

Leisure Guide

Fall 2026

Registration dates:

Verified Residents: August 11

Non-Residents and

Non-Verified Residents: August 18

Verified
residents
register early for
recreation and
pay less!

Find Your Fun
this Fall

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



When does registration start?

Regina residents:

Tuesday, August 11

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

Non-residents and non-verified residents:

Tuesday, August 18

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

3 easy ways to register

1

Online Registration

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

Make sure you create your online account before registration day!

2

Call 306-777-PLAY (7529)

PlayLine operating hours:

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

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

3

Visit a Facility



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

Program Cancellations, Withdrawals, Transfers & Late Registrations

Cancellations

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

Withdrawals

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

Transfers

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

Late Registrations

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

See full details at Regina.ca/recreation.

Payment Methods

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

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 or contact the Inclusion Support Service to inquire about a one-on-one City of Regina Leisure Companion. Email InclusionSupport@Regina.ca or call 639-590-8895.

Cover and inside photo show Sports Jam. Available this Fall!

See pages 47 and 48 for details.

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

RENTAL INFORMATION

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

Sport and Recreation Facilities

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

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

Leisure Centres, Sportplex and Neil Balkwill Civic Arts Centre

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

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

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

		Multi Purpose Gym (Max Occ.)	Large Meeting Room (Up to 100)	Meeting Room (Up to 40)	Board Room (Up to 20)	Games Room	Craft Room	Dance Studio	Kitchen	Lounge	Showers/ Change Room
NORTH / WEST	North West Leisure Centre 306-777-7529 1127 Armason St.	(250)		2							•
	North East Community Centre 306-347-8299 160 Broad St.	(150)		•		•	•		•	•	
	Uplands Community Centre 306-949-5137 20 Weekes Cr.	(150)			•		•		•		
	Argyle Park Community Centre 306-543-5653 35 Davin Cr.	(250)		2	•		•		•		
SOUTH	South Leisure Centre 306-777-7031 170 Sunset Dr.	(290)		2	•		•	•	•		•
CENTRAL	māwawēyatitān centre 306-777-7033 3355 6th Ave.	2 (300)		10	2		•	•	•		•
	Cathedral Neighbourhood Centre 306-777-7034 2900 13th Ave.	(150)			•	•	•		•	•	
	Core Ritchie Neighbourhood Centre 306-777-7080 445 14th Ave.	(300)			•	•	•		•		•
	Eastview Community Centre 306-525-4757 615 6th Ave.	(250)	•						•		
	Mitakuyé Owás'a Centre 306-777-7135 1770 Halifax St.	(350)		•		•	•		•		•
EAST	Glencairn Neighbourhood Recreation Centre 306-777-7747 2626 Dewdney Ave. E.	(300)	•			•			•		•
	Arcola East Community Centre 306-525-3401 3860 Buckingham Dr. E.	(75)					•				

MORE **THAN** FITNESS



Stay active while having fun!

A City of Regina Leisure Pass provides you:

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

Purchase a one-year Leisure Pass today for less than **\$46.00*** 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 (19-64)	\$60.93	\$164.52	\$310.76	\$548.40
Senior (65+)	\$45.70	\$123.39	\$233.05	\$411.28
Youth (13-18)	\$36.56	\$98.71	\$186.44	\$329.00
Child (2-12)	\$27.42	\$74.05	\$139.87	\$246.82
Family*	\$118.82	\$320.82	\$605.99	\$1069.38

Single & Bulk Admissions (Plus Applicable Taxes):

	Drop-in Fee	Bulk Admissions (10)
Adult (19-64)	\$7.50	\$67.49
Senior (65+)	\$5.86	\$52.70
Youth (13-18)	\$5.16	\$46.43
Child (2-12)	\$3.52	\$31.64
Family*	\$14.99	\$134.88

*Applies to all persons living in the same household with a maximum of two adults. Prices in effect January 1 - December 31, 2026.

Multipurpose Recreational Facilities



Get fit, get creative, have fun!

Registered programs

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

Drop-in activities and fitness

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

NEIL BALKWILL CIVIC ARTS CENTRE

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



Hours may vary according to program needs.

Facility hours:

August 30 - January 2

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

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.



NORTH WEST LEISURE CENTRE

1127 Arnason St.

306-777-PLAY (7529)



Facility hours:

Monday – Thursday: 8 a.m. – 9:30 p.m.

Friday: 8 a.m. – 8:30 p.m.

Saturday – Sunday: 9 a.m. – 8:30 p.m.

Stat Holidays: 12 – 6 p.m.

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



SPORTPLEX

1717 Elphinstone St.

306-777-PLAY (7529)



The Lawson Aquatic Centre will be closed for annual maintenance July 27 to August 16 inclusive. The Lawson strength and conditioning area will remain open.

Facility hours:

Monday – Friday: 5:30 a.m. – 9:30 p.m.

Saturday – Sunday: 7 a.m. – 8 p.m.

Stat Holidays: 9 a.m. – 7 p.m.

Fieldhouse

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

SANDRA SCHMIRLER LEISURE CENTRE



3130 East Woodhams Dr.

306-777-PLAY (7529)

The Sandra Schmirler Leisure Centre will be closed for annual maintenance August 17 to September 13 inclusive.

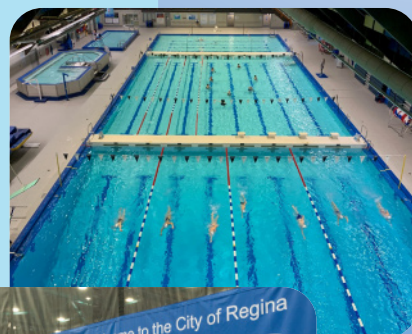
Facility hours:

Monday – Friday: 6 a.m. – 9:30 p.m.

Saturday – Sunday: 9 a.m. – 8:30 p.m.

Stat Holidays: 12 – 6 p.m.

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





Recreation
for

all

Equipment to Support Access*



Our facilities are designed to support inclusion and accessibility so everyone can participate comfortably and confidently.

Fieldhouse (1717 Elphinstone St.)

- Wheelchair accessible weight machines, recumbent steppers, hand bikes and rope trainer
- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table

Lawson Aquatic Centre (1717 Elphinstone St.)

- Chair lift access into main pool
- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table

North West Leisure Centre (1127 Arnason St.)

- Ramp and aquatic wheelchairs for access into pool
- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table, located on pool deck

Sandra Schmirler Leisure Centre (3130 Woodhams Dr.)

- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table
- Aquatic wheelchair available
- Overhead sling lift to access main pool

Core Ritchie Neighbourhood Centre (445 14th Ave.)

- All-gender or family washroom with shower, overhead sling lift and adjustable height adult change table
- Aquatic wheelchair available for use at Gocki spray pad

Glencairn Neighbourhood Centre (2727 Dewdney Ave E.)

- All-gender or family washroom with shower, overhead sling lift and adjustable height adult change table, which is accessible from indoors and outdoors
- Aquatic wheelchair available for use at JumpStart spray pad

Mitakuyé Owâs'â Centre (1770 Halifax St.)

- All-gender or family washroom with curb-free shower, overhead sling lift and adjustable height adult change table
- Elevator access to second floor

Regent Outdoor Pool (3600 McKinley Ave.)

- All-gender changeroom with overhead sling lift and adjustable height adult change table
- Ramp access into pool
- Aquatic wheelchair available

Wascana Outdoor Pool (2400 Wascana Dr.)

- Individual all-gender change rooms and toilet stalls
- All-gender changeroom with shower, overhead sling lift and adjustable height adult change table
- Sling lift access into all pools
- Ramps into all pools (entry depth 0 m)
- Aquatic wheelchairs and walker available

Maple Leaf Outdoor Pool (1101 14th Ave.)

- Individual all-gender change rooms and toilet stalls
- All-gender changeroom with shower, overhead sling lift and adjustable height adult change table
- Sling lift to access pool and aquatic wheelchair
- Beach entry option into pool (entry depth 0 m)
- Aquatic wheelchair available



*Available during public hours. Seasonal maintenance closures may affect availability. Please contact the facility directly for details.

Find a flexible way to stay active!

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



City of Regina recreation facilities offer a variety of drop-in activities.

Visit [Regina.ca/DropIn](https://regina.ca/DropIn) to find:

- ✓ Public swimming
- ✓ Aquatic and land fitness
- ✓ Fine arts classes
- ✓ and more!



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



Outdoor Pools

Open until September 20:

Wascana Pool
2400 Wascana Dr.

Open until September 7:

Buffalo Meadows Pool
1401 Montague St.

Maple Leaf Pool
1104 14th Ave.

Massey Pool
100 Massey Rd.

Regent Pool
3600 McKinley Ave.

*Closing dates are
subject to change.

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

Jumpstart Spray Pad at
Glencairn Neighbourhood
Rec Centre
2626 Dewdney Ave. E

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.
Now Open!

South Leisure Centre
170 Sunset Dr.

North Regina

Imperial Park
Rose St. and 3rd Ave. N

Māmowimīwēyitamōwin Park
560 Elphinstone St.

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 22
to mid-September (weather permitting). Visit
Regina.ca/spraypads for more information.



See all outdoor pool schedules at Regina.ca/OutdoorPools

Wascana Pool



June 9 to 24

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.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.
Free Swim		5-7:50p.m.			9-11a.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 25 to September 7

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.m.	7a.m.-7:45p.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.			
Free Swim		5-7:50p.m.			9-11a.m.		
Preschool Swim					11a.m.-12p.m.		
Toonie Teen Swim	6-7:50p.m.						
Aquacise (Drop-in)	9-9:45a.m.		9-9:45a.m.				
Against the Flow Water Running (Drop-in)	10-10:45a.m.		10-10:45a.m.				

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

September 8-20

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

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

August 6 and 13:
Late Night Swim!

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

August 20:
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!)

August 27:
Movie Night

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



Please note:

Parking in lot 20 behind Darke Hall now requires payment Monday to Friday between the hours of 8 a.m. and 5 p.m. Payment is made through the parking kiosk in the lot.

Free parking is still available in Lots 20 and 21 after 5 p.m. and on weekends. No code is required.

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.

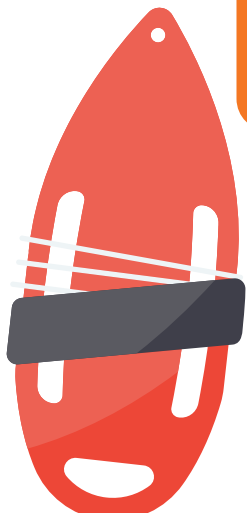
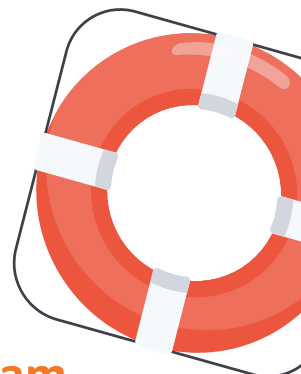
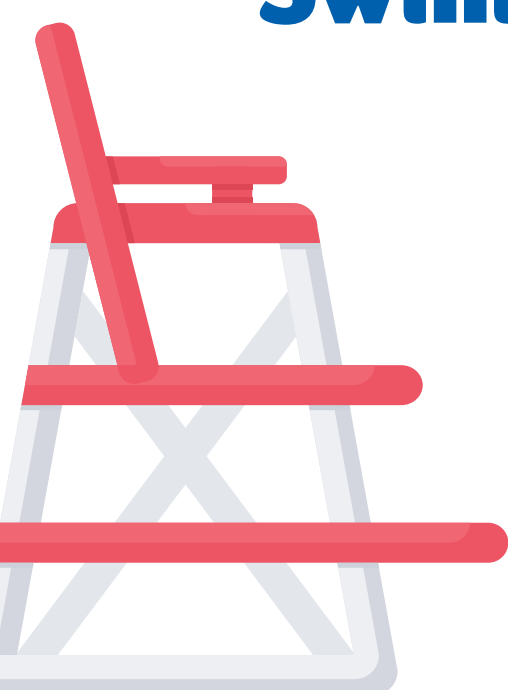
If Your Child...	Register in:
✓ Is 5–12 & just starting out	Swimmer 1
✓ Is 8–14 & just starting out	Youth Swimmer 1
✓ Jump into deep water with PFD ✓ Tread water, submerge, exhale ✓ Front/back floats, flutter kick, front crawl	Swimmer 2 / Youth Swimmer 2 (8–14 years)
✓ Side entries with PFD ✓ Tread 15 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 / Youth Swimmer 5 (8–14 years)
✓ Dives, tuck jumps, eggbeater, scissor kick ✓ 25m breaststroke ✓ 50m front/back/head-up crawl ✓ 4x50m intervals	Swimmer 6 / Youth Swimmer 6 (8–14 years)

Advanced Programs (Typically 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

Red Cross Intermediate First Aid (formerly Standard First Aid) /CPR-C & AED Course

City of Regina accepts this award from:
Canadian Red Cross, St. John Ambulance
and Lifesaving Society.



National Lifeguard

*Must have completed Bronze Cross Course
and Intermediate/Standard First Aid/
CPR-C & AED.

*Must be 15 years old on first day of class

'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!

Swimming Lessons



Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Preschool Aquatics – Lifesaving Swim for Life

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

Parent & Tot 1

4-12 months

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

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

LAC	85113	Tue	Sep 8-Oct 27	5:35-6:05p.m.	\$63.20
	85114	Sun	Sep 13-Nov 1	10:05-10:35a.m.	\$55.30
	85115	Mon	Nov 2-Dec 14	4:55-5:25p.m.	\$55.30
	85116	Sun	Nov 8-Dec 20	10:40-11:10a.m.	\$55.30
NWLC	84345	Wed	Sep 9-Oct 28	5:10-5:40p.m.	\$55.30
	84375	Thu	Sep 10-Oct 29	2:15-2:45p.m.	\$63.20
	84376	Thu	Sep 10-Oct 29	4:35-5:05p.m.	\$63.20
	84412	Sat	Sep 12-Oct 31	11:50a.m.-12:20p.m.	\$63.20
	84443	Sun	Sep 13-Nov 1	11:45a.m.-12:15p.m.	\$63.20
	84290	Mon	Sep 14-Oct 26	4:30-5:05p.m.	\$55.30
	84487	Mon	Nov 2-Dec 14	4:35-5:05p.m.	\$55.30
	84515	Tue	Nov 3-Dec 15	2:15-2:45p.m.	\$55.30
SSLC	84748	Sun	Nov 8-Dec 20	11:50a.m.-12:20p.m.	\$55.30
	84592	Mon	Sep 14-Oct 26	10-10:35a.m.	\$55.30
	84603	Mon	Sep 14-Oct 26	5:50-6:25p.m.	\$55.30

SSLC	84675	Tue	Sep 15-Oct 27	4:05-4:35p.m.	\$55.30
	84738	Wed	Sep 16-Oct 28	10-10:35a.m.	\$55.30
	84739	Wed	Sep 16-Oct 28	5:30-6:05p.m.	\$55.30
	84803	Thu	Sep 17-Oct 29	10-10:30a.m.	\$55.30
	84804	Thu	Sep 17-Oct 29	5:10-5:40p.m.	\$55.30
	84866	Fri	Sep 18-Oct 30	5:25-5:55p.m.	\$55.30
	84946	Sat	Sep 19-Oct 31	11-11:30a.m.	\$55.30
	84947	Sat	Sep 19-Oct 31	2:10-2:40p.m.	\$55.30
	85015	Sun	Sep 20-Nov 1	10:25-10:55a.m.	\$55.30
	85078	Mon	Nov 2-Dec 14	5:40-6:10p.m.	\$55.30
	85091	Tue	Nov 3-Dec 15	10-10:30a.m.	\$55.30
	85411	Tue	Nov 3-Dec 15	5:25-5:55p.m.	\$55.30
	85412	Wed	Nov 4-Dec 16	10-10:35a.m.	\$55.30
	85413	Wed	Nov 4-Dec 16	5:30-6:05p.m.	\$55.30
	85487	Thu	Nov 5-Dec 17	4:05-4:35p.m.	\$55.30
	85517	Fri	Nov 6-Dec 18	5:10-5:40p.m.	\$55.30
	85576	Sat	Nov 7-Dec 19	11-11:30a.m.	\$55.30
	85577	Sat	Nov 7-Dec 19	2:10-2:40p.m.	\$55.30
	85634	Sun	Nov 8-Dec 20	10:25-10:55a.m.	\$55.30

Parent & Tot 2

12-24 months

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

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

LAC	85118	Sat	Sep 12-Oct 31	12:45-1:15p.m.	\$55.30
	85119	Sun	Sep 13-Nov 1	11:30a.m.-12p.m.	\$55.30
	85117	Mon	Sep 14-Oct 26	5-5:35p.m.	\$55.30
	85120	Mon	Nov 2-Dec 14	5:30-6p.m.	\$55.30
	85121	Sat	Nov 7-Dec 19	10:15-10:45a.m.	\$55.30
	85122	Sun	Nov 8-Dec 20	9:30-10a.m.	\$55.30

*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See Regina.ca/Verify for details.

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	85124	Wed	Sep 9-Oct 28	4:55-5:25p.m.	\$55.30
	85125	Sat	Sep 12-Oct 31	10:05-10:35a.m.	\$55.30
	85126	Sun	Sep 13-Nov 1	9:30-10a.m.	\$55.30
	85123	Mon	Sep 14-Oct 26	6:10-6:45p.m.	\$55.30
	85127	Tue	Nov 3-Dec 15	6:15-6:45p.m.	\$55.30
	85128	Wed	Nov 4-Dec 16	4:55-5:30p.m.	\$55.30
	85129	Sat	Nov 7-Dec 19	10:40-11:10a.m.	\$55.30
	85130	Sun	Nov 8-Dec 20	12:15-12:45p.m.	\$55.30
	84317	Tue	Sep 8-Oct 27	10:50-11:20a.m.	\$63.20
	84348	Wed	Sep 9-Oct 28	12:50-1:20p.m.	\$55.30
NWLC	84378	Thu	Sep 10-Oct 29	5:45-6:15p.m.	\$63.20
	84415	Sat	Sep 12-Oct 31	9:35-10:05a.m.	\$63.20
	84445	Sun	Sep 13-Nov 1	12:35-1:05p.m.	\$63.20
	84279	Mon	Sep 14-Oct 26	10:20-10:55a.m.	\$55.30
	84488	Mon	Nov 2-Dec 14	10:15-10:45a.m.	\$55.30
	84489	Mon	Nov 2-Dec 14	5:45-6:15p.m.	\$55.30
	84518	Tue	Nov 3-Dec 15	4:35-5:05p.m.	\$55.30
	84537	Wed	Nov 4-Dec 16	12:50-1:25p.m.	\$55.30
	84616	Thu	Nov 5-Dec 17	10:55-11:25a.m.	\$55.30
	84649	Fri	Nov 6-Dec 18	5:10-5:40p.m.	\$55.30
SSLC	84707	Sat	Nov 7-Dec 19	12:35-1:05p.m.	\$55.30
	84751	Sun	Nov 8-Dec 20	9:35-10:05a.m.	\$55.30
	84594	Mon	Sep 14-Oct 26	10:45-11:20a.m.	\$55.30
	84604	Mon	Sep 14-Oct 26	4:55-5:30p.m.	\$55.30
	84677	Tue	Sep 15-Oct 27	11:35a.m.-12:05p.m.	\$55.30
	84688	Tue	Sep 15-Oct 27	5:20-5:50p.m.	\$55.30
	84795	Wed	Sep 16-Oct 28	10:45-11:20a.m.	\$55.30
	84796	Wed	Sep 16-Oct 28	4:10-4:45p.m.	\$55.30
	84836	Thu	Sep 17-Oct 29	4:40-5:10p.m.	\$55.30
	84851	Fri	Sep 18-Oct 30	4:10-4:40p.m.	\$55.30
	84850	Fri	Sep 18-Oct 30	6-6:30p.m.	\$55.30
	84891	Sat	Sep 19-Oct 31	9:40-10:10a.m.	\$55.30
	84890	Sat	Sep 19-Oct 31	12:15-12:45p.m.	\$55.30
	84892	Sat	Sep 19-Oct 31	1:30-2p.m.	\$55.30
	85024	Sun	Sep 20-Nov 1	9:10-9:40a.m.	\$55.30
	85023	Sun	Sep 20-Nov 1	10:55-11:25a.m.	\$55.30
	85079	Mon	Nov 2-Dec 14	11:05-11:35a.m.	\$55.30
	85080	Mon	Nov 2-Dec 14	4:50-5:20p.m.	\$55.30
	85397	Tue	Nov 3-Dec 15	4:10-4:40p.m.	\$55.30
	85396	Tue	Nov 3-Dec 15	6-6:30p.m.	\$55.30
	85440	Wed	Nov 4-Dec 16	10:45-11:20a.m.	\$55.30

NWLC	84315	Tue	Sep 8-Oct 27	9-9:30a.m.	\$63.20
	84316	Tue	Sep 8-Oct 27	5:10-5:40p.m.	\$63.20
	84346	Wed	Sep 9-Oct 28	2:20-2:50p.m.	\$55.30
	84347	Wed	Sep 9-Oct 28	5:50-6:20p.m.	\$55.30
	84377	Thu	Sep 10-Oct 29	2:50-3:20p.m.	\$63.20
	84395	Fri	Sep 11-Oct 30	5:50-6:20p.m.	\$63.20
	84414	Sat	Sep 12-Oct 31	11:15-11:45a.m.	\$63.20
	84413	Sat	Sep 12-Oct 31	12:05-12:35p.m.	\$63.20
	84444	Sun	Sep 13-Nov 1	10:50-11:20a.m.	\$63.20
	84291	Mon	Sep 14-Oct 26	5:15-5:50p.m.	\$55.30
	84516	Tue	Nov 3-Dec 15	2:50-3:20p.m.	\$55.30
	84517	Tue	Nov 3-Dec 15	5:10-5:40p.m.	\$55.30
	84535	Wed	Nov 4-Dec 16	2:20-2:55p.m.	\$55.30
	84536	Wed	Nov 4-Dec 16	5:50-6:25p.m.	\$55.30
	84615	Thu	Nov 5-Dec 17	5:50-6:20p.m.	\$55.30
	84706	Sat	Nov 7-Dec 19	10:50-11:20a.m.	\$55.30
	84749	Sun	Nov 8-Dec 20	11:15-11:45a.m.	\$55.30
SSLC	84750	Sun	Nov 8-Dec 20	12:05-12:35p.m.	\$55.30
	84593	Mon	Sep 14-Oct 26	4:10-4:45p.m.	\$55.30
	84676	Tue	Sep 15-Oct 27	11:05-11:35a.m.	\$55.30
	84699	Tue	Sep 15-Oct 27	4:45-5:15p.m.	\$55.30
	84801	Wed	Sep 16-Oct 28	4:45-5:20p.m.	\$55.30
	84832	Thu	Sep 17-Oct 29	10:40-11:10a.m.	\$55.30
	84831	Thu	Sep 17-Oct 29	4:10-4:40p.m.	\$55.30
	84860	Fri	Sep 18-Oct 30	4:35-5:05p.m.	\$55.30
	84949	Sat	Sep 19-Oct 31	10:30-11a.m.	\$55.30
	84950	Sat	Sep 19-Oct 31	2:45-3:15p.m.	\$55.30
	85029	Sun	Sep 20-Nov 1	9:40-10:10a.m.	\$55.30
	85075	Mon	Nov 2-Dec 14	4:10-4:40p.m.	\$55.30
	85406	Tue	Nov 3-Dec 15	10:40-11:10a.m.	\$55.30
	85407	Tue	Nov 3-Dec 15	4:35-5:05p.m.	\$55.30
	85446	Wed	Nov 4-Dec 16	4:45-5:20p.m.	\$55.30
	85458	Thu	Nov 5-Dec 17	11:05-11:35a.m.	\$55.30
	85457	Thu	Nov 5-Dec 17	4:45-5:15p.m.	\$55.30
	85514	Fri	Nov 6-Dec 18	4:10-4:40p.m.	\$55.30
	85579	Sat	Nov 7-Dec 19	10:30-11a.m.	\$55.30
	85580	Sat	Nov 7-Dec 19	2:45-3:15p.m.	\$55.30
	85645	Sun	Nov 8-Dec 20	9:40-10:10a.m.	\$55.30

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



SSLC	85439	Wed	Nov 4-Dec 16	4:10-4:45p.m.	\$55.30
	85452	Thu	Nov 5-Dec 17	11:35a.m.-12:05p.m.	\$55.30
	85454	Thu	Nov 5-Dec 17	5:20-5:50p.m.	\$55.30
	85519	Fri	Nov 6-Dec 18	4:40-5:10p.m.	\$55.30
	85544	Sat	Nov 7-Dec 19	9:40-10:10a.m.	\$55.30
	85543	Sat	Nov 7-Dec 19	12:15-12:45p.m.	\$55.30
	85545	Sat	Nov 7-Dec 19	1:30-2p.m.	\$55.30
	85642	Sun	Nov 8-Dec 20	9:10-9:40a.m.	\$55.30
	85641	Sun	Nov 8-Dec 20	10:55-11:25a.m.	\$55.30

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.

LAC	85132	Wed	Sep 9-Oct 28	5:30-6p.m.	\$55.30
	85133	Thu	Sep 10-Oct 29	4:55-5:25p.m.	\$63.20
	85134	Sat	Sep 12-Oct 31	9:30-10a.m.	\$55.30
	85135	Sat	Sep 12-Oct 31	1:20-1:50p.m.	\$55.30
	85136	Sun	Sep 13-Nov 1	10:50-11:20a.m.	\$55.30
	85137	Sun	Sep 13-Nov 1	12:25-12:55p.m.	\$55.30
	85131	Mon	Sep 14-Oct 26	5:35-6:10p.m.	\$55.30
	85138	Mon	Nov 2-Dec 14	6:15-6:45p.m.	\$55.30
	85139	Wed	Nov 4-Dec 16	5:30-6:05p.m.	\$55.30
	85140	Wed	Nov 4-Dec 16	6:55-7:30p.m.	\$55.30
	85141	Thu	Nov 5-Dec 17	1:15-1:45p.m.	\$55.30
	85142	Thu	Nov 5-Dec 17	6:15-6:45p.m.	\$55.30
	85143	Sat	Nov 7-Dec 19	11:15-11:45a.m.	\$55.30
	85144	Sun	Nov 8-Dec 20	10:40-11:10a.m.	\$55.30
	85145	Sun	Nov 8-Dec 20	11:15-11:45a.m.	\$55.30
NWLC	84318	Tue	Sep 8-Oct 27	4:35-5:05p.m.	\$63.20
	84319	Tue	Sep 8-Oct 27	5:50-6:20p.m.	\$63.20
	84349	Wed	Sep 9-Oct 28	3-3:30p.m.	\$55.30
	84350	Wed	Sep 9-Oct 28	4:30-5p.m.	\$55.30
	84351	Wed	Sep 9-Oct 28	5:20-5:50p.m.	\$55.30
	84379	Thu	Sep 10-Oct 29	1:35-2:05p.m.	\$63.20
	84381	Thu	Sep 10-Oct 29	4:05-4:35p.m.	\$63.20
	84380	Thu	Sep 10-Oct 29	5:10-5:40p.m.	\$63.20
	84396	Fri	Sep 11-Oct 30	4:05-4:35p.m.	\$63.20
	84397	Fri	Sep 11-Oct 30	4:30-5p.m.	\$63.20
	84417	Sat	Sep 12-Oct 31	9:45-10:15a.m.	\$63.20
	84416	Sat	Sep 12-Oct 31	10:45-11:15a.m.	\$63.20
	84448	Sun	Sep 13-Nov 1	9:40-10:10a.m.	\$63.20
	84446	Sun	Sep 13-Nov 1	10:10-10:40a.m.	\$63.20
	84447	Sun	Sep 13-Nov 1	12:55-1:25p.m.	\$63.20

NWLC	84280	Mon	Sep 14-Oct 26	9:40-10:15a.m.	\$79.00
	84292	Mon	Sep 14-Oct 26	4-4:35p.m.	\$55.30
	84293	Mon	Sep 14-Oct 26	5:15-5:50p.m.	\$55.30
	84490	Mon	Nov 2-Dec 14	10:50-11:20a.m.	\$55.30
	84492	Mon	Nov 2-Dec 14	4:05-4:35p.m.	\$55.30
	84491	Mon	Nov 2-Dec 14	5:10-5:40p.m.	\$55.30
	84519	Tue	Nov 3-Dec 15	1:35-2:05p.m.	\$55.30
	84520	Tue	Nov 3-Dec 15	4-4:30p.m.	\$55.30
	84521	Tue	Nov 3-Dec 15	5:15-5:45p.m.	\$55.30
	84539	Wed	Nov 4-Dec 16	3-3:35p.m.	\$55.30
	84538	Wed	Nov 4-Dec 16	5:10-5:45p.m.	\$55.30
	84540	Wed	Nov 4-Dec 16	5:20-5:55p.m.	\$55.30
	84617	Thu	Nov 5-Dec 17	9-9:30a.m.	\$55.30
	84618	Thu	Nov 5-Dec 17	4:05-4:35p.m.	\$55.30
	84650	Fri	Nov 6-Dec 18	5:50-6:20p.m.	\$55.30
SSLC	84708	Sat	Nov 7-Dec 19	10:10-10:40a.m.	\$55.30
	84709	Sat	Nov 7-Dec 19	12:55-1:25p.m.	\$55.30
	84752	Sun	Nov 8-Dec 20	9-9:30a.m.	\$55.30
	84753	Sun	Nov 8-Dec 20	9:45-10:15a.m.	\$55.30
	84754	Sun	Nov 8-Dec 20	10:45-11:15a.m.	\$55.30
	84601	Mon	Sep 14-Oct 26	10:05-10:40a.m.	\$55.30
	84595	Mon	Sep 14-Oct 26	11:20-11:55a.m.	\$55.30
	84602	Mon	Sep 14-Oct 26	4-4:35p.m.	\$55.30
	84600	Mon	Sep 14-Oct 26	6:25-7p.m.	\$55.30
	84678	Tue	Sep 15-Oct 27	11:40a.m.-12:10p.m.	\$55.30

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



SSLC	84684	Tue	Sep 15-Oct 27	4:10-4:40p.m.	\$55.30
	84683	Tue	Sep 15-Oct 27	4:35-5:05p.m.	\$55.30
	84744	Wed	Sep 16-Oct 28	10:05-10:40a.m.	\$55.30
	84742	Wed	Sep 16-Oct 28	11:20-11:55a.m.	\$55.30
	84745	Wed	Sep 16-Oct 28	4-4:35p.m.	\$55.30
	84743	Wed	Sep 16-Oct 28	5:20-5:55p.m.	\$55.30
	84809	Thu	Sep 17-Oct 29	11:10-11:40a.m.	\$55.30
	84811	Thu	Sep 17-Oct 29	4:40-5:10p.m.	\$55.30
	84810	Thu	Sep 17-Oct 29	6:05-6:35p.m.	\$55.30
	84845	Fri	Sep 18-Oct 30	4-4:30p.m.	\$55.30
	84919	Sat	Sep 19-Oct 31	9-9:30a.m.	\$55.30
	84920	Sat	Sep 19-Oct 31	10:20-10:50a.m.	\$55.30
	84922	Sat	Sep 19-Oct 31	2:05-2:35p.m.	\$55.30
	84921	Sat	Sep 19-Oct 31	2:40-3:10p.m.	\$55.30
	84984	Sun	Sep 20-Nov 1	9:40-10:10a.m.	\$55.30
	84983	Sun	Sep 20-Nov 1	12-12:30p.m.	\$55.30
	84986	Sun	Sep 20-Nov 1	12:55-1:25p.m.	\$55.30
	84988	Sun	Sep 20-Nov 1	5:35-6:05p.m.	\$55.30
	85054	Mon	Nov 2-Dec 14	11:35a.m.-12:05p.m.	\$55.30
	85056	Mon	Nov 2-Dec 14	4-4:30p.m.	\$55.30
	85055	Mon	Nov 2-Dec 14	6:15-6:45p.m.	\$55.30
	85096	Tue	Nov 3-Dec 15	11:10-11:40a.m.	\$55.30
	85097	Tue	Nov 3-Dec 15	4-4:30p.m.	\$55.30
	85419	Wed	Nov 4-Dec 16	10:05-10:40a.m.	\$55.30
	85417	Wed	Nov 4-Dec 16	11:20-11:55a.m.	\$55.30
	85420	Wed	Nov 4-Dec 16	4-4:35p.m.	\$55.30
	85418	Wed	Nov 4-Dec 16	5:20-5:55p.m.	\$55.30
	85477	Thu	Nov 5-Dec 17	11:40a.m.-12:10p.m.	\$55.30
	85476	Thu	Nov 5-Dec 17	4:10-4:40p.m.	\$55.30
	85475	Thu	Nov 5-Dec 17	4:35-5:05p.m.	\$55.30
	85507	Fri	Nov 6-Dec 18	4:40-5:10p.m.	\$55.30
	85506	Fri	Nov 6-Dec 18	6:05-6:35p.m.	\$55.30
	85566	Sat	Nov 7-Dec 19	9-9:30a.m.	\$55.30
	85567	Sat	Nov 7-Dec 19	10:20-10:50a.m.	\$55.30
	85569	Sat	Nov 7-Dec 19	2:05-2:35p.m.	\$55.30
	85568	Sat	Nov 7-Dec 19	2:40-3:10p.m.	\$55.30
	85613	Sun	Nov 8-Dec 20	9:40-10:10a.m.	\$55.30
	85612	Sun	Nov 8-Dec 20	12-12:30p.m.	\$55.30
	85614	Sun	Nov 8-Dec 20	12:55-1:25p.m.	\$55.30
	85615	Sun	Nov 8-Dec 20	5:35-6:05p.m.	\$55.30

Preschool 2

3-5 years

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

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

LAC	85148	Wed	Sep 9-Oct 28	6:05-6:35p.m.	\$55.30
	85149	Sat	Sep 12-Oct 31	10:50-11:20a.m.	\$55.30
	85150	Sat	Sep 12-Oct 31	12:05-12:35p.m.	\$55.30
	85151	Sun	Sep 13-Nov 1	10:40-11:10a.m.	\$55.30
	85146	Mon	Sep 14-Oct 26	6:30-7:05p.m.	\$55.30
	85147	Mon	Sep 14-Oct 26	6:50-7:25p.m.	\$55.30
	85153	Tue	Nov 3-Dec 15	5:30-6p.m.	\$55.30
	85152	Tue	Nov 3-Dec 15	6:50-7:20p.m.	\$55.30
	85154	Wed	Nov 4-Dec 16	5:30-6:05p.m.	\$55.30
	85155	Thu	Nov 5-Dec 17	1:50-2:20p.m.	\$55.30
	85156	Thu	Nov 5-Dec 17	5:30-6p.m.	\$55.30
	85157	Sat	Nov 7-Dec 19	9:30-10a.m.	\$55.30
	85158	Sun	Nov 8-Dec 20	10:15-10:45a.m.	\$55.30
NWLC	84320	Tue	Sep 8-Oct 27	10:15-10:45a.m.	\$63.20
	84321	Tue	Sep 8-Oct 27	5:15-5:45p.m.	\$63.20
	84322	Tue	Sep 8-Oct 27	5:45-6:15p.m.	\$63.20
	84352	Wed	Sep 9-Oct 28	1:30-2p.m.	\$55.30
	84353	Wed	Sep 9-Oct 28	4-4:30p.m.	\$55.30
	84382	Thu	Sep 10-Oct 29	1-1:30p.m.	\$63.20
	84384	Thu	Sep 10-Oct 29	5:10-5:40p.m.	\$63.20
	84383	Thu	Sep 10-Oct 29	6-6:30p.m.	\$63.20
	84398	Fri	Sep 11-Oct 30	4:35-5:05p.m.	\$63.20
	84418	Sat	Sep 12-Oct 31	9-9:30a.m.	\$63.20
	84419	Sat	Sep 12-Oct 31	11:30a.m.-12p.m.	\$63.20
	84420	Sat	Sep 12-Oct 31	12:55-1:25p.m.	\$63.20
	84449	Sun	Sep 13-Nov 1	9-9:30a.m.	\$63.20
	84450	Sun	Sep 13-Nov 1	11:10-11:40a.m.	\$63.20
	84281	Mon	Sep 14-Oct 26	9-9:35a.m.	\$55.30
	84294	Mon	Sep 14-Oct 26	5:55-6:30p.m.	\$55.30
	84494	Mon	Nov 2-Dec 14	9-9:30a.m.	\$55.30
	84495	Mon	Nov 2-Dec 14	5:10-5:40p.m.	\$55.30
	84493	Mon	Nov 2-Dec 14	6-6:30p.m.	\$55.30
	84522	Tue	Nov 3-Dec 15	1-1:30p.m.	\$55.30
	84523	Tue	Nov 3-Dec 15	5:50-6:20p.m.	\$55.30
	84541	Wed	Nov 4-Dec 16	1:30-2:05p.m.	\$55.30
	84542	Wed	Nov 4-Dec 16	4-4:35p.m.	\$55.30
	84619	Thu	Nov 5-Dec 17	10:20-10:50a.m.	\$55.30
	84620	Thu	Nov 5-Dec 17	4:35-5:05p.m.	\$55.30
	84653	Fri	Nov 6-Dec 18	4:35-5:05p.m.	\$55.30
	84652	Fri	Nov 6-Dec 18	5:15-5:45p.m.	\$55.30
	84651	Fri	Nov 6-Dec 18	5:45-6:15p.m.	\$55.30
	84712	Sat	Nov 7-Dec 19	9-9:30a.m.	\$55.30
SSLC	84710	Sat	Nov 7-Dec 19	11:10-11:40a.m.	\$55.30
	84711	Sat	Nov 7-Dec 19	11:45a.m.-12:15p.m.	\$55.30
	84755	Sun	Nov 8-Dec 20	11:30a.m.-12p.m.	\$55.30
	84756	Sun	Nov 8-Dec 20	12:20-12:50p.m.	\$55.30
SSLC	84596	Mon	Sep 14-Oct 26	11:25a.m.-12p.m.	\$55.30
	84605	Mon	Sep 14-Oct 26	4:45-5:20p.m.	\$55.30

SSLC	84637	Mon	Sep 14-Oct 26	5:35-6:10p.m.	\$55.30
	84679	Tue	Sep 15-Oct 27	11-11:30a.m.	\$55.30
	84686	Tue	Sep 15-Oct 27	5:15-5:45p.m.	\$55.30
	84685	Tue	Sep 15-Oct 27	5:45-6:15p.m.	\$55.30
	84791	Wed	Sep 16-Oct 28	11:25a.m.-12p.m.	\$55.30
	84790	Wed	Sep 16-Oct 28	4:55-5:30p.m.	\$55.30
	84792	Wed	Sep 16-Oct 28	6-6:35p.m.	\$55.30
	84814	Thu	Sep 17-Oct 29	10:05-10:35a.m.	\$55.30
	84812	Thu	Sep 17-Oct 29	4-4:30p.m.	\$55.30
	84813	Thu	Sep 17-Oct 29	5:25-5:55p.m.	\$55.30
	84815	Thu	Sep 17-Oct 29	6-6:30p.m.	\$55.30
	84839	Fri	Sep 18-Oct 30	4:55-5:25p.m.	\$55.30
	84840	Fri	Sep 18-Oct 30	5:25-5:55p.m.	\$55.30
	84867	Fri	Sep 18-Oct 30	6-6:30p.m.	\$55.30
	84895	Sat	Sep 19-Oct 31	9:50-10:20a.m.	\$55.30
	84894	Sat	Sep 19-Oct 31	11:25-11:55a.m.	\$55.30
	84893	Sat	Sep 19-Oct 31	12:50-1:20p.m.	\$55.30
	84896	Sat	Sep 19-Oct 31	1:35-2:05p.m.	\$55.30
	84998	Sun	Sep 20-Nov 1	9-9:30a.m.	\$55.30
	84997	Sun	Sep 20-Nov 1	10:30-11a.m.	\$55.30
	85000	Sun	Sep 20-Nov 1	11:35a.m.-12:05p.m.	\$55.30
	85001	Sun	Sep 20-Nov 1	6:10-6:40p.m.	\$55.30
	85002	Sun	Sep 20-Nov 1	6:50-7:20p.m.	\$55.30
	85081	Mon	Nov 2-Dec 14	11:40a.m.-12:10p.m.	\$55.30

SSLC	85082	Mon	Nov 2-Dec 14	4:40-5:10p.m.	\$55.30
	85083	Mon	Nov 2-Dec 14	5:25-5:55p.m.	\$55.30
	85101	Tue	Nov 3-Dec 15	10:05-10:35a.m.	\$55.30
	85099	Tue	Nov 3-Dec 15	4:55-5:25p.m.	\$55.30
	85100	Tue	Nov 3-Dec 15	5:25-5:55p.m.	\$55.30
	85103	Tue	Nov 3-Dec 15	6-6:30p.m.	\$55.30
	85434	Wed	Nov 4-Dec 16	11:25a.m.-12p.m.	\$55.30
	85433	Wed	Nov 4-Dec 16	4:55-5:30p.m.	\$55.30
	85435	Wed	Nov 4-Dec 16	6-6:35p.m.	\$55.30
	85449	Thu	Nov 5-Dec 17	11-11:30a.m.	\$55.30
	85451	Thu	Nov 5-Dec 17	5:15-5:45p.m.	\$55.30
	85450	Thu	Nov 5-Dec 17	5:45-6:15p.m.	\$55.30
	85493	Fri	Nov 6-Dec 18	4-4:30p.m.	\$55.30
	85494	Fri	Nov 6-Dec 18	5:25-5:55p.m.	\$55.30
	85495	Fri	Nov 6-Dec 18	6-6:30p.m.	\$55.30
	85548	Sat	Nov 7-Dec 19	9:50-10:20a.m.	\$55.30
	85547	Sat	Nov 7-Dec 19	11:25-11:55a.m.	\$55.30
	85546	Sat	Nov 7-Dec 19	12:50-1:20p.m.	\$55.30
	85549	Sat	Nov 7-Dec 19	1:35-2:05p.m.	\$55.30
	85621	Sun	Nov 8-Dec 20	9-9:30a.m.	\$55.30
	85620	Sun	Nov 8-Dec 20	10:30-11a.m.	\$55.30
	85622	Sun	Nov 8-Dec 20	11:35a.m.-12:05p.m.	\$55.30
	85623	Sun	Nov 8-Dec 20	6:10-6:40p.m.	\$55.30
	85624	Sun	Nov 8-Dec 20	6:50-7:20p.m.	\$55.30

Verified Regina residents register early and pay less!

Visit any City leisure centre with a valid photo ID to get verified.

**Verified already?
You're all set!**

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

 **REGINA**

*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See [Regina.ca/Verify](https://regina.ca/Verify) for details.

Preschool 3

3-5 years

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

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

LAC	85160	Wed	Sep 9-Oct 28	6:25-6:55p.m.	\$55.30
	85161	Thu	Sep 10-Oct 29	5:30-6p.m.	\$63.20
	85162	Sat	Sep 12-Oct 31	11:25-11:55a.m.	\$55.30
	85163	Sun	Sep 13-Nov 1	12:25-12:55p.m.	\$55.30
	85159	Mon	Sep 14-Oct 26	5:30-6:05p.m.	\$55.30
	85164	Tue	Nov 3-Dec 15	6:50-7:20p.m.	\$55.30
	85165	Wed	Nov 4-Dec 16	6:15-6:50p.m.	\$55.30
	85169	Thu	Nov 5-Dec 17	2:45-3:15p.m.	\$55.30
	85166	Thu	Nov 5-Dec 17	6:50-7:20p.m.	\$55.30
	85167	Sat	Nov 7-Dec 19	11:25-11:55a.m.	\$55.30
	85168	Sun	Nov 8-Dec 20	10:05-10:35a.m.	\$55.30
	84323	Tue	Sep 8-Oct 27	9:35-10:05a.m.	\$63.20
NWLC	84324	Tue	Sep 8-Oct 27	4:05-4:35p.m.	\$63.20
	84354	Wed	Sep 9-Oct 28	4:40-5:10p.m.	\$55.30
	84385	Thu	Sep 10-Oct 29	4-4:30p.m.	\$63.20
	84399	Fri	Sep 11-Oct 30	5:05-5:35p.m.	\$63.20
	84422	Sat	Sep 12-Oct 31	10:20-10:50a.m.	\$63.20
	84421	Sat	Sep 12-Oct 31	12:20-12:50p.m.	\$63.20
	84451	Sun	Sep 13-Nov 1	9:05-9:35a.m.	\$63.20
	84295	Mon	Sep 14-Oct 26	4:35-5:10p.m.	\$55.30
	84496	Mon	Nov 2-Dec 14	9:35-10:05a.m.	\$55.30
	84497	Mon	Nov 2-Dec 14	4-4:30p.m.	\$55.30
	84524	Tue	Nov 3-Dec 15	4:40-5:10p.m.	\$55.30
	84543	Wed	Nov 4-Dec 16	4:30-5:05p.m.	\$55.30
	84544	Wed	Nov 4-Dec 16	5:15-5:50p.m.	\$55.30
	84621	Thu	Nov 5-Dec 17	9:35-10:05a.m.	\$55.30
	84622	Thu	Nov 5-Dec 17	5:05-5:35p.m.	\$55.30
	84654	Fri	Nov 6-Dec 18	4:05-4:35p.m.	\$55.30
	84713	Sat	Nov 7-Dec 19	9:05-9:35a.m.	\$55.30
	84757	Sun	Nov 8-Dec 20	10:20-10:50a.m.	\$55.30
	84758	Sun	Nov 8-Dec 20	12:55-1:25p.m.	\$55.30
SSLC	84634	Mon	Sep 14-Oct 26	10:40-11:15a.m.	\$55.30
	84597	Mon	Sep 14-Oct 26	4:40-5:15p.m.	\$55.30
	84635	Mon	Sep 14-Oct 26	5:15-5:50p.m.	\$55.30
	84636	Mon	Sep 14-Oct 26	7:05-7:40p.m.	\$55.30
	84680	Tue	Sep 15-Oct 27	4:40-5:10p.m.	\$55.30
	84687	Tue	Sep 15-Oct 27	5:55-6:25p.m.	\$55.30
	84740	Wed	Sep 16-Oct 28	10:40-11:15a.m.	\$55.30
	84787	Wed	Sep 16-Oct 28	4:40-5:15p.m.	\$55.30
	84741	Wed	Sep 16-Oct 28	5:20-5:55p.m.	\$55.30
	84805	Thu	Sep 17-Oct 29	10:35-11:05a.m.	\$55.30
	84807	Thu	Sep 17-Oct 29	11:15-11:45a.m.	\$55.30

SSLC	84808	Thu	Sep 17-Oct 29	4:35-5:05p.m.	\$55.30
	84806	Thu	Sep 17-Oct 29	6:05-6:35p.m.	\$55.30
	84868	Fri	Sep 18-Oct 30	4:35-5:05p.m.	\$55.30
	84941	Sat	Sep 19-Oct 31	9:05-9:35a.m.	\$55.30
	84942	Sat	Sep 19-Oct 31	12:50-1:20p.m.	\$55.30
	84944	Sat	Sep 19-Oct 31	2:05-2:35p.m.	\$55.30
	84945	Sat	Sep 19-Oct 31	2:40-3:10p.m.	\$55.30
	85006	Sun	Sep 20-Nov 1	9:05-9:35a.m.	\$55.30
	85005	Sun	Sep 20-Nov 1	12:50-1:20p.m.	\$55.30
	85007	Sun	Sep 20-Nov 1	5:40-6:10p.m.	\$55.30
	85050	Mon	Nov 2-Dec 14	11-11:30a.m.	\$55.30
	85053	Mon	Nov 2-Dec 14	4:35-5:05p.m.	\$55.30
	85051	Mon	Nov 2-Dec 14	5:10-5:40p.m.	\$55.30
	85052	Mon	Nov 2-Dec 14	6:50-7:20p.m.	\$55.30
	85092	Tue	Nov 3-Dec 15	10:35-11:05a.m.	\$55.30
	85093	Tue	Nov 3-Dec 15	11:15-11:45a.m.	\$55.30
	85095	Tue	Nov 3-Dec 15	4:35-5:05p.m.	\$55.30
	85414	Wed	Nov 4-Dec 16	10:40-11:15a.m.	\$55.30
	85415	Wed	Nov 4-Dec 16	4:40-5:15p.m.	\$55.30
	85416	Wed	Nov 4-Dec 16	5:20-5:55p.m.	\$55.30
	85486	Thu	Nov 5-Dec 17	4:40-5:10p.m.	\$55.30
	85485	Thu	Nov 5-Dec 17	5:55-6:25p.m.	\$55.30
	85516	Fri	Nov 6-Dec 18	4:35-5:05p.m.	\$55.30
	85515	Fri	Nov 6-Dec 18	6:05-6:35p.m.	\$55.30
	85572	Sat	Nov 7-Dec 19	9:05-9:35a.m.	\$55.30
	85573	Sat	Nov 7-Dec 19	12:50-1:20p.m.	\$55.30
	85574	Sat	Nov 7-Dec 19	2:05-2:35p.m.	\$55.30
	85575	Sat	Nov 7-Dec 19	2:40-3:10p.m.	\$55.30
	85629	Sun	Nov 8-Dec 20	9:05-9:35a.m.	\$55.30
	85628	Sun	Nov 8-Dec 20	12:50-1:20p.m.	\$55.30
	85630	Sun	Nov 8-Dec 20	5:40-6:10p.m.	\$55.30

Preschool 4

3-5 years

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

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

LAC	85170	Tue	Sep 8-Oct 27	6:15-6:45p.m.	\$63.20
	85171	Wed	Sep 9-Oct 28	5:30-6p.m.	\$55.30
	85172	Thu	Sep 10-Oct 29	6:50-7:20p.m.	\$63.20
	85173	Sat	Sep 12-Oct 31	9:30-10a.m.	\$55.30
	85174	Sun	Sep 13-Nov 1	10:05-10:35a.m.	\$55.30
	85175	Mon	Nov 2-Dec 14	6:05-6:35p.m.	\$55.30
	85176	Mon	Nov 2-Dec 14	6:50-7:20p.m.	\$55.30
	85177	Wed	Nov 4-Dec 16	6:25-7p.m.	\$55.30
	85178	Thu	Nov 5-Dec 17	6:05-6:35p.m.	\$55.30
	85179	Sat	Nov 7-Dec 19	9:30-10a.m.	\$55.30

LAC	85180	Sat	Nov 7-Dec 19	12:35-1:05p.m.	\$55.30
NWLC	84325	Tue	Sep 8-Oct 27	5:05-5:35p.m.	\$63.20
	84355	Wed	Sep 9-Oct 28	5:15-5:45p.m.	\$55.30
	84400	Fri	Sep 11-Oct 30	5:45-6:15p.m.	\$63.20
	84423	Sat	Sep 12-Oct 31	10:55-11:25a.m.	\$63.20
	84452	Sun	Sep 13-Nov 1	10:15-10:45a.m.	\$63.20
	84296	Mon	Sep 14-Oct 26	4-4:35p.m.	\$55.30
	84525	Tue	Nov 3-Dec 15	4-4:30p.m.	\$55.30
	84545	Wed	Nov 4-Dec 16	4:40-5:15p.m.	\$55.30
	84623	Thu	Nov 5-Dec 17	4-4:30p.m.	\$55.30
	84655	Fri	Nov 6-Dec 18	5:05-5:35p.m.	\$55.30
SSLC	84714	Sat	Nov 7-Dec 19	11:50a.m.-12:20p.m.	\$55.30
	84759	Sun	Nov 8-Dec 20	10:55-11:25a.m.	\$55.30
	84638	Mon	Sep 14-Oct 26	4:05-4:40p.m.	\$55.30
	84598	Mon	Sep 14-Oct 26	6:25-7p.m.	\$55.30
	84681	Tue	Sep 15-Oct 27	5:20-5:50p.m.	\$55.30
	84800	Wed	Sep 16-Oct 28	4:05-4:40p.m.	\$55.30
	84837	Thu	Sep 17-Oct 29	4:05-4:35p.m.	\$55.30
	84855	Fri	Sep 18-Oct 30	4-4:30p.m.	\$55.30
	84854	Fri	Sep 18-Oct 30	6-6:30p.m.	\$55.30
	84874	Sat	Sep 19-Oct 31	9:35-10:05a.m.	\$55.30
	84875	Sat	Sep 19-Oct 31	11:35a.m.-12:05p.m.	\$55.30
	84876	Sat	Sep 19-Oct 31	1:35-2:05p.m.	\$55.30
	84979	Sun	Sep 20-Nov 1	10:55-11:25a.m.	\$55.30
	84980	Sun	Sep 20-Nov 1	12:45-1:15p.m.	\$55.30
	84981	Sun	Sep 20-Nov 1	6:45-7:15p.m.	\$55.30
	85086	Mon	Nov 2-Dec 14	4:05-4:35p.m.	\$55.30
	85087	Mon	Nov 2-Dec 14	6:15-6:45p.m.	\$55.30
	85401	Tue	Nov 3-Dec 15	4-4:30p.m.	\$55.30
	85400	Tue	Nov 3-Dec 15	6-6:30p.m.	\$55.30
	85445	Wed	Nov 4-Dec 16	4:05-4:40p.m.	\$55.30
	85459	Thu	Nov 5-Dec 17	6:15-6:45p.m.	\$55.30
	85521	Fri	Nov 6-Dec 18	4:05-4:35p.m.	\$55.30
	85527	Sat	Nov 7-Dec 19	9:35-10:05a.m.	\$55.30
	85528	Sat	Nov 7-Dec 19	11:35a.m.-12:05p.m.	\$55.30
	85529	Sat	Nov 7-Dec 19	1:35-2:05p.m.	\$55.30
	85609	Sun	Nov 8-Dec 20	10:55-11:25a.m.	\$55.30
	85610	Sun	Nov 8-Dec 20	12:45-1:15p.m.	\$55.30
	85611	Sun	Nov 8-Dec 20	6:45-7:15p.m.	\$55.30

LAC	85183	Thu	Sep 10-Oct 29	1:15-1:45p.m.	\$63.20
	85184	Mon	Nov 2-Dec 14	5:30-6p.m.	\$55.30
	85185	Tue	Nov 3-Dec 15	6:15-6:45p.m.	\$55.30
	85186	Sun	Nov 8-Dec 20	11:30a.m.-12p.m.	\$55.30
NWLC	84356	Wed	Sep 9-Oct 28	5:55-6:25p.m.	\$55.30
	84386	Thu	Sep 10-Oct 29	5:45-6:15p.m.	\$63.20
	84401	Fri	Sep 11-Oct 30	4:40-5:10p.m.	\$63.20
	84424	Sat	Sep 12-Oct 31	10:15-10:45a.m.	\$63.20
	84453	Sun	Sep 13-Nov 1	9:35-10:05a.m.	\$63.20
	84297	Mon	Sep 14-Oct 26	5:55-6:30p.m.	\$55.30
	84498	Mon	Nov 2-Dec 14	5:45-6:15p.m.	\$55.30
	84526	Tue	Nov 3-Dec 15	5:55-6:25p.m.	\$55.30
	84546	Wed	Nov 4-Dec 16	5:55-6:30p.m.	\$55.30
	84624	Thu	Nov 5-Dec 17	4:40-5:10p.m.	\$55.30
SSLC	84715	Sat	Nov 7-Dec 19	9:35-10:05a.m.	\$55.30
	84760	Sun	Nov 8-Dec 20	10:15-10:45a.m.	\$55.30
	84639	Mon	Sep 14-Oct 26	5:10-5:45p.m.	\$55.30
	84599	Mon	Sep 14-Oct 26	7:05-7:40p.m.	\$55.30
	84682	Tue	Sep 15-Oct 27	4-4:30p.m.	\$55.30
	84788	Wed	Sep 16-Oct 28	6-6:35p.m.	\$55.30
	84820	Thu	Sep 17-Oct 29	4:55-5:25p.m.	\$55.30
	84841	Fri	Sep 18-Oct 30	5:30-6p.m.	\$55.30
	84901	Sat	Sep 19-Oct 31	10:15-10:45a.m.	\$55.30
	84902	Sat	Sep 19-Oct 31	12:45-1:15p.m.	\$55.30
	84903	Sat	Sep 19-Oct 31	2:10-2:40p.m.	\$55.30
	85011	Sun	Sep 20-Nov 1	9:50-10:20a.m.	\$55.30
	85012	Sun	Sep 20-Nov 1	12:20-12:50p.m.	\$55.30
	85013	Sun	Sep 20-Nov 1	6:10-6:40p.m.	\$55.30
	85088	Mon	Nov 2-Dec 14	6:50-7:20p.m.	\$55.30
	85105	Tue	Nov 3-Dec 15	5:30-6p.m.	\$55.30
	85431	Wed	Nov 4-Dec 16	6-6:35p.m.	\$55.30
	85473	Thu	Nov 5-Dec 17	4-4:30p.m.	\$55.30
	85503	Fri	Nov 6-Dec 18	4:55-5:25p.m.	\$55.30
	85554	Sat	Nov 7-Dec 19	10:15-10:45a.m.	\$55.30
	85555	Sat	Nov 7-Dec 19	12:45-1:15p.m.	\$55.30
	85556	Sat	Nov 7-Dec 19	2:10-2:40p.m.	\$55.30
	85631	Sun	Nov 8-Dec 20	9:50-10:20a.m.	\$55.30
	85632	Sun	Nov 8-Dec 20	12:20-12:50p.m.	\$55.30
	85633	Sun	Nov 8-Dec 20	6:10-6:40p.m.	\$55.30

Preschool 5

3-5 years

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

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

LAC	85181	Tue	Sep 8-Oct 27	6:55-7:25p.m.	\$63.20
	85182	Wed	Sep 9-Oct 28	6:50-7:20p.m.	\$55.30

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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	85189	Tue	Sep 8-Oct 27	5:30-6p.m.	\$63.20
	85188	Tue	Sep 8-Oct 27	6:55-7:25p.m.	\$63.20
	85190	Wed	Sep 9-Oct 28	7-7:30p.m.	\$55.30
	85191	Thu	Sep 10-Oct 29	2-2:30p.m.	\$63.20
	85192	Thu	Sep 10-Oct 29	6:50-7:20p.m.	\$63.20
	85193	Thu	Sep 10-Oct 29	7-7:30p.m.	\$63.20
	85194	Sat	Sep 12-Oct 31	11:25-11:55a.m.	\$55.30
	85195	Sat	Sep 12-Oct 31	1:30-2p.m.	\$55.30
	85197	Sun	Sep 13-Nov 1	9:30-10a.m.	\$55.30
	85196	Sun	Sep 13-Nov 1	10:40-11:10a.m.	\$55.30
	85187	Mon	Sep 14-Oct 26	6:15-6:50p.m.	\$55.30
	85198	Mon	Nov 2-Dec 14	7-7:30p.m.	\$55.30
	85200	Tue	Nov 3-Dec 15	5:40-6:10p.m.	\$55.30
	85199	Tue	Nov 3-Dec 15	6:15-6:45p.m.	\$55.30
	85201	Wed	Nov 4-Dec 16	6:10-6:45p.m.	\$55.30
	85202	Wed	Nov 4-Dec 16	7-7:35p.m.	\$55.30
	85203	Thu	Nov 5-Dec 17	6:50-7:20p.m.	\$55.30
	85204	Sat	Nov 7-Dec 19	10:05-10:35a.m.	\$55.30

LAC	85205	Sat	Nov 7-Dec 19	10:50-11:20a.m.	\$55.30
	85206	Sat	Nov 7-Dec 19	1:30-2p.m.	\$55.30
	85207	Sun	Nov 8-Dec 20	10:05-10:35a.m.	\$55.30
	85208	Sun	Nov 8-Dec 20	10:50-11:20a.m.	\$55.30
NWLC	84327	Tue	Sep 8-Oct 27	4:40-5:10p.m.	\$63.20
	84326	Tue	Sep 8-Oct 27	5:45-6:15p.m.	\$63.20
	84357	Wed	Sep 9-Oct 28	4:05-4:35p.m.	\$55.30
	84387	Thu	Sep 10-Oct 29	4-4:30p.m.	\$63.20
	84388	Thu	Sep 10-Oct 29	4:40-5:10p.m.	\$63.20
	84389	Thu	Sep 10-Oct 29	5:15-5:45p.m.	\$63.20
	84403	Fri	Sep 11-Oct 30	4:35-5:05p.m.	\$63.20
	84402	Fri	Sep 11-Oct 30	5:15-5:45p.m.	\$63.20
	84425	Sat	Sep 12-Oct 31	9:35-10:05a.m.	\$63.20
	84426	Sat	Sep 12-Oct 31	10:10-10:40a.m.	\$63.20
	84427	Sat	Sep 12-Oct 31	12:10-12:40p.m.	\$63.20
	84428	Sat	Sep 12-Oct 31	1-1:30p.m.	\$63.20
	84455	Sun	Sep 13-Nov 1	9:40-10:10a.m.	\$63.20
	84454	Sun	Sep 13-Nov 1	10:45-11:15a.m.	\$63.20
	84456	Sun	Sep 13-Nov 1	11:30a.m.-12p.m.	\$63.20
	84457	Sun	Sep 13-Nov 1	12:20-12:50p.m.	\$63.20
	84298	Mon	Sep 14-Oct 26	4:35-5:10p.m.	\$55.30
	84299	Mon	Sep 14-Oct 26	5:55-6:30p.m.	\$55.30
	84499	Mon	Nov 2-Dec 14	4-4:30p.m.	\$55.30
	84500	Mon	Nov 2-Dec 14	4:40-5:10p.m.	\$55.30

Waitlisted for a program?

Getting a spot just got easier.

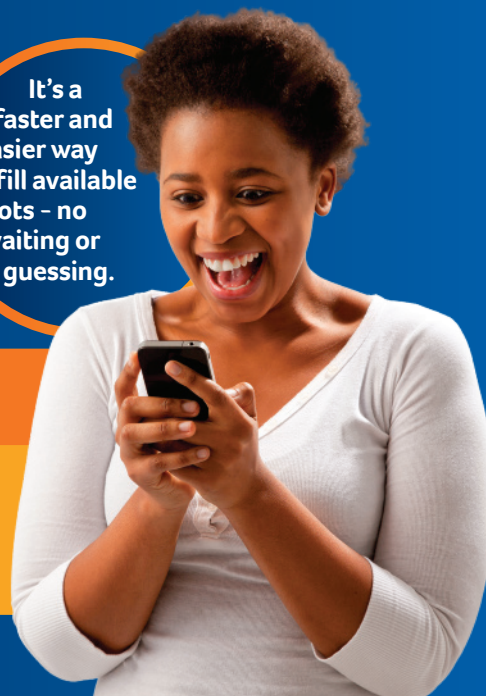
The City of Regina now uses **automatic waitlist invitations** for recreation programs.

Here's how it works:

- When a space becomes available and you're next in line, you will receive an email invitation
- Register online or over the phone at 306-777-7529 within 24 hours

Make sure your email address is up to date and check your inbox regularly.

It's a
faster and
easier way
to fill available
spots - no
waiting or
guessing.



Learn more at [Regina.ca/Recreation](https://regina.ca/Recreation)



NWLC	84501	Mon	Nov 2-Dec 14	5:15-5:45p.m.	\$55.30
	84527	Tue	Nov 3-Dec 15	4:35-5:05p.m.	\$55.30
	84528	Tue	Nov 3-Dec 15	5:45-6:15p.m.	\$55.30
	84547	Wed	Nov 4-Dec 16	4:05-4:40p.m.	\$55.30
	84626	Thu	Nov 5-Dec 17	4:35-5:05p.m.	\$55.30
	84625	Thu	Nov 5-Dec 17	5:15-5:45p.m.	\$55.30
	84627	Thu	Nov 5-Dec 17	5:40-6:10p.m.	\$55.30
	84657	Fri	Nov 6-Dec 18	4:40-5:10p.m.	\$55.30
	84656	Fri	Nov 6-Dec 18	5:45-6:15p.m.	\$55.30
	84717	Sat	Nov 7-Dec 19	9:40-10:10a.m.	\$55.30
	84718	Sat	Nov 7-Dec 19	10:15-10:45a.m.	\$55.30
	84716	Sat	Nov 7-Dec 19	10:45-11:15a.m.	\$55.30
	84719	Sat	Nov 7-Dec 19	11:30a.m.-12p.m.	\$55.30
	84761	Sun	Nov 8-Dec 20	9:35-10:05a.m.	\$55.30
	84764	Sun	Nov 8-Dec 20	10:10-10:40a.m.	\$55.30
	84765	Sun	Nov 8-Dec 20	11:45a.m.-12:15p.m.	\$55.30
	84762	Sun	Nov 8-Dec 20	12:10-12:40p.m.	\$55.30
	84763	Sun	Nov 8-Dec 20	1-1:30p.m.	\$55.30
SSLC	84640	Mon	Sep 14-Oct 26	4-4:35p.m.	\$55.30
	84646	Mon	Sep 14-Oct 26	5:55-6:30p.m.	\$55.30
	84689	Tue	Sep 15-Oct 27	4-4:30p.m.	\$55.30
	84746	Wed	Sep 16-Oct 28	4-4:35p.m.	\$55.30
	84822	Thu	Sep 17-Oct 29	4:05-4:35p.m.	\$55.30
	84821	Thu	Sep 17-Oct 29	5:30-6p.m.	\$55.30
	84846	Fri	Sep 18-Oct 30	4:35-5:05p.m.	\$55.30
	84847	Fri	Sep 18-Oct 30	6:05-6:35p.m.	\$55.30
	84869	Sat	Sep 19-Oct 31	9-9:30a.m.	\$55.30
	84871	Sat	Sep 19-Oct 31	9:55-10:25a.m.	\$55.30
	84870	Sat	Sep 19-Oct 31	11:40a.m.-12:10p.m.	\$55.30
	84872	Sat	Sep 19-Oct 31	1:30-2p.m.	\$55.30
	84873	Sat	Sep 19-Oct 31	2:45-3:15p.m.	\$55.30
	84959	Sun	Sep 20-Nov 1	9-9:30a.m.	\$55.30
	84962	Sun	Sep 20-Nov 1	10:20-10:50a.m.	\$55.30
	84963	Sun	Sep 20-Nov 1	11-11:30a.m.	\$55.30
	84961	Sun	Sep 20-Nov 1	11:35a.m.-12:05p.m.	\$55.30
	84964	Sun	Sep 20-Nov 1	5:35-6:05p.m.	\$55.30
	84965	Sun	Sep 20-Nov 1	6:45-7:15p.m.	\$55.30
	85057	Mon	Nov 2-Dec 14	4-4:30p.m.	\$55.30
	85058	Mon	Nov 2-Dec 14	5:45-6:15p.m.	\$55.30
	85392	Tue	Nov 3-Dec 15	4:35-5:05p.m.	\$55.30
	85393	Tue	Nov 3-Dec 15	6:05-6:35p.m.	\$55.30
	85421	Wed	Nov 4-Dec 16	4-4:35p.m.	\$55.30
	85483	Thu	Nov 5-Dec 17	4-4:30p.m.	\$55.30
	85482	Thu	Nov 5-Dec 17	6:05-6:35p.m.	\$55.30
	85505	Fri	Nov 6-Dec 18	4:05-4:35p.m.	\$55.30
	85504	Fri	Nov 6-Dec 18	5:30-6p.m.	\$55.30
	85522	Sat	Nov 7-Dec 19	9-9:30a.m.	\$55.30
	85524	Sat	Nov 7-Dec 19	9:55-10:25a.m.	\$55.30

SSLC	85523	Sat	Nov 7-Dec 19	11:40a.m.-12:10p.m.	\$55.30
	85525	Sat	Nov 7-Dec 19	1:30-2p.m.	\$55.30
	85526	Sat	Nov 7-Dec 19	2:45-3:15p.m.	\$55.30
	85582	Sun	Nov 8-Dec 20	9-9:30a.m.	\$55.30
	85584	Sun	Nov 8-Dec 20	10:20-10:50a.m.	\$55.30
	85585	Sun	Nov 8-Dec 20	11-11:30a.m.	\$55.30
	85583	Sun	Nov 8-Dec 20	11:35a.m.-12:05p.m.	\$55.30
	85586	Sun	Nov 8-Dec 20	5:35-6:05p.m.	\$55.30
	85587	Sun	Nov 8-Dec 20	6:45-7:15p.m.	\$55.30

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	85290	Wed	Sep 9-Oct 28	6:15-6:45p.m.	\$55.30
	85291	Sat	Sep 12-Oct 31	10:15-10:45a.m.	\$55.30
	85292	Sun	Sep 13-Nov 1	10:15-10:45a.m.	\$55.30
	85293	Tue	Nov 3-Dec 15	6:50-7:20p.m.	\$55.30
	85294	Sat	Nov 7-Dec 19	12:35-1:05p.m.	\$55.30
	85295	Sun	Nov 8-Dec 20	10:25-10:55a.m.	\$55.30
NWLC	84436	Sat	Sep 12-Oct 31	11:45a.m.-12:15p.m.	\$63.20
	84729	Sat	Nov 7-Dec 19	12:30-1p.m.	\$55.30

Swimmer 2

5-12 years

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

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

LAC	85211	Tue	Sep 8-Oct 27	7-7:30p.m.	\$63.20
	85213	Wed	Sep 9-Oct 28	5:30-6p.m.	\$55.30
	85214	Wed	Sep 9-Oct 28	6:05-6:35p.m.	\$55.30
	85212	Wed	Sep 9-Oct 28	6:50-7:20p.m.	\$55.30
	85215	Thu	Sep 10-Oct 29	2:35-3:05p.m.	\$63.20
	85216	Thu	Sep 10-Oct 29	5:30-6p.m.	\$63.20
	85217	Sat	Sep 12-Oct 31	11:25-11:55a.m.	\$55.30
	85218	Sun	Sep 13-Nov 1	10:05-10:35a.m.	\$55.30
	85209	Mon	Sep 14-Oct 26	5:30-6:05p.m.	\$55.30
	85210	Mon	Sep 14-Oct 26	6:10-6:45p.m.	\$55.30

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



LAC	85220	Mon	Nov 2-Dec 14	5:30-6p.m.	\$55.30
	85221	Mon	Nov 2-Dec 14	6:40-7:10p.m.	\$55.30
	85219	Mon	Nov 2-Dec 14	7-7:30p.m.	\$55.30
	85222	Tue	Nov 3-Dec 15	6:05-6:35p.m.	\$55.30
	85223	Wed	Nov 4-Dec 16	5:35-6:10p.m.	\$55.30
	85224	Wed	Nov 4-Dec 16	6:50-7:25p.m.	\$55.30
	85225	Thu	Nov 5-Dec 17	5:30-6p.m.	\$55.30
	85227	Sat	Nov 7-Dec 19	10:05-10:35a.m.	\$55.30
	85226	Sat	Nov 7-Dec 19	11:30a.m.-12p.m.	\$55.30
	85228	Sat	Nov 7-Dec 19	12-12:30p.m.	\$55.30
	85229	Sun	Nov 8-Dec 20	11-11:30a.m.	\$55.30
NWLC	84328	Tue	Sep 8-Oct 27	4-4:30p.m.	\$63.20
	84329	Tue	Sep 8-Oct 27	5:40-6:10p.m.	\$63.20
	84358	Wed	Sep 9-Oct 28	4-4:30p.m.	\$55.30
	84359	Wed	Sep 9-Oct 28	5:20-5:50p.m.	\$55.30
	84390	Thu	Sep 10-Oct 29	5:10-5:40p.m.	\$63.20
	84404	Fri	Sep 11-Oct 30	4-4:30p.m.	\$63.20
	84405	Fri	Sep 11-Oct 30	5:10-5:40p.m.	\$63.20
	84406	Fri	Sep 11-Oct 30	5:40-6:10p.m.	\$63.20
	84430	Sat	Sep 12-Oct 31	9:10-9:40a.m.	\$63.20
	84431	Sat	Sep 12-Oct 31	9:40-10:10a.m.	\$63.20
	84429	Sat	Sep 12-Oct 31	12:45-1:15p.m.	\$63.20
	84459	Sun	Sep 13-Nov 1	10:15-10:45a.m.	\$63.20
	84460	Sun	Sep 13-Nov 1	10:55-11:25a.m.	\$63.20
	84461	Sun	Sep 13-Nov 1	11:50a.m.-12:20p.m.	\$63.20
	84458	Sun	Sep 13-Nov 1	12:20-12:50p.m.	\$63.20
	84300	Mon	Sep 14-Oct 26	4-4:35p.m.	\$55.30
	84502	Mon	Nov 2-Dec 14	5:10-5:40p.m.	\$55.30
	84529	Tue	Nov 3-Dec 15	4:05-4:35p.m.	\$55.30
	84530	Tue	Nov 3-Dec 15	5:45-6:15p.m.	\$55.30
	84548	Wed	Nov 4-Dec 16	4-4:35p.m.	\$55.30
	84549	Wed	Nov 4-Dec 16	5:20-5:55p.m.	\$55.30
	84628	Thu	Nov 5-Dec 17	4-4:30p.m.	\$55.30
	84629	Thu	Nov 5-Dec 17	5:10-5:40p.m.	\$55.30
	84630	Thu	Nov 5-Dec 17	5:45-6:15p.m.	\$55.30
	84659	Fri	Nov 6-Dec 18	4-4:30p.m.	\$55.30
	84658	Fri	Nov 6-Dec 18	5:40-6:10p.m.	\$55.30
	84720	Sat	Nov 7-Dec 19	10:15-10:45a.m.	\$55.30
	84722	Sat	Nov 7-Dec 19	10:55-11:25a.m.	\$55.30
	84721	Sat	Nov 7-Dec 19	12:20-12:50p.m.	\$55.30
	84723	Sat	Nov 7-Dec 19	1-1:30p.m.	\$55.30
	84766	Sun	Nov 8-Dec 20	9:10-9:40a.m.	\$55.30
	84768	Sun	Nov 8-Dec 20	12:25-12:55p.m.	\$55.30
	84767	Sun	Nov 8-Dec 20	12:45-1:15p.m.	\$55.30
SSLC	84647	Mon	Sep 14-Oct 26	4:50-5:25p.m.	\$55.30
	84641	Mon	Sep 14-Oct 26	6-6:35p.m.	\$55.30
	84695	Tue	Sep 15-Oct 27	4:45-5:15p.m.	\$55.30
	84690	Tue	Sep 15-Oct 27	5:10-5:40p.m.	\$55.30

SSLC	84798	Wed	Sep 16-Oct 28	4:40-5:15p.m.	\$55.30
	84799	Wed	Sep 16-Oct 28	6-6:35p.m.	\$55.30
	84830	Thu	Sep 17-Oct 29	6-6:30p.m.	\$55.30
	84857	Fri	Sep 18-Oct 30	4:05-4:35p.m.	\$55.30
	84856	Fri	Sep 18-Oct 30	5:20-5:50p.m.	\$55.30
	84917	Sat	Sep 19-Oct 31	10:25-10:55a.m.	\$55.30
	84993	Sun	Sep 20-Nov 1	9:55-10:25a.m.	\$55.30
	84994	Sun	Sep 20-Nov 1	12:10-12:40p.m.	\$55.30
	84995	Sun	Sep 20-Nov 1	6:15-6:45p.m.	\$55.30
	85071	Mon	Nov 2-Dec 14	4:45-5:15p.m.	\$55.30
	85070	Mon	Nov 2-Dec 14	5:55-6:25p.m.	\$55.30
	85403	Tue	Nov 3-Dec 15	4:05-4:35p.m.	\$55.30
	85402	Tue	Nov 3-Dec 15	5:20-5:50p.m.	\$55.30
	85443	Wed	Nov 4-Dec 16	4:40-5:15p.m.	\$55.30
	85444	Wed	Nov 4-Dec 16	6-6:35p.m.	\$55.30
	85479	Thu	Nov 5-Dec 17	4:45-5:15p.m.	\$55.30
	85478	Thu	Nov 5-Dec 17	5:10-5:40p.m.	\$55.30
	85498	Fri	Nov 6-Dec 18	5:20-5:50p.m.	\$55.30
	85499	Fri	Nov 6-Dec 18	6-6:30p.m.	\$55.30
	85563	Sat	Nov 7-Dec 19	10:25-10:55a.m.	\$55.30
	85564	Sat	Nov 7-Dec 19	10:45-11:15a.m.	\$55.30
	85617	Sun	Nov 8-Dec 20	9:55-10:25a.m.	\$55.30
	85618	Sun	Nov 8-Dec 20	12:10-12:40p.m.	\$55.30
	85619	Sun	Nov 8-Dec 20	6:15-6:45p.m.	\$55.30

Looking for your class details?

Your emailed receipt includes everything you need to know, including dates, times, locations and weeks when classes will not be running.

Check your receipt to plan ahead and stay on track.

Customer #2
Enrollment in Tennis - Adult Level 1 (# 83911)
Enrollment Effective Date: May 12, 2026
Meeting Dates:
From Jun 6, 2026 to Jul 1, 2026
Each Saturday from 12:15 to 1:15pm

Except the following dates:
Saturday, June 27, 2026

Location: FH - Tennis Court 1 - Rental at Fieldhouse
1717 Elphinstone St
Regina, SK S4T 3N3

The price is \$56.70.



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	85297	Sun	Sep 13-Nov 1	10:40-11:10a.m.	\$55.30
	85296	Mon	Sep 14-Oct 26	6:55-7:30p.m.	\$55.30
	85298	Thu	Nov 5-Dec 17	6:50-7:20p.m.	\$55.30
	85299	Sat	Nov 7-Dec 19	11:25-11:55a.m.	\$55.30
NWLC	84392	Thu	Sep 10-Oct 29	4:35-5:05p.m.	\$63.20
	84303	Mon	Sep 14-Oct 26	5:55-6:30p.m.	\$55.30
	84504	Mon	Nov 2-Dec 14	4:35-5:05p.m.	\$55.30

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	85232	Tue	Sep 8-Oct 27	5:35-6:05p.m.	\$63.20
	85234	Thu	Sep 10-Oct 29	5:30-6p.m.	\$63.20
	85233	Thu	Sep 10-Oct 29	6:15-6:45p.m.	\$63.20
	85235	Sat	Sep 12-Oct 31	10:50-11:20a.m.	\$55.30
	85236	Sat	Sep 12-Oct 31	12:40-1:10p.m.	\$55.30
	85237	Sun	Sep 13-Nov 1	9:30-10a.m.	\$55.30
	85238	Sun	Sep 13-Nov 1	11:40a.m.-12:10p.m.	\$55.30
	85230	Mon	Sep 14-Oct 26	6:30-7:05p.m.	\$55.30
	85231	Mon	Sep 14-Oct 26	6:50-7:25p.m.	\$55.30
	85239	Mon	Nov 2-Dec 14	5:40-6:10p.m.	\$55.30
	85240	Mon	Nov 2-Dec 14	6:05-6:35p.m.	\$55.30
	85241	Tue	Nov 3-Dec 15	6:40-7:10p.m.	\$55.30
	85242	Wed	Nov 4-Dec 16	6:15-6:50p.m.	\$55.30
	85243	Thu	Nov 5-Dec 17	6:15-6:45p.m.	\$55.30
	85244	Sat	Nov 7-Dec 19	9:30-10a.m.	\$55.30
	85245	Sat	Nov 7-Dec 19	12-12:30p.m.	\$55.30
	85246	Sun	Nov 8-Dec 20	9:30-10a.m.	\$55.30
	85247	Sun	Nov 8-Dec 20	11:40a.m.-12:10p.m.	\$55.30

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



NWLC	84330	Tue	Sep 8-Oct 27	4:35-5:05p.m.	\$63.20
	84366	Wed	Sep 9-Oct 28	4:40-5:10p.m.	\$55.30
	84361	Wed	Sep 9-Oct 28	5:55-6:25p.m.	\$55.30
	84391	Thu	Sep 10-Oct 29	4:35-5:05p.m.	\$63.20
	84408	Fri	Sep 11-Oct 30	4-4:30p.m.	\$63.20
	84407	Fri	Sep 11-Oct 30	5:55-6:25p.m.	\$63.20
	84432	Sat	Sep 12-Oct 31	9-9:30a.m.	\$63.20
	84434	Sat	Sep 12-Oct 31	11:35a.m.-12:05p.m.	\$63.20
	84433	Sat	Sep 12-Oct 31	12:25-12:55p.m.	\$63.20
	84463	Sun	Sep 13-Nov 1	9:05-9:35a.m.	\$63.20
	84465	Sun	Sep 13-Nov 1	10:20-10:50a.m.	\$63.20
	84464	Sun	Sep 13-Nov 1	12-12:30p.m.	\$63.20
	84462	Sun	Sep 13-Nov 1	1-1:30p.m.	\$63.20
	84301	Mon	Sep 14-Oct 26	4:40-5:15p.m.	\$55.30
	84503	Mon	Nov 2-Dec 14	4:35-5:05p.m.	\$55.30
	84531	Tue	Nov 3-Dec 15	4:35-5:05p.m.	\$55.30
	84551	Wed	Nov 4-Dec 16	4:40-5:15p.m.	\$55.30
	84550	Wed	Nov 4-Dec 16	5:55-6:30p.m.	\$55.30
	84632	Thu	Nov 5-Dec 17	4:30-5p.m.	\$55.30
	84631	Thu	Nov 5-Dec 17	5:55-6:25p.m.	\$55.30
SSLC	84660	Fri	Nov 6-Dec 18	4:35-5:05p.m.	\$55.30
	84727	Sat	Nov 7-Dec 19	9:05-9:35a.m.	\$55.30
	84726	Sat	Nov 7-Dec 19	10:20-10:50a.m.	\$55.30
	84725	Sat	Nov 7-Dec 19	11:25-11:55a.m.	\$55.30
	84724	Sat	Nov 7-Dec 19	12:25-12:55p.m.	\$55.30
	84770	Sun	Nov 8-Dec 20	9-9:30a.m.	\$55.30
	84771	Sun	Nov 8-Dec 20	9:40-10:10a.m.	\$55.30
	84769	Sun	Nov 8-Dec 20	11:35a.m.-12:05p.m.	\$55.30
	84642	Mon	Sep 14-Oct 26	4-4:35p.m.	\$55.30
	84648	Mon	Sep 14-Oct 26	5:25-6p.m.	\$55.30
	84697	Tue	Sep 15-Oct 27	4:05-4:35p.m.	\$55.30
	84691	Tue	Sep 15-Oct 27	5:55-6:25p.m.	\$55.30
	84696	Tue	Sep 15-Oct 27	6-6:30p.m.	\$55.30
	84785	Wed	Sep 16-Oct 28	4-4:35p.m.	\$55.30
	84786	Wed	Sep 16-Oct 28	5:40-6:15p.m.	\$55.30
	84828	Thu	Sep 17-Oct 29	4-4:30p.m.	\$55.30
	84826	Thu	Sep 17-Oct 29	4:50-5:20p.m.	\$55.30
	84827	Thu	Sep 17-Oct 29	5:30-6p.m.	\$55.30
	84829	Thu	Sep 17-Oct 29	6-6:30p.m.	\$55.30
	84844	Fri	Sep 18-Oct 30	4-4:30p.m.	\$55.30
	84843	Fri	Sep 18-Oct 30	4:45-5:15p.m.	\$55.30
	84842	Fri	Sep 18-Oct 30	6:05-6:35p.m.	\$55.30
	84897	Sat	Sep 19-Oct 31	9:05-9:35a.m.	\$55.30
	84899	Sat	Sep 19-Oct 31	9:45-10:15a.m.	\$55.30
	84900	Sat	Sep 19-Oct 31	11:05-11:35a.m.	\$55.30
	84898	Sat	Sep 19-Oct 31	11:35a.m.-12:05p.m.	\$55.30
	85026	Sun	Sep 20-Nov 1	9:05-9:35a.m.	\$55.30

SSLC	85027	Sun	Sep 20-Nov 1	10:15-10:45a.m.	\$55.30
	85072	Mon	Nov 2-Dec 14	4-4:30p.m.	\$55.30
	85073	Mon	Nov 2-Dec 14	5:05-5:35p.m.	\$55.30
	85074	Mon	Nov 2-Dec 14	5:15-5:45p.m.	\$55.30
	85391	Tue	Nov 3-Dec 15	4-4:30p.m.	\$55.30
	85390	Tue	Nov 3-Dec 15	4:45-5:15p.m.	\$55.30
	85389	Tue	Nov 3-Dec 15	6:05-6:35p.m.	\$55.30
	85429	Wed	Nov 4-Dec 16	4-4:35p.m.	\$55.30
	85430	Wed	Nov 4-Dec 16	5:40-6:15p.m.	\$55.30
	85462	Thu	Nov 5-Dec 17	4:05-4:35p.m.	\$55.30
	85461	Thu	Nov 5-Dec 17	5-5:30p.m.	\$55.30
	85460	Thu	Nov 5-Dec 17	6-6:30p.m.	\$55.30
	85512	Fri	Nov 6-Dec 18	4-4:30p.m.	\$55.30
	85510	Fri	Nov 6-Dec 18	4:50-5:20p.m.	\$55.30
	85511	Fri	Nov 6-Dec 18	5:30-6p.m.	\$55.30
	85513	Fri	Nov 6-Dec 18	6-6:30p.m.	\$55.30
	85550	Sat	Nov 7-Dec 19	9:05-9:35a.m.	\$55.30
	85552	Sat	Nov 7-Dec 19	9:45-10:15a.m.	\$55.30
	85553	Sat	Nov 7-Dec 19	11:05-11:35a.m.	\$55.30
	85551	Sat	Nov 7-Dec 19	11:35a.m.-12:05p.m.	\$55.30
	85626	Sun	Nov 8-Dec 20	9:05-9:35a.m.	\$55.30
	85627	Sun	Nov 8-Dec 20	10:15-10:45a.m.	\$55.30
	85625	Sun	Nov 8-Dec 20	11:05-11:35a.m.	\$55.30

Youth Swimmer 3

8-14 years

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

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

LAC	85300	Wed	Sep 9-Oct 28	5:30-6p.m.	\$55.30
	85301	Sat	Nov 7-Dec 19	10:50-11:20a.m.	\$55.30
SSLC	85003	Sun	Sep 20-Nov 1	11:05-11:35a.m.	\$55.30

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	85249	Tue	Sep 8-Oct 27	6:10-6:50p.m.	\$69.60
	85251	Wed	Sep 9-Oct 28	6:05-6:45p.m.	\$60.90
	85250	Wed	Sep 9-Oct 28	6:40-7:20p.m.	\$60.90
	85252	Thu	Sep 10-Oct 29	1:15-1:55p.m.	\$69.60
	85253	Sat	Sep 12-Oct 31	9:30-10:10a.m.	\$60.90
	85254	Sat	Sep 12-Oct 31	12:45-1:25p.m.	\$60.90
	85255	Sun	Sep 13-Nov 1	11:40a.m.-12:20p.m.	\$60.90

LAC	85248	Mon	Sep 14-Oct 26	6:25-7:10p.m.	\$60.90
	85256	Mon	Nov 2-Dec 14	5:30-6:10p.m.	\$60.90
	85257	Tue	Nov 3-Dec 15	5:30-6:10p.m.	\$60.90
	85258	Wed	Nov 4-Dec 16	5:35-6:20p.m.	\$60.90
	85259	Thu	Nov 5-Dec 17	1:15-1:55p.m.	\$60.90
	85260	Thu	Nov 5-Dec 17	6:05-6:45p.m.	\$60.90
	85262	Sat	Nov 7-Dec 19	9:30-10:10a.m.	\$60.90
	85261	Sat	Nov 7-Dec 19	10:40-11:20a.m.	\$60.90
	85263	Sat	Nov 7-Dec 19	12:15-12:55p.m.	\$60.90
	85264	Sun	Nov 8-Dec 20	12:20-1p.m.	\$60.90
NWLC	84409	Fri	Sep 11-Oct 30	5:10-5:50p.m.	\$69.60
	84435	Sat	Sep 12-Oct 31	10:10-10:50a.m.	\$69.60
	84466	Sun	Sep 13-Nov 1	9:35-10:15a.m.	\$69.60
	84302	Mon	Sep 14-Oct 26	5:10-5:55p.m.	\$60.90
	84532	Tue	Nov 3-Dec 15	5:10-5:50p.m.	\$60.90
	84633	Thu	Nov 5-Dec 17	5:10-5:50p.m.	\$60.90
	84728	Sat	Nov 7-Dec 19	9:35-10:15a.m.	\$60.90
	84772	Sun	Nov 8-Dec 20	10:10-10:50a.m.	\$60.90
SSLC	84643	Mon	Sep 14-Oct 26	4:40-5:25p.m.	\$60.90
	84692	Tue	Sep 15-Oct 27	4:40-5:20p.m.	\$60.90
	84794	Wed	Sep 16-Oct 28	4:50-5:35p.m.	\$60.90
	84793	Wed	Sep 16-Oct 28	5:35-6:20p.m.	\$60.90
	84816	Thu	Sep 17-Oct 29	4:35-5:15p.m.	\$60.90
	84817	Thu	Sep 17-Oct 29	5:15-5:55p.m.	\$60.90
	84859	Fri	Sep 18-Oct 30	5:10-5:50p.m.	\$60.90
	84858	Fri	Sep 18-Oct 30	5:55-6:35p.m.	\$60.90
	84923	Sat	Sep 19-Oct 31	9:35-10:15a.m.	\$60.90
	84924	Sat	Sep 19-Oct 31	12:40-1:20p.m.	\$60.90
	85020	Sun	Sep 20-Nov 1	9:35-10:15a.m.	\$60.90
	85022	Sun	Sep 20-Nov 1	11:35a.m.-12:15p.m.	\$60.90
	85021	Sun	Sep 20-Nov 1	12:45-1:25p.m.	\$60.90
	85059	Mon	Nov 2-Dec 14	4:35-5:15p.m.	\$60.90
	85405	Tue	Nov 3-Dec 15	5:10-5:50p.m.	\$60.90
	85404	Tue	Nov 3-Dec 15	5:55-6:35p.m.	\$60.90
	85437	Wed	Nov 4-Dec 16	4:50-5:35p.m.	\$60.90
	85436	Wed	Nov 4-Dec 16	5:35-6:20p.m.	\$60.90
	85490	Thu	Nov 5-Dec 17	4:40-5:20p.m.	\$60.90
	85497	Fri	Nov 6-Dec 18	4:35-5:15p.m.	\$60.90
	85496	Fri	Nov 6-Dec 18	5:15-5:55p.m.	\$60.90
	85570	Sat	Nov 7-Dec 19	9:35-10:15a.m.	\$60.90
	85571	Sat	Nov 7-Dec 19	12:40-1:20p.m.	\$60.90
	85638	Sun	Nov 8-Dec 20	9:35-10:15a.m.	\$60.90
	85640	Sun	Nov 8-Dec 20	11:35a.m.-12:15p.m.	\$60.90
	85639	Sun	Nov 8-Dec 20	12:45-1:25p.m.	\$60.90

Youth Swimmer 4

8-14 years

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

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

LAC	85302	Tue	Sep 8-Oct 27	6:50-7:30p.m.	\$69.60
	85303	Sat	Sep 12-Oct 31	1:15-1:55p.m.	\$60.90
	85304	Mon	Nov 2-Dec 14	6:40-7:20p.m.	\$60.90

Swimmer 5

5-12 years

In this level swimmers will work on shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint front and back crawl.

Prerequisite: Your child must be able to successfully perform standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl.

LAC	85266	Tue	Sep 8-Oct 27	5:30-6:10p.m.	\$69.60
	85267	Thu	Sep 10-Oct 29	1:50-2:30p.m.	\$69.60
	85268	Sat	Sep 12-Oct 31	10:05-10:45a.m.	\$60.90
	85269	Sat	Sep 12-Oct 31	12-12:40p.m.	\$60.90
	85270	Sun	Sep 13-Nov 1	9:30-10:10a.m.	\$60.90
	85271	Sun	Sep 13-Nov 1	12:15-12:55p.m.	\$60.90
	85265	Mon	Sep 14-Oct 26	5:35-6:20p.m.	\$60.90
	85272	Mon	Nov 2-Dec 14	5:30-6:10p.m.	\$60.90
	85273	Thu	Nov 5-Dec 17	2-2:40p.m.	\$60.90
	85274	Thu	Nov 5-Dec 17	5:30-6:10p.m.	\$60.90
	85275	Sat	Nov 7-Dec 19	10:05-10:45a.m.	\$60.90
	85276	Sat	Nov 7-Dec 19	12:45-1:25p.m.	\$60.90
	85277	Sun	Nov 8-Dec 20	9:30-10:10a.m.	\$60.90
SSLC	84644	Mon	Sep 14-Oct 26	5:30-6:15p.m.	\$60.90
	84698	Tue	Sep 15-Oct 27	4-4:40p.m.	\$60.90
	84693	Tue	Sep 15-Oct 27	5:20-6p.m.	\$60.90
	84789	Wed	Sep 16-Oct 28	4:05-4:50p.m.	\$60.90
	84823	Thu	Sep 17-Oct 29	4:05-4:45p.m.	\$60.90
	84824	Thu	Sep 17-Oct 29	5:15-5:55p.m.	\$60.90
	84862	Fri	Sep 18-Oct 30	4:40-5:20p.m.	\$60.90
	84863	Fri	Sep 18-Oct 30	5:55-6:35p.m.	\$60.90
	84906	Sat	Sep 19-Oct 31	10:55-11:35a.m.	\$60.90
	84905	Sat	Sep 19-Oct 31	10:15-10:55a.m.	\$60.90
	84926	Sat	Sep 19-Oct 31	11:20a.m.-12p.m.	\$60.90
	84907	Sat	Sep 19-Oct 31	11:40a.m.-12:20p.m.	\$60.90
	84904	Sat	Sep 19-Oct 31	12-12:40p.m.	\$60.90
	85017	Sun	Sep 20-Nov 1	9:45-10:25a.m.	\$60.90
	85019	Sun	Sep 20-Nov 1	10:50-11:30a.m.	\$60.90
	85016	Sun	Sep 20-Nov 1	12:10-12:50p.m.	\$60.90
	85076	Mon	Nov 2-Dec 14	5:20-6p.m.	\$60.90
	85409	Tue	Nov 3-Dec 15	4:40-5:20p.m.	\$60.90

SSLC	85410	Tue	Nov 3-Dec 15	5:55-6:35p.m.	\$60.90
	85432	Wed	Nov 4-Dec 16	4:05-4:50p.m.	\$60.90
	85455	Thu	Nov 5-Dec 17	4-4:40p.m.	\$60.90
	85456	Thu	Nov 5-Dec 17	5:20-6p.m.	\$60.90
	85508	Fri	Nov 6-Dec 18	4:05-4:45p.m.	\$60.90
	85509	Fri	Nov 6-Dec 18	5:15-5:55p.m.	\$60.90
	85559	Sat	Nov 7-Dec 19	10:15-10:55a.m.	\$60.90
	85560	Sat	Nov 7-Dec 19	10:55-11:35a.m.	\$60.90
	85558	Sat	Nov 7-Dec 19	11:20a.m.-12p.m.	\$60.90
	85561	Sat	Nov 7-Dec 19	11:40a.m.-12:20p.m.	\$60.90
	85557	Sat	Nov 7-Dec 19	12-12:40p.m.	\$60.90
	85636	Sun	Nov 8-Dec 20	9:45-10:25a.m.	\$60.90
	85637	Sun	Nov 8-Dec 20	10:50-11:30a.m.	\$60.90
	85635	Sun	Nov 8-Dec 20	12:10-12:50p.m.	\$60.90

Youth Swimmer 5

8-14 years

This class is specifically for children who have started their swimming lessons later on. In this level swimmers will work on shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint front and back crawl.

Prerequisite: Your child must be able to successfully perform standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl.

LAC	85305	Thu	Sep 10-Oct 29	5:30-6:10p.m.	\$69.60
	85306	Sat	Sep 12-Oct 31	10:40-11:20a.m.	\$60.90
	85307	Sun	Nov 8-Dec 20	11:35a.m.-12:15p.m.	\$60.90

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	85279	Tue	Sep 8-Oct 27	6:10-6:50p.m.	\$69.60
	85280	Wed	Sep 9-Oct 28	5:30-6:10p.m.	\$60.90
	85281	Thu	Sep 10-Oct 29	2:35-3:15p.m.	\$69.60
	85282	Thu	Sep 10-Oct 29	6:05-6:45p.m.	\$69.60
	85283	Sat	Sep 12-Oct 31	12-12:40p.m.	\$60.90
	85278	Mon	Sep 14-Oct 26	5:40-6:25p.m.	\$60.90
	85284	Mon	Nov 2-Dec 14	6:15-6:55p.m.	\$60.90
	85285	Tue	Nov 3-Dec 15	5:30-6:10p.m.	\$60.90
	85286	Wed	Nov 4-Dec 16	5:35-6:20p.m.	\$60.90
	85287	Thu	Nov 5-Dec 17	2:25-3:05p.m.	\$60.90
	85288	Sat	Nov 7-Dec 19	12-12:40p.m.	\$60.90
	85289	Sun	Nov 8-Dec 20	11:50a.m.-12:30p.m.	\$60.90
SSLC	84645	Mon	Sep 14-Oct 26	4:05-4:50p.m.	\$60.90
	84694	Tue	Sep 15-Oct 27	4:35-5:15p.m.	\$60.90
	84747	Wed	Sep 16-Oct 28	4:40-5:25p.m.	\$60.90

SSLC	84825	Thu	Sep 17-Oct 29	4:45-5:25p.m.	\$60.90
	84818	Thu	Sep 17-Oct 29	5:55-6:35p.m.	\$60.90
	84849	Fri	Sep 18-Oct 30	4:05-4:45p.m.	\$60.90
	84848	Fri	Sep 18-Oct 30	5:15-5:55p.m.	\$60.90
	84916	Sat	Sep 19-Oct 31	9:05-9:45a.m.	\$60.90
	85008	Sun	Sep 20-Nov 1	9:05-9:45a.m.	\$60.90
	84976	Sun	Sep 20-Nov 1	10:10-10:50a.m.	\$60.90
	84977	Sun	Sep 20-Nov 1	12:35-1:15p.m.	\$60.90
	85085	Mon	Nov 2-Dec 14	4:05-4:45p.m.	\$60.90
	85084	Mon	Nov 2-Dec 14	5:45-6:25p.m.	\$60.90
	85395	Tue	Nov 3-Dec 15	4:05-4:45p.m.	\$60.90
	85394	Tue	Nov 3-Dec 15	5:15-5:55p.m.	\$60.90
	85422	Wed	Nov 4-Dec 16	4:40-5:25p.m.	\$60.90
	85484	Thu	Nov 5-Dec 17	4:35-5:15p.m.	\$60.90
	85501	Fri	Nov 6-Dec 18	4:45-5:25p.m.	\$60.90
	85500	Fri	Nov 6-Dec 18	5:55-6:35p.m.	\$60.90
	85562	Sat	Nov 7-Dec 19	9:05-9:45a.m.	\$60.90
	85608	Sun	Nov 8-Dec 20	9:05-9:45a.m.	\$60.90
	85606	Sun	Nov 8-Dec 20	10:10-10:50a.m.	\$60.90
	85607	Sun	Nov 8-Dec 20	12:35-1:15p.m.	\$60.90

Youth Swimmer 6

8-14 years

This class is specifically for children who have started their swimming lessons later on. 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	85308	Sat	Sep 12-Oct 31	9:30-10:10a.m.	\$60.90
	85309	Thu	Nov 5-Dec 17	5:30-6:10p.m.	\$60.90

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

Lifesaving Swim Patrol – Rookie Patrol

8-14 years

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

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

LAC	85310	Wed	Sep 9-Oct 28	5:30-6:20p.m.	\$71.75
	85311	Thu	Sep 10-Oct 29	6:05-6:55p.m.	\$82.00
	85312	Sun	Sep 13-Nov 1	12:05-12:55p.m.	\$71.75
	85313	Mon	Nov 2-Dec 14	6:15-7:05p.m.	\$71.75

LAC	85314	Wed	Nov 4-Dec 16	5:30-6:25p.m.	\$71.75
	85315	Sat	Nov 7-Dec 19	1:10-2p.m.	\$71.75
SSLC	84700	Tue	Sep 15-Oct 27	4:05-4:55p.m.	\$71.75
	84802	Wed	Sep 16-Oct 28	4:05-5p.m.	\$71.75
	84838	Fri	Sep 18-Oct 30	4-4:50p.m.	\$71.75
	84948	Sat	Sep 19-Oct 31	9-9:50a.m.	\$71.75
	85028	Sun	Sep 20-Nov 1	10:50-11:40a.m.	\$71.75
	85098	Tue	Nov 3-Dec 15	4-4:50p.m.	\$71.75
	85447	Wed	Nov 4-Dec 16	4:05-5p.m.	\$71.75
	85480	Thu	Nov 5-Dec 17	4:05-4:55p.m.	\$71.75
	85578	Sat	Nov 7-Dec 19	9-9:50a.m.	\$71.75
	85644	Sun	Nov 8-Dec 20	10:50-11:40a.m.	\$71.75

Lifesaving Swim Patrol – Ranger Patrol

8-14 years

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

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

LAC	85316	Tue	Sep 8-Oct 27	6:05-6:55p.m.	\$82.00
	85317	Wed	Sep 9-Oct 28	6:05-6:55p.m.	\$71.75
	85318	Sat	Sep 12-Oct 31	1-1:50p.m.	\$71.75
	85319	Mon	Nov 2-Dec 14	6:05-6:55p.m.	\$71.75
	85320	Sat	Nov 7-Dec 19	1-1:50p.m.	\$71.75
SSLC	85321	Sun	Nov 8-Dec 20	12:05-12:55p.m.	\$71.75
	84673	Mon	Sep 14-Oct 26	4:10-5:05p.m.	\$71.75
	84797	Wed	Sep 16-Oct 28	5:40-6:35p.m.	\$71.75
	84861	Fri	Sep 18-Oct 30	5:10-6:05p.m.	\$71.75
	84877	Sat	Sep 19-Oct 31	10:10-11:05a.m.	\$71.75
	85025	Sun	Sep 20-Nov 1	11:35a.m.-12:30p.m.	\$71.75
	85077	Mon	Nov 2-Dec 14	4:10-5:05p.m.	\$71.75
	85408	Tue	Nov 3-Dec 15	5:10-6:05p.m.	\$71.75
	85441	Wed	Nov 4-Dec 16	5:40-6:35p.m.	\$71.75
	85530	Sat	Nov 7-Dec 19	10:10-11:05a.m.	\$71.75
	85643	Sun	Nov 8-Dec 20	11:35a.m.-12:30p.m.	\$71.75

Lifesaving Swim Patrol – Star Patrol

8-14 years

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

Prerequisite: Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

LAC	85323	Sat	Sep 12-Oct 31	11:10a.m.-12p.m.	\$71.75
	85322	Mon	Sep 14-Oct 26	5:30-6:25p.m.	\$71.75
	85324	Wed	Nov 4-Dec 16	6:30-7:25p.m.	\$71.75
	85330	Sat	Nov 7-Dec 19	1:10-2p.m.	\$71.75

SSLC	84702	Tue	Sep 15-Oct 27	5:25-6:15p.m.	\$71.75
	84819	Thu	Sep 17-Oct 29	4-4:50p.m.	\$71.75
	84953	Sat	Sep 19-Oct 31	12:40-1:30p.m.	\$71.75
	84989	Sun	Sep 20-Nov 1	9-9:50a.m.	\$71.75
	85491	Thu	Nov 5-Dec 17	5:25-6:15p.m.	\$71.75
	85502	Fri	Nov 6-Dec 18	4-4:50p.m.	\$71.75
	85581	Sat	Nov 7-Dec 19	12:40-1:30p.m.	\$71.75
	85616	Sun	Nov 8-Dec 20	9-9:50a.m.	\$71.75

All Ages

Private Lessons

6 years and up

Private lessons provide adults and children with an opportunity to focus on developing specific skills, as lessons will be tailored to individual needs. Private lessons can be an excellent option for participants who are not comfortable in a group environment.

LAC	85335	Tue	Sep 8-29	5:35-6:05p.m.	\$141.20
	85336	Tue	Sep 8-29	5:35-6:05p.m.	\$141.20
	85337	Tue	Sep 8-29	6:10-6:40p.m.	\$141.20
	85338	Tue	Sep 8-29	6:10-6:40p.m.	\$141.20
	85339	Tue	Sep 8-29	6:45-7:15p.m.	\$141.20
	85340	Tue	Sep 8-29	6:45-7:15p.m.	\$141.20
	85341	Thu	Sep 10-Oct 1	5:35-6:05p.m.	\$141.20
	85342	Thu	Sep 10-Oct 1	5:35-6:05p.m.	\$141.20
	85343	Thu	Sep 10-Oct 1	6:10-6:40p.m.	\$141.20
	85344	Thu	Sep 10-Oct 1	6:10-6:40p.m.	\$141.20
	85345	Thu	Sep 10-Oct 1	6:45-7:15p.m.	\$141.20
	85346	Thu	Sep 10-Oct 1	6:45-7:15p.m.	\$141.20
NWLC	84333	Tue	Sep 8-29	4-4:30p.m.	\$141.20
	84335	Tue	Sep 8-29	4:30-5p.m.	\$141.20
	84331	Tue	Sep 8-29	5:10-5:40p.m.	\$141.20
	84362	Wed	Sep 9-23	4:45-5:15p.m.	\$105.90
	84364	Wed	Sep 9-23	6-6:30p.m.	\$105.90
	84393	Thu	Sep 10-Oct 1	5:45-6:15p.m.	\$141.20
	84441	Sat	Sep 12-Oct 3	9:05-9:35a.m.	\$141.20
	84437	Sat	Sep 12-Oct 3	10:55-11:25a.m.	\$141.20
	84439	Sat	Sep 12-Oct 3	12:40-1:10p.m.	\$141.20
	84471	Sun	Sep 13-Oct 4	9-9:30a.m.	\$141.20
	84469	Sun	Sep 13-Oct 4	11:25-11:55a.m.	\$141.20
	84467	Sun	Sep 13-Oct 4	12:25-12:55p.m.	\$141.20
	84473	Sun	Sep 13-Oct 4	1-1:30p.m.	\$141.20
	84304	Mon	Sep 14-28	5:20-5:50p.m.	\$105.90
	84305	Mon	Oct 5-26	5:20-5:50p.m.	\$105.90
	84334	Tue	Oct 6-27	4-4:30p.m.	\$141.20
	84336	Tue	Oct 6-27	4:30-5p.m.	\$141.20
	84332	Tue	Oct 6-27	5:10-5:40p.m.	\$141.20
	84363	Wed	Oct 7-28	4:45-5:15p.m.	\$141.20
	84365	Wed	Oct 7-28	6-6:30p.m.	\$141.20
	84394	Thu	Oct 8-29	5:45-6:15p.m.	\$141.20

NWLC	84442	Sat	Oct 10-31	9:05-9:35a.m.	\$141.20
	84438	Sat	Oct 10-31	10:55-11:25a.m.	\$141.20
	84440	Sat	Oct 10-31	12:40-1:10p.m.	\$141.20
	84472	Sun	Oct 11-Nov 1	9-9:30a.m.	\$141.20
	84470	Sun	Oct 11-Nov 1	11:25-11:55a.m.	\$141.20
	84468	Sun	Oct 11-Nov 1	12:25-12:55p.m.	\$141.20
	84474	Sun	Oct 11-Nov 1	1-1:30p.m.	\$141.20
	84505	Mon	Nov 2-23	5:45-6:15p.m.	\$141.20
	84533	Tue	Nov 3-24	5:10-5:40p.m.	\$141.20
	84552	Wed	Nov 4-25	4:45-5:15p.m.	\$105.90
	84554	Wed	Nov 4-25	6-6:30p.m.	\$105.90
	84663	Fri	Nov 6-27	4-4:30p.m.	\$141.20
	84665	Fri	Nov 6-27	4:30-5p.m.	\$141.20
	84661	Fri	Nov 6-27	5:10-5:40p.m.	\$141.20
	84730	Sat	Nov 7-28	9-9:30a.m.	\$141.20
	84734	Sat	Nov 7-28	9:40-10:10a.m.	\$141.20
	84732	Sat	Nov 7-28	12-12:30p.m.	\$141.20
	84736	Sat	Nov 7-28	1-1:30p.m.	\$141.20
	84777	Sun	Nov 8-29	9:05-9:35a.m.	\$141.20
	84775	Sun	Nov 8-29	10:55-11:25a.m.	\$141.20
	84773	Sun	Nov 8-29	12:40-1:10p.m.	\$141.20
	84506	Mon	Nov 30-Dec 14	5:45-6:15p.m.	\$105.90
	84534	Tue	Dec 1-15	5:10-5:40p.m.	\$105.90
	84553	Wed	Dec 2-16	4:45-5:15p.m.	\$105.90
	84555	Wed	Dec 2-16	6-6:30p.m.	\$105.90
	84664	Fri	Dec 4-18	4-4:30p.m.	\$105.90
	84666	Fri	Dec 4-18	4:30-5p.m.	\$105.90
	84662	Fri	Dec 4-18	5:10-5:40p.m.	\$105.90
	84731	Sat	Dec 5-19	9-9:30a.m.	\$105.90
	84735	Sat	Dec 5-19	9:40-10:10a.m.	\$105.90
	84733	Sat	Dec 5-19	12-12:30p.m.	\$105.90
	84737	Sat	Dec 5-19	1-1:30p.m.	\$105.90
	84778	Sun	Dec 6-20	9:05-9:35a.m.	\$105.90
	84776	Sun	Dec 6-20	10:55-11:25a.m.	\$105.90
	84774	Sun	Dec 6-20	12:40-1:10p.m.	\$105.90
SSLC	84669	Mon	Sep 14-28	4:40-5:10p.m.	\$105.90
	84672	Mon	Sep 14-28	6:05-6:35p.m.	\$105.90
	84703	Tue	Sep 15-29	5:50-6:20p.m.	\$105.90
	84783	Wed	Sep 16-Oct 7	5:05-5:35p.m.	\$105.90
	84781	Wed	Sep 16-Oct 7	5:25-5:55p.m.	\$105.90
	84779	Wed	Sep 16-Oct 7	6:05-6:35p.m.	\$105.90
	84834	Thu	Sep 17-Oct 1	5:45-6:15p.m.	\$105.90
	84852	Fri	Sep 18-Oct 2	4:50-5:20p.m.	\$105.90
	84883	Sat	Sep 19-Oct 3	9:10-9:40a.m.	\$105.90
	84882	Sat	Sep 19-Oct 3	9:40-10:10a.m.	\$105.90
	84880	Sat	Sep 19-Oct 3	11-11:30a.m.	\$105.90
	84878	Sat	Sep 19-Oct 3	11:40a.m.-12:10p.m.	\$105.90
	84881	Sat	Sep 19-Oct 3	12:05-12:35p.m.	\$105.90

*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See Regina.ca/Verify for details.

SSLC	84879	Sat	Sep 19-Oct 3	12:45-1:15p.m.	\$105.90
	84966	Sun	Sep 20-Oct 4	9:35-10:05a.m.	\$105.90
	84973	Sun	Sep 20-Oct 4	10:15-10:45a.m.	\$105.90
	84970	Sun	Sep 20-Oct 4	11-11:30a.m.	\$105.90
	84968	Sun	Sep 20-Oct 4	11:40a.m.-12:10p.m.	\$105.90
	84975	Sun	Sep 20-Oct 4	12:10-12:40p.m.	\$105.90
	84971	Sun	Sep 20-Oct 4	12:55-1:25p.m.	\$105.90
	84670	Mon	Oct 5-26	4:40-5:10p.m.	\$105.90
	84671	Mon	Oct 5-26	6:05-6:35p.m.	\$105.90
	84704	Tue	Oct 6-27	5:50-6:20p.m.	\$141.20
	84835	Thu	Oct 8-29	5:45-6:15p.m.	\$141.20
	84853	Fri	Oct 9-30	4:50-5:20p.m.	\$141.20
	84889	Sat	Oct 10-31	9:10-9:40a.m.	\$141.20
	84888	Sat	Oct 10-31	9:40-10:10a.m.	\$141.20
	84886	Sat	Oct 10-31	11-11:30a.m.	\$141.20
	84884	Sat	Oct 10-31	11:40a.m.-12:10p.m.	\$141.20
	84887	Sat	Oct 10-31	12:05-12:35p.m.	\$141.20
	84885	Sat	Oct 10-31	12:45-1:15p.m.	\$141.20
	85030	Sun	Oct 11-Nov 1	9:35-10:05a.m.	\$141.20
	85035	Sun	Oct 11-Nov 1	10:15-10:45a.m.	\$141.20
	85032	Sun	Oct 11-Nov 1	11-11:30a.m.	\$141.20
	85031	Sun	Oct 11-Nov 1	11:40a.m.-12:10p.m.	\$141.20
	85036	Sun	Oct 11-Nov 1	12:10-12:40p.m.	\$141.20
	85033	Sun	Oct 11-Nov 1	12:55-1:25p.m.	\$141.20

SSLC	84784	Wed	Oct 14-28	5:05-5:35p.m.	\$105.90
	84782	Wed	Oct 14-28	5:25-5:55p.m.	\$105.90
	84780	Wed	Oct 14-28	6:05-6:35p.m.	\$105.90
	85061	Mon	Nov 2-16	4:35-5:05p.m.	\$105.90
	85062	Mon	Nov 2-16	5:10-5:40p.m.	\$105.90
	85060	Mon	Nov 2-16	5:20-5:50p.m.	\$105.90
	85063	Mon	Nov 2-16	5:50-6:20p.m.	\$105.90
	85398	Tue	Nov 3-17	4:50-5:20p.m.	\$105.90
	85425	Wed	Nov 4-25	5:05-5:35p.m.	\$105.90
	85424	Wed	Nov 4-25	5:25-5:55p.m.	\$105.90
	85423	Wed	Nov 4-25	6:05-6:35p.m.	\$105.90
	85488	Thu	Nov 5-19	5:50-6:20p.m.	\$105.90
	85518	Fri	Nov 6-20	5:45-6:15p.m.	\$105.90
	85536	Sat	Nov 7-21	9:10-9:40a.m.	\$105.90
	85535	Sat	Nov 7-21	9:40-10:10a.m.	\$105.90
	85533	Sat	Nov 7-21	11-11:30a.m.	\$105.90
	85531	Sat	Nov 7-21	11:40a.m.-12:10p.m.	\$105.90
	85534	Sat	Nov 7-21	12:05-12:35p.m.	\$105.90
	85532	Sat	Nov 7-21	12:45-1:15p.m.	\$105.90
	85588	Sun	Nov 8-22	9:35-10:05a.m.	\$105.90
	85592	Sun	Nov 8-22	10:15-10:45a.m.	\$105.90
	85590	Sun	Nov 8-22	11-11:30a.m.	\$105.90
	85589	Sun	Nov 8-22	11:40a.m.-12:10p.m.	\$105.90
	85593	Sun	Nov 8-22	12:10-12:40p.m.	\$105.90

Wascana Pool Parking Information

Parking near Wascana Pool is no longer free during weekday daytime hours (Monday to Friday, 8 a.m. to 5 p.m.).

How to park

- Park in Lot 20 (behind Darke Hall)
- Pay at the University of Regina parking kiosk or use posted payment options
- University of Regina parking rates apply

Free parking

- After 5 p.m. Monday to Friday
- Weekends
- Available in Lots 20 and 21

Street parking and metered parking are also available in the surrounding area, subject to posted signage and time limits.



Important: Parking at Wascana Pool is managed by the University of Regina. Customers pay University of Regina parking rates during weekday daytime hours.



SSLC	85591	Sun	Nov 8-22	12:55-1:25p.m.	\$105.90
	85065	Mon	Nov 23-Dec 14	4:35-5:05p.m.	\$141.20
	85066	Mon	Nov 23-Dec 14	5:10-5:40p.m.	\$141.20
	85064	Mon	Nov 23-Dec 14	5:20-5:50p.m.	\$141.20
	85067	Mon	Nov 23-Dec 14	5:50-6:20p.m.	\$141.20
	85399	Tue	Nov 24-Dec 15	4:50-5:20p.m.	\$141.20
	85489	Thu	Nov 26-Dec 17	5:50-6:20p.m.	\$141.20
	85520	Fri	Nov 27-Dec 18	5:45-6:15p.m.	\$141.20
	85542	Sat	Nov 28-Dec 19	9:10-9:40a.m.	\$141.20
	85541	Sat	Nov 28-Dec 19	9:40-10:10a.m.	\$141.20
	85540	Sat	Nov 28-Dec 19	11-11:30a.m.	\$141.20
	85538	Sat	Nov 28-Dec 19	11:40a.m.-12:10p.m.	\$141.20
	85537	Sat	Nov 28-Dec 19	12:05-12:35p.m.	\$141.20
	85539	Sat	Nov 28-Dec 19	12:45-1:15p.m.	\$141.20
	85600	Sun	Nov 29-Dec 20	9:35-10:05a.m.	\$141.20
	85604	Sun	Nov 29-Dec 20	10:15-10:45a.m.	\$141.20
	85602	Sun	Nov 29-Dec 20	11-11:30a.m.	\$141.20
	85601	Sun	Nov 29-Dec 20	11:40a.m.-12:10p.m.	\$141.20
	85605	Sun	Nov 29-Dec 20	12:10-12:40p.m.	\$141.20
	85603	Sun	Nov 29-Dec 20	12:55-1:25p.m.	\$141.20
	85428	Wed	Dec 2-16	5:05-5:35p.m.	\$105.90
	85427	Wed	Dec 2-16	5:25-5:55p.m.	\$105.90
	85426	Wed	Dec 2-16	6:05-6:35p.m.	\$105.90

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	85325	Wed	Sep 9-Oct 28	6:40-7:30p.m.	\$71.75
	85326	Sat	Sep 12-Oct 31	12:05-12:55p.m.	\$71.75
	85327	Sun	Sep 13-Nov 1	11:30a.m.-12:20p.m.	\$71.75
	85328	Wed	Nov 4-Dec 16	6:25-7:20p.m.	\$71.75
	85329	Thu	Nov 5-Dec 17	6:40-7:30p.m.	\$71.75
NWLC	84374	Thu	Sep 10-Oct 29	8:35-9:25p.m.	\$82.00
	84614	Thu	Nov 5-Dec 17	8:35-9:25p.m.	\$71.75
SSLC	84674	Mon	Sep 14-Oct 26	5:20-6:10p.m.	\$71.75

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Adult 2

14 years and up

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

LAC	85332	Thu	Sep 10-Oct 29	6:05- 6:55p.m.	\$82.00
	85333	Sat	Sep 12-Oct 31	10:15-11:05a.m.	\$71.75
	85334	Sun	Nov 8-Dec 20	9:30-10:20a.m.	\$71.75
SSLC	84701	Tue	Sep 15-Oct 27	5:35- 6:25p.m.	\$71.75
	84918	Sat	Sep 19-Oct 31	12:10-1p.m.	\$71.75
	85481	Thu	Nov 5-Dec 17	5:35- 6:25p.m.	\$71.75
	85565	Sat	Nov 7-Dec 19	12:10-1p.m.	\$71.75

Family

Family Swim Lessons (Women Only)

4 years and up

Held during Women's Only Swim. Instructors will work with each family to support them in meeting their goals. One family of up to 4 members per class. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

NWLC	84913	Sun	Sep 20, Oct 4, Oct 18, Nov 1	6:30-7p.m.	\$72.20
	84914	Sun	Sep 20, Oct 4, Oct 18, Nov 1	7:10-7:40p.m.	\$72.20
	84915	Sun	Sep 20, Oct 4, Oct 18, Nov 1	7:45-8:15p.m.	\$72.20
	84908	Sun	Nov 15, Nov 29, Dec 13	6:35-7:05p.m.	\$54.15
	84911	Sun	Nov 15, Nov 29, Dec 13	7:10-7:40p.m.	\$54.15
	84912	Sun	Nov 15, Nov 29, Dec 13	7:50-8:20p.m.	\$54.15

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. Includes manual fee (\$45.00) and certification fee (\$25.00).

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

LAC	85348	Fri Sat, Sun	Sep 11 Sep 12, 13	5-9p.m. 7a.m.-4p.m.	\$190.00
	85366	Mon-Wed	Dec 21-23	9a.m.-5p.m.	\$190.00
SSLC	85047	Sun	Sep 20-Oct 4	12:30-8:30p.m.	\$190.00
	85646	Sun	Nov 8-22	12:30-8:30p.m.	\$190.00

Lifesaving Society Bronze Cross

14 years and up

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. It emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are included. Bronze Cross is a prerequisite for advanced training in the National Lifeguard award. Price includes a certification fee (\$25.00).

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

LAC	85364	Thu, Fri Sat, Sun	Sep 24, 25 Sep 26, 27	5-9p.m. 7a.m.-4p.m.	\$165.00
	85368	Mon-Wed	Dec 21-23	8a.m.-5p.m.	\$165.00
SSLC	85046	Sun	Oct 11-Nov 1	3:30-9p.m.	\$165.00
	85647	Sun	Nov 29-Dec 20	3:30-9p.m.	\$165.00

Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. Price includes manual fee (\$48.00) and certification fee (\$40.00).

Prerequisite: Minimum 15 years old (by the last day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Intermediate/Standard First Aid from one of the five organizations: Canadian Red Cross, Lifesaving Society, Canadian Ski Patrol, Canadian Heart & Stroke Foundation or St. John Ambulance only (need not be current).

LAC	85347	Fri Sat, Sun	Sep 11, 25 Sep 12, 13, 26, 27	5-9p.m. 7a.m.-4p.m.	\$300.00
SSLC	85648	Sun	Nov 8-Dec 20	2:30-8:30p.m.	\$300.00
	85649	Sun-Thu	Dec 27-Dec 31	8a.m.-5p.m.	\$300.00

Lifesaving Society National Lifeguard Recert

16 years and up

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

LAC	85356	Sat	Sep 12	11a.m.-4p.m.	\$80.00
	85357	Sat	Oct 24	11a.m.-4p.m.	\$80.00
	85359	Sat	Nov 14	11a.m.-4p.m.	\$80.00
	85361	Sat	Dec 12	11a.m.-4p.m.	\$80.00
SSLC	85049	Sun	Oct 11	4-9p.m.	\$80.00
	85650	Sun	Jan 3	4-9p.m.	\$80.00

Looking for drop-in fitness classes?

See the schedules and
more at Regina.ca/dropin



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. Includes manual fee (\$81.00) and certification fee (\$43.00).

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

LAC	85365	Sat Sat	Nov 7-Dec 5 Dec 12	8a.m.-2p.m. 10a.m.-2p.m.	\$252.00
	85369	Sun-Tue Wed	Dec 27-29 Dec 30	8a.m.-2p.m. 8a.m.-12p.m.	\$252.00
SSLC	85048	Sun	Sep 20-Nov 1	4-8p.m.	\$252.00

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

This course certifies the candidate in Red Cross Intermediate First Aid (formerly Red Cross Standard First Aid) CPR-C and AED.

NWLC	85037	Sat, Sun	Sep 19, 20	9a.m.-6p.m.	\$161.00
	85038	Sat, Sun	Oct 24, 25	9a.m.-6p.m.	\$161.00
	85041	Sat, Sun	Nov 21, 22	9a.m.-6p.m.	\$161.00
	85042	Sat, Sun	Dec 12, 13	9a.m.-6p.m.	\$161.00

Aquatic Recertification Courses

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

This course re-certifies the candidate in Red Cross Intermediate First Aid (formerly Red Cross Standard First Aid), CPR-C and AED.

NWLC	85039	Sat	Sep 12	8a.m.-5p.m.	\$100.00
	85040	Sun	Oct 4	8a.m.-5p.m.	\$100.00
	85043	Sun	Nov 1	8a.m.-5p.m.	\$100.00
	85044	Sat	Dec 5	8a.m.-5p.m.	\$100.00



Bring your dog for a swim in the pool!



All dogs must:

- ✓ Be accompanied by an adult owner
- ✓ Be well socialized
- ✓ Be vaccinated
- ✓ Have a current City of Regina pet licence, now available at Old Fire Hall #11, 1646 11th Avenue.

Monday, September 7

Regent Pool, 3600 McKinley Avenue

Pre-registration required

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

Registration opens August 1 at 9 a.m.

Registration closes August 28 at 9 a.m.

Large Dogs	60 lbs and over	85594	10 to 11 a.m.	\$10
Large Dogs	60 lbs and over	85595	11:15 a.m. to 12:15 p.m.	\$10
Medium Dogs	25-60 lbs	85596	12:30 to 1:30 p.m.	\$10
Medium Dogs	25-60 lbs	85597	1:45 to 2:45 p.m.	\$10
Small Dogs	Under 25 lbs	85599	3 to 4 p.m.	\$10
Service Dogs	Any weight/size	85598	4:15 to 5:15 p.m.	\$10

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



Regina.ca/DogSwim



We're making waves!

New Indoor Aquatics Facility coming in 2029.

**Affordable access to recreation
open year-round for everyone.**



What do we get?

- ✓ Enhanced accessibility features
- ✓ Expanded capacity for swimming lessons
- ✓ Waterslides
- ✓ Wave pool
- ✓ Lazy river
- ✓ Two 50-metre lane pools for national competitions
- ✓ Dive boards and platforms

These are a conceptual drawings by hcma architecture + design and final designs may vary.

Is your licence up-to-date?

Check the date on your City-issued licence and renew it before it expires.



 **REGINA** LICENCE # LCB20254230
LICENCE EXPIRY December 20, 2015

Date: December 18, 2015

XXXXXXXXXXXXXX
123 MAIN ST
REGINA, SK S4S 1S1

Licence Type: Business (Residential)
Name: XXXXXXXXXXXX
Class: House (al Office / Consultant
Property Address: 123 Main St Regina, SK

Date Issued: December 18, 2015
DURATION: 12 MONTHS

- * Parking stall and entrance signs must be of a fixed size, hard surface including and on.
- * No unobstructed display of merchandise is permitted.



Learn more at
[Regina.ca/Licences](https://regina.ca/Licences)



Affordable Access Program

Get discounted access to City of Regina recreation and transit options, if you qualify.

Once approved, discounts can be used for:

- ✓ Leisure passes
- ✓ Registered programs
- ✓ Single admissions
- ✓ Transit passes

Find details, eligibility and how to apply at Regina.ca/AffordableFun or visit a major facility or call 306-777-PLAY (7529).

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



Regina.ca/AffordableFun



Need Assistance to Take Part in Recreation?

The City of Regina offers FREE admission for attendants supporting individuals with disabilities at City recreation facilities and programs.



There are two ways your attendant can get in free:

Option 1: Apply for the Attendant Admission Program

- Scan the QR code to access the online form or visit Regina.ca/InclusivePrograms;
- Apply in person at any City recreation facility cashier desk; or
- Email Inclusion Support Service at InclusionSupport@regina.ca or call 639-590-8895

Option 2: Use an Access 2 Card

- We now honour Access 2 Cards from **Easter Seals Canada!** If you have an Access 2 Card, your attendant gets in **FREE**. No separate application needed!



Learn more at
Regina.ca/InclusivePrograms



Registered Adapted Programs

Legend

CRNC – Core Ritchie Neighborhood Centre

FLDH – Fieldhouse

mc – māmawēyatitān centre

MOC – Mitakuyé Owā's'a Centre

NWLC – North West Leisure Centre

SLC – South Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Adapted Programs

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

For all adapted programs, we kindly ask that individuals requiring one-on-one support bring an attendant or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895).

Adapted Aquatic

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

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

NWLC	84307	Tue	Sep 8-29	4:05-4:35p.m.	\$72.20
	84309	Tue	Sep 8-29	4:40-5:10p.m.	\$72.20
	84337	Wed	Sep 9-23	4:40-5:10p.m.	\$54.15
	84282	Mon	Sep 14-28	4:40-5:10p.m.	\$54.15

NWLC	84284	Mon	Sep 14-28	5:50-6:20p.m.	\$54.15
	84283	Mon	Oct 5-26	4:40-5:10p.m.	\$54.15
	84285	Mon	Oct 5-26	5:50-6:20p.m.	\$54.15
	84308	Tue	Oct 6-27	4:05-4:35p.m.	\$72.20
	84310	Tue	Oct 6-27	4:40-5:10p.m.	\$72.20
	84338	Wed	Oct 7-28	4:40-5:10p.m.	\$72.20
	84479	Mon	Nov 2-23	4:40-5:10p.m.	\$72.20
	84507	Tue	Nov 3-24	4:40-5:10p.m.	\$72.20
	84509	Tue	Nov 3-24	5:50-6:20p.m.	\$72.20
	84606	Thu	Nov 5-26	4:40-5:10p.m.	\$72.20
	84608	Thu	Nov 5-26	5:50-6:20p.m.	\$72.20
	84480	Mon	Nov 30-Dec 14	4:40-5:10p.m.	\$54.15
	84508	Tue	Dec 1-15	4:40-5:10p.m.	\$54.15
	84510	Tue	Dec 1-15	5:50-6:20p.m.	\$54.15
	84607	Thu	Dec 3-17	4:40-5:10p.m.	\$54.15
	84609	Thu	Dec 3-17	5:50-6:20p.m.	\$54.15

Adapted Leisure Swim **FREE** **AP**

Enjoy a leisure swim in a relaxed and accessible pool environment, established for people with disabilities and their family members and supports. The Sandra Schmirler Leisure Centre is home to a roof tracking system and powered lift in the accessible/family change room, and a lift system in the pool area for easier transferring of individuals to and from the pool. The North West Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on site to supervise the program, but are not able to transfer, lift, or reposition individuals. Registration will open 30 days before each scheduled swim date.

NWLC	84205	Sun	Sep 13	6:30-8:25p.m.	Free
	84206	Sun	Sep 27	6:30-8:25p.m.	Free
	84207	Sun	Oct 11	6:30-8:25p.m.	Free
	84208	Sun	Oct 25	6:30-8:25p.m.	Free
	84209	Sun	Nov 8	6:30-8:25p.m.	Free
	84210	Sun	Nov 22	6:30-8:25p.m.	Free
	84211	Sun	Dec 6	6:30-8:25p.m.	Free
	84212	Sun	Dec 20	6:30-8:25p.m.	Free

*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See Regina.ca/Verify for details.

SSLC	84213	Sat	Sep 19	6:30-8:25p.m.	Free
	84214	Sat	Oct 3	6:30-8:25p.m.	Free
	84215	Sat	Oct 17	6:30-8:25p.m.	Free
	84216	Sat	Oct 31	6:30-8:25p.m.	Free
	84217	Sat	Nov 14	6:30-8:25p.m.	Free
	84218	Sat	Nov 28	6:30-8:25p.m.	Free
	84219	Sat	Dec 12	6:30-8:25p.m.	Free

Adapted Swim Lessons 4 years and up

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

NWLC	84311	Tue	Sep 8-29	5:15-5:45p.m.	\$72.20
	84313	Tue	Sep 8-29	5:50-6:20p.m.	\$72.20
	84339	Wed	Sep 9-23	4:05-4:35p.m.	\$54.15
	84341	Wed	Sep 9-23	5:15-5:45p.m.	\$54.15
	84343	Wed	Sep 9-23	5:50-6:20p.m.	\$54.15
	84286	Mon	Sep 14-28	4:05-4:35p.m.	\$54.15
	84288	Mon	Sep 14-28	5:15-5:45p.m.	\$54.15
	84287	Mon	Oct 5-26	4:05-4:35p.m.	\$54.15
	84289	Mon	Oct 5-26	5:15-5:45p.m.	\$54.15
	84312	Tue	Oct 6-27	5:15-5:45p.m.	\$72.20
	84314	Tue	Oct 6-27	5:50-6:20p.m.	\$72.20
	84340	Wed	Oct 7-28	4:05-4:35p.m.	\$72.20
	84342	Wed	Oct 7-28	5:15-5:45p.m.	\$72.20
	84344	Wed	Oct 7-28	5:50-6:20p.m.	\$72.20
	84481	Mon	Nov 2-23	4:05-4:35p.m.	\$72.20
	84483	Mon	Nov 2-23	5:15-5:45p.m.	\$72.20
	84485	Mon	Nov 2-23	5:50-6:20p.m.	\$72.20
	84511	Tue	Nov 3-24	4:05-4:35p.m.	\$72.20
	84513	Tue	Nov 3-24	5:15-5:45p.m.	\$72.20
	84610	Thu	Nov 5-26	4:05-4:35p.m.	\$72.20
	84612	Thu	Nov 5-26	5:15-5:45p.m.	\$72.20
	84482	Mon	Nov 30-Dec 14	4:05-4:35p.m.	\$54.15
	84484	Mon	Nov 30-Dec 14	5:15-5:45p.m.	\$54.15
	84486	Mon	Nov 30-Dec 14	5:50-6:20p.m.	\$54.15
	84512	Tue	Dec 1-15	4:05-4:35p.m.	\$54.15
	84514	Tue	Dec 1-15	5:15-5:45p.m.	\$54.15
	84611	Thu	Dec 3-17	4:05-4:35p.m.	\$54.15
	84613	Thu	Dec 3-17	5:15-5:45p.m.	\$54.15

For all adapted programs, we kindly ask that individuals requiring one-on-one support bring an attendant or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895).

Adapted Arts & Crafts

ABI Art Program 18 years and up

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

SLC	85654	Thu	Sep 10-Dec 17	1-2:30p.m.	Free
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Adapted Crafting 6-13 years with Nature

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy fun and easy crafts using natural items for sensory exploration. Promote fine motor development, socialization, and creativity as we explore natural materials in the neighboring accessible park. Participants needing one-on-one support must bring a support person.

CRNC	85667	Sat	Sep 19-Nov 14	1-2:30p.m.	Free
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Adapted Music Program

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

3-7 years

SLC	85657	Sat	Oct 17-Nov 14	10:15-11a.m.	\$43.75
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8-14 years

SLC	85658	Sat	Oct 17-Nov 14	11:15a.m.-12p.m.	\$43.75
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Sensory Science 6-14 years Exploration

An inclusive program for youth of all abilities! This program offers hands-on scientific experiences with natural materials, encouraging sensory exploration and discovery. Participants needing one-on-one support must bring a support person.

CRNC	85674	Mon	Sep 14-Oct 26	6-7p.m.	Free
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Adapted Health & Fitness

Adapted Dance Class 5-13 years

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

mc	85651	Sat	Sep 19-Nov 28	2:15-3:15p.m.	Free
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Adapted Adult Strength & Balance 18 years and up

This beginner-friendly class is designed for adults who want to improve confidence, core strength, and stability in a supportive environment. Movements can be adapted to suit a wide range of abilities, making it a great fit for older adults and anyone who benefits from modifications. Each session includes guided exercises to enhance balance and mobility, along with a fun bonus activity each week. A variety of equipment will be used, and adaptations can be made.

SSLC	85684	Tue	Sep 15-Oct 13	12:15-1:15p.m.	\$36.50
	85685	Tue	Oct 20-Nov 24	12:15-1:15p.m.	\$43.80

Inclusive Dance Class 5-13 years

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

mc	85652	Sat	Sep 19-Nov 28	1-2p.m.	Free
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Walk & Roll Fitness 18 years and up

The Adaptive 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 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	85676	Tue, Thu	Sep 1-Dec 15	12-2:30p.m.	\$132.80
	85677	Wed	Sep 2-Dec 16	12-2:30p.m.	\$66.40

What's Your Style 17 years and up

Dance Nights

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

mc	84128	Thu	Oct 22	7-9p.m.	Free
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For all adapted programs, we kindly ask that individuals requiring one-on-one support bring an attendant or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895).

Virtual Chair Yoga 18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering folks to participate from wherever is comfortable and convenient for themselves. Chair yoga offers simple stretches and strengthening movements that support flexibility, balance, and relaxation. With guided breathing and slow, steady motions, you'll ease tension and improve your range of motion. This online class will require you to have access to Teams.

Virtual	85686	Mon	Sep 21-Nov 2	4:15-5:15p.m.	\$47.00
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Adapted Social

ABI Communication 18 years and up

Group

This social program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Communication Group, who have communication deficits, gives participants 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. On the first Wednesday of the month, an education session occurs based on relevant and requested topics. The ABI Outreach Team will be present to assist and facilitate communication when necessary.

SLC	85655	Wed	Sep 9-Dec 16	1-2:30p.m.	Free
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ABI Cribbage 18 years and up

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

SLC	85656	Fri	Sep 11-Dec 18	1-2:30p.m.	Free
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Evening Adult 18 years and up

Social Program

This program is for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to come together on a bi-weekly basis to socialize, engage in activities together, and explore community spots and events. Outings and activities will be based on the group's interests. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals

MOC	85675	Fri	Oct 2-Dec 11	6-8p.m.	Free
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Sensory-Friendly 10-17 years

Youth Program

This group program is designed for youth who benefit from sensory-friendly environment. Participants will explore a mix of recreational activities that encourage social interaction, physical movement, and creativity—all with individual sensory needs in mind. The environment is supportive, flexible, and built to help youth engage at their own comfort level.

CRNC	85669	Mon	Nov 2-Dec 14	6-7:30p.m.	Free
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Short Breaks **FREE** **AP** 18 years and up

Short Breaks is an intergenerational, afternoon program aimed to facilitate community building among adults with an intellectual disability. This one-of-a-kind collaborative initiative is striving to respond to the needs of individuals and their families to provide a short break option throughout the week. Short Breaks is designed to be social, with an educational, recreational and creative focus. The program is a partnership between Creative Options Regina, Inclusion Regina and City of Regina.

For more information regarding the registration process please contact SocialInclusionPrograms@Regina.ca.

mc	85034	Mon-Fri	Sep 8-Dec 18	2-5p.m.	Free
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Adapted Sports

Adapted Badminton **AP** – Teens

Designed for youth 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 about badminton. 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. This program focuses on fun while fostering socialization through teaching teamwork, cooperation, and sportsmanship.

8-13 years

SLC	85665	Sun	Sep 13-Oct 25	9-10a.m.	\$52.50
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14-19 years

SLC	85666	Sun	Sep 13-Oct 25	10-11a.m.	\$61.25
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Adapted Basketball – Intro **AP**

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

5-7 years

FLDH	84560	Mon	Sep 7-Nov 16	5:30-6:30p.m.	\$87.50
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6-11 years

NWLC	84943	Fri	Sep 11-Oct 16	5:15-6p.m.	\$52.50
	85009	Fri	Oct 30-Dec 4	5:15-6p.m.	\$52.50

8-12 years

FLDH	84561	Mon	Sep 7-Nov 16	6:30-7:30p.m.	\$87.50
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Adapted Floor Hockey **AP** 5-7 years

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

FLDH	85104	Sat	Sep 5-Oct 24	2-3p.m.	\$70.00
	85442	Sat	Nov 7-Dec 19	2-3p.m.	\$43.75

Adapted Parent & Tot **AP** Sport Jam

3-5 years

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

NWLC	84951	Sun	Sep 13-Oct 25	10-10:45a.m.	\$52.50
	85010	Sun	Nov 1-Dec 13	10-10:45a.m.	\$61.25

Adapted Soccer **AP**

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

5-7 years

FLDH	84571	Tue	Sep 8-Oct 27	5:30-6:30p.m.	\$70.00
	85353	Tue	Nov 3-Dec 15	5:30-6:30p.m.	\$61.25

8-12 years

FLDH	85102	Sat	Sep 5-Oct 24	1-2p.m.	\$70.00
	85438	Sat	Nov 7-Dec 19	1-2p.m.	\$43.75

Adapted Sports Jam **AP** 6-12 years

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

NWLC	84956	Sun	Sep 13-Oct 25	11-11:45a.m.	\$52.50
	85014	Sun	Nov 1-Dec 13	11-11:45a.m.	\$61.25

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Adapted Sports **FREE** **AP** 16 years and up Night

In Partnership with Creative Options Regina, we welcome adults with disabilities to the Fieldhouse to join in on all the fun Table Tennis has to offer!

FLDH	85108	Sat	Oct 17-Nov 7	10-11:30a.m.	Free
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Wheelchair Curling **FREE** **AP** 10 years and up - Intro

A free six-week wheelchair curling program for beginners, running at Caledonian Curling Club in Regina. Join us for a six-week Learn to Curl program designed specifically for wheelchair users who want to try curling in a fun, welcoming, and inclusive environment! Whether you're brand new to the sport or have tried it before, this program will help you develop skills, build confidence, and connect with others on the ice. Facilitated by an experienced wheelchair curler. All curling equipment is provided for use during each session. Held at the Caledonian Curling Club, 2225 Sandra Schmirler Way.

Caledonian Curling Club					
85108	Sat	Sep 12-Dec 12	6-8p.m.	Free	

For all adapted programs, we kindly ask that individuals requiring one-on-one support bring an attendant or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895).



*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See Regina.ca/Verify for details.

Inclusion Support Service

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

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

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

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

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



How to Access



Step 1: Get in Touch

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



Step 2: Meet with us

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



Step 3: Inclusion Plan

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



Step 4: Leisure Time!

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

For more information about this service please contact:



inclusionsupport@regina.ca



639-590-8895

Registered Preschool Programs



Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

Crafty Christmas

3-5 years

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

NBAC	84146	Tue	Nov 24-Dec 15	9-10:30a.m.	\$83.00
	84147	Tue	Nov 24-Dec 15	1-2:30p.m.	\$83.00

Creative Beginnings

4-6 years

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

NBAC	84148	Wed	Sep 16-Nov 18	1-2:30p.m.	\$145.00
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Preschool Engineering Makers

3-5 years

This class teaches students to build simple models based on real-world structural concepts using Duplo bricks. Each class features 5-10 minutes of formal instruction on the model concept, then kids will build and upgrade the LEGO model of the day using their own DUPLO LEGO Kit. Students work on letter and number recognition, patterns and so much more, in a safe, fun, collaborative setting while allowing them to practice fine motor skills, socialization, and following direction. All materials and equipment will be supplied.

NBAC	84306	Sat	Sep 19-Nov 14	10-10:45a.m.	\$56.00
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Recreation

Surprise Activity and Swim

3-5 years

Participate in a flexible laid-back class involving a fun, surprise activity and swim! In the first part of the class kids will enjoy crafts, sports, storytelling, activities and games. Each day will be a surprise! While the second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

NWLC	84410	Fri	Sep 11-Oct 2	2:15-3:20p.m.	\$38.00
	84411	Fri	Oct 9-30	2:15-3:20p.m.	\$38.00
	84667	Fri	Nov 6-27	2:15-3:20p.m.	\$38.00
	84668	Fri	Dec 4-18	2:15-3:20p.m.	\$28.50

Sports

Parent & Tot Floor Hockey

3-5 years

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

FLDH	84558	Mon	Sep 7-Nov 16	4:30-5:30p.m.	\$87.50
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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	84570	Tue	Sep 8-Oct 27	4:30-5:30p.m.	\$70.00
	85352	Tue	Nov 3-Dec 15	4:30-5:30p.m.	\$61.25

Registered Child And Youth Programs



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

3D Printing and Design 1 8-12 years

Do you want to learn how to create your very own 3D design and print it too? If 3D printing and design interests you, then come join this awesome class. Learn how to design and print your ideas - we will help turn your ideas into reality with our 3D printer. This is a beginner level class and is not recommended for students who have previously completed the course. Students are required to bring their own laptop or iPad.

NBAC	84130	Sat	Sep 19-Nov 14	9:30-10:30a.m.	\$95.00
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3D Printing and Design 3 NEW 8-16 years

This advanced 3D printing course is intended for returning students and emphasizes the development of larger, more complex projects over multiple weeks. Using Tinkercad, students will plan, design, test, and refine their creations while strengthening problem-solving and design skills. This course is best suited for students with prior experience in basic 3D design and printing concepts.

Prerequisite: 3D Printing and Design 1, 3D Printing and Design 2 or equivalent experience.

NBAC	84228	Sat	Sep 19-Nov 14	11a.m.-12p.m.	\$95.00
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Abstract Art for Teens

12-16 years

Do you like abstract art but do not understand it? Perhaps you want to create your own abstract works but do not know where to begin. This class will introduce you to abstract and nonobjective art and show you how to apply it to a variety of art projects. No experience necessary.

NBAC	84132	Sun	Sep 20-Nov 15	3-4:30p.m.	\$95.00
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Adventures in Art for Homeschoolers 1

6-8 years

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

NBAC	84134	Thu	Sep 17-Nov 5	10a.m.-12p.m.	\$125.00
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Adventures in Art for Homeschoolers 2

9-13 years

This course has been designed for, but is not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor! Note this is level 2 and the subject matter will be more advanced.

NBAC	84135	Thu	Sep 17-Nov 5	1-3p.m.	\$125.00
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Looking for drop-in fitness classes?

See the schedules and
more at Regina.ca/dropin



Art Exploration

9-13 years

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

NBAC	84136	Sat	Sep 19-Nov 14	12:30-2:30p.m.	\$125.00
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Art Sampler

6-8 years

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

NBAC	84138	Sat	Sep 19-Nov 14	10a.m.-12p.m.	\$125.00
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Comics for Kids

8-13 years

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

NBAC	84145	Sat	Sep 19-Nov 14	1-2:30p.m.	\$98.00
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Drawing and Colouring Adventure 6-10 years

Come celebrate the act of drawing and colouring through a variety of fun and imaginative exercises. Classic mediums like pencils and crayons will be mixed with markers, pencil crayons, pastels, and watercolour to create unique artwork which may be realistic, imagined, or abstract. No experience is required.

NBAC	84151	Sat	Sep 19-Nov 14	11a.m.-12:30p.m.	\$98.00
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Drawing Everything in the World! 6-9 years

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

NBAC	84229	Sat	Sep 19-Nov 14	10-11a.m.	\$82.00
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Drawing Mythological Creatures 9-14 years

Learn to draw creatures and characters from stories around the world such as hydras, fairies, chimers, and dragons alongside Kirin, mermaids, and the Valkyrie. Draw scales, fur, people, animals or all of them together! All levels of drawing experience are welcome!

NBAC	84153	Sun	Sep 20-Nov 15	3-4:30p.m.	\$95.00
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Easy Sewing – Fun Felt Friends 10-14 years

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

NBAC	84154	Sun	Sep 13	1-4p.m.	\$35.00
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Fantastic Friends Drawing

9-14 years

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

NBAC	84158	Sat	Sep 19-Nov 14	3-4:30p.m.	\$98.00
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Free Youth Evening Program

Join us for an inclusive and free drop-in program for youth!

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



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

Regina.ca/freeprograms

 REGINA

*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See Regina.ca/Verify for details.

Fantastic Friends: Character Creation!

9-14 years

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

NBAC	84159	Sat	Sep 12	1-2:30p.m.	\$20.00
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Fantastic Friends: Fairy Tales

7-10 years

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

NBAC	84160	Sun	Sep 20-Nov 15	1-2:30p.m.	\$98.00
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Game Design

9-14 years

Make your own card games, board games, and role-playing games. We'll play-test our storytelling and fantasy adventure games together, then make changes to take home a finished, playable game!

NBAC	84162	Sat	Sep 19-Nov 14	1:30-4p.m.	\$135.00
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Inspiring Art for Young Minds!

6-9 years

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

NBAC	84250	Sat	Sep 19-Nov 14	1:30-3p.m.	\$98.00
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Intro to Air Dry Clay

7-12 years

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

NBAC	84163	Sun	Sep 20-Nov 15	1-3p.m.	\$135.00
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Lego Engineering Makers

6-10 years

This is the program for your LEGO lovers. Young Makers Studio - Lego Engineering Makers is geared for ages 6+ where students will build various Lego models using our proprietary kits. Students will move through stations building various models using power functions to make their models move to building Art Mosaic models using 1x1 Lego bricks. We also have our 3D and Flat structure models. All materials and equipment will be supplied.

NBAC	84276	Sat	Sep 19-Nov 14	11a.m.-12p.m.	\$82.00
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Lego Robotics and Coding

9-13 years

Young Makers Studio - Lego Robotics and Coding uses the Premier LEGO Spike Prime program which is designed for students ages 9+. Students will build Lego robotic models, then use the Lego Spike Prime coding platform to code and move the Lego models. Spike Prime uses block coding and python coding. All materials and equipment will be supplied.

NBAC	84277	Wed	Sep 16-Nov 18	7-8:15p.m.	\$90.00
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Indigenous Youth Employment Program

Cost: \$80

When:
 Tuesday & Thursday
 Oct 6 to Nov 19
 (except Oct 13)
 4:15 to 7 p.m.
 (85492)

Where:
 Mitakuyé Owâs'â Centre - 1770 Halifax St.

How to Sign Up:
 1. Sign up online at [Regina.ca/recreation](https://regina.ca/recreation)
 or call 306-777-PLAY(7529).

Are you an Indigenous youth aged 14 to 18?
 Gain experience through volunteering and group activities blended with traditional Indigenous teachings.

You'll receive:

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

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

REGINA

Manga 1

9-14 years

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

NBAC	84180	Sat	Sep 19-Nov 14	11:30a.m.-1p.m.	\$95.00
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Octopus's Garden

8-12 years

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

NBAC	84181	Sun	Sep 20-Nov 15	1-2:30p.m.	\$100.00
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One Page Comics for Kids

7-13 years

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

NBAC	84183	Sat	Sep 12	3-4:30p.m.	\$25.00
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Roblox Coding for Beginners

10-14 years

Take a vacation away from your Brookhaven home and learn how to start creating your own Roblox map or game using Roblox Studio. This is an introductory look into the world of game creation, and no prior coding experience is necessary. This is a beginner level class and is not recommended for students who have previously completed the course. Students must provide their own laptop, and have basic laptop skills (typing, spelling, using a mouse).

NBAC	84192	Sat	Sep 19-Nov 14	1-2p.m.	\$90.00
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World of Wax Crayons, Markers and Pastels

6-10 years

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

NBAC	84200	Sat	Sep 19-Nov 14	9-10:30a.m.	\$98.00
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Recreation & Life Skills**Indigenous Youth Employment Program**

14-18 years

An opportunity for Indigenous youth, ages 14-18, to grow leadership and life skills for adulthood. Participants will gain experiences through volunteer work and group activities; all blended with traditional Indigenous teachings. Additionally, participants will receive certification in First Aid CPR-C/AED. By the end of the program, youth will leave with a toolbox of skills, meaningful experiences and a guaranteed interview for a cashier or casual rec worker position. First Aid Course takes place November 15 and 16.

MOC	85492	Tue, Thu	Oct 6-Nov 19	4:15-7p.m.	\$80.00
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Sports**Badminton**

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

FLDH	85045	Sat	Sep 5-Oct 24	1-2p.m.	\$70.00
	85068	Sat	Sep 5-Oct 24	2-3p.m.	\$70.00
	84574	Wed	Sep 9-Oct 28	5-6p.m.	\$61.25
	85358	Wed	Nov 4-Dec 16	5-6p.m.	\$52.50
	85385	Sat	Nov 7-Dec 19	1-2p.m.	\$52.50
NWLC	85386	Sat	Nov 7-Dec 19	2-3p.m.	\$52.50
	84992	Sat	Sep 19-Nov 28	4:30-5:30p.m.	\$87.50

8-12 years

FLDH	84556	Mon	Sep 7-Nov 16	5-6p.m.	\$87.50
	84557	Mon	Sep 7-Nov 16	6-7p.m.	\$87.50
	84567	Tue	Sep 8-Oct 27	5-6p.m.	\$70.00
	84575	Wed	Sep 9-Oct 28	6-7p.m.	\$61.25
	84580	Thu	Sep 10-Oct 29	5-6p.m.	\$70.00
	84583	Fri	Sep 11-Oct 30	5-6p.m.	\$70.00
	80159	Tue	Nov 3-Dec 15	5-6p.m.	\$113.75
	85350	Tue	Nov 3-Dec 15	5-6p.m.	\$61.25
	85360	Wed	Nov 4-Dec 16	6-7p.m.	\$52.50
	85374	Thu	Nov 5-Dec 17	5-6p.m.	\$61.25
SLC	85376	Fri	Nov 6-Dec 18	5-6p.m.	\$61.25
	85736	Sun	Nov 15-Dec 20	11:30a.m.-12:30p.m.	\$52.50
MOC	85463	Sat	Sep 26-Nov 14	10-11a.m.	\$70.00
	85464	Sat	Sep 26-Nov 14	11a.m.-12p.m.	\$70.00
NWLC	84999	Sat	Sep 19-Nov 28	5:30-6:30p.m.	\$87.50

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	85106	Sat	Sep 5-Oct 24	5-6p.m.	\$70.00
	84568	Tue	Sep 8-Oct 27	6-7p.m.	\$70.00
	84581	Thu	Sep 10-Oct 29	6-7p.m.	\$70.00
	85349	Tue	Nov 3-Dec 15	6-7p.m.	\$61.25
	85375	Thu	Nov 5-Dec 17	6-7p.m.	\$61.25
	85387	Sat	Nov 7-Dec 19	5-6p.m.	\$52.50

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Basketball – Kids

5-7 years

Through this program, children will learn the basics of basketball in a fun, and non-competitive environment. Drills and scrimmages will also be included.

FLDH	84569	Tue	Sep 8-Oct 27	7:30-8:30p.m.	\$70.00
	84585	Fri	Sep 11-Oct 30	5-6p.m.	\$70.00
	84586	Fri	Sep 11-Oct 30	6-7p.m.	\$70.00
	85351	Tue	Nov 3-Dec 15	7:30-8:30p.m.	\$61.25
	85378	Fri	Nov 6-Dec 18	5-6p.m.	\$52.50
	85379	Fri	Nov 6-Dec 18	6-7p.m.	\$43.75

Basketball Fundamental Development

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

8-10 years

FLDH	84578	Wed	Sep 9-Oct 28	5-6p.m.	\$61.25
	84587	Fri	Sep 11-Oct 30	6-7p.m.	\$70.00
	85371	Wed	Nov 4-Dec 16	5-6p.m.	\$52.50
	85380	Fri	Nov 6-Dec 18	6-7p.m.	\$43.75
CRNC	84367	Sat	Sep 5-Oct 17	10-11a.m.	\$56.70
	84369	Sat	Oct 31-Dec 19	10-11a.m.	\$56.70

11-13 years

FLDH	84579	Wed	Sep 9-Oct 28	6-7p.m.	\$61.25
	85373	Wed	Nov 4-Dec 16	6-7p.m.	\$52.50
CRNC	84368	Sat	Sep 5-Oct 17	11a.m.-12p.m.	\$56.70
	84370	Sat	Oct 31-Dec 19	11a.m.-12p.m.	\$56.70

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 basic basketball skills is a prerequisite for enrollment in this program.

8-11 years

FLDH	84562	Mon	Sep 7-Nov 16	6:30-7:30p.m.	\$87.50
	84588	Fri	Sep 11-Oct 30	7-8p.m.	\$70.00
	85381	Fri	Nov 6-Dec 18	7-8p.m.	\$43.75

12-14 years

FLDH	84563	Mon	Sep 7-Nov 16	7:30-8:30p.m.	\$87.50
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Floor Hockey – Kids

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

5-7 years

FLDH	84576	Wed	Sep 9-Oct 28	4:30-5:30p.m.	\$61.25
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8-12 years

FLDH	84559	Mon	Sep 7-Nov 16	5:30-6:30p.m.	\$87.50
	84577	Wed	Sep 9-Oct 28	5:30-6:30p.m.	\$61.25
	85448	Sat	Nov 7-Dec 19	3-4p.m.	\$43.75

Football – Kids

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

5-7 years

FLDH	85367	Wed	Nov 4-Dec 16	5:30-6:30p.m.	\$52.50
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8-12 years

FLDH	85370	Wed	Nov 4-Dec 16	6:30-7:30p.m.	\$52.50
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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	85109	Mon	Nov 2-Dec 21	4:30-5:30p.m.	\$70.00
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8-12 years

FLDH	85110	Mon	Nov 2-Dec 21	5:30-6:30p.m.	\$70.00
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Pickleball – Intro

This fun and engaging program is designed for children and youth who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle serve, rally, and move safely on the court. Through age-appropriate instruction, and teamwork skills in a supportive non-competitive environment and enthusiasm!

5-7 years

CNC	85069	Sat	Sep 12-Dec 19	1-2p.m.	\$61.25
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10-14 years

GNRC	84865	Sat	Sep 12-Oct 31	2-3p.m.	\$70.00
	85740	Sat	Nov 7-Dec 26	2-3p.m.	\$61.25

Soccer

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

5-7 years

FLDH	84572	Tue	Sep 8-Oct 27	4:30-5:30p.m.	\$70.00
	85354	Tue	Nov 3-Dec 15	4:30-5:30p.m.	\$61.25
MOC	85465	Thu	Sep 17-Nov 5	5:30-6:30p.m.	\$70.00
	85732	Thu	Nov 12-Dec 31	5:30-6:30p.m.	\$52.50

8-12 years

FLDH	84573	Tue	Sep 8-Oct 27	5:30-6:30p.m.	\$70.00
	85355	Tue	Nov 3-Dec 15	5:30-6:30p.m.	\$61.25
	85453	Sat	Nov 7-Dec 19	4-5p.m.	\$43.75
MOC	85466	Thu	Sep 17-Nov 5	6:30-7:30p.m.	\$70.00
	85733	Thu	Nov 12-Dec 31	6:30-7:30p.m.	\$52.50

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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	85362	Wed	Nov 4-Dec 16	4:30-5:30p.m.	\$52.50
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8-12 years

FLDH	85363	Wed	Nov 4-Dec 16	5:30-6:30p.m.	\$52.50
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Table Tennis – Intro

8-12 years

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

FLDH	84564	Tue	Sep 8-Oct 27	6:30-7:30p.m.	\$52.50
	84565	Tue	Sep 8-Oct 27	6:30-7:30p.m.	\$70.00
	85111	Tue	Nov 3-Dec 15	6:30-7:30p.m.	\$61.25

Tennis

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

8-10 years

FLDH	85089	Sat	Sep 5-Nov 14	10-11a.m.	\$87.50
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11-13 years

FLDH	85090	Sat	Sep 5-Nov 14	11a.m.-12p.m.	\$87.50
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Volleyball

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

7-10 years

FLDH	84590	Fri	Sep 11-Oct 30	5-6p.m.	\$70.00
	85382	Fri	Nov 6-Dec 18	5-6p.m.	\$52.50

11-13 years

FLDH	84591	Fri	Sep 11-Oct 30	6-7p.m.	\$70.00
	85383	Fri	Nov 6-Dec 18	6-7p.m.	\$43.75
NWLC	85004	Sun	Sep 13-Oct 25	4:30-5:30p.m.	\$52.50
	85018	Sun	Nov 1-Dec 13	4:30-5:30p.m.	\$61.25

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



FUN Spots

Free Summer Fun Near You

Fun Spots is a free, drop-in recreation program in Regina parks that bring play, creativity and physical activity into neighbourhoods, including evenings and weekends.

When

June 11 to August 28
Wednesday to Sunday

Cost

Free. No registration required.

Good to know

- Drop in any time during program hours
- Children must attend with a parent or caregiver
- Activities rotate by location and date, including evenings and weekends



Sports like soccer, basketball and more



Get creative with arts and crafts



Join recreation games and activities in neighbourhood parks across the city



Scan the QR code for locations, schedules and more program details.

2026 Public Skate Schedule

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jack Hamilton 1010 McCarthy Blvd.	6 to 8 p.m. Oct 5 to Mar 22			 FREE This season, all public skating is FREE!			
Clarence Mahon 130 Brotherton Ave.		6 to 8 p.m. Oct to Mar 16					
Al Ritchie 2230 Lindsay Ave.			6 to 8 p.m. Oct 7 to Mar 17				
Murray Balfour 68 Massey Rd.			2:30 to 3:30 p.m. Oct 7 to Mar 17 Stick & Puck 3:30 to 4:45 p.m. Oct 7 to Mar 17			5:45 to 7:45 p.m. Oct 3 to Mar 20	Low Sensory Skate 11 a.m. to 1 p.m. Oct 4 to Mar 21
Doug Wickenheiser 1127 Annason St. N							6 to 8 p.m. Oct 4 to Mar 7
Optimist 222 Sunset Dr.					Stick & Puck 3:30 to 4:30 p.m. Nov 6 to Mar 12		11:30 to 1:30 p.m. Nov 1 to Mar 14
Jack Staples 444 Broad St. N		Stick & Puck 3:30 to 4:30 p.m. Oct 6 to Mar 16			6 to 8 p.m. Oct 2 to Mar 19		

FREE School's Out Skates

Date	Time	Arena
Monday, Dec 21	10:30 a.m. to 12:30 p.m.	Doug Wickenheiser
Tuesday, Dec 22	1:15 to 3:15 p.m.	Jack Staples
Wednesday, Dec 23	2:30 to 4:30 p.m.	Clarence Mahon
Thursday, Dec 24	10:30 to 12:30 p.m.	Doug Wickenheiser
Thursday, Dec 24	1:15 to 3:15 p.m.	Al Ritchie
Monday, Dec 28	12 to 2:30 p.m.	Murray Balfour
Tuesday, Dec 29	12 to 2:30 p.m.	Jack Hamilton
Wednesday, Dec 30	2:30 to 4:30 p.m.	Clarence Mahon
Thursday, Dec 31	1 to 3:15 p.m.	Doug Wickenheiser

Stick and Puck Public Skating

FREE

Come right over to the arena afterschool and practice, passing, and stick handling in a non-competitive environment. Children under the age of 7 must be accompanied by an adult. No slapshots, game play or goalies.



CSA approved helmets with faceshield or cage are **MANDATORY** for participants under 18.



Scan to discover more winter activities and events.

 REGINA

Explore **FREE** winter programs and events for all ages.



Scan to discover many winter amenities, activities and events



Did you know Regina has:

- ❄️ 50+ outdoor ice surfaces
- ❄️ 44 km of cross-country ski trails
- ❄️ 19 designated toboggan hills
- ❄️ 15 community fire pits
- ❄️ 3 crokicurl sites



REGISTERED ADULT PROGRAMS



Legend

FLDH – Fieldhouse

LAC – Lawson Aquatic Centre

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Material Fees

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

Fine Arts – Digital Media and Design

3D Modelling and Printing 15 years and up

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

NBAC	84129	Thu	Sep 17-Nov 5	7-9p.m.	\$140.00
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Beginner Autodesk Fusion 360 15 years and up

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

NBAC	84142	Tue	Sep 15-Nov 3	7-9p.m.	\$135.00
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Fine Arts – Drawing & Painting

Alcohol Ink

15 years and up

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

NBAC	84256	Wed	Sep 16-Nov 18	7-9p.m.	\$145.00
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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	84257	Wed, Thu	Oct 7-22	7-9:30p.m.	\$115.00
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Creative Sketchbook Drawing 16 years and up

Unlock your creativity and sharpen your drawing skills! In this class you will start with the essentials of perspective, composition and design and explore various drawing techniques to discover your own drawing style. You will create observational, still life, figurative and imaginative drawings in your sketchbook using a variety of drawing mediums.

NBAC	84149	Tue	Sep 15-Nov 3	1-3:30p.m.	\$155.00
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Landscapes in Acrylic

15 years and up

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

NBAC	84177	Thu	Sep 17-Nov 5	7-10p.m.	\$165.00
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*A 50 per cent surcharge applies to non-resident registration and will be added at checkout. See Regina.ca/Verify for details.

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	84260	Wed, Thu	Nov 4-25	7-9:30p.m.	\$115.00
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Oil Painting 1

15 years and up

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

NBAC	84182	Mon	Sep 14-Nov 9	7-10p.m.	\$165.00
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Painting and Drawing Drop In

14 years and up

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

NBAC	84185	Fri	Sep 4-Dec 18	9-11:30a.m.	Free
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Painting with Acrylics 3

15 years and up

In this class, students with previous painting experience will be able to work in an open studio environment. Students will work on specific paintings or projects of their choice throughout the class. The instructor will provide professional guidance with students' progress and will oversee friendly, constructive group critique so all can benefit.

NBAC	84186	Wed	Sep 16-Nov 18	9a.m.-12p.m.	\$165.00
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Painting Reflections in Acrylic or Watercolours

15 years and up

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

NBAC	84258	Wed, Thu	Dec 2-17	7-9:30p.m.	\$115.00
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Regina Doorways, Arches and Flower Boxes

15 years and up

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

NBAC	84259	Wed, Thu	Sep 9-24	7-9:30p.m.	\$115.00
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Sketching the Basics

15 years and up

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

NBAC	84193	Fri	Sep 18-Nov 6	1-3:30p.m.	\$135.00
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Watercolour – Level 1

15 years and up

Learn the foundation techniques of watercolour painting in a small class setting. Instruction will include techniques such as the basics of brushstrokes, washes, wet-in-wet painting and colour mixing. No experience required.

NBAC	84196	Wed	Sep 16-Nov 18	1-4p.m.	\$165.00
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Watercolour – Level 2

15 years and up

This intermediate watercolour course will introduce students to colour mixing and composition strategies and techniques to create light, mood and depth in watercolour. Students are encouraged to do one final project which will be guided or executed independently by the student. Experience in any traditional art media or general drawing skills would be an asset. This course will assume you are comfortable with basic watercolour techniques and workflow.

NBAC	84197	Tue	Sep 15-Nov 3	7-10p.m.	\$165.00
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Fine Arts – Fibre Arts

Fibre Felting Fun

14 years and up

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

NBAC	84161	Tue	Sep 15-Nov 3	7-9:30p.m.	\$155.00
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Introduction to Crochet

14 years and up

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

NBAC	84165	Tue	Sep 15-Oct 20	7-8p.m.	\$65.00
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Introduction to Knitting

14 years and up

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

NBAC	84166	Mon	Sep 14-Oct 26	7-8p.m.	\$65.00
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Learn to Sew

15 years and up

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

NBAC	84178	Sat	Sep 12	10a.m.-3p.m.	\$55.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Learn to Sew a Shoulder Bag 14 years and up

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

NBAC	84179	Sun	Sep 6	1-4p.m.	\$40.00
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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	84184	Thu	Sep 24, Oct 22, Nov 26	7-10p.m.	Free
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Quilting Drop In **FREE** 15 years and up

Join volunteers of Connected Threads Network Inc. when they meet each Thursday morning to make donation quilts for donation to non-profit and charitable agencies in the community. All levels of experience are welcome, and registration is not necessary.

NBAC	84191	Thu	Sep 3-Dec 17	9a.m.-2p.m.	Free
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Stitch-In **FREE** 15 years and up

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

NBAC	84194	Fri	Sep 4-Dec 18	9-11:30a.m.	Free
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Upcycled Denim Slippers 15 years and up

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

NBAC	84204	Sat	Dec 12	10a.m.-3p.m.	\$55.00
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Fine Arts – Jewellery and Metalwork**Displaying Enameled Landscapes** **NEW** 16 years and up

Combine the artistry of enameled copper landscape designs with the natural beauty of wood. Students who have completed an enameled copper panel (3 x 3 or 3 x 4 inch) will create a custom wooden mount and display easel. Participants will select from prepared light and medium woods, cut the material to size, refine the surface, and apply a finish to enhance the wood grain. Using matching materials, students will also construct a small display easel for their mounted panel. Students may also prepare their mount for wall hanging. Samples of available wood will be provided during the enamel class. This course is open to all skill levels.

NBAC	84261	Sun	Nov 29	1-4:30p.m.	\$80.00
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Enameling: Landscape Tiles and Wall Plaques **NEW** 16 years and up

This class explores enameling techniques for non-jewellery wall plaques and enamel "paintings," including both landscape and abstract designs. Projects will be larger than typical jewellery pieces but must not exceed 6-inches due to kiln size limitations. Students must bring their own 18 to 20-gauge copper sheet. This class may also be used as an enameling project class for artists interested in exploring their own enamel interests. Materials fee is included.

Prerequisite: Previous enameling class, enameling workshop, or equivalent experience.

NBAC	84247	Thu	Sep 17-Oct 22	1-4p.m.	\$210.00
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Jewellery 1 16 years and up

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

NBAC	84170	Tue	Sep 15-Nov 3	7-10p.m.	\$270.00
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Jewellery 2 16 years and up

This class is a continuation from Jewellery 1 and includes chain making, pin back construction, riveting, and bezel setting cabochon stones.

Prerequisite: Jewellery 1.

NBAC	84246	Thu	Sep 17-Nov 5	7-10p.m.	\$230.00
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All Bodies Swim

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

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

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

■ Aug 21 ■ Sep 18 ■ Oct 23
■ Nov 20 ■ Dec 18

For more information please email socialinclusionprograms@regina.ca

Regina.ca/DropIn **REGINA**

Bring your creative side to life

Learn new skills, meet new people and enjoy art and creativity in a welcoming environment **at the Neil Balkwill Civic Arts Centre.**

Register for Fall classes!

We offer classes in:

- Drawing & Painting • Fibre Arts • Woodworking
- Jewellery & Metalwork • Digital Media & Design



Regina.ca/NBCAC

 **REGINA**

Jewellery – Casting Exploration

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC	84173	Sun	Sep 20-Nov 15	1-4p.m.	\$230.00
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Jewellery Project

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC	84172	Tue	Sep 15-Nov 3	1-4p.m.	\$230.00
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Lampwork – Enhanced Style and Finishing

16 years and up

Students will work with various embellishments to enhance their bead making style. They will then use wire, bead caps, tubing (for coring), and other accessories to create different styles of finished pieces with their beads. **Prerequisite:** Lampwork Beads 1.

Prerequisite: Lampwork Beads 1.

NBAC	84174	Mon	Sep 14-Nov 9	1-4p.m.	\$250.00
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Lampwork Beads 1

16 years and up

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

NBAC	84176	Wed	Sep 16-Oct 28	7-10p.m.	\$235.00
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Lampwork Beads 2

16 years and up

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

Prerequisite: Lampwork Beads 1 or equivalent experience.

NBAC	84245	Mon	Sep 14-Nov 9	7-10p.m.	\$250.00
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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	84175	Sat	Sep 19-Nov 21	9a.m.-12p.m.	\$270.00
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NEW Drop In Class

Rise and Grind

Thursdays from
September 10
to December 17

6:30 to 7:15 a.m.
at the Fieldhouse

Start your day with a high-energy,
full-body workout designed
to build strength, power
and conditioning.

All fitness levels are welcome.

Regina.ca/DropIn



Lampwork – Make Your Own Frit Workshop 16 years and up

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

Prerequisite: Lampwork Beads 1.

NBAC	84244	Sat	Dec 5	9:30a.m.-4:30p.m.	\$90.00
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Fine Arts – Photography

Introduction to Studio Lighting and Portrait Photography NEW 15 years and up

This workshop will provide a basic comprehensive introduction to the use of studio photographic lighting tools and techniques used in portrait photography. Participants will acquire practical working knowledge for creating professional portraits using studio lighting and accessories. Primary subject positioning will also be covered. It is recommended, but is not a requirement, that students bring their own digital cameras and understand how to control manual exposure settings.

NBAC	84278	Sat	Nov 21	1-4p.m.	\$40.00
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Photography 1 – Camera Operation 15 years and up

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

NBAC	84188	Mon	Sep 14-Oct 19	7-10p.m.	\$112.00
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Photography 2 – Principles of Photography 15 years and up

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

Prerequisite: Photography 1 or equivalent.

NBAC	84189	Mon	Nov 2-30	7-10p.m.	\$112.00
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Fine Arts – Woodworking

Basic Woodworking 16 years and up

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

NBAC	84140	Tue	Sep 15-Nov 17	7-9:30p.m.	\$235.00
	84141	Wed	Sep 16-Dec 2	7-9:30p.m.	\$235.00

Danish Cord Bench 16 years and up

Build a classically elegant and comfortable Danish Modern bench with a hand-woven cord seat. Learn to weave paper cord in an intricate pattern around a wooden frame you have constructed. You will also learn accurate wood stock preparation, slip joint joinery, and choosing suitable wood grain. This is a beginner to intermediate level course. An additional material fee, approximately \$250, will be paid to the instructor at the first class.

Prerequisite: Basic woodworking or instructor's permission

NBAC	84150	Sat	Sep 19-Nov 28	9a.m.-12p.m.	\$280.00
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Hand Dovetailed Tray NEW 16 years and up

Working with hand tools, create a dovetailed wooden tray. Size your tray to display a treasured collection, store note paper, letters, wallet, and keys, or even serve cookies. Explore hand-cut through dovetails made with handsaw, chisel, and hand plane. Open to all skill levels. A materials fee payable to the instructor will cover all required materials.

NBAC	84273	Thu	Sep 10-Oct 8	7-10p.m.	\$140.00
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Intermediate Box Making on the Wood Lathe NEW 16 years and up

This class explores the techniques and design principles used to create interesting wood-turned boxes. Topics include ways to hold the wood, lid fitting, inlay turning and fitting, wood orientation, and developing pleasing forms. Instruction will emphasize tool technique, proper tool sharpening, lathe safety, and the effective use of various turning tools. A materials fee is payable to the instructor at the start of the class.

Prerequisite: completion of a previous bowl turning class.

NBAC	84275	Sat, Sun	Dec 12, 13	9a.m.-4:30p.m.	\$140.00
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Introduction to the Wood Lathe: Bowl Turning 16 years and up

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

NBAC	84167	Fri Sat, Sun	Sep 11 Sep 12, 13	7-9p.m. 9a.m.-5p.m.	\$205.00
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Introduction to the Wood Lathe: Spindle Turning 16 years and up

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

NBAC	84169	Fri Sat, Sun	Dec 4 Dec 5, 6	7-9p.m. 9a.m.-5p.m.	\$205.00
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Wood Carving Drop-in 14 years and up

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

NBAC	84198	Tue	Sep1-Dec 29	Free
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Wood Project 16 years and up

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

Prerequisite: completion of at least one previous Neil Balkwill woodworking class or instructor's permission.

NBAC	84199	Mon	Sep 14-Nov 23	7-10p.m.	\$280.00
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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).

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	84269	Tue	Sep 8-Oct 27	6:15-7p.m.	\$58.40
	84270	Thu	Sep 10-Oct 29	6:15-7p.m.	\$58.40
	84272	Tue	Nov 3-Dec 15	6:15- 7p.m.	\$51.10
	84271	Thu	Nov 12-Dec 17	6:15- 7p.m.	\$43.80
NWLC	84929	Tue	Sep 8-Oct 27	8:35- 9:20p.m.	\$58.40
	84927	Wed	Sep 9-Oct 28	8:35- 9:20p.m.	\$58.40
	84928	Mon	Sep 14-Oct 26	8:35- 9:20p.m.	\$51.10
	84954	Mon	Nov 2-Dec 14	8:35- 9:20p.m.	\$51.10
	84955	Tue	Nov 3-Dec 15	8:35- 9:20p.m.	\$51.10
	84952	Wed	Nov 4-Dec 16	8:35- 9:20p.m.	\$51.10
SSLC	85659	Mon	Sep 14-Oct 26	8:30-9:15p.m.	\$43.80
	85670	Tue	Sep 15-Oct 27	8:30-9:15p.m.	\$51.10
	85679	Wed	Sep 16-Oct 28	8:30-9:15p.m.	\$43.80
	85689	Thu	Sep 17-Oct 29	8:30-9:15p.m.	\$51.10
	85698	Mon	Nov 2-Dec 14	8:30-9:15p.m.	\$51.10
	85705	Tue	Nov 3-Dec 15	8:30-9:15p.m.	\$51.10
	85712	Wed	Nov 4-Dec 16	8:30-9:15p.m.	\$43.80
	85722	Thu	Nov 5-Dec 17	8:30-9:15p.m.	\$51.10

Baby & Me Aquacise

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

SSLC	85680	Wed	Sep 16-Oct 28	9:15-10a.m.	\$43.80
	85714	Wed	Nov 4-Dec 16	9:15-10a.m.	\$43.80

Fitness Leadership Courses

For more information, see SPRA.sk.ca/fitness/get-spra-certified.

SPRA Exercise Theory Module 16 years and up

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

Important note: This module is delivered through a combination of virtual and in-person sessions. Virtual dates are Sep 1, 3 and 8 from 6 to 8:30p.m. Exercise Theory Module Manual included.

FLDH	84372	Tue Thu Sat, Sun	Sep 1 Sep 3, 8 Sep 12, 13	6-8:30p.m. 6-8:30p.m. 9a.m.-5p.m.	\$430.00
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SPRA Aquatic Exercise Module 16 years and up

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

Prerequisite: Must have completed and passed Exercise Theory Module. Aquatic Exercise module manual included.

LAC	84371	Fri Sat, Sun	Sep 25 Sep 26, 27	5-9p.m. 9a.m.-5p.m.	\$370.00
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SPRA Group Fundamentals 16 years and up

This is the first step in obtaining the Group Exercise Certification. The Group Fundamentals course component covers a variety of topics specific to leading group exercise classes. These include: leadership, legal responsibility and accountability, class components, music, movement and cueing, program design, safety, leadership and exercise analysis. This course must be combined with at least one specialty course to fulfill the requirements on the Group Exercise Certification.

Prerequisite: Must have completed and passed Exercise Theory Module. Group Fundamentals module manual included.

FLDH	84373	Fri Sat	Nov 27 Nov 28	5-9p.m. 9a.m.-5p.m.	\$260.00
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SPRA Total Body Conditioning 16 years and up

The Total Body Conditioning Module is a group exercise specialty course offered to fulfill the requirements of the Group Exercise Certification. This practical based course includes the use of portable equipment combined with cardio classes such as Bootcamp, Circuit Training, HIIT, and Muscle Sculpt. *May include use of, but not limited to the following: free weights, body bars/barbells, stability balls, tubing/resist-a-bands, BOSU, and medicine balls. Group Fundamentals Manual sold separately.

Prerequisite: Must have completed and passed Exercise Theory Module and Group Fundamentals Module.

FLDH	85772	Sun	Nov 29	9a.m.-5p.m.	\$130.00
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Land 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 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. Babies aged 3 to 18 months can attend.

FLDH	84222	Tue	Sep 8-Oct 27	10:45-11:45a.m.	\$67.20
	84223	Thu	Sep 10-Oct 29	10:45-11:45a.m.	\$67.20
	85467	Tue	Nov 3-Dec 15	10:45-11:45a.m.	\$58.80
	85468	Thu	Nov 5-Dec 17	10:45-11:45a.m.	\$58.80

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	85695	Fri	Sep 18-Oct 30	11:45a.m.-12:45p.m.	\$51.10
	85728	Fri	Nov 6-Dec 18	11:45a.m.-12:45p.m.	\$51.10

Kickboxing 16 years and up

Kickboxing is a dynamic, high-energy sport that incorporates various elements of martial arts and boxing. This class boosts endurance, fights fat and provides empowering self-defense skills. This is a no contact class, with all air boxing striking including kicks and knee strikes, punches and elbow strikes, coupled with bodyweighted strength intervals.

NWLC	84930	Sun	Sep 13-Nov 1	12-1p.m.	\$67.20
	84996	Sun	Nov 8-Dec 20	12-1p.m.	\$58.80

Kickboxing - Pad 16 years and up

Kickboxing is a dynamic, high energy sport that incorporates various elements of martial arts and boxing. This class boosts endurance, fights fat and provides empowering self-defense skills. This is a pad class, including kicks and punches to handheld pads, coupled with bodyweighted strength intervals.

NWLC	84990	Sat	Sep 12-Oct 31	12-1p.m.	\$67.20
	84991	Sat	Nov 7-Dec 19	12-1p.m.	\$58.80

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

LiveWell

18 years and up

Thinking about making a lifestyle change but not sure where to start? LiveWell is a supervised group training program led by a Certified Personal Trainer, designed to help you take an active approach to your health and manage ongoing health concerns. You will follow an individualized exercise program in a supportive group setting. This program helps build endurance, strength, mobility, and confidence while learning proper techniques and developing a routine tailored to your abilities, all with the goal of creating sustainable change. Individuals should have a stable health condition and be able to safely participate in exercise. Medical clearance may be required.

FLDH	84252	Tue,Thu	Sep 8-Oct 29	10:30-11:30a.m.	\$151.20
	84253	Tue,Thu	Sep 8-Oct 29	11:30a.m.-12:30p.m.	\$151.20
	84254	Mon,Wed	Sep 9-Oct 28	4:30-5:30p.m.	\$122.85
	84255	Mon,Wed	Sep 9-Oct 28	5:30-6:30p.m.	\$122.85
	84251	Sat	Sep 12-Oct 31	10-11a.m.	\$75.60
	84262	Mon,Wed	Nov 2-Dec 16	4:30-5:30p.m.	\$122.85
	84263	Mon,Wed	Nov 2-Dec 16	5:30-6:30p.m.	\$122.85
	84264	Tue,Thu	Nov 3-Dec 17	10:30-11:30a.m.	\$132.30
	84265	Tue,Thu	Nov 3-Dec 17	11:30a.m.-12:30p.m.	\$132.30
	84266	Sat	Nov 7-Dec 19	10-11a.m.	\$66.15

Learn to Lift NEW

14 years and up

A 2-hour introductory session is designed to help individuals build confidence in the weight room. Participants will learn how to safely use strength and conditioning equipment and be guided through fundamental movement patterns. With a strong focus on proper technique and safety, this class provides a supportive environment to develop the skills needed for effective and injury-free resistance training. Upon completion, participants 14 and 15 years old will receive an orientation card, allowing them to access the strength and conditioning area without supervision.

FLDH	84226	Sat	Sep 19	10a.m.-12p.m.	\$40.00
	84227	Sat	Oct 17	10a.m.-12p.m.	\$40.00
	84248	Sat	Nov 14	10a.m.-12p.m.	\$40.00
	84249	Sat	Dec 12	10a.m.-12p.m.	\$40.00

Learn to Arm 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 power—the 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	85760	Sun	Nov 8-29	9-10:30 a.m.	\$50.40
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Minds in Motion

20 years and up

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

NWLC	84931	Thu	Oct 8-Dec 10	1:30-3:30p.m.	\$30.00
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Mobility - Strength, Flexibility & Relaxation 16 years and up

This class is designed to progress through three components that contribute to the proper functioning and mobility of our bodies using a variety of tools. You start with a focus on strength and stability to warm the body up and fine tune our motor control, then incorporate moves and exercises that focus on biomechanics and increasing the flexibility of the muscular structure, joints and connective tissues. Class ends with relaxation techniques that help your nervous system relax.

FLDH	84267	Sun	Sep 13-Nov 1	11a.m.-12p.m.	\$67.20
	84268	Sun	Nov 8-Dec 20	11a.m.-12p.m.	\$58.80

Small Group Fitness Coaching 16 years and up

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

FLDH	84233	Thu	Sep 10-Oct 29	6:45-7:45p.m.	\$67.20
	84234	Thu	Nov 5-Dec 17	6:45-7:45p.m.	\$58.80

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	84238	Tue	Sep 8-Oct 27	5:30-6:30p.m.	\$67.20
	84236	Sat	Sep 12-Oct 31	9:45-10:45a.m.	\$67.20
	84239	Tue	Nov 3-Dec 15	5:30-6:30p.m.	\$58.80
	84237	Sat	Nov 7-Dec 19	9:45-10:45a.m.	\$42.00

Stadium Bootcamp 14 years and up

Enter at Gate 1 of Mosaic Stadium to meet your instructor for a new type of workout. This bootcamp utilizes the various amenities of the stadium, such as seats, stairs, and ramps, for a total body workout. Stair running included!

Mosaic Stadium					
84232	Tue	Sep 22-Oct 27	5:30-6:30p.m.	\$43.80	

Stott Pilates® 16 years and up

A core-based exercise program that focuses on movement of the spine, core strength, flexibility and mind-body awareness. Exercises are done on a mat and will be done with or without props. All levels are welcome.

SSLC	85668	Mon	Sep 14-Oct 26	5:30-6:30p.m.	\$50.40
	85704	Mon	Nov 2-Dec 14	5:30-6:30p.m.	\$58.80

Stretch & Tone 15 years and up

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

SSLC	85681	Wed	Sep 16-Oct 28	10:30-11:30a.m.	\$43.80
	85715	Wed	Nov 4-Dec 16	10:30-11:30a.m.	\$43.80

Learn to Lift

This 2-hour introductory session takes place at the Fieldhouse.

For ages 13 years and older

Build confidence in the weight room and learn how to safely use strength and conditioning equipment while being guided through fundamental movement patterns. This class provides a supportive environment to develop the skills needed for effective and injury-free resistance training.

See the Registered Adult Programs section for details.

Regina.ca

 REGINA



Total Body Sculpting 14 years and up

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

SSLC	85671	Tue	Sep 15-Oct 27	6:45-7:45p.m.	\$51.10
	85682	Wed	Sep 16-Oct 28	5:30-6:30p.m.	\$45.85
	85706	Tue	Nov 3-Dec 15	6:45-7:45p.m.	\$51.10
	85718	Wed	Nov 4-Dec 16	5:30-6:30p.m.	\$45.85

TRX® Group Suspension Training 16 years and up

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

FLDH	84230	Sat	Sep 12-Oct 31	9-10a.m.	\$75.60
	84231	Sat	Nov 7-Dec 19	9-10a.m.	\$56.70

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	84936	Tue	Sep 8-Oct 27	6-7p.m.	\$67.20
	84935	Mon	Sep 14-Nov 16	7:15-8:15p.m.	\$75.60
	84969	Tue	Nov 3-Dec 15	6-7p.m.	\$58.80
SSLC	85661	Mon	Sep 14-Oct 26	8-9p.m.	\$50.40
	85700	Mon	Nov 2-Dec 14	8-9p.m.	\$58.80

Yoga – Gentle 15 years and up

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

FLDH	84242	Mon	Sep 14-Oct 26	5:45-6:45p.m.	\$50.40
	84243	Mon	Nov 2-Dec 14	5:45-6:45p.m.	\$58.80
NWLC	84938	Wed	Sep 9-Oct 28	6-7p.m.	\$58.80
	84937	Mon	Sep 14-Nov 16	6-7p.m.	\$75.60
	84978	Wed	Nov 4-Dec 16	6-7p.m.	\$50.40
SSLC	85662	Mon	Sep 14-Oct 26	9:15-10:15a.m.	\$50.40
	85663	Mon	Sep 14-Oct 26	10:30-11:30a.m.	\$50.40
	85664	Mon	Sep 14-Oct 26	6:45-7:45p.m.	\$50.40
	85687	Wed	Sep 16-Oct 28	9:15-10:15a.m.	\$50.40
	85692	Thu	Sep 17-Oct 29	9:15-10:15a.m.	\$58.80
	85691	Thu	Sep 17-Oct 29	11:45a.m.-12:45p.m.	\$58.80
	85690	Thu	Sep 17-Oct 29	6:45-7:45p.m.	\$58.80
	85696	Fri	Sep 18-Oct 30	10:30-11:30a.m.	\$58.80
	85701	Mon	Nov 2-Dec 14	9:15-10:15a.m.	\$58.80
	85702	Mon	Nov 2-Dec 14	10:30-11:30a.m.	\$58.80
	85703	Mon	Nov 2-Dec 14	6:45-7:45p.m.	\$58.80
	85721	Wed	Nov 4-Dec 16	9:15-10:15a.m.	\$50.40
	85725	Thu	Nov 5-Dec 17	9:15-10:15a.m.	\$58.80
	85724	Thu	Nov 5-Dec 17	11:45a.m.-12:45p.m.	\$58.80

SSLC	85723	Thu	Nov 5-Dec 17	6:45-7:45p.m.	\$58.80
	85729	Fri	Nov 6-Dec 18	10:30-11:30a.m.	\$58.80

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	84240	Tue	Sep 8-Oct 27	10:30-11:30a.m.	\$67.20
	84241	Tue	Nov 3-Dec 15	10:30-11:30a.m.	\$58.80

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	85672	Tue	Sep 15-Oct 27	8-9p.m.	\$58.80
	85707	Tue	Nov 3-Dec 15	8-9p.m.	\$58.80

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	84224	Wed	Sep 9-Oct 28	6:45-7:45p.m.	\$66.15
	84225	Wed	Nov 4-Dec 16	6:45-7:45p.m.	\$56.70
SSLC	85693	Thu	Sep 17-Oct 29	8-9p.m.	\$58.80
	85697	Sat	Sep 19-Oct 31	9-10a.m.	\$58.80
	85726	Thu	Nov 5-Dec 17	8-9p.m.	\$58.80
	85730	Sat	Nov 7-Dec 19	9-10a.m.	\$58.80

Sports

Badminton 16 years and up

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

FLDH	85107	Sat	Sep 5-Oct 24	6-7:30p.m.	\$105.00
	84584	Fri	Sep 11-Oct 30	6-7:30p.m.	\$105.00
	85377	Fri	Nov 6-Dec 18	6-7:30p.m.	\$78.75
	85388	Sat	Nov 7-Dec 19	6-7:30p.m.	\$78.75

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

Pickleball - Intro

16 years and up

This fun and welcoming program is designed for adults who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, serve, rally, score and move safely on the court. With guidance from an instructor, players will build confidence, improve coordination, and develop a solid understanding of the game in a supportive, inclusive and non-competitive environment.

SLC	85731	Sun	Sep 13-Nov 1	11a.m.-12p.m.	\$70.00
	85735	Sun	Nov 15-Dec 20	9:30a.m.-10:30a.m.	\$52.50
GNRC	84864	Sat	Sep 12-Oct 31	3-4p.m.	\$70.00
	85739	Sat	Sep 12-Oct 31	4-5p.m.	\$70.00
	85741	Sat	Nov 7-Dec 26	3-4p.m.	\$61.25
	85742	Sat	Nov 7-Dec 26	4-5p.m.	\$61.25

Sport Jam – Adults

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	84589	Fri	Sep 11-Oct 30	7-8p.m.	\$61.25
	85384	Fri	Nov 6-Dec 18	7-8p.m.	\$43.75

Table Tennis - Intro for Adults

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	84566	Tue	Sep 8-Oct 27	7:30-8:30p.m.	\$70.00
	85112	Tue	Nov 3-Dec 15	7:30-8:30p.m.	\$61.25

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	85094	Sat	Sep 5-Nov 14	12:15-1:15p.m.	\$87.50
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

We're hiring!



The City of Regina is seeking qualified contracted instructors to lead inclusive fitness, sports and adapted recreation programs at City of Regina facilities.

Use your sport, fitness or adapted recreation experience to help participants of all ages and abilities:

- ✓ learn new skills
- ✓ stay active
- ✓ build confidence
- ✓ have positive recreation experiences



Learn more at Regina.ca/Instructors



Registered Older Adult Programs



Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Programming Note

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

Intro to Pickleball – 55+

This fun and welcoming program is designed for older adults who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, serve, rally, score and move safely on the court. With guidance from an instructor, players will build confidence, improve coordination, and develop a solid understanding of the game in a supportive, inclusive and noncompetitive environment. Equipment is provided.

SLC	85738	Sun	Nov 15-Dec 20	10:30-11:30a.m.	\$52.50
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Virtual Chair Yoga

18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering folks to participate from wherever is comfortable and convenient for themselves. Chair yoga offers simple stretches and strengthening movements that support flexibility, balance, and relaxation. With guided breathing and slow, steady motions, you'll ease tension and improve your range of motion. This online class will require you to have access to Teams.

VIRTUAL	85686	Mon	Sep 21-Nov 2	4:15-5:15p.m.	\$47.00
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Discover the Fun with a Leisure Pass!



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



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	84932	Tue	Sep 8-Oct 27	10:30-11:30a.m.	\$67.20
	84933	Thu	Sep 10-Oct 29	10:30-11:30a.m.	\$67.20
	84957	Tue	Nov 3-Dec 15	10:30-11:30a.m.	\$58.80
	84958	Thu	Nov 5-Dec 17	10:30-11:30a.m.	\$58.80

Yoga – Chair

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

SSLC	85660	Mon	Sep 14-Oct 26	11:45a.m.-12:45p.m.	\$50.40
	85683	Wed	Sep 16-Oct 28	11:45a.m.-12:45p.m.	\$50.40
	85699	Mon	Nov 2-Dec 14	11:45a.m.-12:45p.m.	\$58.80
	85720	Wed	Nov 4-Dec 16	11:45a.m.-12:45p.m.	\$50.40
NWLC	84934	Wed	Sep 9-Oct 28	1-2p.m.	\$67.20
	84960	Wed	Nov 4-Dec 16	1-2p.m.	\$50.40

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	84939	Wed	Sep 9-Oct 28	10:30-11:30a.m.	\$58.80
	84940	Mon	Sep 14-Oct 26	9:45-10:45a.m.	\$50.40
	84987	Mon	Nov 2-Dec 14	9:45-10:45a.m.	\$58.80
	84982	Wed	Nov 4-Dec 16	10:30-11:30a.m.	\$50.40
SSLC	85673	Tue	Sep 15-Oct 27	10:30-11:30a.m.	\$58.80
	85694	Thu	Sep 17-Oct 29	10:30-11:30a.m.	\$58.80
	85709	Tue	Nov 3-Dec 15	10:30-11:30a.m.	\$58.80
	85727	Thu	Nov 5-Dec 17	10:30-11:30a.m.	\$58.80

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Mobility Assistive Golf Cart

If you are someone facing mobility challenges and want to get out on the golf course this may be for you!

Apply in person or online.

Available at
Lakeview
Par 3
Golf Course

Golf carts
are
FREE



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





I LOVE REGINA DAY

Saturday, August 22, 2026

9 a.m. to 3 p.m. • Victoria Park

- ♡ Live local entertainment
- ♡ Free BBQ & treats (while quantities last)
- ♡ Community exhibitors & activities
- ♡ Petting zoo, bouncers & face painting
- ♡ And much more!

Kick off at 8:30 a.m. with the **I Love Regina Run**. Register to run, walk or wheel in partnership with **RUN REGINA**.



Scan QR code or visit **Regina.ca/ILoveRegina** for event details or to register for the Run.



Coopertown

REGINA • SK

299

**JACK
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CJME**
NEWS TALK SPORTS



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TRANSPORTATION
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Developments**
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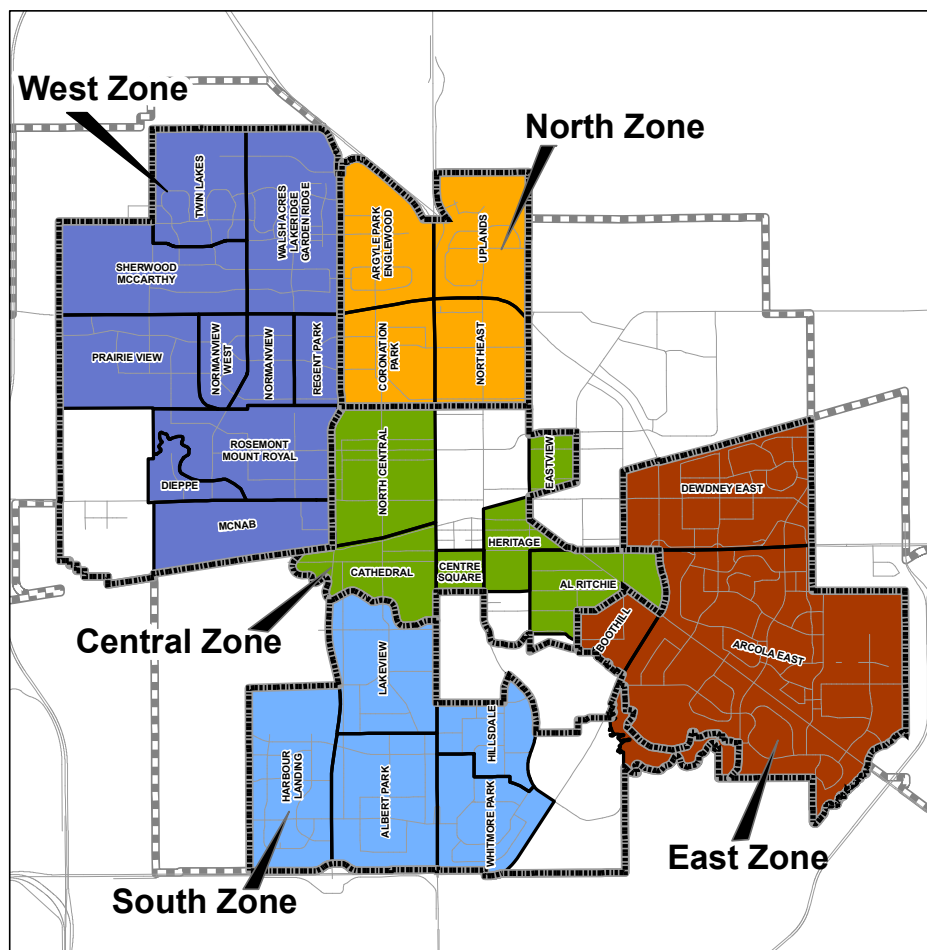
CASINO
REGINA

Zone Board & Community Association Programs



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

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



Central Zone Board

Contact: Central Zone Board

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, Downtown, 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.ca

Contact: 306-352-3931

Facebook.com/AlRitchieCommunityAssociation / alritchie.org

Email: coordinator@alritchie.org

Registration Date: Ongoing

Registration Location: 2250 Lindsay St.

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

Al Ritchie Community Association and Al Ritchie Family Wellness Centre is located at 2250 Lindsay St.

Core Ritchie Neighbourhood Centre is located at 445 14th Ave.

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Second Chance Community Shop	All Ages	Mon-Fri	Ongoing	10a.m.-2p.m.	Al Ritchie Community Association	Free
Free Community Pantry	All Ages	Mon-Fri	Ongoing	10a.m.-2p.m.	Al Ritchie Community Association	Free
Monster Bash	All Ages	Sat	Oct 24	4-6p.m.	Core Ritchie Neighbourhood Centre	Free
Jingle Ball	All Ages	Sat	Dec 12	4-6p.m.	Core Ritchie Neighbourhood Centre	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Literacy/ Numeracy	0-6 yrs	Tue	Weekly	10a.m.-12p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
Literacy/ Numeracy	0-6 yrs	Tue	Weekly	12-2p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
Nutrition/ Wellness	0-6 yrs	Wed	Weekly	10a.m.-12p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
Nutrition/ Wellness	0-6 yrs	Wed	Weekly	12-2p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
Motor Skills	0-6 yrs	Thu	Weekly	10a.m.-12p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
Motor Skills	0-6 yrs	Thu	Weekly	12 - 2p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
STEAM	0-6 yrs	Fri	Weekly	10a.m.-12p.m.	Al Ritchie Family Wellness Centre	Free Drop-in
STEAM	0-6 yrs	Fri	Weekly	12 -2p.m.	Al Ritchie Family Wellness Centre	Free Drop-in

Children						
Youth Drop-In Gym Night	8-16 yrs	Wed	Weekly	6-8p.m.	Core Ritchie Neighbourhood Centre	Registration Required Free
Afterschool Program	6-12 yrs	Mon- Fri	School Year	3:15-5:15p.m.	Al Ritchie Family Wellness Centre	Registration Required Free
Youth Game Night	8-16 yrs	Tue	TBD	6-8p.m.	Al Ritchie Family Wellness Centre	Registration Required Free
Youth Arts & Craft	7-16 yrs	Thu	Weekly	5:45-7:45p.m.	Al Ritchie Family Wellness Centre	\$15 per youth
Dance and Free Movement Fundamentals	5-12 yrs	Thu	Sep 10-Jun 17	6-6:45p.m.	Core Ritchie Neighbourhood Centre 445 14th Ave Drop-ins Welcome	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Home Alone/Babysitting Course	11 yrs +	Sat	Sep 12	8a.m.	AI Ritchie Community Association	\$50 per youth
Home Alone/Babysitting Course	11 yrs +	Sat	Nov 14	8a.m.	AI Ritchie Community Association	\$50 per youth
Youth Arts & Craft	7-16 yrs	Thu	Weekly	5:45-7:45p.m.	AI Ritchie Family Wellness Centre	\$15 per youth
Makers Space	15+ yrs	Mon	Oct 5, Oct 19, Nov 16, Dec 14	6:30-8:30p.m.	AI Ritchie Family Wellness Centre	Drop-in (16 people max per class) Free
Youth Game Night	8-16 yrs	Tue	TBD	6-8p.m.	AI Ritchie Family Wellness Centre	Registration Required Free
Youth Drop-In Gym Night	8-16 yrs	Wed	Weekly	6-8p.m.	Core Ritchie Neighbourhood Centre	Registration Required Free

Adult						
Beginner Pickleball	18+	Mon, Wed	Sep-Jun	12:30-2:30p.m.	Core Ritchie Neighbourhood Centre	Membership Required
Makers Space	15+ yrs	Mon	Oct 5, Oct 19, Nov 16, Dec 14	6:30-8:30p.m.	AI Ritchie Family Wellness Centre	Drop-in (16 people max per class) Free
Barre Fitness	18+	Thu	Apr 2-Jun 18	7:30-8:15p.m.	Core Ritchie Neighbourhood Centre Drop-ins Welcome	\$7 drop in or \$35 for 5 classes
Sewing Circle	18+	Tue	TBD	6-8p.m.	AI Ritchie Family Wellness Centre	Registration Required \$10 per person
Parenting Support	18+	Mon-Fri	Ongoing	11a.m.-12p.m.	AI Ritchie Community Association	Free
Nobody's Perfect Parenting Circle	18+	TBD	TBD	TBD	AI Ritchie Community Association	TBD
Pickleball	18+	Tue, Thu	Sep-May	11:30a.m.-2:30p.m.	Core Ritchie Neighbourhood Centre	\$2 Drop-in or \$20 Annually
Pickleball	18+	Fri	Sep-May	12:45-2:45p.m.	Core Ritchie Neighbourhood Centre	\$2 Drop-in or \$20 Annually

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yang 85 Form Tai chi	18+	Sun	Sep-May	1-2:30p.m.	Core Ritchie Neighbourhood Centre	\$25
Makers Space	15+ yrs	Mon	Oct 5, Oct 19, Nov 16, Dec 14	6:30-8:30p.m.	AI Ritchie Family Wellness Centre	Drop-in (16 people max per class) Free
Sewing Circle	18+	Tue	TBD	6-8p.m.	AI Ritchie Family Wellness Centre	Registration Required \$10 per person
Coffee Connect	55+	Mon	Ongoing	1-2:30p.m.	AI Ritchie Community Association	Drop-in Free
Chair yoga	55+	Fri	Sep 5-Jun 5	10-11:15a.m.	Core Ritchie Neighbourhood Centre	Free
Pickleball	18+	Tue, Thu	Sep-May	11:30a.m.-2:30p.m.	Core Ritchie Neighbourhood Centre	\$2 Drop-in or \$20 Annually
Beginner Pickleball	18+	Mon, Wed	Sep-Jun	12:30-2:30p.m.	Core Ritchie Neighbourhood Centre	Membership Required

Contact: 306-569-8755

Email: info@cathedralvillage.org

Registration Date: Online starting August 4

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

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

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

Qigong -with a side of Tai Chi Chuan – Come try out two foundational Tai Chi practices: The Crystal Dragon Qigong and the Tai Chi Chuan Yang Style 24 Form. The Crystal Dragon is a sequence of gentle movements, meditation, and breathing designed to improve overall health and the flow of Qi while using mildly twisting stretching movements of joints and spine coordinated with breathing. We will also finish off with a short Tai Chi Chuan form.

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

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

Tai Chi Chuan Yang Style - This class focuses on learning the Yang style 24 form as a martial art as well as promotion of health. It will also include a Quigong set with a focus on general health through a rebalancing of body, mind & breath. The class will be led by Siheng Wybo Ottenbreit-Born who has studied Tai Chi under Sifu Eric James from the Prairie School of Tai Chi Chuan for over 10 years.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Cathedral Holiday Craft Market	All Ages	Sat	Nov 14	10a.m-4p.m.	Cathedral Neighbourhood Centre Westminster United Church Holy Rosary Cathedral	Free
Clothing Swap	All Ages	Sat	Oct 3	12-4p.m.	Cathedral Neighbourhood Centre	Free
Drop-in Family Halloween Party	All Ages	Sat	Oct 31	5:30-7:30p.m.	Cathedral Neighbourhood Centre	Free
Parent & Baby Group	All Ages	Every second Thu	Oct 8-Dec 17	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Rink Shack Open	All Ages	Tue-Sun	Dec 20-Mar 10, weather dependent	various, see website	Leslie Park Rink	Free
Rummage Sale	All Ages	Sat	Sep 26	9:30a.m.-4p.m.	Cathedral Neighbourhood Centre	Free

Baby						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Baby Group	All Ages	Every second Thu	Oct 8-Dec 17	1-2:30p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey Fall Session	8-11 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Dec 19	9:30-10:30a.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey Fall Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Dec 19	10:30-11:30 p.m.	Optimist Arena	\$100, drop in \$20, drop-ins must register
Just for Fun Hockey Full Session	8-11 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Mar 6 excl Dec 26, Jan 2	9:30-10:30 a.m.	Optimist Arena	\$235, drop in \$20, drop-ins must register

Just for Fun Hockey Full Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Mar 6 excl Dec 26 & Jan 2	10:30-11:30 a.m.	Optimist Arena	\$235, drop in \$20, drop ins must register
Kids Painting: Suda, the Elephant Artist	7-12yrs	Sun	Sep 20	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: George the Giraffe Finds a Speeding Turtle	7-12 yrs	Sun	Oct 18	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: Angelic News of the New Born King	7-12yrs	Sun	Nov 22	2:15-4p.m.	Cathedral Neighbourhood Centre	\$25

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey Fall Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Dec 19	10:30-11:30p.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey Fall Session	15-18 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Dec 19	11:30-12:30p.m.	Optimist Arena	\$100, drop in \$20, drop ins must register
Just for Fun Hockey Full Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Mar 6 excl Dec 26, Jan 2	10:30-11:30a.m.	Optimist Arena	\$235, drop in \$20, drop ins must register
Just for Fun Hockey Full Session	15-18 yrs	Sat	Registration deadline Oct 1, runs Oct 31-Mar 6 excl Dec 26, Jan 2	11:30 a.m.-12:30p.m.	Optimist Arena	\$235, drop in \$20, drop ins must register

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+	Every 2nd and 4th Tue	Sep 8-Dec 22	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Queen City Urbanist Book Club	18+	First Wed of the month	Sep 2-Dec 2	7-9p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Sep 9-Dec 16, excl Nov 11	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$98
Ringette: Pick-up Fall Session	18+	Thu	Oct 22-Dec 10	8:15-9:15p.m.	Optimist Arena	\$125
Ringette: Pick-up Full Session	18+	Thu	Oct 22-Dec 10 and Jan 7-Mar 11	8:15-9:15p.m.	Optimist Arena	Payment prior to Sept 1 \$175, after Sept 1 \$200
Tai Chi Chih Beginner Trial Class	18+	Mon	Sep 14	7-8p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+	Mon	Sep 21-Nov 23	7-8p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chih Advanced Trial Class	18+	Mon	Sep 14	2:15-3:15p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+	Mon	Sep 21-Nov 23	2:15-3:15p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chuan Yang Style Trial Class	18+	Sun	Sep 13	8-9a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan Yang Style	18+	Sun	Sep 20-Dec 20	8-9a.m.	Cathedral Neighbourhood Centre	\$130
Qigong with a side of Tai Chi Chuan Trial Class	18+	Tue	Sep 8	7:15-8:15p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong with a side of Tai Chi Chuan	18+	Tue	Sep 15-Dec 15	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$130
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Tue	Sep 8	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Tue	Sep 15-Dec 8	5:45-7p.m.	Cathedral Neighbourhood Centre	\$137, bring mat

Yogatime: Basics Class Trial Class	18+	Fri	Sep 11	5:30-6:30p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yogatime: Basics Class	18+	Fri	Oct 2-Dec 11	5:30-6:30p.m.	Cathedral Neighbourhood Centre	\$105, bring mat
Yoga: Chair Trial Class	18+	Tue	Sep 8	10:45-11:45a.m.	Cathedral Neighbourhood Centre	free, must register, bring mat
Yoga: Chair	18+	Tue	Sep 15-Dec 8	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$125, bring mat
Yoga: Yin Trial Class	18+	Thu	Sep 10	5:45-7p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Yin	18+	Thu	Sep 17-Dec 10 excl Sep 24	5:45-7p.m.	Cathedral Neighbourhood Centre	\$126, bring mat
Zumba Trial Class	18+	Thu	Sep 10	7:15-8p.m.	Cathedral Neighbourhood Centre	Free
Zumba	18+	Thu	Sep 17-Nov 26, excl Sep 24	7:15-8:15p.m.	Cathedral Neighbourhood Centre	\$100

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+	Every 2nd and 4th Tue	Sep 8-Dec 22	1-3p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Forever...in Motion	55+	Mon	Sep 28-Dec 14, excl Oct 12	1-2p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
Forever...in Motion	55+	Fri	Oct 2-Dec 18	1-2p.m.	Cathedral Neighbourhood Centre	free with \$10 membership, must register
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Sep 9-Dec 16, excl Nov 11	1:30-2:30p.m.	Cathedral Neighbourhood Centre	\$98
Yoga: Chair Trial Class	18+	Tue	Sep 8	10:45-11:45a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+	Tue	Sep 15-Dec 8	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$125, bring mat

Downtown Community Association

[Facebook.com/dcaregina](https://www.facebook.com/dcaregina)

Contact: Visit [Facebook.com/dcaregina](https://www.facebook.com/dcaregina) or email

Email: DCARegina@gmail.com

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

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

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

Heritage Community Association

[heritagecommunityassociation.com](https://www.heritagecommunityassociation.com)

Contact: Wendy Miller

Email: director@hcaregina.com

Registration Date: Ongoing

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

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

HCA offers a range of programs and services that focus on community engagement, youth, and arts and culture.

Memberships are available for a \$5 donation. Please call us at 306-757-9952 for more information on our program offerings.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Activity	Ages	Day	Dates	Times	Location	Cost
Celebrating Heritages 50th!!! Come & Go	All Ages	Fri	Sep 11	1-3p.m.	Mitakuyé Owás'ā Centre	Free
Harvest Moon Festival	All Ages	Sat	Sep 12	11a.m.-4p.m.		Free
Square Dance	All Ages	Sat	Sep 12	7p.m.	Seniors Centre	Free
Heritage Hoops 3on3 Tournament	All Ages	Sun	Sep 13		Pepsi Park	Free
Home Alone Movie	All Ages	Sat	Sep 19			Free

Honouring Their Spirits	All Ages	Fri	Sep 25		Mitakuyé Owâs'â Centre	Free
Community4Connections	All Ages	Tue	Oct 13	1-3p.m.	Mitakuyé Owâs'â Centre	Free
Heritage Play Day	All Ages	Fri	Nov 20	1-3p.m.	Mitakuyé Owâs'â Centre	Free
Shop Local	All Ages	Fri	Dec 5		Mitakuyé Owâs'â Centre	Free
Heritage Makers Market	All Ages	Sun	Dec 6	10a.m.-3p.m.	Mitakuyé Owâs'â Centre	Free
Taichi + Family Self Defense	All Ages	TBD	TBD	TBD	Mitakuyé Owâs'â Centre	Free
Drop in Healing Circles	All Ages	Tue	Last Tuesday of the month	6-8p.m.	Mitakuyé Owâs'â Centre	Free
Glimmer Café Community Grief Workshops	All Ages	TBD	TBD	TBD	Mitakuyé Owâs'â Centre	Free
Trauma and Intergenerational Trauma Workshops	All Ages	TBD	TBD	TBD		Free
Naloxone Training	18+	TBD	TBD	TBD		Free
Community Kitchens		TBD	TBD	TBD	Mitakuyé Owâs'â Centre	

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Let's Move	8-12 yrs	Tue	Weekly	6-8p.m.	Mitakuyé Owâs'â Centre	Free
Judo	6+ yrs	Wed	Weekly		Mitakuyé Owâs'â Centre	Free

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Art Therapy	19+	Thu	Register to find out more	TBD	Mitakuyé Owâs'â Centre	Free
Cooking Class	19+	Thu	Last Thu of the Month	Register to find out more	Mitakuyé Owâs'â Centre	Free

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Walking Group	50+	Wed	Weekly	10a.m.	Mitakuyé Owâs'â Centre	Free
Chair Exercise	50+	Wed	Weekly	10:45a.m.	Mitakuyé Owâs'â Centre	Free

North Central Community Association

Contact: Pat Faulconbridge

Registration Date: Ongoing

Email: exec.director@nccaregina.ca

Registration Location: māmawēyatitān 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. Our mission is to enhance, engage and represent our diverse neighborhoods by coordinating the delivery of programs and facilitating community partnerships and other services to reach our vision of a safe, caring, and vibrant community where all residents can enjoy a positive quality of life.

Family & Community

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

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Walking Club	18+	Wed, Fri	Year-round	8-9a.m.	māmawēyatitān centre (indoors)	Free
Drop in Zumba with Kelsey	18+	Thu	Sep 10, Sep 24	6:30-7:30p.m.	māmawēyatitān centre	Free
Trauma-Informed Yoga	18+	Thu (every two weeks)	Year-round	6:30-7:30p.m.	māmawēyatitān centre	Free
Beginners Yoga with Nicole	16+ yrs	Mon	Oct 19-Nov 23	6:30-7:30p.m.	māmawēyatitān centre	Free

NCCA Community Garden Program (harvesting, canning workshops and work bees)	18+	Check schedule on FB - NCCA Community Gardens	Sep-Oct	Check schedule on FB - NCCA Community Gardens D	mâdawêyatitân centre	Free
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Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion Fitness	55+	Tue	Apr 7-Jun 16	10:30-11:30 a.m.	mâdawêyatitân centre	Free

Queen City Eastview Community Association

eastviewregina.com

Contact: Jaimie/Vidhi 306-525-4757

Email: programs@eastviewregina.com

Registration Date: Ongoing – first come, first served

Registration Location: Eastview Community Centre 615 6th Avenue

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 9 a.m. to 4 p.m. every weekday. Call in as we add programs regularly.

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
BlueGrass Public Jam	All Ages	Sun	TBD	1-3p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 27, Oct 25, Nov 29	1-3p.m.	Eastview Community Centre	Free (subject to change based on activity)
Little Explorers (Monday)	18m+ and parent	Mon	Sep 7-Dec 15	10-11a.m.	Eastview Community Centre	\$5 membership
Little Explorers (Tuesday)	18+ month and parent	Tue	Sep 7-Dec 22	10-11a.m.	Eastview Community Centre	\$65 (includes membership)

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Little Explorers (Monday)	18m+ and parent	Mon	Sep 7-Dec 22	10-11a.m.	Eastview Community Centre	\$5 membership
Little Explorers (Tuesday)	18+month and parent	Tue	Sep 7-Dec 22	10-11a.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sept 27, Oct 25, Nov 29	1-3p.m.	Eastview Community Centre	Free (subject to change based on activity)

Children

Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6+ yrs	Mon-Fri (school days only)	Sep 2-Dec 19	3:30-5:15p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sept 27, Oct 25, Nov 29	1-3p.m.	Eastview Community Centre	Free (subject to change based on activity)
Home Alone/Babysitting Course	11+ yrs	Sat	TBD	8 a.m.-1 p.m.	Eastview Community Centre	\$55 (includes membership)
Kids Cooking Class	8-15 yrs	Sat	TBD	10a.m.	Eastview Community Centre	\$55 (includes membership)
Kids Kung Fu	6-12 yrs	Mon	Sep 2-Dec 21	6-7p.m.	Eastview Community Centre	\$20/child; \$30/2 children; \$40/3 children
Free Evening Youth Program	11-15 yrs	Wed	Sep 2-Dec 22	5:45-8:15p.m.	Eastview Community Centre	\$5 membership

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6+ yrs	Mon-Fri (school days only)	Wednesday Sep 2-Dec 22 (school days only)	3:30-5:15p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 27, Oct 25, Nov 29	1-3p.m.	Eastview Community Centre	Free (subject to change based on activity)
Home Alone/Babysitting Course	11+ yrs	Sat	TBD	8a.m.-1p.m.	Eastview Community Centre	\$55 (includes membership)
Kids Cooking Class	8-15 yrs	Sat	TBD	10a.m.	Eastview Community Centre	\$55 (includes membership)
Kids Kung Fu	6-12 yrs	Mon	Sep 7-Dec 21	6-7p.m.	Eastview Community Centre	\$20/child; \$30/2 children; \$40/3 children
Adult Kung Fu	18+	Mon	Sep 7-Dec 21	TBD	TBD	TBD
MyTime	11-15 yrs	Wed	Sep 2-Dec 22	5:45-8:15p.m.	Eastview Community Centre	\$5 membership

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Bingo	18+	Fri	Sep 4-Dec 18	1-2:30p.m.	Eastview Community Centre	\$5 membership
BlueGrass Public Jam	All Ages	Sun	TBD	1-3p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Sep 1-Dec 22	1-3p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 28, Oct 26 Nov 30	1-3p.m.	Eastview Community Centre	Free (subject to change based on activity)
Indoor Walk and Talk	18+	Fri	Sep 5-Dec 18	10-11a.m.	Eastview Community Centre	\$5 membership
Zumba	18+	Mon	Sep 1-Oct 6, Nov 17, Dec 15	8-9p.m.	Eastview Community Centre	\$25/session

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Bingo	18+	Fri	Sep 5-Dec 18	1-2:30p.m.	Eastview Community Centre	\$5 membership
BlueGrass Public Jam	All Ages	Sun	TBD	1-3p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Sep 8-Dec 15	1-3p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 27, Oct 26, Nov 30	1-3p.m.	Eastview Community Centre	Free (subject to change based on activity)
Indoor Walk and Talk	18+	Fri	Sep 4-Dec 18	10-11a.m.	Eastview Community Centre	\$5 membership
Zumba	18+	Mon	Sep 1-Oct 6, Nov 17-Dec 15	7-8p.m.	Eastview Community Centre	\$25/session



East Zone

East Zone Board

eastzoneboard.com

Contact: [eastzoneboard](http://eastzoneboard.com)
Email: eastzoneboard.com

Registration Date: see below
Registration Location: see below

The East Zone Board represents Arcola East, Boothill and Dewdney East Areas. We provide recreation and community programs 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.

Badminton - Fall sessions are currently held on Mondays (more game focused) at St. Marguerite School & Wednesdays (free play/rallying) at Wascana Plains Elementary. The one-time cost upon registration is \$30/person or both sessions \$55/person. Please contact Coach Zach with Badminton YQR via email byqr2526@gmail.com

East Zone Taekwondo - 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.

Skating - 2 recreational skating sessions annually Sept 2026 & Jan 2027. Registration for Fall skating takes place at Glen Cairn Neighbourhood Centre on September 10, 6:30-7:30. Call 306-525-3512 for updates. NO CLASS NOV 14.

Skate-Parent (3-5 yrs) - Parent accompanies child on the ice while instructors teach basic skating skills. Skate-Learn (4-9 yrs): Children participate independently while learning basic skating skills.

Skate-Intermediate (6-12 yrs) - For children who have completed at least two Learn-to-Skate classes and understand basic skills.

Regina East Zone Youth Soccer - Offers 2 recreational soccer sessions a year, indoor from October to March and outdoor for May and June. For information call 306-525-6407 or www.rezysa.com

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	10+ yrs	Mon	Sep 14-Apr 26	6-8p.m.	St. Marguerite School	\$30 (1day/wk) or \$55 (2 days/wk)
Badminton	All Ages	Wed	Sep 16-Apr 28	6-8p.m.	Wascana Plains School	\$30 (1day/wk) or \$55 (2 days/wk)
Taekwondo	7+ yrs	Wed	Sep 2-Dec 30	6-7:15p.m.	Glencairn Recreation Centre	\$40/mth/ person
Taekwondo	7+ yrs	Mon	Sep 14-Dec 30	6-7:15p.m.	Glencairn Recreation Centre	\$40/mth/person
Taekwondo	7+ yrs	Wed	Sep 2-Dec 30	7:30-9p.m.	Campus Regina Public	\$40/mth/person

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Skate/Parent	3-5yrs	Sat	Oct 17-Dec 12	10-10:30a.m.	Clarence Mahon Arena	\$70/8 sessions
Skate/Parent	3-5yrs	Sat	Oct 17-Dec 12	10:30-11a.m.	Clarence Mahon Arena	\$70/8 sessions

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	10+ yrs	Mon	Sept 14-Apr 26	6-8 p.m.	Wascana Plains School	\$30 (1day/wk) or \$55 (2 days/wk)
Skating	4-9yrs	Sat	Oct 17-Dec 12	11-11:30a.m.	Clarence Mahon Arena	\$70/8 sessions

Arcola East Community Association

aecaregina.com

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

Registration Date: Register online at aecaregina.com
AECA residents: August 23 at 9 a.m. to August 29 at 6 p.m.
Out of area residents: August 30 at 9 a.m.
Registration Location: Online registration only at aecaregina.com

The AECA serves the ever-expanding southeast area of Regina. It is based in the Arcola East Community Centre at 3860 Buckingham Drive. The Center provides programs and has 100-meter indoor walking track which is open to the public at a very reasonable cost. Please visit the website for all programs. The AECA offers a variety of programs for all ages. For more information call 306-525-3401 and leave a message in Box 1 for the track, Box 2 for programs, Box 3 for general inquiries or email programs@aecaregina.com.

The Fall Session will begin on September 8 with no classes September 30, October 10-12, and November 11.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Fit n Fun Family	All Ages	Tue	Sep 8-Nov 10	6-7p.m.	St Gabriel School Gym	\$10
Fit n Fun Family	All Ages	Wed	Sep 9-Nov 18	6-7p.m.	Jack Mackenzie School Gym	\$10

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool Dance	3-4 yrs	Thu	Sep 17-Nov 19	5:45-6:15p.m.	Arcola East Community Centre	\$85
Preschool Dance	5-6 yrs	Thu	Sep 17- Nov 19	6:20-6:50p.m.	Arcola East Community Centre	\$85

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting	11-16 yrs	Sat	Oct 24	9:30-4p.m.	Arcola East Community Centre	\$85
Dance	7-10 yrs	Thu	Sep 17-Nov 19	7-7:45p.m.	Arcola East Community Centre	\$90
Home Alone	10-14 yrs	Sat	Nov 21	9:30a.m.-12p.m. or 1-3:30p.m.	Arcola East Community Centre	\$50
Power skating /Skills – full equip with stick	9-12 yrs	Mon	Oct 19-Dec 14	7:20-8:15p.m.	Mahon Rink	\$220
Power skating /Skills – full equip with stick	7-8 yrs	Mon	Oct 19-Dec 14	6:25-7:15p.m.	Mahon Rink	\$220
Skating and Skills – full equip with stick	5-6 yrs	Mon	Oct 19-Dec 14	5:45-6:25p.m.	Mahon Rink	\$180

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball	18+	Tue/Thu	Sep 8-May 6	7-9:30p.m. or 8-9:45p.m.	St Gabreil Gym	\$45
Butts & Gutts	18+	Thu	Sep 10-Dec 10	7-8p.m.	Arcola East Community Centre Infill	\$140
Cardio/Core	18+	Mon	Sep 14-Dec 14	7-8p.m.	Arcola East Community Centre Infill	\$130
Evening Fitness Walk	18+	Mon-Thu	Sep 8-Dec 10	6-8:30p.m.	Arcola East Community Centre Track	\$45
Mat Pilates	18+	Tue	Sep 8-Dec 8	6-7p.m.	Arcola East Community Centre MP Room	\$170
Pickleball – Advanced	18+	Sun	Sep 13-May 9	10:30a.m.-1p.m.	WF Ready School Gym	\$80
Pickleball – Beginner Level	18+	Sun	Sep 13-May 9	3:30-6p.m.	WF Ready School Gym	\$80
Pickleball – Beginner Level	18+	Tue	Sep 8 -May 6	7-9:30p.m.	Jack Mackenzie School Gym	\$80
Pickleball – Beginner Level	18+	Thu	Sep 10-May 8	8-9:45p.m.	Jack Mackenzie School Gym	\$80
Pickleball – Intermediate Level	18+	Thu	Sep 10-May 8	7-9:30p.m.	WF Ready School Gym	\$80
Pickleball – Intermediate Level	18+	Sun	Sep 13-May 9	1-3:30p.m.	WF Ready School Gym	\$80
Power Walk Run	18+	Sat	Sep 12-Dec 5	10-11:15a.m.	Arcola East Community Centre Infill/Track	\$145
Total Body Sculpt	18+	Sun	Sep 13-Dec 6	10-11a.m.	Arcola East Community Centre Infill	\$120
Total Body Sculpt	18+	Wed	Sep 9-Dec 9	7-8p.m.	Arcola East Community Centre Infill	\$120
Volleyball	18+	Mon/Wed	Sep 9-May 7	7-9:30p.m.	Jack Mackenzie School Gym	\$45
Yoga – Fitness Fusion	18+	Tue	Sep 8-Dec 8	9:15-10:15am	Arcola East Community Centre Multipurpose Room	\$170
Yoga – Fitness Fusion	18+	Fri	Sep 11-Dec 11	9:15-10:15am	Arcola East Community Centre Multipurpose Room	\$170
Yoga – Foundational	18+	Tue	Sep 8-Dec 8	6-7p.m.	Arcola East Community Centre Multipurpose Room	\$170
Yoga – Gentle	18+	Tue	Sep 8-Dec 8	10:30-11:30a.m.	Arcola East Community Centre Multipurpose Room	\$170
Yoga – Vinyasa/Flow Multi-Level	18+	Wed	Sep 9-Dec 9	6-7p.m.	Arcola East Community Centre Multipurpose Room	\$145
Yoga – Vinyasa/Flow Multi-Level	18+	Wed	Sep 9-Dec 9	9:15-10:15am	Arcola East Community Centre Multipurpose Room	\$145
Yoga – Yin Yoga	18+	Mon	Sep 14-Dec 14	7-8p.m.	Arcola East Community Centre Multipurpose Room	\$155
Zumba	18+	Thu	Sep 10-Dec 3	6-7p.m.	St Gabreil School Gym	\$140

Contact: Lorri Kudelis
Email: justmelor40@hotmail.com

Registration Date: September 8
Registration Location: Douglas Park School

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

*All programs require \$5 annual family membership.

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball	18+	Mon	Sep 14-Dec 7	6-8p.m.	Douglas Park School	\$40
Pickleball	18+	Tues	Sep 15-Dec 9	6-8p.m.	Douglas Park School	\$40
Pickleball	18+	Fri	Sep 18-Dec 11	6-8p.m.	Douglas Park School	\$40
Yoga	18+	Wed	Sep 16-Nov 25	6-7p.m.	Douglas Park School	\$65

Dewdney East Community Association

decaregina.ca

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

Registration Date: decaregina.ca
Registration Location: decaregina.ca

The Dewdney East Community Association serves the areas of: Glen Elm, Glencairn, Glencairn Village, East Point Estates, East Gate, Parkridge and Creekside. Please check our website for official community association meeting dates. For more information, please call 306 789-6559. E-mail us at admin@decaregina.ca, visit our website at www.decaregina.ca or look us up on Facebook under Dewdney East Community Association.

Pickleball: Seniors (55+) In-person only registration (no exceptions) for 55+ east Regina pickleball players Tuesday September 8 at 7:00 p.m. If you are unable to attend registration night in person, contact marlenebast@gmail.com to be put on a wait list for available spots following registration night. Other community players can contact Marlene at marlenebast@gmail.com to be put on a wait list.

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

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

On-line registration will start 9:00 a.m. on Tuesday, September 1 at decaregina.ca. Community Memberships will be available on-line during program registration, so you do not have to purchase in advance. Community memberships* also available at the registration night.

*DECA programs require all participants to have a Community Membership from DECA or any one of the other Regina Community Associations, which is in addition to the program fees. A DECA Community Membership is \$5 for period September 1, 2026 to Aug 31, 2027.

In-Person Registration: Tuesday, Sept 8 from 7 to 8 p.m. at the Glencairn Recreation Centre, 2626 Dewdney Ave E.

The following programs are all subject to change. Check website or Facebook for updates and information.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis: Drop in	All Ages	Mon	Sep 14-Apr 26	6:30-8p.m.	Glen Elm School – use east door	\$15 for the year

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Floor hockey	6-8 yrs	Sun	Sep 13-Nov 29	12-1p.m.	Glencairn Recreation Centre Gym	\$25
Floor hockey	9-10 yrs	Sun	Sep 13-Nov 29	1-2p.m.	Glencairn Recreation Centre Gym	\$25
Floor hockey	11-12 yrs	Sun	Sep 13-Nov 29	2-3p.m.	Glencairn Recreation Centre Gym	\$25
Soccer Tots	3-4 yrs	Tue	Sep 15-Dec 1	6-7p.m.	Glen Elm School – use east door	\$25
Soccer Skills	5-6 yrs	Tue	Sep 15-Dec 1	7-8p.m.	Glen Elm School – use east door	\$25
Children's Improv	10-14 yrs	Thu	Sep 17-Nov 19	6-7:30p.m.	Glencairn Recreation Centre Activity Room	\$25
Young Maker Studio: Early Engineers LEGO® Technics Class - Session 1	6-10 yrs	Tue	Sep 15-Oct 27	6-7p.m.	Glencairn Recreation Centre Activity Room	\$105
Young Maker Studio: Video Game Design-Session 1	8+ yrs	Tue	Sep 15-Oct 27	7:15-8:30p.m.	Glencairn Recreation Centre Activity Room	\$120
Young Maker Studio: Early Engineers LEGO® Technics Class - Session 2	6-10 yrs	Tue	Nov 3-Dec 15	6-7p.m.	Glencairn Recreation Centre Activity Room	\$105
Young Maker Studio: Video Game Design - Session 2	8+ yrs	Tue	Nov 3-Dec 15	7:15-8:30p.m.	Glencairn Recreation Centre Activity Room	\$120
Crafting with Meg - Unicorn Buddy	5+ yrs	Sat	Sep 26	2-3p.m.	Glencairn Recreation Centre Activity Room	\$12.50 (materials supplied)

Crafting with Meg - Halloween Monster Magnet	5+ yrs	Sat	Oct 24	2-3p.m.	Glencairn Recreation Centre Activity Room	\$12.50 (materials supplied)
Crafting with Meg - Christmas Decoration	5+ yrs	Sat	Nov 28	2-3:30p.m.	Glencairn Recreation Centre Activity Room	\$12.50 (materials supplied)
Children's Yoga	7-12 yrs	Thu	Sep 17-Nov 19	5:30-6:20p.m.	Glencairn Recreation Centre Multipurpose Room	\$35
St. John's Babysitting Course (bring water & lunch)	10-15 yrs	Sat	Oct 31	9a.m.-3:30p.m.	Glencairn Recreation Centre Activity Room	\$75

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Virtual Dance Fitness	Adult	Mon, Wed and Sat	Sep 1-Dec 31	M, W 7:30-8:30p.m. Sat 9-10a.m.	Glencairn Recreation Centre Gym	Monthly fee or drop in. E-mail or call Joanne for more info per above
Stained GlassLevel 1 – Pick your project	Adult	Sat	Sep 19	1-4p.m.	Glencairn Recreation Centre Multipurpose Room	\$75 (materials supplied)
Stained GlassLevel 1 – Pick your project	Adult	Sat	Sep 26	1-4p.m.	Glencairn Recreation Centre Multipurpose Room	\$75 (materials supplied)
Stained Glass Level 1 – Pick your project	Adult	Sat	Oct 3	1-4p.m.	Glencairn Rec Centre MPR	\$75 (materials supplied)
Stained GlassLevel 2 – Perfecting the Process (4 weeks)	Adult	Sat	Oct 17-Nov 7	1pm - 4pm	Glencairn Recreation Centre Multipurpose Room	\$155 (materials supplied)

Celebrate Your Volunteers!

Non-profit or
community group?

Apply for **FREE Volunteer
REcognition Passes** today!



Regina.ca/VolunteerRecPass



Glass Blocks	17+	Sat	Nov 14-Nov 28	1-4:30p.m. 1-2:30p.m.	Glencairn Recreation Centre Multipurpose Room	\$75 (materials supplied)
Crafting with Meg – Macrame Tree of Life Workshop	17+	Sat	Dec 5	1-4p.m.	Glencairn Recreation Centre Activity Room	\$65 (materials supplied)
Belly dance – Beginner	Adult	Mon	Sep 14-Nov 24 excl. Oct 1	7:30-8:30p.m.	Glencairn Recreation Centre Multipurpose Room	\$80
Belly dance – Intermediate	Adult	Mon	Sep 14-Nov 24 excl. Oct 12	7:30- 8:30p.m.	Glencairn Recreation Centre Multi- purpose Room	\$80
Belly dance – Advanced	Adult	Mon	Sep 14-Nov 24 excl. Oct 12	8:30-9:30p.m.	Glencairn Recreation Centre Multipurpose Room	\$80
ZUMBA Fitness Class	Adult	Tue	Sep 22-Nov 24	6-7.p.m	Glencairn Recreation Centre Multipurpose Room	\$80
YOGA – Tue	Adult	Tue	Sep 15-Nov 17	7:15-8:15p.m.	Glencairn Recreation Centre Multipurpose Room	\$80
YOGA – Thu	Adult	Thu	Sep 17-Nov 19	6:30-7:30p.m.	Glencairn Recreation Centre Multipurpose Room	\$80
Line Dancing	Adult	Tue	Sep 15-Dec 1	7-8p.m.	Glencairn Recreation Centre Gym	\$80
Women's Volleyball	Adult	Mon	Sep 14-Mar 29	1 hour time slots	Henry Braun School	\$80
DECA Dodgeball	Adult	Fri/Sat	Sep-Apr	Various time slots	Various Gym locations TBD	Register on decadodgeball.com

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball	55+	Mon, Tue, Wed, Thu or Fri	Sep 14-May 29	Mon-Thu: 12-3:30p.m. Fri: 12-2p.m.	Glencairn Recreation Centre Gym	\$35 for the year per day session. In- person registration only.
Badminton	55+	Sat	Sep 19-May 29	10:45a.m.-1:15p.m.	Glencairn Recreation Centre Gym	\$15 for the year. Online registration only.
Forever...in Motion	55+	Mon, Thu	Aug 31-Aug 20, 2027	9-10a.m.	Glencairn Recreation Centre Gym	Community membership. Registration required for contact info.

Older Adults Leaders Wanted

Are you over the age of 50?

Do you believe in the benefits of physical activity, are active and enjoy helping others?

Why not volunteer as an Older Adult Leader?

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

2026 Forever...in motion Leadership Training

For \$40 you receive:

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

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



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 Director

The South Zone Recreation Board is comprised of a volunteer executive board of officers and directors, and volunteer Program Directors 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 Director 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 Directors for \$5 per household.

Program Directors:

Senior's 55+ Badminton Lauren Mang at laurenmang@myaccess.ca
 Table Tennis Ed Hung at edhung738@gmail.com
 Senior's 55+ Bridge Valerie Stimpson at valerie.48@hotmail.com
 Taekwondo Master Bryan Folk at b.folktkd@hotmail.com
 Indoor Soccer Jenny Bromstad or John Schell at szindoorsoccer@outlook.com
 Seniors 55+ Pickleball Tracy Mamona at tmamona@sasktel.net
 Rhythm E's Dance Ron Hopkinson at r.hopkinson@sasktel.net
 Community Gardens Donna Braun at szcg@szcomgardens.ca
 Ukrainian/Latino Dance Alla Hutsol at hutsolalla@gmail.com
 Heritage Fiddlers Len Dumont at lensmobile@hotmail.com

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+ yrs	Fri	Sep 11-Dec 19	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Sep 8-Jun 2	6-8p.m.	St. Matthew School	\$40/mth/person

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Dance	4-6 yrs	Fri	Sep 18-Dec 18	6-7p.m.	South Leisure Centre Multipurpose Room	\$110
Indoor Soccer	3-4 yrs	Sat	Oct-Mar	TBD	South Leisure Centre Gym	\$75/person

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	5-6 yrs	Sat	Oct-Mar	TBD	South Leisure Centre Gym	\$85/person
Indoor Soccer	7-10 yrs	Sat	Oct-Mar	TBD	South Leisure Centre Gym	\$115/person
Taekwondo	7+ yrs	Fri	Sep 11-Dec 18	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Sep 8-Jun 2	6-8p.m.	St. Matthew School	\$40/mth/person
Table Tennis, Cadets	7-13 yrs	Tue, Wed	Sep 8-Dec 30	5:45-7:30p.m.	South Leisure Centre Art Room	\$200/person
Table Tennis, Cadets	7-13 yrs	Sat	Sep 8-Dec 30	8:15-10a.m.	South Leisure Centre Art Room	\$200/person
Dance	7-9 yrs	Fri	Sep 18-Dec 18	6:30-7:30p.m.	South Leisure Centre Art Room	\$110/person
Dance	10-12 yrs	Fri	Sep 18-Dec 18	7-8:15p.m.	South Leisure Centre Multipurpose Room	\$110/person

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	11-18 yrs	Sat/ Occasional Sun	Oct-Mar	TBD	U of R Gyms/Arcola East Community Center and at times other gyms if needed	\$150/person
Taekwondo	13-17 yrs	Fri	Sep 11-Dec 18	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	13-17 yrs	Tue	Sep 8-Jun 2	6-8p.m.	St. Matthew School	\$40/mth/person
Table Tennis, Juniors	13-18 yrs	Tue, Wed	Sep 8-Dec 30	7:30-9:15p.m.	South Leisure Centre Art Room	\$200/person
Table Tennis, Juniors	13-18 yrs	Sat	Sep 8-Dec 30	10a.m.-12p.m.	South Leisure Centre Art Room	\$200/person
Dance	13-15 yrs	Mon	Sep 14-Dec 14	6-7p.m.	South Leisure Centre Multipurpose Room	\$110/person
Dance	16+ yrs	Mon	Sep 14-Dec 14	7:15-8:30p.m.	South Leisure Centre Multipurpose Room	\$110/person
Dance	16+ yrs	Fri	Sep 18-Dec 18	7:30-8:50p.m.	South Leisure Centre Art Room	\$110/person

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+	Fri	Sep 11-Dec 18	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	18+	Tue	Sep 8-Jun 2	6-8p.m.	St. Matthew School	\$40/mth/person
Waltz Lessons	18+	Mon	Sep 14-Dec 7	6:30-8p.m.	Crescent School Gym	\$50/person

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Seniors 55+ Bridge	55+	Thu	Sep 10-Dec 17	12:30-5p.m.	South Leisure Centre Arts Room	\$2/person
Seniors 55+ Badminton	55+	Mon, Fri	Sep 11-Dec 28	10:30a.m.-Noon	South Leisure Centre Gym	\$20/person
Heritage Fiddlers Jam Sessions	55+	Tue	All Summer and Winter	12:30-2:30p.m.	South Leisure Centre Art Room	Free
Seniors 55+ Pickleball	55+	Tue-Fri	Sep 29-Dec 18	11:45a.m.-2:15p.m.	South Leisure Centre Gym	\$30 Fall Session/person

Albert Park Community Association

albertpark.ca

Contact: albertpark.ca and Facebook

Email: info@albertpark.ca

Registration Date: Aug 15 8 a.m to Sep 13

Registration Location: Register online(www.albertpark.ca) or register at the first class if space is available. There will be no in-person registration night.

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

New Classes for the fall include Learn to Play Pickleball, Zumba, and art classes.

APCA is proud to bring free activities to the community, including free public skating, Family Movie Nights and Summer Market.

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

Join us for an APCA monthly meeting, 3rd Monday of the month, 6:30 to 8:30 p.m. at the South Leisure Centre in the Board Room.

APCA is always looking for volunteers, new program ideas and coordinators. Please assist APCA to expand programming in your community.

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
APCA Meeting	All Ages	Mon	Sep 21	6:30-8:30p.m.	Board Room	Free
APCA Meeting	All Ages	Mon	Oct 19	6:30-8:30p.m.	Board Room	Free
APCA Meeting	All Ages	Mon	Nov 9	6:30-8:30p.m.	Board Room	Free
Food and Craft Sale	All Ages	Sat	Nov 21	12-6p.m.	South Leisure Centre Art Room	Free
Public Skating	All Ages	Thu	Nov 5-Dec 17	6-8p.m.	Optimist Arena	Free
Public Skating	All Ages	Thu	Jan 7-Feb 25	6-8p.m.	Optimist Arena	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Young Makers - Preschool Engineers	3-5 yrs	Thu	Sep 17-Oct 29	5:30-6:15p.m.	South Leisure Centre	\$90
Young Makers - Preschool Engineers	3-5 yrs	Thu	Nov 5-Dec 17	5:30-6:15p.m.	South Leisure Centre	\$90

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Power Skating	8 yrs	Wed	Oct 14-Dec 16	4:30-5:30p.m.	Optimist Arena	\$315
Power Skating	9 yrs	Mon	Oct 19-Dec 21	5:45-6:45p.m.	Optimist Arena	\$315
Power Skating	10+ yrs	Wed	Oct 14-Dec 16	5:45-6:45p.m.	Optimist Arena	\$315
Power Skating	12+ yrs	Mon	Oct 19-Dec 21	4:30-5:30p.m.	Optimist Arena	\$315
Small Ceramics	6-12 yrs	Mon	Nov 30	6:30-9:30p.m.	South Leisure Centre Art Room	\$40
Young Makers - Early Engineers	6+ yrs	Thu	Sep 17-Oct 29	6:30-7:30p.m.	South Leisure Centre	\$105
Young Makers - Robotics & Coding	9+ yrs	Thu	Sep 17-Oct 29	6:45-8:00p.m.	South Leisure Centre	\$146

Young Makers - Early Engineers	6+ yrs	Thu	Nov 5-Dec 17	6:30-7:30p.m.	South Leisure Centre	\$105
Young Makers - Robotics & Coding	9+ yrs	Thu	Nov 5-Dec 17	6:45-8p.m.	South Leisure Centre	\$146

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Play Pickleball	15+ yrs	Wed	Sep 16-Dec 2 (No Class Sep 30, Nov 11)	6:30-7:30p.m.	South Leisure Centre	\$80
Power Skating	12+ yrs	Mon	Oct 19-Dec 21	4:30-5:30p.m.	Optimist Arena	\$315
Small Ceramics	12+ yrs	Mon	Nov 30	6:30-9:30p.m.	South Leisure Centre Art Room	\$40

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
APCA Acrylic Art	16+ yrs	Wed	Oct 7-Oct 28	1-4p.m.	South Leisure Centre Multipurpose Room	\$47
APCA Pastels Art	16+ yrs	Mon	Sep 14-Sep 21	1-4p.m.	South Leisure Centre Multipurpose Room	\$25
APCA Water Mixable Oils Art Class	16+ yrs	Wed	Oct 19-Nov 2	2:30-5:30p.m.	South Leisure Centre Multipurpose Room	\$54
Badminton for Adults	18+	Mon	Sep 14-Dec 14	6-7:20p.m.	South Leisure Centre Gym	\$25
Badminton for Adults	18+	Tue	Sep 15-Dec 15	7-9:30p.m.	South Leisure Centre Gym	\$40
Badminton for Adults	18+	Thu	Sep 17-Dec 17	7-9:30p.m.	South Leisure Centre Gym	\$40
Body Sculpting	18+	Tue	Sep 15-Dec 15	6-7p.m.	South Leisure Centre Gym	\$75
Fitness-Total Body Conditioning	Adult	Tue	Sep 15-Dec 15	9-10a.m.	South Leisure Centre Gym	\$70
Fitness-Muscle Toner	Adult	Thu	Sep 10-Dec 17	9-10a.m.	South Leisure Centre Gym	\$75
Fitness: Low Impact & Coffee	18+	Mon	Sep 14-Dec 14 excl. Oct 12	9:15-10:15a.m.	South Leisure Centre Gym	\$65
Floor Hockey	18+	Wed	Sep 16-Dec 23	8-10p.m.	South Leisure Centre Gym	\$35
Improv	50+	Sat	Sep 5-Dec 26 excl. Oct 17- Nov 14	10:30a.m.-12:30p.m.	South Leisure centre Multipurpose Room	\$20
Introduction to Fused Glass	16+ yrs	Sun	Oct 4	1-6p.m.	South Leisure Centre Art Room	\$75
Large Ceramics	16+ yrs	Mon	Nov 23, Dec 7	6:30-7:30p.m.	South Leisure Centre Art Room	\$85
Learn to Play Pickleball	15+ yrs	Wed	Sep 16-Dec 2 excl. Sep 30, Nov 11	6:30-7:30p.m.	South Leisure Centre	\$80
Learn to Play Pickleball	55+	Wed	Sep 16-Dec 2 excl. Sep 30, Nov 11	5:30-6:30p.m.	South Leisure Centre	\$80
Multilevel Yoga	18+	Mon	Sep 14-Dec 7	5:30-6:30p.m.	Art Room	\$120
Muscle Movement+Reboot	18+	Thu	Sep 10-Dec 17	6-7p.m.	South Leisure Centre Gym	\$75
Older Adult Fitness	60+	Tue Thu Fri	Sep 15-Dec 15 Sep 10-Dec 10 Sep 11-Dec 11	10:30-11:30a.m. 10:30-11:30a.m. 9-10a.m.	South Leisure Centre Gym	\$70 once/week \$85 twice/week \$90 thrice /week
Pickleball	18+	Mon	Sep 14-Dec 21	7:30-9:30p.m.	South Leisure Centre Gym	\$35
Stott's Pilates-Level 1	Adult	Thu	Sep 10-Nov 26	5:30-6:30p.m.	South Leisure Centre Art Room	\$140
Stott's Pilates-Level 2	Adult	Thu	Sep 10-Nov 26	6:40-7:40p.m.	South Leisure Centre Art Room	\$140
Yoga-Hatha Yoga	18+	Wed	Sep 9-Dec 16 excl. Sep 30, Nov 11	9:15-10:30a.m.	South Leisure Centre Art Room	\$143
Yoga-Chair Yoga	50+	Wed	Sep 9-Dec 16 excl. Sep 30, Nov 11	11a.m-12p.m.	South Leisure Centre Multipurpose Room	\$130
Yoga-Chair Yoga	50+	Wed	Sep 9-Dec 16 excl. Sep 30, Nov 11	1-2p.m.	South Leisure Centre Multipurpose Room	\$130
Zumba	16+ yrs	Mon	Sep 14-Nov 9 excl. Oct 12	6:30-7:30p.m.	South Leisure Centre Art Room	\$120

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Play Pickleball	55+	Wed	Sep 16-Dec 2 excl. Sep 30, Nov 11	5:30-6:30p.m.	South Leisure Centre	\$80
Older Adult Fitness	60+	Tue Thu Fri	Sep 8-Dec 8 Sep 10-Dec 10 Sep 11-Dec 11	10:30-11:30a.m. 10:30-11:30a.m. 9-10a.m.	South Leisure Centre Gym	\$70 once/week \$85 twice/week \$90 thrice /week

Harbour Landing Community Association

Facebook.com/hlcaregina

Contact: info@hlcaregina.com

Registration Date: N/A

Email: info@hlcaregina.com

Registration Location: N/A

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

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

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

Projects we are working on:

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

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

Membership: \$5

Hillsdale Community Association

hillsdaleca.ca

Contact: programs@hillsdaleca.ca

Registration Date: Tue Sep 8, 7-8 p.m.

Email: programs@hillsdaleca.ca

Registration Location: Marion McVeety School Gym

All Hillsdale Community Association programs are subject to a liability waiver (available on the HCA website at <https://www.hillsdaleca.ca>); registration in a program implies that participants agree to the terms of the waiver. The most up-to-date program information is available on the HCA website.

Fall program registration is in-person at the registration night on Sept 8 at Marion McVeety School (38 Turgeon Cres; in the gym). If space is still available, registration is also possible at the first session of a program (please email beforehand to find out if there is still space in a program); programs frequently fill up at registration night. Payment for programs is via cash or cheque.

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yoga	18+	Wed	Sep 16-Dec 2	6:30-7:45p.m.	Marion McVeety School Gym	\$65
Zumba	18+	Thu	Sep 17-Dec 3	6:30-7:30p.m.	Marion McVeety School Gym	\$65

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Fit for Your Life I	60+	Mon, Wed	Sep 14-Nov 2	1:30-2:30p.m.	South Leisure Centre Gym	\$50
Fit for Your Life II	60+	Mon, Wed	Nov 4-Dec 16	1:30-2:30p.m.	South Leisure Centre Gym	\$45
Fit for Your Life on Fridays	60+	Fri	Sep 11-Dec 11	10:30-11:30a.m.	South Leisure Centre Art Room	\$55
Urban Poling	50+	Wed	Sep 16-Dec 9	9:45-10:45a.m.	South Leisure Centre Gym	\$50

Lakeview Community Association

lcaregina.ca

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

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

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Family Free Skate	All Ages	Mon	Oct. 26-Dec 14	7-8p.m.	Optimist Arena	Free
Drop-in Hockey	All Ages	Sat	Oct. 24-Dec. 12	3:45-6:30p.m.	Optimist Arena	TBD

Preschool

Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-4 yrs	Wed	Oct 21-Dec 9	55:30p.m.	Murray Balfour Arena	\$100
Learn to Skate	3-4 yrs	Thu	Oct 22-Dec 10	6-6:30p.m.	Murray Balfour Arena	\$100

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Girls Basketball Skills and Development	9-10 yrs	Fri	Oct 2-Nov 6	6:15-7:15p.m.	Lakeview School	\$70
Learn to Skate	5-6 yrs	Wed	Oct 21-Dec 9	5:30-6p.m.	Murray Balfour Arena	\$100
Learn to Skate	5-6 yrs	Thu	Oct 22-Dec 10	6:30 - 7p.m.	Murray Balfour Arena	\$100
Learn to Skate	7-12 yrs	Wed	Oct 21-Dec 9	6-6:30p.m.	Murray Balfour Arena	\$100
Learn to Skate	7-12 yrs	Thu	Oct 22-Dec 10	7-7:30p.m.	Murray Balfour Arena	\$100
Mini-Mites Hockey	5-6 yrs	Tue	Oct. 13-Mar 2	6:45-7:45p.m.	Murray Balfour Arena	\$285
Hockey Skills and Development	7-8 yrs	Tue	Oct. 27-Mar 2	6:30-7:30p.m.	Optimist Arena	\$340
Hockey Skills and Development	9-12 yrs	Tue	Oct. 27-Mar 2	7:30-8:30p.m.	Optimist Arena	\$340

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	16+ yrs	Wed	Oct 21-Dec 9	6:30-7p.m.	Balfour Arena	\$100
Learn to Skate	16+ yrs	Thu	Oct 22-Dec 10	7:30-8p.m.	Balfour Arena	\$100
Yoga	18+ yrs	Tue	Sep 15-Dec 1	6:30-7:30p.m.	Lakeview School	\$108
Yoga	18+ yrs	Thu	Sep 7-Dec 3	6:30-7:30p.m.	Lakeview School	\$108
Zumba	18+ yrs	Mon	Sep 14-Nov 30	6:30-7:30p.m.	Lakeview School	\$95

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 as details about our programs and events become more available.

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
WPCA 2026 Holiday Market	All Ages	Sat	Nov 14	10a.m.-4p.m.	St. Martin de Porres Parish – enter back hall doorway	Free
Outdoor Skating	All Ages	TBD	Dec-Feb	TBD	Grant Road School Rink	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Kung Fu	7 yrs-Adult	Sat	Sep 12-Dec 5	9:35-11:35a.m.	Grant Road School	\$260 + \$5 membership

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Friday Recreational Hockey	14 yrs-Adult	Fri	Oct 9-Mar 19	8:45-9:45p.m.	Murray Balfour Arena	\$190 + \$5 membership
Kung Fu	7 yrs-Adult	Sat	Sep 12-Dec 5	9:35-11:35a.m.	Grand Road School	\$260 + \$5 membership

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	Adult	Mon	Sep 7-Nov 30	8-9p.m.	Massey School	\$140 +\$5 membership
Iyengar Hatha Yoga	Adult	Wed	Sep 9-Dec 2	6:30-7:30p.m.	Grant Road School	\$120 + \$5 membership
Fitness	Adult	Wed	Sep 9-Dec 2	8-9p.m.	Grant Road School	\$110 + \$5 membership
Kung Fu Energetics Wellness	Adult	Thu	Sep 10-Dec 3	7-8:30p.m.	Grant Road School	\$195 +\$5 membership
Sunday Recreational Hockey	Adult	Sun	Oct 4-Mar 14	9:15-10:30p.m.	Al Ritchie Arena	\$260 + \$5 membership
Tuesday Recreational Hockey	Adult	Tue	Oct 6-Mar 9	9:15-10:15p.m.	Al Ritchie Arena	\$190 + \$5 membership
Recreational Hockey	14 yrs-Adult	Fri	Oct 9-Mar 12	8:45-9:45p.m.	Murray Balfour Arena	\$250 + \$5 membership
Internal Dimensions Energetics	Adult	Sat	Sep 12-Dec 5	8 to 9:30 am	Grant Road School	\$195 + \$5 membership
Kung Fu	7 yrs-Adult	Sat	Sep 12-Dec 5	9:35-11:35a.m.	Grant Road School	\$260 + \$5 membership

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Recreational Hockey	14 yrs-Seniors	Fri	Oct 9-Mar 12	8:45-9:45p.m.	Murray Balfour Arena	\$250 + \$5 membership fee
Forever...in motion	Seniors	Mon	TBD	1p.m.	Our Saviours Lutheran Church	Free

North Zone

North Zone Board

Contact: Please contact the groups below directly

Email: northzoneregina@gmail.com

Registration Date: See below for each program

Registration Location: See below for each program

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

HeARTland Artists' Guild – New Adult Members welcome. The HeARTland Artists' Guild meets once a month at the Uplands Community Centre. For more information about the HeARTland Artist's Guild, email heartlandartistsguild@sasktel.net.

'Prairie Landscape Workshop' classes - all materials will be provided to paint a Prairie Landscape. Maximum of 10 registrations for this workshop.

To register for the 'Prairie Landscape Workshop', contact Sheila at heartlandartistsguild@sasktel.net.

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

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

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Prairie Landscape Workshop	18+	Sat, Sun	Oct 3, 4	1-4p.m. each day	Uplands Community Centre	\$70

Argyle North Community Association

ancaregina.ca

Contact: Argyle North Community Association

Registration Date: Tuesday, August 4

35 Davin Cres or 306-543-5653

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

Email: programs@ancaregina.ca

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Gym Night (Parents must attend if child is 9 and under)	All Ages	Sun	Sep 13-Dec 13 excl Oct 11	6:30-8p.m.	Argyle North Community Association - School Gym	Free
Taekwondo (family rates available)	All Ages	Tue	Sep 8-Jun 18	6:15-7:45p.m.	Argyle North Community Association - Room 2 and Gym	\$40 per month
Winter Market (contact office to be a Vendor)	All Ages	Sat	Dec 5	9a.m.-4p.m.	Argyle North Community Association - School Gym	Free admission/ Table fees vary for vendors

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Before School Program	Grade 1-6	School Days	Sep-Jun	7-8:45a.m.	Argyle North Community Association	\$225/month
After School Program	Grade 1-6	School Days	Sep-Jun	3:35-6p.m.	Argyle North Community Association	\$250/month
Before & After School Program	Grade 1-6	School Days	Sep-Jun	7-8:45a.m. and 3:35-6p.m.	Argyle North Community Association	\$375/month
Crafts 4 Kids	3-9 yrs	Mon	Sep 21-Nov 30 Excl Oct 12	6:30-7:15p.m.	Argyle North Community Association	\$20
Taekwondo (family rates available)	5+ yrs	Tue	Sep 8-June	6:15-7:45p.m.	Argyle North Community Association - Room 2 and Gym	\$40 per month

Youth						
Activity	Ages	Day	Dates	Times	Location	Cost
Crafts 4 Kids	10-12 yrs	Mon	Sep 21-Nov 30 excl. Oct 12	7:30-8:30p.m.	Argyle North Community Association	\$20
Taekwondo (family rates available)	8+ yrs	Tue	Sep 8-Jun	6:15-7:45p.m.	Argyle North Community Association - Room 2 and Gym	\$40 per month

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Floor Hockey	18+	Thu	Sep 10-Dec 17	8-9:30p.m.	Argyle North Community Association - School Gym	Punch Card \$50/10 sessions
Pickle Ball	18+	Sun	Sep 13 to Dec 13 excl. Oct 11	2-4p.m.	Argyle North Community Association - School Gym	Punch Card \$50/10 sessions
Fine Arts	18+	Thu	Sep 17-Dec 10	7-9p.m.	Argyle North Community Association - Room 2	\$100
Taekwondo (family rates available)	18+	Tue	Sep 8-June	6:15-7:45p.m.	Argyle North Community Association - Room 2 and Gym)	\$40 per month

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion (Registration through Walsh Acres Community Centre)	55+	Mon, Thu	Sep 21-Dec 14	11a.m.-12p.m.	Argyle North Community Association - Room 2	Free
Senior Chair Yoga (Registration through Walsh Acres Community Centre)	55+	Fri	Sep 25-Dec 11	10a.m.-11p.m.	Argyle North Community Association - Room 2	\$80

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: Heidi Krobutschek

Email: info@rneca.com

Registration Date: September 1

Registration Location: online or by phone/text or email

RNECA believes in barrier-free access to programs. If you are interested in a program and have a disability, financial need or any other barrier, please reach out to us by calling 306-501-2406.

To register for programs, phone or text 306-501-2406 or email us at info@rneca.com. A Community Membership is required to register for programs and costs \$10.00 per year per household.

Regina North East Community Centre is located at 205 Hamilton St.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Fall Craft night	All Ages	Fri	Oct 9	6:30-8:30p.m.	Regina North East Community Centre	Free
Fall Tradeshow	All Ages	Fri Sat	Nov 6-7	6-9p.m. 10-4p.m.	Regina North East Community Centre	Free
Halloween Dance	All Ages	Fri	Oct 30	6:30-8:30p.m.	Regina North East Community Centre	Free
Winter Craft Night	All Ages	Fri	Dec 10	6:30-8:30p.m.	Regina North East Community Centre	Free
Winter Dinner	All Ages	Fri	Dec 18	5:30-7:30p.m.	Regina North East Community Centre	\$25 per person \$12.50 under 12 yrs

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Kids Zumba	10-12 yrs	Wed	Sep 16-Dec 2 excl. Nov 11	6:30-7:20p.m.	Regina North East Community Centre	\$60
After School Program	6-11 yrs	Mon-Fri	Sep 2-Dec 18	3:10-5:45p.m.	Regina North East Community Centre	Free

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Dungeons and Dragons	10-17 yrs	Thu	Sep 17-Dec 17	4-5p.m.	Regina North East Community Centre	Free
Youth Drop-in & Leadership	10-15 yrs	Mon-Fri	Sep 2-Dec 18	3:10-5:45p.m.	Regina North East Community Centre	Free
Line Dance	14+ yrs	Tue	Sep 15-Dec 8	6-7p.m.	Regina North East Community Centre	\$65

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Adult Zumba	17+	Wed	Sep 16-Dec 9 excl. Nov 11	7:30-8:30p.m.	Regina North East Community Centre	\$60
Chair Yoga	18+	Thu	Sep 17-Dec 10	11a.m.-12p.m.	Regina North East Community Centre	\$65
Line dance	14+ yrs	Tue	Sep 15-Dec 8	6-7p.m.	Regina North East Community Centre	\$65
Adult Lego	18+	Thu	Sep 17-Dec 3	6-8p.m.	Regina North East Community Centre	Free

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga	18+	Thu	Sep 17-Dec 10	11a.m.-12p.m.	Regina North East Community Centre	\$70
Line Dance	14+ yrs	Tue	Sep 15-Dec 8	6-7p.m.	Regina North East Community Centre	\$65
Mature Drivers Coarse	50+	Mon	Sep 15	9a.m.-4p.m.	Regina North East Community Centre	Free
Adult Lego	18+	Thu	Sep 17-Dec 3	6-8p.m.	Regina North East Community Centre	Free

Uplands Community Association

uplandscommunity.ca

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

Registration Date: Tuesday, Sep 8 at 7 p.m.
Registration Location: 20 Weekes Crescent

Kids learn to dance: A fun way to have children try different styles of dance. The instructor will work on ballet, tap, hip hop, and more. No special shoes required-just clean runners and comfortable clothes.

Walking club: Drop-in style- an affordable and safe way to get some exercise while it's icy outside. Participants can come for as short or as long as they want to walk. Price is for the whole session. Families welcome. Note that anyone under 15 MUST be accompanied by an adult. Please wear non-marking, clean shoes.

Beginner Zumba: A light impact class to learn the basics of Zumba while having fun. Good for people with mobility issues and new to cardio exercise.

** Please note that all programs require a membership card to register. Membership cards can be purchased on registration night for \$5.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Walking Club	All Ages	Wed	Oct 7-Feb 24	6-7:30p.m.	Ruth Pawson School Gym	\$15/person

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Kids Learn to Dance	7-13 yrs	Thu	Sep 10-Nov 12	6-6:45p.m.	St. Gregory School Gym	\$45

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Mahjong	18+	Thu	Sep 10-June16	1-4:30p.m.	Uplands Community Centre	\$25
Pilates	15+ yrs	Thu	Sep 10-Nov 12	6:30-7:15p.m.	MJ Coldwell Gym	\$60
Pickleball	18+	TBA	TBA	8-10p.m.	Ruth Pawson Gym	\$60
Yoga Slow Flow	16+ yrs	Thu	Sep 10-Nov 12	6-7p.m.	Uplands Community Centre	\$60
Yoga Deep Rest	16+ yrs	Thu	Sep 10- Nov 12	7:15-8:15p.m.	Uplands Community Centre	\$60
Zumba (Beginner)	16+ yrs	Mon	Sep 14-Nov 23	6-6:45p.m.	MJ Coldwell Gym	\$60
Zumba	16+ yrs	Mon	Sept 14-Nov 23	6:50-7:35p.m.	MJ Coldwell Gym	\$60

West Zone

West Zone Board

westzoneboard.ca
Contact: 306-791-0226
Email: office@westzoneboard.ca
Registration Date: See website
Registration Location: WZB Programs: westzoneboard.ca
Indoor/Outdoor Soccer: rwzcsa.ca, Powerskating: rnwsa.ca, Taekwon-do: wztaekwondo@gmail.com

The West Zone Board organization consists of a volunteer executive comprised of elected officers, coordinators and representatives from each of the ten Community Associations and four 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 that are facilitated in partnership with the Community Associations and the Affiliate Groups.

Affiliate Registration Contact Information:

- Regina West Zone Community Soccer Association (Indoor/Outdoor Soccer): rwzcsa.ca
- Regina North West Sports Association (Ball & Powerskating): rnwsa.ca
- West Zone Taekwon-do offers Taekwon-Do: wztaekwondo@gmail.com or visit them on Facebook. Taekwon-do is for all ages and provides three lessons for free for those who wish to try it out.

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 on our website at a cost of \$10 per family. The memberships are good for the period September 1, 2026 to August 31, 2027.

(TBA: To Be Announced)

*Must have a current Community Association membership

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Free Family Skate*	All Ages	Sat	Oct 31-Dec 19	11-11:30a.m.	Wheat City Kinsmen	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-5 yrs	Sat	Oct 31-Dec 19	9:30-10:05a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	3-5 yrs	Sun	Oct 25-Dec 13	2:30-3:05p.m.	Jack Hamilton Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Oct 25-Dec 13	3:50-4:30 p.m.	Jack Hamilton Arena	\$110
Indoor Soccer	3-5 yrs	Sat/Sun	Oct-Mar	TBA	TBA	TBA
Little Tigers Taekwon-Do	3-5 yrs	Sun	Ongoing	1-1:45p.m.	Henry Janzen School	\$175/10 class

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	6-12 yrs	Sat	Oct 31-Dec 19	10:10-10:50a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	6-12 yrs	Sun	Oct 25-Dec 13	3:10-3:50p.m.	Jack Hamilton Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Oct 25-Dec 13	3:50-4:30p.m.	Jack Hamilton Arena	\$110
Powerskating	7-12 yrs	Tue/Thu	Oct-Feb	TBA	Jack Hamilton Arena	TBA
Indoor Soccer	6-12 yrs	Sat/Sun	Oct-Mar	TBA	TBA	TBA
Taekwon-Do Beginner	6+ yrs	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School	\$375/3 months
Taekwon-Do Intermediate/Senior	6+ yrs	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School	\$375/3 months

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	13-17 yrs	Sat/Sun	Oct-Mar	TBA	TBA	TBA
Taekwon-Do Beginner	6+ yrs	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School	\$375/3 months
Taekwon-Do Intermediate/Senior	6+ yrs	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School	\$375/3 months

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwon-Do Beginner	6+ yrs	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School	\$375/3 months
Taekwon-Do Intermediate/Senior	6+ yrs	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School	\$375/3 months

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwon-Do Beginner	6+	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School	\$375/3 months
Taekwon-Do Intermediate/Senior	6+	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School	\$375/3 months

Dieppe-Westerra Community Association

dieppeplace.org

Contact: DWCA.media@gmail.com

Registration Date: DWCA.media@gmail.com

Email: 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](mailto:Merissa.Ehrhardt@mcnabpro@gmail.com)

Registration Date: Before start of activity as noted

Email: mcnabpro@gmail.com

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.

Normanview Residents Group

nrgi.ca

Contact: nrgi.ca

Registration Date: August 1

Email: 2023nrgi@gmail.com

Registration Location: Online registration only

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 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 2023nrgi@gmail.com or on our Facebook page.

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	18+	Mon	Sep 14-Nov 30	6:15-8p.m.	Centennial School	\$20
Forever...in Motion	18+	Thu	Sep 10-Dec 17	1:30-2:45p.m.	North West Leisure Centre Room #1	Free with membership
Forever...in Motion	18+	Thu	Sep 10-Dec 17	9:30-10:30a.m.	New Hope Lutheran Church	Free with membership
Pickleball	16+ yrs	Sun	Sep 13-Dec 6	6-8p.m.	St. Nicholas School	\$20
Pickleball	16+ yrs	Wed	Sep 9-Dec 2	6-8p.m.	St. Nicholas School	\$20
Volleyball	16+ yrs	Tue	Sep 8-Dec 1	6:30-8p.m.	St. Josaphat School	\$20

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Floor Curling	55+	Fri	Sep 11-Dec 18	1-3p.m.	North West Leisure Centre Gym	\$20
Whist	55+	Tue	Sep 8-Dec 15	1-4p.m.	North West Leisure Centre Room #2	Free with membership

Normanview West Community Association nwcaregina.com

Contact: facebook.com/NWCommunityAssoc
Email: nwcaregina@gmail.com

Registration Date:
Registration Location:

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: pvca.ca
Email: contactus@pvca.ca

Registration Date: Sep 8 at 7 p.m.
Registration Location: McLurg School

The Prairie View Community Association offers programs for the local community and the city as a whole. The programs aim to make our community safe, to be fun and enriching for all ages and interests. If you have suggestions or feedback for current or future programs, or are interested in instructing, you can reach us via email or the Prairie View Community Association Facebook page.

Our membership fee is \$10 and is valid until August 31 of each year. Memberships can be purchased at registration nights or through our website.

Community programs and event are possible thanks to the continued efforts of our volunteers and those that participate our programs. If you are interested in volunteering your time and having some fun - let us know!

We offer advertising for businesses and organizations through our newsletters and have three billboards available to advertise community events. For more information you can reach us via email, visit pvca.ca or find us on Facebook.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate-Juniors – Just for Kicks	5-8 yrs	Tue	Sep 15-Dec 1	6:30-7p.m.	McLurg School	\$100 or \$200/family
Karate-Beginner/Intermediate	All Ages	Tue	Sep 15-Dec 1	7-8p.m.	McLurg School	\$100 or \$200/family
Karate-Advanced (Orange belt and Up)	All Ages	Tue	Sep 15-Dec 1	8-9p.m.	McLurg School	\$100 or \$200/family

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Friday Night Hoops	8-13 yrs	Fri	Sep 18-Dec 4	6:30-7:30p.m.	McLurg School	\$20/season or \$5 drop-in

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Drop-in Pickleball	16+	Mon	Sep 14-Nov 30	6:30-8:30p.m.	McLurg School	\$5/session
Strength with Lee	16+	Wed	Sep 16-Dec 2	6-6:50p.m.	McLurg School	\$65
Chair Yoga with Lee	16+	Wed	Sep 16-Dec 2	7-7:45p.m.	McLurg School	\$50
Move & Groove Low Impact Cardio class with Kerri	16+	Thu	Sep 17-Dec 3	6:15-7p.m.	McLurg School	\$55
Beginner Yoga w Fran	16+	Sun	Sep 13-Nov 29	4-5p.m.	McLurg School	\$50

Regent Park Community Association

facebook.com/regentparkca

Contact: Tabatha Schneider 306-526-5391

Email: tab-11@hotmail.com

Registration Date: September 8, 6 to 8 p.m.

Registration Location: Elsie Mironuck School Main Gym

Welcome to the Regent Park Community Association. Regent Park is a vibrant and welcoming community of approximately 1,100 homes in Regina. The Regent Park Community Association is dedicated to bringing neighbours together through programs, activities, and events that help build a strong and connected community. We offer a variety of programs and opportunities for residents and are always looking for enthusiastic volunteers to help support our events and initiatives. Whether you are new to the neighbourhood or a long-time resident, we encourage you to get involved and become part of our community. Membership cards are required for all programs. Our membership cards are available for \$10 per year.

For more information, please contact us through our FB page Regent Park Regina Community Association, email us at regentparkca@live.com or visit our website at rpcaregina.ca for the latest news and events.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Social Nights	All Ages	Thu	Sep 17-Nov 26	TBA	Elsie Mironuck School Gym	TBA

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	16+ yrs	Tue	Sep 15-Nov 24	7-9p.m.	Elsie Mironuck School Gym	\$10
Yoga	16+ yrs	Wed	Sep 16-Nov 25	7:45-8:45p.m.	Elsie Mironuck School Gym	\$50
Zumba	16+ yrs	Tue	Sep 15-Nov 24	6-7p.m.	Elsie Mironuck School Gym	\$50

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Forever...in Motion	55+	Wed	Sep 16-Nov 25	10:30-11:30a.m.	North East Community Centre	Free with Membership card

Rosemont/Mount Royal Community Association

rmrca.com

Contact: Helen Adams

Email: mail@rmrca.com

Registration Date: Online, September 8-14 In-Person Registration Date: September 8

Registration Location: Rosemont Community School, 841 Horace St. Online at rmrca.com

The Rosemont Mount Royal Community Association exists to support and strengthen the Rosemont Mount Royal community by offering inclusive programs, events, & services for all ages, while actively representing local interests in city planning & neighbourhood development. An annual Community Membership Card is required to participate in programs and is available for only \$5 per household. For more information about the RMRCA and the programs & services we offer, visit our website at www.RMRCA.com or find us on Facebook & Instagram.

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills (Anton)	7-10 yrs	Wed	Sep 23-Dec 2 excl. Nov 11	6:30-7:30p.m.	Wilfred Walker School Gym	\$50

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills (Anton)	11-14 yrs	Wed	Sep 23-Dec 2 excl. Nov 11	7:45-8:45p.m.	Wilfred Walker School Gym	\$50

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Fire & Flow Fitness (Effie)	18+	Tue	Sep 22-Nov 24	7-8p.m.	Wilfred Walker School Gym	\$50
Yoga (Josée)	18+	Mon	Sep 21-Nov 9 excl. Oct 12	7:15-8:15p.m.	Wilfred Walker School Gym	\$35
Zumba (Josée)	18+	Mon	Sep 21-Nov 9 excl. no class Oct 12	6-7p.m.	Wilfred Walker School Gym	\$35

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga (Miriam)	55+	Thu	Sep 24-Dec 10	9-10a.m.	Online (Zoom)	Free with \$5 Community Membership Card
Forever in Motion	55+	Mon, Wed, Fri	Sep 14-Dec	10-11a.m.	Heritage United Church	\$2 drop-in fee per class
Tai Chi/Chair Tai Chi (Katherine)	55+	Tue	Sep 22-Dec 15	9-10a.m.	Online (Zoom)	Free with \$5 Community Membership Card

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

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

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

Twin Lakes Community Association

tlca.ca

Contact: community@tlca.ca

Email: community@tlca.ca (programs/inquiries)

cheer@tlca.ca (cheer program only)

dance@tlca.ca (dance program only)

hab@tlca.ca (home alone and babysitting only)

Registration Date: Visit tlca.ca

Registration Location: Visit tlca.ca

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

A valid Community Association membership is required to register for any Community Association programming. A TLCA membership can be purchased for \$10 and is valid from August 1, 2026, to July 31, 2027.

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

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer - U6 Novice Level	3-4 yrs	Thu	Oct 1-Apr 18	6-6:50p.m.	MacNeill	\$365
Dance - Ballet	3-4 yrs	Mon	Sep 28-Apr 18	6-6:50p.m.	Winston Knoll	\$340
Dance - Tap	3-4 yrs	Tue	Sep 29-Apr 18	6-6:50p.m.	Winston Knoll	\$340

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer - U6 Level 1	5-6 yrs	Mon	Sep 28-Apr 18	6-6:50p.m.	St. Angela	\$365
Cheer - U6 Level 1	5-6 yrs	Wed	Oct 7-Apr 18	6-6:50p.m.	St. Angela	\$360
Cheer - U8 Level 1	7-8 yrs	Mon	Sep 28-Apr 18	7-7:50p.m.	St. Angela	\$365
Cheer - U8 Level 1	7-8 yrs	Wed	Oct 7-Apr 18	7-7:50p.m.	St. Angela	\$360
Cheer - U8 Pom	5-8 yrs	Tue	Sep 29-Apr 18	6-6:50p.m.	St. Angela	\$365
Cheer - U12 Acro	7-12 yrs	Tue	Sep 29-Apr 18	7-7:50p.m.	St. Angela	\$365
Dance - Ballet	7-14 yrs	Mon	Sep 28-Apr 18	8-8:50p.m.	Winston Knoll	\$340
Dance - Tap	7+ yrs	Mon	Sep 28-Apr 18	7-7:50p.m.	Winston Knoll	\$340
Dance - Tap/Jazz Combo	5-6 yrs	Tue	Sep 29-Apr 18	7-7:50p.m.	Winston Knoll	\$340
Dance - Musical Theatre	7+ yrs	Tue	Sep 29-Apr 18	8-8:50p.m.	Winston Knoll	\$340
Dance - Ballet/Jazz	6+ yrs	Wed	Oct 7-Apr 18	6-6:50p.m.	Winston Knoll	\$335
Dance - Jazz	7+ yrs	Wed	Oct 7-Apr 18	7-7:50p.m.	Winston Knoll	\$335
Dance - Hip Hop	5-7 yrs	Thu	Oct 1-Apr 18	6-6:50p.m.	Winston Knoll	\$340
Dance - Hip Hop	8-9 yrs	Thu	Oct 1-Apr 18	7-7:50p.m.	Winston Knoll	\$340
Dance - Hip Hop	10+ yrs	Thu	Oct 1-Apr 18	8-8:50p.m.	Winston Knoll	\$340
Smashball FUNdamentals	6-8 yrs	Tue	Oct 6-Nov 24	6:15-7:15p.m.	MacNeill	\$40
Smashball Learn to Train	9-11 yrs	Tue	Oct 6-Nov 24	7:15-8:45p.m.	MacNeill	\$60

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting Course	11-13 yrs	Mon	Sep 14-28	5:30-8p.m.	Northwest Leisure Centre	\$35
Babysitting Course	11-13 yrs	Mon	Nov 16-30	5:30-8p.m.	Northwest Leisure Centre	\$35
Babysitting Course	11-13 yrs	Tue	Oct 5-20	5:30-8p.m.	Northwest Leisure Centre	\$35
Babysitting Course	11-13 yrs	Wed	Oct 7-21	5:30-8p.m.	Northwest Leisure Centre	\$35
Home Alone Course	10+ yrs	Thu	Sep 17	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Tue	Sep 29	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Tue	Oct 27	5:30-8p.m.	Northwest Leisure Centre	\$20

Home Alone Course	10+ yrs	Wed	Oct 28	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Wed	Nov 4	5:30-8p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Mon	Nov 9	5:30-8p.m.	Northwest Leisure Centre	\$20
Cheer - U14 Level 1	9-14 yrs	Mon	Sep 28-Apr 18	8-9p.m.	St. Angela	\$385
Cheer - U14 Level 1	9-14 yrs	Wed	Oct 7-Apr 18	8-9p.m.	St. Angela	\$380
Cheer - U14 Pom	9-15 yrs	Tue	Oct 2-Apr 18	8-9p.m.	St. Angela	\$385
Cheer - U16 Level 2	12-16 yrs	Thu	Oct 1-Apr 18	7-8:40p.m.	MacNeill	\$420

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Cheer - Adult Pom	18+	Thu	Sep 28-Apr 18	8:50-9:50p.m.	MacNeill	\$180
Dance - Adult Beginner/Intermediate Tap	18+	Wed	Oct 7-Apr 18	8-8:50p.m.	Winston Knoll	\$180
Elements of Women's Self Defense	18+	Fri	Sep 25-Nov 27	7-8:15p.m.	St. Angela	\$50
Martial Arts Sticks	18+	Tue	Sep 22-Dec 1	7-8p.m.	Ruth M. Buck	\$110
Strong and Healthy Bodies	18+	Tue	Oct 6-Dec 8	6:30-7:30p.m.	St. Jerome	\$70
Yoga	18+	Wed	Sep 23-Dec 9	6:30-7:30p.m.	St. Jerome	\$70
Yoga	18+	Thu	Sep 24-Nov 26	6:15-7:15p.m.	St. Jerome	\$70
Zumba with Pound	18+	Mon	Sep 21-Nov 30	6:30-7:30p.m.	MacNeill	\$70

Walsh Acres/Lakeridge/Gardenridge Community Association

walrgr.com

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

Registration Date: September 8, 2026, 7-8p.m.
Registration Location: Henry Janzen School

Walsh Acres/Lakeridge/Garden Ridge Community Association offers programs for residents of our community and all of Regina. Our mission is to enhance the quality of life of the residents of the West Zone through recreation and community service development. Volunteers are always welcomed to support our community.

Email: walrgr.chair@gmail.com or walrgr.secretary@gmail.com

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

Community Membership cards expire August 31 of each year and can be purchased from Laura Riffel for \$5. Email: walrgr.memberships@gmail.com or Phone: 306-526-9921. Membership fees are non-refundable.

Daytime Youth Athletics: for information or to register contact Mandy Gernl, email daytimelyouthathletics@gmail.com. Registration is also available on registration night.

Tae Kwon Do: register on registration night or contact Master Bryan Folk, phone 306-949-7067, or email b.folktkd@hotmail.com This program has ongoing registrations.

Programs will be filled first with WALRGR residents; others will be put on a waiting list. We do not offer drop-in classes. Cost is for the class as indicated.

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	6+ yrs	Tue/Thu	Sep 10-Dec 3	6:30-7:45p.m.	Henry Janzen School	\$40/month

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Daytime Youth Athletics	5-12 yrs	Mon	Oct 5-Nov 30	1:30-3:30p.m.	North West Leisure Centre	\$10/child /8 sessions
Tae Kwon Do	6+ yrs	Tue/Thu	Sep 10-Dec 3	6:30-7:45p.m.	Henry Janzen School	\$40/month
Youth Yoga	7-12 yrs	Thu	Sep 24-Nov 12	7:20-7:50p.m.	George Lee School	\$10 /8 sessions

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Daytime Youth Athletics	13-14 yrs	Mon	Oct 5-Nov 30	1:30-3:30p.m.	North West Leisure Centre	\$10/child /8 sessions
Tae Kwon Do	6+ yrs	Tue/Thu	Sep 10-Dec 3	6:30-7:45p.m.	Henry Janzen School	\$40/month

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball – choose one session each week via SignUp Genius	18+	Sat Sun	Sep 12-Dec 5 Sep 13-Dec 6	10a.m.-12p.m. 12-2p.m., 2-4p.m. 4-6p.m., 11a.m.-1p.m. 3-5p.m.	Henry Janzen School	\$30
Tae Kwon Do	6+ yrs	Tue/Thu	Sep 10-Dec 3	6:30-7:45p.m.	Henry Janzen School	\$40/month
Volleyball - Recreational	18+	Mon	Sep 21-Nov 30	6:30-8p.m.	St. Bernadette School	\$20
Volleyball - Skilled	18+	Thu	Sep 10-Dec 3	8-10p.m.	George Lee School	\$20
Yoga #1 (max 25)	18+	Sun	Sep 13-Nov 22	6:15-7:15p.m.	George Lee School	\$60/10 sessions
Yoga #2 (max 25)	18+	Mon	Sep 14-Nov 30	6:15-7:15p.m.	George Lee School	\$60/10 sessions

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga	50+	Fri	Sep 25-Dec 11	10-11a.m.	Argyle Park Community Centre – 55 Davin Crescent	\$60/12 sessions
Forever in Motion	50+	Mon/Thu	Sep 21-Dec 14	11a.m.-12p.m.	Argyle Park Community Centre – 55 Davin Crescent	Free Community membership required