	Jan 8-Jun 25	7:30-9:15p.m.	South Leisure Centre-Art room	\$200/pp
Table Tennis	13-18 yrs	Sat	Jan 4-Jun 28	10-11:45a.m.	South Leisure Centre-Art room	\$100/pp

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+	Fri	Jan 5-Jun 27	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	18+	Tue	Jan 14-Jun 17	6-8p.m.	St. Matthew School	\$40/mth/person
Two-step Dance Lessons	18+	Mon	Feb 10-May 12	6:30-8p.m.	Crescents School gym	\$50

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Heritage Fiddlers Jam Session	55+	Tue	Jan-Jun	1-3p.m.	South Leisure Centre-Art Room	Free
Seniors 55+ Badminton	55+	Mon & Fri	Jan 3-May 30	10:30a.m-12p.m.	South Leisure Centre	\$20
Senior Pickleball	55+	Tue-Fri	Jan 6-May 23	11:45-2:15p.m.	South Leisure Centre	\$40/session

Albert Park Community Association

albertpark.ca

Contact: albertpark.ca and Facebook

Email: info@albertpark.ca

Registration Date: Online Registration: Dec 14 8a.m.-Jan 12

Registration Location: Register online at albertpark.ca or at the first class if there is remaining space. There will be no in-person registration night.

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, Young Makers Studio, yoga, Pilates, and much more.

An annual \$10 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, 7p.m. to 9p.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. Soccer registration begins Feb. 17, 2025 at srscs.ca

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
APCA Meeting	All	Mon	Jan 20, Feb 24, Mar 17, Apr 14, May 12	7-9p.m.	South Leisure Centre Board Room	Free
Public Skating	All	Thu	Nov 7-Dec 19	6-8p.m.	Optimist Arena	\$2/person \$5/family
Public Skating	All	Thu	Jan 2-Feb 27	7-8p.m.	Optimist Arena	\$2/person \$5/family

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer Under 5	3 & 4 yrs	Tue/Thu	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

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14 yrs	Wed	Jan 8-Feb 26	6-7p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	Mar 5-Apr 23	6-7p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	May 7-Jun 25	6-7p.m.	South Leisure Centre Gym	\$100
Early Engineers	6+	Thu	Jan 9-Feb 27 (no class Feb 20)	5:30-6:30p.m.	South Leisure Centre	\$105
Early Engineers	6+	Thu	Mar 6-Apr 17	5:30-6:30p.m.	South Leisure Centre	\$105
Lego Robotics & Coding	8+	Thu	Jan 9-Feb 27 (no class Feb 20)	6:45-8p.m.	South Leisure Centre	\$146
Lego Robotics & Coding	8+	Thu	Mar 6-Apr 17	6:45-8p.m.	South Leisure Centre	\$146
Power Skating	10+ yrs	Mon	Jan 6-Mar 10	5:45-6:45p.m.	Optimist Arena	\$315
Power Skating	8+ yrs	Wed	Jan 8-Mar 12	4:30-5:30p.m.	Optimist Arena	\$315
Power Skating	12+ yrs	Wed	Jan 8-Mar 12	5:45-6:45p.m.	Optimist Arena	\$315
Skating & Skills Development for Hockey and Ringette	7-10 yrs	Thu	Jan 2-Feb 27	6-7p.m.	Optimist Arena	\$270 (9 Sessions)
Soccer Under 8	6-7 yrs	Tue/Thu	May-Jun	6-7 or 7-8p.m.	South End Parks	\$65
Soccer Under 10	8-9 yrs	Mon/Wed	May-Jun	6-7 or 7-8p.m.	South End Parks	\$80
Soccer Under 12	10-11 yrs	Tue/Thu	May-Jun	6-7 or 7-8p.m.	South End Parks	\$100
Tennis	6-10 yrs	Mon	May 5-Jun 16 (no class May 19)	6-7p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet
Tennis	6-10 yrs	Tue	May 6-Jun 10	6-7p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet
Tennis	6-10 yrs	Wed	May 7-Jun 11	6-7p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet
Tennis	6-10 yrs	Thu	May 8-Jun 12	6-7p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet
Tennis	11-14 yrs	Wed	May 7-Jun 11	7-8p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Power Skating	13+ yrs	Mon	Jan 6-Mar 10	4:30-5:30p.m.	Optimist Arena	\$315
Soccer Under 15	12-13 yrs	Tue/Thu	May-Jun	6-7 or 7-8p.m.	South End Parks	\$100
Soccer Under 18	14-18 yrs	Mon/Wed	May-Jun	6-7 or 7-8p.m.	South End Parks	\$100
Tennis	11-14 yrs	Wed	May 7-Jun 11	7-8p.m.	Realtor's Park Tennis Courts	\$40/\$70 with racquet
Tennis-Intermediate	15+ yrs	Mon	May 5-Jun 16 (no class May 19)	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110 with racquet
Tennis-Beginner	15+ yrs	Thu	May 8-Jun 12	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110 with racquet
Tennis-Intermediate	15+ yrs	Tue	May 6-Jun 10	7-8p.m.	Realtor's Park Tennis Courts	\$50/\$110 with racquet

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton for Adults	18+	Mon	Jan 6-May 12	6-7:15p.m.	South Leisure Centre Gym	\$45
Badminton for Adults	18+	Tue	Jan 7-May 13	7:15-9:15p.m.	South Leisure Centre Gym	\$45
Badminton for Adults	18+	Thu	Jan 9-May 15	7:15-9:15p.m.	South Leisure Centre Gym	\$45
Badminton for Adults	18+	Tue/Thu	Jan 7-May 15	7:15-9:15p.m.	South Leisure Centre Gym	\$85
Body Sculpting	18+	Tue	Apr 8-Jun 24	6-7p.m.	South Leisure Centre Gym	\$60
Body Sculpting	18+	Tue	Jan 7-Mar 25	6-7p.m.	South Leisure Centre Gym	\$60
Cardio+ Body Sculpting	18+	Thu	Apr 10-Jun 26	6-7p.m.	South Leisure Centre Gym	\$60
Cardio+ Body Sculpting	18+	Thu	Jan 9-Mar 27	6-7p.m.	South Leisure Centre Gym	\$60
Fitness-Total Body Conditioning	Adult	Tue	Jan 7-Jun 17 excl. Apr 22	9-10a.m.	South Leisure Centre Gym	\$115
Fitness-Muscle Toner	Adult	Thu	Jan 9-Jun 19 excl. Apr 24	9-10a.m.	South Leisure Centre Gym	\$115
Floor Hockey	18+	Wed	Jan 8-Jun 25	8-10p.m.	South Leisure Centre Gym	\$35/Class is Full
Fitness: Low Impact & Coffee	18+	Mon	Jan 6-Mar 24 (No Class Feb 17)	9:15-10:15a.m.	South Leisure Centre Gym	\$55
Fitness: Low Impact & Coffee	18+	Mon	Mar 31-Jun 9 (No Class Apr 21, May 19)	9:15-10:15a.m.	South Leisure Centre Gym	\$45
HoopsFit	18+	Wed	Jan 8-Feb 26	7-8p.m.	South Leisure Centre Gym	\$100
HoopsFit	18+	Wed	Mar 5-Apr 23	7-8p.m.	South Leisure Centre Gym	\$100
HoopsFit	18+	Wed	May 7-Jun 25	7-8p.m.	South Leisure Centre Gym	\$100
Pickleball	18+	Mon	Jan 6-May 26	7:30-9:30p.m.	South Leisure Centre Gym	\$35
Stott's Pilates Level 1	Adult	Thu	Jan 9-Mar 27	5:30-6:30p.m.	South Leisure Centre Art Room	\$140
Stott's Pilates Level 2	Adult	Thu	Jan 9-Mar 27	6:40-7:40p.m.	South Leisure Centre Art Room	\$140
Tai Chi	18+	Wed	Jan 15-Mar 26	6:30-7:15p.m.	South Leisure Centre Multipurpose Room	\$126 or Drop-in \$15/class
Yoga-Hatha Yoga	18+	Wed	Jan 8-Mar 26	9:15-10:30a.m.	South Leisure Centre Art Room	\$132
Yoga-Hatha Yoga	18+	Wed	Apr 2-Jun 25	9:15-10:30a.m.	South Leisure Centre Art Room	\$143
Yoga	18+	Mon	Apr 7-Jun 30	5:30-6:30p.m.	South Leisure Centre Art Room	\$120
Yoga	18+	Mon	Jan 6-Mar 24	5:30-6:30p.m.	South Leisure Centre Art Room	\$120

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Improv	50+	Sat	Jan 4-May 17	10:30a.m.-12:30p.m.	South Leisure Centre Multipurpose Room	\$20
Older Adult Fitness	60+	Tue Thu Fri	Jan 7-May 27 Jan 9-May 29 Jan 10-Jun 6 (No class Apr 18)	10:30-11:30a.m. 10:30-11:30a.m. 9-10a.m.	South Leisure Centre Gym	\$105 Once/week \$130 Twice/week \$140 3 times/week
Yoga-Chair Yoga	50+	Wed	Jan 8-Mar 26	11a.m.-12p.m.	South Leisure Centre Multipurpose Room	\$120
Yoga-Chair Yoga	50+	Wed	Apr 2-Jun 25	11a.m.-12p.m.	South Leisure Centre Multipurpose Room	\$130

Harbour Landing Community Association

[Facebook.com/hlcaregina](https://www.facebook.com/hlcaregina)
Contact: info@hlcaregina.com
Registration Date: N/A

Email: info@hlcaregina.com
Registration Location: N/A

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.

Events and programs help us create awareness of the HLCA, grow membership, discover partnerships and business alliances, and establish a foundation on which we can better serve our community. Your feedback and ideas are greatly appreciated, and we encourage you to complete the survey on our Facebook Page to help us develop a future offering.

If you are interested in partnering with the HLCA to run programs and events or get involved with some of the fundraising for projects, please contact us.

Projects we are working on:

- Programs & Activities for all ages
- Branding & Awareness
- Newsletter Development
- Community Events
- Website Development
- Community Survey to determine priority of capital investment projects

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

Hillsdale Community Association

[hillsdaleca.ca](https://www.hillsdaleca.ca)
Contact: programs@hillsdaleca.ca
Registration Date: Tuesday, Jan 14 7-8p.m.

Email: programs@hillsdaleca.ca
Registration Location: Marion McVeety School gym, 38 Turgeon Crescent

Hillsdale is a vibrant community just south of Wascana Park and close to the University of Regina; more information about Hillsdale is available on the Hillsdale Community Association website ([hillsdaleca.ca](https://www.hillsdaleca.ca)).

Programming: The start time for Fit for Your Life is provisional at present (we are awaiting confirmation). Additional program details will be available on the HCA website (click on the Newsletter link or the Programs link), including dates that are not available for a particular program. As well, instructions for online program registration are available on the website.

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
East Indian Cooking	18+	Sun	Jan 19-Feb 23	5-7p.m.	Regina Christian School kitchen	\$90 (5 sessions)
Yoga (please bring your own yoga mat)	18+	Wed	Jan 22-May 7	6:30-7:45p.m.	Marion McVeety School gym	\$90 (14 sessions)
Zumba	18+	Thu	Jan 23-May 22	6:30-7:30p.m.	Marion McVeety School gym	\$80 (16 sessions)

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Fit for Your Life I	55+	Mon Wed	Jan 20-Mar 10	1:30-2:30p.m. 1:30-2:30p.m.	South Leisure Centre Gym	\$55 (14 sessions)
Fit for Your Life II	55+	Mon Wed	Mar 12-May 28	1:30-2:30p.m. 1:30-2:30p.m.	South Leisure Centre Gym	\$75 (20 sessions)

Lakeview Community Association

[lcaregina.ca](https://www.lcaregina.ca)
Contact: Pamela Kennedy-Poitras

Registration Date: Please check our website for details

Email: pamelakaelin5@gmail.com
Registration Location: Please check our website for details

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 in 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 [lcaregina.ca](https://www.lcaregina.ca) for details.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Free Skate	All	Mon	Jan 6-Mar 3	7-8p.m.	Optimist Arena	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-4 yrs	Wed	Jan 8-Mar 5	5-5:30p.m.	Balfour Arena	\$95
Learn to Skate	5-6 yrs	Wed	Jan 8-Mar 5	5:30-6p.m.	Balfour Arena	\$95
Learn to Skate	5-6 yrs	Sat	Jan 18-Mar 8	3:45-4:30p.m.	Optimist Arena	\$95

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	7-12 yrs	Wed	Jan 8-Mar 5	6-6:30p.m.	Balfour Arena	\$95
Learn to Skate	7-12 yrs	Sat	Jan 18-Mar 8	4:30-5:15p.m.	Optimist Arena	\$95
Learn to Skate	7-12 yrs	Sat	Jan 18-Mar 8	5:15-6p.m.	Optimist Arena	\$95

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	18	Wed	Jan 8-Mar 5	6:30-7p.m.	Optimist Arena	\$95
Learn to Skate	18	Sat	Jan 18-Mar 8	6-6:30p.m.	Balfour Arena	\$95
Yoga	16	Tue	Jan 7-Apr 1 excl. Feb 18	6:30-7:30p.m.	Lakeview School	\$108
Yoga	16	Tue	Jan 7-Apr 1 excl. Feb 20	6:30-7:30p.m.	The Crescents School	\$108
Zumba	16	Mon	Jan 6-Mar 31 excl. Feb 17	6:30-7:30p.m.	Lakeview School	\$90

Whitmore Park Community Association whitmorepark.ca

Contact: programs@whitmorepark.ca

Email: programs@whitmorepark.ca

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

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.

Join us for our monthly meetings, third Wednesday of the month at 7p.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	Dates	Times	Location	Cost
Family Skate	All Ages	Mon	Feb 17	2-4p.m.	Balfour Arena	Free
Outdoor Skating	All Ages	Sat-Sun	Dec-Feb	12-5p.m.	Grant Road School	Free
Skating	All Ages	Wed	Oct-Mar	2:30-4p.m.	Balfour Arena	Free

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

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

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

North Zone

North Zone Board

Contact: Please contact the groups below directly

Email: northzoneregina@gmail.com

Registration Date: See below for each program

Registration Location: See below for each program

Soccer – Players start at 3 years of age in the 4U. Online registration begins Feb 1. Registration information will be posted on the 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 starts May 1st and ends in late June. For the Soccer program: Updates are posted to our website soccerregina.ca as new information is available.

HeARTland Artists' Guild – New Adult Members welcome. The HeARTland Artists' Guild meets once a month at the Uplands Community Centre. Please contact Sheila Banga (s.b@sasktel.net) for more information about the HeARTland Artists' Guild.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer	4U	TBD	May to Jun	TBD	TBD	\$90

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
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

ancaregina.ca

Contact: Argyle North Community Association

35 Davin Cres or 306-543-5653

Registration Date: December 10 at 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 family-oriented 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 Youth Evening Program - Please register through the city at Regina.ca/free-programs.

No programs on Stats, Feb 17-22 and April 21 to April 26

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Gym Time	All Ages	Sunday	Jan 19-Feb 23	6-8p.m.	Argyle North Community Association (School Gym). No Program Feb 16	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Crafts 4 Kids	3-9 yrs	Mon	Jan 20-Feb 24	6:30-7:15p.m.	Argyle North Community Association (Room 2)	\$10
Crafts 4 Kids	3-9 yrs	Mon	Mar 3 to May 12	6:30-7:15p.m.	Argyle North Community Association (Room 2)	\$10
Kids afternoon Craft	3-9	TBD	TBD	TBD	Argyle North Community Association (Room 2)	\$10

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	3:35-6p.m.	Argyle North Community Association	\$200
Before & After School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55a.m. & 3:35-6p.m.	Argyle North Community Association	\$300
Tae Kwon Do	5+	Tue & Thu	Sep-Jun	6:15-8p.m.	Argyle North Community Association (Room 2 & Gym) Register in Person with Paragon Taekwondo	TBD
Crafts 4 Kids	10-13 yrs	Mon	Jan 20-Feb 24	7:30-8:30p.m.	Argyle North Community Association (Room 2)	\$10
Crafts 4 Kids	10-13 yrs	Mon	Mar 3-May 12	7:30-8:30p.m.	Argyle North Community Association (Room 2)	\$10
My Time	11-15 yrs	Wednesday	Jan 15-Apr 16	6:15-8:45p.m.	Argyle North Community Association (School Gym)	Free

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Adult Fine Arts	18+	Thu	Jan 16-Feb 13 5 classes	7-9p.m.	Argyle North Community Association (Room 2)	\$50
Floor Hockey	18+	Thu	Jan 16-Feb 13 5 classes	8-9p.m.	Argyle North Community Association (School Gym)	\$10
Floor Hockey	18+	Thu	Mar 6-May 15 10 classes	8-9p.m.	Argyle North Community Association (School Gym)	\$50
Pickle Ball	18+	Sunday	Jan 12-May 25	12:30-2:30p.m. 2:30-4:30p.m.	Argyle North Community Association (School Gym)	\$5 drop in
Chair Yoga	18+	TBD	TBD	TBD	TBD	TBD
Forever...in Motion Registration at Jansen School on Jan 14 7-8p.m.	55+	Mon & Thu	Jan 20-May 1	11a.m.-12p.m.	Argyle North Community Association (Room 2)	Free
Spring Craft	18+	TBD	TBD	TBD	TBD	TBD

Coronation Park Community Association

coronationparkcommunityassociation.com

Contact: Crystal Gellner, Programmer

Email: coronationpark.ca@gmail.com

Registration Date: see website

Registration Location: see website

All programs require the purchase of a \$5 Community Association membership. Please visit coronationparkcommunityassociation.com, Facebook and watch the community sign for information about registration date and location.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Winter Fun Festival	All		Feb-check website	1-4p.m.	Coronation Park School	Free

North East Community Association

rneca.com

Contact: 306-501-2406

Email: info@rneca.com

Registration Date: see rneca.com

Registration Location: see rneca.com

Please contact NECA if you face any barriers to program participation.

Tiny Tots Drop-in: Join us for parent lead play. We provide multiple stations for sensory play for young children. Learn language and pre-k skills such as colours, numbers, matching. Build friendships and participate in social interactions. Parents have the opportunity to spend time with children while connecting to other parents from the community.

Chair Yoga-Beginner: An introductory chair yoga class perfect for those with mobility/health issues or those looking to gain flexibility and start their fitness journey.

Chair Yoga-Intermediate: An intermediate chair yoga class that builds on skills learned in Beginner Chair Yoga. This class is for those ready to move forward with their fitness journey. Work to your fitness level.

Forever Fit: Designed for adults who want to maintain their ability to preform day to day activities independently. This class covers flexibility, endurance, balance, coordination and agility. All activities are demonstrated with options to challenge the range of fitness of each of the participants.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Tiny Tots Drop-in	1-5 yrs	Tue	Jan 14-Apr 29	2-3p.m.	North East Community Centre	\$10

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga-Beginner	18+	Tue	Jan 7-Mar 11	1-2p.m.	North East Community Centre	\$50
Chair Yoga-Beginner	18+	Tue	Mar 18-Apr 29	1-2p.m.	North East Community Centre	\$35
Chair Yoga-Intermediate	18+	Thu	Jan 9-Mar 13	11a.m.-12p.m.	North East Community Centre	\$50
Chair Yoga-Intermediate	18+	Thu	Mar 20-May 1	11a.m.-12p.m.	North East Community Centre	\$35
Forever Fit	18+	Thu	Jan 9-Mar 13	9:30-10:30a.m.	North East Community Centre	\$50
Forever Fit	18+	Thu	Mar20-May 1	9:30-10:30a.m.	North East Community Centre	\$35

Uplands Community Association

uplandscommunity.ca

Contact: 306-949-5137
Email: uplandsc@gmail.com

Registration Date: January 14th 7p.m.
Registration Location: 20 Weekes Crescent

The Uplands Community includes the Uplands and Kensington Greens areas, however all residents of Regina are welcome to join our programs. In Uplands there is both the Community Association and Centre Board. Both are run by volunteers.

As with all community programs a membership is required to register for programs.

We are always looking for new volunteers to help run the Association and Centre Boards

Please email us at uplandsc@gmail.com to inquire.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Drop-in Ukulele Group	All	Second Sat of every month	Sep 14-Jun 14	2-4p.m.	Ruth Pawson Gym	\$5 membership
Winter Adventures	1-3 yrs + guardian	Wed	Jan 8-Feb 12	10:30-11:30a.m.	Uplands Community Centre	\$50

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Deep Rest Yoga	16+	Thu	Jan 16-Mar 20	7:15-8:15p.m.	Uplands Community Centre	\$60
Snow Flow Yoga	16+	Thu	Jan 16-Mar 20	6-7p.m.	Uplands Community Centre	\$60
Zumba	16+	Thu	Jan 16-Mar 27 (no class Feb 20)	6:15-7pm	MJ Coldwell School	\$55

West Zone

West Zone Board

westzoneboard.ca

Contact: Theresa 306-791-0226
Email: office@westzoneboard.ca

Registration Date: Begins January 2
Registration Location: Online

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 in providing 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 Community Soccer Association –rwzcsc.ca
- Regina North West Sports Association-nwsa.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, West Zone programs or to volunteer, visit our website, westzoneboard.ca; email, office@westzoneboard.ca or call 306.791.0226. 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 September 1, 2024 to August 31, 2025.

*NEW student fee is \$375/3 months. Returning student is \$225/3months

**On-line Registration starts February 1, 2025. Information will be posted at: www.rnwsa.ca

***On-Line Registration starts in January, 2025. Information will be posted on the Soccer website: rwcsa.ca

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Child Learn to Skate	all	Sat	Jan 18-Mar 8	10:50a.m.-11:30a.m	Wheat City Kinsmen Arena	Free with Community Membership

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-5 yrs	Sat	Jan 18-Mar 8	9:30-10:05a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	3-5 yrs	Sun	Jan 19-Mar 9	3:45-4:20p.m.	Doug Wickenheiser Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Jan 19-Mar 9	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110
Little Tigers (Taekwon-Do)*	3-5 yrs	Sun	TBD	1p.m.-1:45p.m.	Henry Janzen School 222 Rink Ave	\$175/10 class session
Outdoor Soccer***	3-6 yrs	TBA	May-Jun	Weekday Evenings	West Zone Fields	\$90

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	6-12 yrs	Sat	Jan 18-Mar 8	10:10-10:50a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	6-12 yrs	Sun	Jan 19-Mar 9	4:25-5:05p.m.	Doug Wickenheiser Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Jan 19-Mar 9	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110
Learn Magic	5-13 yrs	Tue	Jan 21-Feb 25	7-8p.m.	North West Leisure Centre	\$200
Taekwon-Do Beginner*	5+ yrs	Mon	Ongoing	6-7p.m.	Henry Janzen School 222 Rink Ave	\$375/3 month session*
Taekwon-Do Intermediate*	5+ yrs	Wed	Ongoing	7-8p.m.	Henry Janzen School 222 Rink Ave	\$375/3 Month session*
T-Ball, Softball**	4-15 yrs	TBD	TBD	TBD	TBD	TBD**
Outdoor Soccer***	7-10 yrs	TBA	May-Jun	Weekday Evenings	West Zone Fields	\$110

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting/Stay Safe	12+ yrs	Sat	Jan 25	9a.m.-4p.m.	TBA	\$50
Outdoor Soccer***	11-18 yrs	TBA	May-Jun	Weekday Evenings	West Zone Fields	\$130
Stay Safe	12+ yrs	Sat	Jan 25	1-5:30p.m.	TBA	\$40

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Standard First Aid	18+	Tue	Jan 21	8:30a.m.-5p.m.	TBA	\$120
Standard First Aid Recertification	18+	Sun	Jan 26	8:30a.m.-5p.m.	TBA	\$90
Psychological First Aid	18+	Wed	Jan 22	8:30a.m.-4:30p.m.	TBA	\$120

Dieppe-Westerra Community Association dieppeplace.org

Contact: see website

Email: see website

Registration Date: see website

Registration Location: 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 at dieppeplace.org and Facebook page to find more information about our programs, and community events. Our programs and family events are open to those with DWCA memberships.

Contact: McNab Community Association
Email: mcnabca@sasktel.net

Registration Date: contact for information
Registration Location: contact for information

Our 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 6:30p.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
Skating Party	All Ages	Sun	Feb 16	1p.m.		

Normanview Residents Group nrgi.ca

Contact: www.nrgi.ca
Email: 2023nrgi@gmail.com

Registration Date: Dec 12, 2024
Registration Location: Northwest Leisure Centre Room #1

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 WWW.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 WWW.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 12-May 25	6-8p.m.	St. Nicholas School	\$20
Pickleball	16+ yrs	Wed	Jan 15-May 28	6-8p.m.	St. Nicholas School	\$20
Volleyball	16+ yrs	Tue	Jan 14-May 13	6:30-8p.m.	St. Josaphat School	\$20
Badminton	16+ yrs	Mon	Jan 13-May 12	6:15-8p.m.	Centennial School	\$20
Forever...in Motion	18+	Thu	Jan 16-May 29	1:30-2:45p.m.	North West Leisure Centre (Room #1)	Free
Forever...in Motion	18+	Thu	Jan 9-May 8	9:30-10:30a.m.	New Hope Lutheran Church	Free
Yoga	16+ yrs	Sun	Jan 19-May 11	10-11a.m.	North West Leisure Centre (Gym)	\$50

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Home Alone Course	10-14 yrs	Sat	Jan 11	9-11:30a.m	Ruth M Buck Elementary (gym)	\$60
Home Alone Course	10-14 yrs	Sat	May 3	9-11:30a.m	Ruth M Buck Elementary (gym)	\$60
Babysitting Course	11+ yrs	Sat	Jan 25	9a.m-3:30p.m	Ruth M Buck Elementary (gym)	\$65
Babysitting Course	11+ yrs	Sat	Feb 8	9a.m-3:30p.m	Ruth M Buck Elementary (gym)	\$65
Babysitting Course	11+ yrs	Sat	Mar 8	9a.m-3:30p.m	Ruth M Buck Elementary (gym)	\$65
Babysitting Course	11+ yrs	Sat	Mar 22	9a.m-3:30p.m	Ruth M Buck Elementary (gym)	\$65
Kickboxing	8-12 yrs	Sun	Jan 12-Feb 9	4:30-5:15p.m	Saint Mary's Elementary	\$25

Kickboxing	8-12 yrs	Sun	Mar 2-Apr 13	4:30-5:15p.m	Saint Mary's Elementary	\$35
Kickboxing	8-12 yrs	Sun	May 4-Jun 1	4:30-5:15p.m	Saint Mary's Elementary	\$25

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Kickboxing	13-15 yrs	Sun	Jan 12-Feb 9	3:15-4:15p.m	Saint Mary's Elementary	\$25
Kickboxing	13-15 yrs	Sun	Mar 2-Apr 13	3:15-4:15p.m	Saint Mary's Elementary	\$35
Kickboxing	13-15 yrs	Sun	May 4-Jun 1	3:15-4:15p.m	Saint Mary's Elementary	\$25

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	16+ yrs	Sun	Jan 12-Feb 9	2-3p.m	Saint Mary's Elementary	\$25
Zumba	16+ yrs	Sun	Mar 2-Apr 13	2-3p.m	Saint Mary's Elementary	\$35
Zumba	16+ yrs	Sun	May 4-Jun 1	2-3p.m	Saint Mary's Elementary	\$25
Quilting	18+	Sun	Jan 26, Feb 9, Mar 30, Apr 13, May 25	9:30a.m.-5p.m.	Ruth M Buck Elementary	\$25
Kickboxing	16+ yrs	Sun	Jan 12-Feb 9	3:15-4:15p.m	Saint Mary's Elementary	\$25
Kickboxing	16+ yrs	Sun	Mar 2-Apr 13	3:15-4:15p.m	Saint Mary's Elementary	\$35
Kickboxing	16+ yrs	Sun	May 4-Jun 1	3:15-4:15p.m	Saint Mary's Elementary	\$25

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Floor Curling	55+	Fri	Jan 17-May 30	1-3p.m.	North West Leisure Centre (Gym)	\$20

Normanview West Community Association

nwcaregina.com

Contact: nwcaregina.com
Email: nwcaregina@gmail.com

Registration Date: Contact the association directly
Registration Location: Contact the 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 for below programming.

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	Thu	Jan-Mar	6:30-7:30p.m.	Ruth M Buck School	Free with Membership

Prairieview Community Association

pvca.ca

Contact: Gwen Barschel
Email: jbarschel@accesscomm.ca

Registration Date: January 14
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 pvca.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 Tue	Jan 21-May 27	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 21-May 27	6:30-7p.m.	McLurg School	\$110 single/\$200 family
Parent/Youth Dodgeball	8-12 yrs	Wed	Jan 22-Apr 30	7:15-8:15p.m.	McLurg School	\$20 family

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Flag Football Skills and Drills	8-14 yrs	Sun	Feb 2-Mar 16	9-10a.m.	McLurg School	\$40

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Drop in Pickleball	16+ yrs	Mon	Jan 20-May 12	6:30-8:30p.m.	McLurg School	\$5/session with membership
Weights and Drills with Lee	16+ yrs	Wed	Jan 15-Apr 16	6-7p.m.	McLurg School	\$65
Low Impact Latin-Inspired Dance Cardio Class	16+ yrs	Thu	Jan 23-May 1	6:15-7p.m.	McLurg School	\$50
Beginner Yoga with Fran	16+ yrs	Sun	Jan 19-Apr 27	4-5p.m.	McLurg School	\$45

Regent Park Community Association

facebook.com/regentparkca

Contact: Tabatha Schneider 306-526-5391

Registration Date: January 7, 5:30-8p.m.
March 18, 5:30-8p.m.

Email: regentparkca@live.com

Registration Location: Elsie Mironuck School

Welcome to Regent Park. We are excited to be offering some fun diverse and new programs for our local community. Current community membership is required. Memberships are available for \$10/year at registration nights or by contacting us. We are a non-profit community group with a mission to enhance the quality of life for all our residents. We strive to make our 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.

For information and to keep in contact find us on Facebook at Regent Park Community Association. We are always looking for volunteers to help put on these fun events for our community. We welcome any new ideas for programs you may have.

See our website listed above for more details.

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Basketball (recreational)	Gr 5-8	Wed	Jan 8-Mar 12	6p.m.-7p.m.	Elsie Mironuck Gym	Free with membership Drop-ins welcome

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	18+	Tue	Jan 7-Mar 11 Mar 18-May 27	7p.m.-9p.m.	Elsie Mironuck Gym	\$10.00/semester
Zumba	18+	Tue	Jan 7-Mar 11 Mar 18-May 27	6p.m.-6.55p.m.	Elsie Mironuck Gym	\$50/semester

Older Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Forever...in Motion	55+	Wed	Jan 8-Apr 30	10:30am-11:30am	St James United Church 4506 Sherwood Drive	Free with membership Drop-ins welcome

Rosemont/Mount Royal Community Association

rmrca.com

Contact: Theresa Porter

Registration Date: Winter Registration: Jan 3-14 (Online)
In-Person: Tuesday Jan 14 (7-8p.m.)
Spring Registration: Mar 25-Apr 10 (Online)

Email: mail@rmrca.com

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! Watch the Community Sign and Website for our POP-UP Classes!

Thank you to the City of Regina for their grant funding.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Outdoor Open Skate	All	Mon-Sun	TBA (Dec-Feb)	Various	Rosemont Outdoor Rink	Free
Outdoor Open Skate	All	Mon-Sun	TBA (Dec-Feb)	Various	Mable Brown Outdoor Rink	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills (Habib)	7-9 yrs	Wed	Jan 22-Apr 2 no class Feb 19	6:30-7:30p.m.	Walker School-Gym	\$50
Basketball Skills (Habib)	10-13 yrs	Wed	Jan 22-Apr 2 no class Feb 19	7:45-8:45p.m.	Walker School-Gym	\$50
Basketball Skills (Habib)	7-9 yrs	Wed	Apr 30-Jun 4	6:30-7:30p.m.	Walker School-Gym	\$35
Basketball Skills (Habib)	10-13 yrs	Wed	Apr 30-Jun 4	7:45-8:45p.m.	Walker School-Gym	\$35

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Fire & Flow Fitness (Effie)	18+	Tues	Jan 21-Apr 1 no class Feb 18	7-8p.m.	Walker School-Gym	\$50
Fire & Flow Fitness (Effie)	18+	Tues	Apr 29-Jun 3	7-8p.m.	Walker School-Gym	\$35
Yoga (Josee)	18+	Mon	Jan 20-Mar 31 No class Feb 17	7:45-8:45p.m.	Walker School-Gym	\$50
Yoga (Josee)	18+	Mon	Apr 28-Jun 9 no class May 19	7:45-8:45p.m.	Walker School-Gym	\$35
Zumba (Josee)	18+	Mon	Jan 20-Mar 31 No class Feb 17	6:30-7:30p.m.	Walker School-Gym	\$50
Zumba (Josee)	18+	Mon	Apr 28-Jun 9 no class May 19	6:30-7:30p.m.	Walker School-Gym	\$35

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga (Miriam)	55+	Thu	Jan 23-Jun 19 no class Feb 20 and Apr 24	9-10a.m.	Online (Zoom)	Free with \$5 community membership
Forever...in Motion	55+	Mon, Wed, Fri	Jan-Jun	10-11a.m.	Heritage United Church	Free with \$5 community membership
Tai Chi (Katherine)	55+	Tues	Jan 21-Jun 17 no class Feb 18 and Apr 22	10-11a.m.	Online (Zoom)	Free with \$5 community membership

Sherwood Estates/Mccarthy Park Community Association semp.ca

Contact: semp@sasktel.net
Email: semp@sasktel.net

Registration Date: semp.ca
Registration Location: semp.ca

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 tlca.ca

Contact: twinlakescommunity@gmail.com (main contact)
Email: twinlakescommunity@gmail.com (programs/inquiries)
twinlakescheerprogram@gmail.com (cheer program only)
twinlakesdanceprogram@gmail.com (dance program only)
twinlakesbabysittingcourse@gmail.com (babysitting and home alone only)

Registration Date: Visit tlca.ca
Registration Location: Visit tlca.ca

The Twin Lakes Community Association strives to deliver fun and beneficial programming at an affordable rate. 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 on our website. You must have a valid email address to register for classes and receive important updates throughout the year.

A valid Community Association membership is required to register for any Community Association programming. A TLCA membership can be purchased for \$10 and is valid from August 1, 2024, to July 31, 2025.

For community updates, like and follow us on Facebook: Twin Lakes Community Association, Twin Lakes Cheer Program and Instagram: [cheertwinlakes](#), [dancetlca](#).

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer-U6 Level 1 Novice Ages 3 to 4	3-4 yrs	Wed	Apr 9-May 28	6-6:50p.m.	St. Angela School	\$110

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer-U6 Level 1 Ages 5 to 6	5-6 yrs	Mon	Apr 7-May 26	6-6:50p.m.	St. Angela School	\$110
Cheer-U6 Level 1 Ages 5 to 6	5-6 yrs	Thu	Apr 10-May 29	6-6:50p.m.	St. Angela School	\$110
Cheer-U8 Pom Ages 5 to 7	5-7 yrs	Tue	Apr 8-May 27	6-6:50p.m.	St. Angela School	\$110
Cheer-U8 Level 1 Ages 7 to 8	7-8 yrs	Mon	Apr 7-May 26	7-8p.m.	St. Angela School	\$130
Cheer-U8 Level 1 Ages 7 to 8	7-8 yrs	Wed	Apr 9-May 28	7-8p.m.	St. Angela School	\$130
Cheer-U12 Pom Ages 8 to 12	8-12 yrs	Tue	Apr 8-May 27	7-8p.m.	St. Angela School	\$130
Cheer-U12 Level 1 Ages 8 to 12	8-12 yrs	Thu	Apr 10-May 29	7-8p.m.	St. Angela School	\$130
Smashball-FUNDamentals Ages 6-8	6-8 yrs	Tue	Jan 7-Mar 18	6:15-7:15p.m.	MacNeill School	\$40
Smashball-Learn to Train Ages 9-11	9-11 yrs	Tue	Jan 7-Mar 18	7:15-8:45p.m.	MacNeill School	\$60

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting Course	11+ yrs	Mon	Jan 6-20	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Thu	Feb 6-20	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Thu	Mar 6-20	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Fri	Apr 4-25	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Thu	May 1-15	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Mon	May 5-26	5:30-8p.m.	Northwest Leisure Centre	\$30
Home Alone Course	10+ yrs	Tue	Jan 21	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Tue	Feb 4	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Fri	Mar 21	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Fri	Mar 28	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Thu	Apr 3	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Tue	May 13	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Tue	May 27	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Thu	May 29	5:30-8p.m.	Northwest Leisure Centre	\$20

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball (Adult Co-ed)	18+	Wed	Jan 22-Jun 25	3:30-5:30p.m.	Northwest Leisure Centre	\$20
Yoga	18+	Wed	Jan 15-Apr 2	6:15-7:15p.m.	St. Jerome School	\$70
Yoga	18+	Thu	Jan 16-Mar 27	6:15-7:15p.m.	St. Jerome School	\$70
Zumba	18+	Mon	Jan 13-Apr 14	6:30-7:30p.m.	MacNeill School	\$70

Contact: Doreen Patel
Email: walrgr.programs@gmail.com

Registration Date: January 14, 2025, 7-8p.m.
Registration Location: Henry Janzen School

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 cards expire August 31 of each year and 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", register on registration night or contact Master Bryan Folk, phone 306-949-7067, or email b.folktkd@hotmail.com. This program has ongoing registrations.

For "Sportball", information and to register email Tina at tinak@sportball.ca

For "Forever...in Motion", register on registration night. For information contact Doreen at 306-533-6583.

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 guarantee any make up classes. Dates and costs are subject to alteration.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	6+ yrs	Tue & Thu	Jan 16-Jun 5	6:30-7:45p.m.	Henry Janzen School	\$40/month

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-sport	3.5-5 yrs	Sat	Jan 11-Feb 8	10:45-11:45a.m.	Henry Janzen School	\$133/5 sessions
Sportball-Coach & Child Multi-sport	3.5-5 yrs	Sat	Mar 1-Apr 12	10:45-11:45a.m.	Henry Janzen School	\$180/7 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Jan 11-Feb 8	9-9:45a.m.	Henry Janzen School	\$133/5 sessions
Sportball-Parent & Child Multi-sport	2-3.5 yrs	Sat	Jan 11-Feb 8	9:50-10:35a.m.	Henry Janzen School	\$133/5 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Jan 12-Feb 9	2:05-3:05p.m.	North West Leisure Centre Gym	\$133/5 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Jan 12-Feb 9	3:15-4p.m.	North West Leisure Centre Gym	\$133/5 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Mar 1-Apr 12	9-9:45a.m.	Henry Janzen School	\$180/7 sessions
Sportball-Parent & Child Multi-sport	2-3.5 yrs	Sat	Mar 1-Apr 12	9:50-10:35a.m.	Henry Janzen School	\$180/7 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Feb 23-Apr 13	2:05-3:05p.m.	North West Leisure Centre Gym	\$203/8 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Feb 23-Apr 13	3:15-4p.m.	North West Leisure Centre Gym	\$203/8 sessions

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Jan 12-Feb 9	1-2p.m.	North West Leisure Centre Gym	\$133/5 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Jan 12-Feb 9	4:10-4:55p.m.	North West Leisure Centre Gym	\$133/5 sessions
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Feb 23-Apr 13	1-2p.m.	North West Leisure Centre Gym	\$203/8 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Feb 23-Apr 13	4:10-4:55p.m.	North West Leisure Centre Gym	\$203/8 sessions
Tae Kwon Do	6+ yrs	Tue & Thu	Jan 16-Jun 5	6:30-7:45p.m.	Henry Janzen School	\$40/month

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	13+ yrs	Tue & Thu	Jan 16-Jun 5	6:30-7:45p.m.	Henry Janzen School	\$40/month

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball #1 (max 24)	18+	Sat	Jan 18-Jun 7	12:15-2p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #2 (max 24)	18+	Sat	Jan 18-Jun 7	2-4p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #3 (max 24)	18+	Sun	Jan 19-Jun 8	11a.m.-1p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #4 (max 24)	18+	Sun	Jan 19-Jun 8	3-5p.m.	Henry Janzen School-Both Gyms	\$20
Tae Kwon Do	18+	Tue & Thu	Jan 16-Jun 5	6:30-7:45p.m.	Henry Janzen School	\$40/month
Volleyball-Recreational	18+	Mon	Jan 27-Jun 2	8-10p.m.	St. Bernadette School	\$20
Volleyball-Skilled #1	18+	Thu	Jan 16-Jun 5	6:15-8p.m.	George Lee School	\$20
Volleyball-Skilled #2	18+	Thu	Jan 16-Jun 5	8-9:45p.m.	George Lee School	\$20
Yoga (max 25)	18+	Sun	Jan 19-Apr 6	6:15-7:15p.m.	George Lee School	\$60/10 sessions
Yoga (max 25)	18+	Mon	Jan 20-Mar 31	6:15-7:15p.m.	George Lee School	\$60/10 sessions

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever...in Motion	50+	Mon & Thu	Jan 20-May 1	11a.m.-12p.m.	Argyle Park Community Centre 55 Davin Crescent	Free

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