

# Leisure Guide

Summer 2024

**Registration dates:**

Residents - May 14

Non-Residents - May 16



**Safe, affordable,  
accessible fun  
for everyone!**

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

 REGINA

# When does registration start?

## Regina residents:

**Tuesday, May 14**

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

## Non-residents:

**Thursday, May 16**

(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.

### Payment Methods

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

# Table of Contents



## Recreation For All



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

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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



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 8th 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)					•				

# Free Children's Summer Program

**July 8 – Aug 16**

**Monday to Friday**

Half day, full day and drop-in programs available depending on location

PlayEscapes is an inclusive summer program for ages 5-12, which offers play opportunities to help develop and foster life skills, creativity, imagination and positive self-image while promoting a physically active lifestyle.

**We welcome children of all abilities!**

Registration is required, call the City of Regina Playline (306-777-7529) or register online through Regina Recreation Online.



For more information on Free Children's Summer Program, including locations and times, scan the QR code

[Regina.ca/freeprograms](http://Regina.ca/freeprograms)



# Multipurpose Recreational Facilities



## Get fit, get creative, have fun!

### Registered programs

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

### Drop-in activities and fitness

Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities at [Regina.ca/dropin](http://Regina.ca/dropin) or see page 10.

### NEIL BALKWILL CIVIC ARTS CENTRE

2420 Elphinstone St.  
306-777-PLAY (7529)  
[balkwillcentre@regina.ca](mailto:balkwillcentre@regina.ca)



*Hours may vary according to program needs.*

#### Facility hours:

##### May - June

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: 12:30 - 5 p.m.

#### Facility hours:

##### July 2–August 31

Monday – Friday: 8:30 a.m. - 5 p.m.  
Tuesday – Thursday: 6 - 10 p.m.  
Saturday: 12 - 5 p.m.  
Sunday: Closed  
(Closed July 1, August 5)



## NORTH WEST LEISURE CENTRE

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

### Facility hours:

#### June 5 - August 27

Monday – Friday: 8 a.m. - 8:30 p.m.

Saturday – Sunday: 12 - 8 p.m.


Stat Holidays: 12 - 6 p.m.

*The North West Leisure Centre will be closed for annual maintenance June 10 - July 2 inclusive.*

- 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:

#### June 5 - August 27

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.*

*The Fieldhouse will be closed for annual maintenance July 2 - 15.*

### 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:

#### June 5 - August 27

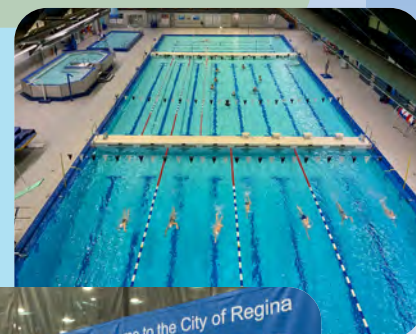
Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 12 - 8 p.m.

Stat Holidays: 12 - 6 p.m.

*The Sandra Schmirler Leisure Centre will be closed for annual maintenance July 22 - August 5 inclusive.*

- 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](http://Regina.ca/outdoorpools) for daily swim schedules.

## Outdoor Pools

**Massey Pool**  
100 Massey Rd.  
306-777-7377  
*\*opens June 13*

**Regent Pool**  
3600 McKinley Ave.  
306-777-7376  
*\*opens June 13*

**Buffalo Meadows Pool**  
1401 Montague St.  
306-777-7375  
*\*opens June 13*

**Maple Leaf Pool**  
1104 14th Ave.  
306-777-7374  
*\*opens June 13*

**Wascana Pool**  
2400 Wascana Dr.  
306-777-PLAY (7529)  
*\*opens June 6*

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

*\* Estimated opening date is subject to change based on weather.*

## 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.



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](http://Regina.ca/spraypads) for more information.



# 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](http://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](http://Regina.ca/affordablefun)



# 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!**



See the Rental Information section of the Leisure Guide or [Regina.ca](http://Regina.ca) for a list of amenities and how to rent space.



# 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!



# 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.

Parent & Tot	Child is under 3 years of age:	Register in:	This class is most similar to:
	Is 4 to 12 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 1	Red Cross Starfish or Duck YMCA Splashers or Bubblers
	Is 12 to 24 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 2	Red Cross Sea Turtle YMCA Bobbers
	Is 24 to 36 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 3	Red Cross Sea Otter YMCA Bobbers
Preschool	Child is 3-5 years old:	Register in:	This class is most similar to:
	Is 3 to 5 years old* and able to go in and move around the water without a caregiver. *Must be at least 3 years old by first lesson. Please note the child is to be unassisted by caregiver during this class.	Preschool 1	Red Cross Salamander YMCA Floaters
	Is 5+ years old	Swimmer 1	
	<b>Is 5 and under and can:</b> <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	
	<b>Is 5 and under and can:</b> <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	
	<b>Is 5 and under and can:</b> <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		
<b>Is under 5 and can:</b> <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		

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

# Swimming Lessons



## Legend

- LAC – Lawson Aquatic Centre
- MP – Massey Outdoor Pool
- NWLC – North West Leisure Centre
- RP – Regent Outdoor Pool
- SSLC – Sandra Schmirler Leisure Centre
- WP – Wascana Outdoor Pool

## 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 floats, back floats, and float wearing PFDs.

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

LAC	74129	Mon-Thu	Jun 10-20	4:55-5:25p.m.	\$56.00
	74130	Mon-Fri	Jul 8-17	11:45a.m.-12:15p.m.	\$56.00
	74131	Mon-Fri	Jul 22-Aug 2	9:45-10:15a.m.	\$70.00
	74132	Mon-Fri	Aug 6-16	9-9:30a.m.	\$63.00
	74133	Mon-Thu	Aug 6-15	4:55-5:25p.m.	\$49.00
NWLC	73656	Mon-Fri	Jul 8-19	4-4:30p.m.	\$70.00
	73679	Mon-Fri	Jul 22-Aug 2	9:10-9:40a.m.	\$70.00
	74165	Mon-Fri	Aug 19-30	4-4:30p.m.	\$70.00
SSLC	73830	Mon-Fri	Jun 10-21	4-4:30p.m.	\$70.00
	73914	Mon-Fri	Jun 24-Jul 5	5:30-6p.m.	\$63.00
	73935	Mon-Fri	Jul 8-19	11-11:30a.m.	\$70.00
	73936	Mon-Fri	Jul 8-19	11:15-11:45a.m.	\$70.00

SSLC	74012	Mon-Fri	Aug 6-16	9:45-10:15a.m.	\$63.00
	74051	Mon-Fri	Aug 6-16	5:10-5:40p.m.	\$63.00
	74064	Mon-Fri	Aug 19-30	11-11:30a.m.	\$70.00
	74065	Mon-Fri	Aug 19-30	11:15-11:45a.m.	\$70.00
	74096	Mon-Fri	Aug 19-30	4-4:30p.m.	\$70.00

## 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 object 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	74137	Mon-Fri	Jul 8-17	9-9:30a.m.	\$56.00
	74138	Mon-Thu	Jul 8-17	5:55-6:25p.m.	\$49.00
	74139	Mon-Thu	Jul 22-Aug 1	6:10-6:40p.m.	\$56.00
	74142	Mon-Thu	Aug 6-15	5:55-6:25p.m.	\$49.00
NWLC	73640	Mon-Fri	Jul 8-19	9:35-10:05a.m.	\$70.00
	73663	Mon-Fri	Jul 8-19	5:55-6:25p.m.	\$70.00
	73675	Mon-Fri	Jul 22-Aug 2	9:40-10:10a.m.	\$70.00
	74134	Mon-Fri	Aug 6-16	10:20-10:50a.m.	\$63.00
	74140	Mon-Fri	Aug 6-16	4-4:30p.m.	\$63.00
	74166	Mon-Fri	Aug 19-30	9:35-10:05a.m.	\$70.00
SSLC	74167	Mon-Fri	Aug 19-30	5:55-6:25p.m.	\$70.00
	73831	Mon-Fri	Jun 10-21	6-6:30p.m.	\$70.00
	73920	Mon-Fri	Jun 24-Jul 5	4:15-4:45p.m.	\$63.00
	73943	Mon-Fri	Jul 8-19	11:05-11:35a.m.	\$70.00
	73997	Mon-Fri	Aug 6-16	10:10-10:40a.m.	\$63.00
	74017	Mon-Fri	Aug 6-16	11:40a.m.-12:10p.m.	\$63.00
	74031	Mon-Fri	Aug 6-16	4-4:30p.m.	\$63.00
	74032	Mon-Fri	Aug 6-16	5:55-6:25p.m.	\$63.00
	74072	Mon-Fri	Aug 19-30	11:05-11:35a.m.	\$70.00
	74120	Mon-Fri	Aug 19-30	6-6:30p.m.	\$70.00
	WP	73542	Mon-Fri	Aug 6-16	10-10:30a.m.

## 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	74145	Mon-Thu	Jun 10-20	5:35-6:05p.m.	\$56.00
	74146	Mon-Fri	Jul 8-17	9:40-10:10a.m.	\$56.00
	74148	Mon-Thu	Jul 8-17	4:55-5:25p.m.	\$49.00
	74149	Mon-Fri	Jul 22-Aug 2	9:10-9:40a.m.	\$70.00
	74152	Mon-Fri	Aug 6-16	10:55-11:25a.m.	\$63.00
MP	73436	Mon-Fri	Jul 8-19	10:35-11:05a.m.	\$70.00
NWLC	73653	Mon-Fri	Jul 8-19	10:55-11:25a.m.	\$70.00
	73665	Mon-Fri	Jul 8-19	4:35-5:05p.m.	\$70.00
	73690	Mon-Fri	Jul 22-Aug 2	6-6:30p.m.	\$70.00
	73784	Mon-Fri	Aug 6-16	9:45-10:15a.m.	\$63.00
	74136	Mon-Fri	Aug 6-16	11:30a.m.-12p.m.	\$63.00
	74151	Mon-Fri	Aug 6-16	5:45-6:15p.m.	\$63.00
	74168	Mon-Fri	Aug 19-30	10:55-11:25a.m.	\$70.00
	74169	Mon-Fri	Aug 19-30	4:35-5:05p.m.	\$70.00
SSLC	73955	Mon-Fri	Jul 8-19	9-9:30a.m.	\$70.00
	73990	Mon-Fri	Jul 8-19	4-4:30p.m.	\$70.00
	74020	Mon-Fri	Aug 6-16	10:45-11:15a.m.	\$63.00
	74083	Mon-Fri	Aug 19-30	9-9:30a.m.	\$70.00

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

## Preschool 1

3-5 years

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

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

LAC	74153	Mon-Thu	Jun 10-20	6:15-6:45p.m.	\$56.00
	74154	Mon-Fri	Jul 8-17	12:20-12:50p.m.	\$56.00
	74155	Mon-Thu	Jul 8-17	5:35-6:05p.m.	\$49.00
	74156	Mon-Fri	Jul 22-Aug 2	10:35-11:05a.m.	\$70.00
	74157	Mon-Thu	Jul 22-Aug 1	5:05-5:35p.m.	\$56.00
	74158	Mon-Thu	Aug 6-15	5:35-6:05p.m.	\$49.00
	MP	73423	Mon-Fri	Jul 8-19	10-10:30a.m.
73446		Mon-Fri	Jul 22-Aug 2	10:35-11:05a.m.	\$70.00
NWLC	73652	Mon-Fri	Jul 8-19	9:45-10:15a.m.	\$70.00
	73655	Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00
	73661	Mon-Fri	Jul 8-19	4:40-5:10p.m.	\$70.00
	73676	Mon-Fri	Jul 22-Aug 2	10:15-10:45a.m.	\$70.00
	73672	Mon-Fri	Jul 22-Aug 2	10:45-11:15a.m.	\$70.00
	73686	Mon-Fri	Jul 22-Aug 2	4:45-5:15p.m.	\$70.00

NWLC	73687	Mon-Fri	Jul 22-Aug 2	5:20-5:50p.m.	\$70.00	
	73707	Mon-Fri	Aug 6-16	4-4:30p.m.	\$63.00	
	73710	Mon-Fri	Aug 6-16	9-9:30a.m.	\$63.00	
	74147	Mon-Fri	Aug 6-16	4:30-5p.m.	\$63.00	
	74170	Mon-Fri	Aug 19-30	9:45-10:15a.m.	\$70.00	
	74171	Mon-Fri	Aug 19-30	11:30a.m.-12p.m.	\$70.00	
	74172	Mon-Fri	Aug 19-30	4:40-5:10p.m.	\$70.00	
SSLC	73832	Mon-Fri	Jun 10-21	4-4:30p.m.	\$70.00	
	73858	Mon-Fri	Jun 10-21	4:35-5:05p.m.	\$70.00	
	73905	Mon-Fri	Jun 24-Jul 5	4-4:30p.m.	\$63.00	
	73906	Mon-Fri	Jun 24-Jul 5	5:55-6:25p.m.	\$63.00	
	73907	Mon-Fri	Jun 24-Jul 5	6-6:30p.m.	\$63.00	
	73944	Mon-Fri	Jul 8-19	11:40a.m.-12:10p.m.	\$70.00	
	73978	Mon-Fri	Jul 8-19	6-6:30p.m.	\$70.00	
	73979	Mon-Fri	Jul 8-19	4:30-5p.m.	\$70.00	
	73980	Mon-Fri	Jul 8-19	5:20-5:50p.m.	\$70.00	
	74009	Mon-Fri	Aug 6-16	9-9:30a.m.	\$63.00	
	74008	Mon-Fri	Aug 6-16	11:45a.m.-12:15p.m.	\$63.00	
	74041	Mon-Fri	Aug 6-16	4-4:30p.m.	\$63.00	
	74040	Mon-Fri	Aug 6-16	4:30-5p.m.	\$63.00	
	74039	Mon-Fri	Aug 6-16	5:55-6:25p.m.	\$63.00	
	74073	Mon-Fri	Aug 19-30	11:40a.m.-12:10p.m.	\$70.00	
	74103	Mon-Fri	Aug 19-30	4-4:30p.m.	\$70.00	
	74102	Mon-Fri	Aug 19-30	4:35-5:05p.m.	\$70.00	
	WP	73524	Mon-Fri	Jul 22-Aug 2	10:35-11:05a.m.	\$70.00
		73550	Mon-Fri	Aug 19-30	10:45-11:15a.m.	\$70.00

## 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.

LAC	74159	Mon-Fri	Jul 8-17	10:10-10:40a.m.	\$56.00
	74160	Mon-Thu	Jul 22-Aug 1	5:40-6:10p.m.	\$56.00
	74161	Mon-Fri	Aug 6-16	9:35-10:05a.m.	\$63.00
	74162	Mon-Thu	Aug 6-15	6:05-6:35p.m.	\$49.00
MP	73427	Mon-Fri	Jul 8-19	10:35-11:05a.m.	\$70.00
	73447	Mon-Fri	Jul 22-Aug 2	10:45-11:15a.m.	\$70.00
	73465	Mon-Fri	Aug 6-16	10:45-11:15a.m.	\$63.00
NWLC	73644	Mon-Fri	Jul 8-19	9:05-9:35a.m.	\$70.00
	73658	Mon-Fri	Jul 8-19	5:50-6:20p.m.	\$70.00
	73671	Mon-Fri	Jul 22-Aug 2	9:05-9:35a.m.	\$70.00
	73692	Mon-Fri	Jul 22-Aug 2	5:10-5:40p.m.	\$70.00
	73704	Mon-Fri	Aug 6-16	10:15-10:45a.m.	\$63.00
	73708	Mon-Fri	Aug 6-16	4:35-5:05p.m.	\$63.00
	74144	Mon-Fri	Aug 6-16	5:45-6:15p.m.	\$63.00
	74173	Mon-Fri	Aug 19-30	9:05-9:35a.m.	\$70.00
	74174	Mon-Fri	Aug 19-30	5:50-6:20p.m.	\$70.00
SSLC	73833	Mon-Fri	Jun 10-21	5:10-5:40p.m.	\$70.00

SSLC	73895	Mon-Fri	Jun 10-21	6-6:30p.m.	\$70.00
	73904	Mon-Fri	Jun 24-Jul 5	4-4:30p.m.	\$63.00
	73903	Mon-Fri	Jun 24-Jul 5	5:20-5:50p.m.	\$63.00
	73945	Mon-Fri	Jul 8-19	9:35-10:05a.m.	\$70.00
	73946	Mon-Fri	Jul 8-19	10:40-11:10a.m.	\$70.00
	73967	Mon-Fri	Jul 8-19	4-4:30p.m.	\$70.00
	73968	Mon-Fri	Jul 8-19	6-6:30p.m.	\$70.00
	73993	Mon-Fri	Aug 6-16	9-9:30a.m.	\$63.00
	73994	Mon-Fri	Aug 6-16	10:20-10:50a.m.	\$63.00
	74042	Mon-Fri	Aug 6-16	4:45-5:15p.m.	\$63.00
	74043	Mon-Fri	Aug 6-16	5:20-5:50p.m.	\$63.00
	74075	Mon-Fri	Aug 19-30	9:35-10:05a.m.	\$70.00
	74076	Mon-Fri	Aug 19-30	10:40-11:10a.m.	\$70.00
	74104	Mon-Fri	Aug 19-30	5:10-5:40p.m.	\$70.00
74105	Mon-Fri	Aug 19-30	6-6:30p.m.	\$70.00	
WP	73535	Mon-Fri	Aug 6-16	10:55-11:25a.m.	\$63.00

LAC	74183	Mon-Thu	Jul 22-Aug 1	5-5:30p.m.	\$56.00
	74184	Mon-Thu	Aug 6-15	6:30-7p.m.	\$49.00
MP	73435	Mon-Fri	Jul 8-19	10-10:30a.m.	\$70.00
	73448	Mon-Fri	Jul 22-Aug 2	11:20-11:50a.m.	\$70.00
NWLC	73647	Mon-Fri	Jul 8-19	10:50-11:20a.m.	\$70.00
	73666	Mon-Fri	Jul 8-19	5:10-5:40p.m.	\$70.00
	73659	Mon-Fri	Jul 8-19	5:15-5:45p.m.	\$70.00
	73669	Mon-Fri	Jul 22-Aug 2	9-9:30a.m.	\$70.00
	73681	Mon-Fri	Jul 22-Aug 2	10:20-10:50a.m.	\$70.00
	73682	Mon-Fri	Jul 22-Aug 2	10:20-10:50a.m.	\$70.00
	73699	Mon-Fri	Aug 6-16	10:10-10:40a.m.	\$63.00
	73709	Mon-Fri	Aug 6-16	5:55-6:25p.m.	\$63.00
	74175	Mon-Fri	Aug 19-30	10:50-11:20a.m.	\$70.00
	74176	Mon-Fri	Aug 19-30	5:15-5:45p.m.	\$70.00
SSLC	74178	Mon-Fri	Aug 19-30	5:10-5:40p.m.	\$70.00
	73834	Mon-Fri	Jun 10-21	4-4:30p.m.	\$70.00
	73885	Mon-Fri	Jun 10-21	5:25-5:55p.m.	\$70.00
	73919	Mon-Fri	Jun 24-Jul 5	4:05-4:35p.m.	\$63.00
	73918	Mon-Fri	Jun 24-Jul 5	5:25-5:55p.m.	\$63.00
	73941	Mon-Fri	Jul 8-19	9:35-10:05a.m.	\$70.00
	73940	Mon-Fri	Jul 8-19	10:30-11a.m.	\$70.00
	73942	Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00
	73987	Mon-Fri	Jul 8-19	4:45-5:15p.m.	\$70.00
	73986	Mon-Fri	Jul 8-19	5:25-5:55p.m.	\$70.00
74010	Mon-Fri	Aug 6-16	9:35-10:05a.m.	\$63.00	

**Preschool 3** 3-5 years

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

LAC	74177	Mon-Thu	Jun 10-20	6:50-7:20p.m.	\$56.00
	74179	Mon-Fri	Jul 8-17	12:20-12:50p.m.	\$56.00
	74180	Mon-Thu	Jul 8-17	5:30-6p.m.	\$49.00
	74181	Mon-Fri	Jul 22-Aug 2	10:30-11a.m.	\$70.00

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.



## 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	74216	Mon-Thu	Jun 10-20	5:30-6p.m.	\$56.00	
	74217	Mon-Thu	Jun 10-20	6:45-7:15p.m.	\$56.00	
	74218	Mon-Fri	Jul 8-17	9:05-9:35a.m.	\$56.00	
	74219	Mon-Thu	Jul 8-17	6:15-6:45p.m.	\$49.00	
	74220	Mon-Fri	Jul 22-Aug 2	10:40-11:10a.m.	\$70.00	
	74221	Mon-Thu	Jul 22-Aug 1	5:15-5:45p.m.	\$56.00	
	74222	Mon-Thu	Jul 22-Aug 1	5:50-6:20p.m.	\$56.00	
	74223	Mon-Fri	Aug 6-16	9:45-10:15a.m.	\$63.00	
	74224	Mon-Fri	Aug 6-16	10:30-11a.m.	\$63.00	
	74225	Mon-Thu	Aug 6-15	6:15-6:45p.m.	\$49.00	
MP	73425	Mon-Fri	Jul 8-19	10:35-11:05a.m.	\$70.00	
	73431	Mon-Fri	Jul 8-19	11:20-11:50a.m.	\$70.00	
	73438	Mon-Fri	Jul 22-Aug 2	10:55-11:25a.m.	\$70.00	
	73467	Mon-Fri	Aug 6-16	10-10:30a.m.	\$63.00	
	73477	Mon-Fri	Aug 19-30	10:35-11:05a.m.	\$70.00	
	NWLC	73639	Mon-Fri	Jul 8-19	9-9:30a.m.	\$70.00
		73645	Mon-Fri	Jul 8-19	9:40-10:10a.m.	\$70.00
73657		Mon-Fri	Jul 8-19	4:35-5:05p.m.	\$70.00	
73667		Mon-Fri	Jul 8-19	5:50-6:20p.m.	\$70.00	
73668		Mon-Fri	Jul 22-Aug 2	9:05-9:35a.m.	\$70.00	
73688		Mon-Fri	Jul 22-Aug 2	5:55-6:25p.m.	\$70.00	
73702		Mon-Fri	Aug 6-16	9:05-9:35a.m.	\$63.00	
73706		Mon-Fri	Aug 6-16	11:25-11:55a.m.	\$63.00	
74143		Mon-Fri	Aug 6-16	5:10-5:40p.m.	\$63.00	
74209		Mon-Fri	Aug 19-30	10:10-10:40a.m.	\$70.00	
SSLC	74210	Mon-Fri	Aug 19-30	5:50-6:20p.m.	\$70.00	
	74212	Mon-Fri	Aug 19-30	4:35-5:05p.m.	\$70.00	
	74213	Mon-Fri	Aug 19-30	9:40-10:10a.m.	\$70.00	
	73886	Mon-Fri	Jun 10-21	4-4:30p.m.	\$70.00	
	73835	Mon-Fri	Jun 10-21	4:35-5:05p.m.	\$70.00	
	73887	Mon-Fri	Jun 10-21	4:15-4:45p.m.	\$70.00	
	73888	Mon-Fri	Jun 10-21	4:50-5:20p.m.	\$70.00	
	73912	Mon-Fri	Jun 24-Jul 5	4:50-5:20p.m.	\$63.00	
	73911	Mon-Fri	Jun 24-Jul 5	5:10-5:40p.m.	\$63.00	
	73913	Mon-Fri	Jun 24-Jul 5	4:15-4:45p.m.	\$63.00	
WP	73934	Mon-Fri	Jul 8-19	9-9:30a.m.	\$70.00	
	73932	Mon-Fri	Jul 8-19	10:25-10:55a.m.	\$70.00	
	73933	Mon-Fri	Jul 8-19	11:40a.m.-12:10p.m.	\$70.00	
	73972	Mon-Fri	Jul 8-19	4:05-4:35p.m.	\$70.00	
	73973	Mon-Fri	Jul 8-19	4:50-5:20p.m.	\$70.00	
73974	Mon-Fri	Jul 8-19	4:40-5:10p.m.	\$70.00		
73998	Mon-Fri	Aug 6-16	10:45-11:15a.m.	\$63.00		

SSLC	74011	Mon-Fri	Aug 6-16	11:40a.m.-12:10p.m.	\$63.00
	74046	Mon-Fri	Aug 6-16	4:15-4:45p.m.	\$63.00
	74045	Mon-Fri	Aug 6-16	6-6:30p.m.	\$63.00
	74070	Mon-Fri	Aug 19-30	9:35-10:05a.m.	\$70.00
	74069	Mon-Fri	Aug 19-30	10:30-11a.m.	\$70.00
	74071	Mon-Fri	Aug 19-30	11:30a.m.-12p.m.	\$70.00
	74116	Mon-Fri	Aug 19-30	4-4:30p.m.	\$70.00
74117	Mon-Fri	Aug 19-30	5:25-5:55p.m.	\$70.00	
WP	73505	Mon-Fri	Jul 22-Aug 2	11:20-11:50a.m.	\$70.00
	73527	Mon-Fri	Aug 6-Aug 16	10-10:30a.m.	\$63.00

### Preschool 4 3-5 years

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

LAC	74185	Mon-Thu	Jun 10-20	6:10-6:40p.m.	\$56.00
	74186	Mon-Fri	Jul 8-17	11:40a.m.-12:10p.m.	\$56.00
	74187	Mon-Thu	Jul 8-17	5:45-6:15p.m.	\$49.00
	74189	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00
	74192	Mon-Fri	Aug 6-16	10:10-10:40a.m.	\$63.00
	74193	Mon-Thu	Aug 6-15	5:45-6:15p.m.	\$49.00
MP	73455	Mon-Fri	Aug 6-16	11:30a.m.-12p.m.	\$63.00
NWLC	73670	Mon-Fri	Jul 22-Aug 2	9:35-10:05a.m.	\$70.00
	73684	Mon-Fri	Jul 22-Aug 2	11:30a.m.-12p.m.	\$70.00
	73705	Mon-Fri	Aug 6-16	11:30a.m.-12p.m.	\$63.00
	74150	Mon-Fri	Aug 6-16	5:10-5:40p.m.	\$63.00
SSLC	73923	Mon-Fri	Jun 24-Jul 5	4:45-5:15p.m.	\$63.00
	73956	Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00
	74002	Mon-Fri	Aug 6-16	9:15-9:45a.m.	\$63.00
	74084	Mon-Fri	Aug 19-30	11:30a.m.-12p.m.	\$70.00
WP	73484	Mon-Fri	Jul 8-19	11:10-11:40a.m.	\$70.00
	73510	Mon-Fri	Jul 22-Aug 2	10:35-11:05a.m.	\$70.00
	73541	Mon-Fri	Aug 6-16	11:30a.m.-12p.m.	\$63.00

### Preschool 5 3-5 years

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

LAC	74196	Mon-Thu	Jun 10-20	6:40-7:10p.m.	\$56.00
	74197	Mon-Fri	Jul 8-17	10:15-10:45a.m.	\$56.00
	74198	Mon-Thu	Jul 8-17	6:30-7p.m.	\$49.00
	74202	Mon-Fri	Jul 22-Aug 2	11:10-11:40a.m.	\$70.00
	74206	Mon-Thu	Aug 6-15	5-5:30p.m.	\$49.00
SSLC	73953	Mon-Fri	Jul 8-19	11:05-11:35a.m.	\$70.00
	74056	Mon-Fri	Aug 6-16	6-6:30p.m.	\$63.00
	74082	Mon-Fri	Aug 19-30	11:05-11:35a.m.	\$70.00
WP	73546	Mon-Fri	Aug 19-30	10-10:30a.m.	\$70.00

SSLC	73999	Mon-Fri	Aug 6-16	11:10-11:40a.m.	\$63.00
	74000	Mon-Fri	Aug 6-16	11:20-11:50a.m.	\$63.00
	74052	Mon-Fri	Aug 6-16	4:45-5:15p.m.	\$63.00
	74053	Mon-Fri	Aug 6-16	5:25-5:55p.m.	\$63.00
	74062	Mon-Fri	Aug 19-30	10:25-10:55a.m.	\$70.00
	74063	Mon-Fri	Aug 19-30	9-9:30a.m.	\$70.00
	74074	Mon-Fri	Aug 19-30	11:40a.m.-12:10p.m.	\$70.00
	74112	Mon-Fri	Aug 19-30	4:15-4:45p.m.	\$70.00
	74113	Mon-Fri	Aug 19-30	4:50-5:20p.m.	\$70.00
	74114	Mon-Fri	Aug 19-30	4:35-5:05p.m.	\$70.00
	74115	Mon-Fri	Aug 19-30	5:40-6:10p.m.	\$70.00
WP	73522	Mon-Fri	Jul 8-19	10:35-11:05a.m.	\$70.00
	73487	Mon-Fri	Jul 8-19	11:20-11:50a.m.	\$70.00
	73498	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00
	73506	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00
	73482	Mon-Fri	Aug 6-16	10:45-11:15a.m.	\$63.00

### Youth Swimmer 1 8-14 years

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

LAC	74316	Mon-Thu	Jun 10-20	6:15-6:45p.m.	\$56.00
	74317	Mon-Fri	Jul 8-17	9:45-10:15a.m.	\$56.00
	74318	Mon-Fri	Aug 6-16	10:30-11a.m.	\$63.00
MP	73469	Mon-Fri	Aug 6-16	10:35-11:05a.m.	\$63.00
NWLC	73642	Mon-Fri	Jul 22-Aug 2	5:15-5:45p.m.	\$70.00
	73643	Mon-Fri	Jul 8-19	10:45-11:15a.m.	\$70.00
	74188	Mon-Fri	Aug 19-30	10:45-11:15a.m.	\$70.00
SSLC	73925	Mon-Fri	Jun 24-Jul 5	6-6:30p.m.	\$63.00
	73954	Mon-Fri	Jul 8-19	10:55-11:25a.m.	\$70.00
	74055	Mon-Fri	Aug 6-16	4:50-5:20p.m.	\$63.00
	74085	Mon-Fri	Aug 19-30	10:55-11:25a.m.	\$70.00
WP	73528	Mon-Fri	Jul 8-19	10-10:30a.m.	\$70.00
	73531	Mon-Fri	Aug 6-16	10:35-11:05a.m.	\$63.00

### Swimmer 2 5-12 years

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

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

LAC	74256	Mon-Thu	Jun 10-20	5:35-6:05p.m.	\$56.00
	74257	Mon-Thu	Jun 10-20	7-7:30p.m.	\$56.00
	74258	Mon-Fri	Jul 8-17	9-9:30a.m.	\$56.00
	74259	Mon-Fri	Jul 8-17	12:15-12:45p.m.	\$56.00
	74260	Mon-Thu	Jul 8-17	6:10-6:40p.m.	\$49.00

LAC	74261	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00	
	74262	Mon-Fri	Jul 22-Aug 2	10:35-11:05a.m.	\$70.00	
	74263	Mon-Thu	Jul 22-Aug 1	6:15-6:45p.m.	\$56.00	
	74264	Mon-Fri	Aug 6-16	10:10-10:40a.m.	\$63.00	
	74265	Mon-Fri	Aug 6-16	11:05-11:35a.m.	\$63.00	
	74266	Mon-Thu	Aug 6-15	6:10-6:40p.m.	\$49.00	
	MP	73426	Mon-Fri	Jul 8-19	10-10:30a.m.	\$70.00
		73439	Mon-Fri	Jul 22-Aug 2	11:30a.m.-12p.m.	\$70.00
		73444	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00
		73451	Mon-Fri	Jul 22-Aug 2	10:35-11:05a.m.	\$70.00
73457		Mon-Fri	Aug 6-16	10-10:30a.m.	\$63.00	
NWLC	73648	Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00	
	73654	Mon-Fri	Jul 8-19	10:20-10:50a.m.	\$70.00	
	73662	Mon-Fri	Jul 8-19	5:15-5:45p.m.	\$70.00	
	73677	Mon-Fri	Jul 22-Aug 2	10:50-11:20a.m.	\$70.00	
	73680	Mon-Fri	Jul 22-Aug 2	9:45-10:15a.m.	\$70.00	
	73689	Mon-Fri	Jul 22-Aug 2	4:40-5:10p.m.	\$70.00	
	73703	Mon-Fri	Aug 6-16	9:40-10:10a.m.	\$63.00	
	74135	Mon-Fri	Aug 6-16	10:55-11:25a.m.	\$63.00	
	74200	Mon-Fri	Aug 19-30	4-4:30p.m.	\$70.00	
	74201	Mon-Fri	Aug 19-30	5:15-5:45p.m.	\$70.00	
	74203	Mon-Fri	Aug 19-30	10:20-10:50a.m.	\$70.00	
	74207	Mon-Fri	Aug 19-30	11:30a.m.-12p.m.	\$70.00	
	SSLC	73836	Mon-Fri	Jun 10-21	5:10-5:40p.m.	\$70.00
		73878	Mon-Fri	Jun 10-21	4:50-5:20p.m.	\$70.00
		73879	Mon-Fri	Jun 10-21	5:40-6:10p.m.	\$70.00
73908		Mon-Fri	Jun 24-Jul 5	4:35-5:05p.m.	\$63.00	
73909		Mon-Fri	Jun 24-Jul 5	5:45-6:15p.m.	\$63.00	
73910		Mon-Fri	Jun 24-Jul 5	4:50-5:20p.m.	\$63.00	
73929		Mon-Fri	Jul 8-19	9:50-10:20a.m.	\$70.00	
73930		Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00	
73931		Mon-Fri	Jul 8-19	9-9:30a.m.	\$70.00	
73976		Mon-Fri	Jul 8-19	5:25-5:55p.m.	\$70.00	
73977		Mon-Fri	Jul 8-19	4:15-4:45p.m.	\$70.00	
73995		Mon-Fri	Aug 6-16	9:35-10:05a.m.	\$63.00	
73996		Mon-Fri	Aug 6-16	10:10-10:40a.m.	\$63.00	
74035		Mon-Fri	Aug 6-16	5:20-5:50p.m.	\$63.00	
74036		Mon-Fri	Aug 6-16	5:25-5:55p.m.	\$63.00	
74037		Mon-Fri	Aug 6-16	5:05-5:35p.m.	\$63.00	
74038		Mon-Fri	Aug 6-16	4:35-5:05p.m.	\$63.00	
74059		Mon-Fri	Aug 19-30	9:50-10:20a.m.	\$70.00	
74060	Mon-Fri	Aug 19-30	11:30a.m.-12p.m.	\$70.00		
74061	Mon-Fri	Aug 19-30	9-9:30a.m.	\$70.00		
74108	Mon-Fri	Aug 19-30	5:10-5:40p.m.	\$70.00		
74109	Mon-Fri	Aug 19-30	4:50-5:20p.m.	\$70.00		
WP	73483	Mon-Fri	Jul 8-19	10:35-11:05a.m.	\$70.00	
	73489	Mon-Fri	Jul 8-19	10:55-11:25a.m.	\$70.00	

WP	73523	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00
	73503	Mon-Fri	Jul 22-Aug 2	10:45-11:15a.m.	\$70.00
	73547	Mon-Fri	Aug 6-16	11:30a.m.-12p.m.	\$63.00
	73548	Mon-Fri	Aug 19-30	10:35-11:05a.m.	\$70.00
	73554	Mon-Fri	Aug 19-30	10:55-11:25a.m.	\$70.00

## 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	74319	Mon-Fri	Jul 8-17	10:10-10:40a.m.	\$56.00
	74320	Mon-Fri	Aug 6-16	11:05-11:35a.m.	\$63.00
	74322	Mon-Thu	Jul 22-Aug 1	6:25-6:55p.m.	\$56.00
MP	73433	Mon-Fri	Jul 8-19	10:55-11:25a.m.	\$70.00
	73474	Mon-Fri	Aug 19-30	10-10:30a.m.	\$70.00
SSLC	73898	Mon-Fri	Jun 10-21	4:35-5:05p.m.	\$70.00
	73988	Mon-Fri	Jul 8-19	5:55-6:25p.m.	\$70.00
	74121	Mon-Fri	Aug 19-30	4:35-5:05p.m.	\$70.00
WP	73520	Mon-Fri	Jul 8-19	10-10:30a.m.	\$70.00
	73493	Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00
	73509	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00

## 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	74267	Mon-Thu	Jun 10-20	5:30-6p.m.	\$56.00
	74268	Mon-Fri	Jul 8-17	9:10-9:40a.m.	\$56.00
	74269	Mon-Fri	Jul 8-17	9:35-10:05a.m.	\$56.00
	74270	Mon-Thu	Jul 8-17	5:30-6p.m.	\$49.00
	74271	Mon-Thu	Jul 8-17	6:20-6:50p.m.	\$49.00
	74272	Mon-Fri	Jul 22-Aug 2	9:55-10:25a.m.	\$70.00
	74273	Mon-Fri	Jul 22-Aug 2	11:15-11:45a.m.	\$70.00
	74274	Mon-Thu	Jul 22-Aug 1	6:10-6:40p.m.	\$56.00
	74275	Mon-Thu	Jul 22-Aug 1	6:25-6:55p.m.	\$56.00
	74276	Mon-Fri	Aug 6-16	9-9:30a.m.	\$63.00
	74277	Mon-Fri	Aug 6-16	9:35-10:05a.m.	\$63.00
	74278	Mon-Thu	Aug 6-15	5:30-6p.m.	\$49.00
	74279	Mon-Thu	Aug 6-15	6:20-6:50p.m.	\$49.00
	MP	73430	Mon-Fri	Jul 8-19	10:45-11:15a.m.
73432		Mon-Fri	Jul 8-19	11:30a.m.-12p.m.	\$70.00
73440		Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00

MP	73454	Mon-Fri	Aug 6-16	10:55-11:25a.m.	\$63.00
	73475	Mon-Fri	Aug 19-30	10:35-11:05a.m.	\$70.00
NWLC	73646	Mon-Fri	Jul 8-19	10:15-10:45a.m.	\$70.00
	73660	Mon-Fri	Jul 8-19	4:05-4:35p.m.	\$70.00
	73683	Mon-Fri	Jul 22-Aug 2	10:55-11:25a.m.	\$70.00
	73678	Mon-Fri	Jul 22-Aug 2	11:30a.m.-12p.m.	\$70.00
	73691	Mon-Fri	Jul 22-Aug 2	4-4:30p.m.	\$70.00
	73693	Mon-Fri	Jul 22-Aug 2	5:45-6:15p.m.	\$70.00
	73700	Mon-Fri	Aug 6-16	10:45-11:15a.m.	\$63.00
	74141	Mon-Fri	Aug 6-16	4:35-5:05p.m.	\$63.00
	74191	Mon-Fri	Aug 19-30	4:05-4:35p.m.	\$70.00
	74195	Mon-Fri	Aug 19-30	10:15-10:45a.m.	\$70.00
SSLC	73837	Mon-Fri	Jun 10-21	5:55-6:25p.m.	\$70.00
	73915	Mon-Fri	Jun 24-Jul 5	6-6:30p.m.	\$63.00
	73916	Mon-Fri	Jun 24-Jul 5	4:40-5:10p.m.	\$63.00
	73937	Mon-Fri	Jul 8-19	9:55-10:25a.m.	\$70.00
	73938	Mon-Fri	Jul 8-19	10:10-10:40a.m.	\$70.00
	73939	Mon-Fri	Jul 8-19	9:35-10:05a.m.	\$70.00
	73983	Mon-Fri	Jul 8-19	5:20-5:50p.m.	\$70.00
	73984	Mon-Fri	Jul 8-19	6-6:30p.m.	\$70.00
	73985	Mon-Fri	Jul 8-19	4:05-4:35p.m.	\$70.00
	74005	Mon-Fri	Aug 6-16	10:35-11:05a.m.	\$63.00
	74006	Mon-Fri	Aug 6-16	10:45-11:15a.m.	\$63.00
	74007	Mon-Fri	Aug 6-16	11:20-11:50a.m.	\$63.00
	74047	Mon-Fri	Aug 6-16	6-6:30p.m.	\$63.00
	74048	Mon-Fri	Aug 6-16	4:10-4:40p.m.	\$63.00
	WP	73488	Mon-Fri	Jul 8-19	10-10:30a.m.
73486		Mon-Fri	Jul 8-19	10:45-11:15a.m.	\$70.00
73508		Mon-Fri	Jul 22-Aug 2	10:55-11:25a.m.	\$70.00
73543		Mon-Fri	Aug 6-16	10:35-11:05a.m.	\$63.00
73536		Mon-Fri	Aug 19-30	11:30a.m.-12p.m.	\$70.00

## 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	74323	Mon-Thu	Jun 10-20	6:05-6:35p.m.	\$56.00
	74325	Mon-Thu	Jul 8-17	5-5:30p.m.	\$49.00
	74327	Mon-Fri	Jul 22-Aug 2	10:55-11:25a.m.	\$70.00
MP	73453	Mon-Fri	Jul 22-Aug 2	10-10:30a.m.	\$70.00
	73478	Mon-Fri	Aug 19-30	10-10:30a.m.	\$70.00
SSLC	73899	Mon-Fri	Jun 10-21	5:25-5:55p.m.	\$70.00
	74057	Mon-Fri	Aug 6-16	5:45-6:15p.m.	\$63.00
WP	73507	Mon-Fri	Jul 22-Aug 2	11:30a.m.-12p.m.	\$70.00

SSLC	73970	Mon-Fri	Jul 8-19	5:50-6:30p.m.	\$76.50
	74014	Mon-Fri	Aug 6-16	9:05-9:45a.m.	\$68.85
	74013	Mon-Fri	Aug 6-16	10:55-11:35a.m.	\$68.85
	74015	Mon-Fri	Aug 6-16	10-10:40a.m.	\$68.85
	74033	Mon-Fri	Aug 6-16	4:35-5:15p.m.	\$68.85
	74034	Mon-Fri	Aug 6-16	4-4:40p.m.	\$68.85
	74078	Mon-Fri	Aug 19-30	9-9:40a.m.	\$76.50
	74079	Mon-Fri	Aug 19-30	10:10-10:50a.m.	\$76.50
	74097	Mon-Fri	Aug 19-30	4:35-5:15p.m.	\$76.50
	74111	Mon-Fri	Aug 19-30	4:55-5:35p.m.	\$76.50
	74110	Mon-Fri	Aug 19-30	5:45-6:25p.m.	\$76.50
WP	73490	Mon-Fri	Jul 8-19	10:35-11:15a.m.	\$76.50
	73499	Mon-Fri	Jul 22-Aug 2	10:35-11:15a.m.	\$76.50
	73537	Mon-Fri	Aug 6-16	10-10:40a.m.	\$68.85
	73551	Mon-Fri	Aug 19-30	10-10:40a.m.	\$76.50

## 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	74281	Mon-Thu	Jun 10-20	6:10-6:50p.m.	\$61.20
	74282	Mon-Fri	Jul 8-17	10:45-11:25a.m.	\$61.20
	74283	Mon-Thu	Jul 8-17	6:05-6:45p.m.	\$53.55
	74284	Mon-Fri	Jul 22-Aug 2	9:55-10:35a.m.	\$76.50
	74285	Mon-Thu	Jul 22-Aug 1	5-5:40p.m.	\$61.20
	74286	Mon-Fri	Aug 6-16	10:55-11:35a.m.	\$68.85
MP	73429	Mon-Fri	Jul 8-19	10-10:40a.m.	\$76.50
	73437	Mon-Fri	Jul 8-19	11:10-11:50a.m.	\$76.50
	73443	Mon-Fri	Jul 22-Aug 2	10-10:40a.m.	\$76.50
	73464	Mon-Fri	Aug 6-16	10-10:40a.m.	\$68.85
NWLC	73651	Mon-Fri	Jul 8-19	9-9:40a.m.	\$76.50
	73685	Mon-Fri	Jul 22-Aug 2	4-4:40p.m.	\$76.50
	73696	Mon-Fri	Aug 6-16	9-9:40a.m.	\$68.85
	73697	Mon-Fri	Aug 6-16	5:10-5:50p.m.	\$68.85
	73701	Mon-Fri	Aug 6-16	11:20a.m.-12p.m.	\$68.85
	74190	Mon-Fri	Aug 19-30	9-9:40a.m.	\$76.50
SSLC	73838	Mon-Fri	Jun 10-21	4:35-5:15p.m.	\$76.50
	73848	Mon-Fri	Jun 10-21	5:45-6:25p.m.	\$76.50
	73851	Mon-Fri	Jun 10-21	4:55-5:35p.m.	\$76.50
	73900	Mon-Fri	Jun 24-Jul 5	4-4:40p.m.	\$68.85
	73902	Mon-Fri	Jun 24-Jul 5	4:50-5:30p.m.	\$68.85
	73901	Mon-Fri	Jun 24-Jul 5	5:15-5:55p.m.	\$68.85
	73948	Mon-Fri	Jul 8-19	9-9:40a.m.	\$76.50
	73949	Mon-Fri	Jul 8-19	10:10-10:50a.m.	\$76.50
	73969	Mon-Fri	Jul 8-19	4:35-5:15p.m.	\$76.50

## 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.

\*Must be 8-14 years of age to enroll

**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	74328	Mon-Fri	Jul 22-Aug 2	10-10:40a.m.	\$76.50
SSLC	73992	Mon-Fri	Jul 8-19	4-4:40p.m.	\$76.50

## 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	74287	Mon-Thu	Jun 10-20	5:30-6:10p.m.	\$61.20	
	74288	Mon-Fri	Jul 8-17	10:50-11:30a.m.	\$61.20	
	74289	Mon-Fri	Jul 8-17	11:35a.m.-12:15p.m.	\$61.20	
	74290	Mon-Thu	Jul 8-17	5:30-6:10p.m.	\$53.55	
	74291	Mon-Thu	Jul 8-17	6:05-6:45p.m.	\$53.55	
	74292	Mon-Fri	Jul 22-Aug 2	9:10-9:50a.m.	\$76.50	
	74293	Mon-Fri	Jul 22-Aug 2	11:10-11:50a.m.	\$76.50	
	74294	Mon-Thu	Jul 22-Aug 1	5:40-6:20p.m.	\$61.20	
	74295	Mon-Fri	Aug 6-16	10:10-10:50a.m.	\$68.85	
	74296	Mon-Thu	Aug 6-15	5:30-6:10p.m.	\$53.55	
	MP	73424	Mon-Fri	Jul 8-19	11:10-11:50a.m.	\$76.50
		73442	Mon-Fri	Jul 22-Aug 2	11:20a.m.-12p.m.	\$76.50
		73462	Mon-Fri	Aug 6-16	10:35-11:15a.m.	\$68.85
		73466	Mon-Fri	Aug 6-16	11:20a.m.-12p.m.	\$68.85
73476		Mon-Fri	Aug 19-30	11:20a.m.-12p.m.	\$76.50	

SSLC	73896	Mon-Fri	Jun 10-21	4:10-4:50p.m.	\$76.50
	73839	Mon-Fri	Jun 10-21	5:45-6:25p.m.	\$76.50
	73917	Mon-Fri	Jun 24-Jul 5	4:05-4:45p.m.	\$68.85
	73947	Mon-Fri	Jul 8-19	10:45-11:25a.m.	\$76.50
	73981	Mon-Fri	Jul 8-19	4:35-5:15p.m.	\$76.50
	73982	Mon-Fri	Jul 8-19	5:05-5:45p.m.	\$76.50
	74001	Mon-Fri	Aug 6-16	11:20a.m.-12p.m.	\$68.85
	74044	Mon-Fri	Aug 6-16	5:20-6p.m.	\$68.85
	74077	Mon-Fri	Aug 19-30	10:45-11:25a.m.	\$76.50
	74107	Mon-Fri	Aug 19-30	4:10-4:50p.m.	\$76.50
74106	Mon-Fri	Aug 19-30	5:45-6:25p.m.	\$76.50	
WP	73485	Mon-Fri	Jul 8-19	10-10:40a.m.	\$76.50
	73501	Mon-Fri	Jul 22-Aug 2	10-10:40a.m.	\$76.50
	73533	Mon-Fri	Aug 6-16	11:10-11:50a.m.	\$68.85
	73552	Mon-Fri	Aug 19-30	11:20a.m.-12p.m.	\$76.50

## 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	74297	Mon-Thu	Jun 10-20	5:30-6:10p.m.	\$61.20
	74298	Mon-Fri	Jul 8-17	10:55-11:35a.m.	\$61.20
	74299	Mon-Thu	Jul 8-17	5-5:40p.m.	\$53.55
	74300	Mon-Fri	Jul 22-Aug 2	9:05-9:45a.m.	\$76.50
	74301	Mon-Thu	Jul 22-Aug 1	5:05-5:45p.m.	\$61.20
	74302	Mon-Fri	Aug 6-16	9-9:40a.m.	\$68.85
	74303	Mon-Thu	Aug 6-15	5-5:40p.m.	\$53.55
MP	73428	Mon-Fri	Jul 8-19	11:10-11:50a.m.	\$76.50
	73441	Mon-Fri	Jul 22-Aug 2	10:35-11:15a.m.	\$76.50
	73459	Mon-Fri	Aug 6-16	11:20a.m.-12p.m.	\$68.85
73479	Mon-Fri	Aug 19-30	11:15-11:55a.m.	\$76.50	
SSLC	73894	Mon-Fri	Jun 10-21	4:05-4:45p.m.	\$76.50
	73840	Mon-Fri	Jun 10-21	5:10-5:50p.m.	\$76.50
	73927	Mon-Fri	Jun 24-Jul 5	5:25-6:05p.m.	\$68.85
	73928	Mon-Fri	Jul 8-19	9:05-9:45a.m.	\$76.50
	73975	Mon-Fri	Jul 8-19	4:40-5:20p.m.	\$76.50
	74003	Mon-Fri	Aug 6-16	9:50-10:30a.m.	\$68.85
	74004	Mon-Fri	Aug 6-16	9-9:40a.m.	\$68.85
	74054	Mon-Fri	Aug 6-16	4:05-4:45p.m.	\$68.85
	74058	Mon-Fri	Aug 19-30	9:05-9:45a.m.	\$76.50
	74119	Mon-Fri	Aug 19-30	4:05-4:45p.m.	\$76.50
	74118	Mon-Fri	Aug 19-30	5:10-5:50p.m.	\$76.50
WP	73492	Mon-Fri	Jul 8-19	11:20a.m.-12p.m.	\$76.50
	73500	Mon-Fri	Jul 22-Aug 2	11:20a.m.-12p.m.	\$76.50
	73553	Mon-Fri	Aug 19-30	10-10:40a.m.	\$76.50

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

## Lifesaving Swim Patrol – Rookie Patrol

8-14 years

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

**Prerequisite:** Minimum age 8 and comfort in deep water. 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	74304	Mon-Thu	Jun 10-20	6:05-6:55p.m.	\$70.80
	74305	Mon-Fri	Jul 22-Aug 2	9-9:50a.m.	\$88.50
	74306	Mon-Thu	Jul 22-Aug 1	5:15-6:05p.m.	\$70.80
	74307	Mon-Fri	Aug 6-16	9:35-10:25a.m.	\$79.65
	74308	Mon-Thu	Aug 6-15	5-5:50p.m.	\$61.95
MP	73434	Mon-Fri	Jul 8-19	10-10:50a.m.	\$88.50
SSLC	73924	Mon-Fri	Jun 24-Jul 5	4:35-5:25p.m.	\$79.65
	73951	Mon-Fri	Jul 8-19	9-9:50a.m.	\$88.50
WP	73511	Mon-Fri	Jul 22-Aug 2	11:10a.m.-12p.m.	\$88.50
	73538	Mon-Fri	Aug 6-16	11:10a.m.-12p.m.	\$79.65

## Lifesaving Swim Patrol – Ranger Patrol

8-14 years

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

**Prerequisite:** Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts.

LAC	74309	Mon-Fri	Jul 8-17	10:45-11:35a.m.	\$70.80
	74310	Mon-Fri	Jul 22-Aug 2	9:05-9:55a.m.	\$88.50
	74311	Mon-Thu	Jul 22-Aug 1	5:45-6:35p.m.	\$70.80
	74312	Mon-Fri	Aug 6-16	9-9:50a.m.	\$79.65
MP	73449	Mon-Fri	Jul 22-Aug 2	10-10:50a.m.	\$88.50
SSLC	73897	Mon-Fri	Jun 10-21	5:20-6:10p.m.	\$88.50
	73950	Mon-Fri	Jul 8-19	9:45-10:35a.m.	\$88.50
	73971	Mon-Fri	Jul 8-19	5:20-6:10p.m.	\$88.50
	74018	Mon-Fri	Aug 6-16	9:50-10:40a.m.	\$79.65
	74080	Mon-Fri	Aug 19-30	9:45-10:35a.m.	\$88.50
	74098	Mon-Fri	Aug 19-30	5:20-6:10p.m.	\$88.50
WP	73534	Mon-Fri	Aug 6-16	10-10:50a.m.	\$79.65
	73549	Mon-Fri	Aug 19-30	11:10a.m.-12p.m.	\$88.50

## Lifesaving Swim Patrol – Star Patrol

8-14 years

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

**Prerequisite:** Minimum age 8 and comfort in deep water. 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	74313	Mon-Thu	Jul 8-17	5-5:50p.m.	\$61.95
	74314	Mon-Fri	Jul 22-Aug 2	9:05-9:55a.m.	\$88.50
	74315	Mon-Fri	Aug 6-16	10:55-11:45a.m.	\$79.65
MP	73468	Mon-Fri	Aug 6-16	10-10:50a.m.	\$79.65
SSLC	74019	Mon-Fri	Aug 6-16	9:05-9:55a.m.	\$79.65
	74050	Mon-Fri	Aug 6-16	5:40-6:30p.m.	\$79.65
WP	73491	Mon-Fri	Jul 8-19	10-10:50a.m.	\$88.50

## 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	73760	Mon-Thu	Jun 10-13	6:55-7:25p.m.	\$135.60
	73761	Mon-Thu	Jun 17-20	6:55-7:25p.m.	\$135.60
	73762	Mon-Thu	Jun 24-27	5:30-6p.m.	\$135.60
	73763	Mon-Thu	Jun 24-27	5:30-6p.m.	\$135.60
	73764	Mon-Thu	Jun 24-27	5:30-6p.m.	\$135.60
	73765	Mon-Thu	Jun 24-27	5:30-6p.m.	\$135.60
	73766	Mon-Thu	Jun 24-27	5:30-6p.m.	\$135.60
	73767	Mon-Thu	Jun 24-27	5:30-6p.m.	\$135.60
	73768	Mon-Thu	Jun 24-27	6:05-6:35p.m.	\$135.60
	73769	Mon-Thu	Jun 24-27	6:05-6:35p.m.	\$135.60
	73770	Mon-Thu	Jun 24-27	6:05-6:35p.m.	\$135.60
	73771	Mon-Thu	Jun 24-27	6:05-6:35p.m.	\$135.60
	73772	Mon-Thu	Jun 24-27	6:05-6:35p.m.	\$135.60
	73773	Mon-Thu	Jun 24-27	6:05-6:35p.m.	\$135.60
	73774	Mon-Thu	Jun 24-27	6:40-7:10p.m.	\$135.60
	73775	Mon-Thu	Jun 24-27	6:40-7:10p.m.	\$135.60
	73776	Mon-Thu	Jun 24-27	6:40-7:10p.m.	\$135.60
	73777	Mon-Thu	Jun 24-27	6:40-7:10p.m.	\$135.60
	73778	Mon-Thu	Jun 24-27	6:40-7:10p.m.	\$135.60
	73779	Mon-Thu	Jun 24-27	6:40-7:10p.m.	\$135.60
	73780	Mon-Fri	Jul 8-12	9:35-10:05a.m.	\$169.50
	73781	Mon-Fri	Jul 8-12	10:20-10:50a.m.	\$169.50
	73782	Mon-Fri	Jul 15-19	9:35-10:05a.m.	\$169.50
	73783	Mon-Fri	Jul 15-19	10:20-10:50a.m.	\$169.50
	74332	Mon-Fri	Jul 22-26	10:20-10:50a.m.	\$169.50
	74330	Mon-Fri	Jul 22-26	11:15-11:45a.m.	\$169.50

LAC	74333	Mon-Thu	Jul 22-25	5:35-6:05p.m.	\$135.60
	74331	Mon-Fri	Jul 29-Aug 2	11:15-11:45a.m.	\$169.50
	74334	Mon-Fri	Jul 29-Aug 2	10:20-10:50a.m.	\$169.50
	74335	Mon-Thu	Jul 29-Aug 1	5:35-6:05p.m.	\$135.60
	74336	Tue-Fri	Aug 6-9	9:55-10:25a.m.	\$135.60
	74337	Tue-Thu	Aug 6-8	5:30-6p.m.	\$101.70
	74338	Mon-Fri	Aug 12-16	9:55-10:25a.m.	\$169.50
	74339	Mon-Thu	Aug 12-15	5:30-6p.m.	\$135.60
NWLC	74382	Mon-Fri	Jul 8-12	9-9:30a.m.	\$169.50
	74391	Mon-Fri	Jul 8-12	9:35-10:05a.m.	\$169.50
	74383	Mon-Fri	Jul 22-26	9-9:30a.m.	\$169.50
	74390	Mon-Fri	Jul 22-26	9:35-10:05a.m.	\$169.50
	74384	Mon-Fri	Jul 29-Aug 2	9-9:30a.m.	\$169.50
	74389	Mon-Fri	Jul 29-Aug 2	9:35-10:05a.m.	\$169.50
	74385	Mon-Fri	Aug 12-16	9-9:30a.m.	\$169.50
	74388	Mon-Fri	Aug 12-16	9:35-10:05a.m.	\$169.50
	74386	Mon-Fri	Aug 19-23	9-9:30a.m.	\$169.50
	74387	Mon-Fri	Aug 19-23	9:35-10:05a.m.	\$169.50
	SSLC	73957	Mon-Fri	Jul 8-12	9-9:30a.m.
73959		Mon-Fri	Jul 8-12	9:35-10:05a.m.	\$169.50
73961		Mon-Fri	Jul 8-12	10:10-10:40a.m.	\$169.50
73963		Mon-Fri	Jul 8-12	10:45-11:15a.m.	\$169.50
73965		Mon-Fri	Jul 8-12	11:20-11:50a.m.	\$169.50
73958		Mon-Fri	Jul 15-19	9-9:30a.m.	\$169.50
73960		Mon-Fri	Jul 15-19	9:35-10:05a.m.	\$169.50
73962		Mon-Fri	Jul 15-19	10:10-10:40a.m.	\$169.50
73964		Mon-Fri	Jul 15-19	10:45-11:15a.m.	\$169.50
73966		Mon-Fri	Jul 15-19	11:20-11:50a.m.	\$169.50
74021		Tue-Fri	Aug 6-9	9-9:30a.m.	\$135.60
74022		Tue-Fri	Aug 6-9	9:35-10:05a.m.	\$135.60
74023		Tue-Fri	Aug 6-9	10:10-10:40a.m.	\$135.60
74024		Tue-Fri	Aug 6-9	10:45-11:15a.m.	\$135.60
74025		Tue-Fri	Aug 6-9	11:20-11:50a.m.	\$135.60
74026		Mon-Fri	Aug 12-16	9-9:30a.m.	\$169.50
74027		Mon-Fri	Aug 12-16	9:35-10:05a.m.	\$169.50
74028		Mon-Fri	Aug 12-16	10:10-10:40a.m.	\$169.50
74029		Mon-Fri	Aug 12-16	10:45-11:15a.m.	\$169.50
74030		Mon-Fri	Aug 12-16	11:20-11:50a.m.	\$169.50
74086		Mon-Fri	Aug 19-23	9-9:30a.m.	\$169.50
74088	Mon-Fri	Aug 19-23	9:35-10:05a.m.	\$169.50	
74090	Mon-Fri	Aug 19-23	10:10-10:40a.m.	\$169.50	
74092	Mon-Fri	Aug 19-23	10:45-11:15a.m.	\$169.50	
74094	Mon-Fri	Aug 19-23	11:20-11:50a.m.	\$169.50	
74087	Mon-Fri	Aug 26-30	9-9:30a.m.	\$169.50	
74089	Mon-Fri	Aug 26-30	9:35-10:05a.m.	\$169.50	
74091	Mon-Fri	Aug 26-30	10:10-10:40a.m.	\$169.50	
74093	Mon-Fri	Aug 26-30	10:45-11:15a.m.	\$169.50	
74095	Mon-Fri	Aug 26-30	11:20-11:50a.m.	\$169.50	

## Women's Only Swim **FREE**

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.

NWLC	74374	Sun	Jul 14	6-7:55pm
	74375	Sun	Jul 28	6-7:55pm
	74376	Sun	Aug 11	6-7:55pm
	74377	Sun	Aug 25	6-7:55pm

## 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	74343	Mon-Fri	Jul 22-Aug 2	10:50-11:40a.m.	\$88.50
	74345	Mon-Thu	Aug 6-15	6:05-6:55p.m.	\$61.95
MP	73450	Mon-Fri	Jul 22-Aug 2	11:10a.m.-12p.m.	\$88.50
	73470	Mon-Fri	Aug 6-16	11:10a.m.-12p.m.	\$79.65
SSLC	73952	Mon-Fri	Jul 8-19	10:10-11a.m.	\$88.50
	73991	Mon-Fri	Jul 8-19	5:15-6:05p.m.	\$88.50
	74081	Mon-Fri	Aug 19-30	10:10-11a.m.	\$88.50
WP	73525	Mon-Fri	Jul 22-Aug 2	11:10a.m.-12p.m.	\$88.50

### Adult 2

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 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.

MP	73452	Mon-Fri	Jul 22-Aug 2	11:10a.m.-12p.m.	\$88.50
SSLC	73926	Mon-Fri	Jun 24-Jul 5	5:30-6:20p.m.	\$79.65
	74016	Mon-Fri	Aug 6-16	10:45-11:35a.m.	\$79.65
WP	73521	Mon-Fri	Jul 8-19	11:10a.m.-12p.m.	\$88.50



## Aquatic Leadership Courses

### Lifesaving Society Bronze Medallion

13 years and up

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for the assistant lifeguard training in Bronze Cross. \*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	74226	Sun/Sat	Jun 16, 22, 23	9a.m.-6p.m. 9a.m.-1p.m.	\$190.00
MP	73480	Mon-Fri	Aug 19-23	9a.m.-1p.m.	\$190.00
SSLC	74124	Sat-Sun	Jul 13-14, 20-21	9a.m.-2p.m.	\$190.00
WP	73562	Fri	Jul 5	4-8p.m.	\$190.00
		Sat-Sun	Jul 6-7	9a.m.-6p.m.	

### Lifesaving Society Bronze Cross

14 years and up

This course is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Candidates also gain certification in CPR-C and AED. Bronze Cross is required for all Lifesaving Society advanced training programs including National Lifeguard and Instructor certification. \*Fee includes \$25.00 Lifesaving Society Certification Fee.

**Prerequisites:** Lifesaving Society Bronze Medallion

LAC	74228	Sat/Sun	Jun 16, 22*, 23	8a.m.-5p.m.	\$165.00
MP	73481	Mon-Fri	Aug 26-30	9a.m.-1:30p.m.	\$165.00
SSLC	74122	Sat-Sun	Jun 22-23, 29-30	8a.m.-1:30p.m.	\$165.00
	74123	Sat-Sun	Aug 10-11, 17-18	8a.m.-1:30p.m.	
WP	73564	Fri	Jul 19	10a.m.-7p.m.	\$165.00
		Sat-Sun	Jul 20-21	10a.m.-7p.m.	

\*Please note June 22 class takes place at Sandra Schmirler Leisure Centre.

### Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. **Prerequisite:** Minimum 15 years old (on the first 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 Ski Patrol or St. John Ambulance only (need not be current). \*Fee includes Lifesaving Society \$48.00 Manual Fee and \$40.00 Certification Fee.

LAC	74245	Mon-Fri	Jul 15-19*	8a.m.-5p.m.	\$300.00
SSLC	74128	Fri	Aug 16/23	5-9p.m.	\$300.00
		Sat-Sun	Aug 17-18	8a.m.-5p.m.	
		Sat-Sun	Aug 24-25	8a.m.-5p.m.	

\*Please note July 18 & 19 will take place at Wascana Outdoor Pool.

## 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	74252	Tue-Thu Fri	Aug 6-8 Aug 9	8a.m.-5p.m. 8-11a.m.	\$252.00
SSLC	74125	Sat-Sun	Jun 15-16, Jun 22-23	8a.m.-4p.m.	\$252.00

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

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

NWLC	74361	Sat-Sun	Jun 8-9	9a.m.-6p.m.	\$161.00
	74362	Sat-Sun	Jul 20-21	9a.m.-6p.m.	\$161.00
	74363	Sat-Sun	Aug 17-18	9a.m.-6p.m.	\$161.00

## Aquatic Recertification Courses

### Lifesaving Society National Lifeguard Recertification 16 years and up

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

LAC	74368	Sun	Jun 2	11a.m.-4p.m.	\$80.00
	74373	Sun	Aug 4	11a.m.-4p.m.	\$80.00
SSLC	74126	Sat	Jun 15	9a.m.-2p.m.	\$80.00
	74127	Sun	Jul 7	9a.m.-2p.m.	\$80.00

### Red Cross First Aid/ CPR/AED 16 years and up – Blended Recert

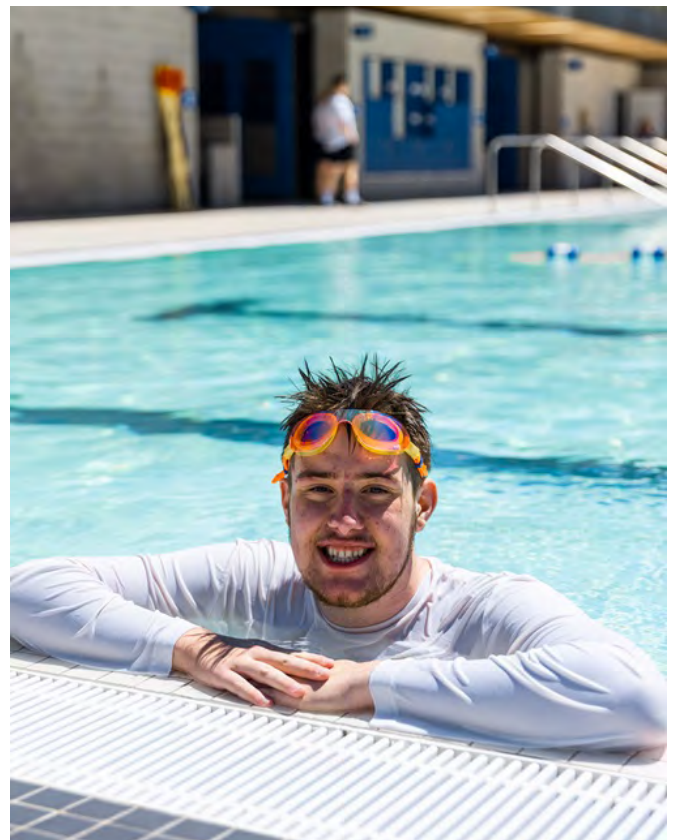
This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED. This blended option offers an on-line portion plus a classroom portion to be flexible to meet the various needs of course participants. On-line portion must be completed prior to the in-class components. \*Fee includes Red Cross \$28.00 Materials Fee and \$20.00 Certification Fee.

NWLC	74359	Sat	Jun 1	9a.m.-1p.m.	\$90.00
	74360	Sun	Jun 2	9a.m.-1p.m.	\$90.00
	74364	Sat	Jul 13	9a.m.-1p.m.	\$90.00
	74365	Sat	Jul 27	9a.m.-1p.m.	\$90.00
	74366	Sat	Aug 3	9a.m.-1p.m.	\$90.00
	74367	Sat	Aug 31	9a.m.-1p.m.	\$90.00

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

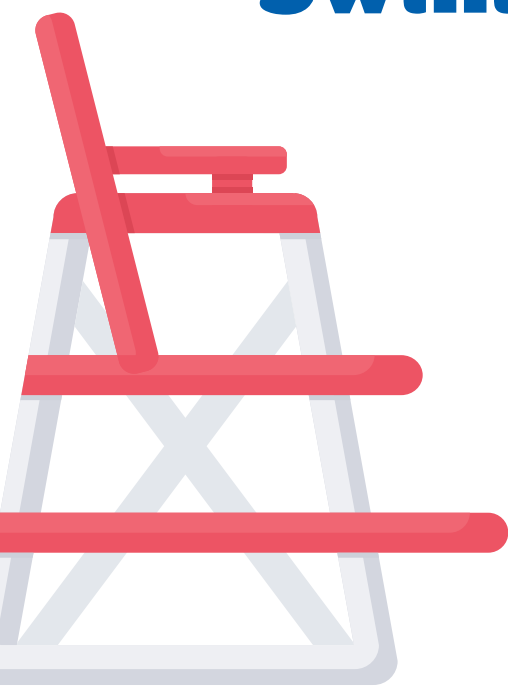
See full details and instructions at [Regina.ca/recreation](http://Regina.ca/recreation) under "Refunds, Cancellations & Transfers".

[Regina.ca/recreation](http://Regina.ca/recreation)





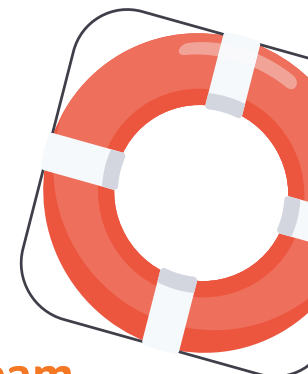
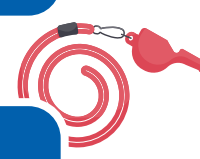
# How to Become a Lifeguard/ Swimming Instructor



**Bronze Star Course**  
(Recommended)  
\*Must have completed Swimmer 6\*

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

**Bronze Cross Course**  
\*Must have completed Bronze Medallion\*



## Lifeguard Stream

## Instructor Stream

### Standard First Aid/CPR 'C' & AED Course

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

### National Lifeguard

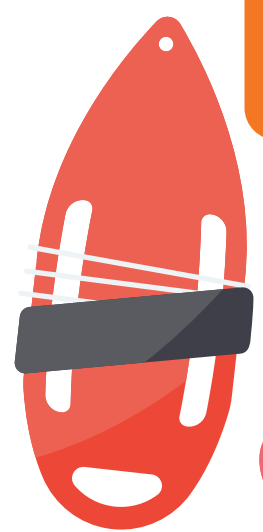
\*Must have completed Bronze Cross Course  
and Standard First Aid/CPR 'C' & AED.  
\*Must be 15 years old

### 'Swim for Life' Instructor Course

\*Must be 15 years old

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

Visit [Regina.ca/careers](http://Regina.ca/careers)  
to apply today!





## Attendant Admission Program

If you require an attendant to help you during your program or activity, the Attendant Admission Program allows you to bring your own attendant to accompany you into any City-operated facility at no extra cost. If you require more information, visit a major facility, or call 306-777-PLAY (7529).

## Recreation for All

Our programs and buildings are open to everyone.

### Equipment to Support Access

#### Lawson Aquatic Centre:

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

#### North West Leisure Centre:

- Ramp and aquatic wheelchair for entry into pool
- All-gender/family change room with plinth table can be accessed from the pool deck.

#### Fieldhouse:

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

#### Sandra Schmirler Leisure Centre:

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

#### Mitakuyé Owâs'â Centre

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

# Registered Adapted Programs



## Legend

- BMP** – Buffalo Meadows Outdoor Pool
- CRNC** – Core Ritchie Neighborhood Centre
- FLDH** – Fieldhouse
- mc** – māmawêyatitân centre
- MLP** – Maple Leaf Outdoor Pool
- MOC** – Mitakuyé Owâs’ā Centre
- NWLC** – North West Leisure Centre
- SSLC** – Sandra Schmirler Leisure Centre
- RP** – Regent Outdoor Pool
- WP** – Wascana Outdoor Pool

## Adapted Programs

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

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

depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. There is one multi-use family change room. City of Regina lifeguards will be on-site to supervise the program but are not able to transfer, lift, or reposition individuals. \*Please note: registration opens one month prior to activity date.

MLP	73871	Sun	Jun 16	10a.m.-12p.m.	Free
	73872	Sun	Jun 23	10a.m.-12p.m.	Free
	73873	Sun	Jun 30	10a.m.-12p.m.	Free
	73874	Sun	Jul 7	10a.m.-12p.m.	Free
	73875	Sun	Jul 14	10a.m.-12p.m.	Free
	73876	Sun	Jul 21	10a.m.-12p.m.	Free
	73877	Sun	Jul 28	10a.m.-12p.m.	Free
	73880	Sun	Aug 4	10a.m.-12p.m.	Free
	73881	Sun	Aug 11	10a.m.-12p.m.	Free
	73882	Sun	Aug 18	10a.m.-12p.m.	Free
NWLC	73626	Sun	Jul 7	6-7:55p.m.	Free
	73627	Sun	Jul 21	6-7:55p.m.	Free
	73625	Sun	Aug 4	6-7:55p.m.	Free
	73740	Sun	Aug 18	6-7:55p.m.	Free
	73741	Sun	Sep 1	6-7:55p.m.	Free
RP	73843	Fri	Jun 14	10a.m.-12p.m.	Free
	73844	Fri	Jun 21	10a.m.-12p.m.	Free
	73846	Fri	Jun 28	10a.m.-12p.m.	Free
	73847	Fri	Jul 5	10a.m.-12p.m.	Free
	73849	Fri	Jul 12	10a.m.-12p.m.	Free
	73850	Fri	Jul 19	10a.m.-12p.m.	Free
	73852	Fri	Jul 26	10a.m.-12p.m.	Free
	73853	Fri	Aug 2	10a.m.-12p.m.	Free
	73854	Fri	Aug 9	10a.m.-12p.m.	Free
	73855	Fri	Aug 16	10a.m.-12p.m.	Free
	73856	Fri	Aug 23	10a.m.-12p.m.	Free
	73857	Fri	Aug 30	10a.m.-12p.m.	Free

## Aquatic

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

Enjoy a leisure swim in a relaxed, lowered capacity and accessible pool environment. This swim time has been established for people with disabilities, their families and supports. The program takes place at the Sandra Schmirler Leisure Centre and the North West Leisure Centre. Our Adapted Leisure Swim expands outdoors this summer at the following locations: Regent, Maple Leaf, and Wascana Outdoor Pools. Life jackets are available at the centers in all sizes. 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-

SSLC	73623	Sat	Jun 15	6-7:55p.m.	Free
	73624	Sat	Jun 29	6-7:55p.m.	Free
	73628	Sat	Jul 13	6-7:55p.m.	Free
	73742	Sat	Aug 10	6-7:55p.m.	Free
	73743	Sat	Aug 24	6-7:55p.m.	Free
WP	73859	Sat	Jun 15	10a.m.-12p.m.	Free
	73860	Sat	Jun 22	10a.m.-12p.m.	Free
	73861	Sat	Jun 29	10a.m.-12p.m.	Free
	73862	Sat	Jul 6	10a.m.-12p.m.	Free
	73863	Sat	Jul 13	10a.m.-12p.m.	Free
	73864	Sat	Jul 20	10a.m.-12p.m.	Free
	73865	Sat	Jul 27	10a.m.-12p.m.	Free
	73866	Sat	Aug 3	10a.m.-12p.m.	Free
	73867	Sat	Aug 10	10a.m.-12p.m.	Free
	73868	Sat	Aug 17	10a.m.-12p.m.	Free
	73869	Sat	Aug 24	10a.m.-12p.m.	Free
	73870	Sat	Aug 31	10a.m.-12p.m.	Free

### Adapted Group Swim Lessons **AP**

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

#### 4-8 years

RP	73577	Sun	Jun 16-Jul 14	10-10:30a.m.	\$56.00
	73582	Sun	Jun 16-Jul 14	11:20-11:50a.m.	\$56.00
	73585	Sun	Jul 21-Aug 18	10-10:30a.m.	\$56.00
	73586	Sun	Jul 21-Aug 18	11:20-11:50a.m.	\$56.00
WP	73597	Sat	Jun 22-Jul 20	10:45-11:15a.m.	\$56.00
	73607	Sat	Jul 27-Aug 24	10:45-11:15a.m.	\$56.00

#### 9-13 years

RP	73583	Sun	Jun 16-Jul 14	10:10-10:40a.m.	\$56.00
	73584	Sun	Jun 16-Jul 14	11:20-11:50a.m.	\$56.00
	73588	Sun	Jul 21-Aug 18	10:10-10:40a.m.	\$56.00
	73590	Sun	Jul 21-Aug 18	11:20-11:50a.m.	\$56.00
WP	73594	Sat	Jun 22-Jul 20	10:40-11:10a.m.	\$56.00
	73604	Sat	Jul 27-Aug 24	10:40-11:10a.m.	\$56.00

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

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

NWLC	73649	Mon-Fri	Jul 8-12	11:25-11:55a.m.	\$84.75
	73694	Mon-Fri	Jul 22-26	4:35-5:05p.m.	\$84.75
	73695	Mon-Fri	Jul 29-Aug 2	4:35-5:05p.m.	\$84.75
	74163	Mon-Fri	Aug 19-23	11:25-11:55a.m.	\$84.75
	74164	Mon-Fri	Aug 26-30	11:25-11:55a.m.	\$84.75

NWLC	74240	Mon-Fri	Jul 15-19	4-4:30p.m.	\$84.75	
	74241	Mon-Fri	Jul 8-12	10:10-10:40a.m.	\$84.75	
	74244	Mon-Fri	Aug 12-16	9:35-10:05a.m.	\$84.75	
	74246	Mon-Fri	Aug 6-9	4-4:30p.m.	\$84.75	
	74247	Mon-Fri	Aug 12-16	4-4:30p.m.	\$84.75	
	74249	Mon-Fri	Jul 15-19	4:05-4:35p.m.	\$84.75	
	74250	Mon-Fri	Jul 22-26	4:05-4:35p.m.	\$84.75	
	74251	Mon-Fri	Jul 22-26	11:20-11:50a.m.	\$84.75	
	74253	Mon-Fri	Jul 29-Aug 2	11:20-11:50a.m.	\$84.75	
	74254	Mon-Fri	Aug 19-23	9:05-9:35a.m.	\$84.75	
	74255	Mon-Fri	Aug 26-30	9:05-9:35a.m.	\$84.75	
	RP	73578	Sun	Jun 16-Jul 14	10:40-11:10a.m.	\$84.75
		73579	Sun	Jun 16-Jul 14	10:45-11:15a.m.	\$84.75
73580		Sun	Jun 16-Jul 14	10:45-11:15a.m.	\$84.75	
73581		Sun	Jun 16-Jul 14	10:40-11:10a.m.	\$84.75	
73587		Sun	Jul 21-Aug 18	10:40-11:10a.m.	\$84.75	
73589		Sun	Jul 21-Aug 18	10:45-11:15a.m.	\$84.75	
73591		Sun	Jul 21-Aug 18	10:40-11:10a.m.	\$84.75	
73592		Sun	Jul 21-Aug 18	10:45-11:15a.m.	\$84.75	
WP		73593	Sat	Jun 22-Jul 20	10a.m.-10:30a.m.	\$84.75
		73595	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75
	73596	Sat	Jun 22-Jul 20	10:10-10:40a.m.	\$84.75	
	73598	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75	
	73599	Sat	Jun 22-Jul 20	10-10:30a.m.	\$84.75	
	73600	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75	
	73601	Sat	Jun 22-Jul 20	10:10-10:40a.m.	\$84.75	
	73602	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75	
	73603	Sat	Jul 27-Aug 24	10-10:30a.m.	\$84.75	
	73605	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75	
73606	Sat	Jul 27-Aug 24	10:10-10:40a.m.	\$84.75		
73608	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75		
73609	Sat	Jul 27-Aug 24	10-10:30a.m.	\$84.75		
73610	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75		
73611	Sat	Jul 27-Aug 24	10:10-10:40a.m.	\$84.75		
73612	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75		

### Adapted Family Swim Lessons **AP**

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	74238	Mon-Fri	Jul 8-12	4-4:30p.m.	\$84.75
	73650	Mon-Fri	Jul 15-19	11:25-11:55a.m.	\$84.75
	74243	Mon-Fri	Aug 6-9	9:35-10:05a.m.	\$67.80

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

## Health & Fitness

### Adapted Nutrition NEW AP 16 years and up

#### 101: Habits for Healthy Living

This program is geared towards people who have a disability and are looking to learn about and build life-long nutrition-based healthy habits. Set yourself up for success with professional nutrition-based group education sessions that can be tailored to reach goals on an individual level. The instructor will provide information to the group and work one-on-one to assist everyone in reaching their nutritional goals.

CRNC	73422	Tue	Jun 29-Jul 20	1-2 p.m.	\$29.00
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### Adapted Adult Strength AP 18 years and up & 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	73422	Tue	Jun 4-Jul 16	12-12:45p.m.	\$50.75
	74182	Tue	Aug 6-27	12-12:45p.m.	\$29.00

### Adapted Older Adult AP 49 years and up Strength & Balance

This introductory-level class is geared towards empowering older 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.

NWLC	73253	Mon	Jul 8-29	10:30-11:15a.m.	\$29.00
	73890	Thu	Jul 4-25	10:30-11:15a.m.	\$29.00

### Adapted Teen Fitness 13-20 years

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

FLDH	73892	Sun	Jul 21-Sep 1	2:30-3:30p.m.	\$36.75
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### Adapted Walk & Roll AP 18 years and up Fitness

The Adapted Walk and Roll Fitness is for adults with disabilities or adults who are 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 related to physical fitness. Dedicated City of Regina staff members will be present at all times to assist with equipment and to keep the good times rolling. The group is encouraged to meet at the cafe in the facility after the program to socialize in a comfortable and safe environment.

FLDH	74371	Tue/Thu	Jun 11-27	1-2:30p.m.	\$29.00
	74372	Tue/Thu	Jul 16-Aug 29	1-2:30p.m.	\$49.00

## Fine Arts

### Adapted ABI Art Program AP 18 years and up

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

SLC	74347	Thu	Jun 13-Aug 29	1-2:30p.m.	Free
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### Adapted Art Exploration AP 14 years and up

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

NBAC	73376	Mon-Fri	Jul 8-12	1-3p.m.	\$80.00
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### Adapted Music Program AP

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.

#### 3-5 years

MOC	73630	Sat	Jun 8-29	1-1:45p.m.	\$32.50
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#### 6-12 years

MOC	73631	Sat	Jun 8-29	2-2:45p.m.	\$32.50
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### Inclusive Dance Class AP 5-12 years

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

mc	73370	Sat	Jun 8-Jul 27	1-2p.m.	Free
	73371	Sat	Jun 8-Jul 27	2:15-3:15p.m.	Free

**Sensory Friendly NEW AP 16 years and up**  
**Mindfulness & Meditation**

Join us in this sensory-friendly space as we immerse ourselves in total relaxation through varying guided meditation techniques led by an instructor. Together we will focus on relaxation and our breathwork in a quiet space with natural lighting. This program has been established for persons experiencing sensory barriers to accessing recreation. All materials for the guided meditations will be available after each class and can be adapted to accommodate any skill level and ability. These sessions will focus on developing relaxation techniques in a fun and engaging way.

CRNC	73422	Tue	Jun 29-Jul 20	2:15-3:15 p.m.	Free
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For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendance/support person. For more information, email [socialinclusionprograms@regina.ca](mailto:socialinclusionprograms@regina.ca) or call 306-510-2025.

**Social**

**Adapted Craft & Splash NEW AP**

Designed for children with disabilities, this program will focus on fun and easy activities that promote fine motor development, socialization, and creativity. This free program combines a planned activity/craft along with a free play portion out in the Wascana Park spray pad (weather pending). Parent/ Support participation is required.

**3-5 years**

WP	74369	Sat	Jun 29- Jul 20	10-11a.m.	Free
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**6-10 years**

WP	74370	Sat	Jun 29- Jul 20	11:15a.m-12:15p.m.	Free
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**Adapted ABI Cribbage 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](mailto:socialinclusionprograms@regina.ca).

SLC	74349	Fri	Jun 14-Aug 30	1-2:30p.m.	Free
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**Adult Community AP 18 years and up**  
**Outing Program**

This program is designed for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to get out to explore different spaces, activities, and events happening in Regina. These activities include local sporting events, recreational activities, and social gatherings. The list of the determined locations for the outings will be handed out on the first date at Mitakuyé Owás'a Centre. City of Regina staff will be on site at each location to facilitate the program but are not able to transfer, lift, or reposition individuals. If one-on-one assistance is required, we kindly ask that you bring a support person to assist. Arranging transportation to and from each designated outing will be done independently.

MOC	74358	Fri	May 17-Aug 16	6-8p.m.	Free
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**Sensory-Friendly Youth AP 10-17 years**  
**Program**

This 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 a variety of recreational activities. This program is a great opportunity for youth of all abilities to try something new. Registration is required and participants must have a Participant Information Form signed by a parent/guardian to attend. The form can be filled out on the first day of the program or found on the City website at [Regina.ca/freeprograms](http://Regina.ca/freeprograms).

mc	74357	Thu	Jun 6-Aug 8	6-8p.m.	Free
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**Sports**

**Adapted Basketball – Intro AP**

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 basketball such as passing, shooting, defense, dribbling, 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 basketball. Parent or support person participation is encouraged when needed.

**5-7 years**

NWLC	73744	Fri	Jul 5-Aug 2	5:30-6:15p.m.	\$36.25
	73747	Fri	Aug 9-30	5:30-6:15p.m.	\$29.00

**8-12 years**

NWLC	73745	Fri	Jul 5-Aug 2	6:30-7:15p.m.	\$36.25
	73746	Fri	Aug 9-30	6:30-7:15p.m.	\$29.00

**Adapted Basketball AP**

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. This program will introduce 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	73819	Sat	Jun 15-Aug 17	1-2p.m.	\$58.00
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**8-12 years**

FLDH	73735	Tue	Jun 11-Aug 13	5:30-6:30p.m.	\$58.00
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## Adapted Soccer **AP** 5-7 years

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

FLDH	73734	Tue	Jun 11-Aug 13	4:30-5:30p.m.	\$58.00
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## Adapted Sport & Fitness **AP** 9 years and up Try-it

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

### Soccer

FLDH	73622	Fri	May 10	6:15-7:15p.m.	Free
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### Basketball

FLDH	74393	Fri	Jun 21	6:15-7:15p.m.	Free
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### Strength Training

FLDH	74394	Fri	Jul 19	6:15-7:15p.m.	Free
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### Bashminton

FLDH	74395	Fri	Aug 16	6:15-7:15p.m.	Free
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## Adapted Sports Jam **AP**

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

### 3-6 years

NWLC	73748	Sat	Jul 6-Aug 3	2:30-3:15p.m.	\$36.25
	73749	Sat	Aug 10-31	2:30-3:15p.m.	\$29.00

### 6-9 years

NWLC	73750	Sat	Jul 6-Aug 3	3:30-4:15p.m.	\$36.25
	73751	Sat	Aug 10-31	3:30-4:15p.m.	\$29.00

### 8-11 years

FLDH	73820	Sat	Jun 15-Aug 17	2-3p.m.	\$58.00
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# Inclusive Drop-in Gym Time

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

\*Children under 12 require adult supervision.

### North West Leisure Centre

May 5- Jun 9 & \*July 7-Sep 1  
Sundays 6:15-8:15 p.m.  
**FREE**

\*North West Leisure Centre is closed for annual maintenance Jun 10-Jul 2 inclusive.

### Fieldhouse

\*May 2-Jun 27 & Jul 18-Aug 29  
Thursdays 6:30-8:30 p.m.  
**General Admission**

\*Fieldhouse is closed for annual maintenance Jul 2-Jul 15 inclusive.



See full details at [Regina.ca/dropin](http://Regina.ca/dropin)



# 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](mailto: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

### Ahoy Preschool Pirates! 3-5 years

Enjoy a week of pirate crafts, stories and activities geared to 3–5-year-old children. Bring your imagination and adventurous spirits. Could there be a treasure at the end of the week?

NBAC	73471	Mon-Fri	Jul 29-Aug 2	9-10:30a.m.	\$100.00
	73472	Mon-Fri	Jul 29-Aug 2	1-2:30p.m.	\$100.00

### Calling all Royalty! 3-5 years

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

NBAC	73386	Mon-Fri	Jul 22-26	9-10:30a.m.	\$100.00
	73387	Mon-Fri	Jul 22-26	1-2:30p.m.	\$100.00

### Craft Circus 3-5 years

Children enjoy a wide variety of arts and crafts including crafts, activities, stories, and some good messy fun.

NBAC	73389	Tue-Fri	Aug 6-9	1-2:30p.m.	\$90.00
	73456	Mon-Fri	Aug 12-16	9-10:30a.m.	\$100.00
	73458	Mon-Fri	Aug 19-23	9-10:30a.m.	\$100.00
	73460	Mon-Fri	Jul 8-12	9-10:30a.m.	\$100.00

### Craft Circus – Next Steps 4-6 years

For the child that is a little older. This class will continue to explore a wide variety of activities including painting, crafts, music, movement, stories, and some good messy fun.

NBAC	73461	Mon-Fri	Jul 15-19	9-10:30a.m.	\$100.00
	73463	Mon-Fri	Jul 15-19	1-2:30p.m.	\$100.00

### Creative Beginnings 4-6 years

This class is packed with all things creative! We will read stories, play 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	73512	Mon-Fri	Jul 8-12	1-2:30p.m.	\$100.00
	73513	Mon-Fri	Aug 19-23	1-2:30p.m.	\$100.00

## Sports

### Parent & Tot Soccer 3-5 years

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

FLDH	73724	Mon	Jun 10-Aug 19	5:30-6:30p.m.	\$58.00
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# Registered Child And Youth Programs



## Legend

**CRNC** – Core Ritchie Neighbourhood Centre

**FLDH** – Fieldhouse

**MOC** – Mitakuyé Owás'ā

**NBAC** – Neil Balkwill Civic Arts Centre

**NWLC** – North West Leisure Centre

**SSLC** – Sandra Schmirler Leisure Centre

## Fine Arts

### 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	73375	Mon-Fri	Jul 22-26	1-3p.m.	\$90.00
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### Art Exploration 8-12 years

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

NBAC	73378	Mon-Fri	Jul 15-19	1-3p.m.	\$100.00
	73379	Mon-Fri	Aug 12-16	1-3p.m.	\$100.00
	73380	Mon-Fri	Aug 26-30	1-3p.m.	\$100.00

### 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 light-hearted class! This is the perfect class to discover new techniques and kindle a passion for art.

NBAC	73381	Mon-Fri	Jul 15-19	10a.m.-12p.m.	\$100.00
	73382	Mon-Fri	Aug 12-16	10a.m.-12p.m.	\$100.00
	73383	Mon-Fri	Aug 26-30	10a.m.-12p.m.	\$100.00

### Crash Course in Comics and Manga 13-18 years

Learn the secrets of great comics in this one-week crash course and go home with your very own comic.

NBAC	73390	Mon-Fri	Jul 22-26	1-2:30p.m.	\$75.00
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### Creative Crafts: Five Days of Paper Crafts 7-13 years


Five days, five unique paper projects. Make movable animals and creatures, suncatchers, pop-up houses, adventure sets, and other fun projects.

NBAC	73391	Mon-Fri	Jul 22-26	3-4:30p.m.	\$83.00
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### Creative Writing: Character and World Building 14-18 years

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

NBAC	73392	Mon-Fri	Aug 19-23	1-2:30p.m.	\$75.00
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**Discovering Your Visual Vocabulary** 

7-12 years

This class will create a comfortable space where children feel at ease to express themselves freely, engage children in discussions about their artworks in a group, and learn to see the world from each other.

NBAC	73517	Mon-Fri	Aug 19-23	10a.m.-12p.m.	\$100.00
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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	73393	Tue-Fri	Jul 2-5	10:30a.m.-12p.m.	\$59.00
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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	73568	Mon-Fri	Jul 8-12	1-3p.m.	\$90.00
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**Dungeons, Dragons and Crafts**

10-13 years

Make all the items you need to play a tabletop roleplaying game, create some monsters in your own fun world, and play with your classmates through a short adventure. Learn to make landscape and building tiles, a basic character sheet, paper character and monster game pieces, and folded 3D paper objects.

NBAC	73394	Mon-Fri	Aug 19-23	3-4:30p.m.	\$83.00
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**Flowers, Food and Fashion**

13-18 years

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

NBAC	73397	Tue-Fri	Jul 2-5	1-3p.m.	\$82.00
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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 necessary, only enthusiasm.

NBAC	73398	Mon-Fri	Aug 26-30	1-3p.m.	\$90.00
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**Introduction to Block Printing** 

12-16 years

Are you someone that loves to draw, paint, design, or carve? In this class we combine all four, teaching the cool kids of today the start of the crazy world of printmaking. Using hand, and printing press methods, we will explore the layered world of block printing. There are so many ways this art medium can be explored! All levels are welcome, emphasis on beginner knowledge.

NBAC	73561	Mon-Fri	Jul 15-19	9:30a.m.-12p.m.	\$110.00
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**Introduction to Screen Printing** 

12-18 years

Posters, tote bags, signage, and more! Come learn the basics of screen printing, and the neat ways you can make art, or simple shirt designs with this method. Using screen printing, we will be exploring different things we can print on, with different things to explore every week! Join the community of screen printing and make some cool things you can show off. All levels welcome.

NBAC	73563	Mon-Fri	Jul 8-12	10a.m.-12p.m.	\$100.00
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**Introduction to Songwriting** 

13-18 years

Ever thought about turning your thoughts and feelings into songs? It's not just about putting words to music; it's about expressing yourself in the coolest way possible. Learn about the parts of a song, from informative verses and catchy choruses to killer hooks and bridges. Learn to creatively write lyrics and craft melodies in different music styles and try co-writing with others. No musical background necessary. This class will be presented by SaskMusic.

NBAC	73574	Mon-Fri	Aug 12-16	1-3:30p.m.	\$85.00
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**Jewellery for Young Teens**

10-14 years

Come and learn how to make fun and funky jewellery using hemp, beads, wire, copper, and brass. A materials fee is included in the cost of registration.

NBAC	73402	Mon-Fri	Jul 15-19	10a.m.-12p.m.	\$110.00
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**Let's Paint** 

11-15 years

This class is beginner-friendly for participants who want to learn how to paint. Learning the basics of how to mix colors, skin color, and color matching. Exploring and experimenting with different styles of painting such as abstract, landscape, self-portrait, and using other tools to paint with.

NBAC	73629	Tue, Wed	Jul 30-Aug 21	2-4p.m.	\$115.00
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**Making Spontaneous Images** 

10-18 years

Artmaking offers young people a different form of emotional expression and communication. The main aim of our sessions is to enable growth, through engagement with the art materials in a safe group and creative space.

NBAC	73518	Mon-Fri	Jul 29-Aug 2	1-3p.m.	\$100.00
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**Needle Felting for Teens** 

13-18 years

Create a fantastical forest scene in a teacup! Learn how to needle felt three-dimensional objects with 100% wool. Learn to make trees, flowers, mushrooms and more. Let your creativity explore.

NBAC	73502	Thu, Fri	Jun 27-28	3-4:30p.m.	\$35.00
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**Octopus's Garden**

8-12 years

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

NBAC	73407	Mon-Fri	Aug 26-30	10a.m.-12p.m.	\$95.00
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**Oil Pastels for Teens** NEW 13-18 years

Immerse yourself in the vibrant, tactile world of oil pastels. An introduction for beginners exploring this medium for the first time or the seasoned artist looking to hone their skills. Create rich and expressive scenes with endless potential.

NBAC	73504	Mon-Fri	Jul 8-12	3-4:30p.m.	\$80.00
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**Oil Pastels for Teens Workshop** NEW 13-18 years

Immerse yourself in the vibrant, tactile world of oil pastels. An introductory workshop for beginners exploring this medium for the first time or the seasoned artist looking to hone their skills. Create rich and expressive scenes with endless potential.

NBAC	73514	Mon,Tue	Jul 29-30	3-4:30p.m.	\$30.00
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**Summer Sketchbooking** NEW 13-18 years

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

NBAC	73519	Mon-Fri	Jul 22-26	1-3p.m.	\$90.00
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**Woodworks** 12-16 years

Learn wood shop safety and the use of hand tools as well as some of the power equipment to make a small wall shelf. The decorative details of the shelf will be an opportunity for individual creative expression.

NBAC	73416	Mon-Fri	Jul 22-26	1-3:30p.m.	\$135.00
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**Woodworks – Next Level** NEW 12-16 years

Participants will revisit their skills of wood shop safety and the use of hand tools as well as some of the power equipment to make a box in the form of a traditional Japanese toolbox. Recommended for participants who have attended the Woodworks wall shelf class or who have familiarity with the use of woodworking tools.

NBAC	73445	Mon-Fri	Aug 12-16	1-3:30p.m.	\$135.00
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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	73417	Mon-Fri	Jul 22-26	10:30a.m.-12p.m.	\$78.00
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# Join the City Lifeguard Team!

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



[Regina.ca/jobs](http://Regina.ca/jobs)



## Recreation

### Free Children's Summer Program 5-12 years

Keep your kids active this summer with the Free Children's Summer Program. This supervised and facilitated program offers opportunities to develop and foster life skills, creativity, imagination and positive self-image while promoting an active lifestyle. Children and youth of all abilities welcome. Individuals requiring one-on-one assistance should bring an attendant/support person. Children must be 5 years old by start of the program. Registration is limited to two 1-week sessions per child. Waitlists are available for additional weeks by calling 306-777-PLAY (7529).

Full-day, half-day and drop-in programs are available. Find drop-in program information, how to register, and the required Participation Information Form at [Regina.ca/freeprograms](http://Regina.ca/freeprograms).

Connaught School				
73230	Mon-Fri	Jul 8-12	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 15-19	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 22-26	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 29-Aug 2	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 6-9	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 12-16	11:30a.m.-4:30p.m.	Free

Glencairn Neighborhood Recreation Centre				
73230	Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
	Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

Doug Wickenheiser Arena				
73230	Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free

mâmwêyatitân centre				
73230	Mon-Fri	Jul 8-12	12:30-4:30p.m.	Free
	Mon-Fri	Jul 15-19	12:30-4:30p.m.	Free
	Mon-Fri	Jul 22-26	12:30-4:30p.m.	Free
	Mon-Fri	Jul 29-Aug 2	12:30-4:30p.m.	Free
	Tue-Fri	Aug 6-9	12:30-4:30p.m.	Free
	Mon-Fri	Aug 12-16	12:30-4:30p.m.	Free

McDermid Community School				
73230	Mon-Fri	Jul 8-12	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 15-19	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 22-26	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 29-Aug 2	11:30a.m.-4:30p.m.	Free
	Tue-Fri	Aug 6-9	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 12-16	11:30a.m.-4:30p.m.	Free

North West Leisure Centre				
73230	Mon-Fri	Jul 29-Aug 2	11:30a.m.-4:30p.m.	Free
	Tue-Fri	Aug 6-9	11:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 12-16	11:30a.m.-4:30p.m.	Free

Rosemont Community School				
73230	Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
	Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

South Leisure Centre				
73230	Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
	Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
	Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

## Sports

### 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 practice and review a variety of skills each week.

FLDH	73714	Mon,Wed	Jun 10-Jul 17	5-6p.m.	\$58.00
	73715	Mon,Wed	Jun 10-Jul 17	6-7p.m.	\$58.00
	73736	Tue,Thu	Jun 11-Jul 18	5-6p.m.	\$58.00
	73818	Sat	Jun 15-Aug 17	2-3p.m.	\$58.00
NWLC	73801	Sun	Jul 7-Aug 25	10:30-11:30a.m.	\$29.00

### Badminton – Kids 5-7 years

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

FLDH	73817	Sat	Jun 15-Aug 17	1-2p.m.	\$58.00
NWLC	73800	Sun	Jul 7-Aug 25	9-10a.m.	\$58.00

### 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	73737	Tue,Thu	Jun 11-Jul 18	6-7p.m.	\$58.00
	73821	Sat	Jun 15-Aug 17	5-6p.m.	\$58.00
	73810	Fri	Jun 14-Aug 16	5-6p.m.	\$58.00

## Basketball – Kids

5-7 years

Through this program children will learn basic basketball skills and rules. Drill, teamwork, and scrimmages are also included in its sessions.

FLDH	73738	Tue	Jun 11-Aug 13	5:30-6:30p.m.	\$58.00
	73739	Tue	Jun 11-Aug 13	6:30-7:30p.m.	\$58.00

## Basketball Fundamental Development

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

### 8-10 years

CRNC	73372	Sat	Jul 6-Aug 31	10-11a.m.	\$58.00
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### 11-13 years

CRNC	73373	Sat	Jul 6-Aug 31	11a.m.-12p.m.	\$58.00
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### 8-10 years

FLDH	73754	Wed	Jun 12-Aug 14	5-6p.m.	\$58.00
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### 11-13 years

FLDH	73755	Wed	Jun 12-Aug 14	6-7p.m.	\$58.00
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### 8-10 years

MOC	73842	Wed	Jul 3-Aug 21	5-6p.m.	\$58.00
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### 11-13 years

MOC	73845	Wed	Jul 3-Aug 21	6-7p.m.	\$58.00
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### 8-10 years

NWLC	73805	Sat	Jul 13-Aug 24	4:30-5:30p.m.	\$58.00
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### 11-13 years

NWLC	73806	Sat	Jul 7-Aug 24	5:45-6:45p.m.	\$58.00
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## 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. Knowledge of foundational basketball skills is a prerequisite for enrollment in this program.

### 8-11 years

FLDH	73716	Mon	Jun 10-Aug 19	5-6p.m.	\$58.00
	73807	Fri	Jun 14-Aug 16	5-6p.m.	\$58.00

### 12-14 years

FLDH	73722	Mon	Jun 10-Aug 19	6-7p.m.	\$58.00
	73809	Fri	Jun 14-Aug 16	6-7p.m.	\$58.00

## Football – Kids

5-7 years

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

FLDH	73758	Thu	Jun 13-Aug 15	4:30pm	\$58.00
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## She be Ballin' – Girls Basketball

In this program, girls will develop confidence in themselves, build body awareness and learn teamwork and new skills to better understand the game of basketball. Best of all they'll have fun with other girls!

### 7-10 years

FLDH	73756	Thu	Jul 18-Aug 29	10-11a.m.	\$50.75
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### 11-14 years

FLDH	73757	Thu	Jun 18-Aug 29	11a.m.-12p.m.	\$50.75
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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	73752	Tue	Jun 11-Aug 13	5-6p.m.	\$58.00
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### 8-12 years

FLDH	73753	Tue	Jun 11-Aug 13	6-7p.m.	\$58.00
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## Lacrosse – Kids 1

8-12 years

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

FLDH	73759	Thu	Jun 13-Aug 15	5:30p.m.	\$58.00
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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	73727	Mon	Jun 10-Aug 19	6:30-7:30p.m.	\$58.00
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### 8-12 years

MOC	73829	Tue	Jul 2-Aug 20	5-6p.m.	\$58.00
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### 5-7 years

MOC	73841	Tue	Jul 2-Aug 20	6-7p.m.	\$58.00
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## 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	73921	Fri	Jun 14-Aug 16	5:30-6:30p.m.	\$58.00
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### 8-12 years

FLDH	73922	Fri	Jun 14-Aug 16	6:30-7:30p.m.	\$58.00
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## Summer Sport and Recreation Day Camp

7-11 years

Spend a week at the Fieldhouse and dive into the exciting world of sports! Throughout this dynamic experience, your child will have the opportunity to explore a diverse range of sports, fitness routines, and recreational activities. Under the guidance of qualified instructors, participants will receive instruction tailored to each sport and fitness class. In addition to honing athletic abilities, participants will also have the chance to explore a wealth of other educational and recreational activities. From immersive arts and crafts sessions to exhilarating team-building challenges and lively games, every moment is infused with opportunities for learning, laughter and fun!

FLDH	73823	Mon-Fri	Jul 15-19	8a.m.-4p.m.	\$210.00
	73824	Mon-Fri	Jul 22-26	8a.m.-4p.m.	\$210.00
	73825	Mon-Fri	Jul 29-Aug 2	8a.m.-4p.m.	\$210.00
	73826	Tue-Fri	Aug 6-9	8a.m.-4p.m.	\$168.00
	73827	Mon-Fri	Aug 12-16	8a.m.-4p.m.	\$210.00
	73828	Mon-Fri	Aug 19-23	8a.m.-4p.m.	\$210.00

## Table Tennis – Intro Junior & Teen

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

8-12 years

FLDH	73729	Mon, Wed	Jun 10-Jul 17	6-7p.m.	\$58.00
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13-15 years

FLDH	73731	Mon, Wed	Jun 10-Jul 17	7-8p.m.	\$58.00
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## Tennis – Kids Level 1

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

8-10 years

FLDH	73814	Sat	Jun 15-Aug 24	10-11a.m.	\$65.25
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## Tennis – Junior Level 1

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

11-13 years

FLDH	73815	Sat	Jun 15-Aug 24	11a.m.-12p.m.	\$65.25
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## Volleyball – Elementary

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.

7-10 years

FLDH	73812	Fri	Jun 14-Aug 16	5:30-6:30p.m.	\$58.00
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11-13 years

FLDH	73813	Fri	Jun 14-Aug 16	6:30-7:30p.m.	\$58.00
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# 2024 Henry Baker Scholarships

Application deadline:  
May 31, 2024

# 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

### Acrylic Painting for **NEW** 15 years and up Landscape and Abstract Expression

Learn acrylic painting fundamentals and create your own expressive landscape and abstract works. This class will offer an inviting approach to highly textured and expressive painting techniques through hands-on instruction. These techniques along with developing a strong understanding of art fundamentals and colour theory will allow you the ability to produce expressive landscape and abstract works.

NBAC	73555	Tue,Wed	Jul 23-Aug 7	6:30-9:30p.m.	\$125.00
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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	73495	Mon-Thu	Jun 24-27	7-9p.m.	\$91.00
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### Alcohol Ink Workshop

15 years and up

What are alcohol inks and why are they so popular? This workshop will introduce you to this incredibly dynamic art medium that lends itself beautifully to abstract art, creates stunning detail and strikingly bold colours. No previous experience necessary.

NBAC	73496	Wed, Thu	Jul 31-Aug 1	2:30-4:30p.m.	\$55.00
	73497	Thu, Fri	Aug 22-23	3-4:30p.m.	\$40.00

### Block Printing Basics **NEW**

15 years and up

Explore the world of carved printmaking multiples, working in layers with linoleum blocks. Using hand and printing press methods, participants will be able to explore their block works with a variety of approaches, leaving the class with a fun portfolio of works. This class is tactile and engaging, a great medium to explore for all. All levels are welcome!

NBAC	73560	Tue, Thu	Jul 30-Aug 22	6:30-9p.m.	\$150.00
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### Landscapes in Watercolour

15 years and up

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

NBAC	73406	Mon-Fri	Jul 15-19	1-4p.m.	\$112.00
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## Landscape Painting 1 **NEW** 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	73571	Tue, Wed	Jul 2-17	6:30-9:30p.m.	\$125.00
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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	73420	Mon-Fri	Aug 26-30	1-4p.m.	\$112.00
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## Painting and Drawing **FREE** 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	73409	Fri	Jul 5-Aug 30	9-11:30a.m.	Free
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## Painting in the Landscape 15 years and up

This is an opportunity to learn the joys of creating art outdoors in Acrylic or your medium of choice. You will learn the skills of seeing and depicting the essence of the surrounding landscape through traditional plein air techniques. This class will focus on colour, composition, light, value, and gestural painting techniques that will bring life to your landscapes.

NBAC	73410	Mon-Fri	Jul 29-Aug 2	9a.m.-12p.m.	\$112.00
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## Painting the Nocturne 16 years and up

Learn to paint night scenes outdoors from life in various locations in Regina. On the first class we will meet at the Neil Balkwill Civic Arts Centre before venturing out. Bring your favourite drawing mediums, watercolours, acrylics, or oils along with all your usual supplies.

NBAC	73421	Wed, Thu	Jun 5-20	7:30-10:30p.m.	\$125.00
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## Plein Air Florals 15 years and up

Learn to paint the structure of the flower from life and how to achieve luminous colour in your choice of medium: watercolour, acrylic, or any sketching materials. We will be painting and sketching outdoors from life, en plein air, inspired by various public floral gardens in Regina! In the event of bad weather, we will have an indoor option and a still life will be set up. Students will meet at the Neil Balkwill Civic Arts Centre at the start of the first class.

NBAC	73473	Tue, Wed, Thu	Aug 13-22	9a.m.-12p.m.	\$125.00
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## Portrait Drawing 1 **NEW** 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	73569	Mon-Fri	Jul 15-19	1-3:30p.m.	\$100.00
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# Open House

## Neil Balkwill Civic Arts Centre

**Monday, May 20**  
**12:30-3:30 p.m.**  
**2420 Elphinstone Street**

Visit the studios for some fun, free, hands-on art and craft activities such as:

- Comic Jam
- paper crafts
- live jewellery demonstrations
- Indigenous artist's showcase
- artwork display from Ranch Ehrlo Paper Crane and the Regina Collage Collective

Join us for the kick-off parade and picnic for the Cathedral Village Arts Festival in Les Sherman Park with music, activities and food!

**Screen Printing**  15 years and up

Posters, tote bags, signage, and more! Join the ever-growing printmaking community fun whether your approach is for art, or small-business marketing. Come with personal projects, or motivation to start something new! This course will leave you with multiple works, the info to keep creating, and the passion to continue screen printing. All levels are welcome!

NBAC	73559	Tue, Thu	Jul 2-18	6:30-9p.m.	\$127.00
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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	73412	Mon-Fri	Aug 12-16	1-3:30p.m.	\$100.00
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**Summer Plein Air** 15 years and up

Bring your favourite art materials, chair, hat, and sunscreen for an outdoor plein air painting and sketching experience. Composition, colour, line, brushstroke and more will be covered in this class. Instruction in graphite pencil, pen, watercolour, pastel, water soluble pencils, acrylic and oil will be covered.

NBAC	73413	Mon-Fri	Jul 8-12	9a.m.-12p.m.	\$112.00
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**Techniques for Drawing**  15 years and up  
**Realistic Hair**

In this course, students will be introduced to very simple techniques for drawing various types of human hair. With easy-to-digest methods and easy-to-use tools, students with or without prior knowledge or ability in art should be able to capture different hair types and textures realistically.

NBAC	73566	Mon-Fri	Jul 29-Aug 2	10a.m.-12:30p.m.	\$100.00
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**White Charcoal on**  15 years and up  
**Black Paper Art**

This is an exciting course for students to create simplified drawings of various subjects without the stress of having to apply complex techniques. With easy-to-digest methods and easy-to-use tools, students with or without prior knowledge or ability in art should be able to capture different realistic subjects in white charcoal.

NBAC	73567	Tue, Wed, Thu	Aug 6-15	6:30-9p.m.	\$112.00
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**Fine Arts – Fibre Arts****Fibre Felting Fun** 14 years and up

An introduction to fibre felting for beginners. Learn to needle felt a whimsical three-dimensional scene, "paint" with wool and wet felt flowers, bowls, and soap.

NBAC	73494	Mon-Thu	Jun 17-20	7-9p.m.	\$101.00
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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	73408	Thu	Jul 25, Aug 22	6:30-9:30p.m.	Free
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**Fine Arts – Jewellery and Metalwork****Anodizing Titanium**  16 years and up

Titanium is a hypoallergenic metal that is strong and light and can be anodized with electrical current to produce brilliant and colourful patinas. Students will be introduced to the anodizing process to produce artistic jewellery. Titanium sheet and wire will be provided.

**Prerequisite:** Jewellery 1 or equivalent

NBAC	73539	Thu	Jun 6-27	7-10p.m.	\$180.00
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**Cold Connections in**  16 years and up  
**Jewellery Making**

In this course students will learn to make imaginative and artistic jewellery by joining metal without soldering- riveting, tab setting and creating faux bezels using the disc-cutter. These methods are essential for jewellers working with either titanium or enameled pieces.

**Prerequisite:** Jewellery 1 or equivalent

NBAC	73540	Thu	Aug 8-29	6:30-9:30p.m.	\$125.00
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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'll create a pierced pendant, a band ring, and projects of your choice. Come explore the world of metal arts!

NBAC	73526	Tue	Jul 2-Aug 20	6:30-9:30p.m.	\$270.00
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**Jewellery Bench**  16 years and up  
**Basics Workshop**

This workshop is for those who have been away from the studio for some time or just want a refresher of basic techniques and commonly used tools in jewellery making. Students should bring their own materials so they can hone their skills with the jewelers' saw, flex shaft rotary tool, various bits, files, and more.

**Prerequisite:** Jewellery 1

NBAC	73530	Thu	Jul 4-11	6:30-9:30p.m.	\$65.00
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**Jewellery – Casting**  16 years and up  
**Exploration**

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

**Prerequisite:** Jewellery 1 and Jewellery 2

NBAC	73545	Sat	Aug 10-31	1-4p.m.	\$125.00
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## Jewellery Findings Workshop NEW

16 years and up

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

NBAC	73532	Thu	Jul 18-25	6:30-9:30p.m.	\$65.00
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## Jewellery Project

16 years and up

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

**Prerequisite:** Jewellery 1 and Jewellery 2.

NBAC	73403	Tue	Jul 2-Aug 20	1-4p.m.	\$230.00
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## Jewellery – Viking Knitting Workshop NEW

16 years and up

We will explore creating woven chains and components using this ancient wire weaving technique. There will be a specialized tool and material kit available for purchase in class for approximately \$50.00. It is recommended that you use 24 to 30-gauge copper wire for learning this technique- there will be some wire included in the kit. Students are also encouraged to bring wire with them and there will be some available for purchase.

NBAC	73544	Sat	Jul 6-13	1-4p.m.	\$65.00
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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	73404	Mon	Jul 8-Aug 26	1-4p.m.	\$213.00
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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	73419	Wed	Jul 10-Aug 14	6:30-9:30p.m.	\$215.00
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## Torch Fired Enameling Workshop

16 years and up

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

**Prerequisite:** Jewellery 1 or Lampwork 1 or equivalent

NBAC	73529	Sat/Sun	Jun 22-23	9:30a.m.-4:30p.m.	\$150.00
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# 2024 Neil Balkwill Civic Arts Centre Artist in Residence

Apply now to be the next City of Regina Neil Balkwill Civic Arts Centre Artist in Residence.

This three-month residency is open to artists from any medium interested in exploring the City's diverse artistic and cultural past, present and collective future.

**The deadline for proposals is May 31, 2024 at 4 p.m.**

**Madeleine Greenway**  
2023 Neil Balkwill Artist in Residence

For full details visit [Regina.ca/artistcalls](https://Regina.ca/artistcalls)



## Fine Arts – Performing Arts

### Introductory Song **NEW** 18 years and up Writing

Songwriting can be a powerful form of self-expression and creativity. Join us as we dive into the art of spinning melodies and lyrics that speak to the soul. From heartfelt verses to catchy choruses, we'll explore song forms and composition, and lead you through the process of writing a song, from inspiration to presentation. Various musical styles will be covered, with time for co-writing. No prior musical experience necessary. This class will be presented by SaskMusic.

NBAC	73575	Sat	Jul 27-Aug 17	1-3:30p.m.	\$85.00
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## Fine Arts – Photography

### Introduction to Digital **NEW** 15 years and up Photography

In this introductory photography class, students will gain fundamental knowledge of photography essentials. Through hands-on learning, participants will explore camera functionalities, manual photography techniques, and the adjustment of camera settings to enhance their skills in capturing compelling images. Additionally, students will receive a basic introduction to Photoshop and Camera RAW, empowering them to edit and refine their photographs to achieve desired outcomes.

NBAC	73573	Sat	Jul 6-Aug 10	1-4p.m.	\$125.00
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## Fine Arts – Woodworking

### 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	73401	Fri Sat-Sun	Jun 21 Jun 22-23	7-9p.m. 9a.m.-5p.m.	\$205.00
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### Wood Carving Drop-in **FREE** 14 years and up

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

NBAC	73415	Tue	Jul 2-Aug 27	9-11:30a.m.	Free
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# All Bodies Swim

## North West Leisure Centre

Fridays, 9-10:30 p.m.

■ May 24 ■ July 26 ■ Aug 19

# 2SLGBTQIAP+ Drop-in Gym Time

## Mitakuyé Owâs'â Centre

Weekly on Mondays\* • 5:45-8:15 p.m.

\*except May 20, Jul 1, Aug 5



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

[Regina.ca/inclusiveprograms](http://Regina.ca/inclusiveprograms)



\*\*Prices shown do not include tax. Where applicable, GST will be added.

## Aquatic Fitness, Health & Wellness

### Programming Note

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

### 20/20/20

15 years and up

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

NWLC	73713	Mon	Jul 8-29	9-10a.m.	\$23.20
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### Baby & Me Aquacise

14 years and up

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

SSLC	74231	Wed	May 29-Jun 26	9:15-10a.m.	\$29.00
	74232	Wed	Jul 3-17	8:15-9a.m.	\$17.40
	74344	Wed	Aug 7-28	8:15-9a.m.	\$23.20

### Aquacise

14 years and up

This fitness class uses the natural resistance and buoyancy of water to provide a challenging total-body workout. This class will surely challenge your mind and body with a mix of cardio and muscular conditioning components.

LAC	73557	Tue	May 28-Jun 25	6:15-7p.m.	\$29.00
	73558	Thu	May 30-Jun 27	6:15-7p.m.	\$29.00
NWLC	73730	Mon	Jul 8-29	8:35-9:20p.m.	\$23.20
	73732	Tue	Jul 9-30	8:35-9:20p.m.	\$23.20
	73733	Wed	Jul 3-31	8:35-9:20p.m.	\$29.00
SSLC	74205	Mon	May 27-Jul 15	8:30-9:15p.m.	\$40.60
	74227	Tue	May 28-Jul 16	8:30-9:15p.m.	\$46.40
	74229	Wed	May 29-Jul 17	8:30-9:15p.m.	\$46.40
	74230	Thu	May 30-Jul 18	8:30-9:15p.m.	\$46.40
	74329	Mon	Aug 12-26	8:30-9:15p.m.	\$17.40
	74340	Tue	Aug 6-27	8:30-9:15p.m.	\$23.20
	74351	Wed	Aug 7-28	8:30-9:15p.m.	\$23.20
	74355	Thu	Aug 8-29	8:30-9:15p.m.	\$23.20

## Land Fitness, Health & Wellness

### Baby & Me Bootcamp

15 years and up

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

FLDH	73276	Tue	May 28-Jun 25	10:45-11:45a.m.	\$34.50
	73329	Tue	Jul 16-Aug 27	10:45-11:45a.m.	\$48.30

### Body Blast

15 years and up

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

NWLC	73789	Mon	Aug 12-26	6-7p.m.	\$29.00
	73711	Mon	Jul 8-29	6-7p.m.	\$34.80

### Cardio & Sculpt **M**

15 years and up

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

NWLC	73728	Thu	Jul 4-Aug 1	6:30-7:30p.m.	\$29.00
	73719	Wed	Aug 7-28	9-10a.m.	\$29.00

### FUNctional Fit

15 years and up

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

NWLC	73720	Tue	Jul 9-30	10:30-11:30a.m.	\$40.60
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### Cardio Combo

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

NWLC	73718	Tue	Jul 9-30	6-7p.m.	\$23.20
	73719	Tue	Aug 6-27	6-7p.m.	\$23.20

### Ignite **M**

15 years and up

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

NWLC	73726	Thu	Jul 4-25	9-10a.m.	\$23.20
	73797	Thu	Aug 8-29	9-10a.m.	\$34.80

## LiveWell

15 years and up

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

FLDH	73331	Mon/Wed	Aug 7-28	10-11a.m.	\$55.65
	73334	Tue/Thu	Aug 6-29	5:30-6:30p.m.	\$63.30

## Mobility – Strength, Flexibility & Relaxation

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	73284	Mon	May 27-Jun 24	7-8p.m.	\$34.50
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## Ninja Sweat

18 years and up

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

FLDH	73285	Wed	May 29-Jun 26	5:30-6:30p.m.	\$34.50
	73337	Wed	Jul 17-Aug 28	5:30-6:30p.m.	\$48.30

## Outdoor Bootcamp

15 years and up

Join us outdoors for this bootcamp suitable for all fitness levels. This workout will include a variety of cardio, balance, core, agility, speed, strength and endurance exercises.

SSLC	74236	Wed	May 29-Jul 17	5:30-6:30p.m.	\$46.40
	74326	Wed	Aug 7-28	5:30-6:30p.m.	\$23.20

## Small Group Fitness Coaching

16 years and up

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

FLDH	73286	Thu	May 30-Jun 27	6:45-7:45p.m.	\$34.50
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## 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	73287	Sat	Jun 1-29	9:45-10:45a.m.	\$34.50
	73339	Sat	Jul 27-Aug 31	9:45-10:45a.m.	\$41.40

## 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	74194	Mon	May 27-Jul 15	5:30-6:30p.m.	\$40.60
	74321	Mon	Aug 12-26	5:30-6:30p.m.	\$17.40

## Stretch & Tone

15 years and up

Designed to enhance flexibility, body awareness and alignment 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	74233	Wed	Jul 3- 17	9:30-10:30a.m.	\$17.40
	74378	Wed	May 29-Jun 26	10:30-11:30a.m.	\$29.00
	74234	Fri	May 31-Jul 19	11:45a.m.-12:45p.m.	\$46.40
	74346	Wed	Aug 7-28	9:30-10:30a.m.	\$23.20
	74356	Fri	Aug 9-30	11:45a.m.-12:45p.m.	\$23.20

## SPRA Aqua Exercise Module

16 years and up

Many people are turning to the pool environment to enjoy the unique benefits of the water. Learn the properties of water and how exercise in the water differs from land-based exercise. This 20-hour practical course provides considerations required when planning and leading fitness classes for older adults. This course is based on FLC performance standards and guidelines. Topics covered include: use of equipment, pool organization, principles of water, effects on body movement, safety in the water environment and use of music.

**Prerequisite:** MUST have completed and passed Exercise Theory Module

LAC	73313	Fri Sat-Sun	Jun 14 Jun 15-16	4-9p.m 8:30a.m.-5:30p.m.	\$281.25
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## SPRA Exercise Theory Module

16 years and up

Exercise Theory is a prerequisite to all Certification modules and must be completed prior to taking any of the specialty modules. This course will give you the knowledge to proceed to the Certification Modules. You will learn the basic theory behind fitness classes including, leadership, health and fitness, anatomy, physiology, applied mechanics, principles of training, workout design and basic nutrition.

FLDH	73314	Thu-Fri Sat-Sun	Jun 6-7 Jun 8-9	5-9p.m. 8a.m.-5p.m.	\$332.75
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## 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 weights 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	73288	Mon	May 27-Jun 24	12:10-12:55p.m.	\$39.75
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## Walk 'n Workout

15 years and up

A beginner/moderate level class combining walking with various muscle strengthening and conditioning exercises.

NWLC	73721	Tue	Jul 9-30	9-10a.m.	\$23.20
	73794	Tue	Aug 6-27	9-10a.m.	\$23.20

## Yoga – Gentle

16 years and up

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

FLDH	73290	Mon	May 27-Jun 24	5:45-6:45p.m.	\$34.50
NWLC	73787	Wed	Jul 3-31	5:45-6:45p.m.	\$29.00
	73793	Wed	Aug 7-28	5:45-6:45p.m.	\$23.20
SSLC	74214	Tue	May 28-Jul 16	9:30-10:30a.m.	\$55.20
	74215	Tue	May 28-Jul 16	10:45-11:45a.m.	\$55.20
	74239	Mon	May 27-Jul 15	9:30-10:30a.m.	\$48.30
	74248	Mon	May 27-Jul 15	10:45-11:45a.m.	\$48.30
	74341	Tue	Aug 6-27	9:30-10:30a.m.	\$27.60
	74342	Tue	Aug 6-27	10:45-11:45a.m.	\$27.60
	74352	Mon	Aug 12-26	9:30-10:30a.m.	\$20.70
74353	Mon	Aug 12-26	10:45-11:45a.m.	\$20.70	

## 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	73291	Tue	May 28-Jun 25	10:30-11:30a.m.	\$39.75
	73343	Tue	Jul 16-Aug 27	10:30-11:30a.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	73292	Wed	May 29-Jun 26	6:45-7:45p.m.	\$39.75
	73344	Wed	Jul 17-Aug 28	6:45-7:45p.m.	\$55.65

## Sports

### Badminton – Adults

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 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	73811	Fri	Jun 14-Aug 16	6-7:30p.m.	\$87.00
	73822	Sat	Jun 15-Aug 17	6-7:30p.m.	\$87.00

### Tennis – Adult Level 1

16 years and up

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

FLDH	73816	Sat	Jun 15-Aug 24	12:15-1:15p.m.	\$65.25
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# Adult Swim is back at Lawson Aquatic Centre

**Tuesdays**  
**July 2 -**  
**August 13\***  
**7-9:30 p.m.**

\*no swim July 16<sup>th</sup>

Enjoy the hot tubs, pools, and even the third tower for the adventurous

A Leisure Swim for 18+



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 REGINA

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# Registered Older Adult Programs



## Legend

NWLC – North West Leisure Centre  
 SSLC – Sandra Schmirler Leisure Centre

### Programming Note

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

### 20/20/20 **AP**

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

NWLC	73788	Mon	Aug 12-26	9-10a.m.	\$34.80
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### 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	73785	Tue	Jul 9-30	10:15-11:15a.m.	\$23.20
	73786	Thu	Jul 4-Aug 1	10:15-11:15a.m.	\$29.00
	73792	Tue	Aug 6-27	10:30-11:30a.m.	\$23.20
	73798	Thu	Aug 8-29	10:30-11:30a.m.	\$23.20

### 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	74235	Wed	Jul 3-17	10:45-11:45a.m.	\$20.70
	74379	Wed	May 29-Jun 26	11:45a.m.-12:45p.m.	\$34.50
	74348	Wed	Aug 7-28	10:45-11:45a.m.	\$27.60





# 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](mailto:marisol.molinasmith@saskhealthauthority.ca)



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# Zone Board & Community Association Programs



## How To Register For Community Programs

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

For more information on community programs, contact:

### Central Zone

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

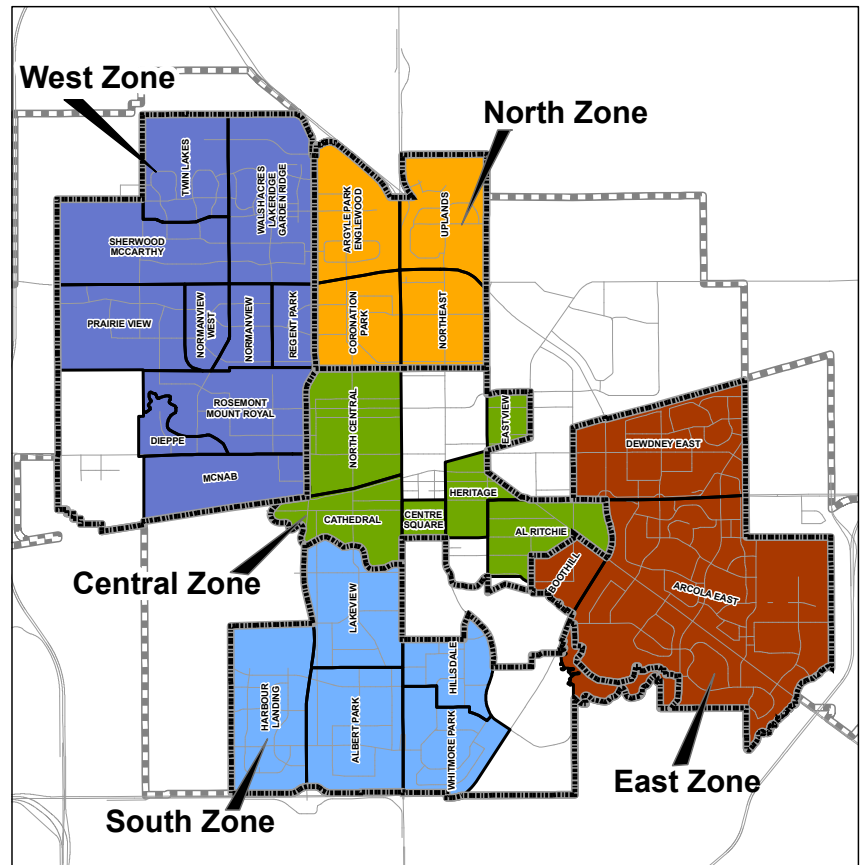
### East & South Zones

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

### North & West Zones

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

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



# Central Zone Board

**Contact:** Central Zone Board

**Email:** [qceca@hotmail.ca](mailto: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](http://alritchie.org)

**Contact:** 306-352-3930

**www.alritchie.org / Facebook.com/AlRitchieCommunityAssociation**

**Email:** [programs@alritchie.org](mailto:programs@alritchie.org)

**Registration Date:** Ongoing

**Registration Location:** 2250 Lindsay St.

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

Please note: Summer Jam will require registration for each child. If registering more than one child please contact us directly at 306-352-3931.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Second Chance Community Shop	All	Mon-Fri	Ongoing	10 a.m.-2 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Mosaic Pantry	All	Mon-Fri	Ongoing	10 a.m.-2 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
End of School BBQ	All	Sat	Jun 22	1-4 p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free
Community Clean Up	All	Sat	Aug 24	9 a.m.-3 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free

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

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Summer Jam	5-15 yrs	Mon-Fri	Jul 8-Aug 16	9 a.m.-4 p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	*Registration Required* \$50 – one week \$250 – full six weeks
Youth Mentorship Program	9-15 yrs	Thurs	Apr 4-Jun 27	6-8 p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free
Youth Drop-in Basketball	8-16 yrs	Wed	May 1-Jun 26	6-8 p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free
Jungle Gym	0-10 yrs	Mon	Weekly	10-11 a.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free Drop-in
Little Artists	0-10 yrs	Tues	Weekly	1-2 p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in

Fresh Air Friends	0-10 yrs	Tues	Weekly	2-3 p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in
Cookie Monsters	0-10 yrs	Wed	Weekly	1-2:30 p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in
Dance and Free Movement Fundamentals	5-12 yrs	Thurs	Apr 11-Jun 27	6:45-7:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Summer Jam	5-15 yrs	Mon-Fri	Jul 8-Aug 16	9 a.m.-4 p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	*Registration Required* \$50 – one week \$250 – full six weeks
Youth Drop-in Basketball	8-16 yrs	Wed	May 1-Jun 26	6-8 p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free
Youth Mentorship Program	9-15 yrs	Thurs	Apr 4-Jun 27	6-8 p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free
Dance & Free Movement Fundamentals	5-12 yrs	Thurs	Apr 20-Jun 22	6-6:45 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Home Alone/Babysitting Course	11+ yrs	Sat	Jun 15	8 a.m.	Al Ritchie Community Association 2250 Lindsay Street	\$50 per child

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Barre Fitness	18+	Thurs	Apr 20- Jun 22	7:30-8:15 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 drop in or \$20 for 5 classes
Pickleball	18+	Tue & Thu	Sep 30-Jun 27	11 a.m.-2 p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	\$2 Drop-in or \$20 Annually

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yang 85 Form Tai chi	18+	Sun	Sep 3-Jun 30	1-2:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$25
Chair yoga	55+	Fri	Sep 8-Jun 7	10-11:15 a.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free

**Cathedral Village Community Association** [cathedralvillage.org](http://cathedralvillage.org)

Contact: 306-569-8755

Registration Date: Online starting May 1, 2024

Email: [caca@sasktel.net](mailto:caca@sasktel.net)

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

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

See [cathedralvillage.org](http://cathedralvillage.org) for program descriptions.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Baby Group	All	Thu	Jun 6-Aug 29, excl Jul 18	1-2:30 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Self Defence	8+ yrs	Thu	May 30-Jun 27	7:30-8:30 p.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	Jun 6-Aug 29, excl Jul 18	1-2:30 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Self Defence	8+ yrs	Thu	May 30-Jun 27	7:30-8:30 p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Yes Theatre Camp	7-12 yrs	Mon-Fri	Jul 8-12	1-5 p.m.	Cathedral Neighbourhood Centre	\$90
Yes Theatre Camp	7-12 yrs	Mon-Fri	Jul 22-26	1-5 p.m.	Cathedral Neighbourhood Centre	\$90
Yes Theatre Camp	7-12 yrs	Mon-Fri	Jul 29-Aug 2	1-5 p.m.	Cathedral Neighbourhood Centre	\$90
Yes Theatre Camp	7-12 yrs	Mon-Fri	Aug 12-16	1-5 p.m.	Cathedral Neighbourhood Centre	\$90
Yes Theatre Camp	7-12 yrs	Mon-Fri	Aug 19-23	1-5 p.m.	Cathedral Neighbourhood Centre	\$90

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Self Defence	8+ yrs	Thu	May 30-Jun 27	7:30-8:30 p.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
Cathedral Sewing Circle	18+ yrs	Tue	Jun 4-Aug 27, excl Jul 16	7-9 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Jun 4-Aug 27	1-3 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Self Defence	8+ yrs	Thu	May 30-Jun 27	7:30-8:30 p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Jul 2-Aug 27, excl Jul 16 & Aug 6	5:45-7 p.m.	Cathedral Neighbourhood Centre	\$73
Yoga: Chair	18+ yrs	Tue	Jul 2-Aug 27, excl Jul 16 & Aug 6	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	\$66
Yoga: Yin	18+ yrs	Thu	Jul 4-Aug 29, excl Jul 18 & Aug 1	5:45-6:55 p.m.	Cathedral Neighbourhood Centre	\$73

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Jun 4-Aug 27	1-3 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership

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

**Contact:** Visit [Facebook.com/dcaregina](https://www.facebook.com/dcaregina) or 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](mailto:DCARegina@gmail.com) for more information or to volunteer.

## Heritage Community Association

heritagecommunityassociation.com

Contact: Wendy Miller

Registration Date: Ongoing

Email: [director@heritagecommunityassociation.com](mailto:director@heritagecommunityassociation.com)

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 (11th 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 for more information on our program offerings.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Mini Pantries	All Ages	Various	Ongoing		Heritage Community	Free
Art Park	All Ages	Various	Ongoing		11th Ave	Free
Community Gardens	All Ages	Various	Ongoing		Fire Hall No. 1	Free
Community Clean Up	All Ages	Saturday	Jun 1	9a.m.-12p.m.	1909 Ottawa St.	Free
Sum Theater	All Ages	Mon	Jun 24	7a.m.	Thomson Community School	Free
Community Kitchen	All Ages	Various	Call for more info	TBD	Mitakuyé Owás'á Centre	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
TaeKwonDo	9-12 yrs	Tue	Call for more info	TBD	Mitakuyé Owás'á Centre	Free
Nutrition Camp	9-12 yrs	Call for more info	TBD	TBD	Mitakuyé Owás'á Centre	Free
Let's Move	9-12 yrs	Call for more info	TBD	TBD	Mitakuyé Owás'á Centre	Free
Judo Pop Ups	9-12 yrs	Call for more info	TBD	TBD	Mitakuyé Owás'á Centre	Free

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Exercise	55+	Wed	Ongoing	TBD	Mitakuyé Owás'á Centre	Free

## North Central Community Association

Contact: Pat Faulconbridge

Registration Date: Continuous

Email: [exec.director@nccaregina.ca](mailto:exec.director@nccaregina.ca)

Registration Location: 306-791-9888 or [info@nccaregina.ca](mailto: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 residents can enjoy a positive quality of life.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion Fitness	Seniors	Tue	Apr 2-Jun 18	10:30 a.m.-12:30 p.m.	māmawēyatitān centre	Free
Walking Club	Adults	Wed & Fri	Year Round	8-9a.m.	māmawēyatitān centre	Free
Trauma-Informed Yoga with Shyla	Indigenous Adults	Tue	Apr 2-Jun 25	6:30-7:30 p.m.	māmawēyatitān centre	Free
NCCA Drop-In Basketball	Youth 14+ and Adults	Tue/Thu/Sat/Sun	Apr 2-Jun 27	8-10p.m.	māmawēyatitān centre	Free
NCCA Community Garden	All Ages	TBD	May-Aug	TBD -Posted on NCCA Facebook	māmawēyatitān centre	Free

Contact: Amanda/Tianna 306-525-4757

Registration Date: Ongoing – first come, first served

Email: [programs@eastviewregina.com](mailto: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 [programs@eastviewregina.com](mailto:programs@eastviewregina.com). The Eastview Community Centre is located at 615 6th Avenue. The Centre staff are on site from 9 a.m. to 6 p.m. every weekday. Call in as we add programs regularly.

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Stay and Play	Parent & Tot	Sun	Apr 28	3-5 p.m.	Eastview Community Centre	\$10 per tot
Eastview Clean-Up	All Ages	Sat	Jun 22	10 a.m.-3 p.m.	Eastview Community Centre	\$5 membership
Toddler Town (Monday)	18m and up	Mon	Apr 8-May 20	10-11 a.m.	Eastview Community Centre	\$65 for the eight weeks or \$10 drop-in per tot
Toddler Town (Tuesday)	18m and up	Tue	Apr 9-May 21	10-11 a.m.	Eastview Community Centre	\$65 for the eight weeks or \$10 drop-in per tot

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Toddler Town (Monday)	18m and up	Mon	Apr 8-May 20	10-11 a.m.	Eastview Community Centre	\$65 for the eight weeks or \$10 drop-in per tot
Toddler Town (Tuesday)	18m and up	Tue	Apr 9-May 21	10-11 a.m.	Eastview Community Centre	\$65 for the eight weeks or \$10 drop-in per tot
Stay and Play	Parent and Tot	Sun	Apr 28	3-5 p.m.	Eastview Community Centre	\$10 per tot

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	5 and up	Mon-Fri	Apr 1-May 28 (school days only)	3:30-5:15 p.m.	Eastview Community Centre	\$5 membership
MyTime	10-15 yrs	Wed	Feb 7-Apr 17	6-8:15 p.m.	Eastview Community Centre	\$5 membership
Drop In Summer Camp	6 and up	Mon-Fri	Jul 2-Aug 9	9-4 p.m.	Eastview Community Centre	Free. Limited Spots Available
Kids Cooking Class	8-15 yrs	Sat	Oct 5	10-2 p.m.	Eastview Community Centre	\$50
Kids Cooking Class	8-15 yrs	Sat	Nov 9	10-2 p.m.	Eastview Community Centre	\$50

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	5 and up	Mon- Fri	Apr 1-May 28 (school days only)	3:30-5:15 p.m.	Eastview Community Centre	\$5 membership
Home Alone/Babysitting Course	11 and up	Sat	May 11	8 a.m.	Eastview Community Centre	\$55 (Includes membership)
MyTime	10-15 yrs	Wed	Feb 7-Apr 17	6-8:15 p.m.	Eastview Community Centre	\$5 membership
Kids Cooking Class	8-15 yrs	Sat	Oct 5	10 a.m.-2 p.m.	Eastview Community Centre	\$50
Kids Cooking Class	8-15 yrs	Sat	Nov 9	10 a.m.-2 p.m.	Eastview Community Centre	\$50

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Eastview Clean-Up	All Ages	Sat	Jun 22	10 a.m.-3 p.m.	Eastview Community Centre	\$5 membership
Forever... in motion	All Ages	Thu	ends May 23	10-11 a.m.	Eastview Community Centre	\$5 membership

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Golden Hour Walk & Talk	55+	Fri	Apr 26-May 24	10-11 a.m.	Eastview Community Centre	\$5 membership
Eastview Clean-Up	All Ages	Sat	Jun 22	10 a.m.-3 p.m.	Eastview Community Centre	\$5 membership
Forever...in motion	All Ages	Thu	ends May 23	10-11 a.m.	Eastview Community Centre	\$5 membership
Seniors Dance	All Ages	TBD	TBD	TBD	Eastview Community Centre	\$5 membership

## East Zone

### East Zone Board eastzoneboard.com

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

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

### Arcola East Community Association aecaregina.com

**Contact:** Visit aecaregina.com **Registration Date:** Visit aecaregina.com  
**Email:** Visit aecaregina.com **Registration Location:** Visit aecaregina.com

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

Please visit the website for all programs.  
 Track hours are: Mon-Friday: 5:30a.m.-12:30p.m., 3:00p.m.-9:30pm  
 Sat: 5:30a.m.-9:30a.m. & 11:30a.m.-9:30p.m.  
 Sun: 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 purchase a community association membership. You can also choose our Evening Fitness Walk and walk Monday to Thursday January 9-April 6 from 6:00p.m.-8:30p.m. for \$35.  
 Purchase a track pass or join the Fitness Walk by phoning 525-3401, Box 1 or visit the office during hours of operation Monday-Thursday 6p.m.-8pm. 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.

### Boothill Community Association boothillca.com

**Contact:** Lorri Kudells **Registration Date:** Visit boothillcommunity.ca  
**Email:** boothillca@gmail.com **Registration Location:** Visit boothillcommunity.ca

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

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

### Dewdney East Community Association decaregina.ca

**Contact:** 306-789-6559 **Registration Date:** Visit decaregina.ca  
**Email:** info@decaregina.ca **Registration Location:** Glencairn Neighbourhood Centre – 2626 Dewdney Avenue E.

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, e-mail us at info@decaregina.ca or visit our website at www.decaregina.ca.

If you have City of Regina's Affordable Access, you may be eligible for discounts on our programs. Note: Age restrictions may apply to some programs. Registration is on a first-come basis.

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



# South Zone

## South Zone Recreation Board szrb.ca

**Contact:** Gerry Fincati, Chair, South Zone Recreation Board **Registration Date:** Contact the Program Coordinator listed below or at szrb.ca  
**Email:** gfincati@sasktel.net **Registration Location:** Contact the Program Coordinator listed below or at szrb.ca

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

All program participants must possess a Community Association Membership Card. If you don't have one, you can purchase one from our Program Co-ordinators for \$5.00/household.

- |   |  |
|---|--|
| Senior's Badminton ..... laurenmand@myaccess.ca | Seniors Pickleball ..... mrobb@sasktel.net           |
| Table Tennis..... reginatabletennis@sasktel.net | Rhythm E's Round Dance ..... r.hopkinson@sasktel.net |
| Senior's Bridge ..... rjczach@sasktel.net       | Community Gardens..... szcg@szcomgardens.com         |
| Tae Kwon Do ..... b.folktkd@hotmail.com         | Indoor Soccer ..... szindoorsoccer@outlook.com       |
| Dance ..... hutsolalla@gmail.com                | Heritage Fiddlers ..... lensmobile@hotmail.com       |

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis	7-13 yrs	Wed	Jul 3-Aug 20	5:30-7:15 p.m.	South Leisure Centre	\$200

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis	13 - 17 yrs	Wed	Jul 3-Aug 21	7:30-9:30pm	South Leisure Centre	\$200

Senior						
Activity	Ages	Day	Dates	Times	Location	Cost
SZ Senior Pickleball	55+	Mon-Fri	May 20-Sep 20	8 a.m.-12 p.m.	Lakeview Tennis Courts	\$50

## Albert Park Community Association albertpark.ca

**Contact:** albertpark.ca and Facebook **Registration Date:** Online Registration Open  
**Email:** info@albertpark.ca **Visit albertpark.ca or register at the first class if there is remaining space. No in-person registration night.**  
**Registration Location:** albertpark.ca

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

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

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

For full program details, descriptions and contact info, visit the APCA website at [www.albertpark.ca](http://www.albertpark.ca)

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Summer Market	All		Aug 10 & 11	11 a.m.-4 p.m.	Realtors Park/South Leisure Centre	Free
Cultural Evolution	All		Sep 6-8	TBD	Conexus Arts Centre	Free
Movie Night	All		Jun-Sep	Check website and social media		

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14yrs	Wed	Jul 10-Aug 28	6-7 p.m.	South Leisure Centre Gym	\$100

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14yrs	Wed	Jul 10-Aug 28	6-7 p.m.	South Leisure Centre Gym	\$100

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Floor Hockey	18+	Wed	May 8-Aug 28	8-10 p.m.	South Leisure Centre Gym	\$35 (Plus) \$5 membership for any new members.
HoopsFit	18+	Wed	Jul 10-Aug 28	7-8 p.m.	South Leisure Centre Gym	\$100

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14yrs	Wed	Jul 10-Aug 28	6-7 p.m.	South Leisure Centre Gym	\$100

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

**Contact:** [info@hlcaregina.com](mailto:info@hlcaregina.com) **Registration Date:** N/A  
**Email:** [info@hlcaregina.com](mailto:info@hlcaregina.com) **Registration Location:** N/A

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

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

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

- Projects we are working on:
- Programs & Activities for all ages
  - Branding & Awareness
  - Newsletter Development
  - Community Events
  - Website Development
  - Community Survey to determine priority of capital investment projects

We are looking for Directors to join our Board! If you are interested in learning more about how to join the HLCA Board, please reach out to [info@hlcaregina.com](mailto:info@hlcaregina.com).

Membership: \$5

**Hillsdale Community Association** **hillsdaleca.ca**

**Contact:** [programs@hillsdaleca.ca](mailto:programs@hillsdaleca.ca) **Registration Date:** See [hillsdaleca.ca](http://hillsdaleca.ca)  
**Email:** [programs@hillsdaleca.ca](mailto:programs@hillsdaleca.ca) **Registration Location:** Marion McVeety School Gym, 38 Turgeon Cresc.

Hillsdale is a vibrant community just south of Wascana Park and close to the University of Regina; more information about Hillsdale is available on the Hillsdale Community Association website ([hillsdaleca.ca](http://hillsdaleca.ca)). Additional program details will be available on the HCA website (click on the newsletter link), including dates that are not available for a particular program.

**Lakeview Community Association** **lcaregina.ca**

**Contact:** **Chelsea Brown** **Registration Date:** Please check our website for details  
**Email:** [lcaprograms306@gmail.com](mailto:lcaprograms306@gmail.com) **Registration Location:** Please check our website for details

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

Contact: [programs@whitmorepark.ca](mailto:programs@whitmorepark.ca)  
 Email: [programs@whitmorepark.ca](mailto: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](http://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.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Outdoor T-Ball	2-3	Wed	Jul 3-Aug 21	6-6:30 pm	South Ball Diamonds	\$55
Outdoor T-Ball	4-6	Wed	Jul 3-Aug 21	6:45-7:30 pm	South Ball Diamonds	\$55

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Outdoor Softball	4-6	Wed	Jul 3-Aug 21	6:45-7:30 pm	South Ball Diamonds	\$55

## North Zone

### North Zone Board

Contact: Please contact the groups below directly  
 Email: [northzoneregina@gmail.com](mailto: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 will start Aug 1, 2024. Registration information will be posted on the Soccer website [www.soccerregina.ca](http://www.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: **For the Soccer program: Updates are posted to our website [www.soccerregina.ca](http://www.soccerregina.ca) as new information is available.**

**HeARTland Artists' Guild – 'Acrylic Landscape – Rocks & Waterfalls' classes** – All materials will be provided. To register for the 'Acrylic Landscape – Rocks & Waterfalls', contact Janet at 306-522-4175 or [janet.klock@sasktel.net](mailto:janet.klock@sasktel.net) to register. Maximum number of participants is 10.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer	4U	Sat	Oct to Mar	TBD	TBD	\$90

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Soccer	6U	Sat	Oct to Mar	TBD	TBD	\$90
Soccer	8U	Sat	Oct to Mar	TBD	TBD	\$110
Soccer	10U	Sat	Oct to Mar	TBD	TBD	\$110
Soccer	12U	Sat	Oct to Mar	TBD	TBD	\$130

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Acrylic Landscape – Rocks & Waterfalls	16+	Sat & Sun	Jun 15 & 16	1-4p.m. each day	Uplands Community Centre	\$70

## Argyle North Community Association

[ancaregina.ca](http://ancaregina.ca)

**Contact:** Argyle North Community Association  
 35 Davin Cres or 306-543-5653  
**Email:** [programs@ancaregina.ca](mailto:programs@ancaregina.ca)

**Registration Date:** Online preferred but office staff will be able to take registrations as well.  
**Registration Location:** Online at [ancaregina.ca](http://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.

## Coronation Park Community Association

[coronationparkcommunityassociation.com](http://coronationparkcommunityassociation.com)

**Contact:** 306-545-4652  
**Email:** [coronationpark.ca@gmail.com](mailto:coronationpark.ca@gmail.com)

**Registration Date:** Contact the zone or association directly  
**Registration Location:** By phone or email

All programming requires pre-registration including Family Night Activities.

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

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

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

## North East Community Association

[rneca.com](http://rneca.com)

**Contact:** Community Association: 306-501-2406  
 Community Centre Rental: 306-347-8299  
**Email:** [info@rneca.com](mailto:info@rneca.com)

**Registration Date:** See Facebook page, [rneca.com](http://rneca.com) or email for details  
**Registration Location:** North East Community Centre, 200 Broad St. (connected to back of Imperial School)

All programming requires pre-registration including Family Night Activities.

If you would like more information about programs, would like to advertise in our monthly newsletter or volunteer some time please contact us. For registration give us a call, email or apply using the form on the website and we will be happy to help.

Follow RNECA on Facebook or at [www.reneca.com](http://www.reneca.com) for program information. Watch for the North East News for activities within the Community.

All programs require a community membership. Cost \$5.00 per year per Family.

## Uplands Community Association

[uplandscommunity.ca](http://uplandscommunity.ca)

**Contact:** 306-545-6492  
**Email:** [katelynnmichelle.holistic@outlook.com](mailto:katelynnmichelle.holistic@outlook.com)

**Registration Date:** Contact the zone or association directly  
**Registration Location:** Uplands Community Centre, 20 Weekes Crescent

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

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

# West Zone

## West Zone Board westzoneboard.ca

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

**Affiliate Contact Information**

- Regina West Zone Community Soccer Association – rwcsa.ca
- Regina North West Sports Association – rnwsa.ca

West Zone Taekwon-do – Offers Taekwon-do for all ages and provides three lessons for free for those who wish to try it out. For further information, please email wztaekwondo@gmail.com or visit them on Facebook.

For information about the West Zone Board, 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 Sept 1, 2023 to Aug 31, 2024.

## Dieppe-Westerra Community Association dieppeplace.org

**Contact: Hannah Jamieson**  
**Email: DWCA.media@gmail.com / hanahmary79@gmail.com**

**Registration Date: Sunday, April 21**  
**Registration Location: 145 Dorothy Street**

Community Association Membership Required (\$10) for all activities including Drop in.

### Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Yoga for Young Humans 9 sessions	8-18 yrs+	Sun	Apr 21-Jun 23	12:45-1:30 p.m.	Dieppe School-145 Dorothy St.	Free
Flow Yoga Stretch & build Strength9 sessions	15 yrs+	Sun	Apr 21-Jun 23	11:30 a.m.-12:30 p.m.	Dieppe School-145 Dorothy St.	\$90 Drop in \$15
Art -Adult Drawing & Painting 9 sessions	15 yrs+	Wed	Apr 24-Jun 19	7-8:30 p.m.	Dieppe School-145 Dorothy St.	\$180 Art supplies TBA

### Children

Activity	Ages	Day	Dates	Times	Location	Cost
Art-Drawing & Painting sessions	8-14yrs	Wed	Apr 24-Jun 19	5:45-6:45 p.m.	Dieppe School-145 Dorothy St.	\$120 Art Supplies TBA
Karate	3+	Mon	Ongoing until Jun 17	6-7 p.m.	Dieppe School-145 Dorothy St.	Free w/DWCA membership

### Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Kettlebell Mobility Beginner & All levels 9 sessions	18+	Sun	Apr 21-Jun 23	10:30 a.m.	Dieppe School-145 Dorothy St.	\$113 Drop in \$15
Kettlebell Mobility Beginner & All levels 9 sessions	18+	Thu	Apr 25-Jun 20	6:30-7:15 p.m.	Dieppe School-145 Dorothy St.	\$113 Drop in \$15
Yoga Gentle Relax & Stretch 7 sessions	18+	Tue	Apr 23-Jun 4	6:30-7:30 p.m.	Dieppe School-145 Dorothy St.	\$70 Drop in \$15

## McNab Community Association

[mcnabcommunity.com](http://mcnabcommunity.com)

**Contact:** McNab Community Association  
**Email:** [mcnabca@sasktel.net](mailto: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.

We have many crafts, science and other fun outdoor activities being posted to the McNab Facebook page. Follow us there so you don't miss any of the updates on these activities (These are for all different age groups). Visit [mcnabcommunity.com](http://mcnabcommunity.com) or follow us on Facebook and Instagram at McNabCommunity for up to date information.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Community BBQ	All Ages	Sat	Jun 15	11 a.m.-1 p.m.	McNab Park	TBD
Pop Up Market	All Ages	Sat	Jul 27	10 a.m.-3 p.m.	McNab Park	N/A

## Normanview Residents Group

[nrgi.ca](http://nrgi.ca)

**Contact:** [nrgi.ca](http://nrgi.ca)  
**Email:** [2023nrgi@gmail.com](mailto:2023nrgi@gmail.com)

**Registration Date:** Check the calendar on our website [NRGI.ca](http://NRGI.ca)  
**Registration Location:** Check the calendar on our website [NRGI.ca](http://NRGI.ca)

Normanview Residents Group (NRGI) is the registered non-profit community association for Normanview. All Regina residents are welcome to participate in any program with a current Community Association Membership. Memberships can be purchased on registration day or on our website [WWW.NRGI.CA](http://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](http://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](http://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](mailto: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
Clean-up in the Parks	All Ages	Sun	May 26	9 a.m.-1 p.m. BBQ to follow	Ken Jenkins Park	Free
Community Garage Sale	All Ages	Fri, Sat, Sun	Jun 7, 8, 9	All Day	Throughout Normanview	Free
Family Fun in the Sun	All Ages	Sun	TBA	TBA	TBA	Free
Little Free Library	All Ages	All	All	All	Throughout Normanview	Free

## Normanview West Community Association

[nwcaregina.com](http://nwcaregina.com)

**Contact:** [nwcaregina.com](http://nwcaregina.com)  
**Email:** [nwcaregina@gmail.com](mailto:nwcaregina@gmail.com)

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

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

We encourage you to reach out to us on Facebook ([@NWCCommunityAssoc](https://www.facebook.com/NWCCommunityAssoc)) if you have any suggestions or are able to run a new program! All residents are invited and encouraged to join board meetings as members at large. Visit our new website often for up-to-date info at [nwcaregina.com](http://nwcaregina.com).

**Contact:** Riley  
**Email:** pvca@sasktel.net

**Registration Date:** Wed, Jan 11 from 7-8 p.m.  
**Registration Location:** McLurg School, 125 Paynter Crescent

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

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

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

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

Regent Park Community Association

facebook.com/regentparkca

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

**Registration Date:** see Facebook  
**Registration Location:** see Facebook

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
Forever in Motion	55+	Tue	May 7-Jun 11	10:30-11:30 a.m.	St. James United Church 4506 Sherwood Drive	Free w/membership

Rosemont/Mount Royal Community Association

rmrca.com

**Contact:** Theresa Porter  
**Email:** rmrca@myaccess.ca

**Registration Date:** Visit rmrca.com  
**Registration Location:** Online: rmrca.com  
 In-Person: Rosemont Community School, 841 Horace St

The Rosemont Mount Royal Community Association (RMRCA) consists of approximately 4,000 households. Come out and learn what your Community Association is all about. Meetings are held the first Tuesday of each month, September through June, email 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.

Sherwood Estates/Mccarthy Park Community Association

semp.ca

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

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

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

## Twin Lakes Community Association

tlca.ca

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

**Registration Date:** Visit [tlca.ca](http://tlca.ca)  
**Registration Location:** Visit [tlca.ca](http://tlca.ca)

2024-25 Membership Registration available from August 1, 2024 to July 31, 2025.

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

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

**Please Note:** For community updates, like/follow us on Facebook: Twin Lakes Community Association, Instagram: cheertlca or dancetlca

## Walsh Acres/Lakeridge/Gardenridge Community Association

walgr.com

**Contact:** Doreen Patel  
**Email:** walgr.programs@gmail.com

**Registration Date:** Visit [walgr.com](http://walgr.com)  
**Registration Location:** Visit [walgr.com](http://walgr.com)

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 card can be purchased from Terry Michell for \$5. Email: walgr.memberships@gmail.com or Phone: 306-539-3319.

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

For Multi-Sport, please contact Tina, email tinak@sportball.ca

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!



Waste Management Centre  
**Learn More About Waste and Water**



Group bookings now available!

[Regina.ca/educationroom](http://Regina.ca/educationroom)

