

Leisure Guide

Fall 2024

Registration dates:

Residents - August 13

Non-Residents - August 15



**Inclusive and
affordable fun
for everyone!**

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

 **REGINA**

When does registration start?

Regina residents:

Tuesday, August 13

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

Non-residents:

Thursday, August 15

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

3 easy ways to register

1

Online Registration

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

Make sure you create your online account before registration day!

2

Call 306-777-PLAY (7529)

PlayLine operating hours:

Monday – Friday: 9 a.m. – 8 p.m.
 Saturday – Sunday: 9 a.m. – 7 p.m.
 Statutory holidays: 1:30 – 3:30 p.m.

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

3

Visit a Facility

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

Program Cancellations, Withdrawals, Transfers & Late Registrations

Cancellations

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

Withdrawals

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

Transfers

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

Late Registrations

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

See full details at Regina.ca/recreation.

Payment Methods

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

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Recreation For All



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

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

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

RENTAL INFORMATION



South Leisure Centre-Kitchen

If you are planning a cultural or sporting event, community program, meeting, wedding, birthday party, or other special event, the City of Regina offers a wide variety of facility rentals located throughout the city. The facilities have many amenities to choose from and can accommodate groups from 3 to 300.

Sport and Recreation Facilities

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


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

Leisure Centres, Sportplex and Neil Balkwill Civic Arts Centre

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

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

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

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

MORE THAN FITNESS



Stay active while having fun!

A City of Regina Leisure Pass provides you:

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

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



*Adult Leisure Pass cost for an annual membership paid monthly

Leisure Pass (Plus Applicable Taxes):

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

Single & Bulk Admissions (Plus Applicable Taxes):

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

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

Multipurpose Recreational Facilities



Get fit, get creative, have fun!

Registered programs

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

Drop-in activities and fitness

Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities at Regina.ca/dropin or see page 9.

NEIL BALKWILL CIVIC ARTS CENTRE

2420 Elphinstone St.

306-777-PLAY (7529)

balkwillcentre@regina.ca



Hours may vary according to program needs.

Facility hours:

September 1-December 30

Monday – Thursday: 8:30 a.m. - 5 p.m.
and 6:30 - 10 p.m.

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.



NORTH WEST LEISURE CENTRE

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


Facility hours:

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

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



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.

Lawson Aquatic Centre will be closed for annual maintenance August 19 – September 8 inclusive. The Strength & Conditioning area will be closed August 19 – 25.

Fieldhouse

- Impact-absorbing synthetic floor • Six lane 200-metre oval track
- Four tennis courts • Five badminton courts • Two classrooms
- Wheelchair accessible strength and conditioning area
- All-gender/family change room with overhead lift and plinth changing table

Lawson Aquatic Centre

- Eight lane 65-metre pool, 28°C • Chair lifts into tot pool and main pool
- Sling lift into hot tub
- Warm toddler pool, 30°C
- Men's and women's dry sauna • Strength and conditioning area
- 1 and 3-metre diving boards • 5, 7.5 and 10-metre diving towers
- Whirlpool • Outdoor suntanning area
- All-gender/family change room with overhead sling lift and plinth changing table

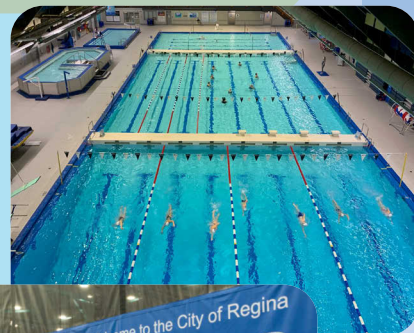
SANDRA SCHMIRLER LEISURE CENTRE

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

Facility hours:

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

- Main pool ranging in depth from .45 to 3 metres
 - Pool slides • Umbrella rain tree
 - 1-metre diving board
- Overhead lift available for access into pool
 - Chair lift access into all bodies of water
- All-gender/family change room with overhead sling lift and plinth changing table
 - Large whirlpool and co-ed dry sauna
- Strength and conditioning area • Activity room





Outdoor Pools

Check out Regina.ca/outdoorpools for daily swim schedules.

Outdoor Pools

Massey Pool
100 Massey Rd.
306-777-7377

Regent Pool
3600 McKinley Ave.
306-777-7376

Buffalo Meadows Pool
1401 Montague St.
306-777-7375

Maple Leaf Pool
1104 14th Ave.
306-777-7374

Wascana Pool
2400 Wascana Dr.
306-777-PLAY (7529)

• Admission is free at
**Buffalo Meadows Pool and
Maple Leaf Pool**

Visit Regina.ca/outdoorpools for pool schedules and end of season dates for pools and spray pads.

Spray Pads

Imperial Park
Rose St. and 3rd Ave. N

Kinsmen Park North
Pasqua St. and 2nd Ave.

Rosemont Park
Grace St. and 6th Ave.

Maple Ridge Park
Maple Ridge Dr.

Glen Elm Park
Bond St. and 9th Ave.

Queen Elizabeth Jubilee Park
McKay St. and 18th Ave.

Rick Hansen Optimist Playground
1010 McCarthy Blvd.

Kinsmen Park South
Westgate Ave. and Kings Rd.

Parkridge Park
7th Ave. and Wadey Cres.

Varsity Park
Phillip Rd. and Pederson Cres.

Gocki Park
Lindsay St. and 14th Ave.

Eastview Park
4th Ave. and Broder St.

Sandra Schmirler Leisure Centre
3130 East Woodhams Dr.

South Leisure Centre
170 Sunset Dr.

North West Leisure Centre
1127 Arnason St.

Wascana Pool
2400 Wascana Dr.

Māowimīwēyitamōwin Park
3750 McKinley Ave.

Spray pads are a great water play experience and an easy way to cool off during the summer! Open daily from 9 a.m. to 8 p.m., from May 17 to mid-September (weather permitting). Visit Regina.ca/spraypads for more information.



Looking for the Drop-in Schedule?

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



Schedules include:

- Public Swimming
- Aquatic & Land Fitness
- Fine Arts
- Public Skating ...and more!



Warm up with Free Drop-In Winter Activities!

FREE PUBLIC SKATING

October to March

Jack Hamilton – 1010 McCarthy Boulevard

Starts October 14, 2024	Mondays	6 – 8 p.m.	Free
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Clarence Mahon Arena – 130 Brotherton Avenue

Starts October 15, 2024	Tuesdays	6 – 8 p.m.	Free
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Al Ritchie Arena – 2230 Linsday Street

Starts October 2, 2024 Closed December 25 & January 1	Wednesdays	6 – 7:45 p.m.	Free
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School's Out Winter Break

Clarence Mahon Arena – 130 Brotherton Avenue

December 26, 2024	Thursday	6 – 8 p.m.	Free
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Doug Wickenheiser Arena - 1127 Arnason Street

December 30, 2024	Monday	12:15 – 3:15 p.m.	Free
January 3, 2025	Friday	8:45 – 11:45 a.m.	Free

Al Ritchie Arena – 2230 Linsday Street

January 2, 2025	Thursday	1:15 – 4:15 p.m.	Free
January 3, 2025	Friday	8:45 – 11:45 a.m.	Free

Visit Regina.ca/rinks for the full public skate schedule & guidelines



FREE PUBLIC SWIM

November

North West Leisure Centre – 1127 Arnason Street

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

Sandra Schmirler Leisure Centre - 3130 East Woodhams Drive

December 15, 2024	Sunday	1:30 – 5 p.m.	Free
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FREE Winter Try It Activity Sessions

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

November Try It Sessions

mâmaxwêyatitân centre - 3355 6th Ave, Regina

November 17, 2024	Sunday	1-3 p.m.	Free
November 24, 2024	Sunday	1-3 p.m.	Free

December Try It Sessions

Neil Balkwill Civic Arts Centre - 2420 Elphinstone St

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

December 8, 15, 22, 29, 2024	Sundays	1-4 p.m.	Free
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*Snowshoes are limited and available on a first come, first-served basis.



Looking for more to do this winter?

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





Swim for Life Aquatic Registration Guidelines

Still unsure what level to register for?

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

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

The swimmer is 5 years or older and CAN ALREADY perform the following skills:		Register in:	This class is most similar to:
Swimmer	Is 5-12 years and just starting out	Swimmer 1	Red Cross Swim Kids 1 or 2 YMCA Otter or Seal
	Is 8-14 years and just starting out	Youth Swimmer 1	Red Cross Swim Kids 1 or 2 YMCA Otter or Seal
	<input type="checkbox"/> Jump into deep water wearing a PFD <input type="checkbox"/> Tread water, submerge and exhale <input type="checkbox"/> Front and back floats, glides, flutter kick and front crawl wearing a PFD	Swimmer 2	Red Cross Swim Kids 3 YMCA Dolphin or Swimmer
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 2	
	<input type="checkbox"/> Jump into deep water, perform sideways entries wearing a PFD <input type="checkbox"/> Support self at surface 15 sec <input type="checkbox"/> Recover an object from the bottom <input type="checkbox"/> Flutter kick on front and back, whip kick in vertical position, swim 10m front and back crawl	Swimmer 3	Red Cross Swim Kids 4 or 5 YMCA Star 1
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 3	
	<input type="checkbox"/> Kneeling dives, forward rolls, front somersaults <input type="checkbox"/> Tread water 30 sec <input type="checkbox"/> Jump into deep water <input type="checkbox"/> Flutter kicks, 10m whip kick on back, swim 15m front and back crawl	Swimmer 4	Red Cross Swim Kids 6 YMCA Star 2
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 4	
	<input type="checkbox"/> Swim to Survive Standard: <ul style="list-style-type: none"> • Roll – tread 1 min. • Swim 50m <input type="checkbox"/> Standing dives <input type="checkbox"/> Underwater swim <input type="checkbox"/> 15m whip kick on front, breaststroke arms with breathing <input type="checkbox"/> Front and back crawl 25m	Swimmer 5	Red Cross Swim Kids 7 YMCA Star 3
	<input type="checkbox"/> Shallow dives, tuck jumps, stationary eggbeater, scissor kick <input type="checkbox"/> 25m breaststroke <input type="checkbox"/> 50m front and back crawl, head up front crawl <input type="checkbox"/> Interval training 4x50m	Swimmer 6	Red Cross Swim Kids 8 YMCA Star 4
	<input type="checkbox"/> Stride entries, compact jumps <input type="checkbox"/> Legs only surface support for 45 sec <input type="checkbox"/> 25m breaststroke <input type="checkbox"/> 100m front crawl, back crawl and head up front crawl <input type="checkbox"/> 300m workout	Rookie Patrol	Red Cross Swim Kids 9 YMCA Star 5
	<input type="checkbox"/> Front crawl, back crawl, and breaststroke over 50m each <input type="checkbox"/> Timed 100m swims <input type="checkbox"/> 350m workouts	Ranger Patrol	Red Cross Swim Kids 10 YMCA Star 6
	<input type="checkbox"/> Front crawl, back crawl, and breaststroke over 75m each <input type="checkbox"/> 100m lifesaving medley <input type="checkbox"/> Timed 200m swims	Star Patrol	Red Cross Swim Kids 10 YMCA Star 6

Swimming Lessons



Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Preschool Aquatics – Lifesaving Swim for Life

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

Parent & Tot 1

4-12 months

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

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

LAC	75114	Tue	Sep 10-Oct 29	4:55-5:25p.m.	\$56.00
	75115	Sat	Sep 14-Nov 2	9:30-10a.m.	\$49.00
	75116	Sat	Sep 14-Nov 2	12:30-1p.m.	\$49.00
	75117	Sun	Sep 15-Nov 3	10:45-11:15a.m.	\$49.00
	75119	Wed	Nov 6-Dec 18	4:55-5:25p.m.	\$49.00
	75120	Sun	Nov 10-Dec 22	11:45a.m.-12:20p.m.	\$49.00
NWLC	74441	Tue	Sep 3-Oct 29	2:15-2:45p.m.	\$63.00
	75174	Wed	Sep 4-Oct 30	4:35-5:05p.m.	\$63.00
	75175	Thu	Sep 5-Oct 31	9-9:30a.m.	\$63.00
	75817	Mon	Sep 9-Oct 28	5:10-5:45p.m.	\$49.00
	75890	Mon	Nov 4-Dec 16	5:10-5:45p.m.	\$49.00
	75532	Tue	Nov 5-Dec 17	2:15-2:45p.m.	\$49.00
	75534	Tue	Nov 5-Dec 17	5:15-5:45p.m.	\$49.00
	75537	Wed	Nov 6-Dec 18	5:15-5:45p.m.	\$49.00
	75540	Thu	Nov 7-Dec 19	9-9:30a.m.	\$49.00

NWLC	75541	Thu	Nov 7-Dec 19	4:35-5:05p.m.	\$49.00
	75542	Sun	Nov 10-Dec 22	10:20-10:50a.m.	\$49.00
SSLC	74795	Tue	Sep 3-Oct 29	11:05-11:35a.m.	\$63.00
	74794	Tue	Sep 3-Oct 29	4:45-5:15p.m.	\$63.00
	74855	Wed	Sep 4-Oct 30	10:50-11:20a.m.	\$63.00
	74854	Wed	Sep 4-Oct 30	6-6:30p.m.	\$63.00
	74986	Thu	Sep 5-Oct 31	5:25-5:55p.m.	\$63.00
	75142	Fri	Sep 6-Nov 1	4:45-5:15p.m.	\$63.00
	75273	Sat	Sep 7-Nov 2	11:10-11:40a.m.	\$63.00
	75274	Sat	Sep 7-Nov 2	1:30-2p.m.	\$63.00
	75445	Sun	Sep 8-Nov 3	11:10-11:40a.m.	\$63.00
	74756	Mon	Sep 9-Oct 28	10:40-11:15a.m.	\$49.00
	74755	Mon	Sep 9-Oct 28	4:50-5:25p.m.	\$49.00
	75533	Mon	Nov 4-Dec 16	10:40-11:15a.m.	\$49.00
	75531	Mon	Nov 4-Dec 16	4:50-5:25p.m.	\$49.00
	75562	Tue	Nov 5-Dec 17	10:50-11:20a.m.	\$49.00
	75560	Tue	Nov 5-Dec 17	6-6:30p.m.	\$49.00
	75671	Wed	Nov 6-Dec 18	11:05-11:35a.m.	\$49.00
	75670	Wed	Nov 6-Dec 18	4:45-5:15p.m.	\$49.00
	75706	Thu	Nov 7-Dec 19	4:45-5:15p.m.	\$49.00
75735	Fri	Nov 8-Dec 20	5:25-5:55p.m.	\$49.00	
75771	Sat	Nov 9-Dec 21	11:10-11:40a.m.	\$49.00	
75772	Sat	Nov 9-Dec 21	1:30-2p.m.	\$49.00	
75847	Sun	Nov 10-Dec 22	11:10-11:40a.m.	\$49.00	

Parent & Tot 2

12-24 months

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

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

LAC	75126	Sat	Sep 14-Nov 2	10:40-11:10a.m.	\$49.00
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Parent & Tot 3

24-36 months

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

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

LAC	75133	Wed	Sep 11-Oct 30	6:45-7:15p.m.	\$56.00
	75134	Sat	Sep 14-Nov 2	1:25-1:55p.m.	\$49.00
	75138	Sun	Sep 14-Nov 2	1:25-1:55p.m.	\$49.00
	75480	Sun	Nov 10-Dec 22	10:55-11:30a.m.	\$49.00
	75481	Sun	Nov 10-Dec 22	12:30-1:05p.m.	\$49.00
NWLC	74842	Tue	Sep 3-Oct 29	4:35-5:05p.m.	\$63.00
	74845	Wed	Sep 4-Oct 30	11-11:30a.m.	\$63.00
	74844	Wed	Sep 4-Oct 30	5:45-6:15p.m.	\$63.00
	74846	Fri	Sep 6-Nov 1	5:10-5:40p.m.	\$63.00
	74848	Sat	Sep 7-Nov 2	12:35-1:05p.m.	\$63.00
	74849	Sat	Sep 7-Nov 2	12:40-1:10p.m.	\$63.00
	74869	Sun	Sep 8-Nov 3	9:35-10:05a.m.	\$63.00
	74868	Sun	Sep 8-Nov 3	11:50a.m.-12:20p.m.	\$63.00
	75567	Tue	Nov 5-Dec 17	5:55-6:25p.m.	\$49.00
	75573	Wed	Nov 6-Dec 18	11-11:30a.m.	\$49.00
	75574	Wed	Nov 6-Dec 18	4:35-5:05p.m.	\$49.00
	75576	Thu	Nov 7-Dec 19	5:45-6:15p.m.	\$49.00
	75580	Sat	Nov 9-Dec 21	9:35-10:05a.m.	\$49.00
	75581	Sat	Nov 9-Dec 21	11:50a.m.-12:20p.m.	\$49.00
SSLC	74772	Tue	Sep 3-Oct 29	11:40a.m.-12:10p.m.	\$63.00
	74771	Tue	Sep 3-Oct 29	6-6:30p.m.	\$63.00
	74864	Wed	Sep 4-Oct 30	4:45-5:15p.m.	\$63.00
	75299	Sat	Sep 7-Nov 2	10:15-10:45a.m.	\$63.00
	75297	Sat	Sep 7-Nov 2	12:45-1:15p.m.	\$63.00
	75302	Sat	Sep 7-Nov 2	1:40-2:10p.m.	\$63.00
	75443	Sun	Sep 8-Nov 3	10:15-10:45a.m.	\$63.00
	75442	Sun	Sep 8-Nov 3	12:45-1:15p.m.	\$63.00
	74748	Mon	Sep 9-Oct 28	11:20-11:55a.m.	\$49.00
	74747	Mon	Sep 9-Oct 28	5:20-5:55p.m.	\$49.00
	75517	Mon	Nov 4-Dec 16	11:20-11:55a.m.	\$49.00
	75516	Mon	Nov 4-Dec 16	5:20-5:55p.m.	\$49.00
	75570	Tue	Nov 5-Dec 17	4:45-5:15p.m.	\$49.00
	75639	Wed	Nov 6-Dec 18	11:40a.m.-12:10p.m.	\$49.00
75638	Wed	Nov 6-Dec 18	6-6:30p.m.	\$49.00	
75783	Sat	Nov 9-Dec 21	10:15-10:45a.m.	\$49.00	
75782	Sat	Nov 9-Dec 21	12:45-1:15p.m.	\$49.00	
75859	Sun	Nov 10-Dec 22	10:15-10:45a.m.	\$49.00	
75858	Sun	Nov 10-Dec 22	12:45-1:15p.m.	\$49.00	

LAC	75127	Sun	Sep 15-Nov 3	11:35a.m.-12:05p.m.	\$49.00	
	75129	Tue	Nov 5-Dec 17	5:30-6p.m.	\$49.00	
	75131	Wed	Nov 6-Dec 18	6:05-6:35p.m.	\$49.00	
NWLC	74442	Tue	Sep 3-Oct 29	2:50-3:20p.m.	\$63.00	
	74443	Tue	Sep 3-Oct 29	5:10-5:40p.m.	\$63.00	
	74899	Wed	Sep 4-Oct 30	9-9:30a.m.	\$63.00	
	74900	Thu	Sep 5-Oct 31	4:05-4:35p.m.	\$63.00	
	74901	Sat	Sep 7-Nov 2	10:50-11:20a.m.	\$63.00	
	74902	Sun	Sep 8-Nov 3	11:45a.m.-12:15p.m.	\$63.00	
	74903	Sun	Sep 8-Nov 3	12:05-12:35p.m.	\$63.00	
	75818	Mon	Sep 9-Oct 28	2:20-2:55p.m.	\$49.00	
	75819	Mon	Sep 9-Oct 28	5:50-6:25p.m.	\$49.00	
	75891	Mon	Nov 4-Dec 16	5:50-6:25p.m.	\$49.00	
	75543	Tue	Nov 5-Dec 17	2:50-3:20p.m.	\$49.00	
	75544	Tue	Nov 5-Dec 17	5:50-6:20p.m.	\$49.00	
	75546	Wed	Nov 6-Dec 18	9-9:30a.m.	\$49.00	
	75549	Wed	Nov 6-Dec 18	5:10-5:40p.m.	\$49.00	
	75552	Fri	Nov 8-Dec 20	4:05-4:35p.m.	\$49.00	
	75553	Sat	Nov 9-Dec 21	12:05-12:35p.m.	\$49.00	
	75555	Sat	Nov 9-Dec 21	11:15-11:45a.m.	\$49.00	
	75561	Sun	Nov 10-Dec 22	10:50-11:20a.m.	\$49.00	
	SSLC	74774	Tue	Sep 3-Oct 29	4:05-4:35p.m.	\$63.00
		74773	Tue	Sep 3-Oct 29	5:10-5:40p.m.	\$63.00
74862		Wed	Sep 4-Oct 30	11:25-11:55a.m.	\$63.00	
74861		Wed	Sep 4-Oct 30	4:10-4:40p.m.	\$63.00	
74969		Thu	Sep 5-Oct 31	11-11:30a.m.	\$63.00	
74968		Thu	Sep 5-Oct 31	4:50-5:20p.m.	\$63.00	
75161		Sat	Sep 7-Nov 2	9:35-10:05a.m.	\$63.00	
75162		Sat	Sep 7-Nov 2	12:10-12:40p.m.	\$63.00	
75163		Sat	Sep 7-Nov 2	2:50-3:20p.m.	\$63.00	
75371		Sun	Sep 8-Nov 3	9:35-10:05a.m.	\$63.00	
75372		Sun	Sep 8-Nov 3	12:10-12:40p.m.	\$63.00	
74746		Mon	Sep 9-Oct 28	4:40-5:15p.m.	\$49.00	
75514		Mon	Nov 4-Dec 16	4:40-5:15p.m.	\$49.00	
75569		Tue	Nov 5-Dec 17	11:25-11:55a.m.	\$49.00	
75568		Tue	Nov 5-Dec 17	4:10-4:40p.m.	\$49.00	
75644		Wed	Nov 6-Dec 18	4:05-4:35p.m.	\$49.00	
75642		Wed	Nov 6-Dec 18	5:10-5:40p.m.	\$49.00	
75708		Thu	Nov 7-Dec 19	11:30a.m.-12p.m.	\$49.00	
75732		Fri	Nov 8-Dec 20	4:50-5:20p.m.	\$49.00	
75753		Sat	Nov 9-Dec 21	9:35-10:05a.m.	\$49.00	
75754		Sat	Nov 9-Dec 21	12:10-12:40p.m.	\$49.00	
75755		Sat	Nov 9-Dec 21	2:40-3:10p.m.	\$49.00	
75832		Sun	Nov 10-Dec 22	9:35-10:05a.m.	\$49.00	
75833		Sun	Nov 10-Dec 22	12:10-12:40p.m.	\$49.00	

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

Preschool 1 3-5 years

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

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

LAC	75176	Tue	Sep 10-Oct 29	5:35-6:05p.m.	\$56.00
	75179	Wed	Sep 11-Oct 30	5:35-6:05p.m.	\$56.00
	75182	Sat	Sep 14-Nov 2	10:05-10:35a.m.	\$49.00
	75184	Sat	Sep 14-Nov 2	12:30-1p.m.	\$49.00
	75185	Sun	Sep 15-Nov 3	9:35-10:05a.m.	\$49.00
	75186	Sun	Sep 15-Nov 3	10:10-10:40a.m.	\$49.00
	75189	Sun	Sep 15-Nov 3	11:30a.m.-12p.m.	\$49.00
	75220	Mon	Nov 4-Dec 16	6:30-7:05p.m.	\$49.00
	75221	Tue	Nov 5-Dec 17	6:50-7:20p.m.	\$49.00
	75222	Wed	Nov 6-Dec 18	6:40-7:10p.m.	\$49.00
	75223	Sun	Nov 10-Dec 22	9:35-10:10a.m.	\$49.00
	NWLC	74438	Tue	Sep 3-Oct 29	1:35-2:05p.m.
74439		Tue	Sep 3-Oct 29	4-4:30p.m.	\$63.00
74448		Tue	Sep 3-Oct 29	5:15-5:45p.m.	\$63.00
74440		Tue	Sep 3-Oct 29	5:55-6:25p.m.	\$63.00
74994		Wed	Sep 4-Oct 30	4:05-4:35p.m.	\$63.00
74993		Wed	Sep 4-Oct 30	5:10-5:40p.m.	\$63.00
74995		Thu	Sep 5-Oct 31	5:50-6:20p.m.	\$63.00
74997		Fri	Sep 6-Nov 1	4:40-5:10p.m.	\$63.00
75000		Sat	Sep 7-Nov 2	9:40-10:10a.m.	\$63.00
74998		Sat	Sep 7-Nov 2	10:10-10:40a.m.	\$63.00
75003		Sun	Sep 8-Nov 3	9:50-10:20a.m.	\$63.00
75022		Sun	Sep 8-Nov 3	10:45-11:15a.m.	\$63.00
75820		Mon	Sep 9-Oct 28	12:50-1:25p.m.	\$49.00
75821		Mon	Sep 9-Oct 28	3-3:35p.m.	\$49.00
75824		Mon	Sep 9-Oct 28	4:10-4:45p.m.	\$49.00
75823		Mon	Sep 9-Oct 28	5:30-6:05p.m.	\$49.00
75892		Mon	Nov 4-Dec 16	12:50-1:25p.m.	\$49.00
75894		Mon	Nov 4-Dec 16	4:10-4:45p.m.	\$49.00
75893		Mon	Nov 4-Dec 16	5:30-6:05p.m.	\$49.00
75591		Tue	Nov 5-Dec 17	1:35-2:05p.m.	\$49.00
75594		Tue	Nov 5-Dec 17	4:05-4:35p.m.	\$49.00
75592		Tue	Nov 5-Dec 17	5:10-5:40p.m.	\$45.00
75596		Wed	Nov 6-Dec 18	4-4:30p.m.	\$49.00
75598		Wed	Nov 6-Dec 18	5:55-6:25p.m.	\$49.00
75603		Thu	Nov 7-Dec 19	4:05-4:35p.m.	\$49.00
75600		Thu	Nov 7-Dec 19	5:10-5:40p.m.	\$49.00
75605		Fri	Nov 8-Dec 20	5:50-6:20p.m.	\$49.00

NWLC	75609	Sat	Nov 9-Dec 21	9:50-10:20a.m.	\$49.00
	75612	Sat	Nov 9-Dec 21	10:45-11:15a.m.	\$49.00
	75614	Sun	Nov 10-Dec 22	9:40-10:10a.m.	\$49.00
	75613	Sun	Nov 10-Dec 22	10:10-10:40a.m.	\$49.00
SSLC	74779	Tue	Sep 3-Oct 29	11:40a.m.-12:10p.m.	\$63.00
	74777	Tue	Sep 3-Oct 29	5:25-5:55p.m.	\$63.00
	74778	Tue	Sep 3-Oct 29	6-6:30p.m.	\$63.00
	74808	Wed	Sep 4-Oct 30	10:15-10:45a.m.	\$63.00
	74809	Wed	Sep 4-Oct 30	11:25-11:55a.m.	\$63.00
	74804	Wed	Sep 4-Oct 30	4-4:30p.m.	\$63.00
	74807	Wed	Sep 4-Oct 30	5:25-5:55p.m.	\$63.00
	74805	Wed	Sep 4-Oct 30	6-6:30p.m.	\$63.00
	74952	Thu	Sep 5-Oct 31	11:35a.m.-12:05p.m.	\$63.00
	74904	Thu	Sep 5-Oct 31	4-4:30p.m.	\$63.00
	74951	Thu	Sep 5-Oct 31	4:45-5:15p.m.	\$63.00
	74906	Thu	Sep 5-Oct 31	5:15-5:45p.m.	\$63.00
	75130	Fri	Sep 6-Nov 1	4:05-4:35p.m.	\$63.00
	75128	Fri	Sep 6-Nov 1	4:40-5:10p.m.	\$63.00
	75132	Fri	Sep 6-Nov 1	6-6:30p.m.	\$63.00
	75280	Sat	Sep 7-Nov 2	9:05-9:35a.m.	\$63.00
	75278	Sat	Sep 7-Nov 2	9:35-10:05a.m.	\$63.00
	75282	Sat	Sep 7-Nov 2	10:50-11:20a.m.	\$63.00
	75283	Sat	Sep 7-Nov 2	1-1:30p.m.	\$63.00
	75284	Sat	Sep 7-Nov 2	2:05-2:35p.m.	\$63.00
	75285	Sat	Sep 7-Nov 2	2:15-2:45p.m.	\$63.00
	75436	Sun	Sep 8-Nov 3	9:05-9:35a.m.	\$63.00
	75435	Sun	Sep 8-Nov 3	9:35-10:05a.m.	\$63.00
	75437	Sun	Sep 8-Nov 3	10:50-11:20a.m.	\$63.00
	75438	Sun	Sep 8-Nov 3	1-1:30p.m.	\$63.00
	75439	Sun	Sep 8-Nov 3	6:10-6:40p.m.	\$63.00
	74757	Mon	Sep 9-Oct 28	10-10:35a.m.	\$49.00
	74758	Mon	Sep 9-Oct 28	11:20-11:55a.m.	\$49.00
	74745	Mon	Sep 9-Oct 28	4-4:35p.m.	\$49.00
	74744	Mon	Sep 9-Oct 28	6:10-6:45p.m.	\$49.00
	75512	Mon	Nov 4-Dec 16	10-10:35a.m.	\$49.00
	75513	Mon	Nov 4-Dec 16	11:20-11:55a.m.	\$49.00
75510	Mon	Nov 4-Dec 16	4-4:35p.m.	\$49.00	
75509	Mon	Nov 4-Dec 16	6:10-6:45p.m.	\$49.00	
75550	Tue	Nov 5-Dec 17	10:15-10:45a.m.	\$49.00	
75551	Tue	Nov 5-Dec 17	11:25-11:55a.m.	\$49.00	
75545	Tue	Nov 5-Dec 17	4-4:30p.m.	\$49.00	
75548	Tue	Nov 5-Dec 17	5:25-5:55p.m.	\$49.00	
75547	Tue	Nov 5-Dec 17	6-6:30p.m.	\$49.00	
75649	Wed	Nov 6-Dec 18	11:40a.m.-12:10p.m.	\$49.00	
75647	Wed	Nov 6-Dec 18	5:25-5:55p.m.	\$49.00	
75648	Wed	Nov 6-Dec 18	6-6:30p.m.	\$49.00	
75699	Thu	Nov 7-Dec 19	11:35a.m.-12:05p.m.	\$49.00	

SSLC					
	75697	Thu	Nov 7-Dec 19	4:05-4:35p.m.	\$49.00
	75696	Thu	Nov 7-Dec 19	4:40-5:10p.m.	\$49.00
	75698	Thu	Nov 7-Dec 19	6-6:30p.m.	\$49.00
	75715	Fri	Nov 8-Dec 20	4-4:30p.m.	\$49.00
	75717	Fri	Nov 8-Dec 20	4:45-5:15p.m.	\$49.00
	75716	Fri	Nov 8-Dec 20	5:15-5:45p.m.	\$49.00
	75776	Sat	Nov 9-Dec 21	9:05-9:35a.m.	\$49.00
	75775	Sat	Nov 9-Dec 21	9:35-10:05a.m.	\$49.00
	75777	Sat	Nov 9-Dec 21	10:50-11:20a.m.	\$49.00
	75778	Sat	Nov 9-Dec 21	1-1:30p.m.	\$49.00
	75780	Sat	Nov 9-Dec 21	2:10-2:40p.m.	\$49.00
	75779	Sat	Nov 9-Dec 21	2:40-3:10p.m.	\$49.00
	75850	Sun	Nov 10-Dec 22	9:05-9:35a.m.	\$49.00
	75849	Sun	Nov 10-Dec 22	9:35-10:05a.m.	\$49.00
	75851	Sun	Nov 10-Dec 22	10:50-11:20a.m.	\$49.00
	75852	Sun	Nov 10-Dec 22	1-1:30p.m.	\$49.00
	75853	Sun	Nov 10-Dec 22	6:10-6:40p.m.	\$49.00

Preschool 2

3-5 years

In this level swimmers will work on entering and exiting water wearing a PFD, jumping into chest deep water, submerging and exhaling, as well as front and back floats wearing a PFD, front and back glides wearing a PFD and flutter kick.

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

LAC					
	75190	Wed	Sep 11-Oct 30	6:05-6:35p.m.	\$56.00
	75192	Thu	Sep 12-Oct 31	5:35-6:05p.m.	\$56.00
	75193	Sat	Sep 14-Nov 2	11:15-11:45a.m.	\$49.00
	75195	Sat	Sep 14-Nov 2	11:25-11:55a.m.	\$49.00
	75196	Sun	Sep 15-Nov 3	12:10-12:40p.m.	\$49.00
	75224	Tue	Nov 5-Dec 17	5:35-6:05p.m.	\$49.00
	75225	Wed	Nov 6-Dec 18	6:40-7:10p.m.	\$49.00
	75226	Sun	Nov 10-Dec 22	9:35-10:10a.m.	\$49.00
	75227	Sun	Nov 10-Dec 22	12:25-1p.m.	\$49.00
NWLC					
	74436	Tue	Sep 3-Oct 29	1:30-2p.m.	\$63.00
	74437	Tue	Sep 3-Oct 29	5:50-6:20p.m.	\$63.00
	75024	Wed	Sep 4-Oct 30	9:35-10:05a.m.	\$63.00
	75026	Wed	Sep 4-Oct 30	5:10-5:40p.m.	\$63.00
	75025	Wed	Sep 4-Oct 30	6-6:30p.m.	\$63.00
	75201	Thu	Sep 5-Oct 31	4:35-5:05p.m.	\$63.00
	75202	Fri	Sep 6-Nov 1	5:15-5:45p.m.	\$63.00
	75204	Fri	Sep 6-Nov 1	5:45-6:15p.m.	\$63.00
	75205	Sat	Sep 7-Nov 2	9-9:30a.m.	\$63.00
	75206	Sat	Sep 7-Nov 2	11:20-11:50a.m.	\$63.00
	75208	Sun	Sep 8-Nov 3	11:30a.m.-12p.m.	\$63.00
	75825	Mon	Sep 9-Oct 28	1:30-2:05p.m.	\$49.00
	75826	Mon	Sep 9-Oct 28	5:15-5:50p.m.	\$49.00
	75827	Mon	Sep 9-Oct 28	5-5:35p.m.	\$49.00

NWLC					
	75895	Mon	Nov 4-Dec 16	1:30-2:05p.m.	\$49.00
	75904	Mon	Nov 4-Dec 16	5-5:35p.m.	\$49.00
	75896	Mon	Nov 4-Dec 16	5:15-5:50p.m.	\$49.00
	75624	Tue	Nov 5-Dec 17	2-2:30p.m.	\$49.00
	75625	Tue	Nov 5-Dec 17	4:40-5:10p.m.	\$49.00
	75626	Tue	Nov 5-Dec 17	4:45-5:15p.m.	\$49.00
	75627	Wed	Nov 6-Dec 18	9:35-10:05a.m.	\$49.00
	75630	Wed	Nov 6-Dec 18	5:50-6:20p.m.	\$49.00
	75633	Thu	Nov 7-Dec 19	5:10-5:40p.m.	\$49.00
	75634	Thu	Nov 7-Dec 19	6-6:30p.m.	\$49.00
	75637	Fri	Nov 8-Dec 20	4:35-5:05p.m.	\$49.00
	75640	Sat	Nov 9-Dec 21	11:30a.m.-12p.m.	\$49.00
	75641	Sun	Nov 10-Dec 22	9-9:30a.m.	\$49.00
	75643	Sun	Nov 10-Dec 22	11:20-11:50a.m.	\$49.00
SSLC					
	74797	Tue	Sep 3-Oct 29	11:05-11:35a.m.	\$63.00
	74796	Tue	Sep 3-Oct 29	4:45-5:15p.m.	\$63.00
	74858	Wed	Sep 4-Oct 30	10:50-11:20a.m.	\$63.00
	74857	Wed	Sep 4-Oct 30	4:40-5:10p.m.	\$63.00
	75014	Thu	Sep 5-Oct 31	11:35a.m.-12:05p.m.	\$63.00
	75013	Thu	Sep 5-Oct 31	4:10-4:40p.m.	\$63.00
	75106	Fri	Sep 6-Nov 1	4:05-4:35p.m.	\$63.00
	75109	Fri	Sep 6-Nov 1	5:20-5:50p.m.	\$63.00
	75113	Fri	Sep 6-Nov 1	5:55-6:25p.m.	\$63.00
	75164	Sat	Sep 7-Nov 2	10:10-10:40a.m.	\$63.00
	75165	Sat	Sep 7-Nov 2	11:45a.m.-12:15p.m.	\$63.00
	75166	Sat	Sep 7-Nov 2	2:40-3:10p.m.	\$63.00
	75167	Sat	Sep 7-Nov 2	2:50-3:20p.m.	\$63.00
	75373	Sun	Sep 8-Nov 3	10:10-10:40a.m.	\$63.00
	75374	Sun	Sep 8-Nov 3	11:45a.m.-12:15p.m.	\$63.00
	75377	Sun	Sep 8-Nov 3	6:10-6:40p.m.	\$63.00
	75380	Sun	Sep 8-Nov 3	5:35-6:05p.m.	\$63.00
	74751	Mon	Sep 9-Oct 28	10-10:35a.m.	\$49.00
	74749	Mon	Sep 9-Oct 28	4:05-4:40p.m.	\$49.00
	74750	Mon	Sep 9-Oct 28	5:35-6:10p.m.	\$49.00
	75520	Mon	Nov 4-Dec 16	10-10:35a.m.	\$49.00
	75521	Mon	Nov 4-Dec 16	10:40-11:15a.m.	\$49.00
	75518	Mon	Nov 4-Dec 16	4:05-4:40p.m.	\$49.00
	75519	Mon	Nov 4-Dec 16	5:35-6:10p.m.	\$49.00
	75564	Tue	Nov 5-Dec 17	10:50-11:20a.m.	\$49.00
	75563	Tue	Nov 5-Dec 17	4:40-5:10p.m.	\$49.00
	75673	Wed	Nov 6-Dec 18	11:05-11:35a.m.	\$49.00
	75672	Wed	Nov 6-Dec 18	4:45-5:15p.m.	\$49.00
	75692	Thu	Nov 7-Dec 19	11:35a.m.-12:05p.m.	\$49.00
	75689	Thu	Nov 7-Dec 19	4:05-4:35p.m.	\$49.00
	75690	Thu	Nov 7-Dec 19	5:20-5:50p.m.	\$49.00
	75691	Thu	Nov 7-Dec 19	5:55-6:25p.m.	\$49.00
	75740	Fri	Nov 8-Dec 20	4:10-4:40p.m.	\$49.00
	75756	Sat	Nov 9-Dec 21	10:10-10:40a.m.	\$49.00
	75757	Sat	Nov 9-Dec 21	11:45a.m.-12:15p.m.	\$49.00

SSLC	75759	Sat	Nov 9-Dec 21	1:35-2:05p.m.	\$49.00
	75758	Sat	Nov 9-Dec 21	2:05-2:35p.m.	\$49.00
	75834	Sun	Nov 10-Dec 22	10:10-10:40a.m.	\$49.00
	75835	Sun	Nov 10-Dec 22	11:45a.m.-12:15p.m.	\$49.00
	75837	Sun	Nov 10-Dec 22	5:35-6:05p.m.	\$49.00
	75836	Sun	Nov 10-Dec 22	6:10-6:40p.m.	\$49.00

Preschool 3 3-5 years

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

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

LAC	75198	Tue	Sep 10-Oct 29	6:45-7:15p.m.	\$56.00
	75199	Thu	Sep 12-Oct 31	6:50-7:20p.m.	\$56.00
	75200	Sat	Sep 14-Nov 2	11:55a.m.-12:25p.m.	\$49.00
	75203	Sun	Sep 15-Nov 3	9:35-10:05a.m.	\$49.00
	75230	Mon	Nov 4-Dec 16	5:30-6:05p.m.	\$49.00
	75231	Wed	Nov 6-Dec 18	5:30-6p.m.	\$49.00
	75232	Thu	Nov 7-Dec 19	6:50-7:20p.m.	\$49.00
	75235	Sun	Nov 10-Dec 22	10:15-10:50a.m.	\$49.00
NWLC	74447	Tue	Sep 3-Oct 29	4:40-5:10p.m.	\$63.00
	75177	Wed	Sep 4-Oct 30	10:25-10:55a.m.	\$63.00
	75178	Wed	Sep 4-Oct 30	4-4:30p.m.	\$63.00

NWLC	75180	Thu	Sep 5-Oct 31	9:35-10:05a.m.	\$63.00
	75181	Thu	Sep 5-Oct 31	5:05-5:35p.m.	\$63.00
	75183	Fri	Sep 6-Nov 1	4:35-5:05p.m.	\$63.00
	75187	Sat	Sep 7-Nov 2	9:05-9:35p.m.	\$63.00
	75191	Sun	Sep 8-Nov 3	10:25-10:55a.m.	\$63.00
	75194	Sun	Sep 8-Nov 3	12:55-1:25p.m.	\$63.00
	75828	Mon	Sep 9-Oct 28	4:30-5:05p.m.	\$49.00
	75905	Mon	Nov 4-Dec 16	4:30-5:05p.m.	\$49.00
	75652	Wed	Nov 6-Dec 18	10:25-10:55a.m.	\$49.00
	75651	Wed	Nov 6-Dec 18	4:40-5:10p.m.	\$49.00
	75654	Thu	Nov 7-Dec 19	9:35-10:05a.m.	\$49.00
	75655	Thu	Nov 7-Dec 19	4-4:30p.m.	\$49.00
	75658	Fri	Nov 8-Dec 20	5:05-5:35p.m.	\$49.00
SSLC	75660	Sat	Nov 9-Dec 21	10:25-10:55a.m.	\$49.00
	75661	Sat	Nov 9-Dec 21	12:55-1:25p.m.	\$49.00
	75662	Sun	Nov 10-Dec 22	9:05-9:35a.m.	\$49.00
	74769	Tue	Sep 3-Oct 29	4:35-5:05p.m.	\$63.00
	74866	Wed	Sep 4-Oct 30	10:15-10:45a.m.	\$63.00
	74865	Wed	Sep 4-Oct 30	5:20-5:50p.m.	\$63.00
	75005	Thu	Sep 5-Oct 31	11-11:30a.m.	\$63.00
	74987	Thu	Sep 5-Oct 31	6-6:30p.m.	\$63.00
	75086	Fri	Sep 6-Nov 1	5:55-6:25p.m.	\$63.00
	75324	Sat	Sep 7-Nov 2	9:10-9:40a.m.	\$63.00
	75325	Sat	Sep 7-Nov 2	12:55-1:25p.m.	\$63.00

Join the City Lifeguard Team!

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



Regina.ca/jobs



SSLC	75327	Sat	Sep 7-Nov 2	1:40-2:10p.m.	\$63.00
	75448	Sun	Sep 8-Nov 3	9:10-9:40a.m.	\$63.00
	75450	Sun	Sep 8-Nov 3	12:55-1:25p.m.	\$63.00
	75451	Sun	Sep 8-Nov 3	6:15-6:45p.m.	\$63.00
	74759	Mon	Sep 9-Oct 28	10:40-11:15a.m.	\$49.00
	74730	Mon	Sep 9-Oct 28	4:50-5:25p.m.	\$49.00
	74731	Mon	Sep 9-Oct 28	6:50-7:25p.m.	\$49.00
	75486	Mon	Nov 4-Dec 16	4:50-5:25p.m.	\$49.00
	75488	Mon	Nov 4-Dec 16	6:50-7:25p.m.	\$49.00
	75572	Tue	Nov 5-Dec 17	10:15-10:45a.m.	\$49.00
	75571	Tue	Nov 5-Dec 17	5:20-5:50p.m.	\$49.00
	75635	Wed	Nov 6-Dec 18	4:35-5:05p.m.	\$49.00
	75688	Thu	Nov 7-Dec 19	11-11:30a.m.	\$49.00
	75687	Thu	Nov 7-Dec 19	5:55-6:25p.m.	\$49.00
	75736	Fri	Nov 8-Dec 20	6-6:30p.m.	\$49.00
	75787	Sat	Nov 9-Dec 21	9:10-9:40a.m.	\$49.00
	75788	Sat	Nov 9-Dec 21	12:55-1:25p.m.	\$49.00
	75789	Sat	Nov 9-Dec 21	2:45-3:15p.m.	\$49.00
	75867	Sun	Nov 10-Dec 22	9:10-9:40a.m.	\$49.00
75868	Sun	Nov 10-Dec 22	12:55-1:25p.m.	\$49.00	
75869	Sun	Nov 10-Dec 22	6:15-6:45p.m.	\$49.00	

Preschool 4

3-5 years

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

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

LAC	75207	Wed	Sep 11-Oct 30	5:35-6:05p.m.	\$56.00
	75209	Thu	Sep 12-Oct 31	5:35-6:05p.m.	\$56.00
	75210	Sat	Sep 14-Nov 2	12:05-12:35p.m.	\$49.00
	75238	Mon	Nov 4-Dec 16	5:30-6:05p.m.	\$49.00
	75244	Thu	Nov 7-Dec 19	5:35-6:05p.m.	\$49.00
	75246	Sun	Nov 10-Dec 22	10:25-11a.m.	\$49.00
NWLC	74814	Tue	Sep 3-Oct 29	4-4:30p.m.	\$63.00
	74836	Tue	Sep 3-Oct 29	5:45-6:15p.m.	\$63.00
	75214	Thu	Sep 5-Oct 31	4-4:30p.m.	\$63.00
	74818	Thu	Sep 5-Oct 31	5:10-5:40p.m.	\$63.00
	74820	Sun	Sep 8-Nov 3	9-9:30a.m.	\$63.00
	74821	Sun	Sep 8-Nov 3	10:55-11:25a.m.	\$63.00
	75889	Mon	Sep 9-Oct 28	5:45-6:20p.m.	\$49.00
	75907	Mon	Nov 4-Dec 16	2:20-2:55p.m.	\$49.00
	75906	Mon	Nov 4-Dec 16	5:45-6:20p.m.	\$49.00
	75664	Thu	Nov 7-Dec 19	5:45-6:15p.m.	\$49.00
	75665	Fri	Nov 8-Dec 20	4-4:30p.m.	\$49.00
76021	Sat	Nov 9-Dec 21	10:55-11:25a.m.	\$49.00	
SSLC	74878	Wed	Sep 4-Oct 30	4:15-4:45p.m.	\$63.00

SSLC	74967	Thu	Sep 5-Oct 31	4:45-5:15p.m.	\$63.00
	75307	Sat	Sep 7-Nov 2	9:40-10:10a.m.	\$63.00
	75444	Sun	Sep 8-Nov 3	9:40-10:10a.m.	\$63.00
	75454	Sun	Sep 8-Nov 3	5:40-6:10p.m.	\$63.00
	75579	Tue	Nov 5-Dec 17	4:15-4:45p.m.	\$49.00
	75731	Fri	Nov 8-Dec 20	4:45-5:15p.m.	\$49.00
	75784	Sat	Nov 9-Dec 21	9:40-10:10a.m.	\$49.00
	75860	Sun	Nov 10-Dec 22	9:40-10:10a.m.	\$49.00
	75861	Sun	Nov 10-Dec 22	5:40-6:10p.m.	\$49.00

Preschool 5

3-5 years

In this level swimmers will work on forward rolls wearing a PFD, treading water, submerge and hold breath, as well as whip kick in vertical position, front crawl, back crawl, and interval fitness training.

Prerequisite: Your child must be able to jump into deep water, perform sideways entries, treading water, open eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

LAC	75211	Sat	Sep 14-Nov 2	10:10-10:40a.m.	\$49.00
	75212	Sun	Sep 15-Nov 3	10:10-10:40a.m.	\$49.00
	75213	Sun	Sep 15-Nov 3	10:25-10:55a.m.	\$49.00
	75250	Mon	Nov 4-Dec 16	6:10-6:45p.m.	\$49.00
	75252	Tue	Nov 5-Dec 17	6:05-6:35p.m.	\$49.00
	75253	Wed	Nov 6-Dec 18	5:30-6p.m.	\$49.00
	75254	Sun	Nov 10-Dec 22	11:35a.m.-12:10p.m.	\$49.00
NWLC	75215	Thu	Sep 5-Oct 31	5:40-6:10p.m.	\$63.00
	75216	Fri	Sep 6-Nov 1	4:05-4:35p.m.	\$63.00
	75217	Sun	Sep 8-Nov 3	10:15-10:45a.m.	\$63.00
	76026	Tue	Nov 5-Dec 17	5:20-5:50p.m.	\$49.00
	76027	Thu	Nov 7-Dec 19	4:35-5:05p.m.	\$49.00
	76025	Fri	Nov 8-Dec 20	5:40-6:10p.m.	\$49.00
SSLC	76024	Sat	Nov 9-Dec 21	10:15-10:45a.m.	\$49.00
	74981	Thu	Sep 5-Oct 31	6-6:30p.m.	\$63.00
	75453	Sun	Sep 8-Nov 3	11:05-11:35a.m.	\$63.00
	75733	Fri	Nov 8-Dec 20	6-6:30p.m.	\$49.00
75790	Sat	Nov 9-Dec 21	11:05-11:35a.m.	\$49.00	

Child Aquatics – Lifesaving Swim for Life

Swimmer 1

5-12 years

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

LAC	75263	Tue	Sep 10-Oct 29	5:30-6p.m.	\$56.00
	75264	Tue	Sep 10-Oct 29	6:25-6:55p.m.	\$56.00
	75266	Wed	Sep 11-Oct 30	1:30-2p.m.	\$56.00
	75267	Wed	Sep 11-Oct 30	5:30-6p.m.	\$56.00
	75270	Wed	Sep 11-Oct 30	6:10-6:40p.m.	\$56.00
	75272	Thu	Sep 12-Oct 31	6:55-7:25p.m.	\$56.00
	75276	Sat	Sep 14-Nov 2	9:35-10:05a.m.	\$49.00

LAC	75279	Sat	Sep 14-Nov 2	12:50-1:20p.m.	\$49.00	
	75281	Sun	Sep 15-Nov 3	11-11:30a.m.	\$49.00	
	75286	Mon	Nov 4-Dec 16	5:35-6:10p.m.	\$49.00	
	75287	Mon	Nov 4-Dec 16	6:50-7:25p.m.	\$49.00	
	75288	Tue	Nov 5-Dec 17	5:30-6p.m.	\$49.00	
	75289	Tue	Nov 5-Dec 17	6:40-7:10p.m.	\$49.00	
	75291	Wed	Nov 6-Dec 18	5:30-6p.m.	\$49.00	
	75292	Wed	Nov 6-Dec 18	6:55-7:25p.m.	\$49.00	
	75293	Thu	Nov 7-Dec 19	5:35-6:05p.m.	\$49.00	
	75294	Sun	Nov 10-Dec 22	11:05-11:40a.m.	\$49.00	
	NWLC	74444	Tue	Sep 3-Oct 29	4:35-5:05p.m.	\$63.00
		74445	Tue	Sep 3-Oct 29	5:45-6:15p.m.	\$63.00
74908		Wed	Sep 4-Oct 30	4-4:30p.m.	\$63.00	
74910		Wed	Sep 4-Oct 30	4:40-5:10p.m.	\$63.00	
74909		Wed	Sep 4-Oct 30	5:45-6:15p.m.	\$63.00	
74913		Thu	Sep 5-Oct 31	4:35-5:05p.m.	\$63.00	
74911		Thu	Sep 5-Oct 31	4:40-5:10p.m.	\$63.00	
74912		Thu	Sep 5-Oct 31	5:15-5:45p.m.	\$63.00	
74917		Fri	Sep 6-Nov 1	5:05-5:35p.m.	\$63.00	
74916		Fri	Sep 6-Nov 1	5:45-6:15p.m.	\$63.00	
74919		Sat	Sep 7-Nov 2	9:35-10:05a.m.	\$63.00	
74922		Sat	Sep 7-Nov 2	9:40-10:10a.m.	\$63.00	
74920		Sat	Sep 7-Nov 2	10:45-11:15a.m.	\$63.00	
74924		Sat	Sep 7-Nov 2	10:55-11:25a.m.	\$63.00	
74925		Sat	Sep 7-Nov 2	12:30-1p.m.	\$63.00	
74927		Sun	Sep 8-Nov 3	9:35-10:05a.m.	\$63.00	
74928		Sun	Sep 8-Nov 3	10:10-10:40a.m.	\$63.00	
74929		Sun	Sep 8-Nov 3	11:45a.m.-12:15p.m.	\$63.00	
74931		Sun	Sep 8-Nov 3	12:25-12:55p.m.	\$63.00	
74930		Sun	Sep 8-Nov 3	12:35-1:05p.m.	\$63.00	
74933		Sun	Sep 8-Nov 3	1-1:30p.m.	\$63.00	
75829		Mon	Sep 9-Oct 28	4-4:35p.m.	\$49.00	
75908		Mon	Nov 4-Dec 16	4-4:35p.m.	\$49.00	
75219		Tue	Nov 5-Dec 17	4-4:30p.m.	\$49.00	
75228		Tue	Nov 5-Dec 17	5:15-5:45p.m.	\$49.00	
75229		Tue	Nov 5-Dec 17	5:50-6:20p.m.	\$49.00	
75233		Wed	Nov 6-Dec 18	4:35-5:05p.m.	\$49.00	
75234		Wed	Nov 6-Dec 18	5:45-6:15p.m.	\$49.00	
75236		Thu	Nov 7-Dec 19	4-4:30p.m.	\$49.00	
75239		Thu	Nov 7-Dec 19	4:40-5:10p.m.	\$49.00	
75237		Thu	Nov 7-Dec 19	5:45-6:15p.m.	\$49.00	
75241		Fri	Nov 8-Dec 20	4:40-5:10p.m.	\$49.00	
75242		Fri	Nov 8-Dec 20	4:35-5:05p.m.	\$49.00	
75243	Fri	Nov 8-Dec 20	5:15-5:45p.m.	\$49.00		
75245	Sat	Nov 9-Dec 21	9:35-10:05a.m.	\$49.00		
75249	Sat	Nov 9-Dec 21	10:10-10:40a.m.	\$49.00		
75251	Sat	Nov 9-Dec 21	11:45a.m.-12:15p.m.	\$49.00		
75255	Sat	Nov 9-Dec 21	12:25-12:55p.m.	\$49.00		

NWLC	75248	Sat	Nov 9-Dec 21	12:35-1:05p.m.	\$49.00
	75256	Sat	Nov 9-Dec 21	1-1:30p.m.	\$49.00
	75257	Sun	Nov 10-Dec 22	9:35-10:05a.m.	\$49.00
	75258	Sun	Nov 10-Dec 22	9:40-10:10a.m.	\$49.00
	75262	Sun	Nov 10-Dec 22	10:45-11:15a.m.	\$49.00
	75259	Sun	Nov 10-Dec 22	10:55-11:25a.m.	\$49.00
	75260	Sun	Nov 10-Dec 22	12:30-1p.m.	\$49.00
	SSLC	74782	Tue	Sep 3-Oct 29	4:05-4:35p.m.
74783		Tue	Sep 3-Oct 29	5:20-5:50p.m.	\$63.00
74784		Tue	Sep 3-Oct 29	5:55-6:25p.m.	\$63.00
74851		Wed	Sep 4-Oct 30	4:05-4:35p.m.	\$63.00
74852		Wed	Sep 4-Oct 30	4:50-5:20p.m.	\$63.00
74850		Wed	Sep 4-Oct 30	5:25-5:55p.m.	\$63.00
74853		Wed	Sep 4-Oct 30	6-6:30p.m.	\$63.00
74964		Thu	Sep 5-Oct 31	4:15-4:45p.m.	\$63.00
74965		Thu	Sep 5-Oct 31	4-4:30p.m.	\$63.00
74963		Thu	Sep 5-Oct 31	5:20-5:50p.m.	\$63.00
74966		Thu	Sep 5-Oct 31	5:55-6:25p.m.	\$63.00
74962		Thu	Sep 5-Oct 31	6-6:30p.m.	\$63.00
75121		Fri	Sep 6-Nov 1	4:05-4:35p.m.	\$63.00
75124		Fri	Sep 6-Nov 1	4:40-5:10p.m.	\$63.00
75150		Sat	Sep 7-Nov 2	9-9:30a.m.	\$63.00
75153		Sat	Sep 7-Nov 2	10:10-10:40a.m.	\$63.00
75155		Sat	Sep 7-Nov 2	10:30-11a.m.	\$63.00
75156		Sat	Sep 7-Nov 2	11:05-11:35a.m.	\$63.00

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

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

SSLC	75151	Sat	Sep 7-Nov 2	11:45a.m.-12:15p.m.	\$63.00
	75154	Sat	Sep 7-Nov 2	12:25-12:55p.m.	\$63.00
	75152	Sat	Sep 7-Nov 2	12:50-1:20p.m.	\$63.00
	75157	Sat	Sep 7-Nov 2	1:30-2p.m.	\$63.00
	75159	Sat	Sep 7-Nov 2	2:05-2:35p.m.	\$63.00
	75160	Sat	Sep 7-Nov 2	2:15-2:45p.m.	\$63.00
	75158	Sat	Sep 7-Nov 2	2:40-3:10p.m.	\$63.00
	75359	Sun	Sep 8-Nov 3	9-9:30a.m.	\$63.00
	75364	Sun	Sep 8-Nov 3	10:10-10:40a.m.	\$63.00
	75368	Sun	Sep 8-Nov 3	10:30-11a.m.	\$63.00
	75360	Sun	Sep 8-Nov 3	11:45a.m.-12:15p.m.	\$63.00
	75366	Sun	Sep 8-Nov 3	12:25-12:55p.m.	\$63.00
	75362	Sun	Sep 8-Nov 3	12:50-1:20p.m.	\$63.00
	75369	Sun	Sep 8-Nov 3	5:35-6:05p.m.	\$63.00
	75370	Sun	Sep 8-Nov 3	6:50-7:20p.m.	\$63.00
	74736	Mon	Sep 9-Oct 28	4:10-4:45p.m.	\$49.00
	74738	Mon	Sep 9-Oct 28	4:40-5:15p.m.	\$49.00
	74739	Mon	Sep 9-Oct 28	6:10-6:45p.m.	\$49.00
	74737	Mon	Sep 9-Oct 28	6:50-7:25p.m.	\$49.00
	75496	Mon	Nov 4-Dec 16	4:10-4:45p.m.	\$49.00
	75498	Mon	Nov 4-Dec 16	4:40-5:15p.m.	\$49.00
	75500	Mon	Nov 4-Dec 16	6:10-6:45p.m.	\$49.00
	75497	Mon	Nov 4-Dec 16	6:50-7:25p.m.	\$49.00
	75557	Tue	Nov 5-Dec 17	4:05-4:35p.m.	\$49.00
	75558	Tue	Nov 5-Dec 17	4:50-5:20p.m.	\$49.00
	75556	Tue	Nov 5-Dec 17	5:25-5:55p.m.	\$49.00
	75559	Tue	Nov 5-Dec 17	6-6:30p.m.	\$49.00
	75656	Wed	Nov 6-Dec 18	4:05-4:35p.m.	\$49.00
	75657	Wed	Nov 6-Dec 18	5:20-5:50p.m.	\$49.00
	75659	Wed	Nov 6-Dec 18	5:55-6:25p.m.	\$49.00
	75694	Thu	Nov 7-Dec 19	4:05-4:35p.m.	\$49.00
	75695	Thu	Nov 7-Dec 19	4:40-5:10p.m.	\$49.00
75729	Fri	Nov 8-Dec 20	4-4:30p.m.	\$49.00	
75728	Fri	Nov 8-Dec 20	4:15-4:45p.m.	\$49.00	
75727	Fri	Nov 8-Dec 20	5:20-5:50p.m.	\$49.00	
75726	Fri	Nov 8-Dec 20	5:25-5:55p.m.	\$49.00	
75730	Fri	Nov 8-Dec 20	5:55-6:25p.m.	\$49.00	
75745	Sat	Nov 9-Dec 21	9-9:30a.m.	\$49.00	
75748	Sat	Nov 9-Dec 21	10:10-10:40a.m.	\$49.00	
75750	Sat	Nov 9-Dec 21	10:30-11a.m.	\$49.00	
75746	Sat	Nov 9-Dec 21	11:45a.m.-12:15p.m.	\$49.00	
75749	Sat	Nov 9-Dec 21	12:25-12:55p.m.	\$49.00	
75747	Sat	Nov 9-Dec 21	12:50-1:20p.m.	\$49.00	
75751	Sat	Nov 9-Dec 21	1:30-2p.m.	\$49.00	
75752	Sat	Nov 9-Dec 21	2:05-2:35p.m.	\$49.00	
75811	Sun	Nov 10-Dec 22	9-9:30a.m.	\$49.00	
75854	Sun	Nov 10-Dec 22	10:10-10:40a.m.	\$49.00	
75815	Sun	Nov 10-Dec 22	10:30-11a.m.	\$49.00	

SSLC	75855	Sun	Nov 10-Dec 22	11:05-11:35a.m.	\$49.00
	75812	Sun	Nov 10-Dec 22	11:45a.m.-12:15p.m.	\$49.00
	75814	Sun	Nov 10-Dec 22	12:25-12:55p.m.	\$49.00
	75813	Sun	Nov 10-Dec 22	12:50-1:20p.m.	\$49.00
	75816	Sun	Nov 10-Dec 22	5:35-6:05p.m.	\$49.00
	75822	Sun	Nov 10-Dec 22	6:50-7:20p.m.	\$49.00

Youth Swimmer 1

8-14 years

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

LAC	75522	Tue	Sep 10-Oct 29	6:55-7:25p.m.	\$56.00
	75524	Wed	Sep 11-Oct 30	5:35-6:05p.m.	\$56.00
	75525	Thu	Sep 12-Oct 31	7-7:30p.m.	\$56.00
	75526	Sat	Sep 14-Nov 2	10:20-10:50a.m.	\$49.00
	75527	Thu	Nov 5-Dec 17	6:55-7:25p.m.	\$49.00
	75528	Sun	Nov 10-Dec 22	10:55-11:30a.m.	\$49.00
NWLC	75955	Sun	Sep 8-Nov 3	9:05-9:35a.m.	\$63.00
	75957	Sat	Nov 9-Dec 21	5:10-5:40p.m.	\$49.00
	75958	Sun	Nov 10-Dec 22	10:15-10:45a.m.	\$49.00
SSLC	74896	Wed	Sep 4-Oct 30	4:50-5:20p.m.	\$63.00
	75010	Thu	Sep 5-Oct 31	4:40-5:10p.m.	\$63.00
	75143	Fri	Sep 6-Nov 1	5:20-5:50p.m.	\$63.00
	75314	Sat	Sep 7-Nov 2	9:55-10:25a.m.	\$63.00
	75446	Sun	Sep 8-Nov 3	9:55-10:25a.m.	\$63.00
	74735	Mon	Sep 9-Oct 28	5:50-6:25p.m.	\$49.00
	75494	Mon	Nov 4-Dec 16	5:50-6:25p.m.	\$49.00
	75607	Tue	Nov 5-Dec 17	4:50-5:20p.m.	\$49.00
	75707	Thu	Nov 7-Dec 19	5:20-5:50p.m.	\$49.00
	75738	Fri	Nov 8-Dec 20	4:40-5:10p.m.	\$49.00
	75785	Sat	Nov 9-Dec 21	9:55-10:25a.m.	\$49.00
	75865	Sun	Nov 10-Dec 22	9:55-10:25a.m.	\$49.00

Swimmer 2

5-12 years

In this level swimmers will work on jumping into deep water, side-ways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training.

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

LAC	75300	Tue	Sep 10-Oct 29	6:10-6:40p.m.	\$56.00
	75304	Tue	Sep 10-Oct 29	6:20-6:50p.m.	\$56.00
	75305	Tue	Sep 10-Oct 29	6:50-7:20p.m.	\$56.00
	75306	Wed	Sep 11-Oct 30	2:05-2:35p.m.	\$56.00
	75308	Wed	Sep 11-Oct 30	6:40-7:10p.m.	\$56.00
	75309	Thu	Sep 11-Oct 30	6:25-6:55p.m.	\$56.00
	75311	Sat	Sep 14-Nov 2	9:30-10a.m.	\$49.00

LAC	75313	Sat	Sep 14-Nov 2	10:40-11:10a.m.	\$49.00
	75315	Sat	Sep 14-Nov 2	12:40-1:10p.m.	\$49.00
	75316	Sun	Sep 15-Nov 3	10:45-11:15a.m.	\$49.00
	75319	Mon	Nov 4-Dec 16	6:10-6:45p.m.	\$49.00
	75321	Mon	Nov 4-Dec 16	6:45-7:20p.m.	\$49.00
	75326	Tue	Nov 5-Dec 17	6:10-6:40p.m.	\$49.00
	75328	Wed	Nov 6-Dec 18	6:40-7:10p.m.	\$49.00
	75329	Wed	Nov 6-Dec 18	7-7:30p.m.	\$49.00
	75331	Thu	Nov 7-Dec 19	6:25-6:55p.m.	\$49.00
	75335	Sun	Nov 10-Dec 22	10:15-10:50a.m.	\$49.00
	75339	Sun	Nov 10-Dec 22	11:30a.m.-12:05p.m.	\$49.00
NWLC	74446	Tue	Sep 3-Oct 29	4:05-4:35p.m.	\$63.00
	74936	Wed	Sep 4-Oct 30	5:10-5:40p.m.	\$63.00
	74988	Wed	Sep 4-Oct 30	5:45-6:15p.m.	\$63.00
	74937	Thu	Sep 5-Oct 31	4-4:30p.m.	\$63.00
	74938	Thu	Sep 5-Oct 31	5:45-6:15p.m.	\$63.00
	74939	Fri	Sep 6-Nov 1	4-4:30p.m.	\$63.00
	74941	Fri	Sep 6-Nov 1	4:35-5:05p.m.	\$63.00
	74944	Sat	Sep 7-Nov 2	11:30a.m.-12p.m.	\$63.00
	74946	Sat	Sep 7-Nov 2	12-12:30p.m.	\$63.00
	74948	Sun	Sep 8-Nov 3	11-11:30p.m.	\$63.00
	74947	Sun	Sep 8-Nov 3	12:20-12:50p.m.	\$63.00
	75830	Mon	Sep 9-Oct 28	4:45-5:20p.m.	\$49.00
	75909	Mon	Nov 4-Dec 16	4:45-5:20p.m.	\$49.00
	75269	Tue	Nov 5-Dec 17	4:35-5:05p.m.	\$49.00
	75295	Wed	Nov 6-Dec 18	4:05-4:35p.m.	\$49.00
	75296	Thu	Nov 7-Dec 19	5:10-5:40p.m.	\$49.00
	75298	Fri	Nov 8-Dec 20	4-4:30p.m.	\$49.00
	75301	Fri	Nov 8-Dec 20	5:10-5:40p.m.	\$49.00
	75303	Fri	Nov 8-Dec 20	5:45-6:15p.m.	\$49.00
	75317	Sat	Nov 9-Dec 21	11-11:30a.m.	\$49.00
	75320	Sat	Nov 9-Dec 21	12:20-12:50p.m.	\$49.00
75565	Sun	Nov 10-Dec 22	11:30a.m.-12p.m.	\$49.00	
75322	Sun	Nov 10-Dec 22	12-12:30p.m.	\$49.00	
SSLC	74764	Tue	Sep 3-Oct 29	4-4:30p.m.	\$63.00
	74767	Tue	Sep 3-Oct 29	4:10-4:40p.m.	\$63.00
	74765	Tue	Sep 3-Oct 29	4:35-5:05p.m.	\$63.00
	74768	Tue	Sep 3-Oct 29	5:20-5:50p.m.	\$63.00
	74766	Tue	Sep 3-Oct 29	5:55-6:25p.m.	\$63.00
	74875	Wed	Sep 4-Oct 30	4:35-5:05p.m.	\$63.00
	74876	Wed	Sep 4-Oct 30	5:20-5:50p.m.	\$63.00
	74873	Wed	Sep 4-Oct 30	5:55-6:25p.m.	\$63.00
	74956	Thu	Sep 5-Oct 31	4:10-4:40p.m.	\$63.00
	74953	Thu	Sep 5-Oct 31	4:35-5:05p.m.	\$63.00
	74957	Thu	Sep 5-Oct 31	5:20-5:50p.m.	\$63.00
	74955	Thu	Sep 5-Oct 31	6-6:30p.m.	\$63.00
	75078	Fri	Sep 6-Nov 1	4-4:30p.m.	\$63.00

SSLC	75075	Fri	Sep 6-Nov 1	4:45-5:15p.m.	\$63.00
	75077	Fri	Sep 6-Nov 1	5:15-5:45p.m.	\$63.00
	75076	Fri	Sep 6-Nov 1	6-6:30p.m.	\$63.00
	75172	Sat	Sep 7-Nov 2	9:50-10:20a.m.	\$63.00
	75173	Sat	Sep 7-Nov 2	12:10-12:40p.m.	\$63.00
	75414	Sun	Sep 8-Nov 3	9:50-10:20a.m.	\$63.00
	75416	Sun	Sep 8-Nov 3	12:10-12:40p.m.	\$63.00
	75417	Sun	Sep 8-Nov 3	6:45-7:15p.m.	\$63.00
	74743	Mon	Sep 9-Oct 28	4-4:35p.m.	\$49.00
	74742	Mon	Sep 9-Oct 28	5:20-5:55p.m.	\$49.00
	74741	Mon	Sep 9-Oct 28	5:30-6:05p.m.	\$49.00
	75508	Mon	Nov 4-Dec 16	4-4:35p.m.	\$49.00
	75507	Mon	Nov 4-Dec 16	5:20-5:55p.m.	\$49.00
	75504	Mon	Nov 4-Dec 16	5:30-6:05p.m.	\$49.00
	75577	Tue	Nov 5-Dec 17	4:35-5:05p.m.	\$49.00
	75578	Tue	Nov 5-Dec 17	5:20-5:50p.m.	\$49.00
	75575	Tue	Nov 5-Dec 17	5:55-6:25p.m.	\$49.00
	75623	Wed	Nov 6-Dec 18	4-4:30p.m.	\$49.00
	75631	Wed	Nov 6-Dec 18	4:10-4:40p.m.	\$49.00
	75628	Wed	Nov 6-Dec 18	4:35-5:05p.m.	\$49.00
	75632	Wed	Nov 6-Dec 18	5:20-5:50p.m.	\$49.00
	75629	Wed	Nov 6-Dec 18	5:55-6:25p.m.	\$49.00
	75686	Thu	Nov 7-Dec 19	4-4:30p.m.	\$49.00
	75683	Thu	Nov 7-Dec 19	4:45-5:15p.m.	\$49.00
	75685	Thu	Nov 7-Dec 19	5:15-5:45p.m.	\$49.00
	75684	Thu	Nov 7-Dec 19	6-6:30p.m.	\$49.00
	75720	Fri	Nov 8-Dec 20	4:10-4:40p.m.	\$49.00
	75718	Fri	Nov 8-Dec 20	4:35-5:05p.m.	\$49.00
	75721	Fri	Nov 8-Dec 20	5:20-5:50p.m.	\$49.00
	75719	Fri	Nov 8-Dec 20	6-6:30p.m.	\$49.00
	75765	Sat	Nov 9-Dec 21	9:50-10:20a.m.	\$49.00
	75766	Sat	Nov 9-Dec 21	12:10-12:40p.m.	\$49.00
	75842	Sun	Nov 10-Dec 22	9:50-10:20a.m.	\$49.00
	75843	Sun	Nov 10-Dec 22	12:10-12:40p.m.	\$49.00
75844	Sun	Nov 10-Dec 22	6:45-7:15p.m.	\$49.00	

Youth Swimmer 2

8-14 years

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

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

LAC	75584	Wed	Sep 11-Oct 30	6:55-7:25p.m.	\$56.00
	75585	Sat	Sep 14-Nov 2	10:50-11:20a.m.	\$49.00
	75586	Sun	Sep 15-Nov 3	10:50-11:20a.m.	\$49.00

LAC	75587	Thu	Nov 7-Dec 19	7-7:30p.m.	\$49.00
	75588	Sun	Nov 10-Dec 22	11-11:35a.m.	\$49.00
NWLC	74837	Tue	Sep 3-Oct 29	5:10-5:40p.m.	\$63.00
	74839	Fri	Sep 6-Nov 1	5:40-6:10p.m.	\$63.00
	74840	Sat	Sep 7-Nov 2	9-9:30a.m.	\$63.00
	75956	Wed	Nov 6-Dec 18	5:10-5:40p.m.	\$49.00
	75959	Sun	Nov 10-Dec 22	9-9:30a.m.	\$49.00
	SSLC	74897	Wed	Sep 4-Oct 30	4:10-4:40p.m.
75118		Fri	Sep 6-Nov 1	5:25-5:55p.m.	\$63.00
75168		Sat	Sep 7-Nov 2	11:10-11:40a.m.	\$63.00
75412		Sun	Sep 8-Nov 3	11:10-11:40a.m.	\$63.00
74740		Mon	Sep 9-Oct 28	4:50-5:25p.m.	\$49.00
75502		Mon	Nov 4-Dec 16	4:50-5:25p.m.	\$49.00
75611		Tue	Nov 5-Dec 17	4:10-4:40p.m.	\$49.00
75693		Thu	Nov 7-Dec 19	5:25-5:55p.m.	\$49.00
75760		Sat	Nov 9-Dec 21	11:10-11:40a.m.	\$49.00
75838		Sun	Nov 10-Dec 22	11:10-11:40a.m.	\$49.00

Swimmer 3

5-12 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl, and interval fitness training.

Prerequisite: Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

LAC	75355	Wed	Sep 11-Oct 30	2:40-3:10p.m.	\$56.00	
	75356	Wed	Sep 11-Oct 30	6:25-6:55p.m.	\$56.00	
	75357	Wed	Sep 11-Oct 30	6:45-7:15p.m.	\$56.00	
	75358	Thu	Sep 12-Oct 31	6:15-6:45p.m.	\$56.00	
	75361	Sat	Sep 14-Nov 2	10:05-10:35a.m.	\$49.00	
	75363	Sat	Sep 14-Nov 2	10:50-11:20a.m.	\$49.00	
	75365	Sat	Sep 14-Nov 2	11:15-11:45a.m.	\$49.00	
	75367	Sun	Sep 15-Nov 3	11:30a.m.-12p.m.	\$49.00	
	75375	Mon	Nov 4-Dec 16	5:30-6:05p.m.	\$49.00	
	75376	Mon	Nov 4-Dec 16	6:45-7:20p.m.	\$49.00	
	75379	Tue	Nov 5-Dec 17	5:30-6p.m.	\$49.00	
	75381	Tue	Nov 5-Dec 17	6:45-7:15p.m.	\$49.00	
	75383	Wed	Nov 6-Dec 18	5:35-6:05p.m.	\$49.00	
	75385	Wed	Nov 6-Dec 18	6:05-6:35p.m.	\$49.00	
	75387	Thu	Nov 7-Dec 19	6:15-6:45p.m.	\$49.00	
	75388	Sun	Nov 10-Dec 22	10:20-10:55a.m.	\$49.00	
	NWLC	74823	Tue	Sep 3-Oct 29	4:35-5:05p.m.	\$63.00
		74824	Wed	Sep 4-Oct 30	4:35-5:05p.m.	\$63.00
74827		Thu	Sep 5-Oct 31	4:30-5p.m.	\$63.00	
74826		Thu	Sep 5-Oct 31	5:55-6:25p.m.	\$63.00	
74830		Sat	Sep 7-Nov 2	9:05-9:35a.m.	\$63.00	
75218		Sat	Sep 7-Nov 2	10:15-10:45a.m.	\$63.00	
74828		Sat	Sep 7-Nov 2	11:25-11:55a.m.	\$63.00	
74833	Sun	Sep 8-Nov 3	9:40-10:10a.m.	\$63.00		

NWLC	74832	Sun	Sep 8-Nov 3	12-12:30p.m.	\$63.00	
	75323	Tue	Nov 5-Dec 17	5:45-6:15p.m.	\$49.00	
	75332	Wed	Nov 6-Dec 18	4:35-5:05p.m.	\$49.00	
	75334	Thu	Nov 7-Dec 19	4:35-5:05p.m.	\$49.00	
	75341	Fri	Nov 8-Dec 20	4:30-5p.m.	\$49.00	
	75337	Fri	Nov 8-Dec 20	5:55-6:25p.m.	\$49.00	
	75348	Sat	Nov 9-Dec 21	9:40-10:10a.m.	\$49.00	
	75345	Sat	Nov 9-Dec 21	12-12:30p.m.	\$49.00	
	75353	Sun	Nov 10-Dec 22	9:05-9:35a.m.	\$49.00	
	75354	Sun	Nov 10-Dec 22	10:15-10:45a.m.	\$49.00	
	75352	Sun	Nov 10-Dec 22	11:25-11:55a.m.	\$49.00	
	SSLC	74787	Tue	Sep 3-Oct 29	4:10-4:40p.m.	\$63.00
		74785	Tue	Sep 3-Oct 29	4:40-5:10p.m.	\$63.00
74786		Tue	Sep 3-Oct 29	6-6:30p.m.	\$63.00	
74883		Wed	Sep 4-Oct 30	4-4:30p.m.	\$63.00	
74884		Wed	Sep 4-Oct 30	4:45-5:15p.m.	\$63.00	
74881		Wed	Sep 4-Oct 30	6-6:30p.m.	\$63.00	
74960		Thu	Sep 5-Oct 31	5:25-5:55p.m.	\$63.00	
74959		Thu	Sep 5-Oct 31	6-6:30p.m.	\$63.00	
75139		Fri	Sep 6-Nov 1	4:10-4:40p.m.	\$63.00	
75135		Fri	Sep 6-Nov 1	4:45-5:15p.m.	\$63.00	
75137		Fri	Sep 6-Nov 1	5:20-5:50p.m.	\$63.00	
75136		Fri	Sep 6-Nov 1	5:55-6:25p.m.	\$63.00	
75310		Sat	Sep 7-Nov 2	11:25-11:55a.m.	\$63.00	
75312		Sat	Sep 7-Nov 2	11:50a.m.-12:20p.m.	\$63.00	



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

Adapted Leisure Swim

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

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



SSLC	75432	Sun	Sep 8-Nov 3	9-9:30a.m.	\$63.00
	75433	Sun	Sep 8-Nov 3	11:50a.m.-12:20p.m.	\$63.00
	75434	Sun	Sep 8-Nov 3	6:45-7:15p.m.	\$63.00
	74753	Mon	Sep 9-Oct 28	4:10-4:45p.m.	\$49.00
	74754	Mon	Sep 9-Oct 28	5:30-6:05p.m.	\$49.00
	75529	Mon	Nov 4-Dec 16	4:10-4:45p.m.	\$49.00
	75530	Mon	Nov 4-Dec 16	5:30-6:05p.m.	\$49.00
	75597	Tue	Nov 5-Dec 17	4-4:30p.m.	\$49.00
	75599	Tue	Nov 5-Dec 17	4:45-5:15p.m.	\$49.00
	75595	Tue	Nov 5-Dec 17	6-6:30p.m.	\$49.00
	75668	Wed	Nov 6-Dec 18	4:10-4:40p.m.	\$49.00
	75666	Wed	Nov 6-Dec 18	4:40-5:10p.m.	\$49.00
	75667	Wed	Nov 6-Dec 18	6-6:30p.m.	\$49.00
	75703	Thu	Nov 7-Dec 19	4:10-4:40p.m.	\$49.00
	75700	Thu	Nov 7-Dec 19	4:45-5:15p.m.	\$49.00
	75702	Thu	Nov 7-Dec 19	5:20-5:50p.m.	\$49.00
	75701	Thu	Nov 7-Dec 19	5:55-6:25p.m.	\$49.00
	75724	Fri	Nov 8-Dec 20	5:25-5:55p.m.	\$49.00
	75723	Fri	Nov 8-Dec 20	6-6:30p.m.	\$49.00
	75773	Sat	Nov 9-Dec 21	9-9:30a.m.	\$49.00
75774	Sat	Nov 9-Dec 21	11:50a.m.-12:20p.m.	\$49.00	
75862	Sun	Nov 10-Dec 22	11:25-11:55a.m.	\$49.00	
75863	Sun	Nov 10-Dec 22	11:50a.m.-12:20p.m.	\$49.00	
75864	Sun	Nov 10-Dec 22	6:45-7:15p.m.	\$49.00	

Youth Swimmer 3

8-14 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

Prerequisite: Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

LAC	75589	Sat	Sep 14-Nov 2	11:25-11:55a.m.	\$49.00
	75590	Sun	Sep 15-Nov 3	10:15-10:45a.m.	\$49.00
	75593	Tue	Nov 5-Dec 17	6:05-6:35p.m.	\$49.00
SSLC	74780	Tue	Sep 3-Oct 29	6-6:30p.m.	\$63.00
	75007	Thu	Sep 5-Oct 31	4:05-4:35p.m.	\$63.00
	75275	Sat	Sep 7-Nov 2	9-9:30a.m.	\$63.00
	75650	Wed	Nov 6-Dec 18	6-6:30p.m.	\$49.00
	75737	Fri	Nov 8-Dec 20	4:05-4:35p.m.	\$49.00
75848	Sun	Nov 10-Dec 22	9-9:30a.m.	\$49.00	

Swimmer 4

5-12 years

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

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

LAC	75392	Mon	Sep 9-Oct 28	1:30-2:15p.m.	\$53.55	
	75395	Sat	Sep 14-Nov 2	9:35-10:15a.m.	\$53.55	
	75396	Sun	Sep 15-Nov 3	11:45a.m.-12:25p.m.	\$53.55	
	75397	Sun	Sep 15-Nov 3	12:05-12:45p.m.	\$53.55	
	75398	Mon	Nov 4-Dec 16	6:25-7:10p.m.	\$53.55	
	75399	Tue	Nov 5-Dec 17	6:05-6:45p.m.	\$53.55	
	75401	Tue	Nov 5-Dec 17	6:30-7:10p.m.	\$53.55	
	75402	Wed	Nov 6-Dec 18	6:10-6:50p.m.	\$53.55	
	75403	Sun	Nov 10-Dec 22	9:30-10:15a.m.	\$53.55	
	75393	Wed	Sep 11-Oct 30	5:30-6:10p.m.	\$61.20	
	75394	Wed	Sep 11-Oct 30	6:10-6:50p.m.	\$61.20	
	NWLC	74877	Tue	Sep 3-Oct 29	5:10-5:50p.m.	\$68.85
		74879	Wed	Sep 4-Oct 30	5:15-5:55p.m.	\$68.85
		74989	Wed	Sep 4-Oct 30	5:45-6:25p.m.	\$68.85
74880		Thu	Sep 5-Oct 31	5:10-5:50p.m.	\$68.85	
74882		Fri	Sep 6-Nov 1	5:50-6:30p.m.	\$68.85	
74886		Sat	Sep 7-Nov 2	9:35-10:15a.m.	\$68.85	
74885		Sat	Sep 7-Nov 2	12:40-1:20p.m.	\$68.85	
74889		Sun	Sep 8-Nov 3	10:10-10:50a.m.	\$68.85	
75831		Mon	Sep 9-Oct 28	4:15-5p.m.	\$53.55	
75910		Mon	Nov 4-Dec 16	4:15-5p.m.	\$53.55	
75378		Tue	Nov 5-Dec 17	4:30-5:10p.m.	\$53.55	
75382		Wed	Nov 6-Dec 18	5:10-5:50p.m.	\$53.55	
75384		Thu	Nov 7-Dec 19	5:15-5:55p.m.	\$53.55	
75386		Fri	Nov 8-Dec 20	5:10-5:50p.m.	\$53.55	
75389	Sat	Nov 9-Dec 21	10:10-10:50a.m.	\$53.55		
75390	Sun	Nov 10-Dec 22	9:35-10:15a.m.	\$53.55		
75391	Sun	Nov 10-Dec 22	12:40-1:20p.m.	\$53.55		
SSLC	74781	Tue	Sep 3-Oct 29	4:40-5:20p.m.	\$68.85	
	74860	Wed	Sep 4-Oct 30	5:15-5:55p.m.	\$68.85	
	75012	Thu	Sep 5-Oct 31	5:50-6:30p.m.	\$68.85	
	75140	Fri	Sep 6-Nov 1	4:35-5:15p.m.	\$68.85	
	75265	Sat	Sep 7-Nov 2	10:25-11:05a.m.	\$68.85	
	75268	Sat	Sep 7-Nov 2	12:10-12:50p.m.	\$68.85	
	75428	Sun	Sep 8-Nov 3	9:45-10:25a.m.	\$68.85	
	75424	Sun	Sep 8-Nov 3	10:25-11:05a.m.	\$68.85	
	75427	Sun	Sep 8-Nov 3	11:25a.m.-12:05p.m.	\$68.85	
	75430	Sun	Sep 8-Nov 3	12:10-12:50p.m.	\$68.85	
	74733	Mon	Sep 9-Oct 28	4-4:45p.m.	\$53.55	
	74732	Mon	Sep 9-Oct 28	5:30-6:15p.m.	\$53.55	
	75491	Mon	Nov 4-Dec 16	4-4:45p.m.	\$53.55	
	75489	Mon	Nov 4-Dec 16	5:30-6:15p.m.	\$53.55	

SSLC	75566	Tue	Nov 5-Dec 17	5:15-5:55p.m.	\$53.55
	75653	Wed	Nov 6-Dec 18	4:40-5:20p.m.	\$53.55
	75704	Thu	Nov 7-Dec 19	4:35-5:15p.m.	\$53.55
	75739	Fri	Nov 8-Dec 20	5:50-6:30p.m.	\$53.55
	75769	Sat	Nov 9-Dec 21	9:45-10:25a.m.	\$53.55
	75767	Sat	Nov 9-Dec 21	10:25-11:05a.m.	\$53.55
	75768	Sat	Nov 9-Dec 21	11:25a.m.-12:05p.m.	\$53.55
	75770	Sat	Nov 9-Dec 21	12:10-12:50p.m.	\$53.55
	75845	Sun	Nov 10-Dec 22	10:25-11:05a.m.	\$53.55
	75846	Sun	Nov 10-Dec 22	12:10-12:50p.m.	\$53.55

Youth Swimmer 4

8-14 years

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

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

SSLC	75330	Sat	Sep 7-Nov 2	9:45-10:25a.m.	\$68.85
	75870	Sun	Nov 10-Dec 22	9:45-10:25a.m.	\$53.55

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	75406	Mon	Sep 9-Oct 28	2:20-3:05p.m.	\$61.20
	75409	Tue	Sep 10-Oct 29	6:05-6:45p.m.	\$61.20
	75410	Thu	Sep 12-Oct 31	5:30-6:10p.m.	\$61.20
	75415	Sat	Sep 14-Nov 2	9:30-10:10a.m.	\$53.55
	75418	Sat	Sep 14-Nov 2	12:05-12:45p.m.	\$53.55
	75419	Sun	Sep 15-Nov 3	9:40-10:20a.m.	\$53.55
	75421	Mon	Nov 4-Dec 16	5:35-6:20p.m.	\$53.55
	75423	Tue	Nov 5-Dec 17	6:30-7:10p.m.	\$53.55
	75425	Wed	Nov 6-Dec 18	5:35-6:15p.m.	\$53.55
	75426	Thu	Nov 7-Dec 19	6:10-6:50p.m.	\$53.55
	75429	Sun	Nov 10-Dec 22	9:30-10:15a.m.	\$53.55
	75431	Sun	Nov 10-Dec 22	12:15-1p.m.	\$53.55
	SSLC	74776	Tue	Sep 3-Oct 29	4:05-4:45p.m.
74895		Wed	Sep 4-Oct 30	4:05-4:45p.m.	\$68.85
74961		Thu	Sep 5-Oct 31	4:05-4:45p.m.	\$68.85
75043		Fri	Sep 6-Nov 1	4-4:40p.m.	\$68.85
75044		Fri	Sep 6-Nov 1	4:40-5:20p.m.	\$68.85
75053		Fri	Sep 6-Nov 1	5:50-6:30p.m.	\$68.85
75170		Sat	Sep 7-Nov 2	9:10-9:50a.m.	\$68.85
75169		Sat	Sep 7-Nov 2	12:20-1p.m.	\$68.85
75407		Sun	Sep 8-Nov 3	9:10-9:50a.m.	\$68.85

SSLC	75405	Sun	Sep 8-Nov 3	12:20-1p.m.	\$68.85
	74729	Mon	Sep 9-Oct 28	4-4:45p.m.	\$53.55
	75485	Mon	Nov 4-Dec 16	4-4:45p.m.	\$53.55
	75604	Tue	Nov 5-Dec 17	4:05-4:45p.m.	\$53.55
	75646	Wed	Nov 6-Dec 18	4:05-4:45p.m.	\$53.55
	75680	Thu	Nov 7-Dec 19	4-4:40p.m.	\$53.55
	75681	Thu	Nov 7-Dec 19	4:40-5:20p.m.	\$53.55
	75682	Thu	Nov 7-Dec 19	5:50-6:30p.m.	\$53.55
	75725	Fri	Nov 8-Dec 20	4:05-4:45p.m.	\$53.55
	75763	Sat	Nov 9-Dec 21	9:10-9:50a.m.	\$53.55
	75762	Sat	Nov 9-Dec 21	12:20-1p.m.	\$53.55
	75840	Sun	Nov 10-Dec 22	9:10-9:50a.m.	\$53.55
	75839	Sun	Nov 10-Dec 22	12:20-1p.m.	\$53.55

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	75449	Mon	Sep 9-Oct 28	3:10-3:55p.m.	\$53.55
	75452	Tue	Sep 10-Oct 29	5:35-6:15p.m.	\$61.20
	75469	Thu	Sep 12-Oct 31	6:10-6:50p.m.	\$61.20
	75470	Sat	Sep 14-Nov 2	9:35-10:15a.m.	\$53.55
	75471	Sat	Sep 14-Nov 2	1:15-1:55p.m.	\$53.55
	75472	Sun	Sep 15-Nov 3	9:30-10:10a.m.	\$53.55
	75474	Mon	Nov 4-Dec 16	6:15-7p.m.	\$53.55
	75475	Wed	Nov 6-Dec 18	6:20-7p.m.	\$53.55
	75476	Thu	Nov 7-Dec 19	5:30-6:10p.m.	\$53.55
75478	Sun	Nov 10-Dec 22	11:40a.m.-12:25p.m.	\$53.55	
SSLC	74793	Tue	Sep 3-Oct 29	5:15-5:55p.m.	\$68.85
	74894	Wed	Sep 4-Oct 30	5:45-6:25p.m.	\$68.85
	75141	Fri	Sep 6-Nov 1	5:15-5:55p.m.	\$68.85
	75171	Sat	Sep 7-Nov 2	9:05-9:45a.m.	\$68.85
	75411	Sun	Sep 8-Nov 3	9:05-9:45a.m.	\$68.85
	74752	Mon	Sep 9-Oct 28	4:45-5:30p.m.	\$53.55
	75523	Mon	Nov 4-Dec 16	4:45-5:30p.m.	\$53.55
	75601	Tue	Nov 5-Dec 17	5:45-6:25p.m.	\$53.55
	75669	Wed	Nov 6-Dec 18	5:15-5:55p.m.	\$53.55
	75705	Thu	Nov 7-Dec 19	5:15-5:55p.m.	\$53.55
	75764	Sat	Nov 9-Dec 21	9:05-9:45a.m.	\$53.55
75841	Sun	Nov 10-Dec 22	9:05-9:45a.m.	\$53.55	

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

Lifesaving Swim Patrol – Rookie Patrol

8-14 years

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

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

LAC	75482	Mon	Sep 9-Oct 28	5:30-6:30p.m.	\$61.95
	75483	Thu	Sep 12-Oct 31	5:30-6:20p.m.	\$70.80
	75622	Sat	Sep 14-Nov 2	1:05-1:55p.m.	\$61.95
	75484	Sun	Sep 15-Nov 3	12:05-12:55p.m.	\$61.95
	75490	Tue	Nov 5-Dec 17	5:35-6:25p.m.	\$61.95
	75487	Thu	Nov 7-Dec 19	5:30-6:20p.m.	\$61.95
SSLC	74770	Tue	Sep 3-Oct 29	5:10-6p.m.	\$79.65
	74810	Wed	Sep 4-Oct 30	4:35-5:25p.m.	\$79.65
	75290	Sat	Sep 7-Nov 2	10:45-11:35a.m.	\$79.65
	75554	Tue	Nov 5-Dec 17	4:35-5:25p.m.	\$61.95
	75636	Wed	Nov 6-Dec 18	5:10-6p.m.	\$61.95
	75856	Sun	Nov 10-Dec 22	10:45-11:35a.m.	\$61.95

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.

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

LAC	75493	Mon	Sep 9-Oct 28	6:05-7:05p.m.	\$61.95
	75495	Wed	Sep 11-Oct 30	6:15-7:05p.m.	\$70.80
	75499	Sat	Sep 14-Nov 2	12:40-1:40p.m.	\$61.95
	75501	Mon	Nov 4-Dec 16	5:30-6:25p.m.	\$61.95
	75503	Tue	Nov 5-Dec 17	5:35-6:30p.m.	\$61.95
SSLC	75318	Sat	Sep 7-Nov 2	10:30-11:20a.m.	\$79.65
	75441	Sun	Sep 8-Nov 3	10:45-11:35a.m.	\$79.65
	75781	Sat	Nov 9-Dec 21	10:45-11:35a.m.	\$61.95
	75866	Sun	Nov 10-Dec 22	10:30-11:20a.m.	\$61.95

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.

Pre-requisite: 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	75505	Tue	Sep 10-Oct 29	5:30-6:20p.m.	\$70.80
	75506	Wed	Sep 11-Oct 30	5:30-6:20p.m.	\$70.80
	75511	Sat	Sep 14-Nov 2	1:05-1:55p.m.	\$61.95
	75515	Sun	Nov 10-Dec 22	12:05-1p.m.	\$61.95
SSLC	74984	Thu	Sep 5-Oct 31	4:35-5:25p.m.	\$79.65
	75734	Fri	Nov 8-Dec 20	4:35-5:25p.m.	\$61.95

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	75042	Mon	Sep 9-23	5:30-6p.m.	\$101.70
	75045	Mon	Sep 9-23	5:30-6p.m.	\$101.70
	75046	Mon	Sep 9-23	5:30-6p.m.	\$101.70
	75047	Mon	Sep 9-23	6:05-6:35p.m.	\$101.70
	75048	Mon	Sep 9-23	6:05-6:35p.m.	\$101.70
	75049	Mon	Sep 9-23	6:35-7:05p.m.	\$101.70
	75050	Mon	Sep 9-23	6:40-7:10p.m.	\$101.70
	75051	Mon	Sep 9-23	6:40-7:10p.m.	\$101.70
	75052	Wed	Sep 11-Oct 2	6:10-6:40p.m.	\$135.60
	75054	Thu	Sep 12-Oct 3	6:10-6:40p.m.	\$135.60
	75055	Sat	Sep 14-28	10:15-10:45a.m.	\$101.70
	75056	Sat	Sep 14-28	11:55a.m.-12:25p.m.	\$101.70
	75057	Sat	Sep 14-28	12:05-12:35p.m.	\$101.70
	75058	Sat	Sep 14-28	12:50-1:20p.m.	\$101.70
	75059	Sat	Sep 14-28	1:25-1:55p.m.	\$101.70
	75060	Mon	Oct 7-28	5:30-6p.m.	\$101.70
	75061	Mon	Oct 7-28	5:30-6p.m.	\$101.70
	75062	Mon	Oct 7-28	5:30-6p.m.	\$101.70
	75063	Mon	Oct 7-28	6:05-6:35p.m.	\$101.70
	75064	Mon	Oct 7-28	6:05-6:35p.m.	\$101.70
	75065	Mon	Oct 7-28	6:35-7:05p.m.	\$101.70
	75066	Mon	Oct 7-28	6:40-7:10p.m.	\$101.70
	75067	Mon	Oct 7-28	6:40-7:10p.m.	\$101.70
	75068	Wed	Oct 9-30	6:10-6:40p.m.	\$135.60
	75069	Thu	Oct 10-31	6:10-6:40p.m.	\$135.60
	75070	Sat	Oct 12-Nov 2	10:15-10:45a.m.	\$135.60
	75071	Sat	Oct 12-Nov 2	11:55a.m.-12:25p.m.	\$135.60
	75072	Sat	Oct 12-Nov 2	12:05-12:35p.m.	\$135.60

LAC	75073	Sat	Oct 12-Nov 2	12:50-1:20p.m.	\$135.60
	75074	Sat	Oct 12-Nov 2	1:25-1:55p.m.	\$135.60
	75079	Mon	Nov 4-25	6:10-6:40p.m.	\$101.70
	75080	Wed	Nov 6-27	5:30-6p.m.	\$135.60
	75081	Wed	Nov 6-27	6:05-6:35p.m.	\$135.60
	75082	Sat	Nov 9-Dec 21	9:30-10a.m.	\$169.50
	75083	Sat	Nov 9-Dec 21	9:30-10a.m.	\$169.50
	75084	Sat	Nov 9-Dec 21	9:30-10a.m.	\$169.50
	75085	Sat	Nov 9-Dec 21	9:30-10a.m.	\$169.50
	75087	Sat	Nov 9-Dec 21	10:05-10:35a.m.	\$169.50
	75088	Sat	Nov 9-Dec 21	10:05-10:35a.m.	\$169.50
	75089	Sat	Nov 9-Dec 21	10:05-10:35a.m.	\$169.50
	75090	Sat	Nov 9-Dec 21	10:05-10:35a.m.	\$169.50
	75091	Sat	Nov 9-Dec 21	10:40-11:10a.m.	\$169.50
	75092	Sat	Nov 9-Dec 21	10:40-11:10a.m.	\$169.50
	75093	Sat	Nov 9-Dec 21	10:40-11:10a.m.	\$169.50
	75094	Sat	Nov 9-Dec 21	10:40-11:10a.m.	\$169.50
	75095	Sat	Nov 9-Dec 21	11:15-11:45a.m.	\$169.50
	75096	Sat	Nov 9-Dec 21	11:15-11:45a.m.	\$169.50
	75097	Sat	Nov 9-Dec 21	11:15-11:45a.m.	\$169.50
	75098	Sat	Nov 9-Dec 21	11:15-11:45a.m.	\$169.50
	75099	Sat	Nov 9-Dec 21	12:05-12:35p.m.	\$169.50
	75100	Sat	Nov 9-Dec 21	12:05-12:35p.m.	\$169.50
	75101	Sat	Nov 9-Dec 21	12:05-12:35p.m.	\$169.50
	75102	Sat	Nov 9-Dec 21	12:05-12:35p.m.	\$169.50
	75103	Sat	Nov 9-Dec 21	12:40-1:10p.m.	\$169.50
	75104	Sat	Nov 9-Dec 21	12:40-1:10p.m.	\$169.50
	75105	Sat	Nov 9-Dec 21	12:40-1:10p.m.	\$169.50
	75107	Sat	Nov 9-Dec 21	12:40-1:10p.m.	\$169.50
	75108	Sat	Nov 9-Dec 21	1:15-1:45p.m.	\$169.50
	75110	Sat	Nov 9-Dec 21	1:15-1:45p.m.	\$169.50
	75111	Sat	Nov 9-Dec 21	1:15-1:45p.m.	\$169.50
75112	Sat	Nov 9-Dec 21	1:15-1:45p.m.	\$169.50	
75125	Wed	Dec 4-18	6:05-6:35p.m.	\$101.70	
75123	Wed	Dec 4-18	6:10-6:40p.m.	\$101.70	
75122	Mon	Dec 9-23	6:10-6:40p.m.	\$101.70	
NWLC	75915	Fri	Sep 6-Oct 4	4:30-5p.m.	\$169.50
	75916	Fri	Sep 6-Oct 4	5:10-5:40p.m.	\$169.50
	75917	Sat	Sep 7-Oct 5	1-1:30p.m.	\$169.50
	75923	Sun	Sep 8-Oct 6	12:40-1:10p.m.	\$169.50
	75924	Fri	Oct 11-Nov 1	4:30-5p.m.	\$135.60
	75925	Fri	Oct 11-Nov 1	5:10-5:40p.m.	\$135.60
	75926	Sat	Oct 12-Nov 2	1-1:30p.m.	\$135.60
	75927	Sun	Oct 13-Nov 3	12:40-1:10p.m.	\$135.60
	75941	Mon	Nov 4-25	3-3:30p.m.	\$101.70
	75928	Tue	Nov 5-26	4:10-4:40p.m.	\$135.60
	75929	Wed	Nov 6-27	4-4:30p.m.	\$135.60
75930	Wed	Nov 6-27	5:45-6:15p.m.	\$135.60	

NWLC	75936	Sat	Nov 9-30	9-9:30a.m.	\$135.60	
	75937	Sat	Nov 9-30	9-9:30a.m.	\$135.60	
	75938	Sat	Nov 9-30	12:40-1:10p.m.	\$135.60	
	75940	Sun	Nov 10-Dec 1	12:35-1:05p.m.	\$135.60	
	75939	Sun	Nov 10-Dec 1	1-1:30p.m.	\$135.60	
	75942	Mon	Dec 2-16	3-3:30p.m.	\$101.70	
	75943	Tue	Dec 3-17	4:10-4:40p.m.	\$101.70	
	75944	Wed	Dec 4-18	4-4:30p.m.	\$101.70	
	75945	Wed	Dec 4-18	5:45-6:15p.m.	\$101.70	
	75949	Sat	Dec 7-21	9-9:30a.m.	\$101.70	
	75950	Sat	Dec 7-21	9-9:30a.m.	\$101.70	
	75951	Sat	Dec 7-21	12:40-1:10p.m.	\$101.70	
	75953	Sun	Dec 8-22	12:35-1:05p.m.	\$101.70	
	75954	Sun	Dec 8-22	1-1:30p.m.	\$101.70	
	SSLC	74798	Tue	Sep 3-24	4-4:30p.m.	\$135.60
		74799	Tue	Sep 3-24	4:50-5:20p.m.	\$135.60
		74800	Tue	Sep 3-24	5:25-5:55p.m.	\$135.60
		74887	Wed	Sep 4-25	5:10-5:40p.m.	\$135.60
		74888	Wed	Sep 4-25	5:25-5:55p.m.	\$135.60
74890		Wed	Sep 4-25	5:55-6:25p.m.	\$135.60	
75016		Thu	Sep 5-26	4:50-5:20p.m.	\$135.60	
75017		Thu	Sep 5-26	5:55-6:25p.m.	\$135.60	
75145		Fri	Sep 6-27	4:10-4:40p.m.	\$135.60	
75144		Fri	Sep 6-27	5:20-5:50p.m.	\$135.60	
75146		Fri	Sep 6-27	5:55-6:25p.m.	\$135.60	
75333		Sat	Sep 7-28	9:10-9:40a.m.	\$135.60	
75336		Sat	Sep 7-28	9:45-10:15a.m.	\$135.60	
75338		Sat	Sep 7-28	10:20-10:50a.m.	\$135.60	
75340		Sat	Sep 7-28	10:55-11:25a.m.	\$135.60	
75342		Sat	Sep 7-28	11:30a.m.-12p.m.	\$135.60	
75343		Sat	Sep 7-28	12:05-12:35p.m.	\$135.60	
75455		Sun	Sep 8-29	9:15-9:45a.m.	\$135.60	
75456		Sun	Sep 8-29	9:50-10:20a.m.	\$135.60	
75457		Sun	Sep 8-29	10:25-10:55a.m.	\$135.60	
75458		Sun	Sep 8-29	11-11:30a.m.	\$135.60	
75459		Sun	Sep 8-29	11:35a.m.-12:05p.m.	\$135.60	
75460		Sun	Sep 8-29	12:10-12:40p.m.	\$135.60	
74760		Mon	Sep 9-23	6-6:30p.m.	\$101.70	
74761		Mon	Sep 9-23	6-6:30p.m.	\$101.70	
74801		Tue	Oct 1-29	4-4:30p.m.	\$169.50	
74802		Tue	Oct 1-29	4:50-5:20p.m.	\$169.50	
74803		Tue	Oct 1-29	5:25-5:55p.m.	\$169.50	
74891		Wed	Oct 2-30	5:10-5:40p.m.	\$169.50	
74892		Wed	Oct 2-30	5:25-5:55p.m.	\$169.50	
74893		Wed	Oct 2-30	5:55-6:25p.m.	\$169.50	
75018		Thu	Oct 3-31	4:50-5:20p.m.	\$169.50	
75019		Thu	Oct 3-31	5:55-6:25p.m.	\$169.50	
75148		Fri	Oct 4-Nov 1	4:10-4:40p.m.	\$169.50	

SSLC	75149	Fri	Oct 4-Nov 1	5:20-5:50p.m.	\$169.50
	75147	Fri	Oct 4-Nov 1	5:55-6:25p.m.	\$169.50
	75344	Sat	Oct 5-Nov 2	9:10-9:40a.m.	\$169.50
	75346	Sat	Oct 5-Nov 2	9:45-10:15a.m.	\$169.50
	75347	Sat	Oct 5-Nov 2	10:20-10:50a.m.	\$169.50
	75349	Sat	Oct 5-Nov 2	10:55-11:25a.m.	\$169.50
	75350	Sat	Oct 5-Nov 2	11:30a.m.-12p.m.	\$169.50
	75351	Sat	Oct 5-Nov 2	12:05-12:35p.m.	\$169.50
	75461	Sun	Oct 6-Nov 3	9:15-9:45a.m.	\$169.50
	75462	Sun	Oct 6-Nov 3	9:50-10:20a.m.	\$169.50
	75463	Sun	Oct 6-Nov 3	10:25-10:55a.m.	\$169.50
	75464	Sun	Oct 6-Nov 3	11-11:30a.m.	\$169.50
	75465	Sun	Oct 6-Nov 3	11:35a.m.-12:05p.m.	\$169.50
	75466	Sun	Oct 6-Nov 3	12:10-12:40p.m.	\$169.50
	74762	Mon	Oct 7-28	6-6:30p.m.	\$101.70
	74763	Mon	Oct 7-28	6-6:30p.m.	\$101.70
	75535	Mon	Nov 4-25	6-6:30p.m.	\$101.70
	75536	Mon	Nov 4-25	6-6:30p.m.	\$101.70
	75615	Tue	Nov 5-26	5:10-5:40p.m.	\$135.60
	75616	Tue	Nov 5-26	5:25-5:55p.m.	\$135.60
	75618	Tue	Nov 5-26	5:55-6:25p.m.	\$135.60
	75674	Wed	Nov 6-27	4-4:30p.m.	\$135.60
	75675	Wed	Nov 6-27	4:50-5:20p.m.	\$135.60
	75676	Wed	Nov 6-27	5:25-5:55p.m.	\$135.60
	75709	Thu	Nov 7-28	5:20-5:50p.m.	\$135.60
	75710	Thu	Nov 7-28	4:10-4:40p.m.	\$135.60
	75711	Thu	Nov 7-28	5:55-6:25p.m.	\$135.60
	75741	Fri	Nov 8-29	4:50-5:20p.m.	\$135.60
	75742	Fri	Nov 8-29	5:55-6:25p.m.	\$135.60
	75791	Sat	Nov 9-30	9:15-9:45a.m.	\$135.60
	75792	Sat	Nov 9-30	9:50-10:20a.m.	\$135.60
	75793	Sat	Nov 9-30	10:25-10:55a.m.	\$135.60
	75794	Sat	Nov 9-30	11-11:30a.m.	\$135.60
	75795	Sat	Nov 9-30	11:35a.m.-12:05p.m.	\$135.60
	75796	Sat	Nov 9-30	12:10-12:40p.m.	\$135.60
	75871	Sun	Nov 10-Dec 1	9:10-9:40a.m.	\$135.60
	75872	Sun	Nov 10-Dec 1	9:45-10:15a.m.	\$135.60
	75873	Sun	Nov 10-Dec 1	10:20-10:50a.m.	\$135.60
	75874	Sun	Nov 10-Dec 1	10:55-11:25a.m.	\$135.60
	75875	Sun	Nov 10-Dec 1	11:30a.m.-12p.m.	\$135.60
	75876	Sun	Nov 10-Dec 1	12:05-12:35p.m.	\$135.60
	75538	Mon	Dec 2-16	6-6:30p.m.	\$101.70
	75539	Mon	Dec 2-16	6-6:30p.m.	\$101.70
	75619	Tue	Dec 3-17	5:10-5:40p.m.	\$101.70
	75620	Tue	Dec 3-17	5:25-5:55p.m.	\$101.70
75621	Tue	Dec 3-17	5:55-6:25p.m.	\$101.70	
75677	Wed	Dec 4-18	4-4:30p.m.	\$101.70	
75678	Wed	Dec 4-18	4:40-5:10p.m.	\$101.70	

SSLC	75679	Wed	Dec 4-18	5:25-5:55p.m.	\$101.70
	75712	Thu	Dec 5-19	5:20-5:50p.m.	\$101.70
	75713	Thu	Dec 5-19	4:10-4:40p.m.	\$101.70
	75714	Thu	Dec 5-19	5:55-6:25p.m.	\$101.70
	75743	Fri	Dec 6-20	4:50-5:20p.m.	\$101.70
	75744	Fri	Dec 6-20	5:55-6:25p.m.	\$101.70
	75797	Sat	Dec 7-21	9:15-9:45a.m.	\$101.70
	75798	Sat	Dec 7-21	9:50-10:20a.m.	\$101.70
	75799	Sat	Dec 7-21	10:25-10:55a.m.	\$101.70
	75800	Sat	Dec 7-21	11-11:30a.m.	\$101.70
	75801	Sat	Dec 7-21	11:35a.m.-12:05p.m.	\$101.70
	75802	Sat	Dec 7-21	12:10-12:40p.m.	\$101.70
	75877	Sun	Dec 8-22	9:10-9:40a.m.	\$101.70
	75878	Sun	Dec 8-22	9:45-10:15a.m.	\$101.70
	75879	Sun	Dec 8-22	10:20-10:50a.m.	\$101.70
	75880	Sun	Dec 8-22	10:55-11:25a.m.	\$101.70
	75881	Sun	Dec 8-22	11:30a.m.-12p.m.	\$101.70
	75882	Sun	Dec 8-22	12:05-12:35p.m.	\$101.70

Women's Only Swim

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	76090	Sun	Sep 8	6:30-7:55p.m.
	76091	Sun	Sep 22	6:30-7:55p.m.
	76092	Sun	Oct 6	6:30-7:55p.m.
	76093	Sun	Oct 20	6:30-7:55p.m.
	76094	Sun	Nov 3	6:30-7:55p.m.
	76095	Sun	Nov 17	6:30-7:55p.m.
	76096	Sun	Dec 1	6:30-7:55p.m.
	76097	Sun	Dec 15	6:30-7:55p.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.

LAC	75602	Sat	Sep 14-Nov 2	10:55-11:45a.m.	\$61.95
	75606	Sat	Sep 14-Nov 2	11:55a.m.-12:45p.m.	\$61.95
	75608	Wed	Nov 6-Dec 18	6:05-6:55p.m.	\$61.95
	75610	Thu	Nov 7-Dec 19	6:10-7p.m.	\$61.95
NWLC	74898	Tue	Sep 3-Oct 29	8:35-9:25p.m.	\$79.65
SSLC	74775	Tue	Sep 3-Oct 29	5:15-6:05p.m.	\$79.65
	75447	Sun	Sep 8-Nov 3	10:30-11:20a.m.	\$79.65
	75645	Wed	Nov 6-Dec 18	5:40-6:30p.m.	\$61.95
	75786	Sat	Nov 9-Dec 21	10:30-11:20a.m.	\$61.95

Adult 2

14 years and up

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

LAC	75617	Sat	Sep 14-Nov 2	10:20-11:10a.m.	\$61.95
SSLC	74958	Thu	Sep 5-Oct 31	5:10-6p.m.	\$79.65
	74734	Mon	Sep 9-Oct 28	4:50-5:45p.m.	\$61.95
	75492	Mon	Nov 4-Dec 16	4:50-5:45p.m.	\$61.95
	75722	Fri	Nov 8-Dec 20	5:10-6p.m.	\$61.95

Family

Family Swim Lessons

6 years and up

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

NWLC	76011	Sat	Sep 7-Oct 5	12-12:30p.m.	\$87.25
	76013	Sun	Sep 8-Oct 6	9:15-9:45a.m.	\$87.25
	76012	Sat	Oct 12-Nov 2	12-12:30p.m.	\$69.80
	76014	Sun	Oct 13-Nov 3	9:15-9:45a.m.	\$69.80
	76022	Sat	Nov 9-Dec 7	9:15-9:45a.m.	\$87.25
	76020	Sun	Nov 10-Dec 1	12-12:30p.m.	\$69.80

Aquatic Leadership Courses

Lifesaving Society Bronze Star

13 years and up

Candidates develop problem solving and decision-making skills as individuals and with partners. Candidates learn adult CPR, water smart confidence and the lifesaving skills necessary to be their own personal lifeguard. *Fee includes Lifesaving Society \$45.00 Manual Fee and \$25.00 Certification Fee

Recommended Swim Level: Lifesaving Society Swim for Life Swimmer 6 and prior training in Swim Patrol.

LAC	74644	Mon	Sep 9-Oct 21	5:15-7:30p.m.	\$190.00
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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. *Fee includes Lifesaving Society \$45.00 Manual Fee and \$25.00 Certification Fee.

Prerequisites: 13 years of age OR Bronze Star (need not be current)

LAC	74645	Fri Sat-Sun	Sep 20 Sep 21-22	5:30-9:30p.m. 9a.m.-6p.m.	\$190.00
	74646	Fri Sat-Sun	Nov 22 Nov 23-24	5:30-9:30p.m. 9a.m.-6p.m.	\$190.00
	74975	Fri Sat-Sun	Dec 27 Dec 28-29	5:30-9:30p.m. 9a.m.-6p.m.	\$190.00
SSLC	75468	Sun	Sep 8-29	3:30-8:30p.m.	\$190.00

Lifesaving Society Bronze Cross

14 years and up

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. It emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are included. Bronze Cross is a prerequisite for advanced training in the National Lifeguard award. *Fee includes Lifesaving Society \$45.00 Manual Fee and \$25.00 Certification Fee.

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

LAC	74935	Sat Sun	Oct 12, 19 Oct 20	9a.m.-6p.m. 9a.m.-6p.m.	\$165.00
SSLC	75473	Sun	Oct 6-Nov 3	4:30-9p.m.	\$165.00
	75885	Sun	Nov 10-Dec 22	5:30-9p.m.	\$165.00
	75886	Fri-Mon	Dec 27-30	9a.m.-2:30p.m.	\$165.00

Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. *Fee includes Lifesaving Society \$48.00 Manual Fee and \$40.00 Certification Fee.

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	74607	Fri Sat-Sun	Oct 25, Nov 1 Oct 26- 27, Nov 2-3	5:30-9:30p.m. 9a.m.-6p.m.	\$300.00
SSLC	75883	Sun	Nov 10-Dec 22	2:30-8:30p.m.	\$300.00
	75884	Mon-Tue Thu-Sat	Dec 30-31 Jan 2-4	9a.m.-6p.m. 9a.m.-6p.m.	\$300.00

Lifesaving Society National Lifeguard Recert 16 years and up

Precertification/recertification of the Lifesaving Society's National Lifeguard award. *Fee includes \$40.00 Lifesaving Society Certification Fee.

LAC	74942	Sun	Nov 3	11a.m.-4p.m.	\$80.00
	74943	Sun	Nov 17	11a.m.-4p.m.	\$80.00
SSLC	75477	Sun	Oct 6	4-9p.m.	\$80.00
	75479	Sun	Oct 27	4-9p.m.	\$80.00
	75887	Sun	Dec 1	4-9p.m.	\$80.00
	75888	Sun	Dec 15	4-9p.m.	\$80.00

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. *Fee includes Lifesaving Society \$81.00 Manual Fee and \$43.00 Certification Fee.

Prerequisite: 15 years old and Bronze Cross award (need not be current)

LAC	74973	Mon Fri Sat-Sun	Nov 11 Nov 15 Nov 16-17	9a.m.-6p.m. 5-9p.m. 9a.m.-6p.m.	\$252.00
	74974	Thu-Sat Sun	Jan 2-Jan 4 Jan 5	9a.m.-6p.m. 9a.m.-1p.m.	\$252.00

SSLC	75467	Sun	Sep 8-Oct 6	3-8:30p.m.	\$252.00
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Red Cross First Aid/ CPR/AED 12 years and up

This course certifies the candidate in Red Cross Standard First Aid CPR-C and AED. *Fee includes Red Cross \$28.00 Materials Fee and \$20.00 Certification Fee.

NWLC	75803	Sat-Sun	Sep 21-22	9a.m.-6p.m.	\$161.00
	75804	Sat-Sun	Oct 19-20	9a.m.-6p.m.	\$161.00
	75805	Sat-Sun	Nov 16-17	9a.m.-6p.m.	\$161.00
	75806	Sat-Sun	Dec 7-8	9a.m.-6p.m.	\$161.00

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. *Fee includes Red Cross \$28.00 Materials Fee and \$20.00 Certification Fee.

NWLC	75807	Sat	Sep 14	1-5p.m.	\$90.00
	75808	Sat	Oct 12	1-5p.m.	\$90.00
	75809	Sat	Nov 9	1-5p.m.	\$90.00
	75810	Sat	Dec 14	9a.m.-1p.m.	\$90.00

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Join a team that makes Regina
a vibrant and thriving city.

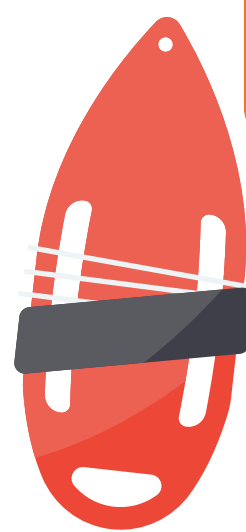
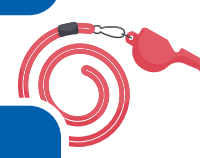
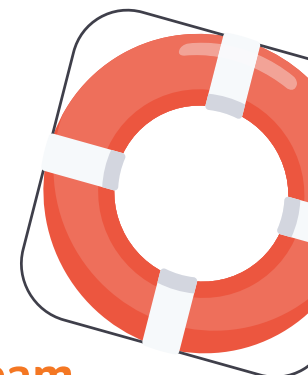
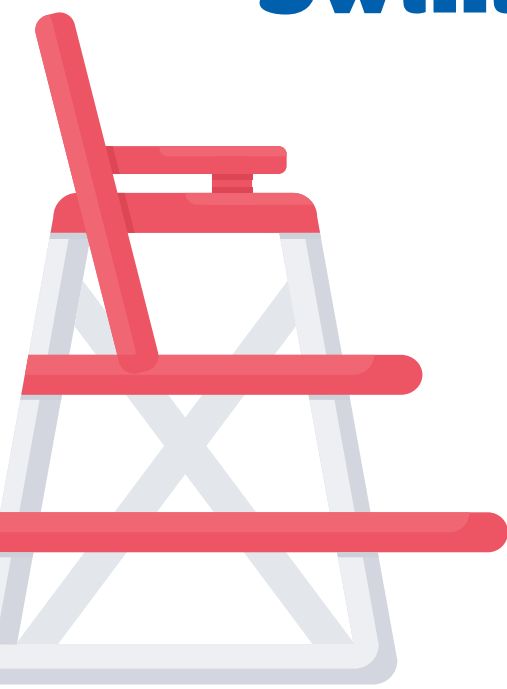


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Apply today at jobs.regina.ca



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

'Swim for Life' Instructor Course
*Must be 15 years old

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

The City of Regina is currently
looking for Lifeguards/
Swimming Instructors.
Visit Regina.ca/careers
to apply today!

Call for Artists

Regina's Oldest Tree

The City is looking for proposals for the 2025 Neil Balkwill Civic Art Centre Artist in Residence. This is a paid residency with the opportunity to work with and create artwork(s) using material from "Regina's Oldest Tree." This residency will also include the opportunity to mentor an emerging artist.

Call closes: October 9

**Create.
Inspire.
Mentor.**

**\$15,000
budget available!**
to cover artist fees,
materials, and
artwork design.





Attendant Admission Program

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

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

Recreation for All

Our programs and buildings are open to everyone.

Equipment to Support Access

Lawson Aquatic Centre:

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

North West Leisure Centre:

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

Fieldhouse:

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

Sandra Schmirler Leisure Centre:

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

Mitakuyé Owâs'ā Centre

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

Registered Adapted Programs



Legend

- CRNC** – Core Ritchie Neighbourhood Centre
- FLDH** – Fieldhouse
- mc** – māmawēyatitān centre
- MOC** – Mitakuyé Owās’ā Centre
- NWLC** – North West Leisure Centre
- SLC** – South Leisure Centre
- SSLC** – Sandra Schmirler Leisure Centre

Adapted Programs

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

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

Adapted Aquatic

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

Enjoy a leisure swim in a relaxed and accessible pool environment, established for people with disabilities and their family members and supports. 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. Registration will open 30 days before each scheduled swim date.

NWLC	74566	Sun	Sep 15	6:30-8:25p.m.	Free
	74567	Sun	Sep 29	6:30-8:25p.m.	Free
	74568	Sun	Oct 13	6:30-8:25p.m.	Free
	74569	Sun	Oct 27	6:30-8:25p.m.	Free
	74570	Sun	Nov 10	6:30-8:25p.m.	Free
	74571	Sun	Nov 24	6:30-8:25p.m.	Free
	74572	Sun	Dec 8	6:30-8:25p.m.	Free
	74573	Sun	Dec 22	6:30-8:25p.m.	Free
SSLC	74557	Sat	Sep 7	6:30-8:25p.m.	Free
	74558	Sat	Sep 21	6:30-8:25p.m.	Free
	74559	Sat	Oct 5	6:30-8:25p.m.	Free
	74560	Sat	Oct 19	6:30-8:25p.m.	Free
	74561	Sat	Nov 2	6:30-8:25p.m.	Free
	74562	Sat	Nov 16	6:30-8:25p.m.	Free
	74563	Sat	Nov 30	6:30-8:25p.m.	Free
	74564	Sat	Dec 14	6:30-8:25p.m.	Free
74565	Sat	Dec 28	6-7:55p.m.	Free	

Adapted Family Swim **AP** 4 years and up Lessons

This adapted swim lesson is established for persons who have disabilities, and their family members/supports. Instructors will work with participants to support them in meeting their needs and goals. One family of up to 4 members per class. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

NWLC	76032	Tue	Sep 3-Oct 1	4:45-5:15p.m.	\$84.75
	75985	Mon	Sep 9-23	5:55-6:25p.m.	\$50.85
	75986	Mon	Oct 7-28	5:55-6:25p.m.	\$50.85
	76033	Tue	Oct 8-29	4:45-5:15p.m.	\$67.80
	75983	Mon	Nov 4-25	5:55-6:25p.m.	\$50.85
	76034	Tue	Nov 5-26	5:45-6:15p.m.	\$67.80
	76035	Wed	Nov 6-27	5:10-5:40p.m.	\$67.80
	76036	Thu	Nov 7-28	4:35-5:05p.m.	\$67.80

NWLC	75984	Mon	Dec 2-16	5:55-6:25p.m.	\$50.85
	75993	Tue	Dec 3-17	4-4:30p.m.	\$50.85
	75994	Tue	Dec 3-17	4:35-5:05p.m.	\$50.85
	76038	Tue	Dec 3-17	5:45-6:15p.m.	\$50.85
	76039	Wed	Dec 4-18	5:10-5:40p.m.	\$50.85
	75995	Wed	Dec 4-18	4-4:30p.m.	\$50.85
	75996	Wed	Dec 4-18	5:45-6:15p.m.	\$50.85
	75998	Thu	Dec 5-19	4-4:30p.m.	\$50.85
	76040	Thu	Dec 5-19	4:35-5:05p.m.	\$50.85
	75997	Thu	Dec 5-19	5:45-6:15p.m.	\$50.85

Adapted Parent & Tot 4-48 months Swim Lessons

This adapted swim lesson is designed for children with disabilities and their family members/ supports who enjoy being in a group setting. Instructors will work with participants to support them in meeting their needs and goals. The Parent & Tot program structures in-water interaction between parent/support and child to stress the importance of play in developing water-positive attitudes and skills. A minimum of 1 parent/guardian participant is required to be in the water per child. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

NWLC	76028	Tue	Sep 3-Oct 29	5:55-6:25p.m.	\$63.00
	76029	Tue	Nov 5-Dec 17	5:10-5:40p.m.	\$49.00
	76030	Thu	Nov 7-Dec 19	5:10-5:40p.m.	\$49.00
	76037	Thu	Nov 7-Dec 19	4:35-5:05p.m.	\$49.00

Adapted Swim Lessons 4 years and up

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

NWLC	75967	Tue	Sep 3-Oct 1	4:10-4:40p.m.	\$84.75
	75968	Tue	Sep 3-Oct 1	5:20-5:50p.m.	\$84.75
	75969	Fri	Sep 6-Oct 4	4-4:30p.m.	\$84.75
	75970	Sat	Sep 7-Oct 5	10:20-10:50a.m.	\$84.75
	75971	Sat	Sep 7-Oct 5	12:35-1:05p.m.	\$84.75
	75972	Sun	Sep 8-Oct 6	9-9:30a.m.	\$84.75
	75977	Tue	Oct 8-29	4:10-4:40p.m.	\$67.80
	75978	Tue	Oct 8-29	5:20-5:50p.m.	\$67.80
	75979	Fri	Oct 11-Nov 1	4-4:30p.m.	\$67.80
	75980	Sat	Oct 12-Nov 2	10:20-10:50a.m.	\$67.80
	75981	Sat	Oct 12-Nov 2	12:35-1:05p.m.	\$67.80
	75982	Sun	Oct 13-Nov 3	9-9:30a.m.	\$67.80
	75987	Tue	Nov 5-26	4-4:30p.m.	\$67.80
	75992	Tue	Nov 5-26	4:35-5:05p.m.	\$67.80
	75988	Wed	Nov 6-27	4-4:30p.m.	\$67.80
	75991	Wed	Nov 6-27	5:45-6:15p.m.	\$67.80
	75989	Thu	Nov 7-28	4-4:30p.m.	\$67.80
	75990	Thu	Nov 7-28	5:45-6:15p.m.	\$67.80

Fine Arts

ABI Art Program 18 years and up

This art program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Art Group provides an opportunity for individuals to explore creative pursuits at their own pace in a supportive environment. The ABI Outreach Team and City of Regina Staff will be present to assist when necessary. Participants are welcome to bring in creative projects of their own or may use the supplies provided. We kindly ask that individuals requiring one-on-one support/assistance please bring an attendant/support person. To register for this program please email socialinclusionprograms@regina.ca.

SLC	74551	Thu	Sep 12-Dec 19	1-2:30p.m.	Free
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Adapted Crafting with Nature

Designed for children with disabilities, however, all abilities are welcome. This program will focus on fun and easy crafts that incorporate natural items for sensory exploration. This program will promote fine motor development, socialization, and creativity as we explore natural materials found on-site in the neighboring accessible park.

6-12 years

CRNC	74703	Sat	Sep 14-Oct 19	10:30-11:30a.m.	Free
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Inclusive Dance Class 5-11 years

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

mc	74706	Sat	Sep 21-Nov 30	1-2p.m.	Free
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Adapted Dance Class 5-11 years

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

mc	74707	Sat	Sep 21-Nov 30	2:15-3:15p.m.	Free
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For all adapted programs, we kindly ask that participants requiring one-on-one support please bring an attendant/support to the program. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

What's Your Style **FREE** **AP** 18 years and up Dance Nights

Everyone should have the opportunity to let loose and dance in whatever way the music moves them, regardless of musical taste, dance style or ability. The rush that you feel when you get to close your eyes and move along to your favourite track can be just like magic. The City of Regina is pleased to offer this inclusive dance class in partnership with Astonished! The program is open to everyone but adapted to meet the needs of individuals experiencing disability. Instruction will be based on a variety of dance culture which emphasizes enthusiasm, camaraderie and smiles! The best part? It's FREE! Email socialinclusionprograms@regina.ca for registration.

mc	74578	Thu	Oct 24	7-9p.m.	Free
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Adapted Music Program **AP** 3-12 years

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

3-6 years

MOC	74940	Sat	Oct 19-Nov 30	1-1:45p.m.	\$39.00
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6-12 years

MOC	74949	Sat	Oct 19-Nov 30	2-2:45p.m.	\$39.00
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Health & Fitness

Adapted Walk & Roll **AP** 18 years and up Fitness

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	74642	Tue,Thu	Sep 3-Oct 31	12:30-3p.m.	\$63.00
	74643	Tue,Thu	Nov 5-Dec 19	12:30-3p.m.	\$49.00



Adapted Adult **AP** 18 years and up Strength & Balance

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

SSLC	75027	Tue	Sep 3-Oct 29	12:15-1:15p.m.	\$65.25
	75029	Tue	Nov 5-Dec 17	12:15-1:15p.m.	\$50.75

Adapted Teen Boxing **AP** 12-18 years Fitness

This introductory-level boxing fitness session is geared towards empowering teens who have disabilities or who experience barriers to accessing recreation. This class is led by a certified instructor who will utilize the strengths of the group to assist in improving mobility and endurance. Join us to learn something new and the benefits of boxing, no experience is necessary.

FLDH	75400	Wed	Sep 11-Oct 16	5:30-6:30p.m.	\$43.50
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Adapted Adult Boxing **AP** 18 years and up Fitness

This introductory-level boxing fitness session is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. This class is led by a certified instructor who will utilize the strengths of the group to assist in improving mobility and endurance. Join us to learn something new and the benefits of boxing, no experience is necessary.

FLDH	75400	Wed	Sep 11-Oct 16	5:30-6:30p.m.	\$43.50
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Sports

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 to the basic skills of basketball such as passing, shooting, defense, dribbling and game strategy while also learning about the values of teamwork, cooperation and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning basketball. Parent or support person participation is encouraged to assist when needed.

5-7 years

FLDH	74792	Mon	Sep 9-Nov 18	5:30-6:30p.m.	\$60.00
NWLC	74585	Fri	Sep 13-Oct 18	6-6:45p.m.	\$43.50
	74590	Fri	Nov 8-Dec 13	6-6:45p.m.	\$43.50

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

Adapted Floor Hockey

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. This program will introduce to the basic skills of 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 when needed.

5-7 years

FLDH	74870	Sat	Sep 7-Nov 2	2-3p.m.	\$60.00
	75020	Sat	Nov 9-Dec 28	2-3p.m.	\$45.00

Adapted Soccer- Intro 5-12 years

Designed for children with disabilities or who have difficulties with gross motor development. This program will foster socialization by encouraging participation in a group setting. This program will introduce the basic skills of soccer such as passing, kicking, defending, and game strategy while also learning about the values of teamwork, and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning the basics of Soccer. Parent or support person participation is encouraged when needed.

5-7 years

FLDH	74816	Tue	Sep 10-Oct 29	5:30-6:30p.m.	\$60.00
	74977	Tue	Nov 5-Dec 17	5:30-6:30p.m.	\$52.50

8-12 years

FLDH	74867	Sat	Sep 7-Nov 2	1-2p.m.	\$60.00
	75015	Sat	Nov 9-Dec 28	1-2p.m.	\$45.00

Adapted Parent & Tot Sports Jam 3-5 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. Parents and tots enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. In a non-game-based environment, this program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class. Parent participation is required.

NWLC	74583	Sun	Sep 15-Oct 27	10-10:45a.m.	\$43.50
	74591	Sun	Nov 10-Dec 15	10-10:45a.m.	\$43.50

Adapted Sport and Fitness 9 years and up Try it Days

This once-a-month free program is designed for persons with disabilities and their families/ supports to enjoy a variety of adapted sports & fitness sessions. Join us for 60 minutes of fun, 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	76099	Fri	Sep 20	6:30-7:30p.m.	Free
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Soccer: Join us for this session as we dive into learning basic soccer skills. With a focus on fun and inclusion for all adaptations can be made to suit the diverse abilities of all who attend.

FLDH	76101	Fri	Oct 18	6:30-7:30p.m.	Free
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Basketball: Join us for this session as we dive into learning introductory level basketball skills. With a focus on fun and inclusion for all adaptations can be made to suit the diverse abilities of all who attend.

FLDH	76102	Fri	Nov 15	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 sport activities. Participants are encouraged to wear their favourite holiday-themed attire as we focus on socialization and fun!

FLDH	76100	Fri	Dec 20	6:30-7:30p.m.	Free
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Adapted Sports Jam 6-12 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. Parents and tots enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. In a non-game-based environment, this program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class. Parent participation is required.

NWLC	74584	Sun	Sep 15-Oct 27	11-11:45a.m.	\$43.50
	74592	Sun	Nov 10-Dec 15	11-11:45a.m.	\$43.50

Social

Sensory Friendly Youth Program 10-17 years

Join us for this free and inclusive registered program for ages 10 - 17. The program is designed for youth who would benefit from a sensory-friendly group setting. The program will promote social interaction, physical movement, and creativity through recreational activities. This program is a great opportunity for youth of all abilities to try something new.

mc	74728	Thu	Oct 10-Dec 12	6-8p.m.	Free
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Build & Go Program 13-21 years

The Build & Go program is aimed towards teens & young adults of all abilities. In this program, we will use a variety of Lego-inspired building activities that foster team-building skills & socialization. The GO part of this program is driven by a love for Pokémon GO, where the group will work independently and as a team to catch Pokémon. This program is a great opportunity to make new friends in a creative and sensory-friendly environment.

mc	74847	Wed	Sep 25-Oct 30	6-7:30p.m.	Free
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Evening Adult Social Program 18 years and up

This program is for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to come together to try a variety of activities that foster socialization, such as instructor led activities to playing board games and bingo. The activities will be built based on the group's interests. City of Regina staff will be on site to facilitate the program but are not able to transfer, lift, or reposition individuals.

MOC	76042	Fri	Sep 27-Dec 6	6-8p.m.	Free
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ABI Cribbage **FREE** **AP** 18 years and up

This Cribbage program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Cribbage program will provide an opportunity for individuals to socialize with peers, engage and develop their fine motor & cognitive skills at their own pace in a supportive environment. The ABI Outreach Team & City of Regina Staff will be present to assist when necessary. We kindly ask that individuals requiring one-on-one support/assistance please bring an attendant/support person. To register for this program please email socialinclusionprograms@regina.ca

SLC	74552	Fri	Sep 13-Dec 20	1-2:30p.m.	Free
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Short Breaks **FREE** **AP** 18 years and up

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

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



Affordable Access Program

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

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

For more information, eligibility, or an application form:

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

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



Regina.ca/affordablefun



Inclusion Support Service

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

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

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

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

- ✓ Program & equipment adaptations
- ✓ Emotional/social companionship
- ✓ Cognitive & behavioural support



How to Access



Step 1: Get in Touch

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



Step 2: Meet with us

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



Step 3: Inclusion Plan

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



Step 4: Leisure Time!

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

For more information about this service please contact:



inclusionsupport@regina.ca



639-590-8895

Registered Preschool Programs



Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

Fine Arts

Crafty Christmas

3-5 years

Start your preschooler's countdown to Christmas with this class! There are 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 stories.

NBAC	74504	Tue	Nov 26-Dec 17	9-10:30a.m.	\$83.00
	74505	Tue	Nov 26-Dec 17	1-2:30p.m.	\$83.00

Creative Beginnings

4-6 years

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

NBAC	74506	Wed	Sep 18-Nov 6	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	76004	Fri	Sep 6-Oct 4	2:30-3:35p.m.	\$44.25
	76010	Fri	Oct 11-Nov 1	2:30-3:35p.m.	\$35.40
	76015	Fri	Nov 8-29	2:30-3:35p.m.	\$35.40
	76016	Fri	Dec 6-20	2:30-3:35p.m.	\$26.55

Sports

Parent & Tot Floor Hockey

3-5 years

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

FLDH	74790	Mon	Sep 9-Nov 18	4:30-5:30p.m.	\$60.00
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Parent & Tot Soccer

3-5 years

Parents and tots enjoy learning soccer skills together. In a non-game based environment this program will teach the basic skills of soccer and incorporate fun games into each and every class.

FLDH	74815	Tue	Sep 10-Oct 29	4:30-5:30p.m.	\$60.00
	74976	Tue	Nov 5-Dec 17	4:30-5:30p.m.	\$52.50

Registered Child And Youth Programs



Legend

FLDH – Fieldhouse

MOC – Mitakuyé Owâs'ā

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West 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 it a reality with our 3D printer. Students must supply their own laptops or iPad.

NBAC	74482	Sat	Sep 21-Nov 16	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 the 3D printers. Students must supply their own laptop or iPad. **Prerequisite:** 3D Printing and Design 1 or equivalent experience.

NBAC	74483	Sat	Sep 21-Nov 16	11a.m.-12p.m.	\$95.00
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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	74494	Sun	Sep 22-Nov 17	3-4:30p.m.	\$95.00
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Adventures in Art for Homeschoolers 1 6-8 years

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

NBAC	74495	Thu	Sep 19-Nov 7	10a.m.-12p.m.	\$125.00
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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 the subject matter will be more advanced.

NBAC	74496	Thu	Sep 19-Nov 7	1-3p.m.	\$125.00
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Art Exploration 8-12 years

Explore the work of various artists and styles throughout history then create your own unique artworks. Learn about perspective drawing and experiment with pencil, watercolour pencil, oil and chalk pastel, and acrylic painting. You will also learn colour theory through blending and devising a colour wheel.

NBAC	74497	Sat	Sep 21-Nov 16	12:30-2:30p.m.	\$125.00
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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	74500	Sat	Sep 21-Nov 16	3-4:30p.m.	\$105.00
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Art Sampler

6-9 years

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

NBAC	74499	Sat	Sep 21-Nov 16	10a.m.-12p.m.	\$125.00
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Beginner Arduino

12-16 years

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

NBAC	74486	Tue	Sep 17-Nov 5	7-9p.m.	\$120.00
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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	74503	Sun	Sep 22-Nov 17	3-4:30p.m.	\$98.00
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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	74508	Sat	Sep 21-Nov 16	10-11:30a.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	74507	Sat	Sep 21-Nov 16	9-10:30a.m.	\$98.00
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Drawing Fantasy Dragons

12-16 years

Bring fantasy dragons to life in your sketchbook with various drawing techniques. In this class we will be covering drawing fundamentals such as structure, gesture, form, anatomy, lighting, and texture. We will also be taking inspiration from animal references to create unique dragons of our own design.

NBAC	74579	Wed	Sep 25-Nov 13	7-8:30p.m.	\$95.00
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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, chimers, 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	74510	Sat	Sep 21-Nov 16	3-4:30p.m.	\$95.00
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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. See pages 34-38.

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



Regina.ca/inclusiveprograms



Easy Sewing – Fun Felt Friends 10-14 years

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

NBAC	74519	Sun	Dec 8	1-4p.m.	\$35.00
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Fairy Tale Fun 6-10 years

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

NBAC	74513	Sat	Sep 14	3-4:30p.m.	\$20.00
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Fantastic Friends Drawing 9-14 years

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

NBAC	74514	Sun	Sep 22-Nov 17	1-2:30p.m.	\$98.00
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Fantastic Friends: Character Creation! 9-14 years

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	74515	Sat	Sep 14	1-2:30p.m.	\$20.00
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Fantastic Friends: Fairy Tales 7-10 years

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

NBAC	74612	Sat	Sep 21-Nov 16	1-2:30p.m.	\$98.00
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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	74518	Sat	Sep 21-Nov 16	11a.m.-12:30p.m.	\$95.00
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Inspiring Art for Young Minds! 6-9 years

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

NBAC	74520	Sat	Sep 21-Nov 16	1-2:30p.m.	\$98.00
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Manga 1 9-14 years

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

NBAC	74606	Sat	Sep 21-Nov 16	12-1:30p.m.	\$95.00
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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	74529	Sat	Sep 21-Nov 16	2-4p.m.	\$115.00
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Free Youth Evening Program

Join us for an inclusive and freedrop-in program for youth!

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






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



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

Mask Making Adventures 8-13 years

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

NBAC	74608	Sat	Sep 21-Nov 16	3-4:30p.m.	\$103.00
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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	74532	Sun	Sep 15	1-3p.m.	\$25.00
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Roblox Coding for Beginners 10-14 years

Take a vacation away from your Brookhaven home and learn how to start creating your own Roblox map or game using Roblox Studio. This is an introductory look into the world of game creation, and no prior coding experience is necessary. Students must provide their own laptop, and have basic laptop skills (typing, spelling, using a mouse).

NBAC	74484	Sat	Sep 21-Nov 16	1-2p.m.	\$90.00
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World of Crayons, Markers and Pastels 6-10 years

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

NBAC	74548	Sun	Sep 22-Nov 17	1-2:30p.m.	\$98.00
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Recreation & Life Skills

Indigenous Youth Employment Program 14-18 years

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

MOC	74574	Tue,Thu	Oct 8-Nov 21	4-7p.m.	\$75.00
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Sports

Badminton – Kids 5-7 years

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

FLDH	74945	Sat	Sep 7-Oct 26	1-2p.m.	\$60.00
	74950	Sat	Sep 7-Nov 26	2-3p.m.	\$60.00
	74918	Wed	Sep 11-Oct 30	5-6p.m.	\$60.00
	75032	Wed	Nov 6-Dec 18	5-6p.m.	\$52.50
	75039	Sat	Nov 9-Dec 28	1-2p.m.	\$45.00
	75040	Sat	Nov 9-Dec 28	2-3p.m.	\$45.00
NWLC	75197	Sat	Sep 21-Nov 30	4:30-5:30p.m.	\$75.00

Mitakuyé Owâs'ā Centre

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

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

Drop-in and join us!*

Tuesday-Friday

Drop-in Gym 3-6 p.m.

Saturday

Family Gym Drop-in 3-4 p.m.

Family Crafts & Activities 3-6 p.m.

Drop-in Basketball 4-6 p.m.

*Except Nov 13, Sep 21, Oct 19, Nov 16, Dec 7



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



Badminton – Junior

8-12 years

Children will learn various Badminton Skills such as footwork, underhand and overhand strokes, serving and scoring. Participants will be able to review a variety of skills each week.

MOC	75240	Sat	Sep 28-Nov 30	10-11a.m.	\$67.50
	75247	Sat	Sep 28-Nov 30	11a.m.-12p.m.	\$67.50
FLDH	74905	Mon	Sep 9-Nov 18	5-6p.m.	\$60.00
	74907	Mon	Sep 9-Nov 18	6-7p.m.	\$60.00
	74914	Tue	Sep 10-Oct 29	5-6p.m.	\$60.00
	74921	Wed	Sep 11-Oct 30	6-7p.m.	\$60.00
	74923	Thu	Sep 12-Oct 31	5-6p.m.	\$60.00
	74932	Fri	Sep 13-Nov 1	5-6p.m.	\$60.00
	75028	Tue	Nov 5-Dec 17	5-6p.m.	\$52.50
	75035	Wed	Nov 6-Dec 18	6-7p.m.	\$52.50
NWLC	75036	Thu	Nov 7-Dec 19	5-6p.m.	\$52.50
	75188	Sat	Sep 21-Nov 30	5:30-6:30p.m.	\$75.00

Badminton – Teens

13-15 years

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

FLDH	74954	Sat	Sep 7-Oct 26	5-6p.m.	\$60.00
	74915	Tue	Sep 10-Oct 29	6-7p.m.	\$60.00
	74926	Thu	Sep 12-Oct 31	6-7p.m.	\$60.00
	75030	Tue	Nov 5-Dec 17	6-7p.m.	\$52.50
	75037	Thu	Nov 7-Dec 19	6-7p.m.	\$52.50

Basketball – Kids

5-7 years

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

FLDH	74825	Tue	Sep 10-Oct 29	7:30-8:30p.m.	\$60.00
	74843	Fri	Sep 13-Nov 1	5-6p.m.	\$60.00
	74856	Fri	Sep 13-Nov 1	6-7p.m.	\$60.00
	74982	Tue	Nov 5-Dec 17	7:30-8:30p.m.	\$52.50
	75006	Fri	Nov 8-Dec 20	5-6p.m.	\$52.50
	75008	Fri	Nov 8-Dec 20	6-7p.m.	\$52.00

Basketball Fundamental

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.

8-10 years

FLDH	74829	Wed	Sep 11-Oct 30	5-6p.m.	\$60.00
	74838	Fri	Sep 13-Nov 1	5:30-6:30p.m.	\$60.00
	74991	Wed	Nov 6-Dec 18	5-6p.m.	\$52.50
	75002	Fri	Nov 8-Dec 20	5:30-6:30p.m.	\$52.50
CRNC	74725	Sat	Sep 21-Oct 19	10-11a.m.	\$37.50
	74726	Sat	Sep 21-Oct 19	11a.m.-12p.m.	\$37.50

CRNC	74788	Sat	Nov 2-Dec 7	10-11a.m.	\$45.00
	74789	Sat	Nov 2-Dec 7	11a.m.-12p.m.	\$45.00

11-13 years

FLDH	74831	Wed	Sep 11-Oct 30	6-7p.m.	\$60.00
	74992	Wed	Nov 6-Dec 18	6-7p.m.	\$52.50

Basketball – Advanced

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

Prerequisite: Knowledge of basic basketball skills such as dribbling, passing & shooting.

8-11 years

FLDH	74811	Mon	Sep 9-Dec 2	6:30-7:30p.m.	\$75.00
	74841	Fri	Sep 13-Nov 1	6:30-7:30p.m.	\$60.00
	75004	Fri	Nov 8-Dec 20	6:30-7:30p.m.	\$52.50

12-14 years

FLDH	74812	Mon	Sep 9-Dec 2	7:30-8:30p.m.	\$75.00
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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	74834	Wed	Sep 11-Oct 30	4:30-5:30p.m.	\$60.00
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8-12 years

FLDH	74835	Wed	Sep 11-Oct 30	5:30-6:30p.m.	\$60.00
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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	74996	Wed	Nov 6-Dec 18	5:30-6:30p.m.	\$52.50
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8-12 years

FLDH	74999	Wed	Nov 6-Dec 18	6:30-7:30p.m.	\$52.50
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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	74971	Mon	Nov 4-Dec 23	4:30-5:30p.m.	\$52.50
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8-12 years

FLDH	74972	Mon	Nov 4-Dec 23	5:30-6:30p.m.	\$52.50
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Lacrosse – Kids

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

5-7 years

FLDH	74791	Mon	Sep 9-Nov 18	5:30-6:30p.m.	\$60.00
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8-12 years

FLDH	75021	Sat	Nov 9-Dec 28	3-4p.m.	\$45.00
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Soccer – Kids

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

5-7 years

FLDH	74817	Tue	Sep 10-Oct 29	4:30-5:30p.m.	\$60.00
	74978	Tue	Nov 5-Dec 17	4:30-5:30p.m.	\$52.50
MOC	75261	Thu	Sep 26-Nov 28	5:30-6:30p.m.	\$75.00

8-12 years

FLDH	74819	Tue	Sep 10-Oct 29	5:30-6:30p.m.	\$60.00
	74979	Tue	Nov 5-Dec 17	5:30-6:30p.m.	\$52.50
	75023	Sat	Nov 9-Dec 28	4-5p.m.	\$45.00
MOC	75271	Thu	Sep 26-Nov 28	6:30-7:30p.m.	\$75.00

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	74985	Wed	Nov 6-Dec 18	4:30-5:30p.m.	\$52.50
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8-12 years

FLDH	74990	Wed	Nov 6-Dec 18	5:30-6:30p.m.	\$52.50
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Table Tennis – Intro

8-12 years

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

FLDH	74822	Tue	Sep 10-Oct 29	6:30-7:30p.m.	\$60.00
	74980	Tue	Nov 5-Dec 17	6:30-7:30p.m.	\$52.50

Tennis Kids – Level 1

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	74871	Sat	Sep 7-Nov 16	10-11a.m.	\$90.00
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Tennis Junior – Level 1

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	74872	Sat	Sep 7-Nov 16	11a.m.-12p.m.	\$90.00
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Volleyball – Elementary

7-10 years

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

FLDH	74859	Fri	Sep 13-Nov 1	5-6p.m.	\$52.50
	75009	Fri	Nov 8-Dec 20	5-6p.m.	\$52.50

Volleyball – Skill Development

11-13 years

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

FLDH	74863	Fri	Sep 13-Nov 1	6-7p.m.	\$52.50
	75011	Fri	Nov 8-Dec 20	6-7p.m.	\$52.50

Indigenous Youth Employment Program

Are you an Indigenous youth aged 14 to 18?

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

You'll receive:

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

When:

Tuesday & Thursday
Oct 8–Nov 21 • 4–7 p.m.

First Aid Training

Nov 2&3 • 9 a.m.–5 p.m.
(74574) Cost: \$75

Where:

Mitakuyé Owás'ā Centre
1770 Halifax St.

How to Sign Up:

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

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



Winter Escapes Day Camp

A Memorable Winter Adventure for Kids!

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

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

Dates:
December 30 to January 3
(excludes Jan 1, 2025)
Mon/Tue/Thurs/Fri
Daily registration

Cost:
\$25 per day

Locations:
Core Ritchie Neighbourhood Centre
2230 Lindsay Street

Eastview Community Centre
615 6th Ave

Glencairn Neighbourhood Recreation Centre
2626 Dewdney Ave East

Program Hours:
8:30 a.m. – 4 p.m.

Registration Opens
September 3, 2024 at 9 a.m.

Registration options:

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

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



Bring your dog for a swim in the pool!



All dogs must:

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

Monday, September 2

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	76067	10:00-11:00 a.m.	\$10
Large Dogs	60 lbs and over	76068	11:15 a.m. - 12:15 p.m.	\$10
Medium Dogs	25-60 lbs	76069	12:30-1:30 p.m.	\$10
Medium Dogs	25-60 lbs	76070	1:45-2:45 p.m.	\$10
Small Dogs	Under 25 lbs	76072	3:00-4:00 p.m.	\$10
Service Dogs	Any weight/size	76071	4:15-5:15 p.m.	\$10

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



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

 **REGINA**

Registered Adult Programs



Legend

FLDH – Fieldhouse

LAC – Lawson Aquatic Centre

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Material Fees

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

Fine Arts – Drawing & Painting

3D Modelling and Printing 15 years and up

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

NBAC	74485	Thu	Sep 19-Nov 7	7-9p.m.	\$140.00
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Alcohol Ink 15 years and up

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

NBAC	74668	Wed	Sep 18-Nov 6	7-9p.m.	\$145.00
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Beginner Drawing 15 years and up

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

NBAC	74502	Wed, Thu	Oct 9-24	9a.m.-12p.m.	\$125.00
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Drawing Theory and Practice 15 years and up

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

NBAC	74611	Mon	Sep 16-Nov 25	1-4p.m.	\$165.00
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Landscape Painting 1 15 years and up

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

NBAC	74580	Thu	Sep 19-Nov 7	7-10p.m.	\$165.00
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Landscapes in Acrylic 15 years and up

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

NBAC	74527	Fri	Sep 20-Nov 8	1-4p.m.	\$165.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Landscapes in Watercolour 15 years and up

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

NBAC	74528	Mon	Sep 16-Nov 25	7-10p.m.	\$165.00
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Mastering Coloured Pencil 15 years and up

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

NBAC	74610	Wed	Sep 18-Nov 6	1-3p.m.	\$125.00
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Mixed Media Watercolour  15 years and up
Portraits

Increase the expressiveness of your watercolour portraits through mixed media methods. We will explore imprinting patterns as backgrounds and will combine watercolour with graphite pencil and oil pastels. Instruction in drawing the human head will also be included for those new to the subject.

NBAC	74605	Wed, Thu	Nov 6-Nov 21	9a.m.-12p.m.	\$125.00
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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.

NBAC	74530	Wed	Sep 18-Nov 6	7-9:30p.m.	\$170.00
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Oil Painting 1 15 years and up

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

NBAC	74531	Wed	Sep 18-Nov 6	1-4p.m.	\$165.00
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Painting and Drawing  14 years and up
Drop In

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

NBAC	74534	Fri	Sep 6-Dec 27	9-11:30a.m.	Free
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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	74536	Wed	Sep 18-Nov 6	9a.m.-12p.m.	\$165.00
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Painting Shake Up  15 years and up

For those who have never painted before, or who have painted for a long time and are feeling stuck. Learn to paint beyond the brush and canvas. Each class will be a fun challenge that will inspire new ways to use the palette. If you are stuck in a traditionalist rut or you have wanted to try painting but have been too intimidated to pick up a brush- this is the class for you! No experience necessary, all are welcome!

NBAC	74723	Mon	Sep 16-Nov 25	1-3p.m.	\$135.00
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Pets in Watercolour 15 years and up

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

NBAC	74550	Wed, Thu	Dec 4-19	9a.m.-12p.m.	\$125.00
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Portrait Drawing 1  15 years and up

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

NBAC	74581	Mon	Sep 16-Nov 25	7-9:30p.m.	\$135.00
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Regina Doorways, Arches and Flower Boxes 15 years and up

This will be a form of plein air painting class with a focus on the beautiful architectural elements of doorways, arches, and window boxes in our city. Classes will explore various locations in and around the Cathedral, Lakeview and downtown areas. Our first meeting will begin at the Neil Balkwill Civic Arts Centre. Sketching, watercolour and acrylic mediums are welcome.

NBAC	74549	Mon-Fri	Sep 9-13	9a.m.-12p.m.	\$112.00
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Sketching the Basics 15 years and up

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

NBAC	74542	Tue	Sep 17-Nov 5	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	74545	Sat	Sep 21-Nov 16	9a.m.-12p.m.	\$165.00
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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	74517	Tue	Sep 17-Nov 5	7-9:30p.m.	\$155.00
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Introduction to Crochet 14 years and up

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

NBAC	74487	Tue	Sep 17-Oct 22	7-8p.m.	\$65.00
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Introduction to Knitting 14 years and up

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

NBAC	74488	Mon	Sep 16-Nov 4	7-8p.m.	\$65.00
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Learn to Sew 15 years and up

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

NBAC	74489	Sat	Sep 14	10a.m.-3p.m.	\$55.00
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Learn to Sew a  Shoulder Bag 14 years and up

Learn how to sew a simple but versatile shoulder bag. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

NBAC	74689	Sun	Sep 15	1-4p.m.	\$40.00
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Open Fibre Night  14 years and up

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

NBAC	74533	Thu	Sep 26, Oct 24, Nov 28	7-10p.m.	Free
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Quilting Drop In  15 years and up

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

NBAC	74541	Thu	Sep 5-Dec 19	9a.m.-2p.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	74543	Fri	Sep 6-Dec 27	9-11:30a.m.	Free
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Upcycled Denim Mittens 15 years and up

Learn how to upcycle your favourite pair of old denim jeans, jacket or even thrift-store finds into a pair of unique mittens. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

NBAC	74491	Sat	Dec 14	10a.m.-3p.m.	\$55.00
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Upcycled Denim Slippers 15 years and up

Learn how to upcycle your favourite pair of old denim jeans, jacket or even thrift-store finds into a pair of cozy slippers. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

NBAC	74490	Sat	Sep 7	10a.m.-3p.m.	\$55.00
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Fine Arts – Jewellery and Metalwork**Enameling Project Class  16 years and up**

Work on enameling projects of your own choice in this class. An instructor will be on hand to assist you with any questions or issues. Access will be available to the kiln for kiln firing and the torch for torch firing. A materials fee of \$30, paid at the time of registration, will cover the cost of enamel.

Prerequisite: Previous Enameling class or equivalent experience.

NBAC	74695	Thu	Sep 19-Nov 7	7-10p.m.	\$260.00
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Extended Fine Silver Fusing 16 years and up

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

Prerequisite: Jewellery 1

NBAC	74690	Wed	Nov 6-Dec 11	7-10p.m.	\$190.00
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Introduction to Stained Glass 15 years and up

Learn how to make your own sun catchers and other colourful creations while being introduced to some of the basic skills and techniques of stained glass work.

NBAC	74722	Sat, Sun	Sep 7,8	12:30-4p.m.	\$105.00
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Jewellery 1 16 years and up

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

NBAC	74523	Tue	Sep 17-Nov 5	7-10p.m.	\$270.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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	74693	Thu	Sep 19-Nov 7	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	74524	Tue	Sep 17-Nov 5	1-4p.m.	\$230.00
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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	74525	Wed	Sep 18-Oct 23	7-10p.m.	\$230.00
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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	74526	Sat	Sep 21-Nov 16	9a.m.-12p.m.	\$245.00
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Lampwork Bead Project Class

16 years and up

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

Prerequisite: Lampwork Beads 1

NBAC	74692	Mon	Sep 16-Nov 25	1-4p.m.	\$245.00
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Lampwork – Enhanced Style and Finishing

16 years and up

Students will work with various embellishments to enhance their bead making style. They will then use wire, bead caps, tubing (for coring), and other accessories to create different styles of finished pieces with their beads.

Prerequisite: Lampwork Beads 1

NBAC	74694	Mon	Sep 16-Nov 25	7-10p.m.	\$245.00
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Lampwork – Make Your Own Frit Workshop

16 years and up

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

Prerequisite: Lampwork Beads 1

NBAC	74691	Sat	Dec 7	9:30a.m.-4:30p.m.	\$95.00
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All Bodies Swim

North West Leisure Centre

Fridays, 9-10:30 p.m.

■ Sep 27
 ■ Oct 25
 ■ Nov 22
 ■ Dec 20

General admission applies

2SLGBTQIAP+ Drop-in Gym Time

Mitakuyé Owâs'ā Centre

Weekly on Mondays • 5:45-8:15 p.m.

September 9 - December 16*

*except Sep 30, Oct 14, Nov 11

Free



Adrop-in leisure swim and gym time for people who are non-binary and/or gender non-conforming and their allies.

Regina.ca/inclusiveprograms



Sand Casting Jewellery 16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC	74696	Sun	Sep 22-Nov 17	1-4p.m.	\$255.00
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Fine Arts – Photography

Photography 1 15 years and up – Camera Operation

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

NBAC	74538	Wed	Sep 18-Oct 16	7-10p.m.	\$112.00
	74537	Mon	Oct 7-Nov 18	7-10p.m.	\$112.00

Photography 2 15 years and up – Principles of Photography

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

Prerequisite: Photography 1 or equivalent.

NBAC	74540	Wed	Oct 23-Nov 20	7-10p.m.	\$112.00
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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	74698	Fri	Sep 20-Nov 22	1-4p.m.	\$280.00
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Basic Woodworking 16 years and up

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

NBAC	74501	Tue	Sep 17-Nov 19	7-9:30p.m.	\$235.00
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Bowl Turning 16 years and up

Instructor Dale Lowe will guide students through the development of attractive bowl and vessel forms, creating visual details, and effective sanding and finishing techniques. Working with dry wood supplied by the instructor, students will produce fully finished work. An intermediate/advanced level class, students need to have taken an introductory bowl turning class and have a good general knowledge of sharpening and safety. A material fee will be paid to the instructor.

Prerequisite: previous bowl turning class

NBAC	74715	Sat, Sun	Dec 14,15	9a.m.-5p.m.	\$160.00
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Contemporary Wall Shelf 16 years and up

Build a wall hanging shelf with sleek tapered and curved sides flowing inward as they rise. Learn to make a bent and tapered lamination with shop sawn veneers and using bending forms and the vacuum bag. Joinery will be slip tenons with the Domino tool. The shelf can be configured as open shelves, or with an option to add a veneered panel door or drawers later. This is an intermediate/advanced level class. A material fee will be paid to the instructor.

Prerequisite: previous Balkwill Centre wood class or instructor's permission

NBAC	74704	Sat	Sep 21-Nov 30	9a.m.-12p.m.	\$280.00
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Grow Your Ideas 16 years and up

Ideas: how do you get them? How do you develop them? Make them work? Build them? A practical approach to developing project designs, students may be at different stages in their own work but need to have basic woodworking experience. Come with something you would like to try. With the instructor's help and class discussions, work through the process using sketching, model building and mock-ups. Move to the next stage on your creative woodworking path.

NBAC	74702	Wed	Sep 18-Nov 6	7-10p.m.	\$230.00
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Hand Tool 16 years and up Woodworking: Sliding Lid Chest

Working with hand tools, build an attractive medium-sized storage chest with an unusual type of sliding lid. Discover the handsaw and bench hook, hand plane, chisel, router plane and hand-powered drill. Assemble your chest with a hand cut housing dado and classic forged nails that hold tenaciously and look great! A material fee to be paid to the instructor will cover the cost of all materials. An introductory class, no experience needed.

NBAC	74708	Thu	Sep 19-Nov 21	7-10p.m.	\$280.00
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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	74522	Fri Sat-Sun	Sep 13 Sep 14-15	7-9p.m. 9a.m.-5p.m.	\$205.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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 tools, and sharpening. Students will practice different cuts (beading, coves, cylinders, tenons, etc.) and produce finished pieces. Register early!

NBAC	74582	Fri Sat-Sun	Sep 6 Sep 7-8	7-9p.m. 9a.m.-5p.m.	\$205.00
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Wood Carving Drop In 14 years and up

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

NBAC	74546	Tue	Sep 3-Dec 17	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	74547	Mon	Sep 16-Dec 9	7-10p.m.	\$280.00
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Aquatic Fitness, Health & Wellness

Aquacise 14 years and up

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

LAC	76075	Tue	Sep 3-Oct 29	6:15-7p.m.	\$40.60
	76076	Thu	Sep 5-Oct 31	6:15-7p.m.	\$46.40
	76077	Tue	Nov 5-Dec 17	6:15-7p.m.	\$40.60
	76078	Tue	Nov 7-Dec 19	6:15-7p.m.	\$34.80
NWLC	74684	Tue	Sep 3-Oct 29	8:35-9:20p.m.	\$62.10
	74669	Wed	Sep 4-Oct 30	8:35-9:20p.m.	\$62.10
	74687	Mon	Sep 9-Oct 28	8:35-9:20p.m.	\$55.20
	74685	Mon	Nov 4-Dec 16	8:35-9:20p.m.	\$48.30
	74688	Tue	Nov 5-Dec 17	8:35-9:20p.m.	\$48.30
	74670	Wed	Nov 6-Dec 18	8:35-9:20p.m.	\$48.30
SSLC	75911	Tue	Sep 3-Oct 29	8:30-9:15p.m.	\$52.20
	75918	Wed	Sep 4-Oct 30	8:30-9:15p.m.	\$52.20
	75931	Thu	Sep 5-Oct 31	8:30-9:15p.m.	\$52.20
	75897	Mon	Sep 9-Oct 28	8:30-9:15p.m.	\$34.80
	75960	Mon	Nov 4-Dec 16	8:30-9:15p.m.	\$34.80
	75973	Tue	Nov 5-Dec 17	8:30-9:15p.m.	\$40.60
	75999	Wed	Nov 6-Dec 18	8:30-9:15p.m.	\$40.60
	76005	Thu	Nov 7-Dec 19	8:30-9:15p.m.	\$40.60

Baby & Me Aquacise

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

SSLC	75919	Wed	Sep 4-Oct 30	9:15-10a.m.	\$52.20
	76000	Wed	Nov 6-Dec 18	9:15-10a.m.	\$40.60

Land Fitness, Health & Wellness

Baby & Me Bootcamp

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

FLDH	74466	Tue	Sep 3-Oct 29	10:45-11:45a.m.	\$62.10
	74467	Thu	Sep 5-Oct 31	10:45-11:45a.m.	\$62.10
	74671	Tue	Nov 5-Dec 17	10:45-11:45a.m.	\$48.30
	74672	Thu	Nov 7-Dec 19	10:45-11:45a.m.	\$48.30

Cardio & Tone Interval 15 years and up

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

SSLC	75946	Fri	Sep 6-Nov 1	11:45a.m.- 12:45p.m.	\$52.20
	76017	Fri	Nov 8-Dec 20	11:45a.m.- 12:45p.m.	\$40.60

Fresh Air Fitness and Zen 15 years and up

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

NWLC	74666	Fri	Sep 6-Nov 1	9-10a.m.	\$46.40
	74667	Fri	Nov 8-Dec 20	9-10a.m.	\$40.60

LiveWell 30 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	74469	Mon,Wed	Sep 9-Oct 30	10-11a.m.	\$111.30
	74470	Mon,Wed	Sep 9-Oct 30	11a.m.-12p.m.	\$111.30
	74471	Tue,Thu	Sep 10-Oct 31	5:30-6:30p.m.	\$127.20
	74673	Mon,Wed	Nov 4-Dec 18	10-11a.m.	\$103.35
	74710	Mon,Wed	Nov 4-Dec 18	11a.m.-12p.m.	\$103.35
	74711	Tue,Thu	Nov 5-Dec 19	5:30-6:30p.m.	\$111.30

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	74472	Mon	Sep 9-Oct 30	7-8p.m.	\$48.30
	74676	Mon	Nov 4-Dec 16	7-8p.m.	\$48.30

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	74473	Thu	Sep 5-Oct 31	6:45-7:45p.m.	\$62.10
	74677	Thu	Nov 7-Dec 19	6:45-7:45p.m.	\$41.40

SoulFusion

16 years and up

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

FLDH	74474	Sat	Sep 7-Nov 2	9:45-10:45a.m.	\$55.20
	74678	Sat	Nov 9-Dec 21	9:45-10:45a.m.	\$48.30

Steel Mace & Mobility

13 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	74475	Mon	Sep 9-Oct 28	12:10-12:55p.m.	\$55.65
	74679	Mon	Nov 4-Dec 16	12:10-12:55p.m.	\$47.70

STEPFit

16 years and up

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

SSLC	75898	Mon	Sep 9-Oct 28	5:30-6:30p.m.	\$34.80
	75961	Mon	Nov 4-Dec 16	5:30-6:30p.m.	\$34.80

Stretch & Tone

15 years and up

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

SSLC	75920	Wed	Sep 4-Oct 30	10:30-11:30a.m.	\$52.20
	76001	Wed	Nov 6-Dec 18	10:30-11:30a.m.	\$40.60

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	75912	Tue	Sep 3-Oct 29	6:45-7:45p.m.	\$52.20
	75921	Wed	Sep 4-Oct 30	5:30-6:30p.m.	\$52.20
	75974	Tue	Nov 5-Dec 17	6:45-7:45p.m.	\$40.60
	76002	Wed	Nov 6-Dec 18	5:30-6:30p.m.	\$40.60

TRX® Group

16 years and up

Suspension Training

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	74476	Wed	Sep 4-Oct 30	5:30-6:30p.m.	\$71.55
	74680	Wed	Nov 6-Dec 18	5:30-6:30p.m.	\$55.65

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	74632	Tue	Sep 3-Oct 29	10:30-11:30a.m.	\$55.20
	74633	Thu	Sep 5-Oct 31	10:30-11:30a.m.	\$55.20
	74635	Tue	Nov 5-Dec 17	10:30-11:30a.m.	\$48.30
	74634	Thu	Nov 7-Dec 19	10:30-11:30a.m.	\$48.30

Yoga – Flow

15 years and up

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

NWLC	74630	Tue	Sep 3-Oct 29	6-7p.m.	\$48.30
	74628	Mon	Sep 9-Oct 28	7:15-8:15p.m.	\$34.50
	74629	Mon	Nov 4-Dec 16	7:15-8:15p.m.	\$41.40
	74631	Tue	Nov 5-Dec 17	6-7p.m.	\$48.30
SSLC	75900	Mon	Sep 9-Oct 28	8-9p.m.	\$41.40
	75963	Mon	Nov 4-Dec 16	8-9p.m.	\$41.40

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Yoga – Gentle

15 years and up

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

FLDH	74477	Mon	Sep 9-Oct 28	5:45-6:45p.m.	\$48.30
	74681	Mon	Nov 4-Dec 16	5:45-6:45p.m.	\$41.40
NWLC	74625	Wed	Sep 4-Oct 30	5:45-6:45p.m.	\$55.20
	74624	Mon	Sep 9-Oct 28	6-7p.m.	\$34.50
	74626	Mon	Nov 4-Dec 16	6-7p.m.	\$41.40
	74627	Wed	Nov 6-Dec 18	5:45-6:45p.m.	\$48.30
	75933	Thu	Sep 5-Oct 31	11:45a.m.-12:45p.m.	\$62.10
SSLC	75932	Thu	Sep 5-Oct 31	6:45-7:45p.m.	\$62.10
	75947	Fri	Sep 6-Nov 1	9:15-10:15a.m.	\$62.10
	75948	Fri	Sep 6-Nov 1	10:30-11:30a.m.	\$62.10
	75901	Mon	Sep 9-Oct 28	9:15-10:15a.m.	\$41.40
	75902	Mon	Sep 9-Oct 28	10:30-11:30a.m.	\$41.40
	75903	Mon	Sep 9-Oct 28	6:45-7:45p.m.	\$41.40
	75964	Mon	Nov 4-Dec 16	9:15-10:15a.m.	\$41.40
	75965	Mon	Nov 4-Dec 16	10:30-11:30a.m.	\$41.40
	75966	Mon	Nov 4-Dec 16	6:45-7:45p.m.	\$41.40
	76007	Thu	Nov 7-Dec 19	11:45a.m.-12:45p.m.	\$48.30
	76006	Thu	Nov 7-Dec 19	6:45-7:45p.m.	\$48.30
	76018	Fri	Nov 8-Dec 20	9:15-10:15a.m.	\$48.30
	76019	Fri	Nov 8-Dec 20	10:30-11:30a.m.	\$48.30

Yoga – Hatha

15 years and up

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

FLDH	74478	Tue	Sep 3-Oct 29	10:30-11:30a.m.	\$62.10
	74682	Tue	Nov 5-Dec 17	10:30-11:30a.m.	\$48.30

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	75913	Tue	Sep 3-Oct 29	8-9p.m.	\$62.10
	75975	Tue	Nov 5-Dec 17	8-9p.m.	\$48.30

Zumba Fitness

16 years and up

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

FLDH	74479	Wed	Sep 4-Oct 30	6:45-7:45p.m.	\$71.55
	74683	Wed	Nov 6-Dec 18	6:45-7:45p.m.	\$55.65
SSLC	75934	Thu	Sep 5-Oct 31	8-9p.m.	\$62.10
	75952	Sat	Sep 7-Nov 2	9-10a.m.	\$62.10

SSLC	76008	Thu	Nov 7-Dec 19	8-9p.m.	\$48.30
	76023	Sat	Nov 9-Dec 21	9-10a.m.	\$48.30

Sports

Badminton

16 years and up

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about the basics of the 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	74970	Sat	Sep 7-Oct 26	6-7:30p.m.	\$90.00
	74934	Fri	Sep 13-Nov 1	6-7:30p.m.	\$90.00
	75038	Fri	Nov 8-Dec 20	6-7:30p.m.	\$78.75
	75041	Sat	Nov 9-Dec 28	6-7:30p.m.	\$67.50

Tennis – Adult Level 1

16 years and up

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

FLDH	74874	Sat	Sep 7-Nov 23	12:15-1:15p.m.	\$90.00
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2025 Indigenous Artist in Residence

We are seeking an Indigenous artist in any medium to become the 2025 Indigenous Artist in Residence

Artist Call Opens December 2024!

Residency: June - October 2025

Visit Regina.ca/artist for more information.



REGISTERED OLDER ADULT PROGRAMS



Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Yoga – Chair

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

SSLC	75922	Wed	Sep 4-Oct 30	11:45a.m.-12:45p.m.	\$62.10
	75899	Mon	Sep 9-Oct 28	11:45a.m.-12:45p.m.	\$41.40
	75962	Mon	Nov 4-Dec 16	11:45a.m.-12:45p.m.	\$41.40
	76003	Wed	Nov 6-Dec 18	11:45a.m.-12:45p.m.	\$48.30
NWLC	74636	Wed	Sep 4-Oct 30	1-2p.m.	\$55.20
	74637	Wed	Nov 6-Dec 18	1-2p.m.	\$48.30

Zumba Gold

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

SSLC	75914	Tue	Sep 3-Oct 29	10:30-11:30a.m.	\$62.10
	75935	Thu	Sep 5-Oct 31	10:30-11:30a.m.	\$62.10
	75976	Tue	Nov 5-Dec 17	10:30-11:30a.m.	\$48.30
	76009	Thu	Nov 7-Dec 19	10:30-11:30a.m.	\$48.30
NWLC	74638	Wed	Sep 4-Oct 30	10:30-11:30a.m.	\$62.10
	74639	Wed	Nov 6-Dec 18	10:30-11:30a.m.	\$48.30



Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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



Woodworking at the Neil Balkwill Civic Arts Centre

The Neil Balkwill Civic Arts Centre offers a wide range of woodworking classes, from beginner Basic Woodworking to advanced level Wood Projects.

Please see Registered Adult Fine Arts – Woodworking section beginning on page 53.

There are classes suited for any skill level!



Contemporary Wall Shelf with instructor Luke Leblanc



Bowl Turning Workshop with instructor Dale Lowe



Hand Tool Woodworking: Sliding Lid Chest with instructor Doug Dale-Johnson

Regina.ca/recreation



Waste Management Centre

Learn More About Waste and Water



Group bookings now available!

Regina.ca/educationroom



Zone Board & Community Association Programs



How To Register For Community Programs

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

For more information on community programs, contact:

Central Zone

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

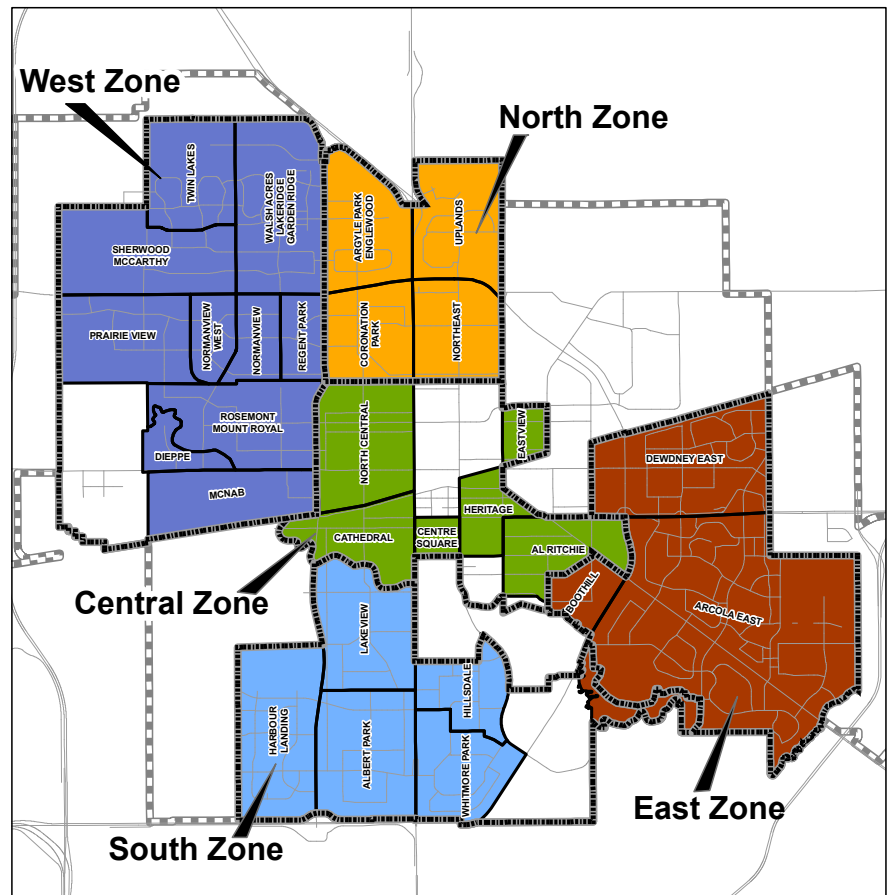
East & South Zones

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

North & West Zones

Maria Kotsetas
 mkotseta@regina.ca
 306-777-7362

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



Central Zone Board

Contact: Central Zone Board

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/AlRitchieCommunityAssociation

Email: info@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	Mon-Fri	Ongoing	10a.m.-2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Mosaic Pantry	All	Mon-Fri	Ongoing	10a.m.-2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Jingle Ball (Holiday Event)	All	Sat	Dec 14	1-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free
Monster Bash	All	Sat	Oct 26	1-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free
Back to School Celebration	All	Sat	Sep 7	1-4p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Jungle Gym	0-10 yrs	Mon	Ongoing	10-11a.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in
Snackaroos	0-6 yrs	Tue	Ongoing	10-11a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Little Artists	0-6 yrs	Tue	Ongoing	1-2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Fresh Air Friends	0-10 yrs	Tue	Ongoing	2-3p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Books For Breakfast	0-6 yrs	Wed	Ongoing	9:30-10:30a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Stay & Play	0-6 yrs	Wed	Ongoing	10:30-11:30a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Cookie Monsters	0-10 yrs	Wed	Ongoing	1-2:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Little Einsteins	0-6 yrs	Thu	Ongoing	9:30-10:30a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Mini Math	0-6 yrs	Thu	Ongoing	11a.m.-12p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Amis Francophone (French Fridays)	0-6 yrs	Fri	Ongoing	1-2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in

Children						
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
Jungle Gym	0-10 yrs	Mon	Weekly	10-11a.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in
Snackaroos	0-6 yrs	Tue	Ongoing	10-11p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in

Fresh Air Friends	0-10 yrs	Tue	Weekly	2-3p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Cookie Monsters	0-10 yrs	Wed	Weekly	1-2:30p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free Drop-in
Girls Group	9-15	Fri	Sep 20-Jun 13	6-8p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free
Drop-in Basketball	8-15	Wed	Sep 18-Jun 11	6-8p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free
Learn to Skate (Session 1)	5-12	Thu	Oct 17-Dec 19	5:45-6:30p.m.	AI Ritchie Ice Arena 2230 Lindsay Street	Free
Ringette	8-12	Mon	Sep 9-Oct 28	7-8p.m.	AI Ritchie Ice Arena 2230 Lindsay Street	Free
Dance & Free Movement Fundamentals	5-12	Thu	Sep 12-Dec 12	6:45-7:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	5-15	Mon-Fri	School days	3:15-5p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free
Youth Mentorship	8-15	Thu	Sep 19-Jun 12	6-8p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free
Girls Group	9-15	Fri	Sep 20-Jun 13	6-8p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free
Drop-In Basketball	8-15	Wed	Sep 18-Jun 11	6-8p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free
Youth Cook & Eat	8-16	Sun	Sep 1-Oct 6	11a.m.-1p.m.	AI Ritchie Community Association 2250 Lindsay Street	\$30
Youth Cook & Eat	8-16	Sun	Nov 3-Dec 8	11a.m.-1p.m.	AI Ritchie Community Association 2250 Lindsay Street	\$30
Dance & Free Movement Fundamentals	5-12	Thu	Sep 12-Dec 12	6:45-7:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free
Home Alone / Babysitting Course	11+ yrs	Sat	Oct 5	8a.m.	AI Ritchie Community Association 2250 Lindsay Street	\$50 per child
Amis Francophone (French Fridays)	0-6 yrs	Fri	Ongoing	1-2p.m.	AI Ritchie Community Association 2250 Lindsay Street	Free Drop-in

Adult						
Barre Fitness	18+	Thu	Sep 12-Dec 12	7:30-8:15p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$5 drop-in or 5 class pass for \$20
Pickleball	18+	Thu	Sep-Jun	11a.m.-2p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$2 Drop-in or \$20 Annually
Adult Arts & Crafts	18+	TBA	TBA	TBA	AI Ritchie Community Association 2250 Lindsay Street	TBA
Yang 85 Form Tai chi	18+	Sun	Weekly	1-2:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$25

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

Cathedral Village Community Association **cathedralvillage.org**

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

Registration Date: Online starting August 1, 2024
Registration Location: Cathedral Neighbourhood Centre, 2900 13th Ave.

The Cathedral Village Community Association is dedicated to making the Cathedral Area a vibrant neighbourhood with a hometown feel and a rich sense of community. We offer a variety of classes for all ages and interests. Those participating in our programs are asked to have a valid community association membership. If you don't have a community association, or your community association doesn't sell memberships, our memberships cost \$10 per family for 12 consecutive months. Please visit our website or Facebook page for more information or call or email the office directly.

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

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

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

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

Tai Chi Chuan – This class focuses on learning the Yang style 24 form as a martial art as well as promotion of health. It will also include a 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.

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Clothing Swap	All	Sat	Oct 5 1-4 p.m.	see website	see cathedralvillage.org	Free
Cathedral Holiday Craft Market	All	Sat	Nov 16	10a.m.-4p.m.	Cathedral Neighbourhood Centre & Westminster United Church	Free
Drop-in Halloween Party	All	Thu	Oct 31	5:30-7:30p.m.	Cathedral Neighbourhood Centre	Free
Parent & Baby Group	All	Thu	Sept 5-Dec 19 excl Sept 19	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Rink Shack Open	All	Tue-Sun	tentatively Dec 20-Mar 10, weather dependant	various, see website	Leslie Park Rink	Free
Rummage Sale	All	Sat	Sep 21	9:30a.m.-3p.m.	Cathedral Neighbourhood Centre	Free
Self Defense Basics	8+ yrs	Thu	Sep 26-Oct 24	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Self Defense Intermediate	8+ yrs	Thu	Nov 7-Dec 5	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Baby						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Baby Group	All	Thu	Sep 5-Dec 19 excl Sep 19	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey	8-11 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Dec 14	9:30-10:30a.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Dec 14	10:30-11:30p.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey	8-11 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Mar 8 excl Dec 21 & 28	9:30-10:30a.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Just for Fun Hockey	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Mar 8 excl Dec 21 & 28	10:30-11:30a.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Kids Painting: Pink Flamingo	7-11yrs	Sun	Sep 15	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25

Kids Painting: Sunset Pals	7-11 yrs	Sun	Oct 20	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: Peeking Snowman	7-11 yrs	Sun	Nov 17	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Self Defence Basics	8+ yrs	Thu	Sep 26-Oct 24	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Self Defence Intermediate	8+ yrs	Thu	Nov 7-Dec 5	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Dec 14	10:30-11:30p.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey	15-18 yrs	Sat	registration deadline Oct 1, runs Nov 2-Dec 14	11:30-12:30p.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Mar 8 excl Dec 21 & 28	10:30-11:30a.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Just for Fun Hockey	15-18 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Mar 8 excl Dec 21 & 28	11:30a.m.-12:30p.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Self Defence Basics	8+ yrs	Thu	Sep 26-Oct 24	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Self Defence Intermediate	8+ yrs	Thu	Nov 7-Dec 5	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Bread Making: Famous New York Times No Knead Fancy Artisan Style Bread	18+ yrs	Sat	Oct 12	1-2p.m.	Cathedral Neighbourhood Centre	\$10 bring 6-8 quart heavy covered dish
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Sep 10-Dec 10	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10membership
Book Club: Queen City Urbanist	18+ yrs	First Wed of the month	Sep 4-Dec 4	7-9p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Sep 11-Dec 18 excl Nov 13	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$90
Ringette: Pick-up	18+ yrs	Thu	Oct 17-Mar 13	8:15-9:15p.m.	Optimist Arena	\$220
Self Defence Basics	8+ yrs	Thu	Sep 26-Oct 24	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175

Self Defence Intermediate	8+ yrs	Thu	Nov 7-Dec 5	7:30-8:30p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Tai Chi Chih Beginner Trial Class	18+ yrs	Mon	Sep 9	8-9p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+ yrs	Mon	Sep 16-Dec 9	8-9p.m.	Cathedral Neighbourhood Centre	\$125
Tai Chi Chih Advanced Trial Class	18+ yrs	Mon	Sep 9	6:45-7:45p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+ yrs	Mon	Sep 16-Dec 9	6:45-7:45p.m.	Cathedral Neighbourhood Centre	\$125
Tai Chi Chuan Trial Class	18+ yrs	Sun	Sept 8	8-9a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan	18+ yrs	Sun	Sept 22-Dec 15, 12 classes guaranteed	8-9a.m.	Cathedral Neighbourhood Centre	\$130
Qigong Trial Class	18+ yrs	Tue	Sep 10	7:15-8:15p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong	18+ yrs	Tue	Sep 17-Dec 17, 12 classes guaranteed	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$130
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+ yrs	Tue	Sep 10	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Sep 17-Dec 10	5:45-7p.m.	Cathedral Neighbourhood Centre	\$127, bring mat
Yoga: Chair Trial Class	18+ yrs	Tue	Sep 10	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+ yrs	Tue	Sept 17-Dec 10	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$118, bring mat
Yoga: Yin Trial Class	18+ yrs	Thu	Sep 12	5:45-6:55p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Yin	18+ yrs	Thu	Sep 26-Dec 12 excl Oct 31	5:45-6:55p.m.	Cathedral Neighbourhood Centre	\$118, bring mat
Yoga for Every Body	18+ yrs	Sat	Oct 12-Dec 14	10-11:15a.m.	Cathedral Neighbourhood Centre	\$118, bring mat

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Sep 10-Dec 10	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Forever...In Motion	55+ yrs	Mon	Sep 23-Dec 23 excl Sep 30, Oct 14, Nov 11	1-2p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
Forever...In Motion	55+ yrs	Fri	Sep 27-Dec 20 excl Sep 30, Oct 14, Nov 11	1-2p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Sep 11-Dec 18 excl Nov 13	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$90
Yoga: Chair Trial Class	18+ yrs	Tue	Sep 10	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+ yrs	Tue	Sep 17-Dec 10	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$114, bring mat

Downtown Community Association **Facebook.com/dcaregina**

Contact: Visit [Facebook.com/dcaregina](https://www.facebook.com/dcaregina) or email [Email: DCAREgina@gmail.com](mailto:DCAREgina@gmail.com)

Registration Date: Visit [Facebook.com/dcaregina](https://www.facebook.com/dcaregina)
Registration Location: Visit [Facebook.com/dcaregina](https://www.facebook.com/dcaregina)

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

Heritage Community Association

hcaregina.com

Contact: Wendy Miller
Email: director@hcaregina.com

Registration Date: Ongoing
Registration Location: HCA Office (1770 Halifax St.), (306)757-9952, email, or in person

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighborhood Located in Mitakuyé Owás'á Centre at 1770 Halifax St (11 th Ave and Halifax St.). HCA offers a range of programs and services that focus on community engagement, children, children and youth, and arts and culture. Memberships are available for a \$5 donation. Please call us at 306-757-9952 or visit us at hcaregina.com for more information on our program offerings.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
National TRC Day	All Ages	Mon	Sep 30	TBD	Mitakuyé Owás'á Centre	Free
Harvest Moon Festival	All Ages	Sat	Sep 21	10a.m.-6p.m.	Mitakuyé Owás'á Centre	Free
Heritage Play Day	All Ages	Sat	Nov 16	1-4p.m.	Mitakuyé Owás'á Centre	Free
Heritage Makers Market	All Ages	Sat	Dec 7	10a.m.-4p.m.	Mitakuyé Owás'á Centre	Free
Warm Up Heritage	All Ages	Tue	Dec 10	Call for more info	Outside – Art Park	Free

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Let's Move	9-12	Mon	Weekly	Pre-registration only	Mitakuyé Owás'á Centre	Free
Judo	8-12	Wed	Weekly	Pre-registration only	Mitakuyé Owás'á Centre	Free

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Senior Potluck	50+	Tue	Every 4th Tuesday of the month	Pre-registration only	Mitakuyé Owás'á Centre	Free
Chair Exercise	50+	Wed	Sep 4-Dec 11	11a.m.	Mitakuyé Owás'á Centre	Free
Walking Group	50+	Wed	Sep 4-Dec 11	10:30a.m.	Mitakuyé Owás'á Centre	Free
Art Connection	50+	Thu	Sep 12-Oct 31	1-2:30p.m.	Mitakuyé Owás'á Centre	Free

North Central Community Association

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

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

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
NCCA Community Gardens	All ages	Posted on NCCA Community Gardens Facebook	July 2-Sept 29	Posted on NCCA Community Gardens Facebook	māmawēyatitān centre and North Central Community Schools	Free
NCCA Drop-in Basketball	14+	Tues, Thurs, Sat, Sun	Year-round	8-10p.m.	māmawēyatitān centre	Free
Walking Club (indoors)	Adults	Wed & Frd	Year -round	8-9 am	māmawēyatitān centre	Free
Trauma-Informed Yoga	Indigenous Adults	Tues	July 9, 23 Aug 6, 20 Sept 3-Dec 17	6:30-7:30p.m.	māmawēyatitān centre	Free
Forever in Motion Fitness	Adults	Tues	Sept 3-Dec 17	1030a.m.-11:30	māmawēyatitān centre	Free

Contact: Amanda/Tianna 306-525-4757

Registration Date: Ongoing – first come, first served

Email: programs@eastviewregina.com

Registration Location: 615 6th Ave.

The Queen City Eastview Community Association includes the area between Winnipeg Street on the West, McDonald on the East, the C.P.R. main line on the South, and Ross Avenue on the North. The association board of directors is a small group of hard-working volunteers that invite you to learn more about the association and get involved by calling 306-525-4757 or email qceca@hotmail.ca. The Eastview Community Centre is located at 615 6th Avenue. The Centre staff are on site from 9a.m. to 3 p.m. every weekday. Call in as we add programs regularly.

All program dates and times may be subject to change due to construction updates in Fall 2024

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 required. Enrolment fees should not be a barrier for anyone; if you need support, please contact the centre.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Blue Grass Public Jam	All	Sun	Sep 29, Oct 27, Dec 29	1-3p.m.	EastviewCommunity Centre	\$5 membership
Free Rink Skating	All	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free
Stay and Play	parent and tot	Sun	Sep 29, Oct 27, Nov 24	3-5p.m.	Eastview Community Centre	\$10 per tot
Toddler Town (Monday)	18m and up	Mon	Sep 16-Oct 21	10-11a.m.	EastviewCommunity Centre	\$55 for the six weeks or \$10 drop-in per tot
Toddler Town (Tuesday)	18m and up	Tue	Sep 10-Oct 15	10-11a.m.	Eastview CommunityCentre	\$55 for the six weeks or \$10 drop-in per tot

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Free Rink Skating	All	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free
Stay and Play	parent and tot	Sun	Sep 29, Oct 27, Nov 24	3-5p.m.	Eastview Community Centre	\$10 per tot
Toddler Town (Monday)	18m and up	Mon	Sep 16-Oct 21	10-11a.m.	Eastview Community Centre	\$55 for six weeks or \$10 drop-in per tot
Toddler Town (Tuesday)	18m and up	Tue	Sep 10-Oct 15	10-11a.m.	Eastview CommunityCentre	\$55 for six weeks or \$10 drop-in per tot

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6 + yrs	Mon-Fri (school days only)	Sep 9-Dec 20 (school days only)	3-5p.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	All	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free
Kids Cooking Class	8-15 yrs	Sat	Oct 5	10-2p.m.	Eastview Community Centre	\$50
Kids Cooking Class	8-15 yrs	Sat	Nov 9	10-2p.m.	Eastview Community Centre	\$50
MyTime	10-15 yrs	Wed	Oct 2-Dec 18	6-8:15p.m.	Eastview Community Centre	\$5 membership
Winter Escapes	6-12 yrs	Mon-Fri	Dec 30, Dec 31, Jan 2, Jan 3	8:30a.m.-4:30p.m.	Eastview Community Centre	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Home Alone/Babysitting Course	11+ yrs	Sat	Nov 23	8a.m.	Eastview Community Centre	\$55 (Includes membership)
Kids Cooking Class	8-15 yrs	Sat	Oct 5	10-2p.m.	Eastview Community Centre	\$50

Kids Cooking Class	8-15 yrs	Sat	Nov 9	10-2p.m.	Eastview Community Centre	\$50
MyTime	10-15 yrs	Wed	Oct 2-Dec 18	6-8:15p.m.	Eastview Community Centre	\$5 membership
Winter Escapes	10-12 yrs	Mon-Fri	Dec 30, Dec 31, Jan 2, Jan 3	8:30a.m.-4:30p.m.	Eastview Community Centre	Free

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Blue Grass Public Jam	All	Sun	Sep 29, Oct 27, Dec 29	1-3p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Sep 24-Dec 10	1-3p.m.	Eastview Community Centre	\$5 membership
Forever... in Motion	55+	Thu	Sep 12-Dec 19	10-11a.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	All	When lights are on	Dec-Mar	When lights are on	Eastview Rink	Free
Walk and Talk	18+	Fri	Sep 2-Dec 13	10-11a.m.	Eastview Community Centre	\$5 membership

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Blue Grass Public Jam	All	Sun	Sep 29, Oct 27, Dec 29	1-3p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Sep 24-Dec 10	10-3p.m.	EastviewCommunity Centre	\$5 membership
Forever... in Motion	55+	Thu	Sep 12-Dec 19	10-11a.m.	Eastview Community Centre	\$5 membership
Walk and Talk	18+	Fri	Sep 27-Dec 13	10-11a.m.	Eastview Community Centre	\$5 membership

East Zone

East Zone Board eastzoneboard.com

Contact: eastzoneboard
Email: eastzoneboard.com
Registration Date: see below
Registration Location: see below

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

East Zone Tae Kwon Do – Contact Master Folk for registration requirements at 306-949-7067 or email b.folktkd@hotmail.com. Register at your first class. Registration is on-going throughout the year.

Regina East Zone Youth Soccer – offers two recreational soccer seasons a year, indoor which runs from October to March 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, Registration at the Glen Cairn Neighbourhood Center. Thursday September 12th 6:30-7p.m. Doors open at 5:45p.m. to line up. Please call 306-525-3512 for updates on skating classes.

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

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

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+	Mon	Sep 9-Dec 23	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Sep 4-Dec 18	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Sep 11-Jun 25	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 16 to Dec 4	1:15-2p.m.	Clarence Mahon Arena	\$60/8 Sessions
Skate-Parent/Tot	3-5 yrs	Sat	Oct 19 to Dec 14	10-10:30a.m. & 10:30-11a.m.	Clarence Mahon Arena	\$55/8 Sessions

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+	Mon/Wed	Sep 9-Dec 23	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+	Wed	Sep 11-Jun 18	7:30-9p.m.	Regina Campus Direct	\$40/mth/person
Skate-Learn to	4-9 yrs	Sat	Oct 19-Dec 14	11-11:30a.m. & 11:30a.m-12p.m. & 12-12:30p.m.	Clarence Mahon Arena	\$55/8 sessions
Skate-Intermediate	6-12 yrs	Sat	Oct 19-Dec14	12:30-1p.m.	Clarence Mahon Arena	\$55/8 sessions

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Mon/Wed	Sep 9-Dec 23	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	13-17 yrs	Wed	Sep 11-Jun 18	7:30-9p.m.	Regina Campus Direct	\$40/mth/person

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+	Mon/Wed	Sep 9-Dec 23	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	18+	Wed	Sep 11-Jun 18	7:30-9p.m.	Regina Campus Direct	\$40/mth/person

Arcola East Community Association **aecaregina.com**

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

Registration Date: Online Registration visit website at aecaregina.com
Arcola East residents: Aug 25 at 9 a.m. to August 31 at 6 p.m.
Out of Area residents: Sep 1 at 9 a.m.
Registration Location: Online registration only

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

Track hours are: Monday-Friday: 5:30a.m.-10:25a.m., 11:45a.m.-12:45p.m., 2:15-9:30p.m.
 Saturday: 5:30-10:00a.m. & 11:15a.m.-9:30p.m.
 Sunday: 5:30a.m.-9:30p.m.

*Please vacate building by 9:30p.m.

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

You can also choose our Evening Fitness Walk and walk Monday to Thursday September 9-December 5 from 6-8:30p.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 7 with no classes September 28-30, October 12-14 and November 9-11.

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Fit 'n Fun Family	All Ages	Tue	Sep 10-Dec 3	6-7p.m.	Jack Mackenzie Gym	\$10
Fit 'n Fun Family	All Ages	Wed	Sep 11- Dec 4	6-7p.m.	Jack Mackenzie Gym	\$10
Parent and Child Zumba	3-9 yrs	Thu	Sep12-Dec 5	6-7p.m.	Jack Mackenzie Gym	\$110/additional child \$30

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool Dance	3-6 yrs	Thu	Sep 12-Nov 14	5:45-6:15p.m.	Arcola East Community Centre	\$85
Preschool Dance	3-6 yrs	Thu	Sep 12-Nov 14	6:15 - 6:45p.m.	Arcola East Community Centre	\$85

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting	11-16 yrs	Mon	Oct 21	9:30a.m.-4p.m.	Arcola East Community Centre Multipurpose Room	\$70
Cultural Dance	8-11 yrs	Tue	Sep10-Nov12	6-7p.m.	Arcola East Community Centre Dance Room	\$85
Dance	6-10 yrs	Thu	Sep 12 -Nov 14	6:45 - 7:30p.m.	Arcola East Community Centre	\$90

Home Alone	10-14 yrs	Fri	Nov 8	9:30a.m.-12p.m. or 1:30-4p.m.	Arcola East Community Centre Multipurpose Room	\$50
My EQ: Emotional Intelligence	8-11 yrs	Mon	Sep 9- Nov 18	6:30 -7:30p.m.	Arcola East Community Centre Multipurpose Room	\$80
Power Skating /Skills - full equip with stick	9-12 yrs	Mon	Oct 14-Dec 16	7:20-8:15p.m.	Mahon Rink	\$245
Power Skating /Skills - full equip with stick	7-8 yrs	Mon	Oct 14-Dec 16	6:25-7:15p.m.	Mahon Rink	\$245
Skating and Skills - full equip with stick	5-6 yrs	Mon	Oct 14-Dec 16	5:45-6:25p.m.	Mahon Rink	\$200

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Acrylic Painting	T/A/OA	Sat	Oct 26	1-4p.m.	Arcola East Community Centre	\$50
All Levels Daytime Fitness-Strength and Mobility	A/OA	Tue	Sep 10-Dec 10	9:30-10:30a.m.	Arcola East Community Centre Multipurpose Room	\$125
Basketball		TueThu	Sep 10-May 15	7:30-9:30p.m. 8-9:30p.m.	St Gabriel Gym Jack Mackenzie Gym	\$45
Butts & Gutts	T/A/OA	Thu	Sep 12-Dec 12	7-8p.m.	Arcola East Community Centre Infill	\$125
Cardio/Core	T/A/OA	Mon	Sep 9-Dec 9	7-8p.m.	Arcola East Community Centre Infill / Track	\$110
Evening Fitness Walk	A/OA	Mon-Thu	Sep 9-Dec 12	6-8:30p.m.	Arcola East Community Centre Track	\$40
Next Level (Peri and Post Menopause Fitness)	A/OA	Thu	Sep 12-Dec 12	7-8p.m.	Arcola East Community Centre Multipurpose Room	\$125
Pickleball Beginner level	A/OA	Sun	Sep 15 -May 11	3:30-6p.m.	WF Ready Gym	\$40
Pickleball Beginner level	A/OA	Tue	Sep 10-May 13	7-9p.m.	Jack Mackenzie	\$40
Pickleball Beginner level	A/OA	Thu	Sep 12-May 15	7-9p.m.	St Gabriel Gym	\$40
Pickleball Intermediate level	A/OA	Thu	Sep 12-May 15	7-9:30p.m.	WF Ready Gym	\$40
Pickleball Intermediate level	A/OA	Sun	Sep 15-May 11	1-3:30p.m.	WF Ready Gym	\$40
Power Walk/Run	T/A/OA	Sat	Sep 7-Dec 7	10-11:15a.m.	Arcola East Community Centre Infill / Track	\$145
Stained Glass	T/A/OA	Sat	Oct 19	1-4p.m.	Arcola East Community Centre Multipurpose Room	\$60
Strength and Mobility	A/OA	Tue	Sep 10-Dec 10	10:45-11:45a.m.	Arcola East Community Centre Multipurpose Room	\$125
Tai Chi Level 1	T/A/OA	Sat	Sep 7-Dec 7	1-2p.m.	Arcola East Community Centre Infill	\$110
Tai Chi Level 2	T/A/OA	Sat	Sep 7-Dec 7	2:15 -3:15p.m.	Arcola East Community Centre Infill	\$110
Total Body Sculpt	T/A/OA	Sun	Sep 8-Dec 8	10-11a.m.	Arcola East Community Centre Infill	\$110
Total Body Sculpt	T/A/OA	Wed	Sep 11-Dec 11	7:10 -8:10p.m.	Arcola East Community Centre Infill	\$125
Volleyball	A/OA	Mon/Wed	Sep 9-May 14	7-9:30p.m. 7:30-9:30p.m.	Jack Mackenzie Gym	\$45
Yoga-Vinyasa/ Flow Multi-Level	T/A/OA	Wed	Sep 11-Dec 11	6-7p.m.	AECC MP Room	\$175
Yoga-Yin Yoga	T/A/OA	Mon	Sep 9- Dec 9	7-8p.m.	AECC Dance Room	\$150
Yoga-Fitness Fusion	T/A/OA	Fri	Sep 13-Dec 13	9:15-10:15a.m.	Arcola East Community Centre Multipurpose Room	\$175
Yoga-Multi Level	T/A/OA	Tue	Sep 10 -Dec 10	7:05-8:05p.m.	Arcola East Community Centre Dance Room	\$175
Yoga-Vinyasa/Flow Multi-Level	T/A/OA	Wed	Sep 11-Dec 11	9:15-10:15a.m.	Arcola East Community Centre Multipurpose Room	\$175
Zumba	T/A/OA	Thu	Sep 12- Dec 5	7-8p.m.	Jack Mackenzie Gym	\$100

Contact: Lorri Kudells
Email: justmelor40@hotmail.com

Registration Date: September 10
Registration Location: Douglas Park School

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! Please note Monday Pickleball has less sessions than Tuesday or Friday.

***All programs require \$5 annual membership.**

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball	18+	Mon	Sep 16-Dec 9	6-8p.m.	Douglas Park School	\$30
Pickleball	18+	Tue	Sep 17-Dec 10	6-8p.m.	Douglas Park School	\$40
Pickleball	18+	Fri	Sep 20-Dec 13	6-8p.m.	Douglas Park School	\$40
Yoga beginners	18+	Wed	Sep 18-Nov 20	6-7p.m.	Douglas Park School	\$65
Yoga intermediate	18+	Wed	Sep 18-Nov 20	7-8p.m.	Douglas Park School	\$65

Dewdney East Community Association

Contact: 306-789-6559
Email: info@decaregina.ca

Registration Date: Online at decaregina.ca on Tue Aug 31 at 9a.m.
Registration Location: In-person at Glencairn Re Centre, 2626 Dewdney Ave E. from 7-8p.m.

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 306-789-6559 or e-mail us at info@decaregina.ca, visit our website at www.decaregina.ca or look us up on Facebook under Dewdney East Community Association.

We are offering a variety of fitness and craft programs for children, adults and seniors as outlined on at decaregina.ca and in our program listings below.

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!

Community Memberships will be available on-line during program registration so you do not have to purchase in advance.

*DECA programs require "all" participants to have a "Community Membership" from DECA or any one of the other Regina Community Associations, which is incremental to the program fees. A DECA Community Membership is \$5 for period Sept 1, 2024 - Aug 31, 2025

Programs are subject to change. Check website or Facebook for updates and information.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis: Drop-in	All	Mon	Oct 21-Apr 28	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 13, Nov 10	6-8 yrs	Sun	Sep 15-Dec 1	12-1p.m.	Glencairn Rec Centre	\$35
Floor hockey excl Oct 13, Nov 10	9-10 yrs	Sun	Sep 15-Dec 1	1-2p.m.	Glencairn Rec Centre	\$25
Floor hockey excl Oct 13, Nov 10	11-12 yrs	Sun	Sep 15-Dec 1	2-3p.m.	Glencairn Rec Centre	\$25
Soccer Tots	3-4 yrs	Tue	Sep 17-Nov 19	6-7p.m.	Glen Elm School – use east door	\$25
Soccer Skills	5-6 yrs	Tue	Sep 17-Nov 19	7-8p.m.	Glen Elm School – use east door	\$25
DECA Soccer Camp excl Oct 12, Nov 9	7-9 yrs	Sat	Sep 14-Nov 30	1-2p.m.	Dr George Ferguson School	\$25
DECA Soccer Camp excl Oct 12, Nov 9	10 -12 yrs	Sat	Sep 14-Nov 30	2-3p.m.	Dr George Ferguson School	\$25
Children's Improv	10-14 yrs	Thu	Sep 19-Nov 21	6-7:30p.m.	Glencairn Rec Centre	\$25
Children's Team Handball excl Oct 14 & Nov 11	11-14 yrs	Mon	Sept 16-Dec 2	6-7pm	Judge Bryant School	\$25
Learn to Dance	5-7 yrs	Wed	Sep 18-Nov 20	5:30-6:30pm	Glencairn Rec Centre	\$40
Learn to Dance	8-11 yrs	Wed	Sep 18-Nov 20	6:30-7:30p.m.	Glencairn Rec Centre	\$40
Learn to Dance	15+ yrs	Wed	Sep 18-Nov 20	7:30-8:30p.m.	Glencairn Rec Centre	\$40

Children's Pickleball excl Oct 12 & Nov 9	12-15 yrs	Sat	Sep 14-Nov 30	1-3p.m.	Glencairn Rec Centre	\$25
Young Maker Studio: Early Engineers LEGO® Technics Class-Session 1	6-10 yrs	Tue	Sep 17–Oct 29	6-7pm	Glencairn Rec Centre	\$105 for 7 weeks
Young Maker Studio: Video Game Design-Session 1	8+	Tue	Sep 17-Oct 29	7:15-8:30pm	Glencairn Rec Centre	\$120 for 7 weeks
Young Maker Studio: Early Engineers LEGO® Technics Class-Session 2	6-10 yrs	Tue	Nov 5-Dec 10		Glencairn Rec Centre	\$90 for 6 weeks
Young Maker Studio: Video Game Design-Session 2	8+	Tue	Nov 5-Dec 10	7:15-8:30p.m.	Glencairn Rec Centre	\$105 For 6 weeks
Children's Yoga	7-12 yrs	Thu	Sep 19-Nov 21	5:30-6:20p.m.	Glencairn Rec Centre	\$35
St. John's Babysitting Course (bring water & lunch)	10-15 yrs	Sat	Oct 26	9 am-3:30p.m.	Glencairn Rec Centre	\$60

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Virtual Dance Fitness	Adult	Mon, Wed and Sat	Sep 2-Dec 30	M,W 7:30-8:30p.m. Sat 9 -10a.m.	Glencairn Rec Ctr-Gym	Monthly fee or drop in. E-mail or call Joanne for more info per above
Stained GlassLevel 1 – Beautiful Birds	Adult	Sat	Sep 21	1-5p.m.	Glencairn Rec Ctr-LMR	\$50 (materials supplied)
Stained GlassLevel 1 – Sea Creatures	Adult	Sat	Sep 28	1-5p.m.	Glencairn Rec Ctr-LMR	\$50 (materials supplied)
Stained Glass Level 1-Halloween Fun	Adult	Sat	Oct 5	1-5p.m.	Glencairn Rec Ctr-LMR	\$50 (materials supplied)
Stained Glass Level 2 – Perfecting the Process (4 weeks)	Adult	Sat	Nov 2-23	1-4p.m.	Glencairn Rec Ctr-LMR	\$95 (materials supplied)
Introduction to Beadwork	14+	Mon	Sep 16	6:30-8:30p.m.	Glencairn Rec Ctr	\$25 (materials supplied)
Introduction to Beadwork	14+	Mon	Sep 30	6:30-8:30p.m.	Glencairn Rec Ctr	\$25 (materials included)
Introduction to Beadwork	14+	Mon	Oct 7	6:30-8:30p.m.	Glencairn Rec Ctr	\$25 (materials included)
Multicultural Awareness (Regina Open Door Society)	All	Sat	Sep 28, Oct 19 Nov 2, 16	1-3p.m.	Glencairn Rec Ctr	Community mem- bership.Registration preferred but drop in also available.
Belly dance – Beginner excl Oct 14 & Nov 11	Adult	Mon	Sept 16-Dec 2	7:30-8:30p.m.	Glencairn Neighbourhood Centre	\$80
Belly dance –Intermediate excl Oct 14. & Nov 11	Adult	Mon	Sept 16-Dec 2	7:30-8:30p.m.	Glencairn Neighbourhood Centre	\$80
Belly dance – Advanced excl Oct 14 & Nov 11	Adult	Mon	Sep 16-Dec 2	8:30-9:30p.m.	Glencairn Neighbourhood Centre	\$80
ZUMBA Fitness Class	Adult	Tue	Sep 17-Nov 19	6-7p.m.	Glencairn Neighbourhood Centre	\$80
YOGA-Tue	Adult	Tue	Sep 17-Nov 19	7:15-8:15p.m.	Glencairn Neighbourhood Centre	\$80
YOGA-Thu	Adult	Thu	Sep 19-Nov 21	6:30-7:30pm	Glencairn Neighbourhood Centre	\$80
Women's Volleyball	Adult	Mon	Sept 16-Mar 31	1 hour time slots	Henry Braun School	\$80
DECA Dodgeball	Adult	Fri/Sat	Sep-Apr	Various time slots	Various locations TBD	Register on www. decadodgeball.com

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball	55+	Mon, Tue, Wed, Thu or Fri ses- sions	Sep 16-May 30	Mon-Thu:12- 3:30p.m. Fri:12- 2p.m.	Glencairn Rec Centre	\$20 for the year per day session. IN-PERSON registration only.
Badminton	55+	Sat	Sep 14-May 31	10:45a.m.-1:15p.m.	Glencairn Rec Centre	\$15 for the year. IN-PERSON registration only.
Forever in Motion	55+	Mon, Thu	Sep 2-Aug 28, 2025	9-10a.m.	Glencairn Rec Ctr	Community mem- bership.Registration required for con- tact info.

Table Tennis	13-18 yrs	Tue, Wed, Sat	Sep 7–Dec 28	TW 7:30-9:15p.m. Sat 10-11:45	South Leisure Centre–Art Room	\$200/pp
Indoor Soccer	11-18 yrs	Sat	Oct 19, 2024– Mar 11, 2025 (full year)	TBD	U of R–Gyms	TBD

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+ yrs	Tue	Sep 10-Jun10/25 (full year)	6-8p.m.	St Mathew School	\$40/MONTH
Taekwondo	18+ yrs	Fri	Sep 6-Dec 20	6-8p.m.	South Leisure Centre	\$40/MONTH
Dance	18+ yrs	Mon	Sep 9-Dec 16	7:45-9p.m.	South Leisure Centre– Multipurpose Room	\$110
Waltz Lessons	18+ yrs	Mon	Sep 16-Dec 9	6:30-8p.m.	Crescent School Gym	\$50

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Seniors 55+ Pickleball	55+ yrs	Tue	Oct 1-Dec 24	11:45 am-2:15p.m.	South Leisure Centre	\$40 Fall Session
Seniors 55+ Pickleball	55+ yrs	Wed	Oct 2-Dec 25	11 am-1:30p.m.	South Leisure Centre	\$40 Fall Session
Seniors 55+ Pickleball	55+ yrs	Thu	Oct 3-Dec 26	11:45 am-2:15p.m.	South Leisure Centre	\$40 Fall Session
Seniors 55+ Pickleball	55+ yrs	Fri	Oct 4-Dec 27	12:30-3p.m.	South Leisure Centre	\$40 Fall Session
Seniors 55+ Badminton	55+ yrs	Mon & Fri	Sep 6-Dec 30	10:30 am-noon	South Leisure Centre–Gym	\$20
Seniors 55+ Bridge	55+ yrs	Thu	Sep 14-Dec 14	12:30:4:30	South Leisure Centre–Art Room	\$2/person
Heritage Fiddlers Jam Sessions	55+ yrs	Every Tue	All Summer and Winter	1:30:3:30	South Leisure Centre–Art Room	Free
Senior's Balance Training	55+ yrs	Mon & Wed	Aug 1-Dec 31	9-9:30 am	South Leisure Centre– Multi-Purpose Room	\$10 Per Session

Albert Park Community Association **albertpark.ca**

Contact: albertpark.ca and Facebook **Registration Date:** see albertpark.ca
Email: info@albertpark.ca **Registration Location:** register online or at the first class if space is available

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

APCA is proud to bring free activities to the community, including APCA Skate Night, family movie nights, Summer Market, and Cultural Evolution. An annual \$10 family membership is required to register for all classes and helps support free activities. Memberships can be purchased on our website.

Join us for an APCA monthly meeting, 3rd Monday of the month, 7:00 pm. APCA is always looking for volunteers, new program ideas and coordinators. Please assist APCA to expand programming in your community.

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Public Skating	All	Thu	Nov 7-Feb 27	6-8p.m.	Optimist Arena	\$2/person or \$5/family
APCA Meeting	All	Mon	Sep 23, Oct 14, Nov 18	7-9p.m.	Board Room	Free
Summer Market	All	Sat & Sun	August 10 & 11	11-4p.m.	South Leisure Centre & Realtors Park	Free
Cultural Evolution	All		Sep 6-8	TBD	Conexus Arts Centre	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14 yrs	Wed	Jul 10-Aug 28	6-7p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	Sep 4-Oct 23	6-7p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	Oct 30-Dec 18	6-7p.m.	South Leisure Centre Gym	\$100
Skating & Skills Development for Hockey & Ringette	7-10 yrs	Sat	Oct 19-Dec 21	7-8a.m.	Optimist Arena	\$260 (10sessions)
Early Engineers	6+	Thu	Sep 19-Oct 24	5:30-6:30p.m.	South Leisure Centre	\$90

Early Engineers	6+	Thu	Nov 14-Dec 12	5:30-6:30p.m.	South Leisure Centre	\$90
Lego Robotics & Coding	8+	Thu	Sep 19-Oct 24	6:45-8p.m.	South Leisure Centre	\$125
Lego Robotics & Coding	8+	Thu	Nov 14-Dec 12	6:45-8p.m.	South Leisure Centre Gym	\$125
Sportball-Parent & Child Multi-sport	2-4 yrs	Wed	Sep 18-Oct 30	6:15-7p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	4-6 yrs	Wed	Sep 18-Oct 30	7:05-8:05p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	6-8 yrs	Sat	Sep14-Oct 26	2-3p.m.	South Leisure Centre Gym	\$171
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Sep 14-Oct 26	3:10-3:55p.m.	South Leisure Centre Gym	\$171
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Sep14-Oct 26	4-4:45p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	4-6 yrs	Sat	Sep14-Oct 26	5-6p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	2-4 yrs	Wed	Nov 6-Dec 18	6:15-7p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	4-6 yrs	Wed	Nov 6-Dec 18	7:05-8:05p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	6-8 yrs	Sat	Nov 2-Dec 14	2-3p.m.	South Leisure Centre Gym	\$171
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Nov 2-Dec 14	3:10-3:55p.m.	South Leisure Centre Gym	\$171
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Nov 2-Dec 14	4-4:45p.m.	South Leisure Centre Gym	\$171
Sportball-Coach & Child Multi-sport	4-6 yrs	Sat	Nov 2-Dec 14	5-6p.m.	South Leisure Centre Gym	\$171
Power Skating	10+ yrs	Mon	Oct 21-Dec 23	5:45-6:45p.m.	Optimist Arena	\$315
Power Skating	8+ yrs	Wed	Oct 16-Dec 18	4:30-5:30p.m.	Optimist Arena	\$315
Power Skating	12+ yrs	Wed	Oct 16-Dec 18	5:45-6:45p.m.	Optimist Arena	\$315

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14 yrs	Wed	Jul 10-Aug 28	6-7p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	Sep 4-Oct 23	6-7p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	Oct 30-Dec 18	6-7p.m.	South Leisure Centre Gym	\$100
Power Skating	13+ yrs	Wed	Oct 21-Dec 23	4:30-5:30p.m.	Optimist Arena	\$315

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton for Adults	18+	Tue	Sep 10-Dec 17	7:30-9:30p.m.	GYM	\$40
Badminton for Adults	18+	Thu	Sep 12-Dec 19	7:30-9:30p.m.	GYM	\$40
Badminton for Adults	18+	Tue & Thu	Sep 10-Dec 19	7:30-9:30p.m.	GYM	\$80
Hoopsfit	18+	Wed	Jul 10-Aug 28	7-8p.m.	South Leisure Centre Gym	\$100
Hoopsfit	18+	Wed	Sep 4-Oct 23	7-8p.m.	South Leisure Centre Gym	\$100
Hoopsfit	18+	Wed	Oct 30-Dec 18	7-8p.m.	South Leisure Centre Gym	\$100
Pickleball	18+	Mon	Sep 9-Dec 16	7:30-9:30p.m.	South Leisure Centre Gym	\$35
Tai Chi	18+	Wed	Sep 11-Nov 13	6:30-7:15p.m.	South Leisure Centre Multipurpose Room	\$118
Fitness-Total Body Conditioning	18+	Tue	Sep 10-Dec 17	9-10a.m.	South Leisure Centre	\$75
Fitness-Muscle Toner	18+	Thu	Sep 12-Dec 19	9-10a.m.	South Leisure Centre	\$75
Fitness: Low Impact & Coffee	18+	Mon	Sep 9-Dec 16	9:15-10:15am	South Leisure Centre Gym	\$60 No Class Sep 30, Oct 14, Nov 11
Yoga-Chair Yoga	18+	Wed	Sep 11-Dec 11	11a.m.-12p.m.	South Leisure Centre Multipurpose Room	\$140
Yoga-Hatha Yoga	18+	Wed	Sep 11-Dec 11	9:15-10:15a.m.	South Leisure Centre Art Room	\$154
Floor Hockey	18+	Wed	Sep 11-Dec 18	8-10p.m.	South Leisure Centre Gym	\$35
Stott's Pilates Level 1	Adult	Thu	Sep 12-Nov 28	5:30-6:30p.m.	South Leisure Centre Art Room	\$140
Stott's Pilates Level 2	Adult	Thu	Sep 12-Nov 28	6:40-7:40p.m.	South Leisure Centre Art Room	\$140

Fitness-Muscle Movement & Reboot	18+	Mon (No class Sep 30, Oct 14, Nov 11)	Sep 9-Dec 16	6-7p.m.	South Leisure Centre Gym	\$60
Fitness-Body Sculpting	18+	Tue	Sep 10-Dec 17	6-7:15p.m.	South Leisure Centre Gym	\$75
Fitness-Cardio & Body Sculpting	18+	Thu	Sep 5-Dec 19	6-7:15p.m.	South Leisure Centre Gym	\$80
Yoga-Multi Level Yoga	18+	Mon	Sep 9-Dec 16	5:30-6:30p.m.	South Leisure Centre Art Room	\$120

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Improv	50+	Sat	Sep 7-Dec 28	10:30am-12:30p.m.	Multipurpose Room	\$20
Hoopsfit	18+	Wed	Jul 10-Aug 28	7-8p.m.	South Leisure Centre Gym	\$100
Hoopsfit	18+	Wed	Sep 4-Oct 23	7-8p.m.	South Leisure Centre Gym	\$100
Hoopsfit	18+	Wed	Oct 30-Dec 18	7-8p.m.	South Leisure Centre Gym	\$100
Older Adult Fitness	50+	Tue Thu Fri	Sep 10-Dec 10 Sep 12-Dec 12 Sep 13-Dec 13	10:30-11:30a.m. 10:30-11:30a.m. 9-10a.m.	South Leisure Centre Gym	\$50 1x/week \$60 2x/week \$70 3x/week
Bellyfit Sage	18+	Wed	Sep 18-Dec 4	9:30-10:30a.m.	South Leisure Centre	\$120 \$15 Drop in

Harbour Landing Community Association **Facebook.com/hlcaregina**

Contact: info@hlcaregina.com
 Email: info@hlcaregina.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: **Tue Sep 10 7-8p.m.**
 Registration Location: **Marion McVeety School (gym) 38 Turgeon Cresc.**

In-person registration will be held on Sep 10, 7p.m-8p.m. at Marion McVeety School (in the gym); payment at in-person registration is by cash or cheque. We will also offer online registration (payment by e-transfer); details about online registration will be posted on the HCA website. More detailed program dates (including dates when there are no sessions) will also be available on the website.

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
East Indian Cooking	18+	Sun	Sep 15-Oct 20	5-7p.m.	Regina Christian School (kitchen)	\$95 (5 sessions)
Yoga	18+	Wed	Sep 18-Nov 27	6:30-7:45p.m.	Marion McVeety School Gym	\$70 (11 sessions)
Zumba	18+	Thu	Sep 19-Dec 5	6:30-7:30p.m.	Marion McVeety School Gym	\$60 (11 sessions)

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost

Fit for Your Life I	55+	Mon & Wed	Sep 9-Oct 30	1:45-2:45p.m.	South Leisure Centre (gym)	\$55 (14 sessions)
Fit for Your Life II	55+	Mon & Wed	Nov 6-Dec 18	1:45-2:45p.m.	South Leisure Centre (gym)	\$45 (12 sessions)

Lakeview Community Association **lcaregina.ca**

Contact: Pamela Kennedy-Poitras
Email: pamelakaelin5@gmail.com

Registration Date: Please check our website for details
Registration Location: Please check our website for details

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Free Skate	All	Mon	Oct 21-Dec 16	7-8p.m.	Optimist	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-4 yrs	Wed	Oct 16-Dec 11	5-5:30p.m.	Balfour Arena	\$95
Learn to Skate	3-4 yrs	Wed	Oct 16-Dec 11	5:30-6p.m.	Balfour Arena	\$95
Learn to Skate	5-6 yrs	Wed	Oct 16-Dec 11	6-6:30p.m.	Balfour Arena	\$95
Learn to Skate	4-6 yrs	Sat	Oct 19-Dec 7	3:45-4:30p.m.	Optimist Arena	\$95

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Hockey Skills and Skating Development	7-8 yrs	Tue	Oct 15-Dec 10 & Jan 7-Mar 4	6-7p.m.	Optimist Arena	\$325
Hockey Skills and Skating Development	9-12 yrs	Tue	Oct 15-Dec 10 & Jan 7-Mar 4	7-8p.m.	Optimist Arena	\$325
Learn to Skate	7-12 yrs	Wed	Oct 16-Dec 11	6:30-7p.m.	Balfour Arena	\$95
Learn to Skate	6-12 yrs	Sat	Oct 19-Dec 7	4:30-5:15p.m.	Optimist Arena	\$95
Learn to Skate	7-12 yrs	Sat	Oct 19-Dec 7	5:15-6p.m.	Optimist Arena	\$95
Mini Mites Hockey	5-6 yrs	Tue	Oct 15-Dec 10 & Jan 7-Mar 4	6:45-7:45p.m.	Balfour Arena	\$275

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	18+	Wed	Oct 16-Dec 11	6:30-7p.m.	Balfour Arena	\$95
Learn to Skate	18+	Sat	Oct 19-Dec 7	6-6:30p.m.	Optimist Arena	\$95
Yoga	16+	Tue	Sep 3-Dec 3 excl. Oct. 15	6:30-7:30p.m.	Lakeview School Gym	\$108
Yoga	16+	Thu	Sep 12-Dec 5 excl. Oct. 31, Nov. 28	6:30-7:30p.m.	Argyle School Mini Gym	\$108
Zumba	15+	Mon	Sep 9 - Dec 2 excl Sept.30, Oct. 14, Nov. 11	6:30-7:30p.m.	Lakeview School Gym	\$75

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

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

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Community Skate	All Ages	Sun	Dec 31	2-4p.m.	Balfour Arena	Free
Family Skate	All Ages	Mon	Feb 17	2-4p.m.	Balfour Arena	Free
Outdoor Skating	All Ages	Wed-Sun	Dec-Feb	Wed-Fri: 7-8:30p.m. Sat, Sun: 12:30-4p.m.	Grant Road School	Free
Skating	All Ages	Wed	Oct-Mar	3-4:15p.m.	Balfour Arena	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Recreational Hockey	14-Seniors	Fri	Oct 11 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	Starts Oct 11 22 Sessions	8:45-9:45p.m.	Balfour Arena	\$180+\$5 Membership fee

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever... in motion	Seniors	Mon	TBA	1p.m.	Our Saviours Lutheran Church	Free
Recreational Hockey	14-Seniors	Fri	Oct 11 22 Sessions	8:45-9:45p.m.	Balfour Arena	\$180+\$5 Membership fee

North Zone

North Zone Board

Contact: Please contact the groups below directly
 Email: northzoneregina@gmail.com

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

Soccer – Players start at 3 years of age in the 4U. Online registration July 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.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer	4U	Sat	Oct to Mar	TBD	TBD	\$100

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer	6U	Sat	Oct to Mar	TBD	TBD	\$100
Soccer	8U	Sat	Oct to Mar	TBD	TBD	\$120
Soccer	10U	Sat	Oct to Mar	TBD	TBD	\$120
Soccer	12U	Sat	Oct to Mar	TBD	TBD	\$140

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer	15U	Sat	Oct to Mar	TBD	TBD	\$140
Soccer	18U	Sat	Oct to Mar	TBD	TBD	\$140

Contact: Argyle North Community Association

35 Davin Cres or 306-543-5653

Email: programs@ancaregina.ca**Registration Date:** August 15 at ancaregina.ca**Registration Location:** Online at ancaregina.ca or at Argyle North Community Centre

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

Sponsored in part by Sask Lotteries and Community Investment Fund.

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

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Gym Time	All Ages	Sun	Oct 6-Dec 16 Jan 19-Feb 23	6-8p.m.	Argyle North Community Association (School Gym)	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Crafts 4 Kids	3-9 years	Mon	Sep 16-Dec 9	6:30-7:15p.m.	Argyle North Community Association (Room 2)	\$10
Time for Tots	3 years	Tue & Thu	Oct-May	9:15-11:15a.m.	Argyle North Community Association	\$75
Time for Tots	4 years	Mon, Wed & Fri	Oct-May	9:15-11:35a.m.	Argyle North Community Association	\$95

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Before School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55a.m.	Argyle North Community Association	\$150
After School Program	Grade 1-6	School Days	Sep-Jun	3:35-6p.m.	Argyle North Community Association	\$200
Before & After School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55a.m. & 3:35-6p.m.	Argyle North Community Association	\$300
Tae Kwon Do	5+	Tue & Thu	Sep 2024-Jun 2025	6:15-8p.m.	Argyle North Community Association (Room 2 & Gym) Register in Person with Paragon Taekwondo	TBD
Craft Night	10-13 years	Mon	Sep 16-Dec 9	7:30-8:30p.m.	Argyle North Community Association (Room 2)	\$10
Corn Hole for Kids 10-13	10-13 years	Mon	Sep 16-Dec 9	6:30-7:30p.m.	Argyle North Community Association (School Gym)	\$10
My Time	11-15 years	Wed	TBD	6:15-8:45p.m.	Argyle North Community Association (School Gym)	Free

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Adult Fine Arts	18+	Thu	Sep 19-Nov 29	7-9p.m.	Argyle North Community Association (Room 2)	\$75
Floor Hockey	18+	Thu	Oct 10-Dec 12 Jan 9-Feb 27	8-9p.m.	Argyle North Community Association (School Gym)	\$10\$10
Pickle Ball	18+	Sun	Sep 15-Dec 15	12:30-2:30 2:30-4:30	Argyle North Community Association (School Gym)	\$5 drop in
Tai Chi	18+	TBD	TBD	TBD	TBD	TBD
Chair Yoga	18+	TBD	TBD	TBD	TBD	TBD
Forever in Motion	55+	Mon & Thu	Sep 16 to Dec 12	11a.m.-12p.m.	Argyle North Community Association (Room 2)	Free

Coronation Park Community Association

coronationparkcommunityassociation.com

Contact: Crystal Gellner, Programmer

Registration Date: see coronationparkcommunityassociation.com

Email: coronationpark.ca@gmail.com

Registration Location: see coronationparkcommunityassociation.com

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Fall Community Clean Up		Sat	Sep 14	10a.m.-3p.m.	TBC	Free

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Junior Activity Night	5-8	Tue	Oct 15-Dec 3	6-7p.m.	Coronation Park School	\$30
Senior Activity Night	9-12	Tue	Oct 15-Dec 3	7-8p.m.	Coronation Park School	\$30

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Art Explorer		Wed	Oct 15-Dec 3	6-7p.m.	Coronation Park School	\$50
Yoga	18+	TBD	TBD	TBD	TBD	\$45
Art Explorer		Wed	Oct 15-Dec 3	6-7p.m.	Coronation Park School	\$50
Yoga	18+	TBD	TBD	TBD	TBD	\$45

North East Community Association

rneca.com

Contact: Kyara Moone
Email: info@rneca.com

Registration Date: see rneca.com
Registration Location: see rneca.com

Check out the website at www.rneca.com for further programming information. Registrations will be taken through the web site or email/phone.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Community Craft Night	All	Sat	Oct 19	1-3:30p.m.	North East Community Centre	Free
Halloween Dance	All	Fri	Oct 25	6:30-8:30p.m.	North East Community Centre	Free
Community Craft Night	All	Thu	Dec 12	6:30-8:30p.m.	North East Community Centre	Free

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Buzy Bodz Drop-in play	1-5 yrs	Tue	Sep 10-Dec 10	2-3p.m.	North East Community Centre	Free

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Youth Leadership Group	11-15 yrs	Thu	Sep 12-Dec 12	3:30-5:30p.m.	North East Community Centre	Free

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Beginner Chair Yoga	15+	Tue	Sep 17-Nov 19	1-2p.m.	North East Community Centre	\$50
Yoga	15+	Thu	Sep 19-Nov 21	6:30-7:30p.m.	North East Community Centre	\$50
Intermediate Chair Yoga	15+	Thu	Sep 19-Nov 21	11a.m.-12p.m.	North East Community Centre	\$50
Forever Fit	15+	Thu	Sep 19-Nov 21	9:30-10:30a.m.	North East Community Centre	\$50

Contact: 306-545-6492
 Email: katelynnmichelle.holistic@outlook.com

Registration Date: contact uplandscommunity.ca
 Registration Location: contact uplandscommunity.ca

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.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Drop in Ukulele Jam	All	2nd Sat each month	Sep 14-Jun 14	2-4p.m	TBA	\$5 membership

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	18+	Thu	Sep 14-Nov 14	6:15-7p.m.	MJ Coldwell School	\$55
Mah Jongg	18+	Thu	Sep 12-Jun 12	1-4p.m.	Uplands Comm Centre	\$20 plus supplies
PickleBall	18+	Wed	Sep 11-Jun 4	TBA	Ruth Pawson Gym	\$50
PickleBall	18+	Thu	Sep 12-Jun 5	TBA	Ruth Pawson Gym	\$50
Yoga Deep Rest	18+	Thu	Sep 12-Nov 14	7:15-8:15p.m.	Uplands Comm Centre	\$60
Yoga Slow Flow	18+	Thu	Sep 12-Nov 14	6-7p.m.	Uplands Comm Centre	\$60

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](http://Regina.ca/neighbourhood) and start exploring today!



West Zone

West Zone Board

westzoneboard.ca

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

Registration Date: westzoneboard.ca
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 in providing programs to residents. The West Zone Board is the liaison between the city and the groups under its umbrella. Residents are invited to attend bi-monthly meetings which are held September to May to share information and ideas. The West Zone Board mission is to enhance the quality of life of the residents through recreation and community service development—which is accomplished by offering a variety of programs which are facilitated in partnership with the Community Associations and the Affiliated Groups.

Affiliate Contact Information

- Regina West Zone Community Soccer Association – rwcsa.ca
- Regina North West Sports Association – mwsa.ca
- West Zone Taekwon-do – offers Taekwon-do for all ages and provides three lessons for free for those who wish to try it out. For further information, please email wztaekwondo@gmail.com or visit them on Facebook.

For information about the West Zone Board, West Zone programs or to volunteer, visit our website, westzoneboard.ca; email, office@westzoneboard.ca or call 306.791.0226. Registration for West Zone Board programs are all online. A community association membership is required to participate in West Zone Board programs, which can be purchased at the time of registration at a cost of \$10 per family. The memberships are good for the period September 1, 2024 to August 31, 2025.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Child Learn to Skate	All	Sat	Oct 19-Dec 14	10:50-11:30a.m.	Wheat City Kinsmen Arena	Free with Community Membership

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	3-5 yrs	Sat	Mid Oct-End of Mar	TBD	West Zone Schools	\$120
Learn to Skate	3-5 yrs	Sat	Oct 19-Dec 14	9:30-10:05a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	3-5 yrs	Sun	Oct 20-Dec 15	3:45-4:20p.m.	Doug Wickenheiser Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Oct 20-Dec 15	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	6-12 yrs	Sat	Oct 19-Dec 14	10:10-10:50a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	6-12 yrs	Sun	Oct 20-Dec 15	4:25-5:05p.m.	Doug Wickenheiser Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Oct 20-Dec 15	5:05-5:45p.m.	Doug Wickenheiser Arena	\$110
Learn Magic	5-13 yrs	Tue	Sep 17-Oct 22	7-8p.m.	Doug Wickenheiser Arena	\$200
Indoor Soccer	6-10 yrs	Sat	Mid Oct-End of Mar	TBD	West Zone Schools	\$140
Skateboarding	6-12 yrs	Sun	Sep 1-22	8a.m.-12p.m.	Lakeridge Skateboard Park	\$60

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	11-18 yrs	Sat	Mid Oct-End of Mar	TBD	University Gyms	\$160
Babysitting/Stay Safe	12+	Sat	Aug 10	9a.m.-4p.m.	TBA	\$50
Babysitting/Stay Safe	12+	Sat	Sep 28	9a.m.-4p.m.	TBA	\$50
Babysitting/Stay Safe	12+	Sat	Nov 16	9a.m.-4p.m.	TBA	\$50
Stay Safe	12+	Sat	Aug 10	1-5:30p.m.	TBA	\$40
Stay Safe	12+	Sat	Sep 28	1-5:30p.m.	TBA	\$40
Stay Safe	12+	Sat	Nov 16	1-5:30p.m.	TBA	\$40

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Standard First Aid	18+	Sun	Sep 8	8:30a.m.-5p.m.	TBA	\$120
Standard First Aid Recertification	18+	Sun	Sep 8	8:30a.m.-5p.m.	TBA	\$90

Standard First Aid	18+	Tue	Oct 8	8:30a.m.-5p.m.	TBA	\$120
Standard First Aid Recertification	18+	Tue	Oct 8	8:30a.m.-5p.m.	TBA	\$90
Standard First Aid	18+	Sun	Nov 17	8:30a.m.-5p.m.	TBA	\$120
Standard First Aid Recertification	18+	Sun	Nov 17	8:30a.m.-5p.m.	TBA	\$90
Psychological First Aid	18+	Thu	Sep 5	8:30a.m.-4:30p.m.	TBA	\$120
Psychological First Aid	18+	Wed	Oct 9	8:30a.m.-4:30p.m.	TBA	\$120
Psychological First Aid	18+	Mon	Nov 18	8:30a.m.-4:30p.m.	TBA	\$120

Dieppe-Westerra Community Association **dieppeplace.org**

Contact: Please see dieppeplace.org for contact information

Registration Date: Prior to Sep 3

Email: Please see dieppeplace.org for contact information

Registration Location: Please see our website

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

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

Check out Dieppe-Westerra Community Association's website (dieppeplace.org) and Facebook page to find out more information about our programs, and community events, such as our Fall BBQ, winter wagon rides, community clean up,, mobile security, and more. Our programs and family events are open to those with DWCA memberships. Please note that class sizes for programs are limited and subject to cancellation if registrations are below minimum class size requirements.

***Karate is for Preschool age 4 to Older Adult. Yoga is for Teen age 13 to Older Adult.**

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Fall Community BBQ	All	Sun	Sep 8	12-3p.m.	Dieppe School Yard	Free with DWCA membership
Community Clean Up	All	Sat	Sep 28	11a.m.- 3p.m.	5th Ave and Dorothy St. (Date is TBD, check our fall newsletter, Facebook, or website for confirmation).	Free, but space is limited. See details.
Winter Sleigh Rides	All	TBD	Dec	TBD	Watch for our December newsletter, Facebook, or website for details as they become available.	Free with DWCA membership

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate	4 yrs and up*	Mon	Sep-Jun	6p.m.	Dieppe School	Free with DWCA membership

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate	4 yrs and up*	Mon	Sep-Jun	6p.m.	Dieppe School	Free with DWCA membership
Art-Drawing & Painting sessions	8-14yrs	Wed	Oct-Dec	5:45-6:45p.m	Dieppe School	\$120 + Art Supplies TBA

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate	4 yrs and up*	Mon	Sep-Jun	6:30p.m.	Dieppe School	Free with DWCA membership
Beginner Flow Yoga with Diana - 8 Sessions	13 yrs and up*	Tue	Sep-Dec	6:30-7:30p.m.	Dieppe School	\$60
Art-Drawing & Painting sessions	8-14yrs	Wed	Oct-Dec	5:45-6:45p.m	Dieppe School	\$120 + Art Supplies TBA

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate	4 yrs and up*	Mon	Sep-Jun	6:30p.m.	Dieppe School	Free with DWCA membership
Beginner Flow Yoga with Diana - 8 Sessions	13 yrs and up*	Tue	Sep-Dec	6:30-7:30p.m.	Dieppe School	\$60
Kettlebell Mobility Beginner & All levels - 9 sessions	18+	Thu	Sep-Dec	6:30-7:30p.m	Dieppe School	\$110

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate	4 yrs - 70++	Mon	Sep-Jun	6:30p.m.	Dieppe School	Free with DWCA membership
Beginner Flow Yoga with Diana- 8 Sessions	13 yrs and up*	Tues	Sep-Dec	6:30-7:30p.m.	Dieppe School	\$60
DWCA - Forever in Motion	50+	Mon, Wed, Fri	Sep-Jun	10-11a.m.	Dieppe School	Free with DWCA membership
Kettlebell Mobility Beginner & All levels 9 sessions	18+	Thu	Sep-Dec	6:30-7:15p.m	Dieppe School	\$110

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. Meetings are held over Zoom at 7 p.m. (if you would like to join, contact the McNab association by email). Neighbourhood Watch round table begins at 6:30 p.m., come join and see what is happening in your neighbourhood and express your opinion. McNab Community Association memberships are available for \$5 a year per household and can be purchased at all meetings and community events.

Visit mcnabcommunity.com or follow us on Facebook and Instagram at McNabCommunity for up-to-date information.

Normanview Residents Group nrgi.ca

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

Registration Date: Sep 3, 2024
Registration Location: North West Leisure Centre Room #TBD

Normanview Residents Group (NRGI) is the registered non-profit community association for Normanview. All Regina residents are welcome to participate in any program with a current Community Association Membership. Memberships can be purchased on registration day or on our website WWW.NRGI.CA under 'Membership'.

Family Memberships are \$10.

The Community Association is always looking and welcoming new ideas from our beautiful community. Come join us on our Executive meetings and hear about new ideas, activities and events in our community! Visit our Facebook group and website WWW.NRGI.CA to find out the dates of the meetings and learn about what your community has to offer.

You can check on all our programs, events and updates on our new updated interactive calendar on the website WWW.NRGI.CA

Our website is constantly being updated with events and details for local activities. Check back often to stay in the loop of our Community activities !

You can also contact us via email at 2023nrgi@gmail.com or on our Facebook page.

We cannot control school closures or cancellations of classes or programs occurrences. Dates and costs are subject to alteration.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	16+ yrs	Mon	Sep 16-Dec 2	6:15-8p.m.	Centennial School	\$20
Pickleball	16+ yrs	Sun	Sep 15-Dec 8	6-8p.m.	St. Nicholas School	\$20
Pickleball	16+ yrs	Wed	Sep 18-Dec 4	6-8p.m.	St. Nicholas School	\$20
Forever...in Motion	18+	Thu	Sep 12-Dec 19	1:30-2:45p.m.	North West Leisure Centre (Spin Room)	Free
Forever...in Motion	18+	Thu	Sep 12-Dec 19	9:30-0:30a.m.	New Hope Lutheran Church	Free
Volleyball	16+ yrs	Tue	Sep 10-Dec 3	6:30-8p.m.	St. Josaphat School	\$20

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	6-10	Sun	Sep 8-Oct 20	1-1:45p.m	Saint Mary's Elementary	\$30
Zumba	6-10	Sun	Oct 27-Dec 8	1-1:45p.m	Saint Mary's Elementary	\$30

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	16+ yrs	Sun	Sep 8-Oct 20	2-3p.m	Saint Mary's Elementary	\$30
Zumba	16+ yrs	Sun	Oct 27-Dec 8	2-3p.m	Saint Mary's Elementary	\$30
Quilting	18+ yrs	Sun	Sep 29, Oct 27, Nov 4	9:30a.m.-5p.m.	Ruth M Buck Elementary	\$15

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Floor Curling	55+	Fri	Sep 13-Dec 20	1-3p.m.	North West Leisure Centre (Gym)	\$20

Normanview West Community Association nwcaregina.com

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

Ready to unlock a world of fun, fitness, and family connections? Look no further than our exclusive membership! For just \$10 a year, your entire family gains access to a treasure trove of exciting activities and events in Normanview West and all other City activities where an association membership is required. From sport nights, skating or community events, we've got something for everyone! Visit nwcaregina.com to purchase. Stay in the loop with all the latest updates and happenings by following us on Facebook (@NWCommunityAssoc). Be the first to know about upcoming events, special promotions, and exclusive member perks. Plus, join our vibrant online community and connect with neighbors and friends like never before!

And here's where you come in: we're on the lookout for passionate volunteers to help us bring new programming to life. Whether you have a knack for organizing events, a talent for coaching, or just a desire to make a difference in your community, we want to hear from you! Together, we can create unforgettable experiences and build an even stronger Normanview West community.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Inclusive Sport Night	All Ages	Wed	All year	6:30-7:30p.m.	Ruth M Buck Gym	Free with Membership

Prairieview Community Association pvca.ca

Contact: pvca.ca
Email: contactus@pvca.ca **Registration Date:** September 10
Registration Location: McLurg School, 125 Paynter Crescent

PVCA offers programs for the community and the city as a whole. We appreciate any feedback on our programs or if you are interested in instructing any new programming. Our membership fee is \$10 and is valid until Aug. 31st of each year. Our efforts are made possible by volunteers, if you are interested and for more information on our programs visit pvca.ca or find us on Facebook as Prairie View Community Association. For class descriptions please see pvca.ca

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Regina Shintani Wado Kai Karate 'Just for Kicks'	5-8 yrs	Tue	Sep 17-Dec 3	6:30-7p.m.	McLurg School	\$110 or \$200 per family
Beginner/Intermediate	8 yrs and up	Tue	Sep 17-Dec 3	7-8p.m.	McLurg School	\$200 or \$400 per family
Advanced (orange belt and up)	All	Tue	Sep 17-Dec 3	8-9p.m.	McLurg School	\$200 or \$400 per family

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Girls Volleyball Conditioning	13-18 yrs	Wed	Sep 18-Nov 27	7:15-8:30p.m.	McLurg School	\$20 for season

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Weights and Drills with Lee	16 yrs and up	Wed	Sep 18-Nov 27	6-7p.m.	McLurg School	\$65
Low Impact Latin Inspired Dance Cardio Class	16 yrs and up	Thu	Sep 26-Nov 28	6:15-7p.m.	McLurg School	\$55
Beginner Yoga	16 yrs and up	Sun	Sep 15-Nov 17	4-5p.m.	McLurg School	\$40

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Drop in Pickleball	Adult	Mon	Sep 16-Dec 2	6:30-8:30p.m.	McLurg School	\$5/session

Regent Park Community Association **facebook.com/regentparkca**

Contact: Connie Buchan 306-536-6995
Email: regentparkca@live.com

Registration Date: Sept 10 @ 6-8pm
Registration Location: Elsie Mironuck School

Welcome to Regent Park. We are excited to be offering some fun diverse and new programs for our local community. A current community membership is required. Memberships are available for \$10/ year at registration night, or by contacting us. We are a non profit community group with a mission to enhance the quality of life for all our residents. We strive to make our living environment a safe, fun, inclusive, and enriching place to live and grow. We provide recreation and community events to build and connect our community.

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

See our website listed above for more details.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	18+	Tue	Sep 10-Dec 10	7-9p.m.	Elsie Mironuck School Gym	\$10/semester
Basketball	Grades 5-8	Wed	Sep 10-Dec 10	6-7p.m.	Elsie Mironuck School Gym	TBA
Zumba	18+	Tue	Sep 10-Dec 10	6-6:55p.m.	Elsie Mironuck School Gym	\$50

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion	55+	Wed	Sept 11-Dec 11	10:30-11:30a.m.	St. James United Church 4506 Sherwood Drive	Free with a membership Drop ins welcome

Rosemont/Mount Royal Community Association **rmrca.com**

Contact: Theresa Porter
Email: rmrca@myaccess.ca

Registration Date: September 10, 2024
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. Meeting are held the first Tuesday of each month, September through June, email rmrca@myaccess.ca 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	7-10 yrs	Wed	Sep 18-Nov 20	6:30-7:30p.m.	Walker School Gym	\$50
Basketball Skills	11-14 yrs	Wed	Sep 18-Nov 20	7:45-8:45p.m.	Walker School Gym	\$50

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Fire & Flow Fitness (Effie)	18+ yrs	Tue	Sep 17-Nov 19	7:30-8:30p.m.	Walker School Gym	\$50
Yoga (Josee)	18+yrs	Mon	Sep 16-Dec 9 no class Sept 30, Oct 14, Nov 11	7:30-8:30p.m.	Walker School Gym	\$50

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga (Miriam)	55+ yrs	Thu	Sep 19-Nov 28	10-11a.m.	Zoom (On-line)	Free with community membership
Forever in Motion	55+ yrs	Mon, Wed, Fri	Sept-Dec	10-11a.m.	TBD	Free with community membership
Tai Chi (Katherine)	55+ yrs	Tue	Sep 17-Nov 26	9-10a.m.	Zoom (On-line)	Free with community membership

Sherwood Estates/Mccarthy Park Community Association **semp.ca**

Contact: semp@sasktel.net **Registration Date:** Contact the zone or association directly
Email: semp@sasktel.net **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) **Registration Date:** Visit tlca.ca
Email: twinlakescommunity@gmail.com (programs/inquiries) **Registration Location:** Visit tlca.ca
twinlakescheerprogram@gmail.com (cheer program only)
twinlakesdanceprogram@gmail.com (dance program only)
twinlakesbabysittingcourse@gmail.com (babysitting and home alone only)

The Twin Lakes Community Association strives to deliver fun and beneficial programming at an affordable rate. Visit tlca.ca for class descriptions, online registration, and to purchase your TLCA membership and receive your membership number. Any changes or updates to our classes will be available on our website. You must have a valid email address to register for classes and receive important updates throughout the year.

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

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

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer-U6 Novice Level 1	3-4 yrs	Thu	Sep 26-Mar 30	6-6:50p.m.	St. Angela School	\$350
Dance-Ballet/Tap Combo	3-4 yrs	Mon	Sep 23-Mar 30	6-6:50p.m.	Winston Knoll Collegiate	\$320
Dance-Ballet/Jazz Combo	3-4 yrs	Wed	Sep 25-Mar 30	6-6:50p.m.	Winston Knoll Collegiate	\$330
Dance-Tap/Jazz Combo	3-4 yrs	Fri	Sep 27-Mar 30	6-6:50p.m.	Winston Knoll Collegiate	\$330

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer-U6 Level 1	5-6 yrs	Mon	Sep 23-Mar 30	6-6:50p.m.	St. Angela School	\$340
Cheer-U6 Level 1	5-6 yrs	Wed	Sep 25-Mar 30	6-6:50p.m.	St. Angela School	\$350
Cheer-U8 Level 1	7-8 yrs	Mon	Sep 23-Mar 30	7-7:50p.m.	St. Angela School	\$340
Cheer-U8 Level 1	7-8 yrs	Wed	Sep 25-Mar 30	7-7:50p.m.	St. Angela School	\$350
Cheer-U8 Level 1	7-8 yrs	Thu	Sep 26-Mar 30	7-7:50p.m.	St. Angela School	\$350
Cheer-U12 Level 1	9-12 yrs	Mon	Sep 23-Mar 30	8-9p.m.	St. Angela School	\$370
Cheer-U12 Level 1	9-12 yrs	Wed	Sep 25-Mar 30	8-9p.m.	St. Angela School	\$380
Cheer-U14 Level 1	9-14 yrs	Thu	Sep 26-Mar 30	8-9p.m.	St. Angela School	\$380
Cheer-U6 Pom	5-6 yrs	Tue	Sep 24-Mar 30	6-6:50p.m.	St. Angela School	\$350
Cheer-U8 Pom	7-8 yrs	Tue	Sep 24-Mar 30	7-7:50p.m.	St. Angela School	\$350
Cheer-U14 Pom	9-14 yrs	Tue	Sep 24-Mar 30	8-9p.m.	St. Angela School	\$380
Dance-Hip Hop	5-6 yrs	Tue	Sep 24-Mar 30	6-6:50p.m.	Winston Knoll Collegiate	\$330
Dance-Ballet/Tap Combo	5-6 yrs	Thu	Sep 26-Mar 30	6-6:50p.m.	Winston Knoll Collegiate	\$330
Dance-Tap	6-8 yrs	Tue	Sep 24-Mar 30	7-7:50p.m.	Winston Knoll Collegiate	\$330
Dance-Musical Theatre	6+ yrs	Mon	Sep 23-Mar 30	7-7:50p.m.	Winston Knoll Collegiate	\$320
Dance-Ballet	6+ yrs	Wed	Sep 25-Mar 30	7-7:50p.m.	Winston Knoll Collegiate	\$330
Dance-Tap/Jazz Combo	6+ yrs	Fri	Sep 27-Mar 30	7-7:50p.m.	Winston Knoll Collegiate	\$330
Dance-Hip Hop	7-9 yrs	Thu	Sep 26-Mar 30	7-7:50p.m.	Winston Knoll Collegiate	\$330
Dance-Jazz	9+ yrs	Tue	Sep 24-Mar 30	8-8:50p.m.	Winston Knoll Collegiate	\$330
Dance-Lyrical	9+ yrs	Wed	Sep 25-Mar 30	8-8:50p.m.	Winston Knoll Collegiate	\$330

Smashball-FUNDamentals	6-8 yrs	Tue	Sep 17-Nov 19	6:15-7:15p.m.	MacNeill School	\$40
Smashball-Learn to Train	9-11 yrs	Tue	Sep 17-Nov 19	7:15-8:45p.m.	MacNeill School	\$60

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting Course	11+ yrs	Thu	Sep 12-Sep 26	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Wed	Oct 9-30	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Tue	Nov 5-19	5:30-8p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Mon	Dec 2-Dec 16	5:30-8p.m.	Northwest Leisure Centre	\$30
Home Alone Course	10+ yrs	Tue	Oct 1	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Wed	Oct 2	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Wed	Nov 6	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Thu	Dec 5	5:30-8p.m.	Northwest Leisure Centre	\$20

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Ageless Fitness	18+ yrs	Tue	Sep 24-Dec 3	6:30-7:30p.m.	St. Jerome School	\$70
Cheer-Adult Cheer	18+ yrs	Thu	Sep 26-Mar 30	9-10p.m.	St. Angela School	\$160
Dance-Adult Beginner/Intermediate Tap	18+ yrs	Mon	Sep 23-Mar 30	8-9p.m.	Winston Knoll Collegiate	\$190
Dance-Adult Advanced Tap	18+ yrs	Fri	Sep 27-Mar 30	8-9p.m.	Winston Knoll Collegiate	\$200
Yoga	18+ yrs	Wed	Sep 25-Dec 4	6:30-7:30p.m.	St. Jerome School	\$70
Yoga	18+ yrs	Thu	Sep 26-Dec	5 6:30-7:30p.m.	St. Jerome School	\$70
Zumba	18+ yrs	Mon	Sep 16-Dec 2	6:30-7:30p.m.	St. Jerome School	\$63

Walsh Acres/Lakeridge/Gardenridge Community Association **walgr.com**

Contact: Doreen Patel **Registration Date: September 10, 2024, 7-8p.m.**
Email: walgr.programs@gmail.com **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: walgr.chair@gmail.com or walgr.secretary@gmail.com.

*** All Community Association Programs Require a Community Membership Card *** Community Membership cards expire August 31 of each year, and can be purchased from Terry Michell for \$5. Email: walgr.memberships@gmail.com; Phone: 306-539-3319. Membership fees are non-refundable.

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

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

For "Young Makers Studio", information and to register email Crystal at crystalbarlas@gmail.com

For "Forever in Motion", information contact Doreen at 306-533-6583.

Programs will be filled first with WALRGR residents; others will be put on a waiting list.

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	6 yrs +	Tue & Thu	Sep 12-Dec 5	6:30-7:45p.m.	Henry Janzen School	\$40/month

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Sep 14-Oct 26	9:15-10a.m.	Henry Janzen School-Large Gym	\$171/7 sessions
Sportball-Parent & Child Multi-sport	2-3.5 yrs	Sat	Sep 14-Oct 26	10:10-10:55a.m.	Henry Janzen School-Large Gym	\$171/7 sessions
Sportball-Coach & Child Multi-sport	3.5-5 yrs	Sat	Sep 14-Oct 26	11a.m.-12p.m.	Henry Janzen School-Large Gym	\$171/7 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Sep 8-Oct 27	2:05-3:05p.m.	North West Leisure Centre Gym	\$171/7 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Sep 8-Oct 27	3:15-4p.m.	North West Leisure Centre Gym	\$171/7 sessions

Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Nov 2-Dec 14	9:15-10a.m.	Henry Janzen School-Large Gym	\$171/7 sessions
Sportball-Parent & Child Multi-sport	2-3.5 yrs	Sat	Nov 2-Dec 14	10:10-10:55a.m.	Henry Janzen School-Large Gym	\$171/7 sessions
Sportball-Coach & Child Multi-sport	3.5-5 yrs	Sat	Nov 2-Dec 14	11a.m.-12p.m.	Henry Janzen School-Large Gym	\$171/7 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Nov 10-Dec 15	2:05-3:05p.m.	North West Leisure Centre Gym	\$152/6 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Nov 10-Dec 15	3:15-4p.m.	North West Leisure Centre Gym	\$152/6 sessions

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Sep 8-Oct 27	1-2p.m.	North West Leisure Centre Gym	\$171/7 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Sep 8-Oct 27	4:10-4:55p.m.	North West Leisure Centre Gym	\$171/7 sessions
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Nov 10-Dec 15	1-2p.m.	North West Leisure Centre Gym	\$152/6 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Nov 10-Dec 15	4:10-4:55p.m.	North West Leisure Centre Gym	\$152/6 sessions
Tae Kwon Do	6 yrs +	Tue & Thu	Sep 12-Dec 5	6:30-7:45p.m.	Henry Janzen School	\$40/month
Young Makers-Early Engineers (max 8)	6 yrs +	Wed	Sep 18-Oct 30	6:30-7:30p.m.	George Lee School-Gym	\$105/7 sessions
Young Makers-Early Engineers (max 8)	6 yrs +	Wed	Nov 6-Dec 11	6:30-7:30p.m.	George Lee School-Gym	\$90/6 sessions

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball #1 (max 24)	16 yrs +	Sat	Sep 14-Dec 7	12:15-2p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #2 (max 24)	16 yrs +	Sat	Sep 14-Dec 7	2-4p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #3 (max 24) Beginner Training Available	16 yrs +	Sun	Sep 15-Dec 8	2-5p.m.	Henry Janzen School-Both Gyms	\$20
Recreational Volleyball	16 yrs +	Mon	Sep 16-Dec 9	8-10p.m.	St. Bernadette School-Gym	\$20
Skilled Volleyball #1	16 yrs +	Thu	Sep 12-Dec 5	6:15-8p.m.	George Lee-Gym	\$20
Skilled Volleyball #2	16 yrs +	Thu	Sep 12-Dec 5	8-9:45p.m.	George Lee-Gym	\$20
Tae Kwon Do	13 yrs +	Tue & Thu	Sep 12-Dec 5	6:30-7:45p.m.	Henry Janzen School	\$40/month
Tae Kwon Do	16 yrs +	Tue & Thu	Sep 12-Dec 5	6:30-7:45p.m.	Henry Janzen School	\$40/month
Yoga (max 25)	16 yrs +	Sun	Sep 15-Nov 17	6:15-7:15p.m.	George Lee-Gym	\$60
Yoga (max 25)	16 yrs +	Mon	Sep 16-Dec 9	6:15-7:15p.m.	George Lee-Gym	\$60

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion (max 15)	50 yrs +	Mon & Thu	Sep 16-Dec 16	11a.m.-12p.m.	Argyle Park Community Centre 55 Davin Crescent	Free