Leisure Guide

Summer 2025

Registration dates:

Residents - May 13 Non-Residents - May 15





When does registration start?

Regina residents:

Tuesday, May 13

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

Non-residents:

Thursday, May 15

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

easy ways to register



Online Registration

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



Call 306-777-PLAY (7529)

PlayLine operating hours:

Monday – Friday: 9 a.m. – 8 p.m. Saturday – Sunday: 9 a.m. – 7 p.m. Statutory holidays: 1:30 – 3:30 p.m. Deaf and Hard of Hearing residents are encouraged to phone the PlayLine number using CRV Canada VRS.

Make sure you create your

online account before

registration day!



Visit a Facility



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

Program Cancellations, Withdrawals, Transfers & Late Registrations

Cancellations

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

Withdrawals

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

Transfers

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

Late Registrations

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

See full details at Regina.ca/recreation.

Payment Methods

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

Table of Contents

Recreation For All



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

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

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

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

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).

	3	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
H-	North West Leisure Centre 306-777-7529 1127 Arnason St.	(250)		2							•
/ WEST	North East Community Centre 306-347-8299 160 Broad St.	(150)		•		•	•		•	•	
NORTH	Uplands Community Centre 306-949-5137 20 Weekes Cr.	(150)			•		•		•		
Z	Argyle Park Community Centre 306-543-5653 35 Davin Cr.	(250)		2	•		•		•		
SOUTH	South Leisure Centre 306-777-7031 170 Sunset Dr.	(290)		2	•		•	•	•		•
	mâmawêyatitân centre 306-777-7033 3355 6th Ave.	2 (300)		10	2		•	•	•		•
	Cathedral Neighbourhood Centre 306-777-7034 2900 13th Ave.	(150)			•	•	•		•	•	
CENTRAL	Core Ritchie Neighbourhood Centre 306-777-7080 445 14th Ave.	(300)			•	•	•		•		•
	Eastview Community Centre 306-525-4757 615 6th Ave.	(250)	•						•		
	Mitakuyé Owâs'ā Centre 306-777-7135 1770 Halifax St.	(300)		•		•	•		•		•
EAST	Glencairn Neighbourhood Recreation Centre 306-777-7747 2626 Dewdney Ave. E	(300)	•			•			•		•
E/	Arcola East Community Centre 306-525-3401 3860 Buckingham Dr. E.	(75)					•				

Free Children's Summer Program

July 7 – Aug 15

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.









Get fit, get creative, have fun!

Registered programs

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

Drop-in activities and fitness

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

NEIL BALKWILL CIVIC ARTS CENTRE

2420 Elphinstone St. 306-777-PLAY (7529) 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:

June 30 - 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 4)



NORTH WEST LEISURE CENTRE

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



Facility hours:

June 9 - August 31

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 August 4-31 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:

Fieldhouse

June 9 - September 1

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.

The Lawson Aquatic Centre will be closed for annual maintenance August 18-September 28 inclusive. The Lawson Strength & Conditioning area will be closed August 18-24. The Field-

house will be closed for annual maintenance July 21-August 3 inclusive.

- 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 9 - August 31

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 June 23-August 3 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

Open June 5:

Wascana Pool 2400 Wascana Dr.

*Opening dates are subject to change.

Open June 12:

Buffalo Meadows Pool 1401 Montague St.

Maple Leaf Pool 1104 14th Ave.

Massey Pool 100 Massey Rd.

Regent Pool 3600 McKinley Ave.

Admission is free at Buffalo Meadows Pool and Maple Leaf Pool

Spray Pads

Central Regina

Kinsmen Park North Pasqua St. and 2nd Ave.

Gocki Park Lindsay St. and 14th Ave.

Eastview Park 4th Ave. and Broder St.

Wascana Pool 2400 Wascana Dr.

East Regina

Glen Elm Park Bond St. and 9th Ave

Parkridge Park
7th Ave. and Wadey Cres.

Queen Elizabeth Jubilee Park

McKay St. and 18th Ave.

Sandra Schmirler Leisure Centre

3130 East Woodhams Dr.

Varsity Park
Phillip Rd. and Pederson
Cres.

South Regina

Kinsmen Park South Westgate Ave. and Kings Rd.

Closed for renovations – reopening in 2026!

South Leisure Centre 170 Sunset Dr.

North Regina

Imperial Park
Rose St. and 3rd Ave. N

West Regina

Maple Ridge Park Maple Ridge Dr.

North West Leisure Centre 1127 Arnason St.

Rick Hansen Optimist Playground 1010 McCarthy Blvd.

Rosemont Park
Grace St. and 6th Ave.

Spray pads are a great water play experience and an easy way to cool off all summer long!

Open daily from 9 a.m. to 8 p.m., starting May 23 to mid-September (weather permitting). Visit Regina.ca/spraypads for more information.



Wascana Pool

June 5-26

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7a.m7:45p.m.						
Free Swim		5–7:50p.m.			9–11a.m.		
Leisure Swim	12–6p.m.	12–5p.m.	12-7:50p.m.	12–6p.m.	12-7:50p.m.	12-7:50p.m.	12–7:50p.m.
Family Swim				6–7:50p.m.			
Toonie Teen Swim	6–7:50p.m.						

[•] Waterslides close 20 minutes prior to end of Leisure Swim. • 25-Metre Lap Pool closes 5 minutes prior to end of Leisure Swim.

June 27-56	eptember 1						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7a.m7:45p.m.						
Free Swim		5-7:50p.m.			9-11a.m.		
Aquacise	9-9:45a.m.		9-9:45a.m.				
Against the Flow Water Running	10-10:45a.m.		10-10:45a.m.				
Preschool Swim					11a.m12p.m.		
Laisura Swim	12_6n m	12_5n m	12_7·50n m	12_6n m	12_7·50n m	12_7·50n m	12_7·50n m

6-7:50p.m.

September 2-21

6-7:50p.m.

Family Swim

Toonie Teen

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	10a.m6p.m.						
Leisure Swim	12-6p.m.						

Wascana Pool Special Events | Thursdays • 8-10 p.m.

June 26 – Pride Swim

Celebrate love, joy, and community! Join us for a vibrant evening of chalk painting, poolside fun, and plenty of Pride spirit!

July 10 – Game Night

Ready to play? Dive into an evening of outdoor board games and water challenges! Bring your game face!

July 24 – Lifesaving Sport Clinic

Curious about Lifesaving Sport? Come learn the ropes, show off your skills, and enjoy some friendly (and splashy) competition!

August 21 – Movie Night

Lights, camera, floaties! Bring your snacks and a comfy chair for an outdoor movie experience under the stars. (Reminder: snacks stay poolside!)

August 28 – Glow Night

End the summer with a glow-up! Everyone gets an LED gift to light up the night. (Heads up – not for in-pool use!)

Included with General Admission - Don't miss the splash-tacular fun!



[•] Waterslides close 20 minutes prior to end of Leisure Swim. • 25–Metre Lap Pool closes 5 minutes prior to end of Leisure Swim.

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



A City of Regina Leisure Pass provides you:

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

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



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

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

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

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





Swim for Life Aquatic Registration Guidelines

Under Age 3 (with caregiver in the water):

Age	Register in:
4–12 months	Parent & Tot 1
12–24 months	Parent & Tot 2
24–36 months	Parent & Tot 3

Ages 3 to Under 5 (without caregiver in the water):

If your child is not able to perform the skills listed, register for level above.

If Your Child Can	Register in:					
✓ Enter/move in the water without caregiver and is 3+ years of age	Preschool 1					
✓ Enter/exit shallow water ✓ Jump into chest deep water (assisted) ✓ Put face in water ✓ Front/back floats and glides	Preschool 2					
✓ Enter/exit with PFD ✓ Jump into chest deep (unassisted) ✓ Submerge & exhale ✓ Front/back floats & glides with PFD ✓ Flutter kick	Preschool 3					
✓ Jump into deep water with PFD ✓ Hold breath, retrieve object ✓ Back float, roll & swim 3m ✓ Glides & flutter kick	Preschool 4					
✓ Jump into deep water ✓ Tread, side entries, open eyes underwater ✓ Roll to back swim 5m ✓ Glide on side 3m, front crawl with PFD	Preschool 5					

Need Help Choosing the Right Level?

Ask a lifeguard about a Swim Evaluation at your next Leisure Swim at:

- Lawson Aquatic Centre
- · Sandra Schmirler Leisure Centre
- North West Leisure Centre

Ages 5+ (Swimmer Levels):

If your child is not able to perform the skills listed, register for level above.

If Your Child	Register in:
✓ Is 5–12 & just starting out	Swimmer 1
✓ Is 8–14 & just starting out	Youth Swimmer 1
✓ Jump into deep water with PFD ✓ Tread water, submerge, exhale ✓ Front/back floats, flutter kick, front crawl	Swimmer 2 / Youth Swimmer 2 (8-14 years)
✓ Side entries with PFD ✓ Tread 15 sec, retrieve object ✓ Flutter/whip kick ✓ Swim 10m front/back crawl	Swimmer 3 / Youth Swimmer 3 (8-14 years)
✓ Kneeling dives, rolls, somersaults✓ Tread 30 sec✓ Swim 15m front/back crawl	Swimmer 4 / Youth Swimmer 4 (8-14 years)
✓ Swim to Survive (roll, tread 1 min, swim 50m) ✓ Dives, underwater swim ✓ 25m front/back crawl	Swimmer 5
✓ Dives, tuck jumps, eggbeater, scissor kick ✓ 25m breaststroke ✓ 50m front/back/head-up crawl ✓ 4x50m intervals	Swimmer 6

Advanced Programs (Typically Age 10+):

Autuneeur regrams (rypicumy Age 10.).				
If your child is 8+ and can perform the following skills:	Register in:			
✓ Stride entries, compact jumps ✓ Legs only surface support for 45 sec ✓ 25m breaststroke ✓ 100m front crawl, back crawl and head up front crawl ✓ 300m workout	Rookie Patrol			
 ✓ Front crawl, back crawl, and breaststroke over 50m each ✓ Timed 100m swims ✓ 350m workouts 	Ranger Patrol			
 ✓ Front crawl, back crawl, and breaststroke over 75m each ✓ 100m lifesaving medley ✓ Timed 200m swims 	Star Patrol			

Adult Swimming Lessons are Available Too!



How to Become a Lifeguard/ Swimming Instructor

Bronze Star Course

(Recommended)
Must have completed Swimmer 6

Bronze Medallion Course

Must have completed Bronze Star OR minimum of 13 years old

Bronze Cross Course

Must have completed Bronze Medallion

Lifeguard Stream

Instructor Stream

Standard First Aid/CPR 'C' & AED Course

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

National Lifeguard

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



'Swim for Life' Instructor Course

*Must be 15 years old

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

Visit **Regina.ca/careers** to apply today!





Legend

LAC - Lawson Aquatic Centre

MOP - Massey Outdoor Pool

NWLC - North West Leisure Centre

ROP – Regent Outdoor Pool

SSLC - Sandra Schmirler Leisure Centre

WOP - Wascana Outdoor Pool

Preschool Aquatics - Lifesaving Swim for Life

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

Parent & Tot 1

4-12 months

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

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

LAC	78342	Mon-Thu	Jun 9-19	4:55-5:25p.m.	\$56.00
	78363	Mon-Thu	Jun 23-Jul 3	4:55-5:25p.m.	\$49.00
	78576	Mon-Fri	Jul 7-18	10:10-10:40a.m.	\$70.00
	78687	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
	78689	Mon-Thu	Jul 21-31	5:55-6:25p.m.	\$56.00
	78780	Mon-Fri	Aug 5-15	9:45-10:15a.m.	\$63.00
NWLC	78758	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
	78851	Mon-Fri	Jul 7-18	4-4:30p.m.	\$70.00
	78871	Mon-Fri	Jul 21-Aug 1	9:10-9:40a.m.	\$70.00
SSLC	78910	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
	78938	Mon-Fri	Aug 5-15	9:45-10:15a.m.	\$63.00
	78939	Mon-Fri	Aug 5-15	5:10-5:40p.m.	\$63.00

SSLC	79007	Mon-Fri	Aug 18-29	11-11:30a.m.	\$70.00
	79008	Mon-Fri	Aug 18-29	11:15-11:45a.m.	\$70.00
	79009	Mon-Fri	Aug 18-29	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	78361	Mon-Thu	Jun 23-Jul 3	6:20-6:50p.m.	\$49.00
	78577	Mon-Fri	Jul 7-18	9:40-10:10a.m.	\$70.00
	78578	Mon-Thu	Jul 7-17	5:35-6:05p.m.	\$56.00
	78688	Mon-Thu	Jul 21-31	4:55-5:25p.m.	\$56.00
	78781	Mon-Thu	Aug 5-14	6:10-6:40p.m.	\$49.00
MOP	79084	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
NWLC	78734	Mon-Fri	Jun 9-20	5:55-6:25p.m.	\$70.00
	78759	Mon-Fri	Jun 23-Jul 4	4-4:30p.m.	\$63.00
	78811	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00
	78852	Mon-Fri	Jul 7-18	5:55-6:25p.m.	\$70.00
	78872	Mon-Fri	Jul 21-Aug 1	9:40-10:10a.m.	\$70.00
	78873	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
SSLC	78911	Mon-Fri	Jun 9-20	6-6:30p.m.	\$70.00
	78940	Mon-Fri	Aug 5-15	10:10-10:40a.m.	\$63.00
	78941	Mon-Fri	Aug 5-15	11:40a.m12:10p.m.	\$63.00
	78942	Mon-Fri	Aug 5-15	4-4:30p.m.	\$63.00
	78943	Mon-Fri	Aug 5-15	5:55-6:25p.m.	\$63.00
	79010	Mon-Fri	Aug 18-29	11:05-11:35a.m.	\$70.00
	79011	Mon-Fri	Aug 18-29	6-6:30p.m.	\$70.00
WOP	78208	Mon-Thu	Aug 5-14	10-10:30a.m.	\$49.00
WOP	79011	Mon-Fri	Aug 18-29	6-6:30p.m.	\$70.00

Parent & Tot 3

24-36 months

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

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

LAC	78362	Mon-Thu	Jun 23-Jul 3	6:05-6:35p.m.	\$49.00
	78574	Mon-Fri	Jul 7-18	9-9:30a.m.	\$70.00
	78575	Mon-Thu	Jul 7-17	4:55-5:25p.m.	\$56.00
	78690	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
	78782	Mon-Fri	Aug 5-15	9:10-9:40a.m.	\$63.00
MOP	78297	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
NWLC	78735	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
	78760	Mon-Fri	Jun 23-Jul 4	5:45-6:15p.m.	\$63.00
	78812	Mon-Fri	Jul 7-18	10:55-11:25a.m.	\$70.00
	78894	Mon-Fri	Jul 21-Aug 1	6-6:30p.m.	\$70.00
SSLC	78944	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
	79012	Mon-Fri	Aug 18-29	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	78348	Mon-Thu	Jun 9-19	5:35-6:05p.m.	\$56.00
	78364	Mon-Thu	Jun 23-Jul 3	5:30-6p.m.	\$49.00
	78579	Mon-Fri	Jul 7-18	10:40-11:10a.m.	\$70.00
	78691	Mon-Thu	Jul 21-31	5:35-6:05p.m.	\$56.00
	78783	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
	78784	Mon-Thu	Aug 5-14	5:05-5:35p.m.	\$49.00
МОР	78253	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
	78278	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00
NWLC	78736	Mon-Fri	Jun 9-20	4:40-5:10p.m.	\$70.00
	78761	Mon-Fri	Jun 23-Jul 4	4-4:30p.m.	\$63.00
	78813	Mon-Fri	Jul 7-18	9:45-10:15a.m.	\$70.00
	78814	Mon-Fri	Jul 7-18	11:30a.m12p.m.	\$70.00
	78853	Mon-Fri	Jul 7-18	4:40-5:10p.m.	\$70.00
	78875	Mon-Fri	Jul 21-Aug 1	9:10-9:40a.m.	\$70.00
	78874	Mon-Fri	Jul 21-Aug 1	10:15-10:45a.m.	\$70.00
	78895	Mon-Fri	Jul 21-Aug 1	4:45-5:15p.m.	\$70.00
ROP	79118	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
	79131	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
SSLC	78912	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
	78913	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
	78946	Mon-Fri	Aug 5-15	9-9:30a.m.	\$63.00

SSLC	78945	Mon-Fri	Aug 5-15	11:45a.m12:15p.m.	\$63.00
	78949	Mon-Fri	Aug 5-15	4-4:30p.m.	\$63.00
	78948	Mon-Fri	Aug 5-15	4:30-5p.m.	\$63.00
	78947	Mon-Fri	Aug 5-15	5:55-6:25p.m.	\$63.00
	79013	Mon-Fri	Aug 18-29	11:40a.m12:10p.m.	\$70.00
	79015	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00
	79014	Mon-Fri	Aug 18-29	4:35-5:05p.m.	\$70.00
WOP	78197	Mon-Thu	Jul 21-31	10:35-11:05a.m.	\$56.00

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	78349	Mon-Thu	Jun 9-19	6:05-6:35p.m.	\$56.00
	78365	Mon-Thu	Jun 23-Jul 3	6:40-7:10p.m.	\$49.00
	78580	Mon-Thu	Jul 7-17	5:30-6p.m.	\$56.00
	78692	Mon-Fri	Jul 21-Aug 1	9:35-10:05a.m.	\$70.00
	78693	Mon-Thu	Jul 21-31	6:05-6:35p.m.	\$56.00
	78785	Mon-Thu	Aug 5-14	5:40-6:10p.m.	\$49.00
MOP	78257	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
	78275	Mon-Fri	Jul 21-Aug 1	10:45-11:15a.m.	\$70.00
	78291	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
	79086	Mon-Fri	Aug 18-29	10:35-11:05a.m.	\$70.00
NWLC	78737	Mon-Fri	Jun 9-20	5:50-6:20p.m.	\$70.00
	78762	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
	78763	Mon-Fri	Jun 23-Jul 4	5:45-6:15p.m.	\$63.00
	78815	Mon-Fri	Jul 7-18	9:05-9:35a.m.	\$70.00
	78816	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00
	78855	Mon-Fri	Jul 7-18	4-4:30p.m.	\$70.00
	78854	Mon-Fri	Jul 7-18	5:50-6:20p.m.	\$70.00
	78856	Mon-Fri	Jul 7-18	5:15-5:45p.m.	\$70.00
	78877	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
	78876	Mon-Fri	Jul 21-Aug 1	11:30a.m12p.m.	\$70.00
	78896	Mon-Fri	Jul 21-Aug 1	5:15-5:45p.m.	\$70.00
ROP	79123	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00
	79141	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
SSLC	78914	Mon-Fri	Jun 9-20	5:10-5:40p.m.	\$70.00
	78915	Mon-Fri	Jun 9-20	6-6:30p.m.	\$70.00
	78950	Mon-Fri	Aug 5-15	9-9:30a.m.	\$63.00
	78951	Mon-Fri	Aug 5-15	10:20-10:50a.m.	\$63.00
	78952	Mon-Fri	Aug 5-15	4:45-5:15p.m.	\$63.00
	78953	Mon-Fri	Aug 5-15	5:20-5:50p.m.	\$63.00
	79016	Mon-Fri	Aug 18-29	9:35-10:05a.m.	\$70.00
	79017	Mon-Fri	Aug 18-29	10:40-11:10a.m.	\$70.00
	79018	Mon-Fri	Aug 18-29	5:10-5:40p.m.	\$70.00
	79019	Mon-Fri	Aug 18-29	6-6:30p.m.	\$70.00
WOP	78176	Mon-Thu	Jul 7-17	10:55-11:25a.m.	\$56.00
	78203	Mon-Thu	Aug 5-14	10:55-11:25a.m.	\$49.00

Preschool 3 3-5 years

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

LAC	78350	Mon-Thu	Jun 9-19	5:25-5:55p.m.	\$56.00
	78368	Mon-Thu	Jun 23-Jul 3	5:35-6:05p.m.	\$49.00
	78581	Mon-Fri	Jul 7-18	11:15-11:45a.m.	\$70.00
	78582	Mon-Thu	Jul 7-17	5:35-6:05p.m.	\$56.00
	78694	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
	78695	Mon-Thu	Jul 21-31	6:30-7p.m.	\$56.00
	78786	Mon-Fri	Aug 5-15	10:30-11a.m.	\$63.00
	78787	Mon-Thu	Aug 5-14	5-5:30p.m.	\$49.00
MOP	78265	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
	78276	Mon-Fri	Jul 21-Aug 1	11:20-11:50a.m.	\$70.00
	78296	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
	79087	Mon-Fri	Aug 18-29	10:35-11:05a.m.	\$70.00
NWLC	78738	Mon-Fri	Jun 9-20	5:10-5:40p.m.	\$70.00
	78764	Mon-Fri	Jun 23-Jul 4	5:15-5:45p.m.	\$63.00
	78765	Mon-Fri	Jun 23-Jul 4	5:55-6:25p.m.	\$63.00
	78817	Mon-Fri	Jul 7-18	10:10-10:40a.m.	\$70.00
	78818	Mon-Fri	Jul 7-18	10:50-11:20a.m.	\$70.00
	78857	Mon-Fri	Jul 7-18	5:10-5:40p.m.	\$70.00
	78878	Mon-Fri	Jul 21-Aug 1	10:20-10:50a.m.	\$70.00
	78897	Mon-Fri	Jul 21-Aug 1	4-4:30p.m.	\$70.00
ROP	79142	Mon-Fri	Aug 5-15	11:20-11:50a.m.	\$63.00
SSLC	78916	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
	78917	Mon-Fri	Jun 9-20	5:25-5:55p.m.	\$70.00
	78955	Mon-Fri	Aug 5-15	9:35-10:05a.m.	\$63.00
	78956	Mon-Fri	Aug 5-15	11:40a.m12:10p.m.	\$63.00
	78958	Mon-Fri	Aug 5-15	4:15-4:45p.m.	\$63.00
	78957	Mon-Fri	Aug 5-15	6-6:30p.m.	\$63.00
	79021	Mon-Fri	Aug 18-29	9:35-10:05a.m.	\$70.00
	79020	Mon-Fri	Aug 18-29	10:30-11a.m.	\$70.00
	79022	Mon-Fri	Aug 18-29	11:30a.m12p.m.	\$70.00
	79023	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00
	79024	Mon-Fri	Aug 18-29	5:25-5:55p.m.	\$70.00
WOP	78189	Mon-Thu	Jul 21-31	11:20-11:50a.m.	\$56.00
	78199	Mon-Thu	Aug 5-14	10-10:30a.m.	\$49.00

Preschool 4

3-5 years

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

LAC	78352	Mon-Thu	Jun 9-19	7-7:30p.m.	\$56.00
	78372	Mon-Thu	Jun 23-Jul 3	6:55-7:25p.m.	\$49.00
	78583	Mon-Fri	Jul 7-18	10:10-10:40a.m.	\$70.00
	78584	Mon-Thu	Jul 7-17	5:45-6:15p.m.	\$56.00
	78696	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
	78697	Mon-Thu	Jul 21-31	5:35-6:05p.m.	\$56.00

LAC	78788	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
MOP	78286	Mon-Fri	Aug 5-15	11:30a.m12p.m.	\$63.00
NWLC	78766	Mon-Fri	Jun 23-Jul 4	5:10-5:40p.m.	\$63.00
	78879	Mon-Fri	Jul 21-Aug 1	9:45-10:15a.m.	\$70.00
	78898	Mon-Fri	Jul 21-Aug 1	5:20-5:50p.m.	\$70.00
ROP	78672	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
	79108	Mon-Fri	Jul 7-18	11:30a.m12p.m.	\$70.00
	78605	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00
SSLC	78959	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
	79025	Mon-Fri	Aug 18-29	11:30a.m12p.m.	\$70.00
WOP	78171	Mon-Thu	Jul 7-17	11:10-11:40a.m.	\$56.00
	78191	Mon-Thu	Jul 21-31	10:35-11:05a.m.	\$56.00
	78207	Mon-Thu	Aug 5-14	11:30a.m12p.m.	\$49.00

Preschool 5

3-5 years

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

LAC	78351	Mon-Thu	Jun 9-19	6:45-7:15p.m.	\$56.00
	78585	Mon-Fri	Jul 7-18	11-11:30a.m.	\$70.00
	78586	Mon-Thu	Jul 7-17	5-5:30p.m.	\$56.00
	78698	Mon-Fri	Jul 21-Aug 1	9:55-10:25a.m.	\$70.00
	78699	Mon-Thu	Jul 21-31	5-5:30p.m.	\$56.00
	78789	Mon-Fri	Aug 5-15	11:10-11:40a.m.	\$63.00
МОР	79080	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
	79079	Mon-Fri	Jul 21-Aug 1	11:30a.m12p.m.	\$70.00
	79088	Mon-Fri	Aug 18-29	9:15-9:45a.m.	\$70.00
NWLC	78767	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
	78880	Mon-Fri	Jul 21-Aug 1	10:45-11:15a.m.	\$70.00
ROP	79130	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
SSLC	78960	Mon-Fri	Aug 5-15	6-6:30p.m.	\$63.00
WOP	79026	Mon-Fri	Aug 18-29	11:05-11:35a.m.	\$70.00
	78182	Mon-Thu	Jul 7-17	10:35-11:05a.m.	\$56.00
	79104	Mon-Thu	Aug 5-14	11:30a.m12p.m.	\$49.00

Child Aquatics - Lifesaving Swim for Life

Swimmer 1

5-12 years

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

LAC	78344	Mon-Thu	Jun 9-19	6:15-6:45p.m.	\$56.00
	78345	Mon-Thu	Jun 9-19	6:45-7:15p.m.	\$56.00
	78374	Mon-Thu	Jun 23-Jul 3	5:30-6p.m.	\$49.00
	78378	Mon-Thu	Jun 23-Jul 3	6:40-7:10p.m.	\$49.00
	78587	Mon-Fri	Jul 7-18	9:05-9:35a.m.	\$70.00
	78588	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
	78589	Mon-Thu	Jul 7-17	5:10-5:40p.m.	\$56.00
	78700	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00

LAC	78701	Mon-Fri	Jul 21-Aug 1	9:45-10:15a.m.	\$70.00
	78702	Mon-Thu	Jul 21-31	6:15-6:45p.m.	\$56.00
	78790	Mon-Fri	Aug 5-15	10:40-11:10a.m.	\$63.00
	78791	Mon-Thu	Aug 5-14	5:15-5:45p.m.	\$49.00
	78792	Mon-Thu	Aug 5-14	5:50-6:20p.m.	\$49.00
MOP	78602	Mon-Fri	Jul 7-18	9:15-9:45a.m.	\$70.00
	78254	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
	78261	Mon-Fri	Jul 7-18	11:20-11:50a.m.	\$70.00
	78269	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
	78667	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
	78293	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
	79097	Mon-Fri	Aug 18-29	11:20-11:50a.m.	\$70.00
NWLC	78739	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
	78740	Mon-Fri	Jun 9-20	5:50-6:20p.m.	\$70.00
	78768	Mon-Fri	Jun 23-Jul 4	5:10-5:40p.m.	\$63.00
	78819	Mon-Fri	Jul 7-18	9-9:30a.m.	\$70.00
	78820	Mon-Fri	Jul 7-18	11:25-11:55a.m.	\$70.00
	78859	Mon-Fri	Jul 7-18	4:35-5:05p.m.	\$70.00
	78860	Mon-Fri	Jul 7-18	5:50-6:20p.m.	\$70.00
	78881	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
	78882	Mon-Fri	Jul 21-Aug 1	11:20-11:50a.m.	\$70.00
	78900	Mon-Fri	Jul 21-Aug 1	4:05-4:35p.m.	\$70.00
	78899	Mon-Fri	Jul 21-Aug 1	5:55-6:25p.m.	\$70.00
	78901	Mon-Fri	Jul 21-Aug 1	5:45-6:15p.m.	\$70.00
ROP	79114	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
	79119	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00
SSLC	78919	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
	78918	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
	78921	Mon-Fri	Jun 9-20	4:50-5:20p.m.	\$70.00
	78961	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
	78962	Mon-Fri	Aug 5-15	11:10-11:40a.m.	\$63.00
	78963	Mon-Fri	Aug 5-15	11:20-11:50a.m.	\$63.00
	78964	Mon-Fri	Aug 5-15	4:45-5:15p.m.	\$63.00
	78965	Mon-Fri	Aug 5-15	5:25-5:55p.m.	\$63.00
	79028	Mon-Fri	Aug 18-29	9-9:30a.m.	\$70.00
	79027	Mon-Fri	Aug 18-29	10:25-10:55a.m.	\$70.00
	79029	Mon-Fri	Aug 18-29	11:40a.m12:10p.m.	\$70.00
	79030	Mon-Fri	Aug 18-29	4:15-4:45p.m.	\$70.00
	79032	Mon-Fri	Aug 18-29	4:35-5:05p.m.	\$70.00
	79031	Mon-Fri	Aug 18-29	4:50-5:20p.m.	\$70.00
	79033	Mon-Fri	Aug 18-29	5:40-6:10p.m.	\$70.00
WOP	78174	Mon-Thu	Jul 7-17	11:20-11:50a.m.	\$56.00
	78184	Mon-Thu	Jul 21-31	10-10:30a.m.	\$56.00
	78206	Mon-Thu	Aug 5-14	10:45-11:15a.m.	\$49.00

Looking for drop-in fitness classes? See the schedules and more at Regina.ca/dropin

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	78590	Mon-Fri	Jul 7-18	9:45a.m10:15p.m.	\$70.00
	78703	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
MOP	78630	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
	78294	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
NWLC	78907	Mon-Fri	Jul 21-Aug 1	5:15-5:45p.m.	\$70.00
ROP	79115	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
	79134	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
SSLC	78988	Mon-Fri	Aug 5-15	4:50-5:20p.m.	\$63.00
WOP	78169	Mon-Thu	Jul 7-17	10-10:30a.m.	\$56.00
	78200	Mon-Thu	Aug 5-14	10:35-11:05a.m.	\$49.00

Swimmer 2

5-12 years

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

crawl wearing a PFD.						
LAC	78346	Mon-Thu	Jun 9-19	5:30-6p.m.	\$56.00	
	78347	Mon-Thu	Jun 9-19	5:30-6p.m.	\$56.00	
	78382	Mon-Thu	Jun 23-Jul 3	6:55-7:25p.m.	\$49.00	
	78592	Mon-Fri	Jul 7-18	9-9:30a.m.	\$70.00	
	78591	Mon-Fri	Jul 7-18	11:05-11:35a.m.	\$70.00	
	78593	Mon-Thu	Jul 7-17	6:10-6:40p.m.	\$56.00	
	78704	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00	
	78706	Mon-Fri	Jul 21-Aug 1	9:35-10:05a.m.	\$70.00	
	78705	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00	
	78707	Mon-Thu	Jul 21-31	6:10-6:40p.m.	\$56.00	
	78794	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00	
	78793	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00	
	78795	Mon-Thu	Aug 5-14	6:15-6:45p.m.	\$49.00	
МОР	78601	Mon-Fri	Jul 7-18	9:15-9:45a.m.	\$70.00	
	78256	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00	
	78282	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00	
	78668	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00	
	78287	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00	
	78640	Mon-Fri	Aug 18-29	9:15-9:45a.m.	\$70.00	
	79085	Mon-Fri	Aug 18-29	11:20-11:50a.m.	\$70.00	
NWLC	78741	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00	
	78742	Mon-Fri	Jun 9-20	5:15-5:45p.m.	\$70.00	
	78769	Mon-Fri	Jun 23-Jul 4	4-4:30p.m.	\$63.00	
	78821	Mon-Fri	Jul 7-18	9:40-10:10a.m.	\$70.00	
	78822	Mon-Fri	Jul 7-18	10:20-10:50a.m.	\$70.00	

NWLC	78861	Mon-Fri	Jul 7-18	4-4:30p.m.	\$70.00
	78862	Mon-Fri	Jul 7-18	4:35-5:05p.m.	\$70.00
	78883	Mon-Fri	Jul 21-Aug 1	9:45-10:15a.m.	\$70.00
	78884	Mon-Fri	Jul 21-Aug 1	10:20-10:50a.m.	\$70.00
	78902	Mon-Fri	Jul 21-Aug 1	4:40-5:10p.m.	\$70.00
	78903	Mon-Fri	Jul 21-Aug 1	4:35-5:05p.m.	\$70.00
ROP	79110	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
	79125	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
	79122	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
	79136	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
SSLC	78936	Mon-Fri	Jun 9-20	4:15-4:45p.m.	\$70.00
	78923	Mon-Fri	Jun 9-20	4:50-5:20p.m.	\$70.00
	78922	Mon-Fri	Jun 9-20	5:10-5:40p.m.	\$70.00
	78924	Mon-Fri	Jun 9-20	5:40-6:10p.m.	\$70.00
	78966	Mon-Fri	Aug 5-15	9:35-10:05a.m.	\$63.00
	78967	Mon-Fri	Aug 5-15	10:10-10:40a.m.	\$63.00
	78971	Mon-Fri	Aug 5-15	4:35-5:05p.m.	\$63.00
	78970	Mon-Fri	Aug 5-15	5:05-5:35p.m.	\$63.00
	78968	Mon-Fri	Aug 5-15	5:20-5:50p.m.	\$63.00
	78969	Mon-Fri	Aug 5-15	5:25-5:55p.m.	\$63.00
	79036	Mon-Fri	Aug 18-29	9-9:30a.m.	\$70.00
	79034	Mon-Fri	Aug 18-29	9:50-10:20a.m.	\$70.00
	79035	Mon-Fri	Aug 18-29	11:30a.m12p.m.	\$70.00
	79038	Mon-Fri	Aug 18-29	4:50-5:20p.m.	\$70.00
	79037	Mon-Fri	Aug 18-29	5:10-5:40p.m.	\$70.00
WOP	78170	Mon-Thu	Jul 7-17	10:35-11:05a.m.	\$56.00
	78188	Mon-Thu	Jul 21-31	10:45-11:15a.m.	\$56.00
	78196	Mon-Thu	Jul 21-31	11:30a.m12p.m.	\$56.00
	79103	Mon-Thu	Aug 5-14	10:45-11:15a.m.	\$49.00
	78204	Mon-Thu	Aug 5-14	11:30a.m12p.m.	\$49.00

Youth Swimmer 2

8-14 years

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

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

LAC	78594	Mon-Fri	Jul 7-18	10:30-11a.m.	\$70.00
	78796	Mon-Thu	Aug 5-14	6:25-6:55p.m.	\$49.00
MOP	79095	Mon-Fri	Jul 7-18	10:55-11:25a.m.	\$70.00
	78629	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
	78300	Mon-Fri	Aug 18-29	10-10:30a.m.	\$70.00
NWLC	78827	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
	78887	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
ROP	79127	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00

ROP	79129	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
SSLC	78933	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
	79072	Mon-Fri	Aug 18-29	10:55-11:25a.m.	\$70.00
	79057	Mon-Fri	Aug 18-29	4:35-5:05p.m.	\$70.00
WOP	78181	Mon-Thu	Jul 7-17	10-10:30a.m.	\$56.00
	78177	Mon-Thu	Jul 7-17	11:30a.m12p.m.	\$56.00
	78190	Mon-Thu	Jul 21-31	10-10:30a.m.	\$56.00

Swimmer 3

5-12 years

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

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

LAC	78355	Mon-Thu	Jun 9-19	6:10-6:40p.m.	\$56.00
	78393	Mon-Thu	Jun 23-Jul 3	6:05-6:35p.m.	\$49.00
	78597	Mon-Fri	Jul 7-18	9:10-9:40a.m.	\$70.00
	78595	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00
	78647	Mon-Thu	Jul 7-17	5:30-6p.m.	\$56.00
	78599	Mon-Thu	Jul 7-17	6:20-6:50p.m.	\$56.00
	78708	Mon-Fri	Jul 21-Aug 1	9:35-10:05a.m.	\$70.00
	78710	Mon-Thu	Jul 21-31	5-5:30p.m.	\$56.00
	78709	Mon-Thu	Jul 21-31	5:30-6p.m.	\$56.00
	78797	Mon-Fri	Aug 5-15	9:55-10:25a.m.	\$63.00
	78798	Mon-Fri	Aug 5-15	11:15-11:45a.m.	\$63.00
	78799	Mon-Thu	Aug 5-14	6:25-6:55p.m.	\$49.00
МОР	78260	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
	78264	Mon-Fri	Jul 7-18	11:30a.m12p.m.	\$70.00
	78271	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
	78285	Mon-Fri	Aug 5-15	10:55-11:25a.m.	\$63.00
	78301	Mon-Fri	Aug 18-29	10-10:30a.m.	\$70.00
	79096	Mon-Fri	Aug 18-29	10:45-11:15a.m.	\$70.00
	79099	Mon-Fri	Aug 18-29	11:30a.m12p.m.	\$70.00
NWLC	78743	Mon-Fri	Jun 9-20	4:05-4:35p.m.	\$70.00
	78770	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
	78823	Mon-Fri	Jul 7-18	10:15-10:45a.m.	\$70.00
	78824	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
	78863	Mon-Fri	Jul 7-18	4:05-4:35p.m.	\$70.00
	78868	Mon-Fri	Jul 7-18	5:10-5:40p.m.	\$70.00
	78885	Mon-Fri	Jul 21-Aug 1	9:05-9:35a.m.	\$70.00
	78886	Mon-Fri	Jul 21-Aug 1	11:30a.m12p.m.	\$70.00
	78904	Mon-Fri	Jul 21-Aug 1	4:05-4:35p.m.	\$70.00
	78905	Mon-Fri	Jul 21-Aug 1	5:50-6:20p.m.	\$70.00
ROP	78666	Mon-Fri	Jul 7-18	9:15-9:45a.m.	\$70.00
	79107	Mon-Fri	Jul 7-18	10:55-11:25a.m.	\$70.00
	78603	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
	79128	Mon-Fri	Jul 21-Aug 1	11:30a.m12p.m.	\$70.00

SSLC	70005	Man Ed	l 0 00	F-FF C-OF	¢70.00
SSLC	78925	Mon-Fri	Jun 9-20	5:55-6:25p.m.	\$70.00
	78972	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
	78973	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
	78974	Mon-Fri	Aug 5-15	11:20-11:50a.m.	\$63.00
	78976	Mon-Fri	Aug 5-15	4:10-4:40p.m.	\$63.00
	78977	Mon-Fri	Aug 5-15	4:50-5:20p.m.	\$63.00
	78975	Mon-Fri	Aug 5-15	6-6:30p.m.	\$63.00
	79041	Mon-Fri	Aug 18-29	9:35-10:05a.m.	\$70.00
	79039	Mon-Fri	Aug 18-29	9:55-10:25a.m.	\$70.00
	79040	Mon-Fri	Aug 18-29	10:10-10:40a.m.	\$70.00
	79042	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00
	79043	Mon-Fri	Aug 18-29	5:25-5:55p.m.	\$70.00
	79044	Mon-Fri	Aug 18-29	6-6:30p.m.	\$70.00
WOP	78178	Mon-Thu	Jul 7-17	10-10:30a.m.	\$56.00
	78173	Mon-Thu	Jul 7-17	10:45-11:15a.m.	\$56.00
	78194	Mon-Thu	Jul 21-31	10:55-11:25a.m.	\$56.00
	78209	Mon-Thu	Aug 5-14	10:35-11:05a.m.	\$49.00

Youth Swimmer 3

8-14 years

IIn 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	78388	Mon-Thu	Jun 23-Jul 3	6:15-6:45p.m.	\$49.00
	78651	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00
	78646	Mon-Thu	Jul 7-17	5-5:30p.m.	\$56.00
	78711	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
	78800	Mon-Fri	Aug 5-15	10:55-11:25a.m.	\$63.00
MOP	78281	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
	79092	Mon-Fri	Aug 18-29	9:15-9:45a.m.	\$70.00
	78303	Mon-Fri	Aug 18-29	10-10:30a.m.	\$70.00
	79091	Mon-Fri	Aug 18-29	10:55-11:25a.m.	\$70.00
ROP	79135	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
SSLC	78934	Mon-Fri	Jun 9-20	5:25-5:55p.m.	\$70.00
	78989	Mon-Fri	Aug 5-15	5:45-6:15p.m.	\$63.00
WOP	78195	Mon-Thu	Jul 21-31	10-10:30a.m.	\$56.00

Swimmer 4

5-12 years

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

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

LAC	78354	Mon-Thu	Jun 9-19	6:40-7:20p.m.	\$61.20
	78394	Mon-Thu	Jun 23-Jul 3	5:35-6:15p.m.	\$53.55
	78649	Mon-Fri	Jul 7-18	9:55-10:35a.m.	\$76.50
	78648	Mon-Fri	Jul 7-18	10:45-11:25a.m.	\$76.50

LAC	78650	Mon-Thu	Jul 7-17	6:05-6:45p.m.	\$61.20
	78724	Mon-Fri	Jul 21-Aug 1	10:55-11:35a.m.	\$76.50
	78801	Mon-Fri	Aug 5-15	9:55-10:35a.m.	\$68.85
	78802	Mon-Thu	Aug 5-14	5-5:40p.m.	\$53.55
MOP	78596	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
	79094	Mon-Fri	Jul 7-18	10-10:40a.m.	\$76.50
	79151	Mon-Fri	Jul 7-18	11:10-11:50a.m.	\$76.50
	78626	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
	78274	Mon-Fri	Jul 21-Aug 1	10-10:40a.m.	\$76.50
	78289	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85
	78267	Mon-Fri	Aug 5-15	11:10-11:50a.m.	\$68.85
	78571	Mon-Fri	Aug 18-29	10:35-11:15a.m.	\$76.50
NWLC	78771	Mon-Fri	Jun 23-Jul 4	5:10-5:50p.m.	\$68.85
	78825	Mon-Fri	Jul 7-18	9-9:40a.m.	\$76.50
	78826	Mon-Fri	Jul 7-18	11:20a.m12p.m.	\$76.50
	78906	Mon-Fri	Jul 21-Aug 1	4-4:40p.m.	\$76.50
ROP	79117	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
	79140	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85
SSLC	78926	Mon-Fri	Jun 9-20	4:35-5:15p.m.	\$76.50
	78928	Mon-Fri	Jun 9-20	4:55-5:35p.m.	\$76.50
	78927	Mon-Fri	Jun 9-20	5:45-6:25p.m.	\$76.50
	78979	Mon-Fri	Aug 5-15	9:05-9:45a.m.	\$68.85
	78980	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85
	78978	Mon-Fri	Aug 5-15	10:55-11:35a.m.	\$68.85
	78981	Mon-Fri	Aug 5-15	4:35-5:15p.m.	\$68.85
	79045	Mon-Fri	Aug 18-29	9-9:40a.m.	\$76.50
	79046	Mon-Fri	Aug 18-29	10:10-10:50a.m.	\$76.50
	79047	Mon-Fri	Aug 18-29	4:35-5:15p.m.	\$76.50
	79048	Mon-Fri	Aug 18-29	5:45-6:25p.m.	\$76.50
WOP	78179	Mon-Thu	Jul 7-17	10:35-11:15a.m.	\$61.20
	78185	Mon-Thu	Jul 21-31	10:35-11:15a.m.	\$61.20
	78205	Mon-Thu	Aug 5-14	10-10:40a.m.	\$53.55

Youth Swimmer 4

8-14 years

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

*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	78360	Mon-Thu	Jun 9-19	6-6:40p.m.	\$61.20
	78725	Mon-Fri	Jul 21-Aug 1	10:30-11:10a.m.	\$76.50
	78803	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85
	78804	Mon-Thu	Aug 5-14	5:05-5:45p.m.	\$53.55
МОР	79093	Mon-Fri	Aug 18-29	11:15-11:55a.m.	\$76.50
ROP	78671	Mon-Fri	Jul 7-18	9:50-10:30a.m.	\$76.50
	78604	Mon-Fri	Jul 21-Aug 1	9:50-10:30a.m.	\$76.50
SSLC	79003	Mon-Fri	Aug 5-15	4-4:40p.m.	\$68.85
	79071	Mon-Fri	Aug 18-29	4:55-5:35p.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.

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LAC	78353	Mon-Thu	Jun 9-19	6:25-7:05p.m.	\$61.20	
	78395	Mon-Thu	Jun 23-Jul 3	5:30-6:10p.m.	\$53.55	
	78652	Mon-Fri	Jul 7-18	10:55-11:35a.m.	\$76.50	
	78653	Mon-Thu	Jul 7-17	5:30-6:10p.m.	\$61.20	
	78654	Mon-Thu	Jul 7-17	6:05-6:45p.m.	\$61.20	
	78713	Mon-Fri	Jul 21-Aug 1	10:10-10:50a.m.	\$76.50	
	78715	Mon-Thu	Jul 21-31	5:30-6:10p.m.	\$61.20	
	78830	Mon-Fri	Aug 5-15	9:10-9:50a.m.	\$68.85	
	78805	Mon-Fri	Aug 5-15	11:10-11:50a.m.	\$68.85	
	78806	Mon-Thu	Aug 5-14	5:40-6:20p.m.	\$53.55	
МОР	78598	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50	
	78255	Mon-Fri	Jul 7-18	11:10-11:50a.m.	\$76.50	
	78627	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50	
	78273	Mon-Fri	Jul 21-Aug 1	11:20a.m12p.m.	\$76.50	
	78669	Mon-Fri	Aug 5-15	9:15-9:55a.m.	\$68.85	
	78288	Mon-Fri	Aug 5-15	10:35-11:15a.m.	\$68.85	
	78292	Mon-Fri	Aug 5-15	11:20a.m12p.m.	\$68.85	
	78639	Mon-Fri	Aug 18-29	9:15-9:55a.m.	\$76.50	
	79089	Mon-Fri	Aug 18-29	10-10:40a.m.	\$76.50	
ROP	79113	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50	
	79111	Mon-Fri	Jul 7-18	10:35-11:15a.m.	\$76.50	
	79121	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50	
	79120	Mon-Fri	Jul 21-Aug 1	11:10-11:50a.m.	\$76.50	
SSLC	78929	Mon-Fri	Jun 9-20	5:45-6:25p.m.	\$76.50	
	78930	Mon-Fri	Jun 9-20	4:10-4:50p.m.	\$76.50	
	78983	Mon-Fri	Aug 5-15	11:20a.m12p.m.	\$68.85	
	78984	Mon-Fri	Aug 5-15	5:20-6p.m.	\$68.85	
	79050	Mon-Fri	Aug 18-29	10:45-11:25a.m.	\$76.50	
	79051	Mon-Fri	Aug 18-29	5:45-6:25p.m.	\$76.50	
	79052	Mon-Fri	Aug 18-29	4:10-4:50p.m.	\$76.50	
WOP	78172	Mon-Thu	Jul 7-17	10-10:40a.m.	\$61.20	
	78187	Mon-Thu	Jul 21-31	10-10:40a.m.	\$61.20	
	79100	Mon-Thu	Jul 21-31	11:20-12p.m.	\$61.20	
	78201	Mon-Thu	Aug 5-14	11:10-11:50a.m.	\$53.55	

Swimmer 6

5-12 years

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

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

LAC	78343	Mon-Thu	Jun 9-19	5:30-6:10p.m.	\$61.20
	78396	Mon-Thu	Jun 23-Jul 3	6:10-6:50p.m.	\$53.55
	78655	Mon-Fri	Jul 7-18	10:15-10:55a.m.	\$76.50
	78656	Mon-Thu	Jul 7-17	6:15-6:55p.m.	\$61.20
	78716	Mon-Fri	Jul 21-Aug 1	9-9:40a.m.	\$76.50
	78717	Mon-Thu	Jul 21-31	6:10-6:50p.m.	\$61.20
	78831	Mon-Fri	Aug 5-15	9:05-9:45a.m.	\$68.85
	78832	Mon-Thu	Aug 5-14	5:05-5:45p.m.	\$53.55
MOP	78600	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
	78258	Mon-Fri	Jul 7-18	11:10-11:50a.m.	\$76.50
	78628	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
	78272	Mon-Fri	Jul 21-Aug 1	10:35-11:15a.m.	\$76.50
	78670	Mon-Fri	Aug 5-15	9:15-9:55a.m.	\$68.85
	78290	Mon-Fri	Aug 5-15	11:20a.m12p.m.	\$68.85
	78642	Mon-Fri	Aug 18-29	9:15-9:55a.m.	\$76.50
ROP	79109	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
	79112	Mon-Fri	Jul 7-18	11:20a.m12p.m.	\$76.50
	79124	Mon-Fri	Jul 21-Aug 1	11:10-11:50a.m.	\$76.50
	79139	Mon-Fri	Aug 5-15	9:15-9:55a.m.	\$68.85
SSLC	78932	Mon-Fri	Jun 9-20	4:05-4:45p.m.	\$76.50
	78931	Mon-Fri	Jun 9-20	5:10-5:50p.m.	\$76.50
	78986	Mon-Fri	Aug 5-15	9-9:40a.m.	\$68.85
	78985	Mon-Fri	Aug 5-15	9:50-10:30a.m.	\$68.85
	78987	Mon-Fri	Aug 5-15	4:05-4:45p.m.	\$68.85
	79053	Mon-Fri	Aug 18-29	9:05-9:45a.m.	\$76.50
	79055	Mon-Fri	Aug 18-29	4:05-4:45p.m.	\$76.50
	79054	Mon-Fri	Aug 18-29	5:10-5:50p.m.	\$76.50
WOP	78180	Mon-Thu	Jul 7-17	11:20a.m12p.m.	\$61.20
	79102	Mon-Thu	Aug 5-14	10-10:40a.m.	\$53.55

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

Lifesaving Swim Patrol - Rookie Patrol

8-14 years

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

Prerequisite: 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	78358	Mon-Thu	Jun 9-19	5:30-6:20p.m.	\$70.80
	78657	Mon-Fri	Jul 7-18	9-9:50a.m.	\$88.50
	78748	Mon-Fri	Jul 21-Aug 1	10:55-11:45a.m.	\$88.50
	78754	Mon-Thu	Jul 21-31	5-5:50p.m.	\$70.80

LAC	78833	Mon-Fri	Aug 5-15	9-9:50a.m.	\$79.65
	78834	Mon-Thu	Aug 5-14	5:50-6:40p.m.	\$61.95
MOP	78262	Mon-Fri	Jul 7-18	10-10:50a.m.	\$88.50
	79098	Mon-Fri	Aug 18-29	10-10:50a.m.	\$88.50
ROP	78673	Mon-Fri	Jul 7-18	11:10a.m12p.m.	\$88.50
	79126	Mon-Fri	Jul 21-Aug 1	10-10:50a.m.	\$88.50
SSLC	79060	Mon-Fri	Aug 18-29	9-9:50a.m.	\$88.50
WOP	78192	Mon-Thu	Jul 21-31	11:10a.m12p.m.	\$70.80
	78210	Mon-Thu	Aug 5-14	11:10a.m12p.m.	\$61.95

Lifesaving Swim Patrol - Ranger Patrol

8-14 years

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

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	78401	Mon-Thu	Jun 23-Jul 3	6:25-7:15p.m.	\$61.95
	78749	Mon-Fri	Jul 21-Aug 1	10:45-11:35a.m.	\$88.50
	78835	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65
	78836	Mon-Thu	Aug 5-14	5:45-6:35p.m.	\$61.95
MOP	78268	Mon-Fri	Jul 21-Aug 1	10-10:50a.m.	\$88.50
	79081	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65
ROP	79105	Mon-Fri	Jul 7-18	9:05-9:55a.m.	\$88.50
SSLC	78935	Mon-Fri	Jun 9-20	5:20-6:10p.m.	\$88.50
	78990	Mon-Fri	Aug 5-15	9:50-10:40a.m.	\$79.65
	79058	Mon-Fri	Aug 18-29	9:45-10:35a.m.	\$88.50
	79059	Mon-Fri	Aug 18-29	5:20-6:10p.m.	\$88.50
WOP	78202	Mon-Thu	Aug 5-14	10-10:50a.m.	\$61.95

Lifesaving Swim Patrol – Star Patrol

8-14 years

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

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	78658	Mon-Thu	Jul 7-17	6:10-7p.m.	\$70.80
	78750	Mon-Fri	Jul 21-Aug 1	10:55-11:45a.m.	\$88.50
	78837	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65
МОР	78284	Mon-Fri	Aug 5-15	10-10:50a.m.	\$79.65
ROP	79106	Mon-Fri	Jul 7-18	10-10:50a.m.	\$88.50
	78606	Mon-Fri	Jul 21-Aug 1	11:10a.m12p.m.	\$88.50
SSLC	78991	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65
	78992	Mon-Fri	Aug 5-15	5:40-6:30p.m.	\$79.65
WOP	79101	Mon-Thu	Jul 21-31	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.

			3 - 1		
LAC	78659	Mon-Fri	Jul 7-11	9:55-10:25a.m.	\$169.50
	78662	Mon-Fri	Jul 7-11	10:20-10:50a.m.	\$169.50
	78660	Mon-Fri	Jul 14-18	9:55-10:25a.m.	\$169.50
	78661	Mon-Fri	Jul 14-18	10:20-10:50a.m.	\$169.50
	78755	Mon-Fri	Jul 21-25	9:35-10:05a.m.	\$169.50
	78775	Mon-Fri	Jul 21-25	11:15-11:45a.m.	\$169.50
	78777	Mon-Thu	Jul 21-24	5:30-6p.m.	\$135.60
	78774	Mon-Fri	Jul 28-Aug 1	9:35-10:05a.m.	\$169.50
	78776	Mon-Fri	Jul 28-Aug 1	11:15-11:45a.m.	\$169.50
	78778	Mon-Thu	Jul 28-31	5:30-6p.m.	\$135.60
	78841	Tue-Fri	Aug 5-8	10:20-10:50a.m.	\$135.60
	78839	Tue-Fri	Aug 5-8	11:15-11:45a.m.	\$135.60
	78843	Tue-Thu	Aug 5-7	5:35-6:05p.m.	\$101.70
	78842	Mon-Fri	Aug 11-15	10:20-10:50a.m.	\$169.50
	78844	Mon-Thu	Aug 11-14	5:35-6:05p.m.	\$135.60
	78840	Tue-Fri	Aug 12-15	11:15-11:45a.m.	\$135.60
MOP	78279	Mon-Fri	Jul 21-25	11:10-11:40a.m.	\$169.50
	78280	Mon-Fri	Jul 28-Aug 1	11:10-11:40a.m.	\$169.50
	78572	Mon-Fri	Aug 18-22	11:20-11:50a.m.	\$169.50

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

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

Regina.ca/recreation



MOP	78573	Mon-Fri	Aug 25-29	11:20-11:50a.m.	\$169.50
NWLC	78744	Mon-Fri	Jun 9-13	4-4:30p.m.	\$169.50
	78746	Mon-Fri	Jun 9-13	5:15-5:45p.m.	\$169.50
	78745	Mon-Fri	Jun 16-20	4-4:30p.m.	\$169.50
	78747	Mon-Fri	Jun 16-20	5:15-5:45p.m.	\$169.50
	78772	Mon-Fri	Jun 23-27	5:50-6:20p.m.	\$169.50
	78773	Mon-Fri	Jun 30-Jul 4	5:50-6:20p.m.	\$135.60
	78828	Mon-Fri	Jul 7-11	11:30a.m12p.m.	\$169.50
	78864	Mon-Fri	Jul 7-11	5:15-5:45p.m.	\$169.50
	78866	Mon-Fri	Jul 7-11	5:45-6:15p.m.	\$169.50
	78829	Mon-Fri	Jul 14-18	11:30a.m12p.m.	\$169.50
	78865	Mon-Fri	Jul 14-18	5:15-5:45p.m.	\$169.50
	78867	Mon-Fri	Jul 14-18	5:45-6:15p.m.	\$169.50
	78888	Mon-Fri	Jul 21-25	9:35-10:05a.m.	\$169.50
	78890	Mon-Fri	Jul 21-25	11:30a.m12p.m.	\$169.50
	78908	Mon-Fri	Jul 21-25	4:40-5:10p.m.	\$169.50
	78889	Mon-Fri	Jul 28-Aug 1	9:35-10:05a.m.	\$169.50
	78891	Mon-Fri	Jul 28-Aug 1	11:30a.m12p.m.	\$169.50
	78909	Mon-Fri	Jul 28-Aug 1	4:40-5:10p.m.	\$169.50
ROP	79143	Tue-Fri	Aug 5-8	9:15-9:45a.m.	\$135.60
пог	79145	Tue-Fri	Aug 5-8	10-10:30a.m.	\$135.60
	79149	Tue-Fri	Aug 5-8	10:35-11:05a.m.	\$135.60
	79149	Tue-Fri		11:10-11:40a.m.	
			Aug 5-8		\$135.60
	79132	Tue-Fri	Aug 5-8	11:10-11:40a.m.	\$135.60
	79144	Mon-Fri	Aug 11-15	9:15-9:45a.m.	\$169.50
	79146	Mon-Fri	Aug 11-15	10-10:30a.m.	\$169.50
	79150	Mon-Fri	Aug 11-15	10:35-11:05a.m.	\$169.50
	79147	Mon-Fri	Aug 11-15	11:10-11:40a.m.	\$169.50
001.0	79133	Mon-Fri	Aug 11-15	11:10-11:40a.m.	\$169.50
SSLC	78993	Tue-Fri	Aug 5-8	9-9:30a.m.	\$135.60
	78994	Tue-Fri	Aug 5-8	9:35-10:05a.m.	\$135.60
	78995	Tue-Fri	Aug 5-8	10:10-10:40a.m.	\$135.60
	78996	Tue-Fri	Aug 5-8	10:45-11:15a.m.	\$135.60
	78997	Tue-Fri	Aug 5-8	11:20-11:50a.m.	\$135.60
	78998	Mon-Fri	Aug 11-15	9-9:30a.m.	\$169.50
	78999	Mon-Fri	Aug 11-15	9:35-10:05a.m.	\$169.50
	79000	Mon-Fri	Aug 11-15	10:10-10:40a.m.	\$169.50
	79001	Mon-Fri	Aug 11-15	10:45-11:15a.m.	\$169.50
	79002	Mon-Fri	Aug 11-15	11:20-11:50a.m.	\$169.50
	79061	Mon-Fri	Aug 18-22	9-9:30a.m.	\$169.50
	79062	Mon-Fri	Aug 18-22	9:35-10:05a.m.	\$169.50
	79063	Mon-Fri	Aug 18-22	10:10-10:40a.m.	\$169.50
	79064	Mon-Fri	Aug 18-22	10:45-11:15a.m.	\$169.50
	79065	Mon-Fri	Aug 18-22	11:20-11:50a.m.	\$169.50
	79066	Mon-Fri	Aug 25-29	9-9:30a.m.	\$169.50
	79067	Mon-Fri	Aug 25-29	9:35-10:05a.m.	\$169.50
	79068	Mon-Fri	Aug 25-29	10:10-10:40a.m.	\$169.50
	79069	Mon-Fri	Aug 25-29	10:45-11:15a.m.	\$169.50

SSLC	79070	Mon-Fri	Aug 25-29	11:20-11:50a.m.	\$169.50
WOP	78454	Mon-Fri	Aug 18-22	10:05-10:35a.m.	\$169.50
	78456	Mon-Fri	Aug 18-22	10:05-10:35a.m.	\$169.50
	78453	Mon-Fri	Aug 18-22	10:10-10:40a.m.	\$169.50
	78455	Mon-Fri	Aug 18-22	10:15-10:45a.m.	\$169.50
	78449	Mon-Fri	Aug 18-22	10:40-11:10a.m.	\$169.50
	78450	Mon-Fri	Aug 18-22	10:40-11:10a.m.	\$169.50
	78451	Mon-Fri	Aug 18-22	10:45-11:15a.m.	\$169.50
	78452	Mon-Fri	Aug 18-22	10:50-11:20a.m.	\$169.50
	78434	Mon-Fri	Aug 18-22	11:15-11:45a.m.	\$169.50
	78446	Mon-Fri	Aug 18-22	11:15-11:45a.m.	\$169.50
	78447	Mon-Fri	Aug 18-22	11:20-11:50a.m.	\$169.50
	78448	Mon-Fri	Aug 18-22	11:25-11:55a.m.	\$169.50

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	78359	Mon-Thu	Jun 9-19	6:05-6:55p.m.	\$70.80
	78397	Mon-Thu	Jun 23-Jul 3	5:30-6:20p.m.	\$61.95
	78751	Mon-Thu	Jul 21-31	6:05-6:55p.m.	\$70.80
	78838	Mon-Fri	Aug 5-15	10:50-11:40a.m.	\$79.65
MOP	78295	Mon-Fri	Aug 5-15	11:10a.m12p.m.	\$79.65
ROP	79116	Mon-Fri	Jul 7-18	11:10a.m12p.m.	\$88.50
SSLC	79006	Mon-Fri	Aug 18-29	10:10-11a.m.	\$88.50
WOP	78175	Mon-Thu	Jul 7-17	10-10:50a.m.	\$70.80
	78198	Mon-Thu	Jul 21-31	11:10a.m12p.m.	\$70.80

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.

LAC	78752	Mon-Fri	Jul 7-18	9-9:50a.m.	\$88.50
	78753	Mon-Fri	Jul 21-Aug 1	9-9:50a.m.	\$88.50
MOP	78283	Mon-Fri	Jul 21-Aug 1	11:10a.m12p.m.	\$88.50
SSLC	78937	Mon-Fri	Aug 5-15	10:45-11:35a.m.	\$79.65
WOP	78183	Mon-Thu	Jul 7-17	11:10a.m12p.m.	\$70.80

Aquatic Leadership Courses

Lifesaving Society Bronze Medallion

13 years and up

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for the assistant lifeguard training in Bronze Cross.

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

LAC	79204	Fri Sat, Sun	Jun 20 Jun 21, 22	5-9p.m. 9a.m6p.m.	\$190.00
	79208	Tue-Fri	Aug 5-8	10a.m2:30p.m.	\$190.00
ROP	79256	Mon-Fri	Aug 18-22	9a.m1p.m.	\$190.00
WOP	79254	Fri Sat, Sun	Jul 4 Jul 5, 6	4-8p.m. 9a.m6p.m.	\$190.00

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.

Prerequisites: Lifesaving Society Bronze Medallion

LAC	79206	Mon-Thu	Jul 7-10	10a.m3:30p.m.	\$165.00
ROP	79257	Mon-Fri	Aug 25-29	9a.m2p.m.	\$165.00
SSLC	79167	Sat Sun	Jun 14, 21 Jun 22	8a.m4:30p.m. 8a.m4:30p.m.	\$165.00
	79168	Sat Sun	Aug 23, 30 Aug 24, 31	8a.m1:30p.m. 8a.m1:30p.m.	\$165.00
WOP	79251	Fri-Sun	Jul 18-20	11a.m7p.m.	\$165.00

Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. **Prerequisite:** Minimum 15 years old (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).

LAC	79230	Fri, Sat Sun	Jul 18, 19, 25, 26 Jul 20, 27	9a.m6p.m. 5-9p.m.	\$300.00
SSLC	79171	Fri Sat, Sun	Aug 22, 29 Aug 23, 24, 30, 31	5-9p.m. 8a.m5p.m.	\$300.00
WOP	79255	Fri Sat, Sun	Jun 20, 27 Jun 21, 22, 28, 29	5-9p.m. 11a.m8p.m.	\$300.00

Lifesaving Swim for Life Instructor

15 years and up

This leadership course provides candidates with the theory, knowledge, skill and practice to teach and certify in the following Lifesaving programs - Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer, and Fitness Swimmer.

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

SSLC	79170	Sat, Sun	Aug 9, 10,	8a.m4p.m.	\$252.00
			16, 17		

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

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

NWLC	79074	Sat, Sun	Jun 21, 22	9a.m6p.m.	\$161.00
	79076	Sat, Sun	Jul 26, 27	9a.m6p.m.	\$161.00

Aquatic Recertification Courses

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

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

LAC	79205	Sun	Jul 6	11a.m4p.m.	\$80.00
	79210	Sat	Jul 19	11a.m4p.m.	\$80.00
SSLC	79169	Sun	Jun 22	8a.m1p.m.	\$80.00

Red Cross First Aid/ CPR/AED 15 years and up

This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED.

NWLC	79075	Sun	Jun 29	8a.m5p.m.	\$100.00
	79077	Sat	Jul 19	8a.m5p.m.	\$100.00
	79078	Sat	Aug 2	8a.m5p.m.	\$100.00



Affordable Access Program

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

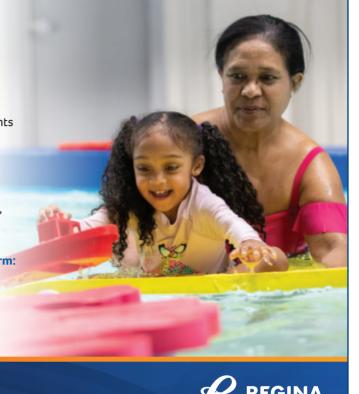
Once approved for the Affordable Access Program, the discount can apply to Leisure Passes, single admissions, registered programs, and transit passes.

For more information, eligibility, or an application form:

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

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

Regina.ca/affordablefun









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

Core Ritchie Neighbourhood Centre:

 All-gender/family changeroom with overhead sling lift, adult change table and shower

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 adult change table

Glencairn Neighbourhood Centre:

 All-gender/family changeroom with overhead sling lift, adult change table and shower which is accessible from indoors and outdoors

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 adult change table

Mitakuyé Owâs'ā Centre

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

North West Leisure Centre:

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

Sandra Schmirler Leisure Centre:

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





Legend

CGAC - Canada Games Athletic Complex

CRNC - Core Ritchie Neighborhood Centre

FLDH - Fieldhouse

GRNC - Glencairn Neighborhood Centre

mc - mâmawêyatitân centre

MLOP – Maple Leaf Outdoor Pool

MOC - Mitakuyé Owâs'a Centre

NWLC - North West Leisure Centre

SSLC - Sandra Schmirler Leisure Centre

SLC - South Leisure Centre

ROP - Regent Outdoor Pool

WOP - Wascana Outdoor Pool

Adapted Programs

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

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

Aquatic

Adapted Leisure Swim ** AP





All Ages

Enjoy a relaxing swim in a sensory friendly accessible pool environment designed for individuals with disabilities and their families. The Adapted Leisure Swim expands outdoors this summer at the following outdoor pool locations: Regent, Maple Leaf, and Wascana. Registration is required. Life jackets are available at each facility in all sizes. Please note: Registration for the Adapted Leisure Swim will be made available monthly. Registration for the upcoming dates will open 30 days before the scheduled swim date.

MLOP	78435	Sat	Jun 21	10a.m12p.m.	Free
	78436	Sat	Jun 28	10a.m12p.m.	Free
	78437	Sat	Jul 5	10a.m12p.m.	Free
	78438	Sat	Jul 12	10a.m12p.m.	Free
	78439	Sat	Jul 19	10a.m12p.m.	Free
	78440	Sat	Jul 26	10a.m12p.m.	Free
	78441	Sat	Aug 2	10a.m12p.m.	Free
	78442	Sat	Aug 9	10a.m12p.m.	Free
	78443	Sat	Aug 16	10a.m12p.m.	Free
	78444	Sat	Aug 23	10a.m12p.m.	Free
	78445	Sat	Aug 30	10a.m12p.m.	Free
NWLC	78229	Sun	Jun 8	6-7:55p.m.	Free
	78230	Sun	Jun 22	6-7:55p.m.	Free
	78231	Sun	Jul 6	6-7:55p.m.	Free
	78232	Sun	Jul 20	6-7:55p.m.	Free
	78233	Sun	Aug 3	6-7:55p.m.	Free
ROP	78423	Fri	Jun 20	10a.m12p.m.	Free
	78424	Fri	Jun 27	10a.m12p.m.	Free
	78425	Fri	Jul 4	10a.m12p.m.	Free
	78426	Fri	Jul 11	10a.m12p.m.	Free
	78427	Fri	Jul 18	10a.m12p.m.	Free
	78428	Fri	Jul 25	10a.m12p.m.	Free
	78429	Fri	Aug 1	10a.m12p.m.	Free
	78430	Fri	Aug 8	10a.m12p.m.	Free
	78431	Fri	Aug 15	10a.m12p.m.	Free
	78432	Fri	Aug 22	10a.m12p.m.	Free
	78433	Fri	Aug 29	10a.m12p.m.	Free
SSLC	78241	Sat	Jun 14	6-7:55p.m.	Free
	78242	Sat	Aug 9	6-7:55p.m.	Free
	78243	Sat	Aug 23	6-7:55p.m.	Free
WOP	78411	Sun	Jun 15	10a.m12p.m.	Free
	78412	Sun	Jun 22	10a.m12p.m.	Free
	78413	Sun	Jun 29	10a.m12p.m.	Free

WOP	78414	Sun	Jul 6	10a.m12p.m.	Free
	78415	Sun	Jul 13	10a.m12p.m.	Free
	78416	Sun	Jul 20	10a.m12p.m.	Free
	78417	Sun	Jul 27	10a.m12p.m.	Free
	78418	Sun	Aug 3	10a.m12p.m.	Free
	78419	Sun	Aug 10	10a.m12p.m.	Free
	78420	Sun	Aug 17	10a.m12p.m.	Free
	78421	Sun	Aug 24	10a.m12p.m.	Free
	78422	Sun	Aug 31	10a.m12p.m.	Free

Parent & Tot AP **Adapted Swim Lessons**

4 months to 3 years

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

ROP	78371	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
	78383	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
	78384	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
	78373	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
	78398	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
WOP	78458	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
	78461	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
	78470	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80
	78473	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80

Adapted Swim Lessons AP

4 years and up

This one-on-one adapted swim lesson is designed for individuals who have a disability. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff are present to facilitate the lessons, but are not able to transfer, lift, or reposition individuals.

NWLC	78730	Mon-Fri	Jun 9-13	4:40-5:10p.m.	\$84.75
	78732	Mon-Fri	Jun 9-13	5:55-6:25p.m.	\$84.75
	78731	Mon-Fri	Jun 16-20	4:40-5:10p.m.	\$84.75
	78733	Mon-Fri	Jun 16-20	5:55-6:25p.m.	\$84.75
	78756	Mon-Fri	Jun 23-27	4-4:30p.m.	\$84.75
	78757	Mon-Fri	Jun 30-Jul 4	4-4:30p.m.	\$84.75
	78809	Mon-Fri	Jul 7-11	9-9:30a.m.	\$84.75
	78807	Mon-Fri	Jul 7-11	10:10-10:40a.m.	\$84.75
	78849	Mon-Fri	Jul 7-11	4:35-5:05p.m.	\$84.75
	78810	Mon-Fri	Jul 14-18	9-9:30a.m.	\$84.75
	78808	Mon-Fri	Jul 14-18	10:10-10:40a.m.	\$84.75
	78850	Mon-Fri	Jul 14-18	4:35-5:05p.m.	\$84.75
	78869	Mon-Fri	Jul 21-25	10:50-11:20a.m.	\$84.75
	78892	Mon-Fri	Jul 21-25	5:10-5:40p.m.	\$84.75
	78870	Mon-Fri	Jul 28-Aug 1	10:50-11:20a.m.	\$84.75
	78893	Mon-Fri	Jul 28-Aug 1	5:10-5:40p.m.	\$84.75

ROP	78367	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
	78377	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
	78380	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
	78381	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
	78385	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
	78386	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
	78387	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
	78389	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
	78375	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
	78369	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
	78391	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
	78400	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
	78402	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
	78403	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
	78404	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
	78376	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
	78399	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
	78405	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
	78406	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
WOP	78457	Sat	Jul 5-26	10-10:30a.m.	\$67.80
	78460	Sat	Jul 5-26	10-10:30a.m.	\$67.80
	78463	Sat	Jul 5-26	10-10:30a.m.	\$67.80
	78466	Sat	Jul 5-26	10-10:30a.m.	\$67.80
	78467	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
	78464	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
	78459	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
	78462	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
	78465	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
	78468	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
	78475	Sat	Aug 9-30	10-10:30a.m.	\$67.80
	78469	Sat	Aug 9-30	10-10:30a.m.	\$67.80
	78472	Sat	Aug 9-30	10-10:30a.m.	\$67.80
	78478	Sat	Aug 9-30	10-10:30a.m.	\$67.80
	78476	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80
	78479	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80
	78471	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
	78474	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
	78477	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
	78480	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
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For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Family Swim Lessons AP

This adapted swim lesson is for individuals who have a disability, and their family members/supports. Instructors will work with participants to support them in meeting their aquatic needs and goals. One family of up to 4 members per class. City of Regina staff are present to facilitate the lessons but cannot assist with transfers, lifts, or repositioning.

NWLC	78726	Mon-Fri	Jun 9-13	4:35-5:05p.m.	\$84.75
	78728	Mon-Fri	Jun 9-13	5:20-5:50p.m.	\$84.75
	78727	Mon-Fri	Jun 16-20	4:35-5:05p.m.	\$84.75
	78729	Mon-Fri	Jun 16-20	5:20-5:50p.m.	\$84.75

Arts & Crafts

ABI Art FREE 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.

Adapted Craft & Splash ***** AP



This inclusive program is tailored for children with disabilities or who have sensory needs, offering a variety of fun, engaging activities that support fine motor skills, social interaction, and creativity. The program features a structured craft or activity, followed by a free-play session at Glencairn Park, where children can enjoy the accessible spray pad and playground. A great program for kids to explore, connect, and play in a welcoming environment. Parent or support person participation is encouraged.

5-8 years

GNRC	78103	Sun	Jul 6-Aug 10	1-2p.m.	Free		
9-12 years							
GNRC	78104	Sun	Jul 6-Aug 10	2:30-3:30p.m.	Free		



Sensory Science RES AP **Exploration**





6-12 years

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

CRNC	78098	Mon	Jul 7-Aug 11	6-8p.m.	Free
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What's Your Style Dance Nights FREE

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

mc	79258	Thu	Jul 24	7-9p.m.	Free

Health & Fitness

registration.

Adapted Adult Strength AP & Balance

mobility using various equipment.



18 years and up

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

SSLC	78501	Tue	Aug 5-26	12:15-1:15p.m.	\$29.00

Adapted Pre-Teen Fitness AP



10-14 vears

This introductory-level class is geared towards empowering preteens who have disabilities or who experience barriers to accessing recreation. The instructor will offer a supportive environment where pre-teens will utilize their strengths 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 finishes each class with a cool-down stretching component.

FLDH	79207	Wed	Aug 13-27	10:30-11:30a.m.	\$22.50
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Walk & Roll Fitness



18 years and up

Adapted Walk and Roll Fitness is for adults with disabilities who have adaptive needs, or for adults who are rehabilitating from an injury. Participants will utilize the walking track and exercise 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	78157	Tue, Thu	Jun 3-Jul 17	12:30-3p.m.	\$52.00
	78158	Tue, Thu	Aug 5- 28	12:30-3p.m.	\$32.00

Social

ABI Communication Group FREE AP





This social program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Communication Group provides an opportunity for those who have communication deficits, the ability to talk and socialize in a safe and welcoming environment alongside their peers. The ABI Outreach Team, which includes a Certified Speech Pathologist, facilitates interesting conversations by presenting new weekly topics and encourages involvement by all participants. To register for this program please email socialinclusionprograms@ regina.ca.

SLC 78495 Wed Jun 11-Aug 27 1-2:30p.m.	
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ABI Cribbage FREE AP





18 years and up

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

SLC	78499	Fri	Jun 13-Aug 29	1-2:30p.m.	Free
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Evening Adult FREE **Social Program**





18 years and up

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 Owâs'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	78118	Fri	Jul 4 (MOC)	6-8p.m.	Free
			Jul 18 (Bowling)		
			Aug 1		
			(Queen City Ex)		
			Aug 15 (MOC)		
			Aug 29 (MOC)		
	MOC	MOC 78118	MOC 78118 Fri	Jul 18 (Bowling) Aug 1 (Queen City Ex) Aug 15 (MOC)	Jul 18 (Bowling) Aug 1 (Queen City Ex) Aug 15 (MOC)

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

Looking for drop-in fitness classes? See the schedules and more at Regina.ca/dropin





18 years and up

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

mc	Mon-Thu	Jul 2-Aug 29	2-5p.m.	Free
MOC	Mon	Jul 7- Aug 25	2-5p.m.	Free
CRNC	Wed	Jul 2-Aug 27	2-5p.m	Free
FLDH	Fri	Jul 4-Aug 29	2-5p.m	Free

Sports

Adapted Basketball AP

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can learn the basic skills of basketball, like passing, dribbling, shooting, and game strategy. This program focuses on fun while fostering socialization through teaching teamwork, cooperation, and sportsmanship. Participants needing one-on-one support are encouraged to bring a support person.

5-7 years

FLDH	78140	Sat	Jun 7-Jul 19	1-2p.m.	\$52.50
NWLC	78114	Fri	Jun 13-Jul 25	5:30-6:15p.m.	\$45.00

8-12 years

FLDH	78141	Sat	Jun 7-Jul 19	2-3p.m.	\$52.50
NWLC	78115	Fri	Jun 13-Jul 25	6:30-7:15p.m.	\$45.00

Adapted NEW: FREE **Bocce Ball**





16 years and up

Join us for this introductory-level game of Bocce Ball! This program is held outdoors and is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. Bocce can be an excellent way to build strength, improve coordination, and boost confidence. Register to learn something new and to join in on all the fun, no experience is necessary.

SLC	78494	Wed	Jul 16-Aug 20	3-4:30p.m.	Free

Adapted Sports TREE Night





18 years and up

In Partnership with Creative Options Regina, we welcome adults

with disabilities to the South Leisure Centre Gym to join in on Sports Night! Join us bi-weekly on Monday evenings to try out introductory level sports like Pickleball and Badminton. Bi-weekly Dates: June 9 & 23, July 14 & 28, August 11 & 25. To register for this program please email socialinclusionprograms@regina.ca.

S	LC	79212	Mon	Jun 9-Aug 25	6-8p.m.	Free
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Adapted Soccer AP

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can learn the basic skills of soccer and game strategy. This program focuses on fun while teaching teamwork, cooperation, and sportsmanship. Participants needing one-on-one support are encouraged to bring a support person.

5-7 vears

FLDH	78083	Tue	Jun 3-Jul 15	5-6p.m.	\$52.50			
8-11 years								
FLDH	78084	Tue	Jun 3-Jul 15	6-7p.m.	\$52.50			

Adapted Parent & Tot AP **Sport Jam**

3-5 years

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can participate in a range of fun, noncompetitive sports and activities, promoting fitness and teamwork. Parents and tots enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. This program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class. Parent participation is required.

NWLC 78110 Sat Jun 14-Jul 26 2:30-3:15p.m. \$45	5.00
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Adapted Sports Jam AP

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities within a group setting. The program and instructor will offer a supportive environment where children can participate in a range of fun, non-competitive sports and activities, promoting fitness and teamwork. Activities include soccer, floor hockey, basketball, and cooperative games, all aimed at building motor skills and encouraging active play. Participants needing one-on-one support are encouraged to bring a support person.

5-7 years									
GNRC	78106	Sun	May 25-Jun 29	2:15-3p.m.	\$45.00				
8-12 years									
GNRC	78108	Sun	May 25-Jun 29	3:15-4p.m.	\$45.00				
6-12 years									
NWLC	78112	Sat	Jun 14-Jul 26	3:30-4:15 p.m.	\$45.00				
5-12 ye	ars								
CGAC	78492	Mon- Thu	Jul 14-17	10-11a.m.	\$30.00				
FLDH	78493	Mon-	Aug 11-14	2-3p.m.	\$30.00				



Visit Regina.ca/golf for more information and to apply.



Inclusion **Support Service**

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

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

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

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

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

How to Access



Step. 1: **Get in Touch**

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



Step 2: Meet with us

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



Step 3: Inclusion Plan

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



Step 4: Leisure Time!

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

For more information about this service please contact:



inclusionsupport∂regina.ca



639-590-8895







Legend

FLDH – Fieldhouse NBAC – Neil Balkwill Civic Arts Centre

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	78506	Mon-Fri	Jul 28-Aug 1	9-10:30a.m.	\$100.00
	78556	Mon-Fri	Jul 28-Aug 1	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	78519	Mon-Fri	Aug 18-22	9-10:30a.m.	\$100.00
	78559	Mon-Fri	Jul 21-25	9-10:30a.m.	\$100.00
	78560	Mon-Fri	Jul 7-11	9-10:30a.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	78523	Mon-Fri	Jul 7-11	1-2:30p.m.	\$100.00
	78524	Mon-Fri	Aug 18-22	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	78079	Mon	Jun 2-Jul 14	5:30-6:30p.m.	\$52.50
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Legend

CRNC - Core Ritchie Neighbourhood Centre

FLDH - Fieldhouse

MOC - Mitakuyé Owâs'ā

NBAC - Neil Balkwill Civic Arts Centre

NWLC - North West 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	78555	Mon-Fri	Jul 21-25	1-3p.m.	\$90.00

Art Exploration

8-12 years

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

NBAC	78511	Mon-Fri	Jul 14-18	1-3p.m.	\$100.00
	78512	Mon-Fri	Aug 11-15	1-3p.m.	\$100.00
	78513	Mon-Fri	Aug 25-29	1-3p.m.	\$100.00

Art, Mindfulness and Creativity 10-15 years

Is your day filled with busy schedules, and everything feels overwhelming and stressful? Learn how to develop skills to explore your thoughts and feelings, focus your attention on the present, and use creativity to connect to a more centered focus. Weather permitting, portions of the class will be outdoors in the natural space of our Courtyard and adjacent greenspace. All art materials will be provided, but students will need to supply their own yoga mat.

NBAC	78674	Mon-Fri	Jul 28-Aug 1	1-3p.m.	\$100.00
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Art Sampler

6-9 years

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

NBAC	78514	Mon-Fri	Jul 14-18	10a.m12p.m.	\$100.00
	78515	Mon-Fri	Aug 11-15	10a.m12p.m.	\$100.00
	78516	Mon-Fri	Aug 25-29	10a.m12p.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	78522	Mon-Fri	Jul 21-25	1-2:30p.m.	\$75.00
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Creative Crafts: Five Days of 7-13 years Paper Crafts

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

	NBAC	78525	Mon-Fri	Jul 21-25	3-4:30p.m.	\$83.00
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Creative Writing: Character and World Building

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.

NBA	C	78526	Mon-Fri	Aug 18-22	1-2:30p.m.	\$75.00
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Discovering Your Visual Vocabulary

7-12 years

14-18 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.

N	IBAC	78527	Mon-Fri	Aug 18-22	10a.m12p.m.	\$100.00	ı
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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	78528	Mon-Fri	Jul 14-18	10:30a.m12p.m.	\$78.00
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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	78530	Mon-Fri	Aug 18-22	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	78531	Mon-Fri	Jul 14-18	1-3p.m.	\$90.00
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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	78562	Tue-Fri	Aug 5-8	1-3p.m.	\$82.00

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.

П	NBAC	78534	Mon-Fri	Jul 14-18	10a.m12p.m.	\$110.00
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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 78541 Mon-Fri Jul 21-25 1-3p.m. \$100.0
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Mandala Art NEW

9-12 years

Unleash creativity and mindfulness! In this engaging and relaxing class, young artists will explore the beauty of mandalas through patterns, colors, and symmetry. They will learn step-by-step techniques to create their own stunning mandala designs while developing focus, patience, and artistic skills. Perfect for beginners and experienced artists alike, this class encourages self-expression and a sense of calm through art. Join us for a fun and inspiring journey into the world of mandalas!

NBAC	78847	Mon-Fri	Jul 7-11	1-3p.m.	\$100.00	
	78848	Mon-Fri	Aug 11-15	10a.m12p.m.	\$100.00	

Octopus's Garden

8-12 years

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

NBAC 78542 Mon-Fri Aug 18-22 1-3p.m.	NBAG	78542	Mon-Fri	Aug 18-22	1-3p.m.	\$95.00
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Oil Pastels for Teens

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	78566	Mon-Fri	Jul 7-11	3-4:30p.m.	\$80.00
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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 78552 Mon-Fri Jul 21-25 1-3:30p.m. \$135.00	NBAC	78552	Mon-Fri	Jul 21-25	1-3:30p.m.	\$135.00
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Woodworks - Next Level

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.

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	78554	Mon-Fri	Jul 28-Aug 1	10:30a.m12p.m.	\$78.00
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2025
Henry Baker
Scholarships

Application deadline:
May 31, 2025

Regina.ca/HenryBaker



Recreation

Free Children's Summer Program

5-12 years

Keep your kids active this summer with supervised play activities that build creativity, imagination and positive self-image. The Free Children's Summer Program or PlayEscapes offers leader-facilitated play opportunities that develop and foster life skills, creativity, imagination and positive self-image, while also promoting a physical. active lifestyle. The program welcomes children and youth of all abilities. Children registering must be 5 years old by start of program. Due to the high number of participants, we ask that individuals requiring one-on-one support/ assistance please bring an attendant/ support person. Pre-Registration required. Children will only be able to register for two 1-week sessions. Should you wish to be put on a wait list for additional weeks please call the City of Regina Playline. After you have registered online or by phone, please fill out a Participation Information Form, which can be found online and return it to your location on the first day your child attends program. If you wish to register your child after a session has started, please contact the City of Regina Playline at 306-777-7529 to see if there is any remaining availability. In the event of unforeseen circumstances, please confirm the site status at Regina.ca/freeprograms.

All free children's summer program registrations must be completed under the 2025 Free Children's Summer Program Activity Package (79199).

Connaught School					
Mon-Fri	Jul 7-11	11:30a.m4:30p.m.	Free		
Mon-Fri	Jul 14-18	11:30a.m4:30p.m.	Free		
Mon-Fri	Jul 21-25	11:30a.m4:30p.m.	Free		
Mon-Fri	Jul 28-Aug 1	11:30a.m4:30p.m.	Free		
Tue-Fri	Aug 5-8	11:30a.m4:30p.m.	Free		
Mon-Fri	Aug 11-15	11:30a.m4:30p.m.	Free		

Glencairn Neighborhood Recreation Centre				
Mon-Fri	Jul 7-11	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 14-18	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 21-25	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 28-Aug 1	9:30a.m4:30p.m.	Free	
Tue-Fri	Aug 5-8	9:30a.m4:30p.m.	Free	
Mon-Fri	Aug 11-15	9:30a.m4:30p.m.	Free	

Doug Wickenheiser Arena					
Mon-Fri	Jul 7-11	9:30a.m4:30p.m.	Free		
Mon-Fri	Jul 14-18	9:30a.m4:30p.m.	Free		
Mon-Fri	Jul 21-25	9:30a.m4:30p.m.	Free		
Mon-Fri	Jul 28-Aug 1	9:30a.m4:30p.m.	Free		
Mon-Fri	Aug 5-8	9:30a.m4:30p.m.	Free		
Mon-Fri	Aug 11-15	9:30a.m4:30p.m.	Free		

mâmawêyatitân centre					
Mon-Fri	Jul 7-11	9:30a.m4:30p.m.	Free		
Mon-Fri	Jul 14-18	9:30a.m4:30p.m.	Free		
Mon-Fri	Jul 21-25	9:30a.m4:30p.m.	Free		
Mon-Fri	Jul 28-Aug 1	9:30a.m4:30p.m.	Free		
Tue-Fri	Aug 5-8	9:30a.m4:30p.m.	Free		
Mon-Fri	Aug 11-15	9:30a.m4:30p.m.	Free		

McDermid Community School				
Mon-Fri	Jul 7-11	11:30a.m4:30p.m.	Free	
Mon-Fri	Jul 14-18	11:30a.m4:30p.m.	Free	
Mon-Fri	Jul 21-25	11:30a.m4:30p.m.	Free	
Mon-Fri	Jul 28-Aug 1	11:30a.m4:30p.m.	Free	
Tue-Fri	Aug 5-8	11:30a.m4:30p.m.	Free	
Mon-Fri	Aug 11-15	11:30a.m4:30p.m.	Free	

Mitakuyé Owâs'â Centre					
Mon-Fri	Jul 7-11	12:30-4:30p.m.	Free		
Mon-Fri	Jul 14-18	12:30-4:30p.m.	Free		
Mon-Fri	Jul 21-25	12:30-4:30p.m.	Free		
Mon-Fri	Jul 28-Aug 1	12:30-4:30p.m.	Free		
Tue-Fri	Aug 5-8	12:30-4:30p.m.	Free		
Mon-Fri	Aug 11-15	12:30-4:30p.m.	Free		

Rosemont Community School				
Mon-Fri	Jul 7-11	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 14-18	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 21-25	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 28-Aug 1	9:30a.m4:30p.m.	Free	
Tue-Fri	Aug 5-8	9:30a.m4:30p.m.	Free	
Mon-Fri	Aug 11-15	9:30a.m4:30p.m.	Free	

South Leisure Centre				
Mon-Fri	Jul 7-11	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 14-18	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 21-25	9:30a.m4:30p.m.	Free	
Mon-Fri	Jul 28-Aug 1	9:30a.m4:30p.m.	Free	
Tue-Fri	Aug 5-8	9:30a.m4:30p.m.	Free	
Mon-Fri	Aug 11-15	9:30a.m4:30p.m.	Free	

Sports

Badminton – Junior

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.

5-7 years

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FLDH	78145	Sun	Jun 1-Jul 13	1-2p.m.	\$52.50
	78136	Sat	Jun 7-Jul 19	1-2p.m.	\$52.50
	78137	Sat	Jun 7-Jul 19	2-3p.m.	\$52.50
NWLC	78686	Sat	Jun 7-Jul 26	5-6p.m.	\$60.00

8-12 years

- ·- , -					
FLDH	78146	Sun	Jun 1-Jul 13	2-3p.m.	\$52.50
	78076	Mon	Jun 2-Jul 14	5-6p.m.	\$52.50
	78075	Mon	Jun 2-Jul 14	6-7p.m.	\$52.50
	78085	Tue	Jun 3-Jul 15	5-6p.m.	\$52.50
	78127	Wed	Jun 4-Jul 16	5-6p.m.	\$52.50
	78126	Wed	Jun 4-Jul 16	6-7p.m.	\$52.50
	78128	Thu	Jun 5-Jul 17	5-6p.m.	\$52.50
	78130	Fri	Jun 6-Jul 18	5-6p.m.	\$52.50
MOC	78678	Sat	Jun 28-Aug 16	10-11a.m.	\$60.00
	78679	Sat	Jun 28-Aug 23	11a.m12p.m.	\$60.00
NWLC	78685	Sat	Jun 7-Jul 26	6-7p.m.	\$60.00

Badminton - Teens

13-15 years

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

FLDH	78086	Tue	Jun 3-Jul 15	6-7p.m.	\$52.50
	78129	Thu	Jun 5-Jul 17	6-7p.m.	\$52.50
	78147	Sat	Jun 7-Jul 19	5-6p.m.	\$52.50

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

FLDH	78087	Tue	Jun 3-Jul 15	4:30-5:30p.m.	\$52.50
	78088	Tue	Jun 3-Jul 15	5:30-6:30p.m.	\$52.50

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	78675	Sat	Jun 21-Aug 9	10-11a.m.	\$60.00
FLDH	78122	Thu	Jun 5-Jul 17	6:30-7:30p.m.	\$52.50

11-13 years

CRNC	78676	Sat	Jun 21-Aug 9	11a.m12p.m.	\$60.00
FLDH	78123	Thu	Jun 5-Jul 17	7:30-8:30p.m.	\$52.50

Basketball - Advanced

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

8-11 years

FLDH	78077	Mon	Jun 2-Jul 14	5-6p.m.	\$52.50
	78091	Wed	Jun 4-Jul 16	5-6p.m.	\$52.50

12-14 years

FLDH	78078	Mon	Jun 2-Jul 14	6-7p.m.	\$52.50
	78092	Wed	Jun 4-Jul 16	6-7p.m.	\$52.50

Dodgeball - Kids NEW



Kids will learn basic rules, strategies and teamwork skills needed to play dodgeball and enjoy friendly competition.

5-7 years

FLDH	78124	Fri	Jun 6-Jul 18	5-6p.m.	\$52.50
8-12 ye	ars				
FLDH	78125	Fri	Jun 6-Jul 18	6-7p.m.	\$52.50

Floor Hockey - Kids

5-7 years

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

FLDH	78149	Sun	Jun 8-Jul 13	5-6p.m.	\$45.00

Football - Kids

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

5-7 vears

FLDH	78119	Thu	Jun 5-Jul 17	5-6p.m.	\$52.50	
8-12 years						
FLDH	78121	Thu	Jun 5-Jul 17	6-7p.m.	\$52.50	

Go Girls Sports Jam

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

5-7 years

FLDH	78089	Tue	Jun 3-Jul 15	5-6p.m.	\$52.50			
8-12 years								
FLDH 78090 Tue Jun 3-Jul 15 6-7p.m. \$52.50								

Lacrosse - Kids 1

8-12 years

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

FLDH 78150 Sun Jun 8-Jul 13 6-7p.m. \$45.00

Soccer Kids

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

5-7 years

FLDH	78080	Mon	Jun 2-Jul 14	6:30-7:30p.m.	\$52.50
	78138	Sat	Jun 7-Jul 19	2-3p.m.	\$52.50
MOC	78683	Mon	Jun 16-Aug 4	5:30-6:30p.m.	\$60.00
	78682	Thu	Jun 19-Aug 14	5:30-6:30p.m.	\$60.00

8-12 years

FLDH	78139	Sat	Jun 7-Jul 19	3-4p.m.	\$52.50
MOC	78684	Mon	Jun 16-Aug 4	6:30-7:30p.m.	\$60.00
	78677	Thu	Jun 19-Aug 14	6:30-7:30p.m.	\$60.00

Sports Jam

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

5-7 years

FLDH	78132	Fri	Jun 6-Jul 18	5:30-6:30p.m.	\$52.50		
8-12 years							
FLDH	78133	Fri	Jun 6-Jul 18	6:30-7:30p.m.	\$52.50		

Summer Sport and Recreation Day Camp

7-11 years

Spend a whole week at the Fieldhouse and learn how to play a new sport! Participants will be exposed to a variety of activities including yoga, fitness classes and swimming. Participants will also receive instruction from a qualified sport instructor on a specific sport. This is great for participants that want to improve their skill in a sport or are wanting to learn a new sport.

FLDH	78151	Mon-Fri	Jul 7-11	8a.m4p.m.	\$210.00
	78152	Mon-Fri	Jul 14-18	8a.m4p.m.	\$210.00
	78153	Mon-Fri	Jul 28-Aug 1	8a.m4p.m.	\$210.00
	78154	Tue-Fri	Aug 5-8	8a.m4p.m.	\$168.00
	78155	Mon-Fri	Aug 11-15	8a.m4p.m.	\$210.00
	78156	Mon-Fri	Aug 18-22	8a.m4p.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 78081 Fr	Jun 6-Jul 18	6-7p.m.	\$60.00
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Tennis – Kids Level 1

8-10 years

(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.

FLDH	78142	Sat	Jun 7-Jul 19	10-11a.m.	\$52.50
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Tennis – Junior Level 1

11-13 years

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

FLDH 78143 Sat Jun 7-Jul 19 11a.m12p.	m. \$52.50
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Volleyball – Elementary

7-10 years

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

FLDH	78134	Sat	Jun 7-Jul 19	4:30-5:30p.m.	\$52.50
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Volleyball – Skill Development 11-13 years

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

FLDH 78135 Sat Jun 7-Jul 19 5:30-6:30p.m. \$52.50	
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Join our Adapted Programs!

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

For more info, email us at socialinclusionprograms@regina.ca, search "Adapted Programs" on Regina Recreation Online or see the Registered Adapted Programs section of the Leisure Guide.

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

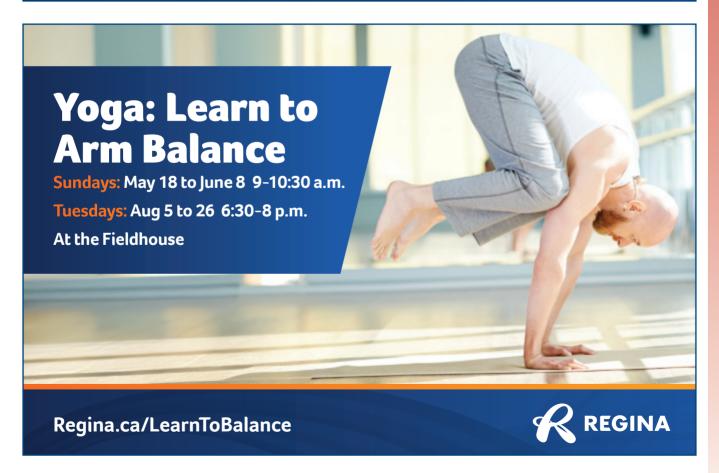
Exciting News!

We're looking for instructors for our sport & fitness programs. Send your resume to **socialinclusionprogramsregina.ca**.

Regina.ca/inclusiveprograms









Legend

FLDH - Fieldhouse

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

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	78508	Thu, Fri	Jun 26, 27	2:30-4:30p.m.	\$60.00
	78509	Wed, Thu	Jul 30, 31	2:30-4:30p.m.	\$60.00

Composing with Colour

15 years and up

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

NBAC	78723	Tue, Wed	Jun 3, 4, 10,	7-9:30p.m.	\$115.00
			11, 17, 18		

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	78540	Mon-Fri	Jul 14-18	1-4p.m.	\$115.00
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Mixed Media Watercolour Portraits

15 years and up

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

NBAC	78721	Sat	Jun 21, 28	9a.m4:30p.m.	\$155.00
		Sun	Jun 22, 29	1-4:30 p.m.	

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	78565	Mon-Fri	Aug 18-22	1-4p.m.	\$115.00
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Painting and Drawing TREE Drop In

14 years and up

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

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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	78567	Mon-Fri	Jul 21-25	9a.m12p.m.	\$115.00	
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Painting Reflections in Acrylic or Watercolours

16 years and up

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

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.

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 vou.

	NBAC	78547	Mon-Fri	Aug 11-15	1-3:30p.m.	\$100.00
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Zine Workshop NEW



15 years and up

Unleash your creativity and dive into the exciting world of zines! This workshop will allow you to create your own mini magazine: a unique space for your thoughts, art, and passions. Whether you're a seasoned artist or a beginner, you'll discover the power of selfpublishing and the joy of DIY creation. We'll explore the history and diverse world of zines: from punk rock manifestos to personal narratives, discover the boundless possibilities of this independent medium and tell your story!

NBAC	78779	Mon, Tue	Jul 28, 29	3-4:30p.m.	\$45.00
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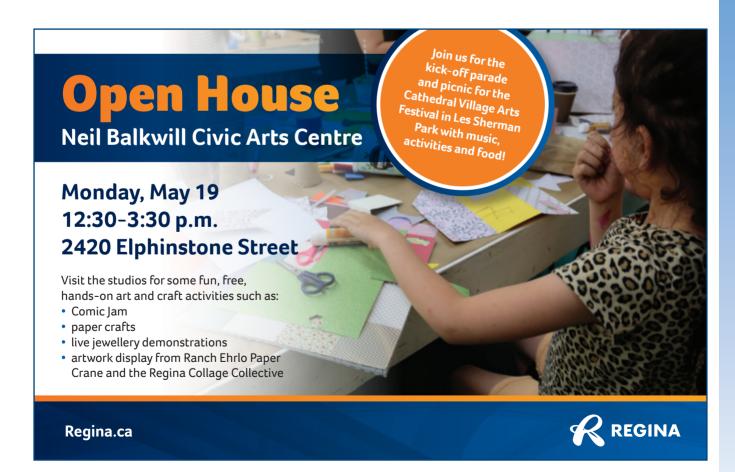
Fine Arts - Fibre Arts

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 78561 Mon-Fri Jun 16-20 3-4:30p.m. \$95	95.00
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Open Fibre Night FREE



14 years and up

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

NBAC	78544	Thu	Jul 24, Aug 28	6:30-9:30p.m.	Free
NDAO	70077	IIIu	oui 27, Aug 20	0.00-3.00p.iii.	1110

Fine Arts - Jewellery and Metalwork

Beginner Stained Glass

16 years and up

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

NBAC	78845	Mon-Fri	Jul 21-25	1-4p.m.	\$165.00
	78846	Mon-Fri	Aug 25-29	1-4p.m.	\$165.00

Enameling Project Class

16 years and up

Work on enameling projects of your own choice in this class. An instructor will be on hand to assist you with any questions or issues. Access will be available to the kiln for kiln firing and the torch for torch firing. A materials fee of \$20, paid at the time of registration, will cover the cost of enamel.

Prerequisite: Previous Enameling class or equivalent experience.

Introduction to Enameling 16 years and up

This weekend workshop introduces you to the colourful art of enameling. Basic skills and techniques of applying enamel to metal will be covered to make vibrant jewellery pieces. Enamels and metal will be provided and a materials fee of \$30 will be included in the class fees.

NBAC	78718	Sat, Sun	Jun 21, 22	1-4p.m.	\$95.00
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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	78532	Tue	Jul 8-Aug 26	6:30-9:30p.m.	\$270.00
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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	78535	Thu	Jul 10-Aug 28	1-4p.m.	\$230.00
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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	78537	Wed	Jul 9-30	1-4p.m.	\$133.00
	78714	Wed	Aug 6-27	6:30-9:30p.m.	\$133.00

Lampwork Beads 1

16 years and up

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

NBAC	78538	Wed	Jun 25-Jul 30	6:30-9:30p.m.	\$215.00

Fine Arts - Woodworking

Asian Influenced Bench

16 years and up

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

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

NBAC	78712	Tue	Jul 8-Aug 26	6:30-9:30p.m.	\$230.00
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Wood Carving Drop-in TREE



14 years and up

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

NBAC 78551 Tue Jul 8-Aug 26 9-11:30a.m. Free
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Aquatic Fitness, Health & Wellness

Programming Note

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

Baby & Me Aquacise

14 years and up

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

SSLC	79225	Wed	Jun 4-18	9:15-10a.m.	\$16.95
	79245	Wed	Aug 6-27	8:15-9a.m.	\$22.60

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	79264	Tue	Jun 3-24	6:15-7p.m.	\$23.20
	79265	Thu	Jun 5-26	6:15-7p.m.	\$23.20
NWLC	79153	Mon	Jun 2-23	8:35-9:20p.m.	\$23.20
	79154	Tue	Jun 3-24	8:35-9:20p.m.	\$23.20
	79152	Wed	Jun 4-25	8:35-9:20p.m.	\$23.20
SSLC	79213	Mon	Jun 2-16	8:30-9:15p.m.	\$16.95
	79220	Tue	Jun 3-17	8:30-9:15p.m.	\$16.95

SSLC	79224	Wed	Jun 4-18	8:30-9:15p.m.	\$16.95
	79231	Thu	Jun 5-19	8:30-9:15p.m.	\$16.95
	79244	Tue	Aug 5-26	8:30-9:15p.m.	\$22.60
	79248	Wed	Aug 6-27	8:30-9:15p.m.	\$22.60
	79249	Thu	Aug 7-28	8:30-9:15p.m.	\$22.80
	79243	Mon	Aug 11-25	8:30-9:15p.m.	\$16.95
WOP	78165	Mon	July 7-28	6-6:45p.m.	\$23.20
	78166	Mon	Aug 4-25	6-6:45p.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	78379	Wed	Jun 11-Jul 16	10:45-11:45a.m.	\$41.40
	78390	Wed	Aug 6-27	10:45-11:45a.m.	\$27.60

Cardio & Tone Interval

15 years and up

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

SSLC	79237	Fri	Jun 6-20	11:45a.m12:45p.m.	\$16.95
	79250	Fri	Aug 8-29	11:45a.m12:45p.m.	\$22.60

Mobility - Strength, Flexibility 16 years and up & Relaxation

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

FLDH	79269	Mon	Jun 2-23	7-8p.m.	\$27.60
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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.

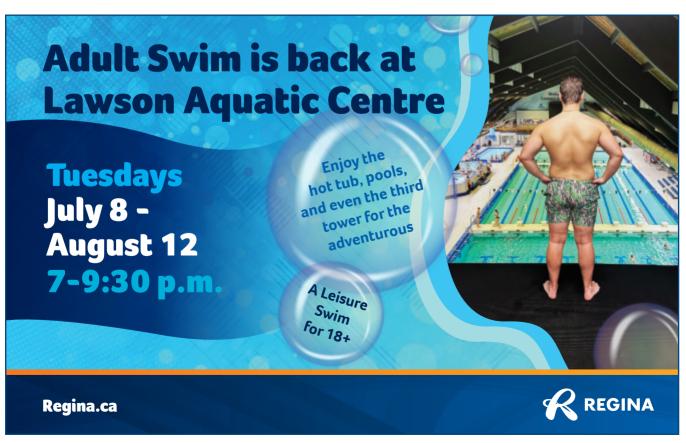
	FLDH	78481	Wed	Aug 6-27	5:30-6:30p.m.	\$27.60
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SoulFusion

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	79004	Sat	Jun 7-Jul 19	9:45-10:45a.m.	\$48.30
	79005	Sat	Aug 9-30	9:45-10:45a.m.	\$27.60



STEPFit

16 years and up

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

SSLC	79214	Mon	Jun 2-16	5:30-6:30p.m.	\$16.95
	79242	Mon	Aug 11-25	5:30-6:30p.m.	\$16.95

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	79226	Wed	Jun 4-18	10:30-11:30a.m.	\$16.95
	79246	Wed	Aug 6-27	9:30-10:30a.m.	\$22.60

Total Body Sculpting

16 years and up

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

SSLC	79221	Tue	Jun 3-17	6:45-7:45p.m.	\$16.95
	79227	Wed	Jun 4-18	5:30-6:30p.m.	\$16.95

TRX® Group Suspension Training

14 years and up

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

FLDH	79073	Wed	Jun 11-Jul 16	5:30-6:30p.m.	\$47.70
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Yoga - Flow

15 years and up

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

NWLC	79159	Mon	Jun 2-23	7:15-8:15p.m.	\$27.60
	79160	Tue	Jun 3-24	6-7p.m.	\$27.60
SSLC	79216	Mon	Jun 2-16	8-9p.m.	\$20.10

Yoga - Gentle

15 years and up

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

NWLC	79161	Mon	Jun 2-23	6-7p.m.	\$27.60
	79162	Wed	Jun 4-25	6-7p.m.	\$27.60
	79166	Wed	Jul 2-30	6-7p.m.	\$34.50
SSLC	79217	Mon	Jun 2-16	9:15-10:15a.m.	\$20.10
	79218	Mon	Jun 2-16	10:30-11:30a.m.	\$20.10
	79219	Mon	Jun 2-16	6:45-7:45p.m.	\$20.10
	79234	Thu	Jun 5-19	9:15-10:15a.m.	\$20.10
	79233	Thu	Jun 5-19	11:45a.m12:45p.m.	\$20.10
	79232	Thu	Jun 5-19	6:45-7:45p.m.	\$20.10
	79238	Fri	Jun 6-20	10:30-11:30a.m.	\$20.10
	79247	Wed	Aug 6-27	10:45-11:45a.m.	\$26.80
	79240	Mon	Aug 11-25	9:30-10:30a.m.	\$20.10

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	78409	Tue	Jun 3-Jul 15	10:30-11:30a.m.	\$41.40
	78410	Tue	Aug 5-26	10:30-11:30a.m.	\$27.60

Yoga – Learn to Arm NEW **Balance**



15 years and up

Ever wondered how yogis pull off those jaw-dropping arm balances you see all over social media? Surprise—it's not all about brute strength! In fact, only about 20% of it comes down to muscle powerthe rest is all about technique and mindset. Join us for this fun and supportive workshop where we'll break down the mechanics of arm balances, step by step. We'll start with a strategic warm-up, dive into detailed pose breakdowns, and offer plenty of 1:1 coaching to help you take flight—no superhero core strength required! What to bring: A pillow and some yoga or fitness experience. Let's get balancing!

	FLDH	79138	Tue	Aug 5-26	6:30-8p.m.	\$41.40
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Yoga - Yin

15 years and up

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

SSLC	79222	Tue	Jun 3-17	8-9p.m.	\$20.10
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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	78407	Wed	Jun 4-Jul 16	6:45-7:45p.m.	\$48.30
	78408	Wed	Aug 6-27	6:45-7:45p.m.	\$27.60
SSLC	79235	Thu	Jun 5-19	8-9p.m.	\$20.10

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 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	78131	Fri	Jun 6-Jul 18	6-7:30p.m.	\$78.75
	78148	Sat	Jun 7-Jul 19	6-7:30p.m.	\$78.75

Intro to Table Tennis **NEW**



16 years and up

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

FLDH	78082	Fri	Jun 6-Jul 18	7-8p.m.	\$52.50
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Sport Jam - Adults NEW

16 years and up

Get moving and have fun participating in a mix of non-competitive sports and activities designed to keep you active and engaged. Each day a different sport will be taught. Perfect for staying fit while enjoying a laid back atmosphere!

FLDH	79260	Fri	Jun 6-Jul 18	7-8p.m.	\$52.50

Tennis - Adult Level 1

16 years and up

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

FLDH	78144	Sat	Jun 7-Jul 19	12:15-1:15p.m.	\$52.50
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Legend

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

Programming Note

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

Yoga - Boomers and Beyond

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

NWLC	79156	Tue	Jun 3-24	10:30-11:30a.m.	\$27.60
	79157	Thu	Jun 5-26	10:30-11:30a.m.	\$27.60
	79164	Tue	Jul 1-29	10:30-11:30a.m.	\$34.50
	79165	Thu	Jul 3-31	10:30-11:30a.m.	\$34.50

Yoga - Chair

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

NWLC	79158	Wed	Jun 4-25	1-2p.m.	\$27.60
SSLC	79215	Mon	Jun 2-16	11:45a.m12:45p.m.	\$20.10
	79228	Wed	Jun 4-18	11:45a.m12:45p.m.	\$20.10
	79241	Mon	Aug 11-25	10:45-11:45a.m.	\$20.10

Zumba Gold

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

NWLC	79163	Wed	Jun 4-25	10:30-11:30a.m.	\$27.60
SSLC	79223	Tue	Jun 3-17	10:30-11:30a.m.	\$20.10
	79236	Thu	Jun 5-19	10:30-11:30a.m.	\$20.10





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 practical hands-on experience.



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







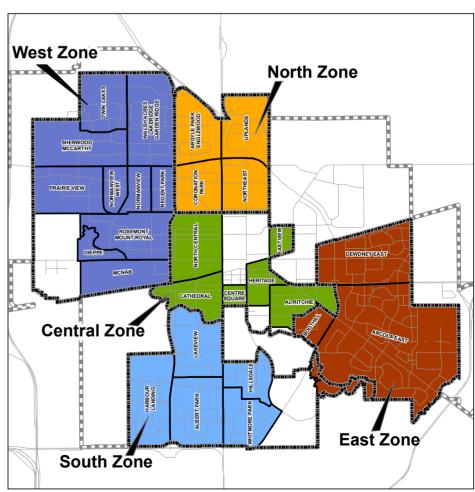
Regina.ca/leisurepass | 306-777-7529 (PLAY)





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

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



Central Zone Board

Contact: Central Zone Board Email: qceca@hotmail.ca Registration Date: Please contact the zone or association directly

Registration Location: 615 6th Ave.

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

Al Ritchie Community Association

alritchie.org

Registration Date: Ongoing

Contact: 306-352-3930 www.alritchie.org / Facebook.com/AlRitchieCommunityAssociation

Registration Location: 2250 Lindsay St.

Email: programs@alritchie.org

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

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

Activity	Ages	Day	Dates	Times	Location	Cost
Second Chance Community Shop	All Ages	Mon-Fri	Ongoing	10a.m2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Free Community Pantry	All Ages	Mon-Fri	Ongoing	10a.m2p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
Eggstravaganza	All Ages	Sat	Apr 12	1-4p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free
End of School Bash	All Ages	Fri	Jun 13	4-8p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free
Community Clean-up	All Ages	Sat	Aug 16	10a.m4p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free
Movie in the park	All Ages	Fri	Jun 13	8-11p.m.	Gocki Park 445 14th Avenue	Free

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Snackaroos	0-6 yrs	Thu	Weekly	10:15-11:15a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Little Artists/Cookie Monsters	0-6 yrs	Wed	Weekly	1-2:30p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Sing, Dance, Storytime	0-6 yrs	Wed	Weekly	9-10a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Books For Breakfast	0-6 yrs	Tue	Weekly	9-10a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Stay & Play	0-6 yrs	Tue	Weekly	10-11a.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Playful Pals	0-6 yrs	Fri	Weekly	9a.m12p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Little Einstein's	0-6 yrs	Tue	Weekly	1-2p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			
Busy Bees	0-6 yrs	Thu	Weekly	1-2:30p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free Drop-in			

Children									
Summer Jam	6-15 yrs	Mon-Fri	Jul 7-Aug 15	9a.m4p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	*Registration Required *\$100-one week \$500-full six weeks			
Youth Leadership Program	8-15 yrs	Thu	May 1-Jun 5	6-8p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free			
Girls Group	8-15 yrs	Fri	May 2-Jun 13	6-8p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free			

Youth Drop-in Basketball	9-16 yrs	Wed	Feb 12-May 28	6:30-8p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free
Dance and Free Movement Fundamentals	5-12 yrs	Thu	Apr 10-Jun 5	6-6:45p.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 6-Aug 14	9a.m4p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	*Registration Required *\$100-one week \$500-full six weeks		
Youth Drop-in Basketball	9-16 yrs	Wed	Feb12-May28	6:30-8p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free		
Youth Leadership Program	8-15 yrs	Thu	May 1-Jun 5	6-8p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free		
Girls Group	8-15 yrs	Fri	May 2-Jun 13	6-8p.m.	Al Ritchie Family Wellness Centre 2250 Lindsay Street	Free		
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Apr 10-Jun 5	6:45-7:30p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free		
Home Alone/Babysitting Course	11+ yrs	Sat	Jun 7	8a.m.	Al Ritchie Community Association 2250 Lindsay Street	\$50 per child		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Barre Fitness	18+	Thu	Apr 10-Jun 5	7:30-8:15p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 drop in or \$20 for 5 classes
Pickleball	18+	Tue & Thu	Sep-Aug	11:30a.m1:30p.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-Aug	1-2:30p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$25			
Chair yoga	55+	Fri	Sep 5-Jun 6	10-11:15a.m.	Core Ritchie Neighbourhood Centre 445 14th Ave	Free			

Cathedral Village Community Association

cathedralvillage.org

Contact: 306-569-8755 Email: caca@sasktel.net Registration Date: Online starting May 1
Registration Location: Cathedral Neighbourhood Centre, 2900 13th Ave.

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

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

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Kids Painting - Pretty Yellow Rain Boots	7-11 yrs	Sun	Jun 8	2:15-4p.m.	Catherdral Neighbourhood Centre	\$25

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Book Club: Queen City Urbanist	18+ yrs	1st Wed of the month	Jun 4-Aug 6	7-9p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership			
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Jun 10-Aug 27	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership			

Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Jul 8-Aug 26, excl Jul 16 & Aug 6	5:45-7p.m.	Cathedral Neighbourhood Centre	\$58
Yoga: Chair	18+ yrs	Tue	Jul 8-Aug 26, excl Jul 16 & Aug 6	10:30-11:30a.m.	Cathedral Neighbourhood Centre	\$54
Yoga: Yin	18+ yrs	Thu	Jul 10-Aug 28, excl Jul 18 & Aug 1	5:45-6:55p.m.	Cathedral Neighbourhood Centre	\$58

Older Adults									
Activity	Ages	Day	Dates	Times	Location	Cost			
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Jun 10-Aug 26	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership			
Yoga: Chair	18+ yrs	Tue	Jul 8-Aug 26, excl Jul 16 & Aug 6	10:30-11:30a.m.	Cathedral Neighbourhood Centre	\$54			

Downtown Community Association

Facebook.com/dcaregina

Contact: Visit Facebook.com/dcaregina or email

Email: DCARegina@gmail.com

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

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

Heritage Community Association

heritagecommunityassociation.com

Contact: Wendy Miller
Email: director@heritagecommunityassociation.com

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

email, or in person

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighborhood Located in Mitakuyé Owâs'ā Centre at 1770 Halifax St (11th Ave and Halifax St.). HCA offers arrange 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.

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Let's Move	9-14 yrs	Pre- register	TBD	6-8p.m.	Various Locations	Free			
Judo Pop Ups	5-12 yrs	call for more info	TBD	TBD	1770 Halifax St.	Free			
Nutrition Camp	9-12 yrs	Pre- register	TBD	9a.m1p.m.	1770 Halifax St.	Free			

Older Adults									
Activity	Ages	Day	Dates	Times	Location	Cost			
Chair Exercise	55+	Wed	ongoing	10:30a.m.	1770 Halifax St.	Free			
Cook & Eat	55+	TBD	TBD	TBD	1770 Halifax St.	Free			
Bring Your Own Craft	55+	TBD	ongoing	1-3p.m.	1770 Halifax St.	Free			

North Central Community Association

Contact: Pat Faulconbridge Registration Date: Continuous

Email: exec.director@nccaregina.ca Registration Location: mâmawêyatitân centre, 3355 6th Avenue or info@nccaregina.ca

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

Family & Community								
Community Gardens	All Ages	See Facebook: NCCA Com- munity Gardens	Jun 23 thru Sep 26	Posted on Facebook: NCCA Community Gardens	mâmawêyatitân centre and north central community schools	Free		
Drop-in Basketball	Males 14+	Tue, Thu, Sat & Sun	Year-round	8-10p.m.	mâmawêyatitân centre	Free		

Adult									
Trauma-Informed Yoga	Indigenous Women 18+	Tue	Jul 8 & 2, Aug 5 & 19	6-7:30p.m.	mâmawêyatitân centre	Free			
Walking Club	18+	Wed & Fri	Year-round	8-9a.m.	mâmawêyatitân centre	Free			

Queen City Eastview Community Association

eastviewregina.com

Contact: Amanda/Kayla 306-525-4757
Email: programs@eastviewregina.com

Registration Date: Ongoing – first come, first served

Registration Location: 615 6th Ave.

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

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

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Drop-in Summer Camp	6-13 yrs	Mon-Fri	Jul 7- Aug 15	9a.m4p.m.	Eastview Community Centre	\$10/day, \$50/ week or \$250 entire camp. Registration required.			

Teen									
Activity	Ages	Day	Dates	Times	Location	Cost			
Drop-in Summer Camp	6-13yrs	Mon-Fri	Jul 7-Aug 15	9a.m4p.m.	Eastview Community Centre	\$10/day, \$50/ week or \$250 entire camp. Registration required.			
Home Alone/Babysitting Course	11+	Sat	May 10	9a.m5p.m.	Eastview Community Centre	\$55			

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Eastview Clean Up	All Ages	Sat	Jun 21	10a.m3p.m.	Eastview Community Centre	\$5 membership			
Outdoor Walk & Talk	19+	Fri	Apr 4-May 30	10-11a.m.	Eastview CommunityCentre	Free			
Zumba	18+	Thu	Apr 17-May 22	7-8p.m.	Eastview Community Centre	\$25			

Older Adults									
Activity	Ages	Day	Dates	Times	Location	Cost			
Eastview Clean Up	All Ages	Sat	Jun 21	10a.m3p.m.	Eastview CommunityCentre	\$5 membership			
Outdoor Walk & Talk	19+	Fri	Apr 4-May 30	10-11a.m.	Eastview Community Centre	Free			
Zumba	18+	Thu	Apr 17-May 22	7-8p.m.	Eastview CommunityCentre	\$25			

East Zone

East Zone Board

eastzoneboard.com

Contact: see eastzoneboard.com

Registration Date: 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.

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

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Taekwondo	7+	Mon	Apr 7-Jun 30	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person			
Taekwondo	7+	Wed	Apr 9-Jun 30	6-7:15p.m.	Glencairn Rec Center	\$40/mth/person			
Taekwondo	7+	Wed	Apr 9-Jun 18	7:30-9p.m.	Campus Regina Public	\$40/mth/person			

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

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

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

Arcola East Community Association

aecaregina.com

Contact: Visit aecaregina.com Email: Visit aecaregina.com Registration Date: 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 6-8:30p.m. for \$35.

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

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 Email: boothillca@gmail.com

Registration Date: Visit boothillcommunity.ca 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 Email: info@decaregina.ca Registration Date: Visit 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.

We are holding a new event, Board Game Nights for ages 12+ weekly on Wednesday evenings, April 30-May 28 6-11p.m. at Glencairn

Neighbourhood Recreation Centre. Check decaregina.ca for more information and to register. We will be holding another Theatre in the Park on Friday, June 13 at 7p.m. Come to Glencairn Park next to the Glencairn Neighbourhood

Recreation Centre to enjoy a wonderful evening of outdoor theatre produced by Common Weal Community Arts. Enjoy complimentary beverages and treats for all.

Spring Community Clean-up - Saturday, May 31 10a.m.-5p.m. Meet at Glencairn Neighbourhood Recreation Centre, 2626 Dewdney Ave. E. Garbage bins will be on-site.

For more information on our programs, please call 306 789-6559, e-mail us at info@decaregina.ca or visit our website at www.decaregina.ca

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Theatre in the Park	All Ages	Fri	Jun 13	7-8p.m.	Glencairn Park	Free			

Adult & Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Virtual Dance Fitness - Spring	Adult	Mon, Wed, Sat	Apr 2-Jun 30	M & W 7:30-8:30p.m.Sat 9-10:30a.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne email j.klock@ myaccess.ca, txt or call 306 570- 6651 or Kendra Petrisor-txt or call 306 530-7365.		
Virtual Dance Fitness - Summer	Adult	Mon, Wed, Sat	Jul 2-Aug 23	Mon, Wed 6:45 -7:45 p.m.Sat 9-10:30a.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne email j.klock@ myaccess.ca, txt or call 306 570- 6651 or Kendra Petrisor-txt or call 306 530-7365.		
Zumba - Spring	Adult	Tue	Apr 8-Jun 17 (excl. Apr 22)	6-7p.m.	Glencairn Rec Centre	\$80 or \$10 drop in		
Yoga - Spring	Adult	Tue	Apr 22-Jun 24	7:15-8:15p.m.	Glencairn Rec Centre	\$80 or \$10 drop in		
Yoga-Spring	Adult	Thu	Apr 24-Jun 26	6:30-7:30p.m.	Glencairn Rec Centre	\$80 or \$10 drop in		
Bellydance Spring - Beginner	Adult	Mon	Apr 7-Jun 16 (excl. Apr 21/ May 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$72		
Bellydance Spring - Intermediate	Adult	Mon	Apr 7-Jun 16 (excl. Apr 21/ May 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$72		
Bellydance Spring-Advanced	Adult	Mon	Apr 7-Jun 16 (excl. Apr 21 / May 19)	7:30-8:30p.m.	Glencairn Rec Centre	\$72		
Forever in Motion	Senior 55+	Mon & Thu	Mar 31-Aug 21	9-10a.m.	Glencairn Rec Centre	Community Membership (available at class)		

South Zone

South Zone Recreation Board

szrb.ca

Contact: Gerry Angelo Fincati (Chairperson)

Email: gfincati@sasktel.net

Registration Date: Visit szrb.ca for contacts
Registration Location: Contact Program Coordinator

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

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

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Community Gardens: Donna Braun (donna.braun@uregina.ca)
Heritage Fiddlers: Len Dumont (lensmobile@hotmail.com)

Indoor Soccer: Jenny Bromstad, John Schell (szindoorsoccer@outlook.com)

Rhythm E's Dance: Ron Hopkinson (r.hopkinson@sasktel.net)
Senior's 55+ Badminton: Lauren Mang (laurenmang@myaccess.ca)

Senior's 55+ Bridge: Jessie Carlson (rjczach@sasktel.net)
Seniors 55+ Pickleball: Tracy Mamona (tmamona@sasktel.net)

Table Tennis: Ed Hung (edhung738@gmail.com)

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

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	7+ yrs	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person		
Taekwondo	7+ yrs	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Dance Classes	6-10 yrs	Mon, Fri	Aug 8-29	6-7p.m.	South Leisure Centre	\$40/person		
Table Tennis	7-13 yrs	Tue, Wed	Jul 2-Aug 19	5:30-7:30p.m.	South Leisure Centre - Art Room	\$60/person		
Table Tennis	7-13 yrs	Sat	Jul 5-Aug 23	8:15-10a.m.	South Leisure Centre - Art Room	\$60/person		
Taekwondo	7+ yrs	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person		
Taekwondo	7+ yrs	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person		

Teen							
Activity	Ages	Day	Dates	Times	Location	Cost	
Taekwondo	13-17 yrs	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person	
Taekwondo	13-17 yrs	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person	
Table Tennis	13-18 yrs	Tue, Wed	Jul 2-Aug 19	7:30-9:30p.m.	South Leisure Centre - Art room	\$60/pp	
Table Tennis	13-18 yrs	Sat	Jul 5-Aug 23	10-12a.m.	South Leisure Centre - Art room	\$60/pp	
Dance	10-14 yrs	Mon & Fri	Aug 8-29	7-8p.m.	South Leisure Centre	\$40/person	
Dance	15+ yrs	Mon & Fri	Aug 8-29	8-9p.m.	South Leisure Centre	\$40/person	

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+ yrs	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	18+ yrs	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person

Older Adults							
Activity	Ages	Day	Dates	Times	Location	Cost	
Seniors 55+ Bridge	55+ yrs	Thu	Jul 4-Aug 28	5:30p.m.	South Leisure Centre - Art Room	\$2/person	

Albert Park Community Association

albertpark.ca

Contact: albertpark.ca and Facebook

Email: info@albertpark.ca

Registration Date: May 13 Registration Location: register online or at the first class if space is available

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

An annual \$10 family membership is required to register for all classes and helps support free activities. Memberships can be purchased on our website.

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

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

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Basketball Skills Development	7-14 Yrs	Wed	Jul 2-Aug 27	6-7p.m.	SLC Gym	\$100	

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
HoopsFit	18+	Wed	Jul 2-Aug 27	7-8p.m.	SLC Gym	\$100	
Floor Hockey	18+	Wed	Jul 2-Aug 27	8-10p.m.	SLC Gym	\$35	

Harbour Landing Community Association

Facebook.com/hlcaregina

Contact: info@hlcaregina.com Email: info@hlcaregina.com

Registration Date: N/A Registration Location: N/A

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

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

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

Projects we are working on:

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

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

Membership: \$5

Hillsdale Community Association

hillsdaleca.ca

Contact: programs@hillsdaleca.ca Email: programs@hillsdaleca.ca

Registration Date: See 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). 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

Icaregina.ca

Contact: Pamela Kennedy-Poitras Email: pamelakaelin5@gmail.com Registration Date: Please check our website for details Registration Location: Please check our website for details

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

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Yoga	16+ yrs	Tue	Apr 8-Jun 3 excl. Apr 22, May 20	6:30-7:30p.m.	Lakeview School	\$70	
Zumba	16+ yrs	Mon	Apr 7-Jun 2 excl. Apr 21, May 19	6:30-7:30p.m.	Lakeview School	\$60	

Whitmore Park Community Association

whitmorepark.ca

Contact: info@whitmorepark.ca Email: info@whitmorepark.ca Registration Date: Contact the association directly Registration Location: Contact the association directly

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

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

T-Ball and Softball

Registration is done online. Early pricing of \$55 per player is available if the players are registered and paid by June 8. After June 8 the price increases to \$65 per player.

Preschool							
Activity	Ages	Day	Dates	Times	Location	Cost	
Outdoor T-Ball	2-3 yrs	Wed	Jul 2-Aug 27	6-6:30pm	South Ball Diamonds	\$55	
Outdoor T-Ball	4-6 yrs	Wed	Jul 2-Aug 27	6:45-7:30pm	South Ball Diamonds	\$55	

North Zone

North Zone Board

Contact: Please contact the program directly

Email: northzoneregina@gmail.com

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

Soccer – Players start at 3 years of age in the 4U. Online registration will start Aug 1, 2025. Registration information will be posted on the Soccer website 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: Updates are posted to our website www.soccerregina.ca as new information is available.**

HeARTland Artists' Guild – 'Paint a Puppy/Bright Eyes Dog Rescue' – All painting materials will be provided. Contact Janet at janet. klock@sasktel.net for more information about the HeARTland Artists' Guild.

Adult						
Paint a Puppy/Bright Eyes Dog Rescue	16+	Sat	May 10	1-3 pm	Uplands Community Centre	n/c

Argyle North Community Association

ancaregina.ca

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

Registration Date: Online preferred but office staff will be able to take registrations as well.

Email: programs@ancaregina.ca

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

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

Coronation Park Community Association

coronationparkcommunityassociation.com

Contact: 306-545-4652

Email: coronationpark.ca@gmail.com

Registration Date: Contact the zone or association directly

Registration Location: By phone or email

All programming requires pre-registration including Family Night Activities.

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

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

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

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

North East Community Association

rneca.com

Contact: Community Association: 306-501-2406

Community Centre Rental: 306-347-8299 Email: info@rneca.com

Registration Date: See Facebook page, rnec.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.renca.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

Contact: 306-545-6492 Email: uplandsca@gmail.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.

Looking to enjoy a healthy, active lifestyle?

Explore What's In Your Neighbourhood!

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

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



West Zone

West Zone Board

westzoneboard.ca

Contact: Amber at 306-791-0226 Email: office@westzoneboard.ca Registration Date: May 7
Registration Location: westzoneboard.ca

The West Zone Board organization consists of a volunteer executive comprised of elected officers, coordinators and representatives from each of the 10 Community Associations and 4 Affiliated Groups. The West Zone Board receives funding from the City of Regina to assist in providing programs to residents. The West Zone Board is the liaison between the city and the groups under its umbrella. Residents are invited to attend bi-monthly meetings which are held September to May to share information and ideas. The West Zone Board mission is to enhance the quality of life of the residents through recreation and community service development, which is accomplished by offering a variety of programs which are facilitated in partnership with the Community Associations and the Affiliated Groups.

Affiliate Information:

Regina West Zone Community Soccer Association - see rwzcsa.ca

Regina North West Sports Association - see rnwsa.ca

Regina West Zone Taekwon-do - email wztaekwondo@gmail.com or visit them on Facebook.

For information about the West Zone Board, West Zone programs or to volunteer, visit our website, westzoneboard.ca; email, office@westzoneboard.ca or call 306-791-0226. Registration for West Zone Board programs are all online. A community association membership is required to participate in West Zone Board programs, which can be purchased at the time of registration at a cost of \$10 per family. The memberships are good for the period September 1, 2024 to August 31, 2025.

*Visit our website to view drop-in availability

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Family Skateboarding	All Ages	Sat & Sun*	May-Oct*	9:30-10a.m.	Rochdale Skate Park	Free with community membership		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Little Tigers	3-5	Sun	TBD	1-1:45p.m.	Henry Janzen School 222 Rink Ave	\$175/10 class session		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn to Skateboard Beginner	5+	Sat & Sun	May-Oct	9:05-9:30a.m.	Rochdale Skate Park	TBA		
Learn to Skateboard Intermediate	5+	Sat & Sun	May-Oct	8:30-9a.m.	Rochdale Skate Park	ТВА		
Taekwon-Do Beginner	5+	Mon	Ongoing	6-7p.m.	Henry Janzen School 222 Rink Ave	\$375/3 month session**		
Taekwon-DoIntermediate/ Senior	5+	Wed	Ongoing	7-8p.m.	Henry Janzen School 222 Rink Ave	\$375/3 Month session**		

Teen Teen							
Activity	Ages	Day	Dates	Times	Location	Cost	
Learn to Skateboard Beginner	5+	Sat & Sun	May-Oct	9:05-9:30a.m.	Rochdale Skate Park	TBA	
Learn to Skateboard Intermediate	5+	Sat & Sun	May-Oct	8:30-9a.m.	Rochdale Skate Park	ТВА	
Taekwon-Do Beginner	5+	Mon	Ongoing	6-7p.m.	Henry Janzen School 222 Rink Ave	\$375/3 month session**	
Taekwon-DoIntermediate/ Senior	5+	Wed	Ongoing	7-8p.m.	Henry Janzen School 222 Rink Ave	\$375/3 Month session**	

Adult	dult								
Activity	Ages	Day	Dates	Times	Location	Cost			
Standard First Aid	18+	TBA	TBA	8:30a.m5p.m.	TBA	\$120			
Standard First Aid Recertification	18+	TBA	ТВА	8:30a.m5p.m.	ТВА	\$90			
Psychological First Aid	18+	TBA	TBA	8:30a.m4:30p.m.	ТВА	\$120			

Dieppe-Westerra Community Association

dieppeplace.org

Contact: DWCA.media@gmail.com Email: DWCA.media@gmail.com Registration Date: DWCA.media@gmail.com Registration Location: DWCA.media@gmail.com

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

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

Check out Dieppe-Westerra Community Association's website at dieppeplace.org and Facebook page to find more information about our programs, and community events. Our programs and family events are open to those with DWCA memberships.

McNab Community Association

mcnabcommunity.com

Contact: Merissa Ehrhardt Email: mcnabpro@gmail.com Registration Date: Before start of activity as noted Registration Location: Email registrations and drop in as noted

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

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Mom walk (& kids)	Adult	Mon	Starts May 5	6:30p.m.	87 Empress Drive (park access)	Free Drop-in			
McNab Pop up Market	All Ages	Sat	July 26	10a.m3p.m.	McNab Community Park	Free Drop-in			
McNab Summer Movie	All Ages	Fri	Aug 15	Dusk	McNab Community Park	Free Drop-in			

	Children								
	Activity	Ages	Day	Dates	Times	Location	Cost		
- 1	Kids Night in park (Crafts and games)	Under 13	Every other Wed	Starts May 14	6:30p.m.	McNab Community Shack/ Park	Free Drop-in		

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Mom Walk (kids welcome)	Adult	Mondays	TBA	6:30p.m.	McNab Community Shack	Free Drop-in			
Adult Craft Nights Must Register at mcnabpro@gmail.com	Adult	Fri	Starting May 23	7p.m.	McNab Community Shack (possible other locations as needed)	Low-cost dependent on craft - email for details			
Workout in the Park	Adult	Tue	May 6	6:30p.m.	McNab Community Shack/ park	Free Drop-in			

Normanview Residents Group

nrgi.ca

Contact: nrgi.ca

Email: 2023nrgi@gmail.com

Registration Date: Check the calendar on our website NRGI.ca Registration Location: Check the calendar on our website NRGI.ca

Normanview Residents Group (NRGI) is the registered non-profit community association for Normanview. All Regina residents are welcome to participate in any program with a current Community Association Membership. Memberships can be purchased on registration day or on our website NRGI.ca under 'Membership'. Family Memberships are \$10.

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

You can check on all our programs, events and updates on our new updated interactive calendar on the website nrgi.ca

Our website is constantly being updated with events and details for local activities. Check back often to stay in the loop of our Community activities! You can also contact us via email at 2023nrqi@qmail.com or on our Facebook page.

Normanview West Community Association

nwcaregina.com

Contact: facebook.com/NWCommunityAssoc

Email: nwcaregina@gmail.com

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

Without new volunteers stepping up, we are pausing our programs until we have enough dedicated residents to support the board.

If you love our community and want to keep the spirit alive, please consider volunteering!

Contact us directly for information. Let's keep Normanview West thriving! Together, we can ensure that our community remains a warm and welcoming place for everyone.

Prairieview Community Association

pvca.ca

Contact: Riley Email: pvca@sasktel.net Registration Date: see pvca.ca
Registration Location: McLurg School, 125 Paynter Crescent

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

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

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

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

Regent Park Community Association

facebook.com/rpcaregina.ca

Contact: Tabatha Schneider 306 526-5391 Email: regentparkca@live.com Registration Date: May 27, 6-7p.m.
Registration Location: Elsie Mironuck School

Welcome to Regent Park. We are excited to be offering some fun diverse and new programs for our local community. A current community membership is required to join our programs. Memberships are available at registration night or by contacting us. We are a nonprofit community group with a mission to enhance the quality of life for 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 with our community.

For more information and to keep up to date find us on our Facebook page at Regent Park Regina Community Association or visited our NEW website at www.rpcaregina.ca

Adult	dult							
Activity	Ages	Day	Dates	Times	Location	Cost		
Yoga (Outdoor)	TBA	TBA	TBA	TBA	McNaughton Park	\$50/semester		
Zumba (Outdoor)	18+	Tue	Jun 3, 10, 17, 24 Jul 8, 15, 22, 29 Aug 5, 12	6-7p.m.	McNaughton Park	\$50/semester \$5 drop-in fee		

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
Email: twinlakescommunity@gmail.com

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

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

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

Babysitting and Home Alone Courses: twinlakesbabysittingcourse@gmail.com

Cheer Programs: twinlakescheerprogram@gmail.com Dance Programs: twinlakesdanceprogram@gmail.com

Walsh Acres/Lakeridge/Gardenridge Community Association

walrgr.com

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

Registration Date: Visit walrgr.com Registration Location: Visit walrgr.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: walrgr.chair@gmail.com or walrgr.secretary@gmail.com.

*** All Community Association Programs Require a Community Membership Card ***

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

