Leisure Guide

Fall 2023

Registration dates:

Residents - August 15 Non-Residents - August 17





When does registration start?

Regina residents: Tuesday, August 15

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

Non-residents: Thursday, August 17

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

B easy ways to register



Online Registration

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



Call 306-777-PLAY (7529)

PlayLine operating hours:

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

Make sure you create your

online account before

registration day!



Visit a Facility



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

Program Cancellations, Withdrawals, Transfers & Late Registrations

Cancellations

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

Withdrawals

 Withdrawals are permitted up to 12 p.m. on the calendar day following the second class to receive a pro-rated credit or refund.

Transfers

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

Late Registrations

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

Payment Methods

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

Table of Contents

Recreation For All



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

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

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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.

Sports and Leisure Facilities

- Mount Pleasant Sports Park
- · Mosaic Stadium
- Outdoor Tennis Courts
- Athletic Fields and Ball Diamonds
- · Park and Picnic Sites
- Leibel Field
- Golf Course Clubhouses in the Off Season
- Regina Public and Catholic School Facilities
- Canada Games Athletic Complex
- Arenas/Skating Rinks

Leisure Centres and Sportplex

City of Regina Leisure Centres and the Sportplex can be booked for everything from birthday parties to sporting events for all sizes of groups. For full details on booking options, contact the facility of your choice.

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

Neighbourhood & Community Centres - Phone the recreation centre for more information or to book.

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



A City of Regina Leisure Pass provides you:

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

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



*Adult Leisure Pass cost for an annual membership paid monthly

Leisure Pass (Plus Applicable Taxes):										
	One-Month	Three-Month	Six-Month	One-Year						
Adult (25-64)	\$55.22	\$149.09	\$281.62	\$496.98						
Senior (65+)	\$41.42	\$111.83	\$211.24	\$372.78						
Young Adult (19-24)	\$41.42	\$111.83	\$211.24	\$372.78						
Youth (13-18)	\$33.13	\$89.45	\$168.96	\$298.17						
Child (2-12)	\$24.85	\$67.10	\$126.74	\$223.65						
Family*	\$107.68	\$290.74	\$549.17	\$969.12						

Single & Bulk Admissions (Plus Applicable Taxes):								
	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)					
Adult (25-64)	\$6.76	\$60.84	\$114.92					
Senior (65+)	\$5.18	\$46.62	\$88.06					
Young Adult (19-24)	\$5.18	\$46.62	\$88.06					
Youth (13-18)	\$4.50	\$40.50	\$76.50					
Child (2-12)	\$2.93	\$26.37	\$49.81					
Family*	\$13.51	\$121.59	\$229.67					

^{*}Applies to all persons living in the same household with a maximum of two adults. Prices in effect January 1 - December 31, 2023.





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 **16** 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 starting on page 8 of this guide.

NEIL BALKWILL CIVIC ARTS CENTRE

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

Facility hours:

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

Hours may vary according to program needs.



OUTDOOR POOLS

 Massey Pool
 Regent Pool

 100 Massey Rd.
 3600 McKinley Ave.

 306-777-7377
 306-777-7376

 closes Sept 4
 closes Sept 3

Buffalo Meadows Pool 1401 Montague St. 306-777-7375 closes Sept 4

Visit Regina.ca/outdoorpools for up to date information including schedules.

Maple Leaf Pool 1104 14th Ave. 306-777-7374 closes Sept 4 Wascana Pool 2400 Wascana Dr. 777-7529

closes Sept 17



NORTH WEST LEISURE CENTRE

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



Facility hours:

Monday - Thursday: 8 a.m. - 9:30 p.m.

Friday: 8 a.m. - 8:30 p.m.

Saturday - Sunday: 9 a.m. - 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

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





SANDRA SCHMIRLER LEISURE CENTRE



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

Facility hours:

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

- Main pool ranging in depth from .45 to 3 metres • Pool slides • Umbrella rain tree
 - 1-metre diving board Accessible overhead lift
 - Accessible universal/family change rooms
 - Large whirlpool and co-ed dry sauna
- Strength and conditioning area 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

Lawson Aquatic Centre

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





Aquatics

Adapted Leisure Swim AP — A free leisure swim time dedicated to those who experience disability(s) their family members and support. Registration required, see page 35 for more details.

Adult Swim - A leisure swim for adults 19 and over.

All Bodies Swim – A leisure swim for people who are transgender, non-binary and/or gender non-conforming and their allies. For dates and times contact socialinclusionprograms@regina.ca.

Aquacise/Social Aquacise – A fitness class using the natural resistance and buoyancy of the water.

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.

Deep Water Workout – A totally non-impact workout done in deep water using a flotation belt.

Joint Muscular Strength & Endurance – A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.

Keenagers (55+) – A water workout followed by a relaxing cooldown.

Lane Swim – Lane swimming in a roped-off, designated area of the pool.

Leisure Swim – Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.

Part of the Pool Swim – A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals.

Preschool Swim – A special time for parents and children 5 years of age and under to enjoy.

Women's Only Swim – An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted.

Lawson Aquatic Centre

Aquatic Fitness		Effective September 5-December 22, 2023			
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
10:30-11a.m.	Keenagers		Keenagers		Keenagers
12:00p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout

• Check the monthly changes and cancellations at Regina.ca • Schedule may be adjusted due to program needs • All classes are subject to change/cancellation

Swim Schedule	Swim Schedule Effective September 5-December 23, 202								
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim					7-9:30p.m.	2-4p.m.	1-4p.m.		
Lane Swim	5:30a.m 9:30p.m.	5:30a.m 9:30p.m.	5:30a.m 9:30p.m.	5:30a.m 9:30p.m.	5:30a.m 9:30p.m.	7a.m8p.m.	7a.m8p.m.		
Preschool Swim	12-3:55p.m.		12-3:55p.m.		12-3:55p.m.				
Part of the Pool Swim	7:30-9:30p.m.	7:30-9:30p.m.	7:30-9:30p.m.	7:30-9:30p.m.					

[•] Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at Regina.ca

North West Leisure Centre

Aquatic Fitness		Effective September 5-December 23, 2023			
Time	Monday	Tuesday	Wednesday	Thursday	Friday
11a.m.	Aquacise	Aquacise	Aquacise		
12:05p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise
8:35p.m.	*Aquacise	*Aquacise	*Aquacise		

^{*}Drop-ins welcome if space permits. To guarantee your spot, please register for the program.

[·] Check the monthly changes and cancellations at Regina.ca

Swim Schedule	Swim Schedule Effective September 5-December 23, 2023								
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	6:30-8:25p.m.		6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	1:30-8:25p.m.	3:30-6:25p.m. ²		
Adult Swim	8-9a.m. & 8:30-9:25p.m.	8-9a.m. & 8:30-9:25p.m.	8-9a.m. & 8:30-9:25p.m.	8-9a.m. & 8:30-9:25p.m.	8-9a.m.				
Part of the Pool Swim	9a.m3:55p.m.	9a.m3:55p.m.	9a.m3:55p.m.	9a.m3:55p.m.	9a.m3:55p.m.				
Hot Tub & Sauna	8a.m3:55p.m. & 6:30-9:45p.m.	8a.m3:55p.m. & 6:30-9:45p.m.	8a.m3:55p.m. & 6:30-9:45p.m.	8a.m3:55p.m. & 6:30-9:45p.m.	8a.m3:55p.m. & 6:30-9:45p.m.	1:30-8:25p.m.	3:30-6:25p.m.		
Women's Only Swim ¹							6:30-8:25p.m.		

[•] Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at Regina.ca

Sandra Schmirler Leisure Centre

Sandra Schmirler Leisure Centre will be closed for annual maintenance Aug 28–Sep 10 inclusive

Aquatic Fitness		Effective September 11-December 23, 2023			
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15a.m.		Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance	Keenagers
3p.m.	Keenagers	Aquacise	Keenagers	Aquacise	
8:30p.m.	*Aquacise	*Aquacise	*Aquacise	*Aquacise	

^{• *}Drop-ins welcome if space permits. To guarantee your spot, please register for the program.

[·] Check the monthly changes and cancellations at Regina.ca

Swim Schedule	Swim Schedule Effective September 11-December 23,									
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Leisure Swim		6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-9:25p.m.	*3:30-8:25p.m.	1:30-5:25p.m.			
Lane Swim	6:45-9a.m. & 11:30a.m1p.m.	6:45-9a.m. & 11:30a.m1p.m.	6:45-9a.m. & 11:30a.m1p.m.	6:45-9a.m. & 11:30a.m1p.m.	6:45-9a.m. & 11:30a.m1p.m.					
Adult Swim	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.					
Part of the Pool Swim	9a.m3:55p.m.	9a.m- 3:55p.m.	9a.m- 3:55p.m.	9a.m- 3:55p.m.	9a.m- 3:55p.m.					
Hot Tub & On Deck Sauna	6:45a.m 3:55p.m. & 8:30-9:25p.m.	6:45a.m 3:55p.m. & 6:45-9:25p.m.	6:45a.m 3:55p.m. & 6:45-9:25p.m.	6:45a.m 3:55p.m. & 6:45-9:25p.m.	6:45a.m 3:55p.m. & 6:45-9:25p.m.	*3:30-8:25p.m.	1:30-5:25p.m.			

 $[\]bullet \ \, \text{Schedule may be adjusted due to program needs} \, \bullet \, \text{Check the monthly changes and cancellations at } \, \textbf{Regina.ca}$

¹Women's Only Swim runs Sep 10, Sep 17, Oct 1, Oct 15, Oct 29, Nov 12, Nov 26 and Dec 10.

²Adapted Leisure Swim begins at 6:30 on the following dates: Sep 3, Sep 24, Oct 8, Oct 22, Nov 5, Nov 19, Dec 3, Dec 17. Registration required.

[•] Schedule may be adjusted due to program needs • All classes are subject to change/cancellation

^{*} Leisure Swim and Hot Tub & On Deck Sauna will end at 6:30 on Sep 16, Oct 14, Oct 28, Nov 25, Dec 9 and Dec 23.

Land Fitness & Sport

20/20/20 – Get it all! Cardio, strength, and flexibility all in 60 minutes! This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability.

Abs & Arms – A 45 minute class designed to work your abs and arms with various equipment and routines. Exercises will target both areas and more.

Baby & Me Bootcamp – Bring baby along for a postnatal workout! A multi-level class combining intervals of cardio, strength and core.

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

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

Cycle & Core – A group cycling workout followed by core strengthening exercises.

Cycle & Stretch – A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.

Cycle & Yoga – Rev up your heart rate with 30 minutes of heart pumping cycling followed by 30 minutes of a flow-style yoga practice. This fusion class is the perfect combination of work for the mind and body.

Fitness Walking – A beginner/moderate level class combining walking on the track with muscle conditioning.

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

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

Group Cycle – A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.

HIIT – This intermediate to advanced interval class alternates between strength and cardio intervals for a complete workout.

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

LifeLong Yoga WW – Using classical yoga and other mindful movements, we'll cultivate whole body strength, length, and balance. Whether you are a new or continuing yoga practitioner, these sessions will offer accessible practices to care for body, mind, and spirit.

MELT-Self Care NEW – Revolutionize your health with a MELT Self-Care Class. Led by MELT Method L5 NeuroStrength and Exercise Therapist Michelle Downs, this beginner-level session will provide you with a step-by-step guide to learn how to MELT, one section of the body at a time.

Power Circuit – This heart pumping, calorie burning, muscle building circuit/conditioning class will challenge you and leave you feeling the burn. This class focuses on muscular endurance to burn fat, shape muscles, and provide a sense of empowerment in a fun, high energy class.

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

Stretch & Tone – This beginner to moderate level class focuses on flexibility and muscular strengthening with dumbbells. Enhance your flexibility, body awareness and alignment to relax and reduce muscle tension and stress.

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

Total Body Bootcamp – In this class you will sculpt and tone muscles above and below the belt. Your chest, back, arms, shoulders, abs, butt, and legs will get a great workout with a relaxing stretch to wrap up the class.

Yoga: Boomers and Beyond – This class is designed to meet the unique needs of aging. Yoga postures and movements are modified to meet your physical health challenges.

Yoga: Flow – A yoga class that flows from one movement to the next, blending balance, strength, and flexibility.

Yoga: Gentle – A gentle yoga class that blends balance, strength and flexibility.

Fieldhouse

Land Fitness					Effective S	eptember 5-Dece	ember 23, 2023
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core
9:30a.m.	Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core		
10a.m.							Body Blast
10:40a.m.	MELT-Self Care				LifeLong - Yoga		
12:10p.m.	Yoga-Flow*	Yoga-Gentle* Total Body Bootcamp	- Yoga-Flow*	Yoga-Yin* Ignite	Yoga-Flow*		
5:30p.m.		Group Cycle		Body Blast	Group Cycle		
6:45p.m.		Body Blast					

[•] Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change/cancellation.

[·] Check the monthly changes and cancelations at Regina.ca.

Fieldhouse Stat Holiday Fitness Classes								
Date	Date Activity Time							
Oct 9	Body Blast	10-11a.m.						

Basketball & Rollerblading Effective September 1-December 31, 2						ember 31, 2023	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	1-4p.m.			1-3p.m.		12-3p.m.	11a.m1p.m.
Rollerblading	13p.m.		9a.m12p.m.		3 -5p.m.	4-6p.m.	

[•] Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court. Please visit **Regina.ca** to view the Live Schedule or call 306-777- PLAY (7529) for updated court times. Basketball schedule may change without notice.

North West Leisure Centre

Land Fitness					Effective	September 5-De	cember 23
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo	
10:15a.m.						Glutes, Galore, Core & More*	
10:30a.m.	20-20-20	FUNctional fit	Baby & Me Bootcamp	20-20-20			
12:15p.m.		Drop-in Walk & Talk					
3:30p.m.		Drop-in Basketball until 5:30p.m.					
6p.m.	Cardio & Sculpt	Cardio Combo	Body Blast				
6:30p.m.				Cardio & Sculpt			
7:15p.m.		Abs & Arms*	Glutes, Galore, Core & More*				

^{*}Most workouts are one 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change/cancellation

[·] All rollerblading times are space permitting.

 $[\]bullet \ \, \text{Schedule may be adjusted due to program needs} \, \bullet \, \text{Check the monthly changes and cancellations at } \, \textbf{Regina.ca}$

Strength & Conditioning Areas

Strength and Conditioning Area Rules

Youth ages 12-15 may use the equipment when directly supervised by an adult. A Weight Training Access Card will allow clients under the age of 16 to use equipment without adult supervision. Personal Training is required to obtain the access card. Fitness equipment is not available to clients under the age of 12.

Facility Schedu	Facility Schedule Effective September 5 – December 23, 2023						
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	7a.m7:55p.m.	7a.m7:55p.m.
Lawson Aquatic Centre	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	5:30a.m 9:25p.m.	7a.m7:55p.m.	7a.m7:55p.m.
North West Leisure Centre	8a.m9:30p.m.	8a.m9:30p.m.	8a.m9:30p.m.	8a.m9:30p.m.	8a.m8:30p.m.	9a.m8:30p.m.	9a.m8:30p.m.
Sandra Schmirler Leisure Centre	6a.m9:30p.m.	6a.m9:30p.m.	6a.m9:30p.m.	6a.m9:30p.m.	6a.m8:30p.m.	9a.m8:30p.m.	9a.m8:30p.m.

[·] Schedule may be adjusted due to program/facility needs.

Fall Public Skate Sc	Fall Public Skate Schedule October 2023 – March 2024							
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Clarence Mahon 130 Brotherton Ave. 306-777-7387		6-8p.m. (Oct 10-Mar 19)						
Al Ritchie 2230 Lindsay Ave. 306-777-7381			6-7:45p.m. (Oct 4-Mar 20)					
Jack Staples 444 Broad St. N 306-777-7384					6-7:45p.m. (Oct 6-Mar 22)			
Murray Balfour 68 Massey Rd. 306-777-7386						6-8p.m. (Oct 21-Mar 16)		
Optimist 222 Sunset Dr. 306-777-7809							Beginner Skate 12-2p.m. (Oct 22-Mar 3) No Skate Dec 24	
Doug Wickenheiser 1127 Arnason St. N 306-777-7073							6-8p.m. (Oct 8-Feb 25) No Skate Dec 24, Dec 31, Jan 21	

[•] Visit Regina.ca for more information on the Public Skate Guidelines, changes and cancellations to the schedule.

[•] Additional public skate times are also offered at the Co-operators Centre located at Evraz Place, 1700 Elphinstone Street. For dates and more information please visit realdistrict.ca/public-skate-schedule

Free Youth Evening Program

September 18 – December 14

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.





Swim for Life Aquatic Registration Guidelines

Still unsure what level to register for?

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

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



	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
	☐ Jump into deep water wearing a PFD ☐ Tread water, submerge and exhale ☐ Front and back floats, glides, flutter kick and front crawl wearing a PFD Is 8-14 years and can perform the skills listed above.	Swimmer 2 Youth Swimmer 2	Red Cross Swim Kids 3 YMCA Dolphin or Swimmer
	 ☐ Jump into deep water, perform sideways entries wearing a PFD ☐ Support self at surface 15 sec ☐ Recover an object from the bottom ☐ 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	
Swimmer	 ☐ Kneeling dives, forward rolls, front somersaults ☐ Tread water 30 sec ☐ Jump into deep water ☐ Flutter kicks, 10m whip kick on back, swim 15m front and back crawl Is 8-14 years and can perform the skills listed above. 	Swimmer 4 Youth Swimmer 4	Red Cross Swim Kids 6 YMCA Star 2
S	□ Swim to Survive Standard: • Roll – tread 1 min. • Swim 50m □ Standing dives □ Underwater swim □ 15m whip kick on front, breaststroke arms with breathing □ Front and back crawl 25m	Swimmer 5	Red Cross Swim Kids 7 YMCA Star 3
	☐ Shallow dives, tuck jumps, stationary eggbeater, scissor kick☐ 25m breaststroke☐ 50m front and back crawl, head up front crawl☐ Interval training 4x50m	Swimmer 6	Red Cross Swim Kids 8 YMCA Star 4
	□ Stride entries, compact jumps □ Legs only surface support for 45 sec □ 25m breaststroke □ 100m front crawl, back crawl and head up front crawl □ 300m workout	Rookie Patrol	Red Cross Swim Kids 9 YMCA Star 5
	☐ Front crawl, back crawl, and breaststroke over 50m each ☐ Timed 100m swims ☐ 350m workouts	Ranger Patrol	Red Cross Swim Kids 10 YMCA Star 6
	☐ Front crawl, back crawl, and breaststroke over 75m each ☐ 100m lifesaving medley ☐ Timed 200m swims	Star Patrol	Red Cross Swim Kids 10 YMCA Star 6





Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Preschool Aquatics – Lifesaving Swim for Life

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

Parent & Tot 1

4-12 months

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

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

LAC	70363	Wed	Sep 6-Oct 25	6-6:30p.m.	\$52.40
	71124	Sat	Sep 9-Oct 28	11:25-11:55a.m.	\$45.85
	71157	Sun	Sep 10-Oct 29	11:50a.m12:20p.m.	\$45.85
	70533	Wed	Nov 1-Dec 20	4:55-5:25p.m.	\$52.40
NWLC	69896	Tue	Sep 5-Oct 24	2:15-2:45p.m.	\$52.40
	69913	Wed	Sep 6-Oct 25	4:35-5:05p.m.	\$52.40
	69968	Thu	Sep 7-Oct 26	9-9:30a.m.	\$52.40
	70002	Mon	Sep 11-Oct 23	5:10-5:45p.m.	\$45.85
	70188	Tue	Oct 31-Dec 19	2:15-2:45p.m.	\$52.40
	70328	Tue	Oct 31-Dec 19	5:15-5:45p.m.	\$52.40
	70231	Thu	Nov 2-Dec 21	9-9:30a.m.	\$52.40
	70208	Thu	Nov 2-Dec 21	4:35-5:05p.m.	\$52.40
SSLC	70994	Mon	Sep 11-Oct 23	10:40-11:15a.m.	\$45.85
	70993	Mon	Sep 11-Oct 23	4:50-5:25p.m.	\$45.85
	70795	Tue	Sep 12-Oct 24	11:05-11:35a.m.	\$45.85

70794	Tue	Sep 12-Oct 24	4:45-5:15p.m.	\$45.85
70833	Wed	Sep 13-Oct 25	10:50-11:20a.m.	\$45.85
70832	Wed	Sep 13-Oct 25	6-6:30p.m.	\$45.85
70878	Thu	Sep 14-Oct 26	5:25-5:55p.m.	\$45.85
70920	Fri	Sep 15-Oct 27	4:15-5:15p.m.	\$45.85
71057	Sat	Sep 16-Oct 28	12:15-12:50p.m.	\$45.85
71059	Sat	Sep 16-Oct 28	1:30-2:05p.m.	\$45.85
70924	Sun	Sep 17-Oct 29	11:10-11:40a.m.	\$45.85
70473	Mon	Oct 30-Dec 18	10:45-11:15a.m.	\$52.40
70472	Mon	Oct 30-Dec 18	5:10-5:40p.m.	\$52.40
70549	Tue	Oct 31-Dec 19	10:30-11a.m.	\$52.40
70548	Tue	Oct 31-Dec 19	4-4:30p.m.	\$52.40
70581	Wed	Nov 1-Dec 20	10:55-11:25a.m.	\$52.40
70580	Wed	Nov 1-Dec 20	4:35-5:05p.m.	\$52.40
70616	Thu	Nov 2-Dec 21	5:30-6p.m.	\$52.40
70723	Sat	Nov 4-Dec 23	11:55a.m12:25p.m.	\$45.85
70724	Sat	Nov 4-Dec 23	1:30-2p.m.	\$45.85
70736	Sun	Nov 5-Dec 17	11:10-11:40a.m.	\$45.85
	70833 70832 70878 70920 71057 71059 70924 70473 70472 70549 70581 70580 70616 70723	70833 Wed 70832 Wed 70878 Thu 70920 Fri 71057 Sat 71059 Sat 70924 Sun 70473 Mon 70472 Mon 70549 Tue 70548 Tue 70581 Wed 70580 Wed 70616 Thu 70723 Sat 70724 Sat	70833 Wed Sep 13-Oct 25 70832 Wed Sep 13-Oct 25 70878 Thu Sep 14-Oct 26 70920 Fri Sep 15-Oct 27 71057 Sat Sep 16-Oct 28 71059 Sat Sep 16-Oct 28 70924 Sun Sep 17-Oct 29 70473 Mon Oct 30-Dec 18 70472 Mon Oct 30-Dec 18 70549 Tue Oct 31-Dec 19 70548 Tue Oct 31-Dec 19 70581 Wed Nov 1-Dec 20 70580 Wed Nov 2-Dec 21 70723 Sat Nov 4-Dec 23 70724 Sat Nov 4-Dec 23	70833 Wed Sep 13-Oct 25 10:50-11:20a.m. 70832 Wed Sep 13-Oct 25 6-6:30p.m. 70878 Thu Sep 14-Oct 26 5:25-5:55p.m. 70920 Fri Sep 15-Oct 27 4:15-5:15p.m. 71057 Sat Sep 16-Oct 28 12:15-12:50p.m. 71059 Sat Sep 16-Oct 28 1:30-2:05p.m. 70924 Sun Sep 17-Oct 29 11:10-11:40a.m. 70473 Mon Oct 30-Dec 18 10:45-11:15a.m. 70472 Mon Oct 30-Dec 18 5:10-5:40p.m. 70549 Tue Oct 31-Dec 19 10:30-11a.m. 70548 Tue Oct 31-Dec 19 4-4:30p.m. 70581 Wed Nov 1-Dec 20 10:55-11:25a.m. 70580 Wed Nov 1-Dec 20 4:35-5:05p.m. 70723 Sat Nov 4-Dec 23 11:55a.m12:25p.m. 70724 Sat Nov 4-Dec 23 11:30-2p.m.

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	70364	Wed	Sep 6-Oct 25	4:55-5:25p.m.	\$52.40
	71125	Sat	Sep 9-Oct 28	10:40-11:10a.m.	\$45.85
	71158	Sun	Sep 10-Oct 29	9:40-10:10a.m.	\$45.85
	70318	Mon	Sep 11-Oct 23	4:55-5:30p.m.	\$45.85
	70456	Mon	Oct 30-Dec 18	4:55-5:25p.m.	\$52.40
	70457	Tue	Oct 31-Dec 19	6-6:30p.m.	\$52.40
	70458	Thu	Nov 2-Dec 21	5:30-6p.m.	\$52.40
	71181	Sat	Nov 4-Dec 23	12:20-12:55p.m.	\$45.85

NWLC	69897	Tue	Sep 5-Oct 24	2:50-3:20p.m.	\$52.40
	69892	Tue	Sep 5-Oct 24	5:10-5:40p.m.	\$52.40
	69902	Wed	Sep 6-Oct 25	9-9:30a.m.	\$52.40
	69934	Thu	Sep 7-Oct 26	4:05-4:35p.m.	\$52.40
	70030	Sat	Sep 9-Oct 28	10:50-11:20a.m.	\$45.85
	70051	Sun	Sep 10-Oct 29	11:15-11:45a.m.	\$52.40
	70051	Sun	Sep 10-Oct 29	12:05-12:35p.m.	\$52.40
	69999	Mon	Sep 10-Oct 29	2:20-2:55p.m.	\$45.85
	70000	Mon	Sep 11-Oct 23		\$45.85
		Mon	'	5:50-6:25p.m.	
	70286		Oct 30-Dec 18	2:15-2:45p.m.	\$52.40
	70190	Tue	Oct 31-Dec 19	2:50-3:20p.m.	\$52.40
	70330	Tue	Oct 31-Dec 19	5:50-6:20p.m.	\$52.40
	70209	Wed	Nov 1-Dec 20	9-9:30a.m.	\$52.40
	70189	Wed	Nov 1-Dec 20	5:10-5:40p.m.	\$52.40
	70232	Fri	Nov 3-Dec 22	4:05-4:35p.m.	\$52.40
	70252	Sat	Nov 4-Dec 23	11:15-11:45a.m.	\$45.85
	70251	Sat	Nov 4-Dec 23	12:05-12:35p.m.	\$45.85
	70291	Sun	Nov 5-Dec 17	10:50-11:20a.m.	\$45.85
SSLC	70990	Mon	Sept 11-Oct 23	4:40-5:15p.m.	\$45.85
	70793	Tue	Sep 12-Oct 24	4:05-4:35p.m.	\$45.85
	70792	Tue	Sep 12-Oct 24	5:10-5:40p.m.	\$45.85
	70854	Wed	Sep 13-Oct 25	11:25-11:55a.m.	\$45.85
	70834	Wed	Sep 13-Oct 25	4:10-4:40p.m.	\$45.85
	70880	Thu	Sep 14-Oct 26	11-11:30a.m.	\$45.85
	70879	Thu	Sep 14-Oct 26	4:50-5:20p.m.	\$45.85
	71055	Sat	Sep 16-Oct 28	9:10-9:45a.m.	\$45.85
	71056	Sat	Sep 16-Oct 28	11:20-11:55a.m.	\$45.85
	70925	Sun	Sep 17-Oct 29	9:35-10:05a.m.	\$45.85
	70926	Sun	Sep 17-Oct 29	12:10-12:40p.m.	\$45.85
	70476	Mon	Oct 30-Dec 18	11:20-11:50a.m.	\$52.40
	70474	Mon	Oct 30-Dec 18	4-4:30p.m.	\$52.40
	70475	Mon	Oct 30-Dec 18	6-6:30p.m.	\$52.40
	70551	Tue	Oct 31-Dec 19	11:05-11:35a.m.	\$52.40
	70550	Tue	Oct 31-Dec 19	6-6:30p.m.	\$52.40
	70582	Wed	Nov 1-Dec 20	9:45-10:15a.m.	\$52.40
	70618	Thu	Nov 2-Dec 21	11:45a.m12:15p.m.	\$52.40
	70617	Thu	Nov 2-Dec 21	4:15-4:45p.m.	\$52.40
	70718	Sat	Nov 4-Dec 23	9:10-9:40a.m.	\$45.85
	70719	Sat	Nov 4-Dec 23	11:15-11:45a.m.	\$45.85
	70720	Sat	Nov 4-Dec 23	2:10-2:40p.m.	\$45.85
	70734	Sun	Nov 5-Dec 17	9:35-10:05a.m.	\$45.85
	70735	Sun	Nov 5-Dec 17	12:10-12:40p.m.	\$45.85
	10/33	Juli	1407 3-1060 17	12.10-12.40p.111.	φ40.00

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.

required in water per child.									
LAC	70343	Tue	Sep 5-Oct 24	5:25-5:55p.m.	\$52.40				
	70365	Wed	Sep 6-Oct 25	4:55-5:25p.m.	\$52.40				
	70434	Thu	Sep 7-Oct 26	6:05-6:35p.m.	\$52.40				
	71126	Sat	Sep 9-Oct 28	12-12:30p.m.	\$45.85				
	71159	Sun	Sep 10-Oct 29	10:40-11:10a.m.	\$45.85				
	70528	Tue	Oct 31-Dec 19	6:05-6:35p.m.	\$52.40				
	70529	Wed	Nov 1-Dec 20	4:55-5:25p.m.	\$52.40				
	70530	Thu	Nov 2-Dec 21	5:30-6p.m.	\$52.40				
	71183	Sat	Nov 4-Dec 23	10:50-11:25a.m.	\$45.85				
	71182	Sat	Nov 4-Dec 23	11:20-11:55a.m.	\$45.85				
NWLC	69890	Tue	Sep 5-Oct 24	4:35-5:05p.m.	\$52.40				
	69908	Wed	Sep 6-Oct 25	11-11:30a.m.	\$52.40				
	69909	Wed	Sep 6-Oct 25	5:45-6:15p.m.	\$52.40				
	69984	Fri	Sep 8-Oct 27	5:10-5:40p.m.	\$52.40				
	70031	Sat	Sep 9-Oct 28	11:55a.m12:25p.m.	\$45.85				
	70021	Sat	Sep 9-Oct 28	12:35-1:05p.m.	\$45.85				
	70054	Sun	Sep 10-Oct 29	9:35-10:05a.m.	\$52.40				
	70055	Sun	Sep 10-Oct 29	11:50a.m12:20p.m.	\$52.40				
	70154	Mon	Oct 30-Dec 18	5:10-5:40p.m.	\$52.40				
	70356	Tue	Oct 31-Dec 19	5:55-6:25p.m.	\$52.40				
	70210	Wed	Nov 1-Dec 20	11-11:30a.m.	\$52.40				
	70191	Wed	Nov 1-Dec 20	4:35-5:05p.m.	\$52.40				
	70211	Thu	Nov 2-Dec 21	5:45-6:15p.m.	\$52.40				
	70253	Sat	Nov 4-Dec 23	9:35-10:05a.m.	\$45.85				
	70254	Sat	Nov 4-Dec 23	11:50a.m12:20p.m.	\$45.85				
	70293	Sun	Nov 5-Dec 17	11:55a.m12:25p.m.	\$45.85				
	70292	Sun	Nov 5-Dec 17	12:35-1:05p.m.	\$45.85				
SSLC	70992	Mon	Sep 11-Oct 23	11:20-11:55a.m.	\$45.85				
	70991	Mon	Sep 11-Oct 23	5:20-5:55p.m.	\$45.85				
	70791	Tue	Sep 12-Oct 24	11:40a.m12:10p.m.	\$45.85				
	70790	Tue	Sep 12-Oct 24	6-6:30p.m.	\$45.85				
	70835	Wed	Sep 13-Oct 25	4:45-5:15p.m.	\$45.85				
	71053	Sat	Sep 16-Oct 28	10:30-11:05a.m.	\$45.85				
	71054	Sat	Sep 16-Oct 28	1:35-2:10p.m.	\$45.85				
	70928	Sun	Sep 17-Oct 29	10:15-10:45a.m.	\$45.85				
	70927	Sun	Sep 17-Oct 29	12:45-1:15p.m.	\$45.85				
	70619	Thu	Nov 2-Dec 21	11:10-11:40a.m.	\$52.40				
	70646	Fri	Nov 3-Dec 22	4-4:30p.m.	\$52.40				
	70716	Sat	Nov 4-Dec 23	10:20-10:50a.m.	\$45.85				
	70717	Sat	Nov 4-Dec 23	1:35-2:05p.m.	\$45.85				
	70738	Sun	Nov 5-Dec 17	10:15-10:45a.m.	\$45.85				
	70737	Sun	Nov 5-Dec 17	12:45-1:15p.m.	\$45.85				

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 clides on front and back.

well as front and back floats, and glides on front and back.					
LAC	70367	Wed	Sep 6-Oct 25	5:35-6:05p.m.	\$52.40
	70344	Tue	Sep 5-Oct 24	7:05-7:35p.m.	\$52.40
	71127	Sat	Sep 9-Oct 28	9:30-10a.m.	\$45.85
	71128	Sat	Sep 9-Oct 28	11:05-11:35a.m.	\$45.85
	71160	Sun	Sep 10-Oct 29	10:40-11:10a.m.	\$45.85
	71161	Sun	Sep 10-Oct 29	11:15-11:45a.m.	\$45.85
	70314	Mon	Sep 11-Oct 23	4:55-5:30p.m.	\$45.85
	70449	Mon	Oct 30-Dec 18	6:40-7:10p.m.	\$52.40
	70450	Tue	Oct 31-Dec 19	7-7:30p.m.	\$52.40
	70451	Thu	Nov 2-Dec 21	6:05-6:35p.m.	\$52.40
	71184	Sat	Nov 4-Dec 23	9:35-10:10a.m.	\$45.85
	71185	Sat	Nov 4-Dec 23	11:50a.m12:25p.m.	\$45.85
	71186	Sat	Nov 4-Dec 23	12:05-12:40p.m.	\$45.85
NWLC	69895	Tue	Sep 5-Oct 24	1:35-2:05p.m.	\$52.40
	69864	Tue	Sep 5-Oct 24	4-4:30p.m.	\$52.40
	69887	Tue	Sep 5-Oct 24	5:15-5:45p.m.	\$52.40
	69888	Tue	Sep 5-Oct 24	5:55-6:25p.m.	\$52.40
	69915	Wed	Sep 6-Oct 25	4:05-4:35p.m.	\$52.40
	69914	Wed	Sep 6-Oct 25	5:10-5:40p.m.	\$52.40
	69935	Thu	Sep 7-Oct 26	5:50-6:20p.m.	\$52.40
	69986	Fri	Sep 8-Oct 27	4:40-5:10p.m.	\$52.40
	70017	Sat	Sep 9-Oct 28	9:40-10:10a.m.	\$45.85
	70016	Sat	Sep 9-Oct 28	10:10-10:40a.m.	\$45.85
	70057	Sun	Sep 10-Oct 29	9:50-10:20a.m.	\$52.40
	70056	Sun	Sep 10-Oct 29	10:45-11:15a.m.	\$52.40
	69992	Mon	Sep 11-Oct 23	12:50-1:25p.m.	\$45.85
	69993	Mon	Sep 11-Oct 23	3-3:35p.m.	\$45.85
	69995	Mon	Sep 11-Oct 23	4:10-4:45p.m.	\$45.85
	69994	Mon	Sep 11-Oct 23	5:30-6:05p.m.	\$45.85
	70281	Mon	Oct 30-Dec 18	12:50-1:20p.m.	\$52.40
	70282	Mon	Oct 30-Dec 18	2:50-3:20p.m.	\$52.40
	70155	Mon	Oct 30-Dec 18	4:40-5:10p.m.	\$52.40
	70195	Tue	Oct 31-Dec 19	1:35-2:05p.m.	\$52.40
	70334	Tue	Oct 31-Dec 19	4:05-4:35p.m.	\$52.40
	70333	Tue	Oct 31-Dec 19	5:10-5:40p.m.	\$52.40
	70192	Wed	Nov 1-Dec 20	4-4:30p.m.	\$52.40
	70193	Wed	Nov 1-Dec 20	5:15-5:45p.m.	\$52.40
	70194	Wed	Nov 1-Dec 20	5:55-6:25p.m.	\$52.40
	70213	Thu	Nov 2-Dec 21	4:05-4:35p.m.	\$52.40
	70212	Thu	Nov 2-Dec 21	5:10-5:40p.m.	\$52.40
	70233	Fri	Nov 3-Dec 22	5:50-6:20p.m.	\$52.40
	70256	Sat	Nov 4-Dec 23	9:50-10:20a.m.	\$45.85
	70255	Sat	Nov 4-Dec 23	10:45-11:15a.m.	\$45.85
	70295	Sun	Nov 5-Dec 17	9:40-10:10a.m.	\$45.85
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NWLC	70294	Sun	Nov 5-Dec 17	10:10-10:40a.m.	\$45.85
SSLC	71011	Mon	Sep 11-Oct 23	10-10:35a.m.	\$45.85
	71012	Mon	Sep 11-Oct 23	11:20-11:55a.m.	\$45.85
	71010	Mon	Sep 11-Oct 23	4-4:35p.m.	\$45.85
	71009	Mon	Sep 11-Oct 23	6:10-6:45p.m.	\$45.85
	70808	Tue	Sep 12-Oct 24	11:40a.m12:10p.m.	\$45.85
	70804	Tue	Sep 12-Oct 24	4-4:30p.m.	\$45.85
	70805	Tue	Sep 12-Oct 24	5:25-5:55p.m.	\$45.85
	70806	Tue	Sep 12-Oct 24	6-6:30p.m.	\$45.85
	70824	Wed	Sep 13-Oct 25	10:15-10:45a.m.	\$45.85
	70825	Wed	Sep 13-Oct 25	11:25-11:55a.m.	\$45.85
	70820	Wed	Sep 13-Oct 25	4-4:30p.m.	\$45.85
	70821	Wed	Sep 13-Oct 25	5:10-5:40p.m.	\$45.85
	70823	Wed Wed	Sep 13-Oct 25	5:25-5:55p.m.	\$45.85
	70822 70858	Thu	Sep 13-Oct 25 Sep 14-Oct 26	6-6:30p.m. 11:35-12:05p.m.	\$45.85 \$45.85
	70855	Thu	Sep 14-Oct 26	4-4:30p.m.	\$45.85
	70857	Thu	Sep 14-Oct 26	4:45-5:15p.m.	\$45.85
	70856	Thu	Sep 14-Oct 26	5:15-5:45p.m.	\$45.85
	70903	Fri	Sep 15-Oct 27	4:05-4:35p.m.	\$45.85
	70905	Fri	Sep 15-Oct 27	4:40-5:10p.m.	\$45.85
	70902	Fri	Sep 15-Oct 27	5:20-5:50p.m.	\$45.85
	70904	Fri	Sep 15-Oct 27	6-6:30p.m.	\$45.85
	71042	Sat	Sep 16-Oct 28	9:10-9:45a.m.	\$45.85
	71041	Sat	Sep 16-Oct 28	9:55-10:30a.m.	\$45.85
	71043	Sat	Sep 16-Oct 28	12:30-1:05p.m.	\$45.85
	71044	Sat	Sep 16-Oct 28	2:10-2:45p.m.	\$45.85
	71045	Sat	Sep 16-Oct 28	2:15-2:50p.m.	\$45.85
	70930	Sun	Sep 17-Oct 29	9:05-9:35a.m.	\$45.85
	70929	Sun	Sep 17-Oct 29	9:35-10:05a.m.	\$45.85
	70931	Sun	Sep 17-Oct 29	10:50-11:20a.m.	\$45.85
	70932	Sun	Sep 17-Oct 29	1-1:30p.m.	\$45.85
	70933	Sun	Sep 17-Oct 29	6:10-6:40p.m.	\$45.85
	70482	Mon	Oct 30-Dec 18	10:45-11:15a.m.	\$52.40
	70481	Mon	Oct 30-Dec 18	11:20-11:50a.m.	\$52.40
	70478 70479	Mon Mon	Oct 30-Dec 18 Oct 30-Dec 18	4-4:30p.m. 4:30-5p.m.	\$52.40 \$52.40
	70479	Mon	Oct 30-Dec 18	6:45-7:15p.m.	\$52.40
	70477	Mon	Oct 30-Dec 18	5:55-6:25p.m.	\$52.40
	70554	Tue	Oct 31-Dec 19	10:30-11a.m.	\$52.40
	70553	Tue	Oct 31-Dec 19	4-4:30p.m.	\$52.40
	70552	Tue	Oct 31-Dec 19	4:35-5:05p.m.	\$52.40
	70583	Wed	Nov 1-Dec 20	10:20-10:50a.m.	\$52.40
	70584	Wed	Nov 1-Dec 20	10:55-11:25a.m.	\$52.40
	70620	Thu	Nov 2-Dec 21	4-4:30p.m.	\$52.40
	70621	Thu	Nov 2-Dec 21	6-6:30p.m.	\$52.40
	70648	Fri	Nov 3-Dec 22	4:30-5p.m.	\$52.40

SSLC	70649	Fri	Nov 3-Dec 22	5:20-5:50p.m.	\$52.40
	70647	Fri	Nov 3-Dec 22	6-6:30p.m.	\$52.40
	70702	Sat	Nov 4-Dec 23	9:10-9:40a.m.	\$45.85
	70701	Sat	Nov 4-Dec 23	9:50-10:20a.m.	\$45.85
	70700	Sat	Nov 4-Dec 23	10:45-11:15a.m.	\$45.85
	70703	Sat	Nov 4-Dec 23	2:05-2:35p.m.	\$45.85
	70704	Sat	Nov 4-Dec 23	2:45-3:15p.m.	\$45.85
	70751	Sun	Nov 5-Dec 17	9:05-9:35a.m.	\$45.85
	70750	Sun	Nov 5-Dec 17	9:35-10:05a.m.	\$45.85
	70752	Sun	Nov 5-Dec 17	10:50-11:20a.m.	\$45.85
	70753	Sun	Nov 5-Dec 17	1-1:30p.m.	\$45.85
	70754	Sun	Nov 5-Dec 17	6:10-6:40p.m.	\$45.85

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	70368	Wed	Sep 6-Oct 25	5:30-6p.m.	\$52.40
	70435	Thu	Sep 7-Oct 26	6:15-6:45p.m.	\$52.40
	71129	Sat	Sep 9-Oct 28	10:05-10:35a.m.	\$45.85
	71162	Sun	Sep 10-Oct 29	10:05-10:35a.m.	\$45.85
	71163	Sun	Sep 10-Oct 29	11:15-11:45a.m.	\$45.85
	70315	Mon	Sep 11-Oct 23	5:35-6:10p.m.	\$45.85
	70517	Tue	Oct 31-Dec 19	5:25-5:55p.m.	\$52.40
	70518	Wed	Nov 1-Dec 20	6:30-7p.m.	\$52.40
	70519	Thu	Nov 2-Dec 21	7-7:30p.m.	\$52.40
	71187	Sat	Nov 4-Dec 23	12-12:35p.m.	\$45.85
NWLC	69893	Tue	Sep 5-Oct 24	1-1:30p.m.	\$52.40
	69889	Tue	Sep 5-Oct 24	5:50-6:20p.m.	\$52.40
	69903	Wed	Sep 6-Oct 25	9:35-10:05a.m.	\$52.40
	69905	Wed	Sep 6-Oct 25	5:10-5:40p.m.	\$52.40
	69904	Wed	Sep 6-Oct 25	6-6:30p.m.	\$52.40
	69926	Thu	Sep 7-Oct 26	4:35-5:05p.m.	\$52.40
	69974	Fri	Sep 8-Oct 27	4:35-5:05p.m.	\$52.40
	69976	Fri	Sep 8-Oct 27	5:15-5:45p.m.	\$52.40
	69975	Fri	Sep 8-Oct 27	5:45-6:15p.m.	\$52.40
	70022	Sat	Sep 9-Oct 28	9-9:30a.m.	\$45.85
	70023	Sat	Sep 9-Oct 28	11:20-11:50a.m.	\$45.85
	70048	Sun	Sep 10-Oct 29	11:30-12p.m.	\$52.40
	69996	Mon	Sep 11-Oct 23	1:30-2:05p.m.	\$45.85
	69998	Mon	Sep 11-Oct 23	5-5:35p.m.	\$45.85
	69997	Mon	Sep 11-Oct 23	5:15-5:50p.m.	\$45.85
	70285	Mon	Oct 30-Dec 18	1:30-2p.m.	\$52.40
	70156	Mon	Oct 30-Dec 18	4:35-5:05p.m.	\$52.40
	70158	Mon	Oct 30-Dec 18	5:15-5:45p.m.	\$52.40

NWLC	70157	Mon	Oct 30-Dec 18	5:45-6:15p.m.	\$52.40
	70197	Tue	Oct 31-Dec 19	1-1:30p.m.	\$52.40
	70337	Tue	Oct 31-Dec 19	4:40-5:10p.m.	\$52.40
	70336	Tue	Oct 31-Dec 19	4:45-5:15p.m.	\$52.40
	70214	Wed	Nov 1-Dec 20	9:35-10:05a.m.	\$52.40
	70196	Wed	Nov 1-Dec 20	5:50-6:20p.m.	\$52.40
	70216	Thu	Nov 2-Dec 21	5:10-5:40p.m.	\$52.40
	70215	Thu	Nov 2-Dec 21	6-6:30p.m.	\$52.40
	70234	Fri	Nov 3-Dec 22	4:35-5:05p.m.	\$52.40
	70257	Sat	Nov 4-Dec 23	11:30a.m12p.m.	\$45.85
	70296	Sun	Nov 5-Dec 17	9-9:30a.m.	\$45.85
	70297	Sun	Nov 5-Dec 17	11:20-11:50a.m.	\$45.85
SSLC	71007	Mon	Sep 11-Oct 23	10-10:35a.m.	\$45.85
	71005	Mon	Sep 11-Oct 23	4:05-4:40p.m.	\$45.85
	71006	Mon	Sep 11-Oct 23	5:35-6:10p.m.	\$45.85
	70818	Tue	Sep 12-Oct 24	11:05-11:35a.m.	\$45.85
	70817	Tue	Sep 12-Oct 24	4:45-5:15p.m.	\$45.85
	70844	Wed	Sep 13-Oct 25	10:50-11:20a.m.	\$45.85
	70843	Wed	Sep 13-Oct 25	4:40-5:10p.m.	\$45.85
	70893	Thu	Sep 14-Oct 26	11:35-12:05p.m.	\$45.85
	70891	Thu	Sep 14-Oct 26	4:10-4:40p.m.	\$45.85
	70890	Thu	Sep 14-Oct 26	5:55-6:25p.m.	\$45.85
	70892	Thu	Sep 14-Oct 26	6-6:30p.m.	\$45.85
	70913	Fri	Sep 15-Oct 27	4:05-4:35p.m.	\$45.85
	70914	Fri	Sep 15-Oct 27	5:20-5:50p.m.	\$45.85
	70912	Fri	Sep 15-Oct 27	5:55-6:25p.m.	\$45.85
	71016	Sat	Sep 16-Oct 28	10-10:35a.m.	\$45.85
	71018	Sat	Sep 16-Oct 28	10:40-11:15a.m.	\$45.85
	71017	Sat	Sep 16-Oct 28	11:40-12:15p.m.	\$45.85
	71019	Sat	Sep 16-Oct 28	2:50-3:25p.m.	\$45.85
	70934	Sun	Sep 17-Oct 29	10:10-10:40a.m.	\$45.85
	70935	Sun	Sep 17-Oct 29	11:45-12:15p.m.	\$45.85
	70937	Sun	Sep 17-Oct 29	5:35-6:05p.m.	\$45.85
	70936	Sun	Sep 17-Oct 29	6:10-6:40p.m.	\$45.85
	70487	Mon	Oct 30-Dec 18	11:55a.m12:25p.m.	\$52.40
	70484	Mon	Oct 30-Dec 18	4:45-5:15p.m.	\$52.40
	70483	Mon	Oct 30-Dec 18	5:25-5:55p.m.	\$52.40
	70486	Mon	Oct 30-Dec 18	6:45-7:15p.m.	\$52.40
	70485	Mon	Oct 30-Dec 18	7:20-7:50p.m.	\$52.40
	70557	Tue	Oct 31-Dec 19	11:05-11:35a.m.	\$52.40
	70555	Tue	Oct 31-Dec 19	5:10-5:40p.m.	\$52.40
	70556	Tue	Oct 31-Dec 19	6-6:30p.m.	\$52.40
	70588	Wed	Nov 1-Dec 20	9:45-10:15a.m.	\$52.40
	70589	Wed	Nov 1-Dec 20	10:20-10:50a.m.	\$52.40
	70585	Wed	Nov 1-Dec 20	4-4:30p.m.	\$52.40
	70587	Wed	Nov 1-Dec 20	4:45-5:15p.m.	\$52.40
	70586	Wed	Nov 1-Dec 20	5:25-5:55p.m.	\$52.40
	70623	Thu	Nov 2-Dec 21	4-4:30p.m.	\$52.40

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SSLC	70624	Thu	Nov 2-Dec 21	11:10-11:40a.m.	\$52.40
	70622	Thu	Nov 2-Dec 21	4:45-5:15p.m.	\$52.40
	70650	Fri	Nov 3-Dec 22	4-4:30p.m.	\$52.40
	70651	Fri	Nov 3-Dec 22	6-6:30p.m.	\$52.40
	70674	Sat	Nov 4-Dec 23	9:45-10:15a.m.	\$45.85
	70676	Sat	Nov 4-Dec 23	11:25-11:55a.m.	\$45.85
	70675	Sat	Nov 4-Dec 23	12:25-12:55p.m.	\$45.85
	70677	Sat	Nov 4-Dec 23	12:55-1:25p.m.	\$45.85
	70678	Sat	Nov 4-Dec 23	2:40-3:10p.m.	\$45.85
	70739	Sun	Nov 5-Dec 17	10:10-10:40a.m.	\$45.85
	70740	Sun	Nov 5-Dec 17	11:45a.m12:15p.m.	\$45.85
	70742	Sun	Nov 5-Dec 17	5:35-6:05p.m.	\$45.85
	70741	Sun	Nov 5-Dec 17	6:10-6:40p.m.	\$45.85

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	70345	Tue	C 5 O-+ 04	C-4.F. C-4.Fm	\$52.40
LAC			Sep 5-Oct 24	6:15-6:45p.m.	
	70436	Thu	Sep 7-Oct 26	6:05-6:35p.m.	\$52.40
	71130	Sat	Sep 9-Oct 28	12:35-1:05p.m.	\$45.85
	71164	Sun	Sep 10-Oct 29	11:50a.m12:20p.m.	\$45.85
	71165	Sun	Sep 10-Oct 29	12:25-12:55p.m.	\$45.85
	70522	Tue	Oct 31-Dec 19	6:20-6:50p.m.	\$52.40
	70523	Wed	Nov 1-Dec 20	6:40-7:10p.m.	\$52.40
	70524	Thu	Nov 2-Dec 21	6:20-6:50p.m.	\$52.40
	71188	Sat	Nov 4-Dec 23	10:10-10:45a.m.	\$45.85
NWLC	69886	Tue	Sep 5-Oct 24	4:40-5:10p.m.	\$52.40
	69906	Wed	Sep 6-Oct 25	10:25-10:55a.m.	\$52.40
	69907	Wed	Sep 6-Oct 25	4-4:30p.m.	\$52.40
	69977	Thu	Sep 7-Oct 26	9:35-10:05a.m.	\$52.40
	69936	Thu	Sep 7-Oct 26	5:05-5:35p.m.	\$52.40
	69985	Fri	Sep 8-Oct 27	4:05-4:35p.m.	\$52.40
	70028	Sat	Sep 9-Oct 28	9:05-9:35a.m.	\$45.85
	70053	Sun	Sep 10-Oct 29	10:25-10:55a.m.	\$52.40
	70052	Sun	Sep 10-Oct 29	12:55-1:25p.m.	\$52.40
	70003	Mon	Sep 11-Oct 23	4:30-5:05p.m.	\$45.85
	70159	Mon	Oct 30-Dec 18	4:05-4:35p.m.	\$52.40
	70338	Tue	Oct 31-Dec 19	4:10-4:40p.m.	\$52.40
	70217	Wed	Nov 1-Dec 20	10:25-10:55a.m.	\$52.40
	70198	Wed	Nov 1-Dec 20	4:40-5:10p.m.	\$52.40
	70236	Thu	Nov 2-Dec 21	9:35-10:05a.m.	\$52.40
	70218	Thu	Nov 2-Dec 21	4-4:30p.m.	\$52.40
	70235	Fri	Nov 3-Dec 22	5:05-5:35p.m.	\$52.40
	70259	Sat	Nov 4-Dec 23	10:25-10:55a.m.	\$45.85
	70258	Sat	Nov 4-Dec 23	12:55-1:25p.m.	\$45.85

NWLC	70298	Sun	Nov 5-Dec 17	9:05-9:35a.m.	\$45.85
SSLC	70983	Mon	Sep 11-Oct 23	10:40-11:15a.m.	\$45.85
	70981	Mon	Sep 11-Oct 23	4:50-5:25p.m.	\$45.85
	70982	Mon	Sep 11-Oct 23	6:50-7:25p.m.	\$45.85
	70788	Tue	Sep 12-Oct 24	4:35-5:05p.m.	\$45.85
	70851	Wed	Sep 13-Oct 25	5:20-5:50p.m.	\$45.85
	70852	Wed	Sep 13-Oct 25	10:15-10:45a.m.	\$45.85
	70881	Thu	Sep 14-Oct 26	6-6:30p.m.	\$45.85
	70882	Thu	Sep 14-Oct 26	11-11:30a.m.	\$45.85
	70906	Fri	Sep 15-Oct 27	5:55-6:25p.m.	\$45.85
	71049	Sat	Sep 16-Oct 28	9:05-9:40a.m.	\$45.85
	71050	Sat	Sep 16-Oct 28	12:20-12:55p.m.	\$45.85
	71051	Sat	Sep 16-Oct 28	1:35-2:10p.m.	\$45.85
	70938	Sun	Sep 17-Oct 29	9:10-9:40a.m.	\$45.85
	70939	Sun	Sep 17-Oct 29	12:55-1:25p.m.	\$45.85
	70940	Sun	Sep 17-Oct 29	6:15-6:45p.m.	\$45.85
	70488	Mon	Oct 30-Dec 18	4:15-4:45p.m.	\$52.40
	70489	Mon	Oct 30-Dec 18	6-6:30p.m.	\$52.40
	70490	Mon	Oct 30-Dec 18	7:20-7:50p.m.	\$52.40
	70491	Mon	Oct 30-Dec 18	11:55-12:25p.m.	\$52.40
	70558	Tue	Oct 31-Dec 19	4-4:30p.m.	\$52.40
	70559	Tue	Oct 31-Dec 19	5:25-5:55p.m.	\$52.40
	70590	Wed	Nov 1-Dec 20	4:50-5:20p.m.	\$52.40
	70591	Wed	Nov 1-Dec 20	5:25-5:55p.m.	\$52.40
	70625	Thu	Nov 2-Dec 21	5:25-5:55p.m.	\$52.40
	70626	Thu	Nov 2-Dec 21	4:05-4:35p.m.	\$52.40
	70627	Thu	Nov 2-Dec 21	11:45a.m12:15p.m.	\$52.40
	70652	Fri	Nov 3-Dec 22	4:45-5:15p.m.	\$52.40
	70653	Fri	Nov 3-Dec 22	5:25-5:55p.m.	\$52.40
	70710	Sat	Nov 4-Dec 23	9:05-9:35a.m.	\$45.85
	70711	Sat	Nov 4-Dec 23	11:35a.m12:05p.m.	\$45.85
	70712	Sat	Nov 4-Dec 23	1:35-2:05p.m.	\$45.85
	70768	Sun	Nov 5-Dec 17	9:10-9:40a.m.	\$45.85
	70769	Sun	Nov 5-Dec 17	12:55-1:25p.m.	\$45.85
	70770	Sun	Nov 5-Dec 17	6:15-6:45p.m.	\$45.85

Preschool 4

3-5 years

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

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

LAC	70346	Tue	Sep 5-Oct 24	6:35-7:05p.m.	\$52.40
	70369	Wed	Sep 6-Oct 25	6:30-7p.m.	\$52.40
	71131	Sat	Sep 9-Oct 28	11:50a.m12:20p.m.	\$45.85
	71166	Sun	Sep 10-Oct 29	9:30-10a.m.	\$45.85
	70459	Mon	Oct 30-Dec 18	5:30-6p.m.	\$52.40
	70460	Wed	Nov 1-Dec 20	5:45-6:15p.m.	\$52.40

LAC	70461	Thu	Nov 2-Dec 21	6:05-6:35p.m.	\$52.40
	71189	Sat	Nov 4-Dec 23	9:30-10:05a.m.	\$45.85
NWLC	69882	Tue	Sep 5-Oct 24	4-4:30p.m.	\$52.40
	69930	Thu	Sep 7-Oct 26	4-4:30p.m.	\$52.40
	70047	Sun	Sep 10-Oct 29	10:55-11:25a.m.	\$52.40
	70199	Wed	Nov 1-Dec 20	4-4:30p.m.	\$52.40
	70237	Fri	Nov 3-Dec 22	4-4:30p.m.	\$52.40
	70260	Sat	Nov 4-Dec 23	10:55-11:25a.m.	\$45.85
SSLC	70853	Wed	Sep 13-Oct 25	4:15-4:45p.m.	\$45.85
	70889	Thu	Sep 14-Oct 26	4:45-5:15p.m.	\$45.85
	71052	Sat	Sep 16-Oct 28	9:45-10:20a.m.	\$45.85
	70941	Sun	Sep 17-Oct 29	9:40-10:10a.m.	\$45.85
	70715	Sat	Nov 4-Dec 23	10:25-10:55a.m.	\$45.85
	70765	Sun	Nov 5-Dec 17	9:40-10:10a.m.	\$45.85

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	70370	Wed	Sep 6-Oct 25	6:35-7:05p.m.	\$52.40
	71132	Sat	Sep 9-Oct 28	11:25-11:55a.m.	\$45.85
	71167	Sun	Sep 10-Oct 29	12:25-12:55p.m.	\$45.85

LAC	70316	Mon	Sep 11-Oct 23	6:10-6:45p.m.	\$45.85
	70317	Mon	Sep 11-Oct 23	7-7:35p.m.	\$45.85
	70452	Mon	Oct 30-Dec 18	6:20-6:50p.m.	\$52.40
	70453	Tue	Oct 31-Dec 19	6:05-6:35p.m.	\$52.40
	70454	Wed	Nov 1-Dec 20	5:45-6:15p.m.	\$52.40
	70455	Thu	Nov 2-Dec 21	6:15-6:45p.m.	\$52.40
NWLC	70062	Sun	Sep 10-Oct 29	10:15-10:45a.m.	\$52.40
	70261	Sat	Nov 4-Dec 23	10:15-10:45a.m.	\$45.85
SSLC	71034	Sat	Sep 16-Oct 28	9:40-10:15a.m.	\$45.85
	70699	Sat	Nov 4-Dec 23	9:35-10:05a.m.	\$45.85

Child Aquatics - Lifesaving Swim for Life

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

Swimmer 1

5-12 years

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

LAC	70355	Tue	Sep 5-Oct 24	6:40-7:10p.m.	\$52.40
	70371	Wed	Sep 6-Oct 25	5:30-6p.m.	\$52.40
	71133	Sat	Sep 9-Oct 28	9:30-10a.m.	\$45.85



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LAC	71134	Sat	Sep 9-Oct 28	11:15-11:45a.m.	\$45.85
	71135	Sat	Sep 9-Oct 28	12:15-12:45p.m.	\$45.85
	71168	Sun	Sep 10-Oct 29	10:40-11:10a.m.	\$45.85
	71169	Sun	Sep 10-Oct 29	11:15-11:45a.m.	\$45.85
	70277	Mon	Sep 11-Oct 23	5:30-6:05p.m.	\$45.85
	70278	Mon	Sep 11-Oct 23	6:20-6:55p.m.	\$45.85
	70512	Mon	Oct 30-Dec 18	6:15-6:45p.m.	\$52.40
	70513	Wed	Nov 1-Dec 20	5:30-6p.m.	\$52.40
	70514	Thu	Nov 2-Dec 21	5:30-6p.m.	\$52.40
	70515	Thu	Nov 2-Dec 21	6:45-7:15p.m.	\$52.40
	71301	Sat	Nov 4-Dec 23	12:50-1:25p.m.	\$45.85
	71190	Sat	Nov 4-Dec 23	1:30-2:05p.m.	\$45.85
NWLC	69880	Tue	Sep 5-Oct 24	4:35-5:05p.m.	\$52.40
	69881	Tue	Sep 5-Oct 24	5:45-6:15p.m.	\$52.40
	69910	Wed	Sep 6-Oct 25	4-4:30p.m.	\$52.40
	69912	Wed	Sep 6-Oct 25	4:40-5:10p.m.	\$52.40
	69911	Wed	Sep 6-Oct 25	5:45-6:15p.m.	\$52.40
	69931	Thu	Sep 7-Oct 26	4:35-5:05p.m.	\$52.40
	69932	Thu	Sep 7-Oct 26	4:40-5:10p.m.	\$52.40
	69933	Thu	Sep 7-Oct 26	5:15-5:45p.m.	\$52.40
	69983	Fri	Sep 8-Oct 27	5:05-5:35p.m.	\$52.40
	69982	Fri	Sep 8-Oct 27	5:45-6:15p.m.	\$52.40
	70011	Sat	Sep 9-Oct 28	9:35-10:05a.m.	\$45.85
	70013	Sat	Sep 9-Oct 28	9:40-10:10a.m.	\$45.85
	70012	Sat	Sep 9-Oct 28	10:45-11:15a.m.	\$45.85
	70014	Sat	Sep 9-Oct 28	10:55-11:25a.m.	\$45.85
	70015	Sat	Sep 9-Oct 28	12:30-1p.m.	\$45.85
	70040	Sun	Sep 10-Oct 29	9:35-10:05a.m.	\$52.40
	70041	Sun	Sep 10-Oct 29	10:10-10:40a.m.	\$52.40
	70042	Sun	Sep 10-Oct 29	11:45a.m12:15p.m.	\$52.40
	70045	Sun	Sep 10-Oct 29	12:25-12:55p.m.	\$52.40
	70043	Sun	Sep 10-Oct 29	12:35-1:05p.m.	\$52.40
	70044	Sun	Sep 10-Oct 29	1-1:30p.m.	\$52.40
	70004	Mon	Sep 11-Oct 23	4-4:35p.m.	\$45.85
	70005	Mon	Sep 11-Oct 23	5:45-6:20p.m.	\$45.85
	70161	Mon	Oct 30-Dec 18	5:05-5:35p.m.	\$52.40
	70160	Mon	Oct 30-Dec 18	5:45-6:15p.m.	\$52.40
	70339	Tue	Oct 31-Dec 19	4-4:30p.m.	\$52.40
	70340	Tue	Oct 31-Dec 19	5:15-5:45p.m.	\$52.40
	70360	Tue	Oct 31-Dec 19	5:50-6:20p.m.	\$52.40
	70200	Wed	Nov 1-Dec 20	4:35-5:05p.m.	\$52.40
	70201	Wed	Nov 1-Dec 20	5:45-6:15p.m.	\$52.40
	70219	Thu	Nov 2-Dec 21	4-4:30p.m.	\$52.40
	70221	Thu	Nov 2-Dec 21	4:40-5:10p.m.	\$52.40
	70220	Thu	Nov 2-Dec 21	5:45-6:15p.m.	\$52.40
	70238	Fri	Nov 3-Dec 22	4:35-5:05p.m.	\$52.40
	70239	Fri	Nov 3-Dec 22	4:40-5:10p.m.	\$52.40

NWLC	70262	Sat	Nov 4-Dec 23	9:35-10:05a.m.	\$45.85
	70263	Sat	Nov 4-Dec 23	10:10-10:40a.m.	\$45.85
	70264	Sat	Nov 4-Dec 23	11:45a.m12:15p.m.	\$45.85
	70267	Sat	Nov 4-Dec 23	12:25-12:55p.m.	\$45.85
	70265	Sat	Nov 4-Dec 23	12:35-1:05p.m.	\$45.85
	70266	Sat	Nov 4-Dec 23	1-1:30p.m.	\$45.85
	70299	Sun	Nov 5-Dec 17	9:35-10:05a.m.	\$45.85
	70301	Sun	Nov 5-Dec 17	9:40-10:10a.m.	\$45.85
	70300	Sun	Nov 5-Dec 17	10:45-11:15a.m.	\$45.85
	70302	Sun	Nov 5-Dec 17	10:55-11:25a.m.	\$45.85
	70303	Sun	Nov 5-Dec 17	12:30-1p.m.	\$45.85
SSLC	70997	Mon	Sep 11-Oct 23	4:10-4:45p.m.	\$45.85
	71000	Mon	Sep 11-Oct 23	4:40-5:15p.m.	\$45.85
	70999	Mon	Sep 11-Oct 23	6:10-6:45p.m.	\$45.85
	70998	Mon	Sep 11-Oct 23	6:50-7:25p.m.	\$45.85
	70796	Tue	Sep 12-Oct 24	4:05-4:35p.m.	\$45.85
	70797	Tue	Sep 12-Oct 24	5:20-5:50p.m.	\$45.85
	70798	Tue	Sep 12-Oct 24	5:55-6:25p.m.	\$45.85
	70828	Wed	Sep 13-Oct 25	4:05-4:35p.m.	\$45.85
	70831	Wed	Sep 13-Oct 25	4:50-5:20p.m.	\$45.85
	70827	Wed	Sep 13-Oct 25	5:25-5:55p.m.	\$45.85
	70830	Wed	Sep 13-Oct 25	5:55-6:25p.m.	\$45.85
	70829	Wed	Sep 13-Oct 25	6-6:30p.m.	\$45.85
	70872	Thu	Sep 14-Oct 26	4-4:30p.m.	\$45.85
	70876	Thu	Sep 14-Oct 26	4:15-4:45p.m.	\$45.85
	70874	Thu	Sep 14-Oct 26	5:20-5:50p.m.	\$45.85
	70873	Thu	Sep 14-Oct 26	5:25-5:55p.m.	\$45.85
	70875	Thu	Sep 14-Oct 26	5:55-6:25p.m.	\$45.85
	70916	Fri	Sep 15-Oct 27	4:05-4:35p.m.	\$45.85
	70915	Fri	Sep 15-Oct 27	4:40-5:10p.m.	\$45.85
	70917	Fri	Sep 15-Oct 27	5:20-5:50p.m.	\$45.85
	70918	Fri	Sep 15-Oct 27	5:55-6:25p.m.	\$45.85
	71022	Sat	Sep 16-Oct 28	10:20-10:55a.m.	\$45.85
	71025	Sat	Sep 16-Oct 28	10:55-11:30a.m.	\$45.85
	71024	Sat	Sep 16-Oct 28	11:15-11:50a.m.	\$45.85
	71021	Sat	Sep 16-Oct 28	12:10-12:45p.m.	\$45.85
	71023	Sat	Sep 16-Oct 28	12:50-1:25p.m.	\$45.85
	71026	Sat	Sep 16-Oct 28	1:30-2:05p.m.	\$45.85
	71028	Sat	Sep 16-Oct 28	2:10-2:45p.m.	\$45.85
	71029	Sat	Sep 16-Oct 28	2:15-2:50p.m.	\$45.85
	71027	Sat	Sep 16-Oct 28	2:50-3:25p.m.	\$45.85
	70942	Sun	Sep 17-Oct 29	9-9:30a.m.	\$45.85
	70944	Sun	Sep 17-Oct 29	10:10-10:40a.m.	\$45.85
	70946	Sun	Sep 17-Oct 29	10:30-11a.m.	\$45.85
	70947	Sun	Sep 17-Oct 29	11:05-11:35a.m.	\$45.85
	70943	Sun	Sep 17-Oct 29	11:45a.m12:15p.m.	\$45.85
	70950	Sun	Sep 17-Oct 29	12:25-12:55p.m.	\$45.85
	70945	Sun	Sep 17-Oct 29	12:50-1:20p.m.	\$45.85

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SSLC	70948	Sun	Sep 17-Oct 29	5:35-6:05p.m.	\$45.85
	70949	Sun	Sep 17-Oct 29	6:50-7:20p.m.	\$45.85
	70494	Mon	Oct 30-Dec 18	4:35-5:05p.m.	\$52.40
	70492	Mon	Oct 30-Dec 18	5:25-5:55p.m.	\$52.40
	70493	Mon	Oct 30-Dec 18	6-6:30p.m.	\$52.40
	70562	Tue	Oct 31-Dec 19	4:15-4:45p.m.	\$52.40
	70560	Tue	Oct 31-Dec 19	4:35-5:05p.m.	\$52.40
	70563	Tue	Oct 31-Dec 19	4:50-5:20p.m.	\$52.40
	70561	Tue	Oct 31-Dec 19	5:40-6:10p.m.	\$52.40
	70593	Wed	Nov 1-Dec 20	4:15-4:45p.m.	\$52.40
	70594	Wed	Nov 1-Dec 20	5:25-5:55p.m.	\$52.40
	70592	Wed	Nov 1-Dec 20	5:45-6:15p.m.	\$52.40
	70595	Wed	Nov 1-Dec 20	6-6:30p.m.	\$52.40
	70628	Thu	Nov 2-Dec 21	4:15-4:45p.m.	\$52.40
	70631	Thu	Nov 2-Dec 21	4:50-5:20p.m.	\$52.40
	70630	Thu	Nov 2-Dec 21	5:10-5:40p.m.	\$52.40
	70629	Thu	Nov 2-Dec 21	6-6:30p.m.	\$52.40
	70655	Fri	Nov 3-Dec 22	4:05-4:35p.m.	\$52.40
	70656	Fri	Nov 3-Dec 22	4:15-4:45p.m.	\$52.40
	70654	Fri	Nov 3-Dec 22	4:40-5:10p.m.	\$52.40
	70657	Fri	Nov 3-Dec 22	4:50-5:20p.m.	\$52.40
	70684	Sat	Nov 4-Dec 23	9:45-10:15a.m.	\$45.85
	70681	Sat	Nov 4-Dec 23	10:10-10:40a.m.	\$45.85
	70685	Sat	Nov 4-Dec 23	10:45-11:15a.m.	\$45.85
	70683	Sat	Nov 4-Dec 23	11-11:30a.m.	\$45.85
	70682	Sat	Nov 4-Dec 23	11:50a.m12:20p.m.	\$45.85
	70680	Sat	Nov 4-Dec 23	12:10-12:40p.m.	\$45.85
	70686	Sat	Nov 4-Dec 23	1p.m1:30p.m.	\$45.85
	70687	Sat	Nov 4-Dec 23	1:30-2p.m.	\$45.85
	70688	Sat	Nov 4-Dec 23	2:05-2:35p.m.	\$45.85
	70689	Sat	Nov 4-Dec 23	2:10-2:40p.m.	\$45.85
	70725	Sat	Nov 4-Dec 23	2:40-3:10p.m.	\$45.85
	70690	Sat	Nov 4-Dec 23	2:45-3:15p.m.	\$45.85
	70726	Sun	Nov 5-Dec 17	9-9:30a.m.	\$45.85
	70728	Sun	Nov 5-Dec 17	10:10-10:40a.m.	\$45.85
	70730	Sun	Nov 5-Dec 17	10:30-11a.m.	\$45.85
	70731	Sun	Nov 5-Dec 17	11:05-11:35a.m.	\$45.85
	70727	Sun	Nov 5-Dec 17	11:45a.m12:15p.m.	\$45.85
	70767	Sun	Nov 5-Dec 17	12:25-12:55p.m.	\$45.85
	70729	Sun	Nov 5-Dec 17	12:50-1:20p.m.	\$45.85
	70732	Sun	Nov 5-Dec 17	5:35-6:05p.m.	\$45.85
	70722	Cup	New F Dec 17	6:50 7:20n m	¢4E 0E

70733 Sun

Nov 5-Dec 17

6:50-7:20p.m.

\$45.85

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	70437	Thu	Sep 7-Oct 26	6:05-6:35p.m.	\$52.40
	71146	Sat	Sep 9-Oct 28	10:05-10:35a.m.	\$45.85
	71147	Sat	Sep 9-Oct 28	12-12:30p.m.	\$45.85
	71172	Sun	Sep 10-Oct 29	9:30-10a.m.	\$45.85
	70521	Tue	Oct 31-Dec 19	5:45-6:15p.m.	\$52.40
	71204	Sat	Nov 4-Dec 23	10:50-11:25a.m.	\$45.85
NWLC	70029	Sat	Sep 9-Oct 28	10:15-10:45a.m.	\$45.85
	70063	Sun	Sep 10-Oct 29	9:05-9:35a.m.	\$52.40
	70273	Sat	Nov 4-Dec 23	9:05-9:35a.m.	\$45.85
	70311	Sun	Nov 5-Dec 17	10:15-10:45a.m.	\$45.85
SSLC	70996	Mon	Sep 11-Oct 23	5:50-6:25p.m.	\$45.85
	70847	Wed	Sep 13-Oct 25	4:50-5:20p.m.	\$45.85
	70887	Thu	Sep 14-Oct 26	4:40-5:10p.m.	\$45.85
	70965	Sun	Sep 17-Oct 29	9:55-10:25a.m.	\$45.85
	70506	Mon	Oct 30-Dec 18	4:50-5:20p.m.	\$52.40
	70605	Wed	Nov 1-Dec 20	6-6:30p.m.	\$52.40
	70744	Sun	Nov 5-Dec 17	9:55-10:25a.m.	\$45.85

Swimmer 2

5-12 years

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

70357	Tue	Sep 5-Oct 24	6-6:30p.m.	\$52.40
70373	Wed	Sep 6-Oct 25	6:05-6:35p.m.	\$52.40
71136	Sat	Sep 9-Oct 28	9:30-10a.m.	\$45.85
71137	Sat	Sep 9-Oct 28	10:50-11:20a.m.	\$45.85
71138	Sat	Sep 9-Oct 28	11:40a.m12:10p.m.	\$45.85
71139	Sat	Sep 9-Oct 28	12:25-12:55p.m.	\$45.85
71170	Sun	Sep 10-Oct 29	11:50a.m12:20p.m.	\$45.85
71171	Sun	Sep 10-Oct 29	12:25-12:55p.m.	\$45.85
70280	Mon	Sep 11-Oct 23	5:35-6:10p.m.	\$45.85
70279	Mon	Sep 11-Oct 23	6:05-6:40p.m.	\$45.85
70465	Mon	Oct 30-Dec 18	6-6:30p.m.	\$52.40
70466	Tue	Oct 31-Dec 19	5:30-6p.m.	\$52.40
70467	Thu	Nov 2-Dec 21	5:40-6:10p.m.	\$52.40
71192	Sat	Nov 4-Dec 23	9:30-10:05a.m.	\$45.85
71191	Sat	Nov 4-Dec 23	10:15-10:50a.m.	\$45.85
71194	Sat	Nov 4-Dec 23	11:10-11:40a.m.	\$45.85
71195	Sat	Nov 4-Dec 23	12:10-12:45p.m.	\$45.85
71193	Sat	Nov 4-Dec 23	12:40-1:15p.m.	\$45.85
	70373 71136 71137 71138 71139 71170 71171 70280 70279 70465 70466 70467 71192 71191 71194 71195	70373 Wed 71136 Sat 71137 Sat 71138 Sat 71139 Sat 71170 Sun 71171 Sun 70280 Mon 70279 Mon 70465 Mon 70466 Tue 70467 Thu 71192 Sat 71191 Sat 71194 Sat 71195 Sat	70373 Wed Sep 6-Oct 25 71136 Sat Sep 9-Oct 28 71137 Sat Sep 9-Oct 28 71138 Sat Sep 9-Oct 28 71139 Sat Sep 9-Oct 28 71170 Sun Sep 10-Oct 29 71171 Sun Sep 10-Oct 29 70280 Mon Sep 11-Oct 23 70279 Mon Sep 11-Oct 23 70465 Mon Oct 30-Dec 18 70466 Tue Oct 31-Dec 19 70467 Thu Nov 2-Dec 21 71192 Sat Nov 4-Dec 23 71191 Sat Nov 4-Dec 23 71194 Sat Nov 4-Dec 23 71195 Sat Nov 4-Dec 23	70373 Wed Sep 6-Oct 25 6:05-6:35p.m. 71136 Sat Sep 9-Oct 28 9:30-10a.m. 71137 Sat Sep 9-Oct 28 10:50-11:20a.m. 71138 Sat Sep 9-Oct 28 11:40a.m12:10p.m. 71139 Sat Sep 9-Oct 28 12:25-12:55p.m. 71170 Sun Sep 10-Oct 29 11:50a.m12:20p.m. 71171 Sun Sep 10-Oct 29 12:25-12:55p.m. 70280 Mon Sep 11-Oct 23 5:35-6:10p.m. 70279 Mon Sep 11-Oct 23 6:05-6:40p.m. 70465 Mon Oct 30-Dec 18 6-6:30p.m. 70466 Tue Oct 31-Dec 19 5:30-6p.m. 70467 Thu Nov 2-Dec 21 5:40-6:10p.m. 71192 Sat Nov 4-Dec 23 9:30-10:05a.m. 71191 Sat Nov 4-Dec 23 10:15-10:50a.m. 71195 Sat Nov 4-Dec 23 11:10-11:40a.m. 71195 Sat Nov 4-Dec 23 12:10-12:45p.m.

NWLC	69885	Tue	Sep 5-Oct 24	4:05-4:35p.m.	\$52.40
	69917	Wed	Sep 6-Oct 25	5:10-5:40p.m.	\$52.40
	69923	Thu	Sep 7-Oct 26	4-4:30p.m.	\$52.40
	69924	Thu	Sep 7-Oct 26	5:10-5:40p.m.	\$52.40
	69925	Thu	Sep 7-Oct 26	5:45-6:15p.m.	\$52.40
	69971	Fri	Sep 8-Oct 27	4-4:30p.m.	\$52.40
	69972	Fri	Sep 8-Oct 27	4:35-5:05p.m.	\$52.40
	69973	Fri	Sep 8-Oct 27	5:40-6:10p.m.	\$52.40
	70026	Sat	Sep 9-Oct 28	11:30a.m12p.m.	\$45.85
	70027	Sat	Sep 9-Oct 28	12-12:30p.m.	\$45.85
	70059	Sun	Sep 10-Oct 29	11-11:30a.m.	\$52.40
	70058	Sun	Sep 10-Oct 29	12:20-12:50p.m.	\$52.40
	70006	Mon	Sep 11-Oct 23	4:45-5:20p.m.	\$45.85
	70153	Mon	Oct 30-Dec 18	4-4:30p.m.	\$52.40
	70162	Mon	Oct 30-Dec 18	4:35-5:05p.m.	\$52.40
	70163	Mon	Oct 30-Dec 18	5:40-6:10p.m.	\$52.40
	70341	Tue	Oct 31-Dec 19	4:35-5:05p.m.	\$52.40
	70202	Wed	Nov 1-Dec 20	4:05-4:35p.m.	\$52.40
	70222	Thu	Nov 2-Dec 21	5:10-5:40p.m.	\$52.40
	70241	Fri	Nov 3-Dec 22	4-4:30p.m.	\$52.40
	70242	Fri	Nov 3-Dec 22	5:10-5:40p.m.	\$52.40
	70243	Fri	Nov 3-Dec 22	5:45-6:15p.m.	\$52.40
	70240	Sat	Nov 4-Dec 23	11-11:30a.m.	\$45.85
	70268	Sat	Nov 4-Dec 23	12:20-12:50p.m.	\$45.85
	70304	Sun	Nov 5-Dec 17	11:30a.m12p.m.	\$45.85
	70304	Sun	Nov 5-Dec 17	12-12:30p.m.	\$45.85
SSLC	70303	Mon	Sep 11-Oct 23	4-4:35p.m.	\$45.85
SSLO		Mon	Sep 11-Oct 23	•	
	70988			5:20-5:55p.m.	\$45.85
	70987	Mon	Sep 11-Oct 23	5:30-6:05p.m.	\$45.85
	70784	Tue	Sep 12-Oct 24	4-4:30p.m.	\$45.85
	70787	Tue	Sep 12-Oct 24	4:10-4:40p.m.	\$45.85
	70785	Tue	Sep 12-Oct 24	4:35-5:05p.m.	\$45.85
	71278	Tue	Sep 12-Oct 24	5:20-5:50p.m.	\$45.85
	70786	Tue	Sep 12-Oct 24	5:55-6:25p.m.	\$45.85
	70840	Wed	Sep 13-Oct 25	4:35-5:05p.m.	\$45.85
	70842	Wed	Sep 13-Oct 25	5:20-5:50p.m.	\$45.85
	70841	Wed	Sep 13-Oct 25	5:55-6:25p.m.	\$45.85
	70861	Thu	Sep 14-Oct 26	4:10-4:40p.m.	\$45.85
	70859	Thu	Sep 14-Oct 26	4:35-5:05p.m.	\$45.85
	70862	Thu	Sep 14-Oct 26	5:20-5:50p.m.	\$45.85
	70860	Thu	Sep 14-Oct 26	6-6:30p.m.	\$45.85
	70898	Fri	Sep 15-Oct 27	4-4:30p.m.	\$45.85
	70897	Fri	Sep 15-Oct 27	4:45-5:15p.m.	\$45.85
	70901	Fri	Sep 15-Oct 27	5:15-5:45p.m.	\$45.85
	70899	Fri	Sep 15-Oct 27	5:25-5:55p.m.	\$45.85
	70900	Fri	Sep 15-Oct 27	6-6:30p.m.	\$45.85
	71031	Sat	Sep 16-Oct 28	9-9:35a.m.	\$45.85

SSLC	71032	Sat	Sep 16-Oct 28	10:35-11:10a.m.	\$45.85
	71033	Sat	Sep 16-Oct 28	11:35a.m12:10p.m.	\$45.85
	71030	Sat	Sep 16-Oct 28	12:50-1:25p.m.	\$45.85
	70952	Sun	Sep 17-Oct 29	9:50-10:20a.m.	\$45.85
	70951	Sun	Sep 17-Oct 29	12:10-12:40p.m.	\$45.85
	70954	Sun	Sep 17-Oct 29	5:40-6:10p.m.	\$45.85
	70953	Sun	Sep 17-Oct 29	6:45-7:15p.m.	\$45.85
	70496	Mon	Oct 30-Dec 18	4:35-5:05p.m.	\$52.40
	70497	Mon	Oct 30-Dec 18	5:05-5:35p.m.	\$52.40
	70495	Mon	Oct 30-Dec 18	5:20-5:50p.m.	\$52.40
	70498	Mon	Oct 30-Dec 18	5:25-5:55p.m.	\$52.40
	70565	Tue	Oct 31-Dec 19	4:50-5:20p.m.	\$52.40
	70564	Tue	Oct 31-Dec 19	5:10-5:40p.m.	\$52.40
	70597	Wed	Nov 1-Dec 20	4:50-5:20p.m.	\$52.40
	70596	Wed	Nov 1-Dec 20	6-6:30p.m.	\$52.40
	70632	Thu	Nov 2-Dec 21	4:35-5:05p.m.	\$52.40
	70634	Thu	Nov 2-Dec 21	4:50-5:20p.m.	\$52.40
	70633	Thu	Nov 2-Dec 21	5:45-6:15p.m.	\$52.40
	70658	Fri	Nov 3-Dec 22	5:25-5:55p.m.	\$52.40
	70694	Sat	Nov 4-Dec 23	9-9:30a.m.	\$45.85
	70698	Sat	Nov 4-Dec 23	11:20-11:50a.m.	\$45.85
	70695	Sat	Nov 4-Dec 23	11:45a.m12:15p.m.	\$45.85
	70697	Sat	Nov 4-Dec 23	12:20-12:50p.m.	\$45.85
	70696	Sat	Nov 4-Dec 23	12:45-1:15p.m.	\$45.85
	70757	Sun	Nov 5-Dec 17	9:50-10:20a.m.	\$45.85
	70756	Sun	Nov 5-Dec 17	12:10-12:40p.m.	\$45.85
	70759	Sun	Nov 5-Dec 17	5:40-6:10p.m.	\$45.85
	70758	Sun	Nov 5-Dec 17	6:45-7:15p.m.	\$45.85



Youth Swimmer 2 8-14 years Swimmer 3 5-12 years

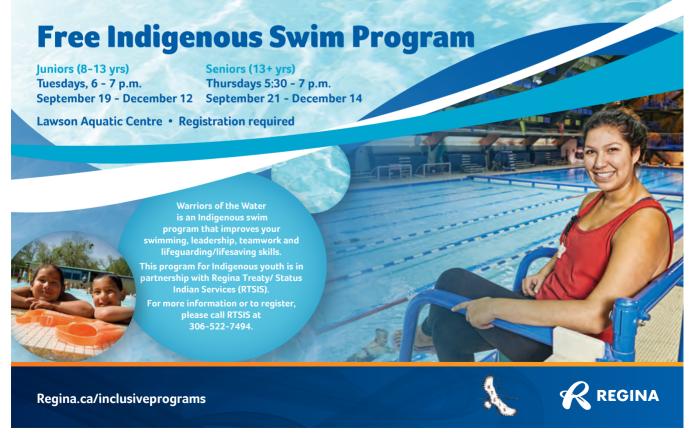
In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training. This class is specifically 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	70438	Thu	Sep 7-Oct 26	6:20-6:50p.m.	\$52.40
	71148	Sat	Sep 9-Oct 28	1:30-2p.m.	\$45.85
	70443	Mon	Oct 30-Dec 18	5:30-6p.m.	\$52.40
	70444	Wed	Nov 1-Dec 20	5:30-6p.m.	\$52.40
NWLC	69884	Tue	Sep 5-Oct 24	5:10-5:40p.m.	\$52.40
	70010	Sat	Sep 9-Oct 28	9-9:30a.m.	\$45.85
	70205	Wed	Nov 1-Dec 20	5:10-5:40p.m.	\$52.40
	70312	Sun	Nov 5-Dec 17	9-9:30a.m.	\$45.85
SSLC	70989	Mon	Sep 11-Oct 23	4:50-5:25p.m.	\$45.85
	70848	Wed	Sep 13-Oct 25	4:10-4:40p.m.	\$45.85
	71061	Sat	Sep 16-Oct 28	10:15-10:50a.m.	\$45.85
	70966	Sun	Sep 17-Oct 29	11:10-11:40a.m.	\$45.85
	70576	Tue	Oct 31-Dec 19	4:35-5:05p.m.	\$52.40
	70668	Fri	Nov 3-Dec 22	5:55-6:25p.m.	\$52.40
	71285	Sat	Nov 4-Dec 23	10:10-10:40a.m.	\$45.85
ı	70743	Sun	Nov 5-Dec 17	11:10-11:40a.m.	\$45.85

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.

and back, whip kick in vertical position, front and back crawl.						
LAC	70283	Mon	Sep 11-Oct 23	5:30-6:05p.m.	\$45.85	
	70361	Tue	Sep 5-Oct 24	5:30-6p.m.	\$52.40	
	70374	Wed	Sep 6-Oct 25	5:30-6p.m.	\$52.40	
	70439	Thu	Sep 7-Oct 26	5:30-6p.m.	\$52.40	
	71140	Sat	Sep 9-Oct 28	10:30-11a.m.	\$45.85	
	71141	Sat	Sep 9-Oct 28	1-1:30p.m.	\$45.85	
	70445	Mon	Oct 30-Dec 18	6:05-6:35p.m.	\$52.40	
	70446	Tue	Oct 31-Dec 19	6:25-6:55p.m.	\$52.40	
	70447	Wed	Nov 1-Dec 20	6:05-6:35p.m.	\$52.40	
	70448	Thu	Nov 2-Dec 21	6:05-6:35p.m.	\$52.40	
	71197	Sat	Nov 4-Dec 23	11:25a.m12p.m.	\$45.85	
	71196	Sat	Nov 4-Dec 23	11:35a.m12:10p.m.	\$45.85	
NWLC	69883	Tue	Sep 5-Oct 24	4:35-5:05p.m.	\$52.40	
	69916	Wed	Sep 6-Oct 25	4:35-5:05p.m.	\$52.40	
	69929	Thu	Sep 7-Oct 26	4:30-5p.m.	\$52.40	
	69928	Thu	Sep 7-Oct 26	5:55-6:25p.m.	\$52.40	
	70019	Sat	Sep 9-Oct 28	9:05-9:35a.m.	\$45.85	
	70020	Sat	Sep 9-Oct 28	10:15-10:45a.m.	\$45.85	



NWLC	70018	Sat	Sep 9-Oct 28	11:25-11:55a.m.	\$45.85
	70061	Sun	Sep 10-Oct 29	9:40-10:10a.m.	\$52.40
	70060	Sun	Sep 10-Oct 29	12-12:30p.m.	\$52.40
	70358	Tue	Oct 31-Dec 19	5:45-6:15p.m.	\$52.40
	70203	Wed	Nov 1-Dec 20	4:35-5:05p.m.	\$52.40
	70223	Thu	Nov 2-Dec 21	4:35-5:05p.m.	\$52.40
	70245	Fri	Nov 3-Dec 22	4:30-5p.m.	\$52.40
	70244	Fri	Nov 3-Dec 22	5:55-6:25p.m.	\$52.40
	70271	Sat	Nov 4-Dec 23	9:40-10:10a.m.	\$45.85
	70270	Sat	Nov 4-Dec 23	12-12:30p.m.	\$45.85
	70307	Sun	Nov 5-Dec 17	9:05-9:35a.m.	\$45.85
	70308	Sun	Nov 5-Dec 17	10:15-10:45a.m.	\$45.85
	70306	Sun	Nov 5-Dec 17	11:25-11:55a.m.	\$45.85
SSLC	71013	Mon	Sep 11-Oct 23	4:10-4:45p.m.	\$45.85
	71014	Mon	Sep 11-Oct 23	5:30-6:05p.m.	\$45.85
	70802	Tue	Sep 12-Oct 24	4:10-4:40p.m.	\$45.85
	70800	Tue	Sep 12-Oct 24	4:40-5:10p.m.	\$45.85
	70801	Tue	Sep 12-Oct 24	6-6:30p.m.	\$45.85
	70836	Wed	Sep 13-Oct 25	4-4:30p.m.	\$45.85
	70837	Wed	Sep 13-Oct 25	4:45-5:15p.m.	\$45.85
	70838	Wed	Sep 13-Oct 25	6-6:30p.m.	\$45.85
	70871	Thu	Sep 14-Oct 26	5:25-5:55p.m.	\$45.85
	70870	Thu	Sep 14-Oct 26	6-6:30p.m.	\$45.85
	70909	Fri	Sep 15-Oct 27	4:10-4:40p.m.	\$45.85
	70910	Fri	Sep 15-Oct 27	4:45-5:15p.m.	\$45.85
	70908	Fri	Sep 15-Oct 27	5:20-5:50p.m.	\$45.85
	70911	Fri	Sep 15-Oct 27	5:55-6:25p.m.	\$45.85
	71037	Sat	Sep 16-Oct 28	9:50-10:25a.m.	\$45.85
	71035	Sat	Sep 16-Oct 28	11-11:35a.m.	\$45.85
	71036	Sat	Sep 16-Oct 28	12:10-12:45p.m.	\$45.85
	70955	Sun	Sep 17-Oct 29	9-9:30a.m.	\$45.85
	70956	Sun	Sep 17-Oct 29	11:50a.m12:20p.m.	\$45.85
	70957	Sun	Sep 17-Oct 29	6:45-7:15p.m.	\$45.85
	70499	Mon	Oct 30-Dec 18	4-4:30p.m.	\$52.40
	70501	Mon	Oct 30-Dec 18	4:50-5:20p.m.	\$52.40
	70500	Mon	Oct 30-Dec 18	6-6:30p.m.	\$52.40
	70567	Tue	Oct 31-Dec 19	4-4:30p.m.	\$52.40
	70568	Tue	Oct 31-Dec 19	5:25-5:55p.m.	\$52.40
	70566	Tue	Oct 31-Dec 19	6-6:30p.m.	\$52.40
	70599	Wed	Nov 1-Dec 20	4:05-4:35p.m.	\$52.40
	70598	Wed	Nov 1-Dec 20	6-6:30p.m.	\$52.40
	70636	Thu	Nov 2-Dec 21	4:40-5:10p.m.	\$52.40
		Thu	Nov 2-Dec 21	6-6:30p.m.	\$52.40
	70635		Nov 3-Dec 21	·	
	70660	Fri		4:05-4:35p.m.	\$52.40
	70659	Fri	Nov 3-Dec 22	5:20-5:50p.m.	\$52.40
	70661	Fri	Nov 3-Dec 22	6-6:30p.m.	\$52.40
	70709	Sat	Nov 4-Dec 23	9:45-10:15a.m.	\$45.85

SSLC	70707	Sat	Nov 4-Dec 23	11:10-11:40a.m.	\$45.85
	70708	Sat	Nov 4-Dec 23	12:55-1:25p.m.	\$45.85
	70747	Sun	Nov 5-Dec 17	9-9:30a.m.	\$45.85
	70748	Sun	Nov 5-Dec 17	11:50a.m12:20p.m.	\$45.85
	70749	Sun	Nov 5-Dec 17	6:45-7:15p.m.	\$45.85

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	71149	Sat	Sep 9-Oct 28	1:35-2:05p.m.	\$45.85
	70534	Wed	Nov 1-Dec 20	6:20-6:50p.m.	\$52.40
SSLC	70816	Tue	Sep 12-Oct 24	6-6:30p.m.	\$45.85
	70886	Thu	Sep 14-Oct 26	4:05-4:35p.m.	\$45.85

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	70359	Tue	Sep 5-Oct 24	5:30-6:10p.m.	\$57.20
	70375	Wed	Sep 6-Oct 25	6:30-7:10p.m.	\$57.20
	70440	Thu	Sep 7-Oct 26	5:30-6:10p.m.	\$57.20
	70441	Thu	Sep 7-Oct 26	6:40-7:20p.m.	\$57.20
	71142	Sat	Sep 9-Oct 28	10:05-10:45a.m.	\$50.05
	71143	Sat	Sep 9-Oct 28	10:40-11:20a.m.	\$50.05
	70284	Mon	Sep 11-Oct 23	6:20-7:05p.m.	\$50.05
	70525	Tue	Oct 31-Dec 19	5:30-6:10p.m.	\$57.20
	70526	Wed	Nov 1-Dec 20	5:30-6:10p.m.	\$57.20
	70527	Thu	Nov 2-Dec 21	6:40-7:20p.m.	\$57.20
	71199	Sat	Nov 4-Dec 23	9:30-10:15a.m.	\$50.05
	71200	Sat	Nov 4-Dec 23	1:20-2:05p.m.	\$50.05
NWLC	69891	Tue	Sep 5-Oct 24	5:10-5:50p.m.	\$57.20
	69920	Wed	Sep 6-Oct 25	5:15-5:55p.m.	\$57.20
	69927	Thu	Sep 7-Oct 26	5:10-5:50p.m.	\$57.20
	69987	Fri	Sep 8-Oct 27	5:50-6:30p.m.	\$57.20
	70024	Sat	Sep 9-Oct 28	9:35-10:15a.m.	\$50.05
	70025	Sat	Sep 9-Oct 28	12:40-1:20p.m.	\$50.05
	70046	Sun	Sep 10-Oct 29	10:10-10:50a.m.	\$57.20
	70001	Mon	Sep 11-Oct 23	4:15-5p.m.	\$50.05
	70164	Mon	Oct 30-Dec 18	5:50-6:30p.m.	\$57.20
	70342	Tue	Oct 31-Dec 19	4:30-5:10p.m.	\$57.20
	70204	Wed	Nov 1-Dec 20	5:10-5:50p.m.	\$57.20
	70224	Thu	Nov 2-Dec 21	5:15-5:55p.m.	\$57.20

70246	Fri	Nov 3-Dec 22	5:10-5:50p.m.	\$57.20
70272	Sat	Nov 4-Dec 23	10:10-10:50a.m.	\$50.05
70309	Sun	Nov 5-Dec 17	9:35-10:15a.m.	\$50.05
70310	Sun	Nov 5-Dec 17	12:40-1:20p.m.	\$50.05
70985	Mon	Sep 11-Oct 23	4-4:45p.m.	\$50.05
70984	Mon	Sep 11-Oct 23	5:30-6:15p.m.	\$50.05
70819	Tue	Sep 12-Oct 24	4:40-5:20p.m.	\$50.05
70845	Wed	Sep 13-Oct 25	5:15-5:55p.m.	\$50.05
70888	Thu	Sep 14-Oct 26	5:50-6:30p.m.	\$50.05
70907	Fri	Sep 15-Oct 27	4:35-5:15p.m.	\$50.05
71038	Sat	Sep 16-Oct 28	9:05-9:50a.m.	\$50.05
71039	Sat	Sep 16-Oct 28	10:25-11:10a.m.	\$50.05
71040	Sat	Sep 16-Oct 28	11:55a.m12:40p.m.	\$50.05
70960	Sun	Sep 17-Oct 29	9:45-10:25a.m.	\$50.05
70958	Sun	Sep 17-Oct 29	10:25-11:05a.m.	\$50.05
70959	Sun	Sep 17-Oct 29	11:25a.m12:05p.m.	\$50.05
70961	Sun	Sep 17-Oct 29	12:10-12:50p.m.	\$50.05
70502	Mon	Oct 30-Dec 18	4-4:40p.m.	\$57.20
70503	Mon	Oct 30-Dec 18	4:35-5:15p.m.	\$57.20
70569	Tue	Oct 31-Dec 19	4:35-5:15p.m.	\$57.20
70570	Tue	Oct 31-Dec 19	4:55-5:35p.m.	\$57.20
70571	Tue	Oct 31-Dec 19	5:45-6:25p.m.	\$57.20
70601	Wed	Nov 1-Dec 20	4-4:40p.m.	\$57.20
70600	Wed	Nov 1-Dec 20	4:55-5:35p.m.	\$57.20
70638	Thu	Nov 2-Dec 21	4-4:40p.m.	\$57.20
70639	Thu	Nov 2-Dec 21	4:50-5:30p.m.	\$57.20
70637	Thu	Nov 2-Dec 21	5:15-5:55p.m.	\$57.20
70663	Fri	Nov 3-Dec 22	4-4:40p.m.	\$57.20
70662	Fri	Nov 3-Dec 22	4:35-5:15p.m.	\$57.20
70664	Fri	Nov 3-Dec 22	5:50-6:30p.m.	\$57.20
70692	Sat	Nov 4-Dec 23	9:05-9:45a.m.	\$50.05
70693	Sat	Nov 4-Dec 23	12:10-12:50p.m.	\$50.05
70691	Sat	Nov 4-Dec 23	12:45-1:25p.m.	\$50.05
70763	Sun	Nov 5-Dec 17	9:45-10:25a.m.	\$50.05
70761	Sun	Nov 5-Dec 17	10:25-11:05a.m.	\$50.05
70762	Sun	Nov 5-Dec 17	11:25a.m12:05p.m.	\$50.05
70764	Sun	Nov 5-Dec 17	12:10-12:50p.m.	\$50.05
	70272 70309 70310 70985 70984 70819 70845 70888 70907 71038 71039 71040 70960 70958 70959 70961 70502 70503 70569 70571 70601 70600 70638 70639 70663 70662 70664 70692 70691 70763 70761 70761	70272 Sat 70309 Sun 70310 Sun 70985 Mon 70984 Mon 70819 Tue 70845 Wed 70888 Thu 70907 Fri 71038 Sat 71040 Sat 70960 Sun 70958 Sun 70959 Sun 70961 Sun 70502 Mon 70503 Mon 70569 Tue 70570 Tue 70571 Tue 70601 Wed 70638 Thu 70639 Thu 70631 Thu 70632 Fri 70664 Fri 70693 Sat 70691 Sat 70762 Sun 70763 Sun 70764 Sun	70272 Sat Nov 4-Dec 23 70309 Sun Nov 5-Dec 17 70310 Sun Nov 5-Dec 17 70985 Mon Sep 11-Oct 23 70844 Mon Sep 12-Oct 24 70845 Wed Sep 12-Oct 25 70888 Thu Sep 14-Oct 26 70907 Fri Sep 15-Oct 27 71038 Sat Sep 16-Oct 28 71039 Sat Sep 16-Oct 28 71040 Sat Sep 16-Oct 28 70960 Sun Sep 17-Oct 29 70958 Sun Sep 17-Oct 29 70959 Sun Sep 17-Oct 29 70950 Mon Oct 30-Dec 18 70502 Mon Oct 31-Dec 19 70503 Mon Oct 31-Dec 19 70570 Tue Oct 31-Dec 19 70571 Tue Oct 31-Dec 19 70601 Wed Nov 1-Dec 20 70638 Thu Nov 2-Dec 21 70639 Thu Nov 2-Dec	70272 Sat Nov 4-Dec 23 10:10-10:50a.m. 70309 Sun Nov 5-Dec 17 9:35-10:15a.m. 70310 Sun Nov 5-Dec 17 12:40-1:20p.m. 70985 Mon Sep 11-Oct 23 4-4:45p.m. 70984 Mon Sep 11-Oct 23 5:30-6:15p.m. 70819 Tue Sep 12-Oct 24 4:40-5:20p.m. 70845 Wed Sep 13-Oct 25 5:15-5:55p.m. 70888 Thu Sep 14-Oct 26 5:50-6:30p.m. 70907 Fri Sep 16-Oct 27 4:35-5:15p.m. 71038 Sat Sep 16-Oct 28 10:25-11:10a.m. 71039 Sat Sep 16-Oct 28 10:25-11:10a.m. 71040 Sat Sep 17-Oct 29 9:45-10:25a.m. 70960 Sun Sep 17-Oct 29 11:25a.m12:05p.m. 70958 Sun Sep 17-Oct 29 12:10-12:50p.m. 70961 Sun Sep 17-Oct 29 12:10-12:50p.m. 70502 Mon Oct 30-Dec 18 4-34-40p.m. 70503

Youth Swimmer 4

crawl.

8-14 years

In this level swimmers will work on standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl, interval fitness training, and sprint front crawl.

Prerequisite: Your child must be able to successfully perform kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back

LAC	71244	Wed	Sep 6-Oct 25	6:40-7:20p.m.	\$57.20
	71245	Wed	Nov 1-Dec 20	6:25-7:05p.m.	\$57.20

Swimmer 5

5-12 years

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

LAC	OH HOHE	, breast	stroke, iroi	nt and back cra	WI.	
70376 Wed Sep 6-Oct 25 6:05-6:45p.m. \$57.20 70442 Thu Sep 7-Oct 26 5:35-6:15p.m. \$57.20 71144 Sat Sep 9-Oct 28 12:50-1:30p.m. \$50.05 70468 Mon Oct 30-Dec 18 5:30-6:10p.m. \$57.20 70469 Mon Oct 30-Dec 18 5:35-6:15p.m. \$57.20 70508 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70893 Fri Sep 15-Oct 27 4:40-5:20p.m.	LAC	70288	Mon	Sep 11- Oct 23	5:35-6:20p.m	\$50.05
70442 Thu Sep 7-Oct 26 5:35-6:15p.m. \$57.20 71144 Sat Sep 9-Oct 28 12:50-1:30p.m. \$50.05 70468 Mon Oct 30-Dec 18 5:30-6:10p.m. \$57.20 70469 Mon Oct 30-Dec 18 5:35-6:15p.m. \$57.20 70508 Wed Nov 1-Dec 20 5:35-6:15p.m. \$57.20 70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 SSLC 70980 Mon Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 <t< td=""><td></td><td>70287</td><td>Mon</td><td>Sep 11- Oct 23</td><td>6:45-7:30p.m</td><td>\$50.05</td></t<>		70287	Mon	Sep 11- Oct 23	6:45-7:30p.m	\$50.05
71144 Sat Sep 9-Oct 28 12:50-1:30p.m. \$50.05 70468 Mon Oct 30-Dec 18 5:30-6:10p.m. \$57.20 70469 Mon Oct 30-Dec 18 5:35-6:15p.m. \$57.20 70508 Wed Nov 1-Dec 20 5:35-6:15p.m. \$57.20 70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 70811 Tue Sep 11-Oct 23 4-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 24 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70896 Fri Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05		70376	Wed	Sep 6-Oct 25	6:05-6:45p.m.	\$57.20
70468 Mon Oct 30-Dec 18 5:30-6:10p.m. \$57.20 70469 Mon Oct 30-Dec 18 5:35-6:15p.m. \$57.20 70508 Wed Nov 1-Dec 20 5:35-6:15p.m. \$57.20 70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 70811 Tue Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70963 Sun Sep 16-Oct 28 12:15-1p.m.		70442	Thu	Sep 7-Oct 26	5:35-6:15p.m.	\$57.20
70469 Mon Oct 30-Dec 18 5:35-6:15p.m. \$57.20 70508 Wed Nov 1-Dec 20 5:35-6:15p.m. \$57.20 70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 7080 Mon Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70893 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70963 Sun Sep 16-Oct 28 12:15-1p.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m.		71144	Sat	Sep 9-Oct 28	12:50-1:30p.m.	\$50.05
70508 Wed Nov 1-Dec 20 5:35-6:15p.m. \$57.20 70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 70811 Tue Sep 11-Oct 23 4-4:45p.m. \$50.05 70846 Wed Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 25 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70963 Sun Sep 16-Oct 28 12:15-1p.m. \$50.05 70962 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m.		70468	Mon	Oct 30-Dec 18	5:30-6:10p.m.	\$57.20
70470 Wed Nov 1-Dec 20 6:05-6:45p.m. \$57.20 70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 70811 Tue Sep 11-Oct 23 4-4:45p.m. \$50.05 70846 Wed Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70883 Thu Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70963 Sun Sep 16-Oct 28 12:15-1p.m. \$50.05 70962 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70469	Mon	Oct 30-Dec 18	5:35-6:15p.m.	\$57.20
70510 Thu Nov 2-Dec 21 5:30-6:10p.m. \$57.20 70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 SSLC 70980 Mon Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70963 Sun Sep 16-Oct 28 12:15-1p.m. \$50.05 70962 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70508	Wed	Nov 1-Dec 20	5:35-6:15p.m.	\$57.20
70509 Thu Nov 2-Dec 21 5:35-6:15p.m. \$57.20 71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 SSLC 70980 Mon Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 70963 Sun Sep 16-Oct 28 12:15-1p.m. \$50.05 70962 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70470	Wed	Nov 1-Dec 20	6:05-6:45p.m.	\$57.20
71201 Sat Nov 4-Dec 23 9:30-10:15a.m. \$50.05 SSLC 70980 Mon Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70510	Thu	Nov 2-Dec 21	5:30-6:10p.m.	\$57.20
SSLC 70980 Mon Sep 11-Oct 23 4-4:45p.m. \$50.05 70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70509	Thu	Nov 2-Dec 21	5:35-6:15p.m.	\$57.20
70811 Tue Sep 12-Oct 24 4:05-4:45p.m. \$50.05 70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		71201	Sat	Nov 4-Dec 23	9:30-10:15a.m.	\$50.05
70846 Wed Sep 13-Oct 25 4:05-4:45p.m. \$50.05 70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20	SSLC	70980	Mon	Sep 11-Oct 23	4-4:45p.m.	\$50.05
70883 Thu Sep 14-Oct 26 4:05-4:45p.m. \$50.05 70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70811	Tue	Sep 12-Oct 24	4:05-4:45p.m.	\$50.05
70894 Fri Sep 15-Oct 27 4-4:40p.m. \$50.05 70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70846	Wed	Sep 13-Oct 25	4:05-4:45p.m.	\$50.05
70895 Fri Sep 15-Oct 27 4:40-5:20p.m. \$50.05 70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70883	Thu	Sep 14-Oct 26	4:05-4:45p.m.	\$50.05
70896 Fri Sep 15-Oct 27 5:50-6:30p.m. \$50.05 71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70894	Fri	Sep 15-Oct 27	4-4:40p.m.	\$50.05
71048 Sat Sep 16-Oct 28 12:15-1p.m. \$50.05 70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70895	Fri	Sep 15-Oct 27	4:40-5:20p.m.	\$50.05
70963 Sun Sep 17-Oct 29 9:10-9:50a.m. \$50.05 70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70896	Fri	Sep 15-Oct 27	5:50-6:30p.m.	\$50.05
70962 Sun Sep 17-Oct 29 12:20-1p.m. \$50.05 70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		71048	Sat	Sep 16-Oct 28	12:15-1p.m.	\$50.05
70504 Mon Oct 30-Dec 18 5:20-6p.m. \$57.20		70963	Sun	Sep 17-Oct 29	9:10-9:50a.m.	\$50.05
		70962	Sun	Sep 17-Oct 29	12:20-1p.m.	\$50.05
70572 Tue Oct 31-Dec 19 4:10-4:50p.m. \$57.20		70504	Mon	Oct 30-Dec 18	5:20-6p.m.	\$57.20
		70572	Tue	Oct 31-Dec 19	4:10-4:50p.m.	\$57.20
70573 Tue Oct 31-Dec 19 5:45-6:25p.m. \$57.20		70573	Tue	Oct 31-Dec 19	5:45-6:25p.m.	\$57.20
70602 Wed Nov 1-Dec 20 4:05-4:45p.m. \$57.20		70602	Wed	Nov 1-Dec 20	4:05-4:45p.m.	\$57.20
70603 Wed Nov 1-Dec 20 5:20-6p.m. \$57.20		70603	Wed	Nov 1-Dec 20	5:20-6p.m.	\$57.20
70640 Thu Nov 2-Dec 21 4:05-4:45p.m. \$57.20		70640	Thu	Nov 2-Dec 21	4:05-4:45p.m.	\$57.20
70665 Fri Nov 3-Dec 22 4:35-5:15p.m. \$57.20		70665	Fri	Nov 3-Dec 22	4:35-5:15p.m.	\$57.20
70713 Sat Nov 4-Dec 23 9:40-10:20a.m. \$50.05		70713	Sat	Nov 4-Dec 23	9:40-10:20a.m.	\$50.05
70714 Sat Nov 4-Dec 23 12-12:40p.m. \$50.05		70714	Sat	Nov 4-Dec 23	12-12:40p.m.	\$50.05
70746 Sun Nov 5-Dec 17 9:10-9:50a.m. \$50.05		70746	Sun	Nov 5-Dec 17	9:10-9:50a.m.	\$50.05
70745 Sun Nov 5-Dec 17 12:20-1p.m. \$50.05		70745	Sun	Nov 5-Dec 17	12:20-1p.m.	\$50.05

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	70377	Wed	Sep 6-Oct 25	6:05-6:45p.m.	\$57.20
	71145	Sat	Sep 9-Oct 28	9:35-10:15a.m.	\$50.05
	70289	Mon	Sep 11-Oct 23	6:10-6:55p.m.	\$50.05
	70531	Tue	Oct 31-Dec 19	6:40-7:20p.m.	\$57.20
	71203	Sat	Nov 4-Dec 23	10:20-11:05a.m.	\$50.05
	71300	Sat	Nov 4-Dec 23	12:25-1:10p.m.	\$50.05
	70532	Thu	Nov 2-Dec 21	6:15-6:55p.m.	\$50.05
SSLC	71008	Mon	Sep 11-Oct 23	4:45-5:30p.m.	\$50.05
	70803	Tue	Sep 12-Oct 24	5:15-5:55p.m.	\$50.05
	70839	Wed	Sep 13-Oct 25	5:45-6:25p.m.	\$50.05
	70919	Fri	Sep 15-Oct 27	5:15-5:55p.m.	\$50.05
	71060	Sat	Sep 16-Oct 28	9:50-10:35a.m.	\$50.05
	70964	Sun	Sep 17-Oct 29	9:05-9:45a.m.	\$50.05
	70505	Mon	Oct 30-Dec 18	4:05-4:45p.m.	\$57.20
	70574	Tue	Oct 31-Dec 19	4:05-4:45p.m.	\$57.20
	70575	Tue	Oct 31-Dec 19	5:10-5:50p.m.	\$57.20
	70604	Wed	Nov 1-Dec 20	4:40-5:20p.m.	\$57.20
	70641	Thu	Nov 2-Dec 21	5:35-6:15p.m.	\$57.20
	70666	Fri	Nov 3-Dec 22	4:40-5:20p.m.	\$57.20
	70667	Fri	Nov 3-Dec 22	5:05-5:45p.m.	\$57.20
	70672	Sat	Nov 4-Dec 23	9-9:40a.m.	\$50.05
	70673	Sat	Nov 4-Dec 23	10:25-11:05a.m.	\$50.05
	70760	Sun	Nov 5-Dec 17	9:05-9:45a.m.	\$50.05



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

Lifesaving Swim Patrol - Rookie Patrol

8-14 years

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

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

LAC	70362	Tue	Sep 5-Oct 24	6:15-7:05p.m.	\$66.40
	71151	Sat	Sep 9-Oct 28	12:35-1:25p.m.	\$58.10
	70516	Mon	Oct 30-Dec 18	6:20-7:10p.m.	\$66.40
	71206	Sat	Nov 4-Dec 23	10:20-11:15a.m.	\$58.10
	71207	Sat	Nov 4-Dec 23	1:05-1:55p.m.	\$54.25
SSLC	70789	Tue	Sep 12-Oct 24	5:10-6p.m.	\$58.10
	70826	Wed	Sep 13-Oct 25	4:35-5:25p.m.	\$58.10
	71015	Sat	Sep 16-Oct 28	9-9:55a.m.	\$58.10
	70607	Wed	Nov 1-Dec 20	5:05-5:55p.m.	\$66.40
	70643	Thu	Nov 2-Dec 21	4:35-5:25p.m.	\$66.40

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	71150	Sat	Sep 9-Oct 28	1:10-2p.m.	\$58.10
	70319	Mon	Sep 11-Oct 23	6:25-7:30p.m.	\$58.10
	70535	Wed	Nov 1-Dec 20	6:05-6:55p.m.	\$66.40
	71205	Sat	Nov 4-Dec 23	10:35-11:30a.m.	\$58.10
SSLC	71020	Sat	Sep 16-Oct 28	10:40-11:35a.m.	\$58.10
	70967	Sun	Sep 17-Oct 29	10:45-11:35a.m.	\$58.10
	70577	Tue	Oct 31-Dec 19	5:20-6:10p.m.	\$66.40
	70606	Wed	Nov 1-Dec 20	4-4:50p.m.	\$66.40
	70642	Thu	Nov 2-Dec 21	5:20-6:10p.m.	\$66.40
	70669	Fri	Nov 3-Dec 22	5:20-6:10p.m.	\$66.40
	70679	Sat	Nov 4-Dec 23	11:15a.m12:05p.m.	\$58.10
	70755	Sun	Nov 5-Dec 17	10:45-11:35a.m.	\$58.10

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	70378	Wed	Sep 6-Oct 25	5:35-6:25p.m.	\$66.40
	70520	Tue	Oct 31-Dec 19	5:30-6:20p.m.	\$66.40
	71208	Sat	Nov 4-Dec 23	12:40-1:35p.m.	\$54.25
SSLC	70877	Thu	Sep 14-Oct 26	4:35-5:25p.m.	\$58.10
	70507	Mon	Oct 30-Dec 18	5:40-6:30p.m.	\$66.40

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	70347	Tue	Sep 5-Sep 26	5:30-6p.m.	\$128.00
	70350	Tue	Sep 5-Sep 26	6:05-6:35p.m.	\$128.00
	70353	Tue	Sep 5-Sep 26	6:40-7:10p.m.	\$128.00
	70422	Thu	Sep 7-Sep 28	5:30-6p.m.	\$128.00
	70425	Thu	Sep 7-Sep 28	5:30-6p.m.	\$128.00
	70426	Thu	Sep 7-Sep 28	5:35-6:05p.m.	\$128.00
	70427	Thu	Sep 7-Sep 28	6:10-6:40p.m.	\$128.00
	70428	Thu	Sep 7-Sep 28	6:45-7:15p.m.	\$128.00
	70429	Thu	Sep 7-Sep 28	6:40-7:10p.m.	\$128.00
	71152	Sat	Sep 9-Sep 23	12-12:30p.m.	\$96.00
	71153	Sat	Sep 9-Sep 23	12:35-1:05p.m.	\$96.00
	71173	Sun	Sep 10-Sep 24	9:30-10a.m.	\$96.00
	71174	Sun	Sep 10-Sep 24	10:05-10:35a.m.	\$96.00
	71175	Sun	Sep 10-Sep 24	10:05-10:35a.m.	\$96.00
	71176	Sun	Sep 10-Sep 24	10:40-11:10a.m.	\$96.00
	71177	Sun	Sep 10-Sep 24	11:15-11:45a.m.	\$96.00
	71178	Sun	Sep 10-Sep 24	11:50a.m12:20p.m.	\$96.00
	71179	Sun	Sep 10-Sep 24	12:25-12:55p.m.	\$96.00
	70321	Mon	Sep 11-Sep 25	6:50-7:25p.m.	\$96.00
	70352	Mon	Oct 2-Oct 23	6:50-7:25p.m.	\$96.00
	70348	Tue	Oct 3-Oct 24	5:30-6p.m.	\$128.00
	70351	Tue	Oct 3-Oct 24	6:05-6:35p.m.	\$128.00
	70354	Tue	Oct 3-Oct 24	6:40-7:10p.m.	\$128.00
	70423	Thu	Oct 5-Oct 26	5:30-6p.m.	\$128.00
	70424	Thu	Oct 5-Oct 26	5:30-6p.m.	\$128.00
	70433	Thu	Oct 5-Oct 26	5:35-6:05p.m.	\$128.00
	70432	Thu	Oct 5-Oct 26	6:10-6:40p.m.	\$128.00
	70430	Thu	Oct 5-Oct 26	6:40-7:10p.m.	\$128.00
	70431	Thu	Oct 5-Oct 26	6:45-7:15p.m.	\$128.00

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LAC	71155	Sat	Oct 7-Oct 28	12-12:30p.m.	\$128.00
	71156	Sat	Oct 7-Oct 28	12:35-1:05p.m.	\$128.00
	71154	Sat	Oct 7-Oct 28	1:10-1:40p.m.	\$128.00
	70536	Mon	Oct 30-Nov 20	6:50-7:20p.m.	\$128.00
	70537	Mon	Oct 30-Nov 20	6:50-7:20p.m.	\$128.00
	70543	Tue	Oct 31-Nov 21	6:35-7:05p.m.	\$128.00
	70542	Tue	Oct 31-Nov 21	6:40-7:10p.m.	\$128.00
	70544	Wed	Nov 1-Nov 22	7-7:30p.m.	\$128.00
	71210	Sat	Nov 4-Nov 25	11:30a.m12p.m.	\$96.00
	71209	Sat	Nov 4-Nov 25	1:15-1:45p.m.	\$96.00
	71215	Sun	Nov 5-Dec 17	9:30-10a.m.	\$160.00
	71216	Sun	Nov 5-Dec 17	9:30-10a.m.	\$160.00
	71217	Sun	Nov 5-Dec 17	10:05-10:35a.m.	\$160.00
	71218	Sun	Nov 5-Dec 17	10:05-10:35a.m.	\$160.00
	71219	Sun	Nov 5-Dec 17	10:40-11:10a.m.	\$160.00
	71220	Sun	Nov 5-Dec 17	10:40-11:10a.m.	\$160.00
	71221	Sun	Nov 5-Dec 17	11:15-11:45a.m.	\$160.00
	71222	Sun	Nov 5-Dec 17	11:15-11:45a.m.	\$160.00
	71223	Sun	Nov 5-Dec 17	11:50a.m12:20p.m.	\$160.00
	71224	Sun	Nov 5-Dec 17	11:50a.m12:20p.m.	\$160.00
	71225	Sun	Nov 5-Dec 17	12:25-12:55p.m.	\$160.00
	71226	Sun	Nov 5-Dec 17	12:25-12:55p.m.	\$160.00
	70538	Mon	Nov 27-Dec 18	6:50-7:20p.m.	\$128.00
	70539	Mon	Nov 27-Dec 18	6:50-7:20p.m.	\$128.00
	70540	Tue	Nov 28-Dec 19	6:35-7:05p.m.	\$128.00
	70541	Tue	Nov 28-Dec 19	6:40-7:10p.m.	\$128.00
	70545	Wed	Nov 29-Dec 20	7-7:30p.m.	\$128.00
	71302	Sat	Dec 2-Dec 23	11:30a.m12p.m.	\$96.00
	71303	Sat	Dec 2-Dec 23	1:15-1:45p.m.	\$96.00
NWLC	69898	Tue	Sep 5-Sep 26	5:45-6:15p.m.	\$128.00
	69918	Wed	Sep 6-Sep 27	5:45-6:15p.m.	\$128.00
	69980	Fri	Sep 8-Sep 29	4:30-5p.m.	\$128.00
	69978	Fri	Sep 8-Sep 29	5:10-5:40p.m.	\$128.00
	70032	Sat	Sep 9-Sep 23	1-1:30p.m.	\$96.00
	70066	Sun	Sep 10-Oct 1	12:40-1:10p.m.	\$128.00
	69900	Tue	Oct 3-Oct 24	5:45-6:15p.m.	\$128.00
	69919	Wed	Oct 4-Oct 25	5:45-6:15p.m.	\$128.00
	69981	Fri	Oct 4-Oct 23	4:30-5p.m.	\$128.00
	69979	Fri	Oct 6-Oct 27	5:10-5:40p.m.	\$128.00
				•	
	70033	Sat	Oct 7-Oct 28 Oct 8-Oct 29	1-1:30p.m.	\$128.00
	70067	Sun		12:40-1:10p.m.	\$128.00
	70166	Mon	Oct 30-Nov 20	4:30-5p.m.	\$128.00
	70165	Mon	Oct 30-Nov 20	5:10-5:40p.m.	\$128.00
	70206	Wed	Nov 1-Nov 22	5:45-6:15p.m.	\$128.00
	70225	Thu	Nov 2-Nov 23	5:45-6:15p.m.	\$128.00
	70274	Sat	Nov 4-Nov 25	12:40-1:10p.m.	\$96.00
	70313	Sun	Nov 5-Nov 26	1-1:30p.m.	\$128.00
	70168	Mon	Nov 27-Dec 18	4:30-5p.m.	\$128.00

NWLC	70167	Mon	Nov 27-Dec 18	5:10-5:40p.m.	\$128.00
	70207	Wed	Nov 29-Dec 20	5:45-6:15p.m.	\$128.00
	70226	Thu	Nov 30-Dec 21	5:45-6:15p.m.	\$128.00
	70275	Sat	Dec 2-Dec 23	12:40-1:10p.m.	\$128.00
	70322	Sun	Dec 3-Dec 17	1-1:30p.m.	\$96.00
SSLC	71001	Mon	Sep 11-Sep 25	6-6:30p.m.	\$96.00
	71004	Mon	Sep 11-Sep 25	6-6:30p.m.	\$96.00
	70812	Tue	Sep 12-Sep 26	4:50-5:20p.m.	\$96.00
	70814	Tue	Sep 12-Sep 26	5:25-5:55p.m.	\$96.00
	70849	Wed	Sep 13-Sep 27	5:25-5:55p.m.	\$96.00
	70884	Thu	Sep 14-Sep 28	4:50-5:20p.m.	\$96.00
	70921	Fri	Sep 15-Sep 29	4:10-4:40p.m.	\$96.00
	71062	Sat	Sep 16-Oct 7	1-1:30p.m.	\$96.00
	71064	Sat	Sep 16-Oct 7	2:55-3:25p.m.	\$96.00
	71065	Sat	Sep 16-Oct 7	2:55-3:25p.m.	\$96.00
	70968	Sun	Sep 17-Oct 1	9:10-9:40a.m.	\$96.00
	70969	Sun	Sep 17-Oct 1	9:45-10:15a.m.	\$96.00
	70970	Sun	Sep 17-Oct 1	10:20-10:50a.m.	\$96.00
	70971	Sun	Sep 17-Oct 1	11-11:30a.m.	\$96.00
	70972	Sun	Sep 17-Oct 1	11:35a.m12:05p.m.	\$96.00
	70973	Sun	Sep 17-Oct 1	12-12:30p.m.	\$96.00
	71002	Mon	Oct 2-Oct 23	6-6:30p.m.	\$96.00
	71003	Mon	Oct 2-Oct 23	6-6:30p.m.	\$96.00
	70813	Tue	Oct 3-Oct 24	4:50-5:20p.m.	\$128.00
	70815	Tue	Oct 3-Oct 24	5:25-5:55p.m.	\$128.00
	70850	Wed	Oct 4-Oct 25	5:25-5:55p.m.	\$128.00
	70885	Thu	Oct 5-Oct 26	5:25-5:55p.m.	\$128.00
	70922	Fri	Oct 6-Oct 27	4:10-4:40p.m.	\$128.00
	70974	Sun	Oct 8-Oct 29	9:10-9:40a.m.	\$128.00
	70975	Sun	Oct 8-Oct 29	9:45-10:15a.m.	\$128.00
	70976	Sun	Oct 8-Oct 29	10:20-10:50a.m.	\$128.00
	70977	Sun	Oct 8-Oct 29	11-11:30a.m.	\$128.00
	70978	Sun	Oct 8-Oct 29	11:35a.m12:05p.m.	\$128.00
	70979	Sun	Oct 8-Oct 29	12-12:30p.m.	\$128.00
	71063	Sat	Oct 14-Oct 28	1-1:30p.m.	\$96.00
	71066	Sat	Oct 14-Oct 28	2:55-3:25p.m.	\$96.00
	71067	Sat	Oct 14-Oct 28	2:55-3:25p.m.	\$96.00
	70608	Wed	Nov 1-Nov 22	4:15-4:45p.m.	\$128.00
	70609	Wed	Nov 1-Nov 22	4:50-5:20p.m.	\$128.00
	70610	Wed	Nov 1-Nov 22	5:25-5:55p.m.	\$128.00
	70611	Wed	Nov 1-Nov 22	6-6:30p.m.	\$128.00
	70705	Sat	Nov 4-Nov 25	1-1:30p.m.	\$96.00
	70771	Sun	Nov 5-Nov 19	9:10-9:40a.m.	\$96.00
	70772	Sun	Nov 5-Nov 19	9:45-10:15a.m.	\$96.00
	70774	Sun	Nov 5-Nov 19	10:20-10:50a.m.	\$96.00
	70774	Sun	Nov 5-Nov 19	11-11:30a.m.	\$96.00
	70776	Sun	Nov 5-Nov 19	11:35a.m12:05p.m.	\$96.00
	70777	Sun	Nov 5-Nov 19		\$96.00
	10111	Juil	NOV J-NOV 18	12-12:30p.m.	ψ90.00

SSLC	70778	Sun	Nov 26-Dec 17	9:10-9:40a.m.	\$128.00
	70779	Sun	Nov 26-Dec 17	9:45-10:15a.m.	\$128.00
	70780	Sun	Nov 26-Dec 17	10:20-10:50a.m.	\$128.00
	70781	Sun	Nov 26-Dec 17	11-11:30a.m.	\$128.00
	70782	Sun	Nov 26-Dec 17	11:35a.m12:05p.m.	\$128.00
	70783	Sun	Nov 26-Dec 17	12-12:30p.m.	\$128.00
	70612	Wed	Nov 29-Dec 20	4:15-4:45p.m.	\$128.00
	70613	Wed	Nov 29-Dec 20	4:50-5:20p.m.	\$128.00
	70614	Wed	Nov 29-Dec 20	5:25-5:55p.m.	\$128.00
	71281	Wed	Nov 29-Dec 20	6-6:30p.m.	\$128.00
	70706	Sat	Dec 2-Dec 23	1-1:30p.m.	\$128.00

Women's Only Swim

14 years and up

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

NWLC	70070	Sun	Sep 10	6:30-8:25p.m.
	70071	Sun	Sep 17	6:30-8:25p.m.
	70072	Sun	Oct 1	6:30-8:25p.m.
	70073	Sun	Oct 15	6:30-8:25p.m.
	70074	Sun	Oct 29	6:30-8:25p.m.
	70075	Sun	Nov 12	6:30-8:25p.m.
	70076	Sun	Nov 26	6:30-8:25p.m.
	70079	Sun	Dec 10	6:30-8:25p.m.

Adult

Adult 1

14 years and up

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

NWLC	69901	Tue	Sep 5-Oct 24	8:35-9:25p.m.	\$66.40
	70187	Wed	Nov 1-Dec 20	8:35-9:25p.m.	\$66.40
SSLC	70995	Mon	Sep 11-Oct 23	4:50-5:45p.m.	\$58.10
	70810	Tue	Sep 12-Oct 24	5:40-6:30p.m.	\$58.10
	71046	Sat	Sep 16-Oct 28	9:15-10:10a.m.	\$58.10
	70923	Sun	Sep 17-Oct 29	10:30-11:20a.m.	\$58.10
	70471	Mon	Oct 30-Dec 18	5:45-6:35p.m.	\$66.40
	70645	Fri	Nov 3-Dec 22	5:15-6:05p.m.	\$66.40
	70722	Sat	Nov 4-Dec 23	9:15-10:05a.m.	\$58.10
	70766	Sun	Nov 5-Dec 17	10:30-11:20a.m.	\$58.10

Adult 2

14 years and up

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

SSLC 70869 Thu Sep 14-Oct 26 5:10-6p.m. \$58.10	SSLC	70869	Thu	Sep 14-Oct 26	5:10-6p.m.	\$58.10
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SSLC	71	047	Sat	Sep 16-Oct 28	11:15a.m12:10p.m.	\$58.10
	70	615	Thu	Nov 2-Dec 21	5:30-6:20p.m.	\$66.40
	70	721	Sat	Nov 4-Dec 23	10:20-11:10a.m.	\$58.10

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.

LAC	71227	Sun	Nov 5-Dec 17	9:30-10a.m.	\$81.50
	71228	Sun	Nov 5-Dec 17	9:30-10a.m.	\$81.50
	71229	Sun	Nov 5-Dec 17	10:05-10:35a.m.	\$81.50
	71230	Sun	Nov 5-Dec 17	10:05-10:35a.m.	\$81.50
	71231	Sun	Nov 5-Dec 17	10:40-11:10a.m.	\$81.50
	71232	Sun	Nov 5-Dec 17	10:40-11:10a.m.	\$81.50
	71233	Sun	Nov 5-Dec 17	11:15-11:45a.m.	\$81.50
	71234	Sun	Nov 5-Dec 17	11:15-11:45a.m.	\$81.50
	71235	Sun	Nov 5-Dec 17	11:50a.m12:20p.m.	\$81.50
	71236	Sun	Nov 5-Dec 17	11:50a.m12:20p.m.	\$81.50
	71237	Sun	Nov 5-Dec 17	12:25-12:55p.m.	\$81.50

NWLC	70038	Sat	Sep 9-Sep 23	12-12:30p.m.	\$48.90
	70068	Sun	Sep 10-Oct 1	9:15-9:45a.m.	\$65.20
	70039	Sat	Oct 7-Oct 28	12-12:30p.m.	\$65.20
	70069	Sun	Oct 8-Oct 29	9:15-9:45a.m.	\$65.20
	70250	Sat	Nov 4-Nov 25	9:15-9:45a.m.	\$48.90
	70290	Sun	Nov 5-Nov 26	12-12:30p.m.	\$65.20
	70276	Sat	Dec 2-Dec 23	9:15-9:45a.m.	\$48.90
	70320	Sun	Dec 3-Dec 17	12-12:30p.m.	\$48.90

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	70546	Fri Sat, Sun	Oct 27 Oct 28, 29	5:30-9:30p.m. 10a.m7p.m.	\$190.00
SSLC	71069	Sun	Sep 17-Oct 29	5:30-8:30p.m.	\$190.00



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

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

support person

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



Lifesaving Society Bronze Cross

14 years and up

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

LAC	70547	Sat-Mon	Oct 7-Oct 9	9a.m6p.m.	\$140.00
SSLC	71072	Sun	Nov 5-Dec 17	5:30-9p.m.	\$140.00

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	70579	Fri Sat, Sun	Nov 17, 24 Nov 18, 19, 25, 26	5:30-9:30p.m. 9a.m6p.m.	\$278.00	
SSLC	71068	Sun	Sep 17-Oct 29	2:30-8:30p.m.	\$278.00	

Lifesaving Society National Lifeguard Recert

16 years and up

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

LAC	70578	Sat	Oct 14	11a.m4p.m.	\$72.00
SSLC	71070	Sun	Sep 17	4-9p.m.	\$72.00
	71073	Sun	Dec 3	4-9p.m.	\$72.00

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).

ı	SSLC	71071	Cun	Nov 5-Dec 17	4 0n m	\$224.00
	SSLU	71071	Sun	Nov 5-Dec 17	4-8p.m.	\$224.00

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

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

NWLC	70415	Sat-Sun	Sep 9-Sep 10	9a.m6p.m.	\$146.00
	70417	Sat-Sun	Oct 14-Oct 15	9a.m6p.m.	\$146.00

Aquatic Recertification Courses

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	70416	Sat	Sep 16	9a.m1p.m.	\$90.00
	70418	Sat	Oct 21	9a.m1p.m.	\$90.00
	70419	Sat	Nov 4	9a.m1p.m.	\$90.00
	70420	Sat	Nov 18	9a.m1p.m.	\$90.00
	70421	Sat	Dec 2	9a.m1p.m.	\$90.00



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.

Accessible Equipment Lawson Aquatic Centre:

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

North West Leisure Centre:

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

Fieldhouse:

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

Sandra Schmirler Leisure Centre:

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





Legend

CRNC - Core Ritchie Neighbourhood Centre

FLDH - Fieldhouse

mc - mâmawêyatitân centre

NBAC - Neil Balkwill Civic Arts Centre

NWLC - North West Leisure Centre

SSLC - Sandra Schmirler Leisure Centre

Adapted Programs

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

Aquatic

20/20/20 AP

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

NWLC	70108	Mon	Sep 11-Oct 23	10:30-11:30a.m.	\$34.80
	70099	Thu	Sep 14-Oct 26	10:30-11:30a.m.	\$40.60
	70380	Mon	Oct 30-Dec 18	10:30-11:30a.m.	\$46.40
	70379	Thu	Nov 2-Dec 21	10:30-11:30a.m.	\$46.40

Adapted Leisure Swim * REI AP





Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons experiencing disabilities and their family members. The Sandra Schmirler Leisure Centre is home to a roof tracking system and powered lift in the accessible/family change room, and a lift system in the pool area for easier transferring of

individuals to and from the pool. The North West Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on site to supervise the program, but are not able to transfer, lift, or reposition individuals.

NWLC	69865	Sun	Sep 24	6:30-8:25p.m.	Free
	69866	Sun	Oct 8	6:30-8:25p.m.	Free
	69867	Sun	Oct 22	6:30-8:25p.m.	Free
	69868	Sun	Nov 5	6:30-8:25p.m.	Free
	69869	Sun	Nov 19	6:30-8:25p.m.	Free
	69870	Sun	Dec 3	6:30-8:25p.m.	Free
	69871	Sun	Dec 17	6:30-8:25p.m.	Free
SSLC	69872	Sat	Sep 16	6:30-8:25p.m.	Free
	69874	Sat	Oct 14	6:30-8:25p.m.	Free
	69875	Sat	Oct 28	6:30-8:25p.m.	Free
	69876	Sat	Nov 25	6:30-8:25p.m.	Free
	69877	Sat	Dec 9	6:30-8:25p.m.	Free
	69878	Sat	Dec 23	6:30-8:25p.m.	Free

Adapted Group Swim Lessons AP 4-7 years

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

NWLC	70248	Sat	Nov 4-Dec 23	9-9:30a.m.	\$45.85
	70064	Sun	Sep 10-Oct 29	9-9:30a.m.	\$52.40

Adapted Swim Lessons AP 4 years and up

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

position individuals.						
NWLC	70229	Wed	Sep 6-Sep 27	4:35-5:05p.m.	\$65.20	
	69937	Thu	Sep 7-Sep 28	5:40-6:10p.m.	\$65.20	
	69921	Fri	Sep 8-Sep 29	4-4:30p.m.	\$65.20	
	70036	Sat	Sep 9-Sep 23	10:20-10:50a.m.	\$48.90	
	70034	Sat	Sep 9-Sep 23	12:35-1:05p.m.	\$48.90	
	69938	Mon	Sep 11-Sep 25	5:55-6:30p.m.	\$48.90	
	70007	Mon	Oct 2-Oct 23	5:55-6:30p.m.	\$48.90	
	69922	Wed	Oct 4-Oct 25	4:35-5:05p.m.	\$65.20	
	70169	Fri	Oct 6-Oct 27	4-4:30p.m.	\$65.20	
	70037	Sat	Oct 7-Oct 28	10:20-10:50a.m.	\$65.20	
	70035	Sat	Oct 7-Oct 28	12:35-1:05p.m.	\$65.20	
	70170	Mon	Oct 30-Nov 20	4-4:30p.m.	\$65.20	
	70327	Tue	Oct 31-Nov 21	5:20-5:50p.m.	\$65.20	
	70227	Thu	Nov 2-Nov 23	4:35-5:05p.m.	\$65.20	
	70230	Fri	Nov 3-Nov 24	5:40-6:10p.m.	\$65.20	
	70323	Sun	Nov 5-Nov 26	10:20-10:50a.m.	\$65.20	
	70325	Sun	Nov 5-Nov 26	12:35-1:05p.m.	\$65.20	
	70171	Mon	Nov 27-Dec 18	4-4:30p.m.	\$65.20	
	70349	Tue	Nov 28-Dec 19	5:20-5:50p.m.	\$65.20	
	70228	Thu	Nov 30-Dec 21	4:35-5:05p.m.	\$65.20	
	70247	Fri	Dec 1-Dec 22	5:40-6:10p.m.	\$65.20	
	70324	Sun	Dec 3-Dec 17	10:20-10:50a.m.	\$48.90	
	70000	_		10.05.1.05	A	

Adapted Art

70326 Sun

Adapted Art Exploration | AP 14 years and up

Dec 3-Dec 17

12:35-1:05p.m.

Adapted Art Exploration is an art program designed for persons who experience disability(s). This program will promote fine motor, cognitive, and social skills in a creative atmosphere that provides hands-on opportunities to explore the visual arts. This class will explore the work of various artists and styles throughout history, encouraging everyone in the program to discover new mediums, textures, and skills in creating their own unique pieces of artwork.

NBAC	69753	Tue	Sep 19-Nov 7	2-3:30p.m.	\$85.00
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For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Indigenous Art | AP |

13 years and up

Adapted Indigenous Art is an art program designed for persons who experience disability(s). Join us for this introductory-level art program that focuses on traditional Indigenous art forms including painting, beadwork, and working with many other textures and mediums. Join us as we immerse ourselves in learning about and creating beautiful Indigenous-themed works of art.

mc	69628	Sat	Sep 9-Oct 28	1-3p.m.	\$46.40
	000-0			. •p	4

Adapted Sport and Fitness

Adapted Basketball-Intro AP

5-7 years

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

NWLC	69962	Fri	Sep 15-Oct 27	5:30-6:30p.m.	\$50.75	
	69969	Fri	Nov 3-Dec 22	5:30-6:30p.m.	\$58.00	

Adapted Basketball AP

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

5-7 years

\$48.90

FLDH	69792	Sat	Sep 16-Oct 28	1-2p.m.	\$50.75
	69849	Sat	Nov 11-Dec 23	1-2p.m.	\$36.25

8-12 years

FLDH	69793	Sat	Sep 16-Oct 28	2-3p.m.	\$50.75
	69850	Sat	Nov 11-Dec 23	2-3p.m.	\$36.25

Adapted Family Yoga | AP |

This session will focus on connecting to our loved ones through the practice of yoga. We will be guided through gentle movement, breath, and meditative practices that are accessible to the whole family. This program has been established for persons experiencing disabilities and their support(s) to accommodate all skill levels and abilities.

CRNC	70799	Sat	Sep 16-Oct 21	11a.m12p.m.	\$41.40
	70807	Sat	Oct 28-Dec 16	11:15a.m12:15p.m.	\$48.30

Adapted Soccer AP

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

5-7 years

FLDH	69767	Mon	Sep 11-Oct 30	6:30-7:30p.m.	\$43.50
	69827	Mon	Nov 6-Dec 18	6:30-7:30p.m.	\$43.50

8-10 years

FLDH	69768	Mon	Sep 11-Oct 30	7:30-8:30p.m.	\$43.50
	69828	Mon	Nov 6-Dec 18	7:30-8:30p.m.	\$43.50

Fitness Try it Days



For ages 13 and up, this once-a-month program is a free program for those experiencing disability(s) and their support(s) to enjoy a variety of adapted sports & fitness sessions. Led by an instructor who will create a safe and comfortable environment to facilitate participation in introductory-level sessions focused on leisure education and fun for all

Bashminton: Join us for this adapted version of badminton. Using an oversized and lightweight racket, try something new as we focus on fun and volley around the bashminton birdies.

FLDH	70866	Fri	Nov 17	6:30-7:30p.m.	Free

Soccer: Join us for this session as we dive into learning basic soccer skills. With a focus on fun and inclusion for all, adaptions can be made to suit the diverse abilities of all who attend.

FLDH	70863	Fri	Sep 15	6:30-7:30p.m.	Free
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Floor Hockey: Join us for this session as we learn to play floor hockey. With a focus on fun and inclusion for all, adaptions can be made to suit the diverse abilities of all who attend.

FLDH 70864 Fri Oct 20 6:30-7:30p.m. Free	
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Reindeer Games: Join us for an inclusive holiday-themed try-it session. As we combine a variety of fun activities all are encouraged to wear their favorite holiday-themed attire as we focus on

ĺ	FLDH	70868	Fri	Dec 15	6:30-7:30p.m.	Free
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Adapted Sports Jam AP

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

5-7 years

FLDH	69764	Sun	Sep 3-Oct 22	4-5p.m.	\$58.00
	69824	Sun	Oct 29-Dec 17	4-5p.m.	\$58.00

8-12 years

NWLC	69963	Sat	Sep 16-Oct 28	4:30-5:30p.m.	\$50.75
	69970	Sat	Nov 4-Dec 23	4:30-5:30p.m.	\$50.75

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





Inclusive Dance Class FREE AP





5-11 years

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	69812	Sat	Sep 23-Dec 2	1-2p.m.	Free
	69814	Sat	Sep 23-Dec 2	2:15-3:15p.m.	Free

Adapted Track & Field AP

7-11 years

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

FLDH	69765	Sun	Sep 3-Oct 22	5-6p.m.	\$58.00
	69825	Sun	Oct 29-Dec 17	5-6p.m.	\$58.00

Adapted Walk & Roll AP **Fitness**

18 years and up

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

FLDH	70865	Tue,Thu	Sep 5-Oct 26	1-2:30p.m.	\$40.00
	70867	Tue,Thu	Oct 31-Dec 21	1-2:30p.m.	\$40.00

Adapted Chair Yoga AP

13 years and up

Join us in this introductory yoga class as we explore gentle yoga movements, breathwork and meditation techniques. This program has been established for persons experiencing disabilities. All yoga poses can be adapted to accommodate any skill level and ability. These sessions will focus on developing yoga skills in a fun and engaging way.

CRNC	70773	Sat	Sep 16-Oct 21	9:30-10:30a.m.	\$41.40
	70809	Sat	Oct 28-Dec 16	9:30-10:30a.m.	\$48.30

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



Inclusion **Support Service**

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

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

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

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

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

How to Access



Step. 1: **Get in Touch**

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



Step 2: Meet with us

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



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











Legend

FLDH - Fieldhouse

NBAC - Neil Balkwill Civic Arts Centre

NWLC - North West Leisure Centre

Fine Arts

Calling all Royalty!

3-5 years

This class will appeal to all princesses, knights, and other members of a royal family. Using literacy connections this class for preschoolers and kinders will paint, color, cut, and construct from castles to crowns to dragons. Fairy tales and the students' imaginations will be the basis of the completed projects.

NBAC	69720	Tue	Sep 12-Oct 3	9-10:30a.m.	\$83.00
	69721	Tue	Sep 12-Oct 3	1-2:30p.m.	\$83.00

Crafty Christmas

3-5 years

Start your preschoolers count-down to Christmas with this class! There's lots of tree decorations, home décor and fun to be had with this craft class. Children will be busy constructing crafts, enjoying songs, movement, and rhymes for the season as well as listening to seasonal literature.

NBAC	69650	Tue	Nov 21-Dec 12	9-10:30a.m.	\$83.00
	69651	Tue	Nov 21-Dec 12	1-2:30p.m.	\$83.00

Creative Beginnings

4-6 yea

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 69702 Wed Sep 20-Nov 8 1-2:30p.m.	\$110.00	
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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, story telling, activities and games. Each day will be a surprise! While the second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

NWLC	69989	Fri	Sep 8-Sep 29	2:30-3:35p.m.	\$40.00
	69988	Fri	Oct 6-Oct 27	2:30-3:35p.m.	\$40.00
	69990	Fri	Nov 3-Nov 24	2:30-3:35p.m.	\$40.00
	69991	Fri	Dec 1-Dec 22	2:30-3:35p.m.	\$40.00

Sports

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	69766	Mon	Sep 11-Oct 30	5-6p.m.	\$43.50
	69826	Mon	Nov 6-Dec 18	5-6p.m.	\$43.50

Parent & Tot Sports Jam

3-5 year

Parents and tots will have fun learning and playing a variety of sports in a non-game and non-competitive learning environment. A variety of sports and fun-filled learning activities will be given every week.

FLDH	69772	Tue	Sep 5-Oct 24	7-8p.m.	\$58.00
	69832	Tue	Oct 31-Dec 19	7-8p.m.	\$58.00
NWLC	69961	Thu	Sep 14-Oct 26	5:15-6:15p.m.	\$50.75
	69967	Thu	Nov 2-Dec 21	5:15-6:15p.m.	\$58.00



Legend

CRNC - Core Ritchie Neighbourhood Centre

FLDH - Fieldhouse

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

NBAC	69717	Sat	Sep 23-Nov 25	9:30-10:30a.m.	\$95.00
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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 3D printers. Students must supply their own laptops or iPad. **Prerequisite:** 3D Printing and Design or equivalent experience.

NBAC 69718 Sat Sep 23-Nov 25 11a.m12p.m. \$95.00	0
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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	69633	Sun	Sep 24-Nov 19	3-4:30p.m.	\$95.00
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Acrylics for Teens

12-16 years

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

\$95.00	7-8:30p.m.	Sep 20-Nov 8	Wed	69634	NBAC	
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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	69635	Thu	Sep 21-Nov 9	10a.m12p.m.	\$120.00
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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	69636	Thu	Sep 21-Nov 9	1-3p.m.	\$120.00
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A Nightmare Before Art Class 12-16 years

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

NBA	69735	Sat	Sep 23-Nov 25	1-2:30p.m.	\$98.00
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Art Exploration

8-12 years

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

Art, Mindfulness and Creativity 10-15 years

Is your day filled with busy schedules, and everything feels overwhelming and stressful? Learn how to develop skills to explore your thoughts and feelings, focus your attention on the present, and use creativity to connect to a more centered focus. All art materials will be provided, but students will need to supply their own yoga mat.

NBAC	69641	Sat	Sep 23-Nov 25	3-4:30p.m.	\$105.00	ı
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Art Sampler

6-9 yea

Pencil, charcoal, watercolour, tempera, sculpture, collage, stamping and stenciling...come and try them all out in our fun-filled and light-hearted class! This is the perfect class to discover new techniques and kindle a passion for art.

NBAC	69640	Sat	Sep 23-Nov 25	9:30-11:30a.m.	\$120.00
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Beginner Embroidery NEW

11-15 ye

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

NBAC	69747	Thu	Sep 21-Nov 9	7-8p.m.	\$82.00
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Comics for Kids

8-13 years

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

NBAC	69649	Sun	Sep 24-Nov 19	3-4:30p.m.	\$98.00

Drawing Awesome Monsters 8-12 years

Whether you like your monsters scary, cute, or gross, you can bring your imaginary creatures to life by practicing drawing a range of body types, textures, and special effects. Put your creatures into action poses and add expressions and backgrounds to make your monster drawings awesome!

NBAC	69733	Sat	Sep 23-Nov 25	12-1:30p.m.	\$95.00
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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	69654	Sat	Sep 23-Nov 25	9-10:30a.m.	\$98.00

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	69655	Sat	Sep 23-Nov 25	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	69656	Sat	Sep 23-Nov 25	3-4:30p.m.	\$95.00
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Fairy Tale Fun

6-10 years

9-14 years

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

NBAC 69658 Sun Sep 17 1-2:30p.m. \$20.	00
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Fantastic Friends Drawing 9-14 year

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	69659	Sun	Sep 24-Nov 19	1-2:30p.m.	\$98.00
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Fantastic Friends: Character Creation!

Want to create an original character? Learn to draw a figure, design a striking outfit, and give your character personality with expression, colour and accessories!

NBAC	69660	Sat	Sep 16	1-2:30p.m.	\$20.00

Fantastic Friends: 7-10 years Fairy Tales

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

Fantastic Friends: 9-14 years Halloween Spooktacular!

Want to see an undead vampire penguin? How about a mummy clown on roller skates? Draw a haunted scene, create some monsters, and summon some stupendous spooks!

NBAC 69661 Sat Sep 16 3-4:30p.m. \$20.00	
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From Oz to Wonderland 10-14 years

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

	NBAC	69737	Sun	Sep 24-Nov 19	1-2:30p.m.	\$95.00
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Fun Felt Friends

10-14 years

Learn to use two basic stitches and easy patterns to sew an adorable animal character with colourful felt and embroidery thread. Basic sewing knowledge encouraged.

NBAC	69662	Sat	Dec 2	1-4p.m.	\$35.00
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Inspiring Art for Young Minds! WEW 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	69746	Sat	Sep 23-Nov 25	3-4:30p.m.	\$98.00
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Manga Studio

13-16 years

Want to take your manga drawing to the next level? The trick is to draw manga. It helps to have dedicated studio time, the support of an instructor, and the company of other manga artists! Create your own graphic novel, from story to inks, page after page. Some comic drawing experience is required.

NBAC	69734	Sat	Sep 23-Nov 25	2-4p.m.	\$115.00	
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One Page Comics for Kids

7-13 years

Learn how to create your own 8-page comic books from one sheet of paper! These books can later be unfolded for photocopying and shared with friends!

NBAC	69680	Sun	Sep 17	3-4:30p.m.	\$20.00
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World of Wax 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	69695	Sat	Sep 23-Nov 25	11a.m12:30p.m.	\$98.00
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Sports

Badminton – Junior

8-12 years

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

FLDH	69801	Tue, Thu	Sep 5-Oct 5	6-7p.m.	\$72.50
	69799	Mon/Wed	Sep 6-Oct 4	6-7p.m.	\$65.25
	69804	Sat	Sep 9-Oct 28	10-11a.m.	\$58.00
	69805	Sat	Sep 9-Oct 28	11a.m12p.m.	\$58.00
	69806	Sat	Sep 9-Oct 28	5-6p.m.	\$58.00
	69811	Tue/Thu	Oct 10-Nov 2	6-7p.m.	\$58.00
	69809	Mon/Wed	Oct 11-Nov 6	6-7p.m.	\$58.00
	69859	Sat	Nov 4-Dec 23	10-11a.m.	\$50.75
	69860	Sat	Nov 4-Dec 23	11a.m12p.m.	\$50.75
	69856	Tue/Thu	Nov 7-Dec 7	6-7p.m.	\$72.50
	69854	Mon/Wed	Nov 15-Dec 11	6-7p.m.	\$58.00

NWLC	69958	Sun	Sep 17-Oct 29	10:30-11:30a.m.	\$50.75
	69965	Sun	Nov 5-Dec 17	10:30-11:30a.m.	\$50.75

Badminton - Kids

5-7 years

This class will teach footwork, underhand and overhand strokes, serving and scoring.

FLDH	69798	Mon/Wed	Sep 6-Oct 4	5-6p.m.	\$65.25
	69810	Tue/Thu	Oct 10-Nov 2	5-6p.m.	\$58.00
	69808	Mon/Wed	Oct 11-Nov 6	5-6p.m.	\$58.00
	69853	Mon/Wed	Nov 15-Dec 11	5-6p.m.	\$58.00
	69800	Tue/Thu	Sep 5-Oct 5	5-6p.m.	\$72.50
	69855	Tue/Thu	Nov 7-Dec 7	5-6p.m.	\$72.50
NWLC	69957	Sun	Sep 17-Oct 29	9:15-10:15a.m.	\$50.75
	69964	Sun	Nov 5-Dec 17	9:15-10:15a.m.	\$50.75

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	69802	Fri	Sep 8-Oct 27	5-6p.m.	\$58.00
	69857	Fri	Nov 3-Dec 22	5-6p.m.	\$58.00

Basketball - Kids

5-7 years

This program teaches basic skills and rules. Drills, teamwork, and scrimmages will be included.

FLDH	69761	Sun	Sep 3-Oct 22	1-2p.m.	\$58.00
	69777	Tue	Sep 5-Oct 24	5-6p.m.	\$58.00
	69778	Tue	Sep 5-Oct 24	6-7p.m.	\$58.00
	69784	Thu	Sep 7-Oct 26	5-6p.m.	\$58.00
	69785	Thu	Sep 7-Oct 26	6-7p.m.	\$58.00
	69821	Sun	Oct 29-Dec 17	1-2p.m.	\$58.00
	69837	Tue	Oct 31-Dec 19	5-6p.m.	\$58.00
	69838	Tue	Oct 31-Dec 19	6-7p.m.	\$58.00
	69842	Thu	Nov 2-Dec 21	5-6p.m.	\$58.00
	69843	Thu	Nov 2-Dec 21	6-7p.m.	\$58.00

Basketball Fundamental Development

8-12 years

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

CRNC	71239	Sat	Sep 16-Nov 4	9-10a.m.	\$58.00
	71241	Sat	Sep 16-Nov 4	10-11a.m.	\$58.00
	72143	Sat	Nov 11-Dec 23	10-11a.m.	\$50.75
	71240	Sat	Nov 11-Dec 23	10-11a.m.	\$50.75
FLDH	69762	Sun	Sep 3-Oct 22	2-3p.m.	\$58.00
	69763	Sun	Sep 3-Oct 22	3-4p.m.	\$58.00
	69775	Wed	Sep 6-Oct 25	6:30-7:30p.m.	\$58.00
	69776	Wed	Sep 6-Oct 25	7:30-8:30p.m.	\$58.00

FLDH	69781	Fri	Sep 8-Oct 27	5-6p.m.	\$58.00
	69769	Mon	Sep 11-Oct 30	6-7p.m.	\$43.50
	69770	Mon	Sep 11-Oct 30	7-8p.m.	\$43.50
	69823	Sun	Oct 29-Dec 17	2-3p.m.	\$58.00
	69822	Sun	Oct 29-Dec 17	3-4p.m.	\$58.00
	69835	Wed	Nov 1-Dec 20	6:30-7:30p.m.	\$58.00
	69836	Wed	Nov 1-Dec 20	7:30-8:30p.m.	\$58.00
	69845	Fri	Nov 3-Dec 22	5-6p.m.	\$50.75
	69829	Mon	Nov 6-Dec 18	6-7p.m.	\$43.50
	69830	Mon	Nov 6-Dec 18	7-8p.m.	\$43.50
NWLC	70129	Sat	Sep 9-Oct 28	11:15a.m 12:15p.m.	\$58.00

Basketball – Advanced

10-14 years

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

FLDH	69846	Fri	Nov 3-Dec 22	6-7p.m.	\$50.75
	69782	Fri	Sep 8-Oct 27	6-7p.m.	\$58.00

Floor Hockey - Kids

This program is for kids who are interested in learning and developing floor hockey skills while playing a variety of fun games.

5-7 years

FLDH	69787	Fri	Sep 8-Oct 27	5-6p.m.	\$58.00
	69848	Mon	Nov 6-Dec 18	4:30-5:30p.m.	\$43.50

8-10 years

	FLDH	69788	Fri	Sep 8-Oct 27	6-7p.m.	\$58.00
ĺ		69862	Mon	Nov 6-Dec 18	5:30-6:30p.m.	\$43.50

Football - Kids

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

5-7 years

FLDH	69779	Tue	Sep 5 -Oct 24	4:30-5:30p.m.	\$58.00
	69839	Tue	Oct 31-Dec 19	4:30p.m 5:30p.m.	\$58.00

8-10 years

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FLDH	69841	Tue	Sep 5 -Oct 24	5:30-6:30p.m.	\$58.00
	69840	Tue	Oct 31 -Dec 19	5:30-6:30p.m.	\$58.00

Adapted Art & Sport Programs

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

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

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

Regina.ca/inclusiveprograms





Go Girl 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	69759	Sun	Sep 3-Oct 22	5-6p.m.	\$58.00
	69819	Sun	Oct 29-Dec 17	5-6p.m.	\$58.00

8-12 years

FLDH	69760	Sun	Sep 3-Oct 22	6-7 p.m.	\$58.00
	69820	Sun	Oct 29-Dec 17	6-7 p.m.	\$58.00

Fitness, Health & Wellness Yoga 8-13 years

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

NWLC	71213	Sat	Sep 16-Oct 28	12:15-1:15p.m.	\$40.60
	71214	Sat	Nov 4-Dec 23	12:15-1:15p.m.	\$40.60

Lacrosse - Kids

Kids learn proper running technique and build on their endurance for cross country running and track.

5-7 years

FLDH	69757	Sun	Sep 3-Oct 22	10-11a.m.	\$58.00
	69817	Sun	Oct 29-Dec 17	10-11a.m.	\$58.00

8-10 years

FLDH	69758	Sun	Sep 3-Oct 22	11a.m12p.m.	\$58.00
	69818	Sun	Oct 29-Dec 17	11a.m12p.m.	\$58.00

Soccer

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

5-7 years

FLDH	69771	Tue	Sep 5-Oct 24	5-6 p.m.	\$58.00
	69773	Wed	Sep 6-Oct 25	4:30-5:30p.m.	\$58.00
	69831	Tue	Oct 31-Dec 19	5-6p.m.	\$58.00
	69833	Wed	Nov 1-Dec 20	4:30-5:30p.m.	\$58.00

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FLDH	69774	Wed	Sep 6-Oct 25	5:30-6:30p.m.	\$58.00
	69834	Wed	Nov 1-Dec 20	5:30-6:30p.m.	\$58.00

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	69794	Sat	Sep 9-Oct 28	3-4p.m.	\$ 58.00
	69851	Sat	Nov 11-Dec 23	3-4p.m.	\$ 36.25
NWLC	69959	Mon	Sep 4-Oct 30	7:15-8:15p.m.	\$43.50
	69966	Mon	Oct 30-Dec 18	7:15-8:15p.m.	\$58.00

8-12 years

FLDH	69795	Sat	Sep 9-Oct 28	4-5p.m.	\$ 58.00
	69852	Sat	Nov 11-Dec 23	4-5p.m.	\$36.25

Tennis - Kids

8-10 years

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.

FLDH	69754	Sun	Sep 3-Oct 22	10-11a.m.	\$58.00
	69789	Sat	Sep 9-Oct 28	10-11a.m.	\$58.00
	69813	Sun	Oct 29-Dec 17	10-11a.m.	\$58.00

Tennis - Junior

11-13 years

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.

FLDH	69755	Sun	Sep 3-Oct 22	11a.m12p.m.	\$58.00
	69790	Sat	Sep 9-Oct 28	11a.m12p.m.	\$58.00
	69815	Sun	Oct 29-Dec 17	11a.m12p.m.	\$58.00

Volleyball – Elementary

7-10 year

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.

ĺ	FLDH	69796	Sat	Sep 9-Oct 28	4:30-5:30p.m.	\$ 58.00

Volleyball – Skill Development 11-12 years

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

FLDH	69797	Sat	Sep 9-Oct 28	5:30-6:30p.m.	\$58.00



Monday, September 4 Regent Pool, 3600 McKinley Avenue

Pre-registration required (one dog, one adult per registration - must provide a valid City of Regina pet licence number at time of registration)

Registration opens August 1 at 9 a.m. Registration closes August 28 at 9 a.m.

Large Dogs 60 lbs and over 71262 \$10 10:00-11:00 a.m. 71263 \$10 Large Dogs 60 lbs and over 11:15 a.m. - 12:15 p.m. Medium Dogs 25-60 lbs 71264 12:30-1:30 p.m. \$10 Medium Dogs 25-60 lbs 71265 1:45-2:45 p.m. \$10 71267 Small Dogs Under 25 lbs 3:00-4:00 p.m. \$10 Service Dogs Any weight/size 71266 4:15-5:15 p.m. \$10

Register online or by calling the Playline 306-777-7529.

All dogs must:

- Be accompanied by an adult owner
- **▶** Be well socialized
- Be vaccinated
- Have a current City of Regina pet licence





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 69719 Thu Sep 21-Nov 9 7-9p.m. \$140.00

Abstract Thinking for Abstract Painting



Learn to paint abstract works in Acrylic! This class will offer an intermediate to advanced level of painting instruction that will allow you to come out being able to use traditional painting techniques to produce abstract works. This is achieved through a strong understanding of art fundamentals and colour theory. To be able to pursue abstract works, you need a strong foundation to work from and this class will focus on strengthening an already existing foundation within the students.

NBAC 69748 Thu Sep 21-Nov 9 7-10p.m. \$165.00

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	69639	Wed	Sep 20-Nov 8	7-9:30p.m.	\$160.00
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Beginner Drawing

15 years and up

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

NBAC 69647 Tue-Thu Oct 17-Oct 26 9a.m12p.m. \$125.00	NBAC	69647	Tue-Thu	Oct 17-Oct 26	9a.m12p.m.	\$125.00
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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	69648	Wed-Thu	Nov 8-Nov 23	1-4p.m.	\$125.00
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Block Printing in Colour 15 years and up

Learn how to carve and print Lino blocks in fun and colourful ways! Learn the basics of printing, as well as more advanced techniques such as multi-block printing and reduction for exciting results. Create your own dynamic and charming imagery in a new style. Print on paper as well as cloth and explore the diverse applications of Lino blocks.

NBAC 69725 Mon Sep 18-Nov 27 7-10p.m. \$175.0	\$175.00
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Drawing Your Pets

15 years and up

Learn to sketch your pets 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 pet. Instruction on shading and textures to represent hair will also be covered.

Sep 6-Sep 21 9a.m12p.m.	Thu Sep	Wed-Thu	69726	NBAC
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Feelings in Life NEW

55 years and up

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

	NBAC	69745	Fri	Sep 22-Nov 10	10a.m12p.m.	\$125.00
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Game Miniature Painting 15 years and up

Want to start painting miniatures for your tabletop game, but don't know where to start? This course will take you through simple steps to make stunning miniatures for your game, as well as tips and tricks for fun effects. Get creative and make something unique and personal for your Pathfinder or Dungeon and Dragons campaign.

NBAC	69724	Tue	Sep 19-Oct 24	7-9:30p.m.	\$112.00	
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Landscapes in Acrylic 15 years and up

Paint picturesque landscapes in versatile acrylic medium. Students will learn canvas preparation, and various techniques including traditional brushwork 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	69675	Fri	Sep 22-Nov 10	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. Experience in any traditional art media or general drawing skills would be a great asset but not essential.

NBAC 69676 Mon Sep 18-Nov 27 7-10p.m. \$165.	NBAC	69676	Mon	Sep 18-Nov 27	7-10p.m.	\$165.00
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New Approaches to Drawing 16 years and up

Starting with the basics of line, shape and form, you will explore new ways of drawing objects, live models and from nature. Discover new methods of drawing with traditional and non-traditional drawing materials. Get creative with the marks you make and the materials you use to learn some new approaches to drawing. The cost for models is included in the materials fee paid at time of registration.

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	NBAC	69678	Wed	Sep 20-Nov 8	7-9:30p.m.	\$170.00

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.

Painting and Drawing **REE* **Drop In**



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	69682	Fri	Sep 1-Dec 29	9-11:30a.m.	Free
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Painting Reflections in **NEW* **Acrylic or Watercolours**



15 years and up

In this class, we will look at reflections, whether it be on a window, water, a metal item, or the bumper of a car. We will learn what to look for and how to achieve that look. Students are welcome to bring acrylics or watercolour.

NBAC	69727	Tue-Fri	Dec 5-Dec 8	1-4p.m.	\$100.00	
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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	60683	Wed	Sep 20-Nov 8	9a.m12p.m.	\$165.00
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Pysanka: The Art of TREE **Batik Eggs**



6 years and up

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

NBAC	69752	Sun	Sep 17, Oct 15,	1-4p.m.	Free
			Nov 19, Dec 17		

Rendering Fabric and NEW Clothing



15 years and up

This class will aid illustrators, portrait and still life artists in the accurate depiction of fabric and clothing on the body or other forms. We will cover how fabric drapes and moves around the body and forms, patterns, textures, and embellishments, and how to edit details in garments to suggest their form and design without overwhelming the viewer. Students should come with a larger project in mind to complete with guidance in their preferred style. All mediums are welcome, though mixed wet and dry mediums are recommended. Digital artists are also welcome. Some figure drawing experience is recommended.

NBAC 69751 Thu Sep 21-Nov 9	7-9:30p.m.	\$135.00
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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 69687 Tue Sep 19-Nov 7 7-9:30p.m.	\$135.00
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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	69692	Sat	Sep 30-Dec 2	9a.m12p.m.	\$165.00

Fine Arts - Fibre Arts

Fibre Felting Fun

14 years and up

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

NBAC 69716 Tue Sep 19-Nov 7 7-9p.m. \$
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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 dish scarves, baby blankets, and scarves.

NBAC	69664	Tue	Sep 19-Oct 24	7-8p.m.	\$65.00

Introduction to Knitting

14 years and up

Learn how to knit! In this beginner class you will learn how to knit a basic stitch so that you can complete easy projects like dish scarves, baby blankets, and scarves.

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 but students will supply their own materials. A list of materials will be provided on the registration

NBAC	69736	Sat	Sep 16	10a.m3p.m.	\$55.00
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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	69681	Thu	Sep 28, Oct 26,	7-10p.m.	Free
			Nov 23, Dec 28		

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	69686	Thu	Sep 7-Dec 21	9a.m2p.m.	Free
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Stitch-In

15 years and up

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

NBAC	69690	Fri	Sep 1-Dec 29	9-11:30a.m.	Free
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Fine Arts – Jewellery and Metalwork

Enameling for the NEW **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, champleve, 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	69728	Thu	Sep 21-Nov 9	7-10p.m.	\$250.00

Jewellerv 1

16 years and up

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

NBAC	69668	Tue	Sep 19-Nov 7	7-10p.m.	\$270.00
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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	69669	Thu	Sep 21-Nov 9	1-4p.m.	\$230.00
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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	69670	Tue	Sep 19-Nov 7	1-4p.m.	\$230.00

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	69730	Sat	Sep 23-Nov 4	9a.m12p.m.	\$225.00
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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	69674	Wed	Sep 20-Nov 8	7-10p.m.	\$245.00
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Lampwork – Refining Read Skills

16 years and up

This class will focus on refining bead skills and improving upon techniques previously introduced in Levels 1 and 2. The topics to be reviewed and demonstrated will be chosen by the students with lots of practice time and assistance from the Instructor.

Prerequisite: Lampwork Beads 1.

NBAC 69729 Mon Sep 18-Nov 2	7-10p.m.	\$245.00	
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Torch-Fired Enameling Workshop

16 years and up

Students will learn how to fuse colorful enamels to copper pieces using a studio torch. This technique is practical and economical and can easily be done in the home studio. Torch-fired enameling allows the students to watch the enamel as it fuses to the metal, and to maintain precise control of the process. They will leave the workshop with an array of unique and colorful pieces. The workshop will also cover some specialized techniques such as crackle enamel, as time permits.

Prerequisite: Jewellery 1

NE	AC 69732	Sat-Sun	Nov 18-Nov 19	9:30a.m4:30p.m.	\$150.00
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Fine Arts - Photography

Photography 1 – Camera Operation

15 years and up

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

NBAC	69684	Mon	Sep 18-Oct 30	7-10p.m.	\$112.00
	69707	Wed	Sep 20-Oct 18	7-10p.m.	\$112.00

Photography 2 – Principles of Photography

15 years and up

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

Prerequisite: Photography 1 or equivalent.

NBAC	69708	Wed	Nov 1-Nov 29	7-10p.m.	\$112.00
	69685	Mon	Nov 6-Dec 11	7-10p.m.	\$112.00

Fine Arts - Woodworking

Asian Influenced Bench 16 years and up

An intermediate class, each student will build a two-seat bench suitable for interior or exterior use. Made with thick timbers of Western Red Cedar, its sweeping curves reflect the grace of Asian architecture. The class will include stock preparation, lamination and extensive bandsaw use with cutting jigs for forming the curves of both the seat and the slab legs. Materials extra.

Prerequisite: Completion of NBAC Basic woodworking class or instructor's permission.

NBAC	606/12	Sun	Sep 24-Dec 3	1-/n m	\$280.00
NDAC	03042	Juli	Sep 24-Dec 3	1-4p.iii.	\$200.00

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	69644	Tue	Sep 19-Nov 21	7-9:30p.m.	\$235.00	
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Intermediate Woodworking 16 years and up

This class is for those who have taken basic woodworking or have experience with the table saw. Learn about laminating material and accurate stock preparation with the jointer and planer. Also, learn to make mortise and tenon and lap dovetail joints with the table saw and router. Each student makes a workbench. An additional fee of approximately \$115 to \$145 will cover the cost of materials.

Prerequisite: Basic woodworking or instructor's permission.

NBAC	69703	Wed	Sep 20-Dec 13	7-10p.m.	\$350.00
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Introductory Bowl Turning 16 years and up

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

NBAC	69704	Fri	Sep 15	7-9p.m.	\$205.00
		Sat-Sun	Sep 16-17	9a.m5p.m.	

Introductory Wood Turning 16 years and up

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

NBAC	69705	Fri	Sep 8	7-9p.m.	\$205.00
		Sat-Sun	Sep 9-10	9a.m5p.m.	

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	69693	Tue	Sep 5-Dec 19	9-11:30a.m.	Free
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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 69694	Mon	Sep 18-Dec 11	7-10p.m.	\$280.00
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Work with Hand Tools 16 years and up

Enjoy the pleasures of working wood with hand tools as you build a beautiful small dovetailed box. Prepare the wood with a handsaw and hand plane and learn traditional methods of laying out and cutting dovetails. Discover how the wood and hardware are chosen to enhance the finished project. An additional materials fee payable to the instructor will cover the cost of materials used in the assigned project.

NBAC 69743 Thu Sep 21-Nov 23 7-10p.m.	\$280.00
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Aquatic Fitness, Health & Wellness

Programming Note

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

Aquacise

14 years and up

A fitness class using the natural resistance and buoyancy of the

LAC	69738	Tue	Sept 12-Oct 24	6:15-7p.m	\$40.60
	69739	Thu	Sep 14-Oct 26	6:15-7p.m.	\$40.60
	69740	Tue	Oct 31-Dec19	6:15-7p.m.	\$46.40
	69741	Thu	Nov 2-Dec 21	6:15-7p.m.	\$46.40
NWLC	71286	Mon	Sep 11-Oct 23	8:35-9:20p.m.	\$34.80
	71287	Tue	Sep 12-Oct 24	8:35-9:20p.m.	\$40.60
	71288	Wed	Sep 13-Oct 25	8:35-9:20p.m.	\$40.60
	71289	Mon	Oct 30-Dec 18	8:35-9:20p.m.	\$46.40
	71290	Tue	Oct 31-Dec 19	8:35-9:20p.m.	\$46.40
	71291	Wed	Nov 1-Dec 20	8:35-9:20p.m.	\$46.40
SSLC	71075	Mon	Sep 11-Oct 23	8:30-9:15p.m.	\$34.80
	71081	Tue	Sep 12-Oct 24	8:30-9:15p.m.	\$40.60
	71085	Wed	Sep 13-Oct 25	8:30-9:15p.m.	\$40.60
	71090	Thu	Sep 14-Oct 26	8:30-9:15p.m.	\$40.60
	71100	Mon	Oct 30-Dec 18	8:30-9:15p.m.	\$46.40
	71106	Tue	Oct 31-Dec 19	8:30-9:15p.m.	\$46.40
	71110	Wed	Nov 1-Dec 20	8:30-9:15p.m.	\$46.40
	71115	Thu	Nov 2-Dec 21	8:30-9:15p.m.	\$46.40

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	71086	Wed	Sep 13-Oct 25	9:15-10a.m.	\$40.60
	71111	Wed	Nov 1-Dec 20	9:15-10a.m.	\$46.40

Baby & Me Bootcamp

15 years and up

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.

NWLC	70090	Wed	Sep 13-Oct 25	10:30-11:30a.m.	\$48.30
	70388	Wed	Nov 1-Dec 20	10:30-11:30a.m.	\$55.20
FLDH	69607	Tue	Sep 12-Oct 24	10:45-11:45a.m.	\$48.30
	69608	Thu	Sep 14-Oct 26	10:45-11:45a.m.	\$48.30
	69939	Tue	Oct 31-Dec 19	10:45-11:45a.m.	\$55.20
	69940	Thu	Nov 2-Dec 21	10:45-11:45a.m.	\$55.20

Land Fitness, Health & Wellness

20/20/20

16 years and up

Get it all! Cardio, strength, and flexibility all in 60 minutes! 20 minutes of cardio, 20 minutes of resistance training and 20 minutes of flexibility and stretching all while using different equipment.

SSLC	71074	Mon	Sep 11-Oct 23	5:30-6:30p.m.	\$34.80
	71099	Mon	Oct 30-Dec 18	5:30-6:30p.m.	\$46.40

Abs & Arms (M)



15 years and up

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

NWLC	70087	Tue	Sep 12-Oct 24	7:15-8p.m.	\$40.60
	70381	Tue	Oct 31-Dec 19	7:15-8p.m.	\$46.40

Body Blast

15 years and up

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

NWLC	70094	Wed	Sep 13-Oct 25	6-7p.m.	\$40.60
	70389	Wed	Nov 1-Dec 20	6-7p.m.	\$46.40

Cardio & Sculpt M



15 years and up

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

NWLC	71296	Mon	Sep 11-Oct 23	6-7p.m.	\$34.80
	70102	Thu	Sep 14-Oct 26	6:30-7:30p.m.	\$40.60
	71297	Mon	Oct 30-Dec 18	6-7p.m.	\$55.20
	70390	Thu	Nov 2-Dec 21	6:30-7:30p.m.	\$46.40

Cardio & Tone Interval NEW



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	71095	Fri	Sep 15-Oct 27	11:45a.m 12:45p.m.	\$40.60
	71120	Fri	Nov 3-Dec 22	11:45a.m 12:45p.m.	\$46.40

Cardio Combo



15 years and up

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

NWLC	70085	Tue	Sep 12-Oct 24	6-7p.m.	\$40.60
	70105	Sat	Sep 16-Oct 28	9-10a.m.	\$40.60
	71180	Sat	Nov 4-Dec 23	9-10a.m.	\$40.60
	70391	Tue	Oct 31-Dec 19	6-7p.m.	\$46.40

FUNctional Fit

15 years and up

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

NWLC	70082	Tue	Sep 12-Oct 24	10:30-11:30a.m.	\$40.60
	70393	Tue	Oct 31-Dec 19	10:30-11:30a.m.	\$46.40

Glutes Galore, Core **M** & More!

15 years and up

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

NWLC	71298	Wed	Sep 13-Oct 25	7:15-8p.m.	\$40.60
	70106	Sat	Sep 16-Oct 28	10:15-11a.m.	\$40.60
	71299	Wed	Nov 1-Dec 20	7:15-8p.m.	\$46.40
	70394	Sat	Nov 4-Dec 23	10:15-11a.m.	\$40.60



15 years and up

(High Intensity Interval Training)

This intermediate to advanced class alternates between strength and cardio intervals for a complete workout.

NWLC	70089	Wed	Sep 13-Oct 25	9-9:45a.m.	\$40.60
	70396	Wed	Nov 1-Dec 20	9-9:45a.m.	\$46.40

How to Fit NEW

18 years and up

"How To" Fitness Training is a 6-week program led by an instructor on alternating weeks. Participants use the same scheduled time the next week to work out and practice what was learned. Gain confidence and create time efficient, safe and effective workouts.

Week One: How to use the Fieldhouse Strength and Conditioning area

Week Three: How to use the Fieldhouse track.

Week Five: How to use the Lawson Strength and Conditioning area.

FLDH	69615	Wed	Sep 13-Oct 25	5:30-6:30p.m.	\$48.30
	69942	Wed	Nov 1-Dec 20	5:30-6:30p.m.	\$55.20

Ignite M

15 years and up

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

NWLC	70107	Mon	Sep 11-Oct 23	9-10a.m.	\$34.80
	70397	Mon	Oct 30-Dec 18	9-10a.m.	\$46.40

Just Dance

16 years and up

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

FLDH	69609	Fri	Sep 15-Oct 27	5:45-6:45p.m.	\$48.30
	69941	Fri	Nov 3-Dec 22	5:45-6:45p.m.	\$48.30



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	69610	Mon/Wed	Sep 11-Oct 25	10-11a.m.	\$103.35
	69611	Mon/Wed	Sep 11-Oct 25	11a.m12p.m.	\$103.35
	69943	Mon/Wed	Oct 30-Dec 20	10-11a.m.	\$127.20
	69944	Mon/Wed	Oct 30-Dec 20	11a.m12p.m.	\$127.20
	69613	Tue/Thu	Sep 12-Oct 26	5:30-6:30p.m.	\$111.30
	69945	Tue/Thu	Oct 31-Dec 21	5:30-6:30p.m.	\$127.30

Mighty Yoga

15 years and up

Get the yoga vibes with this fun and functional class! Get mindful with strength, flexibility, balance, agility and endurance. Body awareness IS THE KEY!

NWLC	70103	Fri	Sep 15-Oct 27	9-10a.m.	\$48.30
	70398	Fri	Nov 3-Dec 22	9-10a.m.	\$55.20

Minds in Motion

20 years and up

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

NWLC	70115	Thu	Oct 5-Dec 7	1:30-3:30p.m.	\$69.00
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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	69614	Mon	Sep 11-Oct 23	7-8p.m.	\$48.30
	69946	Mon	Oct 30-Dec 18	7-8p.m.	\$55.20

Qigong

15 years and up

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

FLDH	69616	Tue	Sep 12-Oct 24	6:30-7:30a.m.	\$48.30
	69947	Tue	Oct 31-Dec 19	6:30-7:30a.m.	\$55.20

Small Group Fitness Coaching

16 years and up

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

FLDH	69617	Thu	Sep 14-Oct 26	6:45-7:45p.m.	\$48.30
	69948	Thu	Nov 2-Dec 21	6:45-7:45p.m.	\$55.20

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	69618	Sat	Sep 16-Oct 28	9:45-10:45a.m.	\$41.40
	69949	Sat	Nov 4-Dec 23	9:45-10:45a.m.	\$34.50

Steel Mace and Mobility

16 years and up

This class is for anyone looking to make mobility training a priority. We all know how important it is to maintain mobility through our years. This class will test your ranges, increase your mobility and burn calories with enjoyment and beneficial movement.

FLDH	69620	Wed	Sep 13-Oct 25	12:10-12:55p.m.	\$55.65
	69950	Wed	Nov 1-Dec 20	12:10-12:55p.m.	\$63.60

Steel Mace Valkyrie

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	69619	Mon	Sep 11-Oct 23	12:10-12:55p.m.	\$55.65
	69951	Mon	Oct 30-Dec 18	12:10-12:55p.m.	\$63.60

STEP 🔀

15 years and up

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

NWLC	70080	Tue	Sep 12-Oct 24	9-10a.m.	\$48.30	
	70405	Tue	Oct 31-Dec 19	9-10a.m.	\$55.20	

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	71087	Wed	Sep 13-Oct 25	10:30-11:30a.m.	\$40.60
	71112	Wed	Nov 1-Dec 20	10:30-11:30a.m.	\$46.40



15 years and up

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

NWLC	70097	Thu	Sep 14-Oct 26	9-10a.m.	\$40.60
	70407	Thu	Nov 2-Dec 21	9-10a.m.	\$46.40

Tai Chi

15 years and up

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

FLDH	69621	Thu	Sep 14-Oct 26	6:30-7:30a.m.	\$48.30
	69952	Thu	Nov 2-Dec 21	6:30-7:30a.m.	\$55.20

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	71082	Tue	Sep 12-Oct 24	6:45-7:45p.m.	\$40.60
	71088	Wed	Sep 13-Oct 25	5:30-6:30p.m.	\$40.60
	71107	Tue	Oct 31-Dec 19	6:45-7:45p.m.	\$46.40
	71113	Wed	Nov 1-Dec 20	5:30-6:30p.m.	\$46.40

TRX® Group Suspension Training

15 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	69623	Wed	Sep 13-Oct 25	5:30-6:30p.m.	\$55.65
	69953	Wed	Nov 1-Dec 20	5:30-6:30p.m.	\$63.60

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	70081	Tue	Sep 12-Oct 24	10:15-11:15a.m.	\$48.30
	70098	Thu	Sep 14-Oct 26	10:15-11:15a.m.	\$48.30
	70408	Tue	Oct 31-Dec 19	10:15-11:15a.m.	\$55.20
	70409	Thu	Nov 2-Dec 21	10:15-11:15a.m.	\$55.20

Yoga - Flow

15 years and up

Invigorating yoga flow increases physical strength through alignment, balance, and flexibility. Regular practice will see improvements in balance, focus, flexibility, and strength with a renewed awareness of body alignment. Previous yoga experience is required.

NWLC	70113	Mon	Sep 11-Oct 23	7:15-8:15p.m.	\$41.40
	70086	Tue	Sep 12-Oct 24	6-7p.m.	\$48.30
	70412	Mon	Oct 30-Dec 18	7:15-8:15p.m.	\$55.20
	70410	Tue	Oct 31-Dec 19	6-7p.m.	\$55.20
SSLC	71077	Mon	Sep 11-Oct 23	8-9p.m.	\$41.40
	71102	Mon	Oct 30-Dec 18	8-9p.m.	\$55.20

Yoga - Gentle

15 years and up

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

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FLDH	69624	Mon	Sep 11-Oct 23	5:45-6:45p.m.	\$48.30
	69954	Mon	Oct 30-Dec 18	5:45-6:45p.m.	\$55.20
NWLC	70112	Mon	Sep 11-Oct 23	6-7p.m.	\$41.40
	70093	Wed	Sep 13-Oct 25	5:45-6:45p.m.	\$48.30
	70414	Mon	Oct 30-Dec 18	6-7p.m.	\$55.20
	70413	Wed	Nov 1-Dec 20	5:45-6:45p.m.	\$55.20
SSLC	71078	Mon	Sep 11-Oct 23	9:15-10:15a.m.	\$41.40
	71079	Mon	Sep 11-Oct 23	10:30-11:30a.m.	\$41.40
	71080	Mon	Sep 11-Oct 23	6:45-7:45p.m.	\$41.40
	71092	Thu	Sep 14-Oct 26	11:45a.m 12:45p.m.	\$48.30
	71091	Thu	Sep 14-Oct 26	6:45-7:45p.m.	\$48.30
	71096	Fri	Sep 15-Oct 27	9:15-10:15a.m.	\$48.30
	71097	Fri	Sep 15-Oct 27	10:30-11:30a.m.	\$48.30
	71103	Mon	Oct 30-Dec 18	9:15-10:15a.m.	\$55.20
	71104	Mon	Oct 30-Dec 18	10:30-11:30a.m.	\$55.20
	71105	Mon	Oct 30-Dec 18	6:45-7:45p.m.	\$55.20
	71117	Thu	Nov 2-Dec 21	11:45a.m 12:45p.m.	\$55.20
	71116	Thu	Nov 2-Dec 21	6:45-7:45p.m.	\$55.20
	71121	Fri	Nov 3-Dec 22	9:15-10:15a.m.	\$55.20
	71122	Fri	Nov 3-Dec 22	10:30-11:30a.m.	\$55.20

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	69625	Tue	Sep 12-Oct 24	10:30-11:30a.m.	\$48.30
	69955	Tue	Oct 31-Dec 19	10:30-11:30a.m.	\$55.20

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	71083	Tue	Sep 12-Oct 24	8-9p.m.	\$48.30
	71108	Tue	Oct 31-Dec 19	8-9p.m.	\$55.20
NWLC	71294	Sat	Sep 16-Oct 28	1:30-2:30p.m.	\$40.60
	71295	Sat	Nov 4-Dec 23	1:30-2:30p.m.	\$40.60

Zumba Fitness

16 years and up

16 years and up

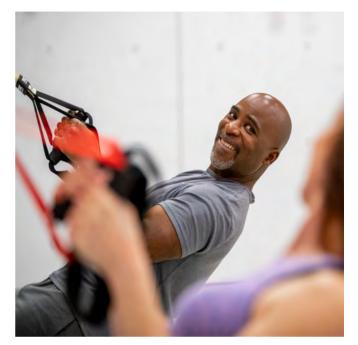
Ditch the workout and join the party! This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in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

FLDH	69626	Wed	Sep 13-Oct 25	6:45-7:45p.m.	\$48.30
	69956	Wed	Nov 1-Dec 20	6:45-7:45p.m.	\$55.20
SSLC	71093	Thu	Sep 14-Oct 26	8-9p.m.	\$48.30
	71098	Sat	Sep 16-Oct 28	9-10a.m.	\$41.40
	71118	Thu	Nov 2-Dec 21	8-9p.m.	\$55.20
	71123	Sat	Nov 4-Dec 23	9-10a.m.	\$48.30

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

Tennis - Adult Level 1

FLDH	69756	Sun	Sep 3-Oct 22	12:15-1:15p.m.	\$58.00
	69791	Sat	Sep 9-Oct 28	12:15-1:15p.m.	\$58.00
	69816	Sun	Oct 29-Dec 17	12:15-1:15p.m.	\$58.00



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	69803	Fri	Sep 8-Oct 27	6-7:30p.m.	\$87.00
	69807	Sat	Sep 9-Oct 28	6-7:30p.m.	\$87.00
	69858	Fri	Nov 3-Dec 22	6-7:30p.m.	\$87.00
	69861	Sat	Nov 4-Dec 23	6-7:30p.m.	\$76.12

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.

2023 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







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). Classes marked with an **M** are included with a leisure pass membership and are free to passholders when registering.

20/20/20 AP

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

NWLC	70108	Mon	Sep 11-Oct 23	10:30-11:30a.m.	\$34.80
	70099	Thu	Sep 14-Oct 26	10:30-11:30a.m.	\$40.60
	70380	Mon	Oct 30-Dec 18	10:30-11:30a.m.	\$46.40
	70379	Thu	Nov 2-Dec 21	10:30-11:30a.m.	\$46.40

Yoga - Chair

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

NWLC	71211	Wed	Sep 13-Oct 25	1-2p.m.	\$48.30
	71212	Wed	Nov 1-Dec 20	1-2p.m.	\$55.20
SSLC	71076	Mon	Sep 11-Oct 23	11:45a.m 12:45p.m.	\$41.40

SSLC	71089	Wed	Sep 13-Oct 25	11:45a.m 12:45p.m.	\$48.30
	71101	Mon	Oct 30-Dec 18	11:45a.m 12:45p.m.	\$55.20
	71114	Wed	Nov 1-Dec 20	11:45a.m 12:45p.m.	\$55.20

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.

NWLC	71292	Wed	10:30-11:30a.m.	Sep 13-Oct 25	\$48.30
	71293	Wed	10:30-11:30a.m.	Nov 1-Dec 22	\$55.20
SSLC	71084	Tue	Sep 12-Oct 24	10:30-11:30a.m.	\$48.30
	71094	Thu	Sep 14-Oct 26	10:30-11:30a.m.	\$48.30
	71109	Tue	Oct 31-Dec 19	10:30-11:30a.m.	\$55.20
	71119	Thu	Nov 2-Dec 21	10:30-11:30a.m.	\$55.20



How To Register For Community Programs

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

For more information on community programs, contact:

Central Zone

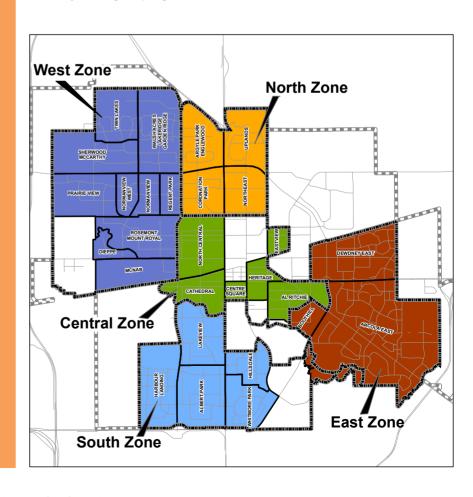
Brent Elsaesser belsaess@regina.ca 306-536-9925

East & South Zones

Loreen Anderson landerso@regina.ca 306-777-7322

North & West Zones

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



Central Zone Board

Contact: Denis Simard Email: qceca@hotmail.ca Registration Date: Please contact the zone or association directly

Registration Location: 615 6th Ave.

The Central Zone Board is made up of volunteer representatives from the following community associations: Al Ritchie, Cathedral, Centre Square, Heritage, North Central and Queen City Eastview. The Central Zone Board invites all interested citizens to look up the individual program listings for each member group. The Central Zone Board organizes a variety of programs and services in partnership with the zone board members.

Al Ritchie Community Association

alritchie.org

Contact: 306-352-3930
Facebook.com/AIRitchieCommunityAssociation

Email: programs@alritchie.org

Registration Date: Ongoing Registration Location: 2250 Lindsay St.

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 Ages	Mon-Fri	Ongoing	10a.m2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free		
Mosaic Pantry	All Ages	Mon-Fri	Ongoing	10a.m2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free		
Back to School Event	All Ages	Sat	Sep 9	1-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free		
Monster Bash (Halloween Event)	All Ages	Sat	Oct 28	1-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free		
Fresh Cut Friday (free haircuts)	All Ages	Fri	Ongoing	12-5p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Jungle Gym	0-10 yrs	Mon	Weekly	10-11a.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free Drop-in		
Snackaroos	0-6 yrs	Mon	Weekly	1-2p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Little Artists	0-10 yrs	Tue	Weekly	1-2p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Fresh Air Friends	0-10 yrs	Tue	Weekly	2-3p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Books for Breakfast	0-6 yrs	Wed	Weekly	9:30-10:30a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Stay & Play	0-6 yrs	Wed	Weekly	10:30-11:30a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Cookie Monsters	0-10 yrs	Wed	Weekly	12:30p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Little Einstein's	0-6 yrs	Thu	Weekly	9:30-10:30a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in		
Mini Math	0-6 yrs	Thu	Weekly	11-12a.m.	Al Ritchie Family Wellness Centre 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
Jungle Gym	0-10 yrs	Mon	Weekly	10-11a.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free Drop-in
Little Artists	0-10 yrs	Tue	Weekly	1-2p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in
Fresh Air Friends	0-10 yrs	Tue	Weekly	2-3p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in

Cookie Monsters	0-10 yrs	Wed	Weekly	1-2:30p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in
Learn to Skate (Session 1)	5-12 yrs	Thu	Oct 12-Dec 14	5:45-6:30p.m.	Al Ritchie Ice Arena 2230 Lindsay Street	Free
Learn to Skate (Session 2)	5-12 yrs	Thu	Jan 11-Feb 15	5:45-6:30p.m.	Al Ritchie Ice Arena 2230 Lindsay Street	Free
Dance and Free Movement Fundamentals	5-12 yrs	Thu	Sep 7-Dec 14	6:45-7:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	5-15 yrs	Mon-Fri	School Days	3:15-5p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Youth Mentorship Program	8-15 yrs	Tue & Thu	Sep-Jun	6-8p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Apr 20-Jun 22	6:45-7:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Home Alone/Babysitting Course	11+ yrs	ТВА	ТВА	ТВА	Al Ritchie Community Association 2250 Lindsay Street	\$40/ one child \$75/ Two Children \$100 Three Children

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Barre Fitness	18+	Thu	Sep 7-Dec 14	7:30-8:15p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 Drop in or 10 class Punch card for \$45		
Pickleball	18+	Tue & Thu	Sep-Jun	11:30a.m1:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	\$2 Drop-in or \$20 Annually		
Adult Arts & Crafts	18+	ТВА	TBA	ТВА	Al Ritchie Family Wellness Centre 2250 Lindsay Street	ТВА		
Nobody's Perfect Parenting Program	18+	ТВА	TBA	TBA	Al Ritchie Community Association 2250 Lindsay Street	Free		

Older Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Yang 85 Form Tai Chi	55+	ТВА	Weekly	ТВА	Core Ritchie Neighbourhood Centre 445 14th Ave	\$25			
Chair yoga	55+	Fri	Sep-Jun	10p.m11:15a.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free			

Cathedral Area Community Association

cathedralvillage.org

Registration Date: Online starting July 4

Contact: 306-569-8755 Email: caca@sasktel.net

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

The Cathedral Village Community Association is dedicated to making the Cathedral Area a vibrant neighbourhood with a hometown feel and a rich sense of community. We offer a variety of classes for all ages and interests. Those participating in our programs are asked to have a valid community association membership. If you don't have a community association, or your community association doesn't sell memberships, our memberships cost \$5 per family for 12 consecutive months. Please visit our website or Facebook page for more information or call or email the office directly.

French Conversation Club - Calling all youth in grades 5 to 9! Join us for French Conversation Club where we will hang out, play games, make art, and have fun – all while speaking French! This group aims to provide an additional opportunity for French language learners to speak and interact en français outside of school. Conversational French is necessary to join this group.

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 and 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!

Rustic French Bread Making - You will learn to make a simple white flour bread that uses barely any yeast to rise. There are 3 processes before it is ready to bake: making the sponge starter, making the dough, & shaping the loaves. You will make 2 large loaves that look & taste gourmet & scrumptious. You will then take your shaped dough home to bake. Please bring a bowl & pans.

Tai Chi Chih: Beginner - A tool for self healing. Softness, flow & effortlessness are guiding principles in the practice. It is often though 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 with be reviewed & fine tuned. The philosophy of Tai Chi Chih will be devled 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 Quigong 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.

Woodhaven Preschool Nature Club - Meet at Kiwanis Waterfall Park to explore, learn & play outside. An adult must attend along with the child. This nature club provides opportunities for children & their adult/parent to engage with & learn together in the natural environment. Focused activities & stories will be shared & kids & their caregiver will have time to connect with nature, get immersed in play, & learn from nature around them. Program is based on the Forest & Nature School philosophy. Younger siblings are welcome to attend along with the participant. More info will be provided at registration.

Woodhaven Nature Club on PD Day - This program is fully outdoors & we meet at Les Sherman Park. Children will have the opportunity to play, connect, & learn outside in nature. There will be focused nature activities along with opportunities for free-play. Program is based on the Forest & Nature philosophy.

Yoga: Tips and Tricks: Better Posture in Chair Yoga Workshop - Delve into postural alignment for Chair Yoga.

Yoga: Tips and Tricks: Better Posture in Yoga Workshop - Delve into postural alignment for Hatha Yoga and Ashtanga.

Yoga: Tips and Tricks: Backhanding Workshop - Delve into postural alignment for many sorts of backbending postures. Adequate experience in yoga required.

Yoga: Tips and Tricks: Inversions Workshop - Delve into postural alignment for many sorts of inversion postures. Adequate experience in yoga required.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Rummage Sale, a Fundraiser for the Cathedral Village Arts Festival	All	Sat	Sep 23	9:30a.m3p.m.	Cathedral Neighbourhood Centre	Free, call office to donate		
Drop in Family Halloween Party	All	Tue	Oct 31	5:30-7:30p.m.	Cathedral Neighbourhood Centre	Free		
Holiday Craft Market	All	Sat	Nov 18	10a.m4p.m.	Cathedral Neighbourhood Centre & Westminster United Church	Free to attend, \$45 per table for craft vendors		
Rink Shack Open	All	Tue-Sun	Dec 20-Mar 10, weather dependant	Various, see website	Leslie Park Rink	Free		
Parent & Baby Group	All	Thu	Sep 7-Dec 21	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$5 membership		

Baby						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Baby Group	All	Thu	Sep 7-Dec 21	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$5 membership

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Woodhaven Preschool Nature Club	3-5	Mon	Sep 18-Oct 23	10a.m12p.m.	Kiwanis Park	\$70

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
French Conversation Club	10-14 yrs	Wed	Sep 13-Dec 13	6:30-7:30p.m.	Cathedral Neighbourhood Centre	\$75		
Just for Fun Hockey	8-11 yrs	Sat	Dec 30/23- Mar 9/24	9:30-10:30a.m.	Optimist Arena	\$155		
Just for Fun Hockey	12-14 yrs	Sat	Dec 30/23- Mar 9/24	10:30-11:30p.m.	Optimist Arena	\$155		
Kids Painting: Prettiest Piglet Ever	7-10 yrs	Sun	Sep 10	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25		
Kids Painting: Gnome's Favorite Pumpkin	7-10 yrs	Sun	Oct 15	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25		
Kids Painting; Country Christmas	7-10 yrs	Sun	Nov 19	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25		
Woodhaven Nature Club on PD Day	6-8 yrs, 9-11 yrs	Mon	Oct 23	3:45-5:45p.m.	Les Sherman Park	\$35		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
French Conversation Club	10-14 yrs	Wed	Sep 13-Dec 13	6:30-7:30p.m.	Cathedral Neighbourhood Centre	\$75		
Just for Fun Hockey	12-14 yrs	Sat	Dec 30/23- Mar 9/24	10:30-11:30p.m.	Optimist Arena	\$155		
Just for Fun Hockey	15-18 yrs	Sat	Dec 30/23- Mar 9/24	11:30-12:30p.m.	Optimist Arena	\$155		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Cathedral Sewing Circle	18+ yrs	Tue	Sep 5-Dec 19	7-9p.m.	Cathedral Neighbourhood Centre	Free with Membership
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Sep 12-Dec 12	1-3p.m.	Cathedral Neighbourhood Centre	Free with Membership
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Oct 4-Nov 8	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$36
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Nov 15-Dec 20	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$36
Mature Driver Refresher Course	55+ yrs	Fri	Oct 13	9a.m3p.m. with lunch break 12-1p.m.	Cathedral Neighbourhood Centre	Free, must register
Rustic French Bread Making Workshop	18+ yrs	Fri & Sat	Nov 3-4	Fri 7-7:45p.m./ Sat 9-9:45a.m & 3-3:45p.m.	Cathedral Neighbourhood Centre	\$25
Tai Chi Chih: Beginner Trial Class	18+ yrs	Mon	Sept 11	8-9p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih: Beginner	18+ yrs	Mon	Sept 18-Dec 11	8-9p.m.	Cathedral Neighbourhood Centre	\$85
Tai Chi Chih: Continuing Trial Class	18+ yrs	Mon	Sept 11	6:45-7:45p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih: Continuing	18+ yrs	Mon	Sept 18-Dec 11	6:45-7:45p.m.	Cathedral Neighbourhood Centre	\$85
Tai Chi Chuan: Trial Class	18+ yrs	Sun	Sep 10	8-9a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan	18+ yrs	Sun	Sep 17-Dec 17, 12 classes guaranteed	8-9a.m.	Cathedral Neighbourhood Centre	\$120
Yoga: Chair Trial Class	18+ yrs	Tue	Sep 12	10:30-11:30a.m.	Cathedral Neighbourhood Centre	Free, must register
Yoga: Chair	18+ yrs	Tue	Sep 19-Dec 19	10:30-11:30a.m.	Cathedral Neighbourhood Centre	\$112
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+ yrs	Tue	Sep 12	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Sep 19-Dec 19 excl Oct 31	5:45-7p.m.	Cathedral Neighbourhood Centre	\$108
Yoga: For Every Body (Taught by Susan Spinarski)	18+ yrs	Sat	Oct 14-Dec 16 excl Nov 18	10-11:15a.m.	Cathedral Neighbourhood Centre	\$85
Yoga: Tips & Tricks, Bet- ter Posture in Chair Yoga Workshop	18+ yrs	Sat	Sep 30	2:30-4p.m.	Cathedral Neighbourhood Centre	\$25
Yoga: Tips & Tricks, Better Posture in Yoga Workshop	18+ yrs	Sat	Oct 14	2:30-4p.m.	Cathedral Neighbourhood Centre	\$25
Yoga: Tips & Tricks, Back- bending Yoga Workshop	18+ yrs	Sat	Oct 28	2:30-4p.m.	Cathedral Neighbourhood Centre	\$25
Yoga: Tips & Tricks: Inversions Yoga Workshop	18+ yrs	Sat	Nov 25	2:30-4p.m.	Cathedral Neighbourhood Centre	\$25
Yoga: Yin Trial Class	18+ yrs	Thu	Sep 14	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register
Yoga: Yin	18+ yrs	Thu	Sep 28-Dec 14	5:45-7p.m.	Cathedral Neighbourhood Centre	\$117

Older Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Sep 12-Dec 12	1-3p.m.	Cathedral Neighbourhood Centre	Free with Membership		

Foreverin Motion	55+ yrs	Mon	Sep 11-Dec 11	1-2p.m.	Cathedral Neighbourhood Centre	Free with Membership. Cathedral Village residents get priority registration until Aug 20.
Foreverin Motion	55+ yrs	Fri	Sep 15-Dec 15	1-2p.m.	Cathedral Neighbourhood Centre	Free with Membership. Cathedral Village residents get priority registration until Aug 20.
Mature Driver Refresher Course	55+ yrs	Fri	Oct 13	9a.m3p.m with lunch break 12-1p.m.	Cathedral Neighbourhood Centre	Free, must register
Yoga: Chair Trial Class	18+ yrs	Tue	Sep 12	10:30-11:30a.m.	Cathedral Neighbourhood Centre	Free
Yoga: Chair	18+ yrs	Tue	Sep 19-Dec 19	10:30-11:30a.m.	Cathedral Neighbourhood Centre	\$112

Heritage Community Association

heritagecommunityassociation.com

Contact: Wendy Miller
Email: director@heritagecommunityassociation.com

Registration Date: Ongoing

Registration Location: HCA office, by phone, email or in person

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighbourhood. Located in the historic Old No. 1 Fire Hall on 11th Avenue currently with plans to move to the historic Municipal Justice Building in October 2023. HCA offers a range of programs and services that focus on community engagement, children and youth, and arts and culture. Memberships are available for a \$5 donation. Please call us at 306-757-9952 for more information on our program offerings.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Mini Pantries	All Ages	Various	Ongoing	Various	Heritage community	No Cost		
Harvest Moon Festival	All Ages	Sun	Oct 21	10a.m4p.m.	1770 Halifax Street	No Cost		
Shop Heritage	All Ages	Sat	Dec 9	All day	Heritage community	TBD		
Taste of Heritage	All Ages	Sat	Dec 9	All day	Heritage community	TBD		
Heritage Art Market	All Ages	Sat	Dec 9	10a.m4p.m.	1770 Halifax Street	No Cost		
Warm Up Heritage	All Ages	Sat	Dec 13	10a.m2p.m.	Heritage community	No Cost		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Let's Move	9-13 yrs	Tue		6-8p.m.	Thomson Community School	No Cost		
Heritage Kids Can Cook		TBD	TBD	TBD	Call for more information	No Cost		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tai Chi	18+	Thu	Oct 5, 12, 19, 26, Nov 2	6:30-7:30p.m.	Call to register	No Cost		
Community Kitchens	18+	TBD	TBD	TBD	call for more information	No Cost		

Older Adults							
Activity	Ages	Day	Dates	Times	Location	Cost	
Community Kitchens	55+				call for more information	No Cost	
Workshops	55+				call for more information	No Cost	
Chair Exercise	55+				call for more information	No Cost	
Luncheon	55+	Tue	4th Tuesday monthly	TBD	call for more information	No Cost	
Excursions	55+		monthly	TBD	call for more information	No Cost	

North Central Community Association

Contact: Pauline Gabriel Email: info@nccaregina.ca Registration Date: Contact the zone or association directly Registration Location: mâmawêyatitân centre, 3355 6th Ave.

The North Central Community Association is one of the largest inner-city Community Association in the City of Regina. It represents a population of over 12,000 people in an area of 183 square blocks, consisting of 4,300 homes and over 200 businesses. Our mission is to enhance, engage and represent our diverse neighbourhood, where we live, work and play, by facilitating partnerships, programs and services; in order to reach our vision of a safe, caring and vibrant community where all people can live, learn and thrive.

Queen City Eastview Community Association

eastviewregina.com

Contact: Katelyn, 306-525-4757 Email: programs@eastviewregina.com Registration Date: Ongoing – first come, first served

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 qceca@hotmail.ca. The Eastview Community Centre is located at 615 6th Avenue. The Centre staff are on site from 9a.m. to 6p.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							
Activity	Ages	Day	Dates	Times	Location	Cost	
Family Fun Day	All Ages	Sun	Sep 24, Oct 29, Nov 26 (no Dec)	1-4p.m.	Eastview Community Centre	\$5 membership	
Toddler Town	Parent and tot	Mon	Oct 2-Nov 27 (no Oct 9)	10-11a.m.	Eastview Community Centre	\$65 Includes membership	
Toddler Town	Parent and tot	Tue	Oct 3-Nov 21	10-11a.m.	Eastview Community Centre	\$65 Includes membership	
Family Movie Night	All Ages	Fri	Dec 8	Doors open 6:30p.m. Movie at 7p.m.	Eastview Community Centre	Free	
Free Rink Skating	All Ages	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free	

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Toddler Town	Parent and tot	Mon	Oct 2-Nov 27 (no Oct 9)	10-11a.m.	Eastview Community Centre	\$65 Includes membership		
Toddler Town	Parent and tot	Tue	Oct 3-Nov 21	10-11a.m.	Eastview Community Centre	\$65 Includes membership		
Family Fun Day	All Ages	Sun	Sep 24, Oct 29, Nov 26 (no Dec)	1-4p.m.	Eastview Community Centre	\$5 membership		
Family Movie Night	All Ages	Fri	Dec 8	Doors open 6:30p.m. Movie at 7p.m.	Eastview Community Centre	Free		
Free Rink Skating	All Ages	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free		

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
After School Program	5 yrs and up	Mon-Fri	Sep 11-May 31 (school days only)	3:30-5:15p.m.	Eastview Community Centre	\$5 membership	
Tae Kwon Do	6-15 yrs	Tue	Sep 12-Nov 7 No class Oct 31	6:15-7:15p.m.	Eastview Community Centre	\$40(1) / \$75(2) / \$100(3)	
Kids Cooking Class	8-15 yrs	Sat	Oct 7 & 14	10a.m2p.m.	Eastview Community Centre	\$45	
Family Fun Day	All Ages	Sun	Sep 24, Oct 29, Nov 26 (no Dec)	1-4p.m.	Eastview Community Centre	\$5 membership	
Family Movie Night	All Ages	Fri	Dec 8	Doors open 6:30p.m. Movie at 7p.m.	Eastview Community Centre	Free	

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
My Time	10-14 yrs	Wed	Sep 20-Dec 13	6-8:30p.m.	Eastview Community Centre	Free		
After School Program	5 yrs and up	Mon-Fri	Sep 11-May 31 (school days only)	3:30-5:15p.m.	Eastview Community Centre	\$5 membership		
Home Alone/Babysitting Course	11 yrs and up	Sat	Nov 18	8a.m5p.m.	Eastview Community Centre	\$55 Includes membership		
Family Fun Day	All Ages	Sun	Sept 24, Oct 29, Nov 26 (no Dec)	1-4p.m.	Eastview Community Centre	\$5 membership		
Tae Kwon Do	6-15 yrs	Tue	Sep 12-Nov 7 No class Oct 31	6:15-7:15p.m.	Eastview Community Centre	\$40(1) / \$75(2) / \$100(3)		
Kids Cooking Class	8-15 yrs	Sat	Oct 7 & 14	10a.m2p.m.	Eastview Community Centre	\$45		
Family Movie Night	All Ages	Fri	Dec 8	Doors open 6:30p.m. Movie at 7p.m.	Eastview Community Centre	Free		
Free Rink Skating	All Ages	When lights are	Dec-Mar	When lights are on	Eastview Rink	Free		

When lights are on

Eastview Rink

Free

When

lights are

Dec-Mar

All Ages

Free Rink Skating

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Family Fun Day	All Ages	Sun	Sep 24, Oct 29, Nov 26 (no Dec)	1-4p.m.	Eastview Community Centre	\$5 membership	
Indoor Walk and Talk	19+	Fri	Sep 22-Dec 8	10-11a.m.	Eastview Community Centre	\$5 membership	
Foreverin Motion	All Ages	Thu	Sep 14-Dec 5	10-11a.m.	Eastview Community Centre	\$5 membership	
Drop-In Basketball	18+	TBD	TBD	TBD	Eastview Community Centre	\$5 membership	
Family Movie Night	All Ages	Fri	Dec 8	Doors open 6:30p.m. Movie at 7p.m.	Eastview Community Centre	Free	
Free Rink Skating	All Ages	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free	

Older Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Golden Hour Step Training	55+	Wed	Sep 13-Nov 1	10-11a.m.	Eastview Community Centre	\$5 membership	
Indoor Walk and Talk	19+	Fri	Sep 22-Dec 8	10-11a.m.	Eastview Community Centre	\$5 membership	
Seniors Dance	55+	Thu	Sep 28, Oct 26, Nov 30, Dec 14	2-5p.m.	Eastview Community Centre	\$10	
Foreverin Motion	All Ages	Thu	Sep 14-Dec 5	10-11a.m.	Eastview Community Centre	\$5 membership	
Golden Hour Drum Fit	55+	Tue	Oct 8-Nov 26	10a-11a.m.	Eastview Community Centre	\$5 membership	
Family Movie Night	All Ages	Fri	Dec 8	Doors open 6:30p.m. Movie at 7p.m.	Eastview Community Centre	Free	
Free Rink Skating	All Ages	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free	

East Zone

East Zone Board

eastzoneboard.com

Contact: East Zone Board
Email: www.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.folktkd@hotmail.com.

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

Skating offers two sessions one in the fall and one in the new year. Registration for winter skating will take place at the Glencairn Rec Center, Thursday Sep 14th from 6:30-7p.m. Doors open at 5:45p.m. For further information call 306-525-3512. Helmets and mitts are mandatory.

Fencing - contact: reginafencing2@gmail.com. Advanced Wrestling Academy, 815 7th Ave #204. Online registration at www.reginafencing. com. Family rates available, please inquire. Purchase of gloves through the club will be required for adults and teens (approximately \$35).

Family & Communit	.y					
Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	7+ yrs	Mon	Sep 11-Dec 18	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person
Tae Kwon Do	7+ yrs	Wed	Sep 6-Dec 20	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person
Tae Kwon Do	7+ yrs	Wed	Sep 13-Jun 19, 2024	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	Oct 18-Dec 6	1:15-2p.m.	Clarence Mahon Arena	\$50/ 8 Sessions		
Skate-Parent/Tot	3-5 yrs	Sat	Oct 21-Dec 16	10-10:30a.m. 10:30-11a.m.	Clarence Mahon Arena	\$45/ 8 Sessions		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Skate-Learn to	4-9 yrs	Sat	Oct 21-Dec 16	11-11:30a.m. 11:30-12p.m. 12-12:30p.m.	Clarence Mahon Arena	\$45/ 8 Sessions		
Skate-Intermediate	6-12 yrs	Sat	Oct 21-Dec 16	12:30-1p.m.	Clarence Mahon Arena	\$45/ 8 Sessions		
Tae Kwon Do	7+ yrs	Mon/Wed	Sep 6-Dec 20	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person		
Tae Kwon Do	7+ yrs	Wed	Sep 13-Jun 19	7:30-9p.m.	Regina Campus Direct	\$40/mth/ person		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	13-17 yrs	Mon/Wed	Sep 6-Dec 20	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person		
Tae Kwon Do	13-17 yrs	Wed	Sep 13-June 19	7:30-9p.m.	Regina Campus Direct	\$40/mth/ person		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	18+	Mon/Wed	Sep 6-Dec 20	6-7:15p.m.	Glencairn Rec Center	\$40/mth/ person
Tae Kwon Do	18+	Wed	Sep 13-Jun 19	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 - aecaregina.com
Registration Location: Online registration only at aecaregina.com

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

Please visit the website for all programs.

Track hours are:

Mon-Fri 5:30 a.m.-12:30 p.m.

3-9:30 p.m.

Sat 5:30-9:30 a.m. 11:30 a.m.-9:30 p.m.

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

Please vacate building by 9:30 p.m.

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

You can also choose our Evening Fitness Walk and walk Monday to Thursday September 11th -December 7th from 6p.m.-8:30p.m. for \$35.

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 6-8p.m.

The AECA offers a variety of programs for all ages. For more information, call 525-3401 and leave a message in Box 1 for the Track, Box 2 for Programs, Box 3 for general inquiries.

Fall session will begin on September 9th with no classes Sep 30-Oct 2 Oct 7-9 and Nov 11-13.

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Parent and Child Zumba	3-9 yrs	Thu	Sep 14-Dec 7	6-7p.m.	Jack Mackenzie Gym	\$110 / \$30 additional child	
Parent and Child Fitness	7-12 yrs	Wed	Sep 13-Dec 6	6-7p.m.	St Gabriel Gym	\$110 / \$30 additional child	
Fit n Fun Family	All Ages	Tue	Sep 12-Dec 5	6-7p.m.	Jack Mackenzie Gym	\$10	

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool Dance	3-6 yrs	Thu	Sep 14-Nov 16	5:45-6:15p.m.	AECC	\$80
Preschool Ukrainian Dance	4-7 yrs	Tue	Sep 12-Nov 14	6-6:45p.m.	St. Gabriel Gym	\$80

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Dance	6-10 yrs	Thu	Sep 14-Nov 23	6:15-6:45p.m.	AECC	\$80	
Babysitting	11-16 yrs	Fri	Nov 10	9:30a.m4:30p.m.	AECA MP Room	\$70	
Home Alone	10-14 yrs	Mon	Oct 23	9:30a.m12p.m.	AECA MP Room	\$50	
Ukrainian Dance	8-11 yrs	Tue	Sep 12-Nov 14	6:45-7:30p.m.	St Gabriel Gym	\$80	
My EQ: Emotional Intelligence	8-11 yrs	Mon	Oct 16-Dec 11	6:30-7:30p.m.	AECC MP Room	\$80	
Skating and Skills-full equip with stick	5-6 yrs	Mon	Oct 23-Dec 18	5:45-6:25p.m.	Mahon Rink	\$200	
Power Skating/Skills-full equip with stick	7-8yrs	Mon	Oct 23-Dec 18	6:25-7:15p.m.	Mahon Rink	\$245	
Power Skating/Skills-full equip with stick	9-12 yrs	Mon	Oct 23-Dec 18	7:20-8:15p.m.	Mahon Rink	\$245	

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yoga-Gentle	T/A/OA	Thu	Sep 14-Dec 14	10:45-11:45a.m.	AECC MP	\$150
Yoga-Yin Yoga	T/A/OA	Thu	Sep 14-Dec 14	9:30-10:30a.m.	AECC MP	\$150
Yoga-Beginner	T/A/OA	Wed	Sep 13-Dec 13	6:15-7:15p.m	Jack MacKenzie Dance	\$150
Yoga -Vinyasa/Flow Multi-Level	T/A/OA	Wed	Sep 13-Dec 13	9:30-10:30a.m.	AECC MP	\$150
Yoga - Vinyasa/ Flow	T/A/OA	Wed	Sep 13-Dec 13	7:30-8:30p.m.	Jack Mackenzie Dance	\$150
Power Walk/Run	T/A/OA	Sat	Sep 9-Dec 16	10-11:15a.m.	AECC Infill/Track	\$145
Cardio/Core	T/A/OA	Mon	Sep 11-Dec 18	7-8p.m.	AECC Infill/Track	\$105
Total Body Sculpt	T/A/OA	Sun	Sep 10-Dec 10	10-11a.m.	AECC Infill	\$105
Total Body Sculpt	T/A/OA	Wed	Sep 13-Dec 13	7-8p.m.	AECC Infill	\$120

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Butts & Gutts	T/A/OA	Thu	Sep 14-Dec 14	7-8p.m.	AECC Infill	\$120
Barre	T/A/OA	Tue	Sep 12-Dec 5	7-8p.m.	Jack MacKenzie Dance	\$110
Tai Chi	T/A/OA	Sat	Sep 9-Dec 9	1:30p.m2:30p.m.	AECC Infill	\$105
Zumba	T/A/OA	Thu	Sep 14-Dec 7	7-8p.m.	Jack Mackenzie Gym	\$110
Peri Menopause/Menopause Fitness	A/OA	Mon	Sep 11-Dec 18	6-7p.m.	AECC Infill	\$105
All Levels Daytime Fitness Strength and Mobility	T/A/OA	Tue	Sep 12-Dec 12	11a.m12p.m.	AECC MP	\$120
Evening Fitness Walk	A/OA	Mon-Thu	Sep 11-Dec 7	6 -8:30p.m.	AECC Track	\$35
Basketball	A/OA	Tue/Thu	Sep 12-Dec 5 Sep 14-Dec 7	7:30-9:30p.m. 8-9:30p.m.	St Gabriel Gym/Jack Mackenzie Gym	\$40
Volleyball	A/OA	Mon/Wed	Sep 12-Dec 5 Sep 14-Dec 7	7-9:30p.m. 7:30-9:30p.m.	Jack Mackenzie gym	\$40
Pickleball Intermediate level	A/OA	Thu	Sep 13-Dec 7	7-9:30p.m.	WF Ready gym	\$35
Pickleball Intermediate level	A/OA	Sun	Sep 17-Dec 10	1-3:30p.m.	WF Ready gym	\$35
Pickleball Beginner level	A/OA	Sun	Sep 17-Dec 10	3:30-6p.m.	WF Ready gym	\$35
Pickleball Beginner level	A/OA	Tue	Sep 12-Dec 5	7-9p.m.	Jack Mackenzie	\$35

Boothill Community Association

boothillca.com

Contact: Lorri Kudells Email: boothillca@gmail.com Registration Date: September 12
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+	Mon	Sep 19 - Nov 23	6-7p.m.	Douglas Park School	\$65
Yoga	18+	Wed	Sep 21- Nov 25	6-7p.m.	Douglas Park School	\$65
Pickleball	18+	Tue/Fri	Sep 20, 23 & Nov 24, 27	6-8p.m.	Douglas Park School	\$30

Dewdney East Community Association

decaregina.ca

Contact: 306-789-6559 Email: info@decaregina.ca Registration Date: Online registration opens Thu Aug 31 at 9a.m.

Registration Location: Online at decaregina.ca

Community memberships also available for purchase online at time of registration

The Dewdney East Community Association serves the areas of: Glen Elm, Glencairn, Glencairn Village, East Point Estates, East Gate, Parkridge and Creekside. Please check our website for official community association meeting dates. For more information please call, e-mail, visit our website at decaregina.ca or look us up on Facebook under Dewdney East Community Association.

We will be introducing a new DECA Soccer Camp for children ages 7-9 & 10-12 at Dr. George Ferguson School Saturday afternoons. The camp will be taught by Francisco Brown-Laxdal, who has coached youth soccer, elementary soccer and special olympics soccer.

Children's Team Handball: Handball is played on a court with a goal centre at each end of the court. The goal centre is surrounded by a line inside which only the goal keeper is permitted. The players pass the ball from hand to hand with the aim of scoring goal without touching or going inside the defending line. In order to score a goal, the ball is passed from hand to hand instead of feet, as in the case of football. It can be played both indoors and outdoors. Check our page https://www.facebook.com/saskhandball

We are welcoming back our popular children's programs as Preschool, Floor Hockey, Children's Learn to Dance, St. John's Babysitting and the following:

Bricks4Kidz:

Session #1 (6 weeks)

Tuesday, September 19-October 24

Early Engineers: 6-7p.m. (\$90/each)

Video Game Design (VGD) 7:15p.m.-8:30p.m. (\$102/each) (We will request students bring their own Laptop Computer for the VGD class)

Session #2 (6 weeks)

Tuesday, November 7-December 12

Early Engineers: 6-7p.m. (\$90/each)

Video Game Design (VGD) 7:15-8:30p.m. (\$102/each) (We will request students bring their own Laptop Computer for the VGD class)

Our Adult offerings include the following:

Paverpol: Instructor Kim Fabian. Paverpol is a unique textile hardener which offers endless possibilities to give shape to your creativity. Paverpol allows you to make statues, as well as abstract objects, wall decorations, vases, bowls, animals, jewellery and masks. Enrol in one or more of these unique projects to create an inukshuk, gnome or a Christmas reindeer.

Belly Dance: Intermediate and Advanced Instructor Barbara Tomporowski; Beginners instructor Annissa Spechko. For more information on class skill requirements, e-mail azurabellydance@yahoo.com.

Fruit Art School: Come learn how to express your creativity by carving fruits and vegetables into artistic decorations.

Virtual Dance Fitness: A year-round fitness class consisting of Shine Fitness and Strength Training. Coordinator: Joanne Klock, email j.klock@myaccess.ca or call (306) 789-8647 for more information.

Watercolor: An introductory watercolor class where participants will create a new project each class. A list of supplies will be provided upon registration. Instructor Carol Koch.

Yoga: Instructor Alla Hutsol. This multi-level class will invite participants to learn the basics of yoga breath and movement. Suitable for beginner through advanced practitioners, each class will focus on moving through postures (Asana) and thoughtful breathing exercise.

Zumba: Instructor Jamie Howie. ZUMBA@The Original Dance-Fitness Party! Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. Participants will need a small towel, runners with worn or less grip, a water bottle and your smiles.

Pickleball: Seniors (55+). Due to the overwhelming growth of Pickleball, we will be running 5 sessions a week once again. Priority will be given to East Zone and DECA area residents first, and all players must register for which day they wish to play but are limited to 2 days a week to allow more players to participate. Cost will be \$20 per session per day of week for the year. (ie. A player wanting to play Tuesday and Thursday will register and pay \$20 for Tuesday and \$20 for Thursday). In-person only registration for East Zone and

DECA players is Tuesday, September 12 at 7p.m. at the Glencairn Recreation Centre. Other community players can contact Marlene at: marlenebast@gmail.com to be put on a wait list. START DATE is Monday September 18.

We will once again be offering limited Pickleball lessons for those that want to learn this exciting game. Call our info line at 306 789-6559 or email info@decaregina.ca for more information.

Badminton for Seniors (55+) on Saturday mornings. Registration is limited due to facility availability, so registration for East Zone and DECA area players is Tuesday, September 12 at 7p.m. at the Glencairn Recreation Centre. Other community players can contact Evelyn e.fowlie@sasktel.net to be put on a wait list.

Learn how the South Saskatchewan Independent Living Centre can help you and your families in an afternoon Open House on Thursday, Sept 21st from 2–4 pm at the Glencairn Rec Centre.

We will be holding another Community Clean - on Sunday, Oct 1, 2023 from 10a.m. to 5p.m. Watch for details on website and FB.

DECA is also looking to run a Snow Angel Program this winter, however, while the city will provide financial grant assistance to our community association, the program cannot run without community volunteers who can provide some of their time to help those in need of assistance shoveling due to disability or age. We will post more details on our website and FB page in the fall.

If you have a City of Regina Affordable Fun Card, you may be eligible for discounts on our programs.

Note: Age restrictions may apply to some programs. Registration is on a first-come basis. Pre-registration for preschool is required!

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Table Tennis: Drop in	All	Mon	Oct 16-April 29	6:30-8p.m.	Glen Elm School - use east door	\$15 for the year		

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Floor hockey (excl Oct 8th)	6-8 yrs	Sun	Sep 17-Nov 26	12-1p.m.	Glencairn Rec Centre - Gym	\$25	
Floor hockey (excl Oct 8th)	9-10 yrs	Sun	Sep 17-Nov 26	1-2p.m.	Glencairn Rec Centre - Gym	\$25	
Floor hockey (excl Oct 8th)	11-12 yrs	Sun	Sep 17-Nov 26	2-3p.m.	Glencairn Rec Centre - Gym	\$25	
Soccer Tots	3-4 yrs	Tue	Sep 19-Nov 21	6-7p.m.	Glen Elm School - use east door	\$25	
Soccer Skills	5-6 yrs	Tue	Sep 19-Nov 21	7-8p.m.	Glen Elm School - use east door	\$25	
DECA Soccer Camp (excl Oct 9, Nov 11)	7-9 yrs	Sat	Sep 16-Dec 2	1-2p.m.	Dr George Ferguson School	\$25	
DECA Soocer Camp (excl Oct 7, Nov 11)	10-12yrs	Sat	Sep 16-Dec 21	2-3p.m.	Dr George Ferguson School	\$25	
Children's Improv	10-14 yrs	Thu	Sep 21-Nov 23	6-7:30p.m.	Glencairn Rec Centre	\$25	
Children's Team Handball (excl Oct 2,9 Nov 13)	11-14 yrs	Mon	Sep 18-Dec 11	6-7p.m.	Judge Bryant School	\$25	
Learn to Dance	5-7 yrs	Wed	Sep 20-Nov 22	5:30-6:30p.m.	Glencairn Rec Centre - Games Room	\$40	
Learn to Dance	8-11 yrs	Wed	Sep 20-Nov 22	6:30-7:30p.m.	Glencairn Rec Centre - Games Room	\$40	
Learn to Dance	15+ yrs	Wed	Sep 20-Nov 22	7:30-8:30p.m.	Glencairn Rec Centre - Games Room	\$40	
Bricks 4 Kidz (Early Engineers LEGO® Technics Class with We Do)	6-10 yrs	Tue	Sep 19-Oct 24	6-7p.m.	Glencairn Rec Centre - Games Room	\$90	
Bricks 4 Kidz (Coding and Video Design)	8+ yrs	Tue	Sep 19-Oct 24	7:15-8:30p.m.	Glencairn Rec Centre - Games Room	\$102	
Bricks 4 Kidz (Early Engineers LEGO® Technics Class with We Do)	6-10 yrs	Tue	Nov 7 Dec 12	6-7p.m.	Glencairn Rec Centre - Games Room	\$90	
Bricks 4 Kidz (Coding and Video Design)	8+ yrs	Tue	Nov 7-Dec 12	7:15-8:30p.m.	Glencairn Rec Centre - Games Room	\$102	

(bring water & lunch) 10-15 yrs Sat Oct 28 9a.m3:30p.m. Room	St. John's Babysitting Course (bring water & lunch)	10-15 yrs	Sat	Oct 28	9a.m3:30p.m.	Glencairn Rec Centre - Games Room	\$45
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Adult	Adult							
Activity	Ages	Day	Dates	Times	Location	Cost		
Watercolor - Introductory	Adult	Tue	Sep 29-Oct 10	12:30-2:30p.m.	Glencairn Rec Ctr - Games Room	\$50 (materials list provided)		
Watercolor - Introductory 2	Adult	Tue	Oct 17-Nov 7	12:30-2:30p.m.	Glencairn Rec Ctr - Games Room	\$50 (materials list provided)		
Fruit Art School	Adult	Sat	Oct 14	1-4p.m.	Glencairn Rec Ctr – Games Room	\$65 (materials supplied)		
Paverpol - Inukshuk	Adult	Sat	Sep 23	1-5p.m.	Glencairn Rec Ctr - Games Room	\$60 (materials supplied)		
Paverpol - Gnome	Adult	Sat	Sep 30	1-5p.m.	Glencairn Rec Ctr - Games Room	\$60 (materials supplied)		
Paverpol - Christmas Reindeer (2 classes)	Adult	Sat	Oct 14 & 21	1-5p.m.	Glencairn Rec Ctr - Games Room	\$80 (materials supplied)		
Belly dance - Beginner (excl Oct 9th)	Adult	Mon	Sep 18-Nov 27	7:30-8:30p.m.	Glencairn Neigh Ctr - Games Meeting Room	\$80		
Belly dance - Intermediate (excl Oct 9h)	Adult	Mon	Sep 18-Nov 27	7:30-8:30p.m.	Glencairn Neigh Ctr - Large Meeting Room	\$80		
Belly dance - Advanced (excl Oct 9th)	Adult	Mon	Sep 18-Nov 27	8:30-9:30p.m.	Glencairn Neigh Ctr - Large Meeting Room	\$80		
ZUMBA Fitness Class	Adult	Wed	Sep 20-Nov 22	6:30-7:30p.m.	Glen Elm School (use east door)	\$80		
YOGA - Tue	Adult	Tue	Sep 19-Nov 21	7:30-8:30p.m.	Glencairn Neigh. Ctr - Games Room	\$80		
YOGA - Thu	Adult	Thu	Sep 21-Nov 23	6:30-7:30p.m.	Glencairn Neigh. Ctr - Games Room	\$80		
Women's Volleyball	Adult	Mon	Sep 18-Mar 25	1 hour time slots	Henry Braun School	\$80		
DECA Dodgeball	Adult	Fri/Sat	Sep-Apr	Various time slots	Various locations TBD	Register on www. decadodge- ball.com		

Older Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Pickleball	55+	Mon, Tue, Wed, Thu or Fri sessions	Sep 18-May 31	Mon-Thu: 12-3:30p.m. Fri: 12-2p.m.	Glencairn Rec Centre - Gym	\$20 for the year per day session. IN-PERSON registration only.			
Badminton	55+	Sat	Sep 16-Jun 1	10:45a.m1:15p.m.	Glencairn Rec Centre - Gym	\$15 for the year. IN-PERSON registration only.			
Forever in Motion	55+	Mon, Thu	Sep 11 -Aug 29	9-10a.m.	Glencairn Rec Ctr	Community membership. Registration required for contact info.			

South Zone

South Zone Recreation Board

szrb.ca

Contact: Gerry Fincati, Chair, South Zone Recreation Board Email: gfincati@sasktel.net Registration Date: Visit szrb.ca for contacts
Registration Location: Contact the Program Coordinator listed online

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

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

Senior's Badmintonlaurenmang@myaccess.ca
Table Tennis......edhung738@gmail.com
Senior's Bridgerjczach@sasktel.net
Taekwondob.folktkd@hotmail.com
Dancehutsolalla@gmail.com

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	7+ yrs	Tue	Sep 12-Jun11 (full year)	6-8p.m.	St Mathew School	\$40/Month/person		
Tae Kwon Do	7+ yrs	Fri	Sep 1-Dec 22	6-8p.m.	South Leisure Centre	\$40/Month/person		

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Latina/Ukrainian Dance	4-6 yrs	Fri	Sep 8-Dec 15	5:30-6:30p.m.	South Leisure Centre - Multipurpose Room	\$110			
Indoor Soccer	3-4 yrs	Sat	Oct 21-Mar 9 (full year)	8:30a.m.	South Leisure Centre - Gym	TBD			

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Tae Kwon Do	7+ yrs	Tue	Sep 12-Jun 11 (full year)	6-8p.m.	St Mathew School	\$40/Month/person			
Tae Kwon Do	7+ yrs	Fri	Sep 1-Dec 22	6-8p.m.	South Leisure Centre	\$40/Month/person			
Latina/Ukrainian Dance	7-10 yrs	Fri	Sep 8-Dec 15	6:30-7:30p.m.	South Leisure Centre - Multipurpose Room	\$110			
Latina/Ukrainian Dance	11-13 yrs	Fri	Sep 8-Dec 15	7:30-8:30p.m.	South Leisure Centre - Multipurpose Room	\$110			
Indoor Soccer	5-10 yrs	Sat	Oct 21-Mar 9 (full year)	8:30a.m.	South Leisure Centre - Gym	TBD			
Indoor Soccer	11-18 yrs	Sat	Oct 14-Mar 9 (full year)	8a.m.	University of Regina - Gym	TBD			
Table Tennis	7-13 yrs	Tue, Wed	Sep 12-Dec 20	5:45-7:30p.m.	South Leisure Centre - Art room	\$150/pp			

Teen									
Activity	Ages	Day	Dates	Times	Location	Cost			
Tae Kwon Do	13-17 yrs	Tue	Sep 12-Jun 11 (full year)	6-8p.m.	St Mathew School	\$40/Month/person			
Tae Kwon Do	13-17 yrs	Fri	Sep 1-Dec 22	6-8p.m.	South Leisure Centre	\$40/Month/person			
Latina/Ukrainian Dance	14+ yrs	Mon	Sep 11-Dec 11	6-7:45p.m.	South Leisure Centre - Multipurpose Room	\$110			
Table Tennis	13-18 yrs	Tue, Wed	Sep 12-Dec 20	7:30-9:15p.m.	South Leisure Centre - Art Room	\$150/pp			

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	18+ yrs	Tue	Sep 12-Jun 11 (full year)	6-8p.m.	St Mathew School	\$40/Month		
Tae Kwon Do	18+ yrs	Fri	Sep 1-Dec 22	6-8p.m.	South Leisure Centre	\$40/Month		

Waltz Dance Lessons	18+ yrs	Mon	Sep 18-Dec 11	6:30-8p.m.	TBD	\$50
Two-Step Dance Lessons	18+ yrs	Tue	Sep 12-Dec 12	5:45-6:45p.m.	South Leisure Centre - Multipurpose Room	\$110

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Seniors 55+ Pickleball	55+ yrs	Tue & Thu	Sep 26-Dec 28	11:45a.m2:15p.m.	South Leisure Centre	\$40 Fall Session		
Seniors 55+ Pickleball	55+ yrs	Wed & Fri	Sep 27-Dec 20	11:30a.m2p.m.	South Leisure Centre	\$40 Fall Session		
Seniors 55+ Badminton	55+ yrs	Mon/Fri	Sep 8-Dec 29	10:30a.mnoon	South Leisure Centre - Gym	\$15		
Seniors 55+ Bridge	55+ yrs	Thu	Sep 14-Dec 14	12:45-4:30p.m.	South Leisure Centre	\$2/person		
Heritage Fiddlers Jam Sessions	55+	Every 3rd Wed	Sep 20-Dec 20	1:30-4:30p.m.	South Leisure Centre - Art Room	Free		

Albert Park Community Association

albertpark.ca

Contact: albertpark.ca and Facebook Email: info@albertpark.ca Registration Date: Online registration open at albertpark.ca or register at the first class is there is remaining space.

There will be no in-person registration night.

Registration Location: albertpark.ca

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

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

Join us for an APCA monthly meeting, 3rd Monday of the month, 7p.m. 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 www.albertpark.ca

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

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Summer Market presented by Innovation Credit Union	All Ages	Sat-Sun	Aug 12-13	11a.m4p.m.	Realtor's Park & SLC	Free			
Cultural Evolution-Movie Night	All Ages	Fri	Sep 8	8:30p.m.	Conexus Arts Centre Greenspace	Free			
Cultural Evolution - Performance Stage	All Ages	Sat-Sun	Sep 9 -10	Visit summerbash.ca for details	Conexus Arts Centre Greenspace	Free			
Free Skate	All Ages	Thu	Nov 2-Feb 22	6-8p.m.	Optimist Arena	Free			

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Bricks 4 KIDS - LEGO Preschool Engineers	3-5 yrs	Thu	Sep 21-Oct 26	5-5:45p.m.	SLC Multipurpose Room	6 weeks/\$72
Bricks 4 KIDS - LEGO Early Engineers	6-11 yrs	Thu	Sep 21-Oct 26	6-7p.m.	SLC Multipurpose Room	6 weeks/\$90
Bricks 4 KIDS - LEGO Robotics/Coding	8-13 yrs	Thu	Sep 21-Oct 26	7:15-8:30p.m.	SLC Multipurpose Room	6 weeks/\$150
Bricks 4 KIDS - LEGO Preschool Engineers	3-5 yrs	Thu	Nov 2-Dec 7	5-5:45p.m.	SLC Multipurpose Room	6weeks/\$72
Bricks 4 KIDS - LEGO Early Engineers	6-11 yrs	Thu	Nov 2-Dec 7	6-7p.m.	SLC Multipurpose Room	6 weeks/\$90
Bricks 4 KIDS - LEGO Robotics/Coding	8-13 yrs	Thu	Nov 2-Dec 7	7:15-8:30p.m.	SLC Multipurpose Room	6 weeks/\$150
Basketball Skills Development	7-10 yrs	Wed	Sep 13-Dec 13	6-7p.m.	SLC Gym	\$175
Basketball Skills Development	11-14 yrs	Wed	Sep 13-Dec 13	7-8p.m.	SLC Gym	\$175
Power Skating	10+ yrs	Mon	Oct 16-Dec 18	5:45-6:45p.m.	Optimist Arena	\$310
Power Skating	8+ yrs	Wed	Oct 18-Dec 20	4:30-5:30p.m.	Optimist Arena	\$310
Dodgeball	8-12 yrs	Mon	Sep 18-Dec 18	7-8p.m.	Deshaye Gym	\$50
Sportball-Parent & Child Multi-sport	2-4 yrs	Wed	Sep 6-Oct 25	6-6:45p.m.	St. Kateri Gym	\$165

Sportball-Parent & Child Multi-sport	4-6 yrs	Wed	Sep 6-Oct 25	6:55-7:55p.m.	St. Kateri Gym	\$165
Sportball-Parent & Child Multi-sport	6-8 yrs	Sat	Sep 9-Oct 28	2-3p.m.	St. Kateri Gym	\$144
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Sep 9-Oct 28	3:10-3:55p.m.	St. Kateri Gym	\$144
Sportball-Parent & Child Multi-sport	16-24 mos.	Sat	Sep 9-Oct 28	4-4:45p.m.	St. Kateri Gym	\$144
Sportball-Parent & Child Multi-sport	4-6 yrs	Sat	Sep 9-Oct 28	5-6p.m.	St. Kateri Gym	\$144
Sportball-Parent & Child Multi-sport	2-4 yrs	Wed	Nov 1-Dec 13	6-6:45p.m.	St. Kateri Gym	\$165
Sportball-Parent & Child Multi-sport	4-6 yrs	Wed	Nov 1-Dec 13	6:55-7:55p.m.	St. Kateri Gym	\$165
Sportball-Parent & Child Multi-sport	6-8 yrs	Sat	Nov 4-Dec 16	2-3p.m.	St. Kateri Gym	\$165
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Nov 4-Dec 16	3:10-3:55p.m.	St. Kateri Gym	\$165
Sportball-Parent & Child Multi-sport	16-24 mos.	Sat	Nov 4-Dec 16	4-4:45p.m.	St. Kateri Gym	\$165
Sportball-Parent & Child Multi-sport	4-6 yrs	Sat	Nov 4-Dec 16	5-6p.m.	St. Kateri Gym	\$165

Teen							
Activity	Ages	Day	Dates	Times	Location	Cost	
Robotics/Coding	8-13 yrs	Thu	Sep 21-Oct 26	7:15-8:30p.m.	SLC Multipurpose Room	6 weeks/\$150	
Robotics/Coding	8-13 yrs	Thu	Nov 2-Dec 7	7:15-8:30p.m.	Multipurpose Room	6 weeks/\$150	
Power Skating	12+ yrs	Wed	Oct 18-Dec 20	5:45-6:45p.m.	Optimist Arena	\$310	
Power Skating	13+ yrs	Mon	Oct 16-Dec 18	4:30-5:30p.m.	Optimist Arena	\$310	
Basketball Skills Development	11-14 yrs	Wed	Sep 13-Dec 13	6-8p.m.	SLC Gym	\$175	

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Improv	50+	Sat	Sep 16-Dec 23	10:30a.m12:30p.m.	SLC Multipurpose Room	\$20
Badminton For Adults	18+	Tue	Sep 12-Dec 12	7:30-9:30p.m.	SLC Gym	\$40
Badminton For Adults	18+	Thu	Sep 14-Dec 14	7:30-9:30p.m.	SLC Gym	\$40
Badminton For Adults	18+	Tue & Thu	Sep 12-Dec 14	7:30-9:30p.m.	SLC Gym	\$75
Tai chi	18+	Wed	Sep 13-Nov 15	6:30-7:15p.m.	SLC Multipurpose Room	\$96/10 weeks Drop in \$15/Class
Fitness:Low Impact & Coffee	18+	Mon	Sep 11-Dec 18	9:15-10:15a.m.	SLC Gym	\$70 no class Oct 9 and Nov 13
Yoga - Chair Yoga	18+	Wed	Sep 13-Dec 13	11a.m12p.m.	SLC Multipurpose Room	\$126
Yoga - Hatha Yoga	18+	Wed	Sep 13-Dec 13	9:15-10:30a.m.	SLC Art Room	\$154
Yoga-(Multi Level Yoga)	18+	Mon	Sep 11-Dec 18	5:30-6:30p.m.	SLC Art Room	\$140 (No class Oct 9 and Nov 13)
Fitness-Muscle Movement & Reboot	18+	Mon	Sep 11-Dec 18	6-7:15p.m.	SLC Gym	\$65 (No class Oct 9 and Nov 13)
Fitness-(Body Sculpting)	18+	Tue	Sep 12-Dec 19	6-7:15p.m.	SLC Gym	\$80
Fitness-(Cardio & Body Sculpting)	18+	Thu	Sep 14-Dec 14	6-7:15p.m.	SLC Gym	\$75
Stott's Pilates, Level 1	18+	Thu	Sep 14-Nov 30	5:30-6:30p.m.	SLC	\$140
Stott's Pilates, Level 2	18+	Thu	Sep 14-Nov 30	6:40-7:40p.m.	SLC	\$140
Muscle Toner Fitness Class	18+	Tue	Sep 12-Dec 12	9-10a.m.	SLC Gym	\$65 (No class on Oct 10)
Total Body Conditioning Fitness Class	18+	Thu	Sep 14-Dec 14	9-10a.m.	SLC Gym	\$70
Floor Hockey	18+	Wed	Sep 13-Dec 27	8-10p.m.	SLC	\$35
Pickleball-Intermediate	18+	Mon	Sep 11-Dec 18	7:30-9:30p.m.	SLC Gym	\$35
Bellyfit Sage	16+	Wed	Sep 20-Dec 6	9:30-10:30a.m.	SLC Multipurpose Room	\$120/session Drop-in \$15/class

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Older Adult Fitness	50+	Tue	Sep 12-Dec 12	10:30-11:30a.m.	SLC Gym	\$50 once/week		
Older Adult Fitness	50+	Thu	Sep 14-Dec 14	10:30-11:30a.m.	SLC Gym	\$60/2 times/week		
Older Adult Fitness	50+	Fri	Sep 15-Dec 15	9-10a.m.	SLC Gym	\$70/3 times/week		

Harbour Landing Community Association

Facebook.com/hlcaregina

Contact: hlcaregina@gmail.com Email: hlcaregina@gmail.com Registration Date: N/A
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

Contact: programs@hillsdaleca.ca Email: programs@hillsdaleca.ca Registration Date: Tuesday, September 12, 7-8p.m.
Registration Location: Marion McVeety School Gym, 38 Turgeon Cresc.

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 (hillsdale.ca). Yoga is provisional right now. Please check the website for Yoga updates.

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
East Indian Cooking	18+	Sun	Sep 17-Oct 22	5-7p.m.	Regina Christian School kitchen	\$90 (5 sessions)	
Zumba	18+	Mon	Sep 18-Nov 27	6:30-7:30p.m.	Massey School gym	\$35 (8 sessions)	
Yoga (tentative) please bring your own yoga mat	18+	Wed	Sep 20-Nov 22	TBD	TBD	\$65 (10 sessions)	

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Fit for Your Life I	55+	Mon & Wed	Sep 11-Oct 30	1:30-2:30p.m. (M) 2-3p.m. (W)	South Leisure Centre gym	\$55 (14 sessions)		
Fit for Your Life II	55+	Mon & Wed	Nov 1-Dec 14	1:30-2:30p.m. (M) 2-3p.m. (W)	South Leisure Centre gym	\$55 (14 sessions)		

Lakeview Community Association

Icaregina.ca

Contact: Chelsea Brown

Registration Date: Please check our website for details

Email: Icaprograms306@gmail.com Registration Location: Please check our website for details: Icaregina.ca/programs/#register

Lakeview Community Association (LCA) is a friendly and active force in the south end of Regina. We offer a wide variety of program options for people from all communities in Regina. Please feel free to join our association or attend our meetings if you are interested in becoming more active in your community. We have a few volunteer positions that we are looking to mentor new people into, including: program coordinator, treasurer and sign coordinator. For details about these volunteer positions, program descriptions, and more, please visit lcaregina.ca.

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Family Free Skate		Mon	Oct 16-Dec 18	7-8p.m.	Optimist Arena	Free	

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Sportball*	2-3.5 yrs	Sun	TBD	TBD	Lakeview School Gym	TBD		
Sportball*	3.5-5 yrs	Sun	TBD	TBD	Lakeview School Gym	TBD		
Learn to Skate	4-6 yrs	Sat	Oct 14-Dec 9	3:45-4:30p.m.	Optimist Arena	\$90		
Learn to Skate	3-4 yrs	Wed	Oct 18-Dec 13	5-5:30p.m.	Balfour Arena	\$90		

^{*}Register online at www.sportball.ca/south-saskatchewan

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Sportball*	5-7 yrs	Sun	TBD	TBD	Lakeview School Gym	TBD	
Learn to Skate	6-12 yrs	Sat	Oct 14-Dec 9	4:30-5:15p.m.	Optimist Arena	\$90	
Learn to Skate	7-12 yrs	Sat	Oct 14-Dec 9	5:15-6p.m.	Optimist Arena	\$90	
Learn to Skate	5-6 yrs	Wed	Oct 18-Dec 13	5:30-6p.m.	Balfour Arena	\$90	
Learn to Skate	7-12 yrs	Wed	Oct 18-Dec 13	6-6:30p.m.	Balfour Arena	\$90	
Mini Mites Hockey	5-6 yrs	Tue	Oct 17-Dec 12	6:45-7:45p.m.	Optimist Arena	\$275	
Hockey Skills and Skating Development	7-8 yrs	Tue	Oct 17-Dec 12	6-7p.m.	Optimist Arena	\$325	
Hockey Skills and Skating Development	9-12 yrs	Tue	Oct 17-Dec 12	7-8p.m.	Optimist Arena	\$325	

^{*}Register online at www.sportball.ca/south-saskatchewan

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Learn to Skate	18+	Sat	Oct 14-Dec 9	6-6:30p.m.	Optimist Arena	\$90	
Learn to skate	18+	Wed	Oct 18-Dec 13	6:30-7p.m.	Balfour Arena	\$90	
Zumba	15+	Mon	Sep 11-Dec 4 excl. Oct 2, Oct 9, Nov 13	6:30-7:30p.m.	Lakeview School Gym	\$70	
Yoga	16+	Tue	Sept 19-Dec 5	6:30-7:30p.m.	Lakeview School Gym	\$108	

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

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.

Joint 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.

Forever...in Motion

Forever...in Motion is a health promotion initiative that helps older adults become physically active through volunteer-led physical activity groups.

The program includes endurance, strength, balance and flexibility activities which may be performed either in sitting or standing positions. For detail information please call Marisol Molina-Smith at 306-766-7163 or email: marisol.molinasmith@saskhealthauthority.ca

Mondays from September 18, 2023-December 11, 2023

Time: 1-2p.m.

Location: Our Savior's Lutheran Church (190 Massey Rd)

Recreational Hockey

WPCA is offering recreational hockey to individuals ages 14 to seniors on Friday evenings. This is an opportunity for various generations of hockey lovers to play an hour of hockey once weekly for 22 ice times. Former WPCA Outdoor hockey players are encouraged to participate. Full equipment is required.

Oct 13, 2023 (22 Sessions)

Cost: \$180 Plus \$5 (Membership Fee)

Time: 8:45p.m.-9:45p.m.

Location: Murray Balfour Hockey Rink (68 Massey Road)

For more information contact:

Jim Appleby: email: rechockey@whitmorepark.ca

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Skating	All Ages	Wed	Oct-Mar	3-4:15p.m.	Balfour Arena	Free		
Community Skate	All Ages	Sun	Dec 31	2-4p.m.	Balfour Arena	Free		
Outdoor Skating	All Ages	Sat & Sun	Dec-Feb	12-5p.m.	Grant Road School	Free		
Family Skate	All Ages	Mon	Feb 19	2-4p.m.	Balfour Arena	Free		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Recreational Hockey	14-Seniors	Fri	Oct 13 22 Sessions	8:45-9:45p.m.	Balfour Arena	\$180+\$5 Membership fee		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Recreational Hockey	14-Seniors	Fri	Oct 13 22 Sessions	8:45-9:45p.m.	Balfour Arena	\$180+\$5 Membership fee		

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Foreverin Motion	Seniors	Mon	Sep 18 - Dec 11	1-2p.m.	Our Saviours Lutheran Church	Free		
Recreational Hockey	14-Seniors	Fri	Oct 13, 22 Sessions	8:45-9:45p.m.	Balfour Arena	\$180+\$5 Membership fee		

Looking to enjoy a healthy, active lifestyle?

Explore What's In Your Neighbourhood!

Find a list of what's available in your neighbourhood, and more information, including schedules and hours of operation.

Visit **Regina.ca/neighbourhood** and start exploring today!





North Zone

North Zone Board

nonprofits.accesscomm.ca/northzoneregina

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

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

Skating **registration** is on **Thurs, Sept 14, 2023**, from 7 to 8p.m. at the North East Community Centre (North backside of Imperial Community School – 200 Broad St). No registrations before Sept 14 will be accepted.

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

Soccer – Players start at 3 years of age in the 4U. Online registration begins August 1. Registration information will be posted on the website soccerregina.ca. Non-marking indoor shoes and shin guards are mandatory for players. The season runs from Oct to Mar, with games played on Sat. 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.

'Acrylic Snowy Landscape Workshop' classes - all materials will be provided. This class teaches how to paint snowy landscape.

To register for the 'Acrylic Prairie Landscape Workshop', contact Sheila Banga at s.b@sasktel.net.

'Alcohol Ink Tile Workshop' classes – All materials will be provided. To register for the 'Alcohol Ink Tile Workshop', contact HeARTland Artists' Guild at s.b@sasktel.net.

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Skating	4-6 yrs	Thu	Oct 12-Nov 30	5:45-6:30p.m.	Staples Arena	\$80		
Soccer	4U	Sat	Oct to Mar	TBD	TBD	\$90		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Skating	7-12 yrs	Tue	Oct 10-Dec 5 No class Oct 31	6-6:30p.m.	Staples Arena	\$80		
Soccer	6U	Sat	Oct to Mar	TBD	TBD	\$90		
Soccer	8U	Sat	Oct to Mar	TBD	TBD	\$110		
Soccer	10U	Sat	Oct to Mar	TBD	TBD	\$110		
Soccer	12U	Sat	Oct to Mar	TBD	TBD	\$130		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Soccer	15U	Sat	Oct to Mar	TBD	TBD	\$130		
Soccer	18U	Sat	Oct to Mar	TBD	TBD	\$130		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Acrylic Snowy Landscape Workshop	16+	Sat & Sun	Sep 16 & 17	1-4p.m. each day	Uplands Community Centre	\$70		
Alcohol Ink Workshop	16+	Sat & Sun	Nov 4 & 5	1-4p.m. each day	Uplands Community Centre	\$70		

Argyle North Community Association

ancaregina.ca

Registration Date: ancaregina.ca

Contact: Argyle North Community Association

35 Davin Cres or 306-543-5653

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/freeprograms.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Community Gym Night	All Ages	TBD	TBD	TBD	TBD	TBD		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Crafts 4 Kids	3-7 yrs	Mon	TBD	6:15-7p.m.	Argyle North Community Association	TBD		
Time for Tots	3 yrs	Tue & Thu	Oct-May	9:15-11:15a.m.	Argyle North Community Association	TBD		
Time for Tots	4 yrs	Mon, Wed & Fri	Oct-May	9:15-11:35a.m.	Argyle North Community Association	TBD		

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	TBD		
After School Program	Grade 1-6	School Days	Sep-Jun	3:35-6p.m.	Argyle North Community Association	TBD		
Before & After School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55a.m. & 3:35-6p.m.	Argyle North Community Association	TBD		
Craft Night	8+	Mon	TBD	7:15-8:15p.m.	Argyle North Community Association	TBD		
Taekwondo	5+	Tue & Thu	Sep 7/23 - Jun 20/24	6:15-7p.m. for fundamentals	Argyle North Community Association	\$30 per month		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	9+	Tue & Thu	Sep 7/23 - Jun 20/24	6:15-7:45p.m. for Advanced	Argyle North Community Association	\$30 per month		
Stretch	18+	Wed	Sep 13 - Dec 6	6 - 7p.m.	Argyle North Community Association	\$30		
Stretch	55+	Thu	Ongoing	9:30-10:30	Argyle North Community Association	Free		

Coronation Park Community Association

coronationparkcommunityassociation.com

Contact: 306-545-4652 Email: coronationpark.ca@gmail.com Registration Date: Contact the zone or association directly
Registration Location: By phone or email

All programming requires pre-registration including Family Night Activities.

If you would like more information about programs, would like to advertise in our monthly newsletter or volunteer some time please contact us. Give us a call or email us and we will be happy to help. Like us on Facebook so you know what is happening in our community.

Watch for the Coronation Park News for activities within the Community. Like us on Facebook for reminders on programs.

All programs require a community membership. Cost \$5 per year per Family.

For more information, visit coronationparkcommunityassociation.com or Facebook at facebook.com/cpainc

Contact: Kyara Moon at 306-501-2406

Email: info@rneca.com

Registration Date: Ongoing Registration Location: Online or by phone

Online registrations and program information can be found at our website at www.rneca.com. You may also register by phoning or texting 306-501-2406 or emailing us at info@rneca.com

No barriers to community participation. If your finances do not allow you to pay program fees, please call us at 306-501-2406.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Community Activity Nights (1st & 3rd weeks - family games: 2nd week Dungeons & Dragons Night - space is limited)	All	Tue	Sep 12 -Dec 19	6-9p.m.	North East Community Centre	\$2/week/family		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Buzy Bodz Parent & Tot Play Group	2-5 yrs	Thu	Sep 21-Dec 14	11a.m12p.m.	North East Community Centre	\$20		

Teen							
Activity	Ages	Day	Dates	Times	Location	Cost	
Youth Drop-In games & activities	11-15 yrs	Mon, Tue	Sep 11 to Dec 19	3:30-5p.m.	North East Community Centre	Free	
Youth Leadership	10-15 yrs	Thu	Sep 14 to Dec 14	3:30-5p.m.	North East Community Centre	Free	

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Forever Fit	18+	Tue & Thu	Oct 10-Nov 30	9:30-10:30a.m.	North East Community Centre	\$80	
Yoga	18+	Thu	Sep 21-Nov 30	TBD	North East Community Centre	\$50	
Chair Yoga	18+	Tue	Oct 10-Dec 5	11a.m12p.m.	North East Community Centre	\$60	

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
North Gate Walkers	50+	Mon-Fri	All year	8-10a.m.	North Gate Mall	\$10		
Forever in Motion	50+	Mon-Fri	All year	8-9a.m.	North Gate Mall	Free		

Uplands Community Association

uplandscommunity.ca

Contact: email Email: uplands@gmail.ca Registration Date: Sept 12, 2023
Registration Location: Uplands Community Centre, 20 Weekes Crescent

The Uplands Community Association Includes the Uplands and Kensington Greens areas of Regina, but all residents of Regina can register for our programs. In Uplands there is the community association board as well as the Centre board that are both run by volunteers. We welcome anyone who would like to volunteer.

The Uplands Community Centre (UCC) board is looking for volunteers to sit on our board. The UCC board meets 4 to 6 times a year and the time commitment is minimal for our board members. If you are interested in being a member of our board or if you have any questions regarding joining the board, contact Charlene at 306-775-2372.

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Deep Rest Yoga	16+	Thu	Sep 14-Nov 16	7:15-8:15p.m.	Uplands Community Centre	\$55		
Mah Jongg: Come and play Mah Jongg NMJL	18+	Thu	Sep 14-Jun 13	1-4p.m.	Uplands Community Centre	\$20		
Pickleball	16+	Wed or Thu	Sep-Jun	8-10p.m.	Ruth Pawson School Gym	\$40		
Slow Flow Yoga	16+	Thu	Sep 14-Nov 16	6-7p.m.	Uplands Community Centre	\$55		

West Zone

West Zone Board westzoneboard.ca

Contact: 306-791-0226 Email: office@westzoneboard.ca Registration Date: Visit our Website for details Registration Location: westzoneboard.ca

The West Zone Board organization consists of a volunteer executive comprised of elected officers, coordinators, and representatives from each of the 10 Community Associations and 4 Affiliated Groups. The West Zone Board receives funding from the City of Regina to assist to provide programs to residents.

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. Contact:

- Regina West Zone Indoor Soccer Association reginaindoorsoccer.ca
- Regina West Zone (Outdoor) Soccer Association rwzsa.ca
- · Regina North West Sports Association rnwsa.ca
- West Zone Taekwon-do Offers Taekwon-do for all ages and provides three lessons for free for those who wish to try Taekwon-do. 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 (plus PST). The memberships are good for the period Sept 1, 2023 to Aug 31, 2024.

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Learn to Fly a Drone	All*	Sat	TBD	1-4p.m.	North West Leisure Centre - Gymnasium	\$75 for one session			
Parent & Child Learn to Skate	All	Sat	Oct 21-Dec 16	10:50-11:30a.m.	Wheat City Kinsmen Arena	Free**			
Learn Magic for Kids! Grand Finale Magic Show	All	TBD	TBD	6-8:30p.m.	North West Leisure Centre - Gymnasium	\$5 by tickets on our website			

^{*}Children under 13 yrs must be accompanied by an adult 18+

^{**} For paid participants in Learn to Skate or Little Stars Hockey-Fall 2023 session

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn to Skate	3-5 yrs	Sat	Oct 21-Dec 16	9:30-10:05a.m.	Kinsmen Arena	\$80		
Learn to Skate	3-5 yrs	Sun	Oct 22-Dec 17	3:45-4:20p.m.	Doug Wickenheiser Arena	\$80		
Little Stars - Hockey Skills Program*	4-7 yrs	Sun	Oct 22-Dec 17	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110		

^{*}Prerequisite: Learn to Skate

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn Magic for Kids!	7-13 yrs	TBD	Sep-Dec	7:30-8:30p.m	North West Leisure Centre - Meeting Room	\$200		
Learn to Skate	6-12 yrs	Sat	Oct 21-Dec 16	10:10-10:50a.m.	Kinsmen Arena	\$80		
Learn to Skate	6-12 yrs	Sun	Oct 21-Dec 17	4:25-5:05p.m.	Doug Wickenheiser Arena	\$80		
Little Stars - Hockey Skills Program*	4-7 yrs	Sun	Oct 21-Dec 17	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110		
Taekwon-do Beginner	TBD	Mon Wed Sun	Ongoing	6-7p.m. 6-7p.m. 1-2p.m.	Henry Janzen School Centennial School Henry Janzen School	\$350/3 month session		

^{*}Prerequisite: Learn to Skate

Teen									
Activity	Ages	Day	Dates	Times	Location	Cost			
Learn to Fly a Drone	13-18 yrs	Sat	TBD	1-4p.m.	North West Leisure Centre - Gymnasium	\$75 for one session			
Learn Magic for Kids!	7-13 yrs	TBD	Sep-Dec	7:30-8:30p.m	North West Leisure Centre - Meeting Room	\$200			
Taekwon-do Intermediate	TBD	Mon Wed Sun	Ongoing	7-8p.m. 7-8p.m. 1-2p.m.	Henry Janzen School Centennial School Henry Janzen School	\$350/3 month session			

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn to Fly a Drone	18 yrs+	Sat	TBD	1-4p.m.	North West Leisure Centre - Gymnasium	\$75 for one session		
Taekwon-do Intermediate	TBD	Mon Wed Sun	Ongoing	7-8p.m. 7-8p.m. 1-2p.m.	Henry Janzen School Centennial School Henry Janzen School	\$350/3 month session		

Dieppe-Westerra Community Association

dieppeplace.org

Contact: Like us on Facebook: Dieppe Place Community Association Email: newsletter@dieppeplace.org Registration Date: Contact the zone or association directly Registration Location: Contact zone or association directly

Located in the west end of Regina, Dieppe Place is one of the city's smaller communities. It is bordered by Courtney Street to the west, Dewdney Avenue to the south, and the Wascana Creek to the north and east. Part of A.E. Wilson Park is within our boundaries, and we're proud to host the Dieppe War Memorial.

Westerra is one of Regina's newest communities, located between Courtney Street and Pinkie Road and extending from Dewdney Avenue south to the Canadian Pacific Rail line. Westerra is the first neighbourhood to be based on Design Regina — the Official Community Plan designed to manage Regina's growth and set the stage for its long-term development.

Check out Dieppe-Westerra Community Association's website (dieppeplace.org) and Facebook page to find out about our winter wagon rides, garage sale weekend, mobile security, and more. Our karate program and family events are open to members of the DWCA.

McNab Community Association

mcnabcommunity.com

Contact: McNab Community Association Email: mcnabca@sasktel.net Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly

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.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Chili in the park	All	Sat	Sept 23	11:30a.m1:30p.m.	McNab Park	TBA		
Fall clean up	All	Sat	Oct 14	9a.m12p.m.	McNab Park	N/A		
Pumpkins in the park	All	Sun	Oct 29	1-3p.m.	McNab Park	N/A		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Facebook Activities	All	TBA	Watch Facebook	Evenings	Facebook	Free		

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Facebook Activities	All	TBA	Watch Facebook	Evenings	Facebook	Free

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Facebook Activities	All	TBA	Watch Facebook and Instagram	Evenings	Facebook	Free		

Normanview Residents Group

nrgi.ca

Contact: nrgi.ca

Registration Date: Sep 7 11a.m.-5p.m. & 6-8p.m.

Email: infonrgl21@myaccess.ca Registration Location: 231N McCarthy Blvd. (under the white tent)

Normanview Residents Group (NRG) 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 www.NRGI.ca under 'membership' A Family Memberships is \$10 and gives you an opportunity to voice your opinion and to cast your vote on motions at our Annual General Meeting.

You can check on all our programs, events, and updates on our new interactive calendar on the website at www.NRGI.ca

Volunteers are the backbone of any community association, why not give it a try, NRG is working hard to provide a better life experience for the people residing in Normanview and could use your help in doing so.

In compliance with the NRG Cost Barrier Plan for Member Participation, NRG members (only) may apply for financial discount using the same eligibility requirements of the City of Regina Affordable Access Program for approved discounts up to 50% for memberships and 80% for programs. We openly welcome all Newcomers, First Nations, and Metis residents.

We cannot control school closures or cancellations of class/program occurrence and will not offer to make up classes or occurrences. Dates and costs are subject to alteration.

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Pickleball (limit 24)	16+ yrs.	Sun	Sep 10	6-8p.m.	St. Nicholas School	\$20	
Pickleball (limit 24)	16+ yrs.	Wed	Sep 13	6-8p.m.	St. Nicholas School	\$20	
Volleyball (limit 18)	16+ yrs.	Tue	Sep 12	6:30-8p.m.	St. Josaphat School	\$20	
Badminton (limit 18)	16+ yrs.	Mon	Sep 11	6:15-8p.m.	Centennial School	\$20	
Little Free Library Book Fair	All Ages	Sat	Aug 12	11-5p.m.	231N McCarthy Blvd.	Free	
Community Garage Sale		Fri, Sat, Sun	Sep 15, 16, 17	All Day	Normanview Subdivision	Free	
Member Appreciation BBQ	All ages	Sun	Sep 10	1-5p.m.	Ken Jenkins Park	Free to Members	
Annual General Meeting	18+ yrs.	Wed	Sep 13	7-9p.m.	Norman Kennedy Presbyterian	Free	

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Indoor Floor Curling	55+	Fri	Sep 15	1-3p.m.	North West Leisure Centre (Gym)	\$20		
Forever in Motion	55+	Thu	Sep 14	1:30-2:45p.m.	North West Leisure Centre (Rm 1)	Free		

Normanview West Community Association

nwcaregina.com

Contact: nwcaregina.com Email: nwcaregina@gmail.com Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly

A \$10 Community Association membership is required for registration in all programs and can be purchased online via e-transfer. These memberships cover your entire family and are valid for 1 year.

Stay connected on social media to get the most up to date information on dates and times and safety information for below programming.

We encourage you to reach out to us on Facebook (@NWCommunityAssoc) if you have any suggestions or are able to 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	Fri	Sep-Dec	6:30-7:30p.m.	Ruth M Buck School	Free with Membership		
Yoga OR Fitness Class	18+ yrs	Thu	Sep-Dec	7-8p.m.	Ruth M Buck School	\$50		

Contact: pvca@sasktel.net Email: pvca@sasktel.net Registration Date: See pcva.ca for details Registration Location: McLurg School

The Prairieview Community Association (PVCA) offers programs for the local community and the City as a whole. The Association provides programs that make our local community safe, fun, and enriching for all. We run programs for all ages and interests. We appreciate your feedback on our current programming, suggestions for any programs you would like to see, or if you are interested in instructing any new programming. You can contact us via email or by visiting our Prairieview Community Association page on Facebook.

These programs, events and community improvements are possible through the efforts of our volunteers, people like yourself, who generously give their time to support the community. We are always looking for volunteers and the time commitment can be as little as one hour a month. Please contact any of the Executive if you have questions or are interested in getting involved.

Our Membership fee is \$10 and are valid until September 1 of each year.

Advertisements for business and organizations are available in our newsletters and we also have three billboard signs to advertise community events. For more information, email us, visit pcva.ca, or find us on Facebook as Prairieview Community Association.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Regina Shintani Wado Kai Karate	5-8 yrs	Tue	Sep 19-Dec 5	6:30-7p.m.	McLurg School	\$85 or \$170/family		
Regina Shintani Wado Kai Karate	8-14+ yrs	Tue	Sep 19-Dec 5	7-9p.m.	McLurg School	\$120 or \$170/family		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Weights and Drills with Lee	16+ yrs	Wed	Sep 20-Dec 6	6-7p.m.	McLurg School	\$65
Drop-in Pickleball	16+ yrs	Mon	Sept 18-Dec 4	6-8p.m.	McLurg School	\$5 drop-in/session
Low-impact Latin-inspired dance cardio class with instructor Kerri	16+ yrs	Thu	Sep 21-Nov 30	6:15-7p.m.	McLurg School	\$50

Regent Park Community Association

facebook.com/regentparkca

Contact: Korin Uhryn Email: regentparkca@live.com Registration Date: Contact the zone or association directly Registration Location: Elsie Mironuck School

Welcome to Regent Park! We are excited to be offering some fun, diverse programs for our local community and city. A current Community Membership is required. Memberships are available for \$10/year at registration night, or by contacting us.

We are a Nonprofit community group that our mission is to enhance the quality of life to all of our residents making their living environment a safe, fun, and enriching place to live and grow. We provide recreation and community events to build and connect our community.

Come try out our programs at our drop-in class rate of \$10/class for Fitness and Zumba.

We meet on the 3rd Thursday of every month, from September-June. You are welcome to attend any meeting.

For more information and to keep in contact find us on Facebook at Regent Park Regina Community Association.

We are always looking for volunteers to help put on these fun programs for our community. We welcome any new ideas for programs you may have.

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Badminton		Tue	Sep-Dec	7-9p.m.	Elsie Mironuck School	\$5/semester	
Co - ED Fitness class		Wed	Sep-Dec	5:30-6:30p.m.	Elsie Mironuck School	\$50	
Zumba		Tue	Sep-Dec	6-7p.m.	Elsie Mironuck School	\$65	

Rosemont/Mount Royal Community Association

rmrca.com

Contact: Theresa Porter Email: mail@rmrca.com Registration Date: Online: September 5-12 In-Person: Tuesday September 12 (7-8p.m.)

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. Meetings are held the first Tuesday of each month, September through June, email mail@rmrca. com if interested in attending. All residents are welcome. Thank you to the Community Initiative Fund (CIF) for the sponsorship of RMRCA programming, and to the City of Regina for the Snow Angels grant.

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Basketball Skills	7-9 yrs	Wed	Sep 20-Nov 22	6:30-7:30p.m.	Walker Community School - Gym	\$50		
Basketball Skills	10-13 yrs	Wed	Sep 20-Nov 22	7:45-8:45p.m.	Walker Community School - Gym	\$50		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Zumba	18+ yrs	Mon	Sep 18-Dec 4 (no class Oct 2 & 9, Nov 13)	6:30-7:30p.m.	Walker Community School - Gym	\$50		
Yoga	18+ yrs	Mon	Sep 18-Dec 4 (no class Oct 2 & 9, Nov 13)	7:45-8:45p.m.	Walker Community School - Gym	\$50		
Tai Chi (also Chair Tai Chi)	18+ yrs	Tue	Sep 19-Nov 21	10-11a.m.	Online - Zoom	\$5 community membership		
Fire and Fitness Flow	18+ yrs	Tue	Sep 19-Nov 28 (no class Oct 10)	7-8p.m.	Walker Community School - Gym	\$50		
Chair Yoga	18+ yrs	Thu	Sep 21-Nov 23	9-10a.m.	Online - Zoom	\$5 community membership		

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Foreverin Motion	55+ Yrs	Mon	Sep 18-Nov 27 (No Class Oct 9)	10-11a.m.	ТВА	\$5 community membership		
Foreverin Motion	55+ Yrs	Wed	Sept 20-Nov 22	10-11a.m.	ТВА	\$5 community membership		
Foreverin Motion	55+ Yrs	Fri	Sept 22-Nov 24	10-11a.m.	ТВА	\$5 community membership		

Sherwood Estates/Mccarthy Park Community Association

semp.ca

Contact: semp@sasktel.net Email: semp@sasktel.net Registration Date: Contact the zone or association directly Registration Location: Contact the zone or association directly

The Sherwood Estates/McCarthy Park (SEMP) Community Association serves the area from 9th Avenue to Rochdale Boulevard and from McCarthy Boulevard to Courtney Street. For volunteer opportunities, please contact semp@sasktel.net or visit semp.ca.

Twin Lakes Community Association

tlca.ca

Contact: twinlakescommunity@gmail.com (main contact)
Email: twinlakesprograms@gmail.com (programs/inquiries)

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

twinlakesbabysittingcourse@gmail.com (babysitting and home alone)
twinlakesdanceprogram@gmail.com (dance program only)

twinlakesdanceprogram@gmail.com (dance program only) twinlakescheerprogram@gmail.com (cheer program only)

2023-24 Membership Registration available from August 1, 2023 to July 31, 2024.

Visit tlca.ca for class descriptions, online registration and to purchase your TLCA membership and receive your membership number. Any changes or updates to our classes will be available through our website. You must have a valid email address to register and to receive important updates throughout the year.

Please note that to register for any community association programming, a valid Community Association membership is required. A membership card can be purchased for \$10.

Please Note: For community updates, like us on Facebook - Twin Lakes Community Association.

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Cheer - U6 Novice Level 1	3-4 yrs	Tue	Sep 25-Apr 14	6-6:50p.m.	St. Angela Merici	\$350		
Dance - Ballet/Tap Combo	3-5 yrs	Mon	Sep 25-Apr 15	6-6:50p.m.	Winston Knoll	\$320		
Dance - Ballet/Tap Combo	3-5 yrs	Tue	Sep 26-Apr 16	6-6:50p.m.	Winston Knoll	\$320		
Dance - Ballet/Jazz Combo	3-5 yrs	Wed	Sep 25-Apr 14	6-6:50p.m.	Winston Knoll	\$320		

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Babysitting - September	11+ yrs	Wed	Sep 13-27	5:30-8p.m.	NWLC	\$30	
Babysitting - October	11+ yrs	Wed	Oct 4-18	5:30-8p.m.	NWLC	\$30	
Babysitting - November	11+ yrs	Tue	Nov 7-21	5:30-8p.m.	NWLC	\$30	
Babysitting - December	11+ yrs	Fri	Dec 1-15	5:30-8p.m.	NWLC	\$30	
Cheer - U6 Level 1	5-6 yrs	Mon	Sep 25-Apr 14	6-6:50p.m.	St. Angela Merici	\$340	
Cheer - U6 Pom	5-6 yrs	Tue	Sep 25-Apr 14	6-6:50p.m.	St. Angela Merici	\$350	
Cheer - U6 Level 1	5-6 yrs	Wed	Sep 25-Apr 14	6-6:50p.m.	St. Angela Merici	\$350	
Cheer - U8 Level 1	7-8 yrs	Mon	Sep 25-Apr 14	7-7:50p.m.	St. Angela Merici	\$340	
Cheer - U8 Pom	7-8 yrs	Tue	Sep 25-Apr 14	7-7:50p.m.	St. Angela Merici	\$350	
Cheer - U8 Level 1	7-8 yrs	Wed	Sep 25-Apr 14	7-7:50p.m.	St. Angela Merici	\$350	
Cheer - U8 Level 1	7-8 yrs	Thu	Sep 25-Apr 14	7-7:50p.m.	St. Angela Merici	\$350	
Cheer - U12 Level 1	9-12 yrs	Mon	Sep 25-Apr 14	8-9p.m.	St. Angela Merici	\$370	
Cheer - U12 Level 1	9-12 yrs	Wed	Sep 25-Apr 14	8-9p.m.	St. Angela Merici	\$380	
Cheer - U14 Pom	9-14 yrs	Tue	Sep 25-Apr 14	8-9p.m.	St. Angela Merici	\$380	
Cheer - U14 Level 1	10-14 yrs	Thu	Sep 25-Apr 14	8-9p.m.	St. Angela Merici	\$380	
Dance - Ballet/Jazz Combo	6-8yrs	Wed	Sep 27-Apr 17	7-7:50p.m.	Winston Knoll	\$320	
Dance - Hip Hop	6-8yrs	Tue	Sep 26-Apr 16	7-7:50p.m.	Winston Knoll	\$320	
Dance - Hip Hop	9+ yrs	Tue	Sep 26-Apr 16	8-8:50p.m.	Winston Knoll	\$320	
Dance - Jazz	6-8 yrs	Mon	Sep 25-Apr 15	7-7:50p.m.	Winston Knoll	\$320	
Dance - Jazz/Musical Theatre	9+ yrs	Mon	Sep 25-Apr 15	8-8:50p.m.	Winston Knoll	\$320	
Dance - Song/Dance + Tap	6-10 yrs	Fri	Sep 29-Apr 19	6-6:50p.m.	Winston Knoll	\$320	
Dance - Song/Dance	6+ yrs	Thu	Sep 28-Apr 18	7-7:50p.m.	Winston Knoll	\$320	
Dance - Tap/Jazz Combo	6-8 yrs	Thu	Sep 28-Apr 18	6-6:50p.m.	Winston Knoll	\$320	
Dance - Tap	9+ yrs	Fri	Sep 29-Apr 19	7-7:50p.m.	Winston Knoll	\$320	
Home Alone - September	10+ yrs	Thu	Sep 28	5:30-8:30p.m.	NWLC	\$20	
Home Alone - October	10+ yrs	Wed	Oct 25	5:30-8:30p.m.	NWLC	\$20	
Home Alone - November	10+ yrs	Tue	Nov 28	5:30-8:30p.m.	NWLC	\$20	
Home Alone - December	10+ yrs	Mon	Dec 4	5:30-8:30p.m.	NWLC	\$20	
Smashball - FUNdamendals	6-8 yrs	Mon	Sep 18-Nov 27	6:15-7:15p.m.	MacNeill	\$60	
Smashball Learn to Train	9-12 yrs	Mon	Sep 18-Nov 27	7:15-8:45p.m.	MacNeill	\$60	

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Dance - Adult Ballet	18+ yrs	Wed	Sep 27-Apr 17	8-8:50p.m.	Winston Knoll	\$320	
Dance - Adult Tap/Jazz Intermediate/Advanced	18+ yrs	Thu	Sep 28-Apr 18	8-8:50p.m.	Winston Knoll	\$320	
Dance - Adult Tap Beginner	18+ yrs	Fri	Sep 29-Apr 19	8-8:50p.m.	Winston Knoll	\$320	
Yoga	18+ yrs	Thu	Sep 28-Nov 30	6:30-7:30p.m.	St. Jerome School	\$70	
Barre Sculpt	18+ yrs	Wed	Sep 27-Nov 29	6:30-7:30p.m.	St. Jerome School	\$70	
Body Blast	18+ yrs	Tue	Sep 26-Nov 28	6:30-7:30p.m.	St. Jerome School	\$70	

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

Registration Date: September 12
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 card can be purchased from Terry Michell for \$5. Email: walrgr.memberships@gmail.com or Phone: 306-761-0304.

For "Tae Kwon Do", please contact Master Bryan Folk, phone 306-949-7067, or email b.folktkd@hotmail.com. This program has ongoing registrations.

For "Sportball", please contact Tina, email tinak@sportball.ca

For "Bricks 4 Kidz", registration is online (www.bricks4kidz.com/regina) or at registration night.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	6 yrs +	Tue & Thu	Sep 14-Jun 6	6:30-8p.m.	Henry Janzen School - Large Gym	\$40/month		

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Sep 9-Oct 28	9-9:45a.m.	Henry Janzen School - Large Gym	\$144	
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Sep 9-Oct 28	10-10:45a.m.	Henry Janzen School - Large Gym	\$144	
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Sep 10-Oct 29	3:15-4p.m.	NWLC Gym	\$165	
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Sep 10-Oct 29	4:10-4:55p.m.	NWLC Gym	\$165	
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Nov 4-Dec 9	9-9:45a.m.	Henry Janzen School - Large Gym	\$123	
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Nov 4-Dec 9	9:50-10:35a.m.	Henry Janzen School - Large Gym	\$123	
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Nov 5-Dec 17	3:15-4p.m.	NWLC Gym	\$165	
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Nov 5-Dec 17	4:10-4:55p.m.	NWLC Gym	\$165	

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Sportball-Coach & Child Multi-sport	4-6 yrs	Sat	Sep 9-Oct 28	11a.m12p.m.	Henry Janzen School - Large Gym	\$144	
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Sep 10-Oct 29	1-2p.m.	NWLC Gym	\$165	
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Sep 10-Oct 29	2:05-3:05p.m.	NWLC Gym	\$123	
Sportball-Coach & Child Multi-sport	4-6 yrs	Sat	Nov 4-Dec 9	10:45-11:45a.m.	Henry Janzen School - Large Gym	\$123	
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Nov 5-Dec 17	1-2p.m.	NWLC Gym	\$165	
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Nov 5-Dec 17	2:05-3:05p.m.	NWLC Gym	\$165	
Tae Kwon Do	6 yrs +	Tue & Thu	Sep 14-Jun 6	6:30-8p.m.	Henry Janzen School - Large Gym	\$40/month	
Bricks 4 Kidz-Early Engineers	6 yrs +	Wed	Sep 20-Oct 25	6:15-7:15p.m.	George Lee School - Gym	\$90/6 sessions	
Bricks 4 Kidz-Lego Robotics & Coding	9 yrs +	Wed	Sep 20-Oct 25	7:30-8:45p.m.	George Lee School - Gym	\$150/6 sessions	
Bricks 4 Kidz-Early Engineers	6 yrs +	Wed	Nov 1-Dec 6	6:15-7:15p.m.	George Lee School - Gym	\$90/6 sessions	
Bricks 4 Kidz-Lego Robotics and Coding	9 yrs +	Wed	Nov 1-Dec 6	7:30-8:45p.m.	George Lee School - Gym	\$150/6 sessions	

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tae Kwon Do	13 yrs +	Tue, Thu	Sep 14-Jun 6	6:30-8p.m.	Henry Janzen School - Large Gym	\$40/month		

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Tae Kwon Do	18 yrs +	Tue, Thu	Sep 14-Jun 6	6:30-8p.m.	Henry Janzen School - Large Gym	\$40/month	
Recreational Volleyball	16 yrs +	Mon	Sep 18-Dec 4	8-10p.m.	St. Bernadette School Gym	\$15	
Skilled Volleyball	16 yrs +	Thu	Sep 14-Dec 7	8-10p.m.	George Lee School - Gym	\$15	
Pickleball	16 yrs +	Sat	Sep 16-Dec 9	1-3p.m.	Henry Janzen School - Both Gyms	\$15	
Pickleball	16 yrs +	Sun	Sep 17-Dec 10	3-5p.m.	Henry Janzen School - Both Gyms	\$15	
Yoga	16 yrs +	Sun	Sep 24-Dec 10	6:30-7:30p.m.	George Lee - Gym	\$60	
Yoga	16 yrs +	Mon	Sep 25-Dec 4	6:30-7:30p.m.	George Lee - Gym	\$60	

