

Leisure Guide

Summer 2026

Registration dates:

Verified Residents: May 12

Non-Residents &

Non-Verified Residents: May 19

Verified
residents register
early and pay less!
Verify your address
before May 12.

**Sun. Fun.
Play. Repeat.**

When does registration start?

Verified residents:

Tuesday, May 12

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

Non-residents and non-verified residents:

Thursday, May 19

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

See Regina.ca/Verify for details about resident verification.

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

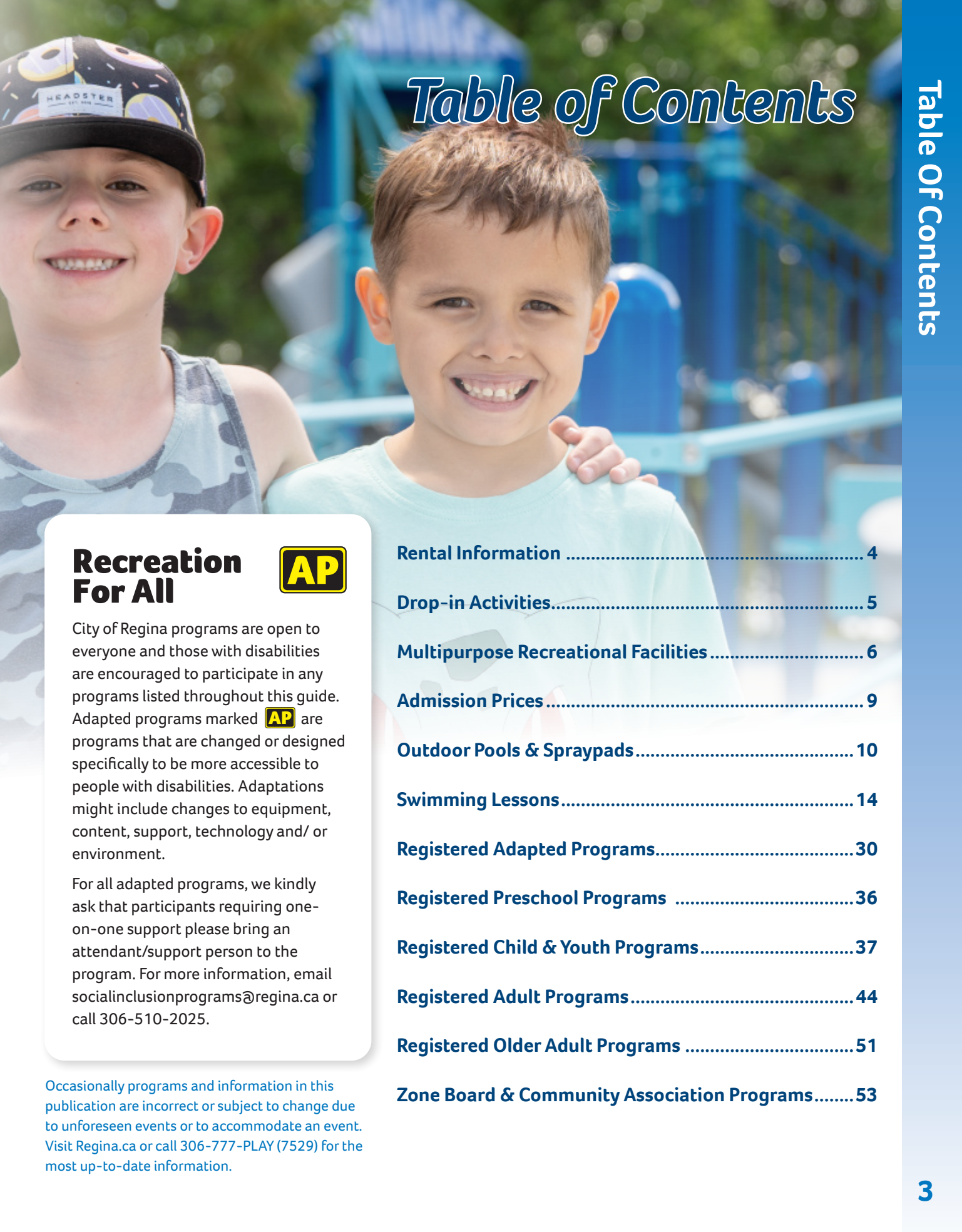
- Late registrations for programs are accepted, if available.
- A pro-rated fee will be applied.

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. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Rental Information	4
Drop-in Activities.....	5
Multipurpose Recreational Facilities	6
Admission Prices	9
Outdoor Pools & Spraypads.....	10
Swimming Lessons.....	14
Registered Adapted Programs.....	30
Registered Preschool Programs	36
Registered Child & Youth Programs.....	37
Registered Adult Programs.....	44
Registered Older Adult Programs	51
Zone Board & Community Association Programs.....	53

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 Arnason 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	māwawēyatīn centre 306-777-7033 3355 6th Ave.	2 (300)		10	2		•	•	•		•
	Cathedral Neighbourhood Centre 306-777-7034 2900 13th Ave.	(150)			•	•	•		•	•	
	Core Ritchie Neighbourhood Centre 306-777-7080 445 14th Ave.	(300)			•	•	•		•		•
	Eastview Community Centre 306-525-4757 615 8th Ave.	(250)	•						•		
	Mitakuyé Owás'ā Centre 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)					•				

Looking for the Drop-in Schedule?

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



Schedules include:

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

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:

May – June

Monday – Thursday: 8:30 a.m. – 5 p.m.
and 6:30 – 10 p.m.
Friday – Saturday: 8:30 a.m. – 5 p.m.
Sunday: 12:30 – 5 p.m.


Facility hours:

June 29 – August 29

Monday – Friday: 8:30 a.m. – 5 p.m.
Tuesday – Thursday: 6 – 10 p.m.
Saturday: 12 – 5 p.m.
Sunday: Closed
(Closed July 1, August 3)



NORTH WEST LEISURE CENTRE

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

Facility hours:

June 8 - August 31

Monday – Friday: 8 a.m. - 8:30 p.m.

Saturday – Sunday: 12 - 8 p.m.


Stat Holidays: 12 - 6 p.m.

The North West Leisure Centre will be closed for annual maintenance June 8-21 inclusive.

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



SPORTPLEX

1717 Elphinstone St.
306-777-PLAY (7529) 

Facility hours:

June 8 - August 31

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

Saturday – Sunday: 7 a.m. - 8 p.m.

Stat Holidays: 9 a.m. - 7 p.m.

The Lawson Aquatic Centre will be closed for annual maintenance July 27-August 16 inclusive.

The Lawson Strength & Conditioning area will remain open. The Fieldhouse will be closed for annual maintenance June 22-28 inclusive.


Fieldhouse

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

Lawson Aquatic Centre

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

SANDRA SCHMIRLER LEISURE CENTRE

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

Facility hours:

June 8 - August 31

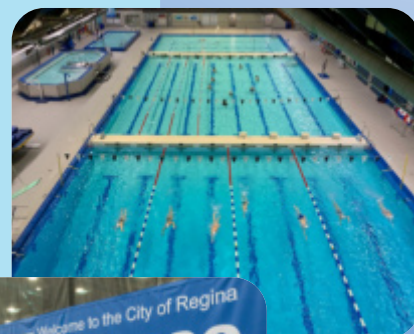
Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 12 - 8 p.m.

Stat Holidays: 12 - 6 p.m.

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

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





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 0m)
- 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 0m)
- Aquatic wheelchair available



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

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.

Outdoor Pools

Open June 4:

Wascana Pool
2400 Wascana Dr.

Open June 11:

Buffalo Meadows Pool
1401 Montague St.

Massey Pool
100 Massey Rd.

Maple Leaf Pool
1104 14th Ave.

Regent Pool
3600 McKinley Ave.

*Opening 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.
Opens Summer 2026!

South Leisure Centre
170 Sunset Dr.

North Regina

Imperial Park
Rose St. and 3rd Ave. N

West Regina

Maple Ridge Park
Maple Ridge Dr.

North West Leisure
Centre
1127 Arnason St.

Rick Hansen Optimist
Playground
1010 McCarthy Blvd.

Rosemont Park
Grace St. and 6th Ave.

Spray pads are a great water play experience and an easy way to cool off all summer long! Open daily from 9 a.m. to 8 p.m., starting May 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 4-24

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-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:
<ul style="list-style-type: none"> ✓ Enter/move in the water without caregiver and is 3+ years of age 	Preschool 1
<ul style="list-style-type: none"> ✓ Enter/exit shallow water ✓ Jump into chest deep water (assisted) ✓ Put face in water ✓ Front/back floats and glides 	Preschool 2
<ul style="list-style-type: none"> ✓ Enter/exit with PFD ✓ Jump into chest deep (unassisted) ✓ Submerge & exhale ✓ Front/back floats & glides with PFD ✓ Flutter kick 	Preschool 3
<ul style="list-style-type: none"> ✓ Jump into deep water with PFD ✓ Hold breath, retrieve object ✓ Back float, roll & swim 3m ✓ Glides & flutter kick 	Preschool 4
<ul style="list-style-type: none"> ✓ 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.

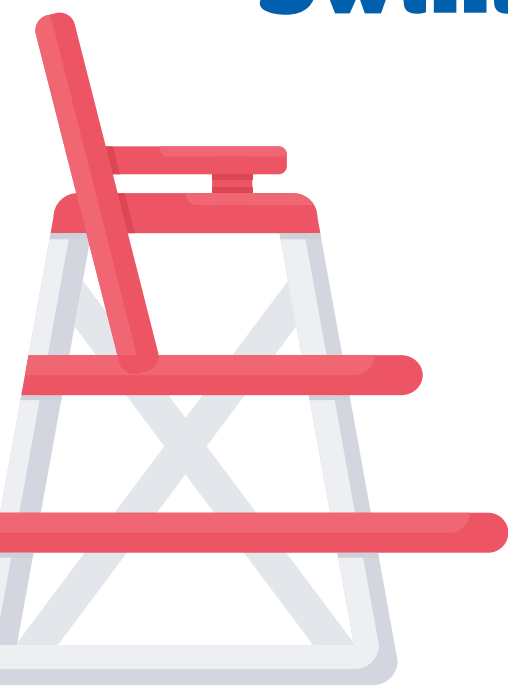
If Your Child...	Register in:
<ul style="list-style-type: none"> ✓ Is 5–12 & just starting out 	Swimmer 1
<ul style="list-style-type: none"> ✓ Is 8–14 & just starting out 	Youth Swimmer 1
<ul style="list-style-type: none"> ✓ Jump into deep water with PFD ✓ Tread water, submerge, exhale ✓ Front/back floats, flutter kick, front crawl 	Swimmer 2 / Youth Swimmer 2 (8-14 years)
<ul style="list-style-type: none"> ✓ 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)
<ul style="list-style-type: none"> ✓ Kneeling dives, rolls, somersaults ✓ Tread 30 sec ✓ Swim 15m front/back crawl 	Swimmer 4 / Youth Swimmer 4 (8-14 years)
<ul style="list-style-type: none"> ✓ Swim to Survive (roll, tread 1 min, swim 50m) ✓ Dives, underwater swim ✓ 25m front/back crawl 	Swimmer 5 / Youth Swimmer 5 (8-14 years)
<ul style="list-style-type: none"> ✓ 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:
<ul style="list-style-type: none"> ✓ 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
<ul style="list-style-type: none"> ✓ Front crawl, back crawl, and breaststroke over 50m each ✓ Timed 100m swims ✓ 350m workouts 	Ranger Patrol
<ul style="list-style-type: none"> ✓ Front crawl, back crawl, and breaststroke over 75m each ✓ 100m lifesaving medley ✓ Timed 200m swims 	Star Patrol

Adult Swimming Lessons are Available Too!

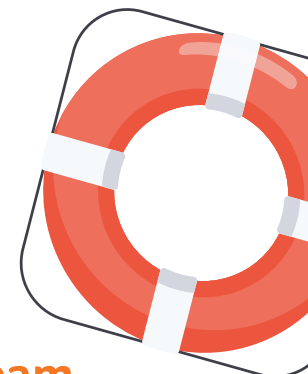
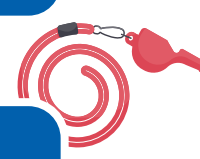
How to Become a Lifeguard/ Swimming Instructor



Bronze Star Course
(Recommended)
Must have completed Swimmer 6

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

Bronze Cross Course
Must have completed Bronze Medallion



Lifeguard Stream

Instructor Stream

Standard First Aid/CPR 'C' & AED Course

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

National Lifeguard

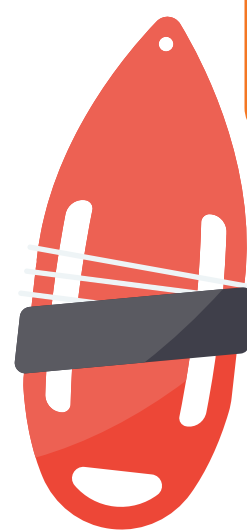
*Must have completed Bronze Cross Course
and Standard First Aid/CPR 'C' & AED.
*Must be 15 years old

'Swim for Life' Instructor Course

*Must be 15 years old

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

Visit Regina.ca/careers
to apply today!



Swimming Lessons



Legend

LAC – Lawson Aquatic Centre

MOP – Massey Outdoor Pool

NWLC – North West Leisure Centre

ROP – Regent Outdoor Pool

SSLC – Sandra Schmirler Leisure Centre

WOP – Wascana Outdoor Pool

Preschool Aquatics – Lifesaving Swim for Life

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

Parent & Tot 1

4-12 months

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

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

LAC	83918	Mon-Thu	Jun 8-18	5:05-5:35p.m.	\$63.20
	83919	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
	83920	Mon-Fri	Aug 17-28	9:55-10:25a.m.	\$79.00
MOP	82998	Mon-Fri	Jul 20-31	11:10-11:40a.m.	\$79.00
NWLC	83645	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
	83646	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
	83689	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
	83732	Mon-Fri	Aug 4-14	9:10-9:40a.m.	\$71.10
	83785	Mon-Fri	Aug 17-28	5:55-6:25p.m.	\$79.00
SSLC	83362	Mon-Fri	Jun 8-19	6:05-6:35p.m.	\$79.00
	83526	Mon-Fri	Jun 22-Jul 3	5:45-6:15p.m.	\$71.10
	83488	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00

SSLC	83489	Mon-Fri	Jul 6-17	5:35-6:05p.m.	\$79.00
	83421	Mon-Fri	Jul 20-31	10:20-10:50a.m.	\$79.00
	83391	Mon-Fri	Jul 20-31	6:05-6:35p.m.	\$79.00
	83631	Mon-Fri	Aug 4-14	10:15-10:45a.m.	\$71.10
	83632	Mon-Fri	Aug 4-14	5:45-6:15p.m.	\$71.10
WOP	83099	Mon-Thu	Aug 4-13	11:30a.m.-12p.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 object below the surface, as well as front floats, back floats, kicks and surface passes with continuous contact.

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

LAC	83921	Mon-Thu	Jun 22-Jul 2	5:45-6:15p.m.	\$55.30
	83922	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
	83923	Mon-Fri	Aug 17-28	10:30-11a.m.	\$79.00
MOP	83021	Mon-Fri	Aug 4-14	10:35-11:05a.m.	\$71.10
	83039	Mon-Fri	Aug 17-28	11:30a.m.-12p.m.	\$79.00
NWLC	83549	Mon-Fri	Jun 22-Jul 3	5:55-6:25p.m.	\$71.10
	83647	Mon-Fri	Jul 6-17	9:40-10:10a.m.	\$79.00
	83678	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
	83690	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00
	83733	Mon-Fri	Aug 4-14	9:40-10:10a.m.	\$71.10
	83734	Mon-Fri	Aug 4-14	6-6:30p.m.	\$71.10
	83786	Mon-Fri	Aug 17-28	9:35-10:05a.m.	\$79.00
SSLC	83359	Mon-Fri	Jun 8-19	5:30-6p.m.	\$79.00
	83520	Mon-Fri	Jun 22-3	4:40-5:10p.m.	\$71.10
	83498	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
	83499	Mon-Fri	Jul 6-17	4:45-5:15p.m.	\$79.00
	83417	Mon-Fri	Jul 20-31	11:20-11:50a.m.	\$79.00
	83388	Mon-Fri	Jul 20-31	5:30-6p.m.	\$79.00
	83613	Mon-Fri	Aug 4-14	9:45-10:15a.m.	\$71.10

SSLC	83630	Mon-Fri	Aug 4-14	11:40a.m.-12:10p.m.	\$71.10
	83614	Mon-Fri	Aug 4-14	4:40-5:10p.m.	\$71.10
WOP	83094	Mon-Thu	Aug 4-13	10-10:30a.m.	\$55.30

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	83924	Mon-Thu	Jun 8-18	7-7:30p.m.	\$63.20
	83925	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
	83926	Mon-Thu	Jul 6-16	5:35-6:05p.m.	\$63.20
	83927	Mon-Thu	Aug 17-27	6:30-7p.m.	\$63.20
NWLC	83550	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
	83648	Mon-Fri	Jul 6-17	5:45-6:15p.m.	\$79.00
	83691	Mon-Fri	Jul 20-31	10:55-11:25a.m.	\$79.00
	83692	Mon-Fri	Jul 20-31	5:55-6:25p.m.	\$79.00
	83735	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10
	83787	Mon-Fri	Aug 17-28	10:55-11:25a.m.	\$79.00
	83788	Mon-Fri	Aug 17-28	4-4:30p.m.	\$79.00
	SSLC	83355	Mon-Fri	Jun 8-19	4:35-5:05p.m.
83518		Mon-Fri	Jun 22-Jul 3	4:05-4:35p.m.	\$71.10
83493		Mon-Fri	Jul 6-17	11:45a.m.-12:15p.m.	\$79.00
83494		Mon-Fri	Jul 6-17	9:10-9:40a.m.	\$79.00
83495		Mon-Fri	Jul 6-17	4:10-4:40p.m.	\$79.00
83384		Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00
83418		Mon-Fri	Jul 20-31	9:55-10:25a.m.	\$79.00
83540		Mon-Fri	Aug 4-14	9:10-9:40a.m.	\$71.10
83564		Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10
83565		Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10
WOP	83068	Mon-Thu	Jul 20-30	11:20-11:50a.m.	\$63.20

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

Preschool 1

3-5 years

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

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

LAC	83928	Mon-Thu	Jun 8-18	5:30-6:20p.m.	\$63.20
	83929	Mon-Thu	Jun 22-Jul 2	5:10-5:40p.m.	\$55.30
	83930	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
	83931	Mon-Thu	Jul 6-16	5-5:30p.m.	\$63.20
	83933	Mon-Fri	Aug 17-28	9:05-9:35a.m.	\$79.00
	83932	Mon-Fri	Aug 17-28	11:05-11:35a.m.	\$79.00
	83934	Mon-Thu	Aug 17-27	4:55-5:25p.m.	\$63.20

MOP	82949	Mon-Fri	Jul 6-17	9:50-10:20a.m.	\$79.00
	82994	Mon-Fri	Jul 20-31	11:15-11:45a.m.	\$79.00
	83027	Mon-Fri	Aug 17-28	11:15-11:45a.m.	\$79.00
NWLC	83551	Mon-Fri	Jun 22-Jul 3	4:40-5:10p.m.	\$71.10
	83649	Mon-Fri	Jul 6-17	9:05-9:35a.m.	\$79.00
	83650	Mon-Fri	Jul 6-17	10:10-10:40a.m.	\$79.00
	83651	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
	83652	Mon-Fri	Jul 6-17	5:15-5:45p.m.	\$79.00
	83693	Mon-Fri	Jul 20-31	9:45-10:15a.m.	\$79.00
	83694	Mon-Fri	Jul 20-31	11:30a.m.-12p.m.	\$79.00
	83695	Mon-Fri	Jul 20-31	4:40-5:10p.m.	\$79.00
	83737	Mon-Fri	Aug 4-14	9:10-9:40a.m.	\$71.10
	83736	Mon-Fri	Aug 4-14	10:15-10:45a.m.	\$71.10
	83738	Mon-Fri	Aug 4-14	4:45-5:15p.m.	\$71.10
	83789	Mon-Fri	Aug 17-28	9:45-10:15a.m.	\$79.00
	83790	Mon-Fri	Aug 17-28	11:30a.m.-12p.m.	\$79.00
	83791	Mon-Fri	Aug 17-28	4:40-5:10p.m.	\$79.00
SSLC	83336	Mon-Fri	Jun 8-19	4-4:30p.m.	\$79.00
	83500	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
	83521	Mon-Fri	Jun 22-Jul 3	5:15-5:45p.m.	\$71.10
	83459	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
	83460	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
	83461	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
	83462	Mon-Fri	Jul 6-17	5:25-5:55p.m.	\$79.00
	83463	Mon-Fri	Jul 6-17	6-6:30p.m.	\$79.00
	83423	Mon-Fri	Jul 20-31	9:50-10:20a.m.	\$79.00
	83422	Mon-Fri	Jul 20-31	10:55-11:25a.m.	\$79.00
	83424	Mon-Fri	Jul 20-31	11:40a.m.-12:10p.m.	\$79.00
	83365	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
	83527	Mon-Fri	Aug 4-14	9-9:30a.m.	\$71.10
	83528	Mon-Fri	Aug 4-14	10:35-11:05a.m.	\$71.10
83529	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10	
83530	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10	
WOP	83062	Mon-Thu	Jul 6-16	11:20-11:50a.m.	\$63.20
	83083	Mon-Thu	Jul 20-30	10:35-11:05a.m.	\$63.20

Preschool 2

3-5 years

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

LAC	83935	Mon-Thu	Jun 8-18	6:30-7p.m.	\$63.20
	83936	Mon-Thu	Jun 22-Jul 2	6:20-6:50p.m.	\$55.30
	83937	Mon-Fri	Jul 6-17	10:15-10:45a.m.	\$79.00
	83938	Mon-Thu	Jul 6-16	5:50-6:20p.m.	\$63.20
	83939	Mon-Fri	Aug 17-28	10:35-11:05a.m.	\$79.00
	83940	Mon-Thu	Aug 17-27	5:30-6p.m.	\$63.20
MOP	82954	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00

MOP	82988	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
	83012	Mon-Fri	Aug 4-14	10:40-11:10a.m.	\$71.10
NWLC	83552	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
	83654	Mon-Fri	Jul 6-17	10:50-11:20a.m.	\$79.00
	83653	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
	83655	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
	83656	Mon-Fri	Jul 6-17	5:45-6:15p.m.	\$79.00
	83696	Mon-Fri	Jul 20-31	10:10-10:40a.m.	\$79.00
	83697	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
	83698	Mon-Fri	Jul 20-31	5:10-5:40p.m.	\$79.00
	83699	Mon-Fri	Jul 20-31	5:50-6:20p.m.	\$79.00
	83739	Mon-Fri	Aug 4-14	10:50-11:20a.m.	\$71.10
	83740	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10
	83741	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10
	83792	Mon-Fri	Aug 17-28	10:10-10:40a.m.	\$79.00
	83793	Mon-Fri	Aug 17-28	5:50-6:20p.m.	\$79.00
SSLC	83338	Mon-Fri	Jun 8-19	4:05-4:35p.m.	\$79.00
	83337	Mon-Fri	Jun 8-19	4:35-5:05p.m.	\$79.00
	83339	Mon-Fri	Jun 8-19	6-6:30p.m.	\$79.00
	83506	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
	83517	Mon-Fri	Jun 22-Jul 3	5:15-5:45p.m.	\$71.10
	83505	Mon-Fri	Jun 22-Jul 3	6:05-6:35p.m.	\$71.10
	83438	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00
	83439	Mon-Fri	Jul 6-17	11:20-11:50a.m.	\$79.00
	83440	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
	83394	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
	83396	Mon-Fri	Jul 20-31	10:30-11a.m.	\$79.00
	83395	Mon-Fri	Jul 20-31	11:50a.m.-12:20p.m.	\$79.00
	83368	Mon-Fri	Jul 20-31	4:05-4:35p.m.	\$79.00
	83366	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00
	83367	Mon-Fri	Jul 20-31	6-6:30p.m.	\$79.00
	83602	Mon-Fri	Aug 4-14	9:35-10:05a.m.	\$71.10
	83601	Mon-Fri	Aug 4-14	11a.m.-11:30a.m.	\$71.10
	83598	Mon-Fri	Aug 4-14	11:40a.m.-12:10p.m.	\$71.10
	83604	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10
83636	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10	
83603	Mon-Fri	Aug 4-14	6:05-6:35p.m.	\$71.10	
WOP	83058	Mon-Thu	Jul 6-16	10:55-11:25a.m.	\$63.20
	83082	Mon-Thu	Jul 20-30	10-10:30a.m.	\$63.20
	83089	Mon-Thu	Aug 4-13	10:55-11:25a.m.	\$55.30

Preschool 3 3-5 years

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

LAC	83941	Mon-Thu	Jun 8-18	7-7:30p.m.	\$63.20
	83942	Mon-Thu	Jun 22-Jul 2	6:30-7p.m.	\$55.30
	83943	Mon-Thu	Jul 6-16	5:10-5:40p.m.	\$63.20

LAC	83944	Mon-Thu	Jul 6-16	6:30-7p.m.	\$63.20	
	83945	Mon-Fri	Aug 17-28	9:15-9:45a.m.	\$79.00	
	83946	Mon-Thu	Aug 17-27	5:55-6:25p.m.	\$63.20	
MOP	82967	Mon-Fri	Jul 6-17	9:55-10:25a.m.	\$79.00	
	82989	Mon-Fri	Jul 20-31	11:20-11:50a.m.	\$79.00	
	83020	Mon-Fri	Aug 4-14	10-10:30a.m.	\$71.10	
	83031	Mon-Fri	Aug 17-28	10:35-11:05a.m.	\$79.00	
	83553	Mon-Fri	Jun 22-Jul 3	5:10-5:40p.m.	\$71.10	
NWLC	83657	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00	
	83658	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00	
	83701	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00	
	83700	Mon-Fri	Jul 20-31	10:50-11:20a.m.	\$79.00	
	83742	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10	
	83743	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10	
	83795	Mon-Fri	Aug 17-28	9:35-10:05a.m.	\$79.00	
	83794	Mon-Fri	Aug 17-28	10:50-11:20a.m.	\$79.00	
	83796	Mon-Fri	Aug 17-28	5:10-5:40p.m.	\$79.00	
	SSLC	83351	Mon-Fri	Jun 8-19	4:50-5:20p.m.	\$79.00
		83350	Mon-Fri	Jun 8-19	5:55-6:25p.m.	\$79.00
		83519	Mon-Fri	Jun 22-Jul 3	4:05-4:35p.m.	\$71.10
		83484	Mon-Fri	Jul 6-17	9:05-9:35a.m.	\$79.00
83485		Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00	
83487		Mon-Fri	Jul 6-17	4:45-5:15p.m.	\$79.00	
83486		Mon-Fri	Jul 6-17	5:50-6:20p.m.	\$79.00	
83416		Mon-Fri	Jul 20-31	9:05-9:35a.m.	\$79.00	
83415		Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00	
83379		Mon-Fri	Jul 20-31	4:10-4:40p.m.	\$79.00	
83378		Mon-Fri	Jul 20-31	5:55-6:25p.m.	\$79.00	
83628		Mon-Fri	Aug 4-14	9:40-10:10a.m.	\$71.10	
83629	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10		
WOP	83055	Mon-Thu	Jul 6-16	10:45-11:15a.m.	\$63.20	
	83071	Mon-Thu	Jul 20-30	11:30a.m.-12p.m.	\$63.20	
	83085	Mon-Thu	Aug 4-13	10-10:30a.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.

LAC	83947	Mon-Thu	Jun 8-18	5:35-6:05p.m.	\$63.20
	83948	Mon-Thu	Jun 22-Jul 2	5:50-6:20p.m.	\$55.30
	83949	Mon-Fri	Jul 6-17	9:40-10:10a.m.	\$79.00
	83950	Mon-Thu	Jul 6-16	6:25-6:55p.m.	\$63.20
	83951	Mon-Fri	Aug 17-28	9:45-10:15a.m.	\$79.00
	83952	Mon-Thu	Aug 17-27	5:05-5:35p.m.	\$63.20
MOP	82956	Mon-Fri	Jul 6-17	9:10-9:40a.m.	\$79.00
	82995	Mon-Fri	Jul 20-31	9:15-9:45a.m.	\$79.00
	83004	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10
NWLC	83659	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00

NWLC	83744	Mon-Fri	Aug 4-14	9:45-10:15a.m.	\$71.10
	83745	Mon-Fri	Aug 4-14	5:20-5:50p.m.	\$71.10
SSLC	83358	Mon-Fri	Jun 8-19	4:55-5:25p.m.	\$79.00
	83513	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
	83441	Mon-Fri	Jul 6-17	10:10-10:40a.m.	\$79.00
	83442	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
	83443	Mon-Fri	Jul 6-17	5:25-5:55p.m.	\$79.00
	83414	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00
	83387	Mon-Fri	Jul 20-31	4:55-5:25p.m.	\$79.00
	83611	Mon-Fri	Aug 4-14	9:05-9:35a.m.	\$71.10
	83612	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10
WOP	83053	Mon-Thu	Jul 6-16	11:10-11:40a.m.	\$63.20
	83076	Mon-Thu	Jul 20-30	10:35-11:05a.m.	\$63.20
	83093	Mon-Thu	Aug 4-13	11:30a.m.-12p.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.

LAC	83953	Mon-Thu	Jun 22-Jul 2	7-7:30p.m.	\$55.30
	83954	Mon-Fri	Jul 6-17	11:05-11:35a.m.	\$79.00
	83955	Mon-Fri	Aug 17-28	11:05-11:35a.m.	\$79.00
MOP	82963	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
	82991	Mon-Fri	Jul 20-31	9:55-10:25a.m.	\$79.00
	83034	Mon-Fri	Aug 17-28	9:15-9:45a.m.	\$79.00
	83026	Mon-Fri	Aug 17-28	10:35-11:05a.m.	\$79.00
NWLC	83660	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
	83746	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10
SSLC	83360	Mon-Fri	Jun 8-19	4:05-4:35p.m.	\$79.00
	83523	Mon-Fri	Jun 22-Jul 3	5:05-5:35p.m.	\$71.10
	83491	Mon-Fri	Jul 6-17	11:10-11:40a.m.	\$79.00
	83492	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00
	83426	Mon-Fri	Jul 20-31	10:25-10:55a.m.	\$79.00
	83389	Mon-Fri	Jul 20-31	4:05-4:35p.m.	\$79.00
	83607	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
83608	Mon-Fri	Aug 4-14	5:05-5:35p.m.	\$71.10	
WOP	83064	Mon-Thu	Jul 6-16	10:35-11:05a.m.	\$63.20
	83079	Mon-Thu	Jul 20-30	11:30a.m.-12p.m.	\$63.20

LAC	83959	Mon-Fri	Jul 6-17	9:05-9:35a.m.	\$79.00
	83961	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
	83960	Mon-Fri	Jul 6-17	11:10-11:40a.m.	\$79.00
	83962	Mon-Thu	Jul 6-16	5:55-6:25p.m.	\$63.20
	83963	Mon-Thu	Jul 6-16	6:10-6:40p.m.	\$63.20
	83965	Mon-Fri	Aug 17-28	9-9:30a.m.	\$79.00
	83964	Mon-Fri	Aug 17-28	10:30-11a.m.	\$79.00
	83966	Mon-Thu	Aug 17-27	5:05-5:35p.m.	\$63.20
	83967	Mon-Thu	Aug 17-27	5:40-6:10p.m.	\$63.20
	MOP	82966	Mon-Fri	Jul 6-17	9:15-9:45a.m.
82950		Mon-Fri	Jul 6-17	10:25-10:55a.m.	\$79.00
82972		Mon-Fri	Jul 20-31	10:55-11:25a.m.	\$79.00
83019		Mon-Fri	Aug 4-14	9:15-9:45a.m.	\$71.10
83017		Mon-Fri	Aug 4-14	10:35-11:05a.m.	\$71.10
83040		Mon-Fri	Aug 17-28	10:55-11:25a.m.	\$79.00
NWLC		83555	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.
	83554	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
	83661	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
	83662	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
	83663	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00
	83702	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
	83705	Mon-Fri	Jul 20-31	9:40-10:10a.m.	\$79.00
	83703	Mon-Fri	Jul 20-31	10:10-10:40a.m.	\$79.00
	83704	Mon-Fri	Jul 20-31	11:25-11:55a.m.	\$79.00
	83706	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00
	83747	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
	83748	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10
	83749	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10
	83750	Mon-Fri	Aug 4-14	5:45-6:15p.m.	\$71.10
	83797	Mon-Fri	Aug 17-28	9-9:30a.m.	\$79.00
	83800	Mon-Fri	Aug 17-28	9:40-10:10a.m.	\$79.00
	83798	Mon-Fri	Aug 17-28	10:10-10:40a.m.	\$79.00
	83799	Mon-Fri	Aug 17-28	11:20-11:50a.m.	\$79.00
	83802	Mon-Fri	Aug 17-28	4-4:30p.m.	\$79.00
	83803	Mon-Fri	Aug 17-28	4:35-5:05p.m.	\$79.00
83801	Mon-Fri	Aug 17-28	5:50-6:20p.m.	\$79.00	
SSLC	83348	Mon-Fri	Jun 8-19	5:10-5:40p.m.	\$79.00
	83347	Mon-Fri	Jun 8-19	5:20-5:50p.m.	\$79.00
	83349	Mon-Fri	Jun 8-19	5:50-6:20p.m.	\$79.00
	83508	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
	83507	Mon-Fri	Jun 22-Jul 3	5:10-5:40p.m.	\$71.10
	83509	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
	83432	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
	83433	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00
	83434	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
	83435	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
	83436	Mon-Fri	Jul 6-17	5:20-5:50p.m.	\$79.00
	83437	Mon-Fri	Jul 6-17	6-6:30p.m.	\$79.00

Child Aquatics – Lifesaving Swim for Life

Swimmer 1

5-12 years

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

LAC	83956	Mon-Thu	Jun 8-18	5:40-6:10p.m.	\$63.20
	83957	Mon-Thu	Jun 8-18	7:05-7:35p.m.	\$63.20
	83958	Mon-Thu	Jun 22-Jul 2	7:05-7:35p.m.	\$55.30

SSLC	83411	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
	83410	Mon-Fri	Jul 20-31	11:40a.m.-12:10p.m.	\$79.00
	83376	Mon-Fri	Jul 20-31	5:10-5:40p.m.	\$79.00
	83375	Mon-Fri	Jul 20-31	5:20-5:50p.m.	\$79.00
	83377	Mon-Fri	Jul 20-31	5:50-6:20p.m.	\$79.00
	83536	Mon-Fri	Aug 4-14	9-9:30a.m.	\$71.10
	83534	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
	83535	Mon-Fri	Aug 4-14	11:35a.m.-12:05p.m.	\$71.10
	83537	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10
	83538	Mon-Fri	Aug 4-14	5:10-5:40p.m.	\$71.10
83539	Mon-Fri	Aug 4-14	5:50-6:20p.m.	\$71.10	
WOP	83056	Mon-Thu	Jul 6-16	11:20-11:50a.m.	\$63.20
	83066	Mon-Thu	Jul 20-30	10-10:30a.m.	\$63.20
	83092	Mon-Thu	Aug 4-13	10-10:30a.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	84021	Mon-Thu	Jun 8-18	6:25-6:55p.m.	\$63.20
	84022	Mon-Thu	Jun 22-Jul 2	6:25-6:55p.m.	\$55.30
MOP	82986	Mon-Fri	Jul 20-31	9:15-9:45a.m.	\$79.00
	83038	Mon-Fri	Aug 17-28	11:20-11:50a.m.	\$79.00

NWLC	83717	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
WOP	83051	Mon-Thu	Jul 6-16	10-10:30a.m.	\$63.20
	83086	Mon-Thu	Aug 4-13	10:35-11:05a.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	83968	Mon-Thu	Jun 8-18	6:25-6:55p.m.	\$63.20
	83969	Mon-Thu	Jun 8-18	7:05-7:35p.m.	\$63.20
	83971	Mon-Thu	Jun 22-Jul 2	6:30-7p.m.	\$55.30
	83970	Mon-Thu	Jun 22-Jul 2	7:05-7:35p.m.	\$55.30
	83974	Mon-Fri	Jul 6-17	9:10-9:40a.m.	\$79.00
	83972	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
	83973	Mon-Fri	Jul 6-17	10:30-11a.m.	\$79.00
	83975	Mon-Thu	Jul 6-16	5-5:30p.m.	\$63.20
	83977	Mon-Fri	Aug 17-28	9:50-10:20a.m.	\$79.00
	83976	Mon-Fri	Aug 17-28	11:10-11:40a.m.	\$79.00
	83978	Mon-Thu	Aug 17-27	5-5:30p.m.	\$63.20
	83979	Mon-Thu	Aug 17-27	6:20-6:50p.m.	\$63.20
	MOP	82953	Mon-Fri	Jul 6-17	10-10:30a.m.

Waitlisted for a program?

Getting a spot just got easier.

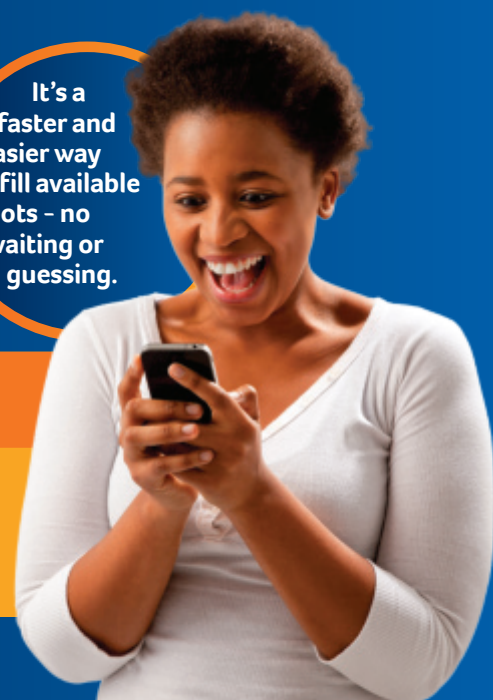
It's a faster and easier way to fill available spots - no waiting or guessing.

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.



Learn more at Regina.ca/Recreation



MOP	82969	Mon-Fri	Jul 6-17	11:15-11:45a.m.	\$79.00	
	82997	Mon-Fri	Jul 20-31	10:35-11:05a.m.	\$79.00	
	83006	Mon-Fri	Aug 4-14	10-10:30a.m.	\$71.10	
NWLC	83556	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10	
	83557	Mon-Fri	Jun 22-Jul 3	5:15-5:45p.m.	\$71.10	
	83664	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00	
	83665	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00	
	83666	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00	
	83708	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00	
	83707	Mon-Fri	Jul 20-31	10:20-10:50a.m.	\$79.00	
	83710	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00	
	83709	Mon-Fri	Jul 20-31	5:15-5:45p.m.	\$79.00	
	83751	Mon-Fri	Aug 4-14	9:45-10:15a.m.	\$71.10	
	83754	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10	
	83753	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10	
	83752	Mon-Fri	Aug 4-14	5:55-6:25p.m.	\$71.10	
	83806	Mon-Fri	Aug 17-28	9-9:30a.m.	\$79.00	
	83804	Mon-Fri	Aug 17-28	10:20-10:50a.m.	\$79.00	
	83805	Mon-Fri	Aug 17-28	11:25-11:55a.m.	\$79.00	
	83807	Mon-Fri	Aug 17-28	5:15-5:45p.m.	\$79.00	
	SSLC	83352	Mon-Fri	Jun 8-19	4-4:30p.m.	\$79.00
		83354	Mon-Fri	Jun 8-19	4:40-5:10p.m.	\$79.00
		83353	Mon-Fri	Jun 8-19	6:05-6:35p.m.	\$79.00
83516		Mon-Fri	Jun 22-Jul 3	4:40-5:10p.m.	\$71.10	
83515		Mon-Fri	Jun 22-Jul 3	5:55-6:25p.m.	\$71.10	
83472		Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00	
83474		Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00	
83473		Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00	
83476		Mon-Fri	Jul 6-17	4:05-4:35p.m.	\$79.00	
83475		Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00	
83397		Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00	
83398		Mon-Fri	Jul 20-31	11:30a.m.-12p.m.	\$79.00	
83381		Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00	
83383		Mon-Fri	Jul 20-31	4:40-5:10p.m.	\$79.00	
83382		Mon-Fri	Jul 20-31	6:05-6:35p.m.	\$79.00	
83618		Mon-Fri	Aug 4-14	9:50-10:20a.m.	\$71.10	
83619		Mon-Fri	Aug 4-14	11:25-11:55a.m.	\$71.10	
83621	Mon-Fri	Aug 4-14	4:40-5:10p.m.	\$71.10		
83620	Mon-Fri	Aug 4-14	5:55-6:25p.m.	\$71.10		
WOP	83052	Mon-Thu	Jul 6-16	10:35-11:05a.m.	\$63.20	
	83070	Mon-Thu	Jul 20-30	10:45-11:15a.m.	\$63.20	
	83098	Mon-Thu	Aug 4-13	10:45-11:15a.m.	\$55.30	
	83170	Mon-Thu	Aug 17-27	10:40-11:10a.m.	\$63.20	

Youth Swimmer 2

8-14 years

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

Prerequisite: Your child must be able to 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	84023	Mon-Thu	Jun 22-Jul 2	5:40-6:10p.m.	\$55.30
	84024	Mon-Thu	Jul 6-16	6:30-7p.m.	\$63.20
MOP	82990	Mon-Fri	Jul 20-31	9:15-9:45a.m.	\$79.00
	83010	Mon-Fri	Aug 4-14	9:15-9:45a.m.	\$71.10
	83025	Mon-Fri	Aug 17-28	10-10:30a.m.	\$79.00
NWLC	83760	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10
	83812	Mon-Fri	Aug 17-28	10:45-11:15a.m.	\$79.00
WOP	83059	Mon-Thu	Jul 6-16	11:30a.m.-12p.m.	\$63.20
	83075	Mon-Thu	Jul 20-30	10-10:30a.m.	\$63.20

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	83980	Mon-Thu	Jun 8-18	6:25-6:55p.m.	\$63.20
	83982	Mon-Thu	Jun 22-Jul 2	6:30-7p.m.	\$55.30
	83981	Mon-Thu	Jun 22-Jul 2	7-7:30p.m.	\$55.30
	83983	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
	83984	Mon-Thu	Jul 6-16	5:05-5:35p.m.	\$63.20
	83985	Mon-Thu	Jul 6-16	5:35-6:05p.m.	\$63.20
	83987	Mon-Fri	Aug 17-28	9:40-10:10a.m.	\$79.00
	83986	Mon-Fri	Aug 17-28	11:15-11:45a.m.	\$79.00
	83988	Mon-Thu	Aug 17-27	5-5:30p.m.	\$63.20
	MOP	82957	Mon-Fri	Jul 6-17	9:45-10:15a.m.
82983		Mon-Fri	Jul 20-31	10-10:30a.m.	\$79.00
83014		Mon-Fri	Aug 4-14	9:15-9:45a.m.	\$71.10
83044		Mon-Fri	Aug 17-28	10-10:30a.m.	\$79.00
NWLC	83558	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
	83667	Mon-Fri	Jul 6-17	10:15-10:45a.m.	\$79.00
	83668	Mon-Fri	Jul 6-17	10:45-11:15a.m.	\$79.00
	83669	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
	83711	Mon-Fri	Jul 20-31	10:15-10:45a.m.	\$79.00
	83712	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
	83713	Mon-Fri	Jul 20-31	4:05-4:35p.m.	\$79.00
	83714	Mon-Fri	Jul 20-31	5:15-5:45p.m.	\$79.00
	83756	Mon-Fri	Aug 4-14	9:05-9:35a.m.	\$71.10
	83758	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10

NWLC	83755	Mon-Fri	Aug 4-14	4:40-5:10p.m.	\$71.10
	83757	Mon-Fri	Aug 4-14	5:50-6:20p.m.	\$71.10
	83808	Mon-Fri	Aug 17-28	10:15-10:45a.m.	\$79.00
	83809	Mon-Fri	Aug 17-28	10:45-11:15a.m.	\$79.00
	83810	Mon-Fri	Aug 17-28	4:35-5:05p.m.	\$79.00
SSLC	83343	Mon-Fri	Jun 8-19	4-4:30p.m.	\$79.00
	83344	Mon-Fri	Jun 8-19	4:40-5:10p.m.	\$79.00
	83345	Mon-Fri	Jun 8-19	5:25-5:55p.m.	\$79.00
	83342	Mon-Fri	Jun 8-19	5:55-6:25p.m.	\$79.00
	83502	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
	83501	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
	83503	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
	83465	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
	83466	Mon-Fri	Jul 6-17	10-10:30a.m.	\$79.00
	83464	Mon-Fri	Jul 6-17	10:45-11:15a.m.	\$79.00
	83467	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
	83469	Mon-Fri	Jul 6-17	4:05-4:35p.m.	\$79.00
	83470	Mon-Fri	Jul 6-17	4:50-5:20p.m.	\$79.00
	83471	Mon-Fri	Jul 6-17	5:20-5:50p.m.	\$79.00
	83468	Mon-Fri	Jul 6-17	5:55-6:25p.m.	\$79.00
	83412	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
	83413	Mon-Fri	Jul 20-31	11:05-11:35a.m.	\$79.00
	83372	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
	83380	Mon-Fri	Jul 20-31	4:40-5:10p.m.	\$79.00

SSLC	83373	Mon-Fri	Jul 20-31	5:25-5:55p.m.	\$79.00
	83371	Mon-Fri	Jul 20-31	5:55-6:25p.m.	\$79.00
	83623	Mon-Fri	Aug 4-14	9:05-9:35a.m.	\$71.10
	83622	Mon-Fri	Aug 4-14	10:25-10:55a.m.	\$71.10
	83625	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10
	83624	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10
	83626	Mon-Fri	Aug 4-14	5:50-6:20p.m.	\$71.10
WOP	83060	Mon-Thu	Jul 6-16	10-10:30a.m.	\$63.20
	83078	Mon-Thu	Jul 20-30	10:45-11:15a.m.	\$63.20
	83095	Mon-Thu	Aug 4-13	10:35-11:05a.m.	\$55.30
	83171	Mon-Thu	Aug 17-27	10:40-11:10a.m.	\$63.20

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	84025	Mon-Fri	Jul 6-17	9:15-9:45a.m.	\$79.00
	84026	Mon-Fri	Aug 17-28	9:10-9:40a.m.	\$79.00
	84027	Mon-Thu	Aug 17-27	6:25-6:55p.m.	\$63.20
MOP	82996	Mon-Fri	Jul 20-31	10-10:30a.m.	\$79.00
	83003	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10

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.



WOP	83063	Mon-Thu	Jul 6-16	10-10:30a.m.	\$63.20
	83090	Mon-Thu	Aug 4-13	11:30a.m.-12p.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	83989	Mon-Thu	Jun 8-18	5:40-6:20p.m.	\$69.60
	83990	Mon-Thu	Jun 22-Jul 2	5:45-6:25p.m.	\$60.90
	83991	Mon-Fri	Jul 6-17	9-9:40a.m.	\$87.00
	83992	Mon-Fri	Jul 6-17	9:50-10:30a.m.	\$87.00
	83993	Mon-Thu	Jul 6-16	5:45-6:25p.m.	\$69.60
	83994	Mon-Thu	Aug 17-27	6:20-7p.m.	\$69.60
	MOP	82961	Mon-Fri	Jul 6-17	9:10-9:50a.m.
82968		Mon-Fri	Jul 6-17	10:30-11:10a.m.	\$87.00
82987		Mon-Fri	Jul 20-31	9:55-10:35a.m.	\$87.00
82985		Mon-Fri	Jul 20-31	11:20a.m.-12p.m.	\$87.00
83011		Mon-Fri	Aug 4-14	9:55-10:35a.m.	\$78.30
83022		Mon-Fri	Aug 4-14	11:10-11:50a.m.	\$78.30
NWLC	83045	Mon-Fri	Aug 17-28	10:35-11:15a.m.	\$87.00
	83670	Mon-Fri	Jul 6-17	9-9:40a.m.	\$87.00
	83671	Mon-Fri	Jul 6-17	5:50-6:30p.m.	\$87.00
	83715	Mon-Fri	Jul 20-31	9-9:40a.m.	\$87.00
	83716	Mon-Fri	Jul 20-31	11:20a.m.-12p.m.	\$87.00
	83759	Mon-Fri	Aug 4-14	4-4:40p.m.	\$78.30
	83811	Mon-Fri	Aug 17-28	9-9:40a.m.	\$87.00
SSLC	83346	Mon-Fri	Jun 8-19	4:35-5:15p.m.	\$87.00
	83511	Mon-Fri	Jun 22-Jul 3	4:55-5:35p.m.	\$78.30
	83510	Mon-Fri	Jun 22-Jul 3	5:50-6:30p.m.	\$78.30
	83444	Mon-Fri	Jul 6-17	10:45-11:25a.m.	\$87.00
	83446	Mon-Fri	Jul 6-17	4:40-5:20p.m.	\$87.00
	83445	Mon-Fri	Jul 6-17	5:55-6:35p.m.	\$87.00
	83420	Mon-Fri	Jul 20-31	9:35-10:15a.m.	\$87.00
	83419	Mon-Fri	Jul 20-31	10:30-11:10a.m.	\$87.00
	83374	Mon-Fri	Jul 20-31	4:35-5:15p.m.	\$87.00
	83592	Mon-Fri	Aug 4-14	9-9:40a.m.	\$78.30
	83593	Mon-Fri	Aug 4-14	11:10-11:50a.m.	\$78.30
	83595	Mon-Fri	Aug 4-14	4:55-5:35p.m.	\$78.30
83594	Mon-Fri	Aug 4-14	5:50-6:30p.m.	\$78.30	
WOP	83091	Mon-Thu	Aug 4-13	10:40-11:20a.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. *Must be 8-14 years of age to enroll.

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

LAC	84028	Mon-Fri	Jul 6-17	10:50-11:30a.m.	\$87.00
	84029	Mon-Fri	Aug 17-28	11-11:40a.m.	\$87.00
	84030	Mon-Thu	Aug 17-27	5:40-6:20p.m.	\$69.60
MOP	84082	Mon-Fri	Aug 17-28	11:15-11:55a.m.	\$87.00
WOP	83061	Mon-Thu	Jul 6-16	10:35-11:15a.m.	\$69.60
	83172	Mon-Thu	Aug 17-27	10:35-11:15a.m.	\$69.60

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	83995	Mon-Thu	Jun 8-18	7-7:40p.m.	\$69.60
	83996	Mon-Thu	Jun 22-Jul 2	6:55-7:35p.m.	\$60.90
	83997	Mon-Fri	Aug 17-28	9:05-9:45a.m.	\$87.00
	83998	Mon-Fri	Aug 17-28	10:25-11:05a.m.	\$87.00
	84000	Mon-Thu	Aug 17-27	5:35-6:15p.m.	\$69.60
	83999	Mon-Thu	Aug 17-27	6:15-6:55p.m.	\$69.60
MOP	82952	Mon-Fri	Jul 6-17	9:15-9:55a.m.	\$87.00
	82951	Mon-Fri	Jul 6-17	11-11:40a.m.	\$87.00
	82982	Mon-Fri	Jul 20-31	9:15-9:55a.m.	\$87.00
	83013	Mon-Fri	Aug 4-14	11:20a.m.-12p.m.	\$78.30
	83028	Mon-Fri	Aug 17-28	9:15-9:55a.m.	\$87.00
	83035	Mon-Fri	Aug 17-28	10-10:40a.m.	\$87.00
	SSLC	83341	Mon-Fri	Jun 8-19	4:05-4:45p.m.
83340		Mon-Fri	Jun 8-19	5:10-5:50p.m.	\$87.00
83514		Mon-Fri	Jun 22-Jul 3	5:10-5:50p.m.	\$78.30
83481		Mon-Fri	Jul 6-17	9-9:40a.m.	\$87.00
83483		Mon-Fri	Jul 6-17	4-4:40p.m.	\$87.00
83482		Mon-Fri	Jul 6-17	5:10-5:50p.m.	\$87.00
83425		Mon-Fri	Jul 20-31	9:05-9:45a.m.	\$87.00
83370		Mon-Fri	Jul 20-31	4:05-4:45p.m.	\$87.00
83369		Mon-Fri	Jul 20-31	5:10-5:50p.m.	\$87.00
83531		Mon-Fri	Aug 4-14	9:35-10:15a.m.	\$78.30
83532		Mon-Fri	Aug 4-14	10:55-11:35a.m.	\$78.30
83533		Mon-Fri	Aug 4-14	5:10-5:50p.m.	\$78.30
WOP	83054	Mon-Thu	Jul 6-16	10-10:40a.m.	\$69.60
	83069	Mon-Thu	Jul 20-30	10-10:40a.m.	\$69.60
	83087	Mon-Thu	Aug 4-13	11:10-11:50a.m.	\$60.90

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Youth Swimmer 5

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

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

WOP	83097	Mon-Thu	Aug 4-13	10-10:40a.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	84001	Mon-Thu	Jun 8-18	6:15-6:55p.m.	\$69.60
	84002	Mon-Thu	Jun 22-Jul 2	6:15-6:55p.m.	\$60.90
	84003	Mon-Fri	Aug 17-28	9:50-10:30a.m.	\$87.00
	84004	Mon-Fri	Aug 17-28	10:15-10:55a.m.	\$87.00
	84005	Mon-Thu	Aug 17-27	5:35-6:15p.m.	\$69.60
MOP	82955	Mon-Fri	Jul 6-17	11:10-11:50a.m.	\$87.00
	83033	Mon-Fri	Jul 20-31	9:15-9:55a.m.	\$87.00
	82984	Mon-Fri	Jul 20-31	10:35-11:15a.m.	\$87.00
	83005	Mon-Fri	Aug 4-14	9:15-9:55a.m.	\$78.30
	83009	Mon-Fri	Aug 4-14	11:20a.m.-12p.m.	\$78.30
	83024	Mon-Fri	Aug 17-28	9:15-9:55a.m.	\$87.00

SSLC	83356	Mon-Fri	Jun 8-19	5:45-6:25p.m.	\$87.00
	83525	Mon-Fri	Jun 22-Jul 3	4:10-4:50p.m.	\$78.30
	83477	Mon-Fri	Jul 6-17	10:10-10:50a.m.	\$87.00
	83478	Mon-Fri	Jul 6-17	11:10-11:50a.m.	\$87.00
	83479	Mon-Fri	Jul 6-17	4:05-4:45p.m.	\$87.00
	83480	Mon-Fri	Jul 6-17	5:55-6:35p.m.	\$87.00
	83428	Mon-Fri	Jul 20-31	9:45-10:25a.m.	\$87.00
	83427	Mon-Fri	Jul 20-31	11:10-11:50a.m.	\$87.00
	83385	Mon-Fri	Jul 20-31	5:45-6:25p.m.	\$87.00
	83616	Mon-Fri	Aug 4-14	9:05-9:45a.m.	\$78.30
WOP	83617	Mon-Fri	Aug 4-14	4:10-4:50p.m.	\$78.30
	83067	Mon-Thu	Jul 20-30	10:35-11:15a.m.	\$69.60
	83173	Mon-Thu	Aug 17-27	10:35-11:15a.m.	\$69.60

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

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

February 1 to May 12

Live in Regina and planning to register for recreation?

Verify your address by May 12

Visit any City leisure centre with a valid photo ID!

Regina.ca/Verify



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

Lifesaving Swim Patrol – Rookie Patrol

8-14 years

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

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl.

LAC	84006	Mon-Thu	Jun 8-18	5-5:50p.m.	\$82.00
	84007	Mon-Thu	Jun 22-Jul 2	5:35-6:25p.m.	\$71.75
	84008	Mon-Fri	Aug 17-28	9:35-10:25a.m.	\$102.50
MOP	82962	Mon-Fri	Jul 6-17	10-10:50a.m.	\$102.50
	83041	Mon-Fri	Aug 17-28	10-10:50a.m.	\$102.50
SSLC	83504	Mon-Fri	Jun 22-Jul 3	5:10-6p.m.	\$92.25
	83429	Mon-Fri	Jul 20-31	9-9:50a.m.	\$102.50
	83635	Mon-Fri	Aug 4-14	5:10-6p.m.	\$92.25
WOP	83077	Mon-Thu	Jul 20-30	11:10a.m.-12p.m.	\$82.00
	83096	Mon-Thu	Aug 4-13	11:10a.m.-12p.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: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts.

LAC	84009	Mon-Thu	Jun 8-18	6:10-7p.m.	\$82.00
	84010	Mon-Fri	Aug 17-28	11:10a.m.-12p.m.	\$102.50
	84011	Mon-Thu	Aug 17-27	5-5:50p.m.	\$82.00
MOP	82971	Mon-Fri	Jul 20-31	10-10:50a.m.	\$102.50
	83043	Mon-Fri	Aug 17-28	9:05-9:55a.m.	\$102.50
SSLC	83522	Mon-Fri	Jun 22-Jul 3	4:10-5p.m.	\$92.25
	83399	Mon-Fri	Jul 20-31	10:10-11a.m.	\$102.50
	83609	Mon-Fri	Aug 4-14	10:55-11:45a.m.	\$92.25
	83610	Mon-Fri	Aug 4-14	4:10-5p.m.	\$92.25
WOP	83065	Mon-Thu	Jul 6-16	11:10a.m.-12p.m.	\$82.00
	83088	Mon-Thu	Aug 4-13	10-10:50a.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: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

LAC	84012	Mon-Thu	Jun 8-18	5:35-6:25p.m.	\$82.00
	84013	Mon-Fri	Aug 17-28	9-9:50a.m.	\$102.50

MOP	83002	Mon-Fri	Aug 4-14	9:55-10:45a.m.	\$92.25
	83042	Mon-Fri	Aug 17-28	9:05-9:55a.m.	\$102.50
SSLC	83357	Mon-Fri	Jun 8-19	4-4:50p.m.	\$102.50
	83496	Mon-Fri	Jul 6-17	9:05-9:55a.m.	\$102.50
	83497	Mon-Fri	Jul 6-17	4:40-5:30p.m.	\$102.50
	83386	Mon-Fri	Jul 20-31	4-4:50p.m.	\$102.50
	83431	Mon-Fri	Jul 20-31	11-11:50a.m.	\$102.50
	83615	Mon-Fri	Aug 4-14	9:40-10:30a.m.	\$92.25

All Ages

Private Lessons

6 years and up

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

LAC	84031	Mon-Fri	Jul 20-24	9-9:30a.m.	\$176.50
	84032	Mon-Fri	Jul 20-24	9-9:30a.m.	\$176.50
	84033	Mon-Fri	Jul 20-24	9:10-9:40a.m.	\$176.50
	84034	Mon-Fri	Jul 20-24	9:10-9:40a.m.	\$176.50
	84035	Mon-Fri	Jul 20-24	9:20-9:50a.m.	\$176.50
	84036	Mon-Fri	Jul 20-24	9:20-9:50a.m.	\$176.50
	84037	Mon-Fri	Jul 20-24	9:35-10:05a.m.	\$176.50
	84038	Mon-Fri	Jul 20-24	9:35-10:05a.m.	\$176.50
	84039	Mon-Fri	Jul 20-24	9:45-10:15a.m.	\$176.50
	84040	Mon-Fri	Jul 20-24	9:45-10:15a.m.	\$176.50
	84041	Mon-Fri	Jul 20-24	9:55-10:25a.m.	\$176.50
	84042	Mon-Fri	Jul 20-24	9:55-10:25a.m.	\$176.50
	84043	Mon-Fri	Jul 20-24	10:10-10:40a.m.	\$176.50
	84044	Mon-Fri	Jul 20-24	10:10-10:40a.m.	\$176.50
	84045	Mon-Fri	Jul 20-24	10:20-10:50a.m.	\$176.50
	84046	Mon-Fri	Jul 20-24	10:20-10:50a.m.	\$176.50
	84047	Mon-Fri	Jul 20-24	10:30-11a.m.	\$176.50
	84048	Mon-Fri	Jul 20-24	10:30-11a.m.	\$176.50
	84049	Mon-Fri	Jul 20-24	10:45-11:15a.m.	\$176.50
	84050	Mon-Fri	Jul 20-24	10:45-11:15a.m.	\$176.50
	84051	Mon-Fri	Jul 20-24	10:55-11:25a.m.	\$176.50
	84052	Mon-Fri	Jul 20-24	10:55-11:25a.m.	\$176.50
	84053	Mon-Fri	Jul 20-24	11:05-11:35a.m.	\$176.50
	84054	Mon-Fri	Jul 20-24	11:05-11:35a.m.	\$176.50
	84055	Mon-Thu	Jul 20-23	5-5:30p.m.	\$141.20
	84056	Mon-Thu	Jul 20-23	5-5:30p.m.	\$141.20
	84057	Mon-Thu	Jul 20-23	5:05-5:35p.m.	\$141.20
	84058	Mon-Thu	Jul 20-23	5:05-5:35p.m.	\$141.20
	84059	Mon-Thu	Jul 20-23	5:10-5:40p.m.	\$141.20
	84060	Mon-Thu	Jul 20-23	5:10-5:40p.m.	\$141.20
84061	Mon-Thu	Jul 20-23	5:35-6:05p.m.	\$141.20	
84062	Mon-Thu	Jul 20-23	5:35-6:05p.m.	\$141.20	

LAC	84063	Mon-Thu	Jul 20-23	5:40-6:10p.m.	\$141.20
	84064	Mon-Thu	Jul 20-23	5:40-6:10p.m.	\$141.20
	84065	Mon-Thu	Jul 20-23	5:45-6:15p.m.	\$141.20
	84066	Mon-Thu	Jul 20-23	5:45-6:15p.m.	\$141.20
	84067	Mon-Thu	Jul 20-23	6:10-6:40p.m.	\$141.20
	84068	Mon-Thu	Jul 20-23	6:10-6:40p.m.	\$141.20
	84069	Mon-Thu	Jul 20-23	6:15-6:45p.m.	\$141.20
	84070	Mon-Thu	Jul 20-23	6:15-6:45p.m.	\$141.20
	84071	Mon-Thu	Jul 20-23	6:20-6:50p.m.	\$141.20
	84072	Mon-Thu	Jul 20-23	6:20-6:50p.m.	\$141.20
MOP	82947	Mon-Fri	Jul 6-10	9:15-9:45a.m.	\$176.50
	82958	Mon-Fri	Jul 6-10	10:20-10:50a.m.	\$176.50
	82964	Mon-Fri	Jul 6-10	11:30a.m.-12p.m.	\$176.50
	82948	Mon-Fri	Jul 13-17	9:15-9:45a.m.	\$176.50
	82959	Mon-Fri	Jul 13-17	10:20-10:50a.m.	\$176.50
	82965	Mon-Fri	Jul 13-17	11:30a.m.-12p.m.	\$176.50
	82992	Mon-Fri	Jul 20-24	10:30-11a.m.	\$176.50
	82973	Mon-Fri	Jul 20-24	11:30a.m.-12p.m.	\$176.50
	82993	Mon-Fri	Jul 27-31	10:30-11a.m.	\$176.50
	82974	Mon-Fri	Jul 27-31	11:30a.m.-12p.m.	\$176.50
	83000	Mon-Fri	Aug 4-7	9:15-9:45a.m.	\$141.20
	83015	Mon-Fri	Aug 4-7	10-10:30a.m.	\$141.20
	83007	Mon-Fri	Aug 4-7	10:35-11:05a.m.	\$141.20
	83001	Mon-Fri	Aug 10-14	9:15-9:45a.m.	\$176.50
	83016	Mon-Fri	Aug 10-14	10-10:30a.m.	\$176.50
	83008	Mon-Fri	Aug 10-14	10:35-11:05a.m.	\$176.50
	83029	Mon-Fri	Aug 17-21	10-10:30a.m.	\$176.50
	83036	Mon-Fri	Aug 17-21	10:45-11:15a.m.	\$176.50
	83046	Mon-Fri	Aug 17-21	11:20-11:50a.m.	\$176.50
	83030	Mon-Fri	Aug 24-28	10-10:30a.m.	\$176.50
83037	Mon-Fri	Aug 24-28	10:45-11:15a.m.	\$176.50	
83047	Mon-Fri	Aug 24-28	11:20-11:50a.m.	\$176.50	
NWLC	83561	Mon-Fri	Jun 22-26	4:05-4:35p.m.	\$176.50
	83559	Mon-Fri	Jun 22-26	5:15-5:45p.m.	\$176.50
	83562	Mon-Fri	Jun 29-Jul 3	4:05-4:35p.m.	\$141.20
	83560	Mon-Fri	Jun 29-Jul 3	5:15-5:45p.m.	\$141.20
	83687	Mon-Fri	Jul 6-10	10:10-10:40a.m.	\$176.50
	83672	Mon-Fri	Jul 6-10	11:30a.m.-12p.m.	\$176.50
	83674	Mon-Fri	Jul 6-10	4-4:30p.m.	\$176.50
	83676	Mon-Fri	Jul 6-10	5:55-6:25p.m.	\$176.50
	83688	Mon-Fri	Jul 13-17	10:10-10:40a.m.	\$176.50
	83673	Mon-Fri	Jul 13-17	11:30a.m.-12p.m.	\$176.50
	83675	Mon-Fri	Jul 13-17	4-4:30p.m.	\$176.50
	83677	Mon-Fri	Jul 13-17	5:55-6:25p.m.	\$176.50
	83718	Mon-Fri	Jul 20-24	9:05-9:35a.m.	\$176.50
	83720	Mon-Fri	Jul 20-24	11:30a.m.-12p.m.	\$176.50
	83722	Mon-Fri	Jul 20-24	5:45-6:15p.m.	\$176.50
	83719	Mon-Fri	Jul 27-31	9:05-9:35a.m.	\$176.50

NWLC	83721	Mon-Fri	Jul 27-31	11:30a.m.-12p.m.	\$176.50	
	83723	Mon-Fri	Jul 27-31	5:45-6:15p.m.	\$176.50	
	83761	Tue-Fri	Aug 4-7	9-9:30a.m.	\$141.20	
	83763	Tue-Fri	Aug 4-7	4:40-5:10p.m.	\$141.20	
	83765	Tue-Fri	Aug 4-7	5:10-5:40p.m.	\$141.20	
	83762	Mon-Fri	Aug 10-14	9-9:30a.m.	\$176.50	
	83764	Mon-Fri	Aug 10-14	4:40-5:10p.m.	\$176.50	
	83766	Mon-Fri	Aug 10-14	5:10-5:40p.m.	\$176.50	
	83813	Mon-Fri	Aug 17-21	9:05-9:35a.m.	\$176.50	
	83815	Mon-Fri	Aug 17-21	11:30a.m.-12p.m..	\$176.50	
	83819	Mon-Fri	Aug 17-21	4:05-4:35p.m.	\$176.50	
	83817	Mon-Fri	Aug 17-21	5:15-5:45p.m.	\$176.50	
	83814	Mon-Fri	Aug 24-28	9:05-9:35a.m.	\$176.50	
	83816	Mon-Fri	Aug 24-28	11:30a.m.-12p.m.	\$176.50	
	83820	Mon-Fri	Aug 24-28	4:05-4:35p.m.	\$176.50	
	83818	Mon-Fri	Aug 24-28	5:15-5:45p.m.	\$176.50	
	SSLC	83363	Mon-Fri	Jun 8-12	5:15-5:45p.m.	\$176.50
		83364	Mon-Fri	Jun 15-19	5:15-5:45p.m.	\$176.50
83455		Mon-Fri	Jul 6-10	9:45-10:15a.m.	\$176.50	
83449		Mon-Fri	Jul 6-10	10:10-10:40a.m.	\$176.50	
83453		Mon-Fri	Jul 6-10	10:20-10:50a.m.	\$176.50	
83451		Mon-Fri	Jul 6-10	10:55-11:25a.m.	\$176.50	
83447		Mon-Fri	Jul 6-10	11:30a.m.-12p.m.	\$176.50	
83457		Mon-Fri	Jul 6-10	6:05-6:35p.m.	\$176.50	
83456		Mon-Fri	Jul 13-17	9:45-10:15a.m.	\$176.50	
83450		Mon-Fri	Jul 13-17	10:10-10:40a.m.	\$176.50	
83454		Mon-Fri	Jul 13-17	10:20-10:50a.m.	\$176.50	
83452		Mon-Fri	Jul 13-17	10:55-11:25a.m.	\$176.50	
83448		Mon-Fri	Jul 13-17	11:30a.m.-12p.m.	\$176.50	
83458		Mon-Fri	Jul 13-17	6:05-6:35p.m.	\$176.50	
83408		Mon-Fri	Jul 20-24	9:10-9:40a.m.	\$176.50	
83406		Mon-Fri	Jul 20-24	9:40-10:10a.m.	\$176.50	
83402		Mon-Fri	Jul 20-24	10:10-10:40a.m.	\$176.50	
83400		Mon-Fri	Jul 20-24	11:05-11:35a.m.	\$176.50	
83404		Mon-Fri	Jul 20-24	11:15-11:45a.m.	\$176.50	
83392		Mon-Fri	Jul 20-24	5:15-5:45p.m.	\$176.50	
83409	Mon-Fri	Jul 27-31	9:10-9:40a.m.	\$176.50		
83407	Mon-Fri	Jul 27-31	9:40-10:10a.m.	\$176.50		
83403	Mon-Fri	Jul 27-31	10:10-10:40a.m.	\$176.50		
83401	Mon-Fri	Jul 27-31	11:05-11:35a.m.	\$176.50		
83405	Mon-Fri	Jul 27-31	11:15-11:45a.m.	\$176.50		
83393	Mon-Fri	Jul 27-31	5:15-5:45p.m.	\$176.50		
83583	Tue-Fri	Aug 4-7	9:45-10:15a.m.	\$141.20		
83577	Tue-Fri	Aug 4-7	10:20-10:50a.m.	\$141.20		
83633	Tue-Fri	Aug 4-7	10:50-11:20a.m.	\$141.20		
83588	Tue-Fri	Aug 4-7	11:05-11:35a.m.	\$141.20		
83572	Tue-Fri	Aug 4-7	11:30a.m.-12p.m.	\$141.20		
83586	Mon-Fri	Aug 10-14	9:45-10:15a.m.	\$176.50		

SSLC	83580	Mon-Fri	Aug 10-14	10:20-10:50a.m.	\$176.50
	83634	Mon-Fri	Aug 10-14	10:50-11:20a.m.	\$176.50
	83590	Mon-Fri	Aug 10-14	11:05-11:35a.m.	\$176.50
	83573	Mon-Fri	Aug 10-14	11:30a.m.-12p.m.	\$176.50
WOP	83080	Mon-Thu	Jul 20-23	10-10:30a.m.	\$141.20
	83081	Mon-Thu	Jul 27-30	10-10:30a.m.	\$141.20
	83156	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
	83158	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
	83162	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
	83166	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
	83160	Mon-Thu	Aug 17-20	11:15-11:45a.m.	\$141.20
	83164	Mon-Thu	Aug 17-20	11:15-11:45a.m.	\$141.20
	83168	Mon-Thu	Aug 17-20	11:25-11:55a.m.	\$141.20
	84083	Mon-Thu	Aug 17-20	11:25-11:55a.m.	\$141.20
	83157	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
	83159	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
	83163	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
	83167	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
	83161	Mon-Thu	Aug 24-27	11:15-11:45a.m.	\$141.20
	83165	Mon-Thu	Aug 24-27	11:15-11:45a.m.	\$141.20
	83074	Mon-Thu	Aug 24-27	11:25-11:55a.m.	\$141.20
	83169	Mon-Thu	Aug 24-27	11:25-11:55a.m.	\$141.20

Adult 2

14 years and up

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. In Adult 2 swimmers will learn standing dives, forward rolls, front somersaults in water, swim underwater as well as flutter kick and reverse directions, whip kick on front and back, breaststroke arms, and front/back crawl 50m each.

LAC	84019	Mon-Thu	Jun 22-Jul 2	5:35-6:25p.m.	\$71.75
	84020	Mon-Thu	Jul 6-16	6:10-7p.m.	\$82.00
SSLC	83524	Mon-Fri	Jun 22-Jul 3	5:40-6:30p.m.	\$92.25
	83430	Mon-Fri	Jul 20-31	10:15-11:05a.m.	\$102.50
	83637	Mon-Fri	Aug 4-14	5:40-6:30p.m.	\$92.25
WOP	83057	Mon-Thu	Jul 6-16	10-10:50a.m.	\$82.00
	83084	Mon-Thu	Jul 20-30	11:10a.m.-12p.m.	\$82.00

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. Price includes a manual fee (\$45.00) and certification fee (\$25.00).

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

LAC	84097	Mon-Fri	Jul 20-24	9a.m.-1p.m.	\$190.00
SSLC	84084	Fri Sat-Sun	Jun 19 Jun 20-21	5-9p.m. 8a.m.-5 p.m.	\$190.00
	84085	Sat-Sun	Aug 8-16	8a.m.-1p.m.	\$190.00

Lifesaving Society Bronze Cross

14 years and up

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

Prerequisites: Lifesaving Society Bronze Medallion (need not be current)

LAC	84098	Mon-Fri	Aug 24-28	11:30a.m.-4p.m.	\$165.00
SSLC	84088	Sat-Sun	Jul 18-26	8a.m.-1:30p.m.	\$165.00

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	84014	Mon-Fri	Jul 6-17	9:35-10:25a.m.	\$102.50
	84015	Mon-Fri	Jul 6-17	10:55-11:45a.m.	\$102.50
	84016	Mon-Thu	Jul 6-16	5-5:50p.m.	\$82.00
	84017	Mon-Fri	Aug 17-28	10:20-11:10a.m.	\$102.50
LAC	84018	Mon-Thu	Aug 17-27	6:05-6:55p.m.	\$82.00
MOP	82960	Mon-Fri	Jul 6-17	10:55-11:45a.m.	\$102.50
	83018	Mon-Fri	Aug 4-14	11:10a.m.-12p.m.	\$92.25
SSLC	83361	Mon-Fri	Jun 8-19	5:15-6:05p.m.	\$102.50
	83490	Mon-Fri	Jul 6-17	9:40-10:30a.m.	\$102.50
	83390	Mon-Fri	Jul 20-31	5:15-6:05p.m.	\$102.50
	83627	Mon-Fri	Aug 4-14	10:10-11a.m.	\$92.25

**Looking for drop-in
fitness classes?**

See the schedules and
more at Regina.ca/dropin

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. 100% attendance required.

Prerequisite: Minimum 15 years old (on the first day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Standard First aid from one of the four organizations: Canadian Red Cross, Lifesaving Society, Canadian Swim Patrol or St. John Ambulance only (need not be current). Includes manual fee (\$48.00) and certification fee (\$40.00).

SSLC	84086	Fri Sat-Sun	Jul 24,31 Jul 25-Aug 2	5-9p.m. 8a.m.-5 p.m.	\$300.00
WOP	84095	Mon-Fri	Jul 6-10	10a.m.-7p.m.	\$300.00

Lifesaving Swim for Life Instructor

15 years and up

This leadership course provides candidates with the theory, knowledge, skill and practice to teach and certify in the following Lifesaving programs - Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer, and Fitness Swimmer. Includes a manual fee (\$81.00) and certification fee (\$43.00).

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

LAC	84096	Mon-Fri	Jul 20-24	8:30a.m.-2p.m.	\$252.00
SSLC	84089	Sat-Tue	Jun 27-30	8a.m.-4p.m.	\$252.00

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

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

NWLC	83830	Sat-Sun	Jul 11-12	9a.m.-6p.m.	\$161.00
	83832	Sat-Sun	Jul 25-26	9a.m.-6p.m.	\$161.00
	83833	Sat-Sun	Aug 29-30	9a.m.-6p.m.	\$161.00

Aquatic Recertification Courses

Lifesaving Society National Lifeguard Recertification 16 years and up

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

LAC	84093	Sun	Jun 21	11a.m.-4p.m.	\$80.00
	84094	Sat	Aug 22	11a.m.-4p.m.	\$80.00
SSLC	84087	Sun	Jul 26	8a.m.-1p.m.	\$80.00

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

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

NWLC	83839	Sat	Jun 27	8a.m.-5p.m.	\$100.00
	83831	Sat	Jul 4	8a.m.-5p.m.	\$100.00
	83834	Sun	Aug 9	8a.m.-5p.m.	\$100.00
	83840	Sat	Aug 22	8a.m.-5p.m.	\$100.00

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



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.



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.

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 Summer classes!

We offer classes in:

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



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

 **REGINA**

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



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



Registered Adapted Programs



Legend

- CGAC** – Canada Games Athletic Complex
- CRNC** – Core Ritchie Neighborhood Centre
- GRNC** – Glencairn Neighborhood Centre
- mc** – māmawēyatitān centre
- MLOP** – Maple Leaf Outdoor Pool
- MOC** – Mitakuyé Owās’a Centre
- NWLC** – North West Leisure Centre
- SSLC** – Sandra Schmirler Leisure Centre
- SLC** – South Leisure Centre
- ROP** – Regent Outdoor Pool
- WOP** – Wascana Outdoor Pool

Adapted Programs

City of Regina programs are open to everyone and those with disabilities are encouraged to participate in any programs listed throughout this guide. Adapted programs marked **AP** are programs that are changed or designed specifically to be more accessible to people with disabilities. 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).

Aquatic

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

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

MLOP	84102	Sat	Jun 20	10a.m.-12p.m.
	82851	Sat	Jun 27	10a.m.-12p.m.
	82852	Sat	Jul 4	10a.m.-12p.m.
	82853	Sat	Jul 11	10a.m.-12p.m.
	82854	Sat	Jul 18	10a.m.-12p.m.
	82855	Sat	Jul 25	10a.m.-12p.m.
	82856	Sat	Aug 1	10a.m.-12p.m.
	82857	Sat	Aug 8	10a.m.-12p.m.
	82858	Sat	Aug 15	10a.m.-12p.m.
	82859	Sat	Aug 22	10a.m.-12p.m.
ROP	82860	Sat	Aug 29	10a.m.-12p.m.
	82861	Fri	Jun 26	10a.m.-12p.m.
	82862	Fri	Jul 3	10a.m.-12p.m.
	82863	Fri	Jul 10	10a.m.-12p.m.
	82864	Fri	Jul 17	10a.m.-12p.m.
	82865	Fri	Jul 24	10a.m.-12p.m.
	82866	Fri	Jul 31	10a.m.-12p.m.
	82867	Fri	Aug 7	10a.m.-12p.m.
	82868	Fri	Aug 14	10a.m.-12p.m.
	82869	Fri	Aug 21	10a.m.-12p.m.
WOP	82870	Fri	Aug 28	10a.m.-12p.m.
	82871	Sun	Jun 28	10a.m.-12p.m.
	82872	Sun	Jul 5	10a.m.-12p.m.
	82873	Sun	Jul 1	10a.m.-12p.m.
	82874	Sun	Jul 19	10a.m.-12p.m.
	82875	Sun	Jul 26	10a.m.-12p.m.
	82876	Sun	Aug 2	10a.m.-12p.m.
	82877	Sun	Aug 9	10a.m.-12p.m.
	82878	Sun	Aug 16	10a.m.-12p.m.
	82879	Sun	Aug 23	10a.m.-12p.m.
NWLC	82880	Sun	Aug 30	10a.m.-12p.m.
	82927	Sun	Jun 7	6:30-8:25p.m.
	82928	Sun	Jul 5	6-7:55p.m.
	82929	Sun	Jul 19	6-7:55p.m.

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

NWLC	82930	Sun	Aug 2	6-7:55p.m.
	82931	Sun	Aug 16	6-7:55p.m.
	82932	Sun	Aug 30	6-7:55p.m.
SSLC	82918	Sat	Jun 13	6-7:55p.m.
	82919	Sat	Jun 27	6-7:55p.m.
	82920	Sat	Jul 11	6-7:55p.m.
	82921	Sat	Jul 25	6-7:55p.m.
	82922	Sat	Aug 8	6-7:55p.m.

Parent & Tot **AP** 4 months to 3 years Adapted Swim Lessons

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

ROP	83175	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20
	83187	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20
WOP	83198	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
	83213	Sat	Aug 8-29	10:40-11:10a.m.	\$72.20

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

This one-on-one adapted swim lesson is designed for individuals with disabilities, and is available to all ages. Swim instructors will work with participants to adapt swim skills to individual needs and goals. Please note: City of Regina staff are not able to assist with transfers and lifts.

NWLC	83545	Mon-Fri	Jun 22-26	4:40-5:10p.m.	\$90.25
	83547	Mon-Fri	Jun 22-26	5:55-6:25p.m.	\$90.25
	83546	Mon-Fri	Jun 29-Jul 3	4:40-5:10p.m.	\$72.20
	83548	Mon-Fri	Jun 29-Jul 3	5:55-6:25p.m.	\$72.20
	83683	Mon-Fri	Jul 6-10	10:45-11:15a.m.	\$90.25
	83685	Mon-Fri	Jul 6-10	11:20-11:50a.m.	\$90.25
	83684	Mon-Fri	Jul 13-17	10:45-11:15a.m.	\$90.25
	83686	Mon-Fri	Jul 13-17	11:20-11:50a.m.	\$90.25
	83724	Mon-Fri	Jul 20-24	4-4:30p.m.	\$90.25
	83726	Mon-Fri	Jul 20-24	4:35-5:05p.m.	\$90.25
	83725	Mon-Fri	Jul 27-31	4-4:30p.m.	\$90.25
	83727	Mon-Fri	Jul 27-31	4:35-5:05p.m.	\$90.25
	83772	Tue-Fri	Aug 4-7	9:35-10:05a.m.	\$72.20
	83773	Tue-Fri	Aug 4-7	11:20-11:50a.m.	\$72.20
	83774	Mon-Fri	Aug 10-14	9:35-10:05a.m.	\$90.25
	83775	Mon-Fri	Aug 10-14	11:20-11:50a.m.	\$90.25
	83780	Mon-Fri	Aug 17-21	4:40-5:10p.m.	\$90.25
	83782	Mon-Fri	Aug 17-21	5:55-6:25p.m.	\$90.25
	83781	Mon-Fri	Aug 24-28	4:40-5:10p.m.	\$90.25
	83783	Mon-Fri	Aug 24-28	5:55-6:25p.m.	\$90.25

ROP	83174	Sun	Jul 5-26	10-10:30a.m.	\$72.20	
	83177	Sun	Jul 5-26	10-10:30a.m.	\$72.20	
	83180	Sun	Jul 5-26	10-10:30a.m.	\$72.20	
	83183	Sun	Jul 5-26	10-10:30a.m.	\$72.20	
	83178	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20	
	83181	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20	
	83184	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20	
	83176	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20	
	83179	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20	
	83182	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20	
	83185	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20	
	83186	Sun	Aug 9-30	10-10:30a.m.	\$72.20	
	83189	Sun	Aug 9-30	10-10:30a.m.	\$72.20	
	83192	Sun	Aug 9-30	10-10:30a.m.	\$72.20	
	83194	Sun	Aug 9-30	10-10:30a.m.	\$72.20	
	83190	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20	
	83195	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20	
	84100	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20	
	83188	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20	
	83191	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20	
	83193	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20	
	83196	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20	
	WOP	83197	Sat	Jul 4-25	10-10:30a.m.	\$72.20
		83200	Sat	Jul 4-25	10-10:30a.m.	\$72.20
		83203	Sat	Jul 4-25	10-10:30a.m.	\$72.20
		83206	Sat	Jul 4-25	10-10:30a.m.	\$72.20
		83201	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
		83204	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
		83207	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
		83199	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
		83202	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
		83205	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
		83208	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
83209		Sat	Aug 8-29	10-10:30a.m.	\$72.20	
83210		Sat	Aug 8-29	10-10:30a.m.	\$72.20	
83211		Sat	Aug 8-29	10-10:30a.m.	\$72.20	
83212		Sat	Aug 8-29	10-10:30a.m.	\$72.20	
83214		Sat	Aug 8-29	10:40-11:10a.m.	\$72.20	
83215		Sat	Aug 8-29	10:40-11:10a.m.	\$72.20	
83216	Sat	Aug 8-29	10:40-11:10a.m.	\$72.20		
83217	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20		
83218	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20		
83219	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20		
83220	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20		

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 Family Swim Lessons **AP**

For individuals who have a disability and their family members. Instructors will work with participants who want to learn swimming skills and water safety together. Instructors will work with each family (up to 4 members per class) to support them in meeting their goals. Please note: City of Regina staff are not able to assist with transfers and lifts.

NWLC	83541	Mon-Fri	Jun 22-26	4-4:30p.m.	\$90.25
	83543	Mon-Fri	Jun 22-26	5:20-5:50p.m.	\$90.25
	83542	Mon-Fri	Jun 29-Jul 3	4-4:30p.m.	\$72.20
	83544	Mon-Fri	Jun 29-Jul 3	5:20-5:50p.m.	\$72.20
	83679	Mon-Fri	Jul 6-10	9-9:30a.m.	\$90.25
	83681	Mon-Fri	Jul 6-10	9:35-10:05a.m.	\$90.25
	83680	Mon-Fri	Jul 13-17	9-9:30a.m.	\$90.25
	83682	Mon-Fri	Jul 13-17	9:35-10:05a.m.	\$90.25
	83728	Mon-Fri	Jul 20-24	5:10-5:40p.m.	\$90.25
	83730	Mon-Fri	Jul 20-24	5:50-6:20p.m.	\$90.25
	83729	Mon-Fri	Jul 27-31	5:10-5:40p.m.	\$90.25
	83731	Mon-Fri	Jul 27-31	5:50-6:20p.m.	\$90.25
	83768	Tue-Fri	Aug 4-7	10:10-10:40a.m.	\$72.20
	83769	Tue-Fri	Aug 4-7	10:45-11:15a.m.	\$72.20
	83770	Mon-Fri	Aug 10-14	10:10-10:40a.m.	\$90.25
	83771	Mon-Fri	Aug 10-14	10:45-11:15a.m.	\$90.25
	83776	Mon-Fri	Aug 17-21	4-4:30p.m.	\$90.25
	83778	Mon-Fri	Aug 17-21	5:20-5:50p.m.	\$90.25
	83777	Mon-Fri	Aug 24-28	4-4:30p.m.	\$90.25
	83779	Mon-Fri	Aug 24-28	5:20-5:50p.m.	\$90.25

Arts & Crafts

Adapted ABI Art **AP** **FREE** 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. Participants are welcome to bring in creative projects of their own or may use the supplies provided.

SLC	82832	Thu	Jun 11-Aug 27	1-2:30p.m.	Free
-----	-------	-----	---------------	------------	------

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



Sensory Science **AP** **FREE** 6-14 years

Exploration

Get ready to explore, experiment, and have fun with science! This sensory-friendly program is designed for youth with sensory needs, and activities can be adapted to each participant's comfort level. Participants will dive into hands-on, tactile science experiences using natural materials that encourage curiosity, sensory exploration, and creative discovery. It's the perfect space for youth to squish, pour, mix, investigate, and enjoy science in a supportive group setting.

CRNC	82841	Mon	Jul 6-Aug 10	6-7:30p.m.	Free
------	-------	-----	--------------	------------	------

Health & Fitness

Adult Strength & Balance **AP** 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	82939	Tue	Jun 2-30	12:15-1:15p.m.	\$36.50
	82940	Tue	Jul 7-Aug 11	12:15-1:15p.m.	\$43.80

Adapted Pre-Teen Fitness **AP** 10-14 years

This introductory-level class aims to empower pre-teens who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class includes a cardio warm-up activity, a strength training component, a specialized fitness activity, and finishes each class with a cool-down stretching component. Each class will utilize a variety of equipment and bonus activities from week to week.

FLDH	83267	Mon-Fri	Aug 10-13	2-3p.m.	\$43.75
------	-------	---------	-----------	---------	---------

Adapted Teen Gym **AP** 13-18 years

Orientation

This introductory-level class aims to empower teens who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class will show teens gym etiquette, how to safely exercise and use fitness equipment.

FLDH	83268	Mon-Thu	Aug 10-13	3-4p.m.	\$29.20
NWLC	83269	Tue-Fri	Aug 4-7	3-4p.m.	\$29.20
SSLC	83270	Mon-Thu	Jul 28-31	3-4p.m.	\$29.20

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

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

Walk & Roll is a relaxed, supportive exercise program that is ideal for older adults, those in recovery or managing chronic conditions, and adults with disabilities. Participants will utilize the walking track and exercise equipment, and are encouraged to lead their own exercise routines. City of Regina staff are on site to provide a welcoming, safe environment and to offer assistance when needed. The focus is on staying active, building confidence, and socialization. Participants are welcome to meet for regular coffee and social time after exercising.

FLDH	82944	Tue,Thu	Jun 2-Aug 27	11:30a.m.-2p.m.	\$99.60
	82945	Wed	Jun 3-Aug 26	11:30a.m.-2p.m.	\$45.65

Virtual Chair Yoga **AP** 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.

SSLC	82941	Mon	Jun 29-Jul 27	4:15-5:15p.m.	\$33.60
------	-------	-----	---------------	---------------	---------

Social

ABI **AP** **FREE** 18 years and up Communication 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.

SLC	82831	Wed	Jun 10-Aug 26	1-2:30p.m.	Free
-----	-------	-----	---------------	------------	------

Adapted ABI **AP** **FREE** 18 years and up Cribbage

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. To register for this program please email socialinclusionprograms@regina.ca or call 306-510-2025.

SLC	82833	Fri	Jun 12-Aug 28	1-2:30p.m.	Free
-----	-------	-----	---------------	------------	------

Evening Adult **AP** **FREE** 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 try a variety of activities that foster socialization, such as instructor-led activities to playing board games and bingo. The activities will be built based on group interest. Outings will be planned on occasion. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals. Participants will need to arrange their own transportation.

MOC	82907	Fri	Jul 3-Aug 28	6-8p.m.	Free
-----	-------	-----	--------------	---------	------

Short Breaks **AP** **FREE** 18 years and up

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

mc	Mon-Thu	Jul 6-Aug 27	2-5p.m.
MOC	Tue	Jul 7-Aug 25	2-5p.m.
CRNC	Wed	Jul 8-Aug 26	2-5p.m.
FLDH	Fri	Jul 10-Aug 28	2-5p.m.

Sports

Adapted Badminton **AP**

Designed for children with disabilities or who have challenges related to this beginner program is designed for people with disabilities who want to participate in a group setting. Participants will explore the fundamentals of badminton, including footwork, serving and returning, net and back shots, scoring, and other introductory skills. The focus is on enjoying the game while building confidence, social connections, and positive skills such as teamwork, cooperation, and sportsmanship. Activities can be adapted to individual needs and abilities.

8-12 years

SLC	82883	Sun	Jun 14-Jul 26	10-11a.m.	\$61.25
-----	-------	-----	---------------	-----------	---------

13-18 years

SLC	82884	Sun	Jun 14-Jul 26	11:15a.m.-12:15p.m.	\$61.25
-----	-------	-----	---------------	---------------------	---------

16-30 years

CRNC	82887	Sat	Jun 20-Jul 18	1:15-2:15p.m.	\$43.75
	82888	Sat	Jul 25-Aug 22	1:15-2:15p.m.	\$43.75

Adapted Basketball **AP** 8-12 years

This beginner program is designed for youth with disabilities who want to participate in a group setting. Participants will explore the fundamentals of basketball, including passing, shooting, dribbling, defense, and basic game play. The focus is on having fun, building confidence, and developing positive skills such as teamwork, cooperation, and sportsmanship—all while enjoying the game. Activities can be adapted to individual needs and abilities.

NWLC	82911	Fri	Jun 26-Jul 24	5:15-6p.m.	\$43.75
	82913	Fri	Jul 31-Aug 28	5:15-6p.m.	\$43.75

Adapted Dodgeball **AP** 5-12 years

This beginner program is designed for youth with disabilities who want to stay active in a fun, supportive group setting. Activities are adapted to individual needs as kids learn simple rules, safe throwing, dodging techniques, and teamwork strategies. Through energetic drills and friendly games, participants build coordination and confidence while having a blast!

CRNC	82905	Sat	Jun 20-Jul 18	12:15-1:15p.m.	\$43.75
	82906	Sat	Jul 25-Aug 22	12:15-1:15p.m.	\$43.75

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

In Partnership with Creative Options Regina, we welcome adults with disabilities to the South Leisure Centre to join in on all the fun Pickleball and other sports have to offer! Registration is required. Dates include June 13 & 27, July 11 & 25, Aug 22. To register for this program, please email socialinclusionprograms@regina.ca.

SLC	82839	Sat	Jun 13-Aug 22	4-6p.m.	Free
-----	-------	-----	---------------	---------	------

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

Adapted Soccer **AP** 5-8 years

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

FLDH	83865	Tue	Jun 2-Jul 14	5-6p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Adapted Parent & Tot **AP** 3-6 years Sport Jam

This beginner program is designed for toddlers with disabilities and their caregivers to play together while exploring skills in soccer,

basketball, and floor hockey. In a non-competitive, play focused environment, families enjoy simple skill building activities that support motor development, confidence, and connection. Parent participation is required.

NWLC	82976	Sun	Jul 5-26	12:15-1p.m.	\$35.00
	82977	Sun	Aug 2-30	12:15-1p.m.	\$43.75

Adapted Sports Jam **AP**

Designed for children and teens with disabilities, participants will enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. In a non-competitive environment, this program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class.

6-10 years

FLDH	83297	Mon-Fri	Jul 13-17	2-3p.m.	\$43.75
------	-------	---------	-----------	---------	---------

10-14 years

FLDH	83300	Tue-Fri	Aug 4-7	1:30-2:30p.m.	\$35.00
------	-------	---------	---------	---------------	---------

9-12 years

CGAC	83293	Mon-Thu	Jul 20-23	10-11a.m.	\$35.00
------	-------	---------	-----------	-----------	---------

8-13 years

NWLC	82978	Sun	July 5-26	1:15-2p.m.	\$35.00
	82979	Sun	Aug 2-30	10:45-11:30a.m.	\$43.75

14-19 years

NWLC	82980	Sun	Jul 5-26	2:15-3:15p.m.	\$35.00
	82981	Sun	Aug 2-30	2:15-3:15p.m.	\$43.75

We're hiring

The City of Regina is looking for contracted instructors to lead inclusive recreation, sport and fitness programs at City facilities and help create positive, accessible experiences for residents of all ages and abilities.

You're a great fit if you have:

- ✓ Training and experience working with all age groups and all abilities
- ✓ The ability to lead and adapt programs for inclusive groups
- ✓ Strong communication and leadership skills

Areas we're recruiting for:

Adapted Recreation

- ✓ Knowledge of inclusive and adaptive programming
- ✓ Certification in adaptive sport, therapeutic recreation or specialized fitness (neurological or chronic condition management experience is an asset)

Sport Programs

- ✓ Experience teaching basketball, soccer, pickleball, volleyball or other sports

Fitness Programs

- ✓ Certification in land fitness, aquafit, cycle, yoga, personal training or other fitness areas



Applicants with skills across more than one area are encouraged to apply.

Send your resume and inquiries to: FieldHouseAdmin@regina.ca



*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

Fine Arts

Ahoy Preschool Pirates!

3-5 years

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

NBAC	83101	Mon-Fri	Jul 27-31	9-10:30a.m.	\$100.00
	83102	Mon-Fri	Jul 27-31	1-2:30p.m.	\$100.00

Calling All Royalty!

3-5 years

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

NBAC	83263	Mon-Fri	Jul 6-10	9-10:30a.m.	\$103.00
	83264	Mon-Fri	Jul 6-10	1-2:30p.m.	\$103.00

Craft Circus

3-5 years

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

NBAC	83112	Mon-Fri	Aug 10-14	9-10:30a.m.	\$100.00
	83113	Mon-Fri	Aug 17-21	9-10:30a.m.	\$100.00

Creative Beginnings

4-6 years

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

NBAC	83117	Mon-Fri	Aug 17-21	1-2:30p.m.	\$110.00
------	-------	---------	-----------	------------	----------

Sports

Parent & Tot Soccer

3-5 years

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

FLDH	83847	Mon	Jun 1-Jul 13	5:30-6:30p.m.	\$52.50
------	-------	-----	--------------	---------------	---------

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

Registered Child And Youth Programs



Legend

- CRNC – Core Ritchie Neighbourhood Centre
- FLDH – Fieldhouse
- MOC – Mitakuyé Owás’ā
- NBAC – Neil Balkwill Civic Arts Centre
- NWLC – North West Leisure Centre

Fine Arts

Abstract Art for Teens 12-16 years

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

NBAC	83100	Mon-Fri	Jul 20-24	1-3p.m.	\$90.00
------	-------	---------	-----------	---------	---------

Art and Story 1 8-13 years

This is more than an art class. It is a low-pressure, supportive space where every child's unique story is honored, fostering confidence and emotional well-being through the joy of the creative process. Through a blend of narrative play and mixed-media art including clay, watercolour, and collage - students will learn to externalize their feelings, build resilience, and develop creative problem-solving skills.

NBAC	83279	Mon-Fri	Jul 20-24	1-3p.m.	\$100.00
------	-------	---------	-----------	---------	----------

Art and Story 2 12-16 years

Whether you are an experienced artist or just a beginner, this is a space to decompress, experiment, and find your visual voice without the judgment of grades or perfection. We will use mixed media, street art styles, and zine-making to explore everything from the masks we wear to the internal landscapes no one else sees. Come for the art, stay for the headspace, and have fun!

NBAC	83280	Mon-Fri	Aug 24-28	1-3p.m.	\$100.00
------	-------	---------	-----------	---------	----------

Art Camp Explorers 8-12 years

Come and explore your creativity with drawing, painting, cartooning, paper maché, printmaking and many more exciting techniques.

NBAC	83266	Mon-Fri	Jul 6-10	1-4p.m.	\$125.00
	83265	Mon-Fri	Jul 20-24	9a.m.-12p.m.	\$125.00

Art Exploration 8-12 years

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

NBAC	83105	Mon-Fri	Jul 13-17	1-3p.m.	\$100.00
	83106	Mon-Fri	Aug 10-14	1-3p.m.	\$100.00
	83273	Mon-Fri	Aug 24-28	1-3p.m.	\$100.00

Art Sampler

6-9 years

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

NBAC	83108	Mon-Fri	Jul 13-17	10a.m.-12p.m.	\$100.00
	83109	Mon-Fri	Aug 10-14	10a.m.-12p.m.	\$100.00
	83272	Mon-Fri	Aug 24-28	10a.m.-12p.m.	\$100.00

Crash Course in Comics and Manga

13-18 years

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

NBAC	83115	Mon-Fri	Aug 10-14	1-2:30p.m.	\$75.00
------	-------	---------	-----------	------------	---------

Creative Writing: Character and World Building

14-18 years

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

NBAC	83119	Mon-Fri	Aug 10-14	3-4:30p.m.	\$75.00
------	-------	---------	-----------	------------	---------

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	83121	Mon-Fri	Aug 24-28	10:30a.m.-12p.m.	\$78.00
------	-------	---------	-----------	------------------	---------

Dungeons, Dragons and Crafts

10-13 years

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

NBAC	83122	Mon-Fri	Jul 20-24	1-2:30p.m.	\$83.00
------	-------	---------	-----------	------------	---------

Fantasy Crafts

9-13 years

Make a different fantasy-themed craft each day, from flying dragons and magical hand puppets to your own enchanted tunnel books.

NBAC	83278	Mon-Fri	Jul 27-31	1-3p.m.	\$98.00
------	-------	---------	-----------	---------	---------

Game Design Using Scratch Coding

8-12 years

Young Makers Studio - Game Design uses Scratch coding to learn basic block coding and logical thinking. This program is designed for students 8+. Students develop coding and problem-solving skills and learn to create various fun video games. All materials and equipment will be supplied.

NBAC	83334	Mon-Fri	Jul 13-17	1-2:30p.m.	\$75.00
------	-------	---------	-----------	------------	---------

Jewellery for Young Teens

10-14 years

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

NBAC	83127	Mon-Fri	Jul 27-31	10a.m.-12p.m.	\$110.00
	83128	Mon-Fri	Aug 10-14	10a.m.-12p.m.	\$110.00

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	83335	Mon-Fri	Aug 17-21	9a.m.-12p.m.	\$130.00
------	-------	---------	-----------	--------------	----------

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	83332	Mon-Fri	Jul 13-17	9a.m.-12p.m.	\$115.00
	83333	Mon-Fri	Aug 17-21	1-4p.m.	\$115.00

Mandala Art

9-12 years

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

NBAC	83134	Mon-Fri	Aug 10-14	1-3p.m.	\$100.00
	83135	Mon-Fri	Aug 17-21	1-3p.m.	\$100.00

Inclusive Mixed Media Art Workshops

5-14 years

This program is designed for youth with disabilities, but all abilities are welcome. An art workshop series crafted for people with disabilities who want to develop their artistic abilities in a welcoming, inclusive space. Classes are adapted to accommodate a range of sensory needs and skill levels with the instructor. Accessible materials and individualized assistance helps participants engage fully with creative projects such as ceramics, painting, collage, and more.

CRNC	83330	Sat	Jul 4-25	11a.m.-12p.m.	Free
------	-------	-----	----------	---------------	------

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	83137	Tue-Fri	Aug 4-7	1-3p.m.	\$87.00
------	-------	---------	---------	---------	---------

Free Children's Summer Program

The Free Children's Summer Program is a registered day camp for children aged five to 12, offering fun daily activities in a safe and inclusive environment.

Program dates and times:

Monday to Friday

July 6 to August 13, 2026

9:30 a.m. to 4:30 p.m.

Children of all abilities are welcome.

Registration is required

Call the City of Regina Playline at 306-777-7529 or register online through Regina Recreation Online.

Inclusion Support

One-to-one leisure companion support may be available. Contact the Inclusion Support Office for more information at InclusionSupport@Regina.ca or 639-590-8895.



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

Woodworks

12-16 years

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

NBAC	83146	Mon-Fri	Jul 6-10	1:30-4p.m.	\$145.00
------	-------	---------	----------	------------	----------

Woodworks – Next Level

12-16 years

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

NBAC	83147	Mon-Fri	Jul 13-17	1:30-4p.m.	\$155.00
------	-------	---------	-----------	------------	----------

World of Crayons, Markers and Pastels

6-10 years

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

NBAC	83148	Tue-Fri	Aug 4-7	10:30a.m.-12p.m.	\$59.00
------	-------	---------	---------	------------------	---------

Recreation

Free Children's Summer Program



5-12 years

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

All Free Children's Summer Program registrations must be completed under the 2026 Free Children's Summer Program Activity Package (#82901)

Argyle North Community Association 35 Davin Crescent					
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free		

Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free		
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free		

Glencair Neighborhood Recreation Centre 2626 Dewdney Avenue E.					
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free		
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free		
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free		

Doug Wickenheiser Arena 1127 Arnason St.					
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free		
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free		
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free		

École Harbour Landing School 4419 James Hill Rd.					
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free		
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free		
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free		

māmawēyatitān centre 3355 6th Ave.					
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free		
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free		
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free		

Mitakuyé Owás'à Centre 1770 Halifax St.					
Mon-Fri	Jul 6-10	12:30-4:30p.m.	Free		
Mon-Fri	Jul 13-17	12:30-4:30p.m.	Free		
Mon-Fri	Jul 20-24	12:30-4:30p.m.	Free		
Mon-Fri	Jul 27-31	12:30-4:30p.m.	Free		
Tue-Fri	Aug 4-7	12:30-4:30p.m.	Free		
Mon-Thu	Aug 10-13	12:30-4:30p.m.	Free		

Rosemont Community School 841 Horace St					
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free		
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free		

Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free

South Leisure Centre 170 Sunset Dr.			
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free

Uplands Community Centre 20 Weekes Cres.			
Mon-Thu	Jul 6-9	9:30a.m.-4:30p.m.	Free
Mon-Thu	Jul 13-16	9:30a.m.-4:30p.m.	Free
Mon-Thu	Jul 20-23	9:30a.m.-4:30p.m.	Free
Mon-Thu	Jul 27-30	9:30a.m.-4:30p.m.	Free
Tue-Thu	Aug 4-6	9:30a.m.-4:30p.m.	Free
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free

École Wascana Plains School 5125 E. Green Brooks Way			
Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.	Free
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.	Free

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	83841	Sun	May 31-Jul 12	1-2p.m.	\$52.50
	83912	Sat	Jun 6-Jul 18	1-2p.m.	\$52.50
	83913	Sat	Jun 6-Jul 18	2-3p.m.	\$52.50
NWLC	84090	Sat	Jun 6-Jul 25	5-6p.m.	\$52.50
	84091	Sat	Jun 6-Jul 25	6-7p.m.	\$60.00

8-12 years

FLDH	83842	Sun	May 31-Jul 12	2-3p.m.	\$52.50
	83843	Mon	Jun 1-Jul 13	5-6p.m.	\$52.50
	83844	Mon	Jun 1-Jul 13	6-7p.m.	\$52.50
	83863	Tue	Jun 2-Jul 14	5-6p.m.	\$52.50
	83882	Wed	Jun 3-Jul 15	5-6p.m.	\$43.75
	83886	Wed	Jun 3-Jul 15	6-7p.m.	\$43.75

FLDH	83893	Thu	Jun 4-Jul 16	5-6p.m.	\$52.50
	83902	Fri	Jun 5-Jul 17	5-6p.m.	\$52.50
MOC	83639	Sat	Jul 4-Aug 22	10-11a.m.	\$70.00
	83640	Sat	Jul 4-Aug 22	11a.m.-12p.m.	\$70.00

Badminton – Teens

13-15 years

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

FLDH	83864	Tue	Jun 2-Jul 14	6-7p.m.	\$52.50
	83894	Thu	Jun 4-Jul 16	6-7p.m.	\$52.50

Baseball – Kids

8-12 years

Through this program children will learn basic basketball skills and rules. Drill, teamwork, and scrimmages are also included in its sessions. Batting is not part of this program.

FLDH	83869	Tue	Jun 2-Jul 14	6-7p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Basketball – Kids

5-7 years

Through this program children will learn basic basketball skills and rules in a fun, non-competitive environment. Drills, teamwork, and scrimmages are also included.

FLDH	83873	Tue	Jun 2-Jul 14	4:30-5:30p.m.	\$52.50
	83875	Tue	Jun 2-Jul 14	5:30-6:30p.m.	\$52.50

Basketball Fundamental Development

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

8-10 years

CRNC	82881	Sat	Jul 4-Aug 22	10-11a.m.	\$56.70
FLDH	83895	Thu	Jun 4-Jul 16	6:30-7:30p.m.	\$52.50
	83898	Thu	Jun 4-Jul 16	6:30-7:30p.m.	\$52.50

11-13 years

CRNC	82882	Sat	Jul 4-Aug 22	11a.m.-12p.m.	\$56.70
FLDH	83899	Thu	Jun 4-Jul 16	7:30-8:30p.m.	\$52.50

Basketball – Advanced

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

8-11 years

FLDH	83845	Mon	Jun 1-Jul 13	5-6p.m.	\$52.50
	83887	Wed	Jun 3-Jul 15	5-6p.m.	\$43.72

12-14 years

FLDH	83846	Mon	Jun 1-Jul 13	6-7p.m.	\$52.50
	83892	Wed	Jun 3-Jul 15	6-7p.m.	\$43.72

Dodgeball – Kids

This fun and energetic course introduces kids to the exciting game of Dodgeball! Participants will learn the basic rules, strategies, and teamwork skills needed to play. Through safe and engaging drills, kids will develop their throwing, dodging, and communication skills while enjoying friendly competition. Perfect for beginners looking to have fun and stay active!

5-7 years

FLDH	83908	Fri	Jun 5-Jul 17	5-6p.m.	\$52.50
------	-------	-----	--------------	---------	---------

8-12 years

FLDH	83904	Fri	Jun 5-Jul 17	6-7p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Football – Kids

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

5-7 years

FLDH	83896	Thu	Jun 4-Jul 16	5-6p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Go Girls Sports Jam

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

5-7 years

FLDH	83876	Tue	Jun 2-Jul 14	5-6p.m.	\$52.50
------	-------	-----	--------------	---------	---------

8-12 years

FLDH	83877	Tue	Jun 2-Jul 14	6-7p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Lacrosse – Kids

8-12 years

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

FLDH	83897	Thu	Jun 4-Jul 16	6-7p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Pickleball – Intro

8-12 years

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

5-7 years

CNC	83643	Sat	Jul 11-Aug 29	1-2p.m.	\$61.25
-----	-------	-----	---------------	---------	---------

10-15 years

GNRC	83048	Sat	Jul 4-Aug 22	1-2p.m.	\$70.00
------	-------	-----	--------------	---------	---------

Soccer Kids

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

5-7 years

FLDH	83848	Mon	Jun 1-Jul 13	6:30-7:30p.m.	\$52.50
	83914	Sat	Jun 6-Jul 18	2-3p.m.	\$52.50
MOC	83641	Thu	Jul 2-Aug 20	5:30-6:30p.m.	\$70.00

8-12 years

FLDH	83915	Sat	Jun 6-Jul 18	3-4p.m.	\$52.50
MOC	83642	Thu	Jul 2-Aug 20	6:30-7:30p.m.	\$70.00

Sports Jam

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

5-7 years

FLDH	83906	Fri	Jun 5-Jul 17	5:30-6:30p.m.	\$52.50
------	-------	-----	--------------	---------------	---------

8-12 years

FLDH	83907	Fri	Jun 5-Jul 17	6:30-7:30p.m.	\$52.50
------	-------	-----	--------------	---------------	---------

Summer Sport and Recreation Day Camp

7-11 years

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

FLDH	84073	Mon-Fri	Jul 6-10	8a.m.-4p.m.	\$210.00
	84074	Mon-Fri	Jul 13-17	8a.m.-4p.m.	\$210.00
	84075	Mon-Fri	Jul 20-24	8a.m.-4p.m.	\$210.00
	84076	Mon-Fri	Jul 27-31	8a.m.-4p.m.	\$210.00
	84077	Tues-Fri	Aug 4-7	8a.m.-4p.m.	\$168.00
	84078	Mon-Fri	Aug 10-14	8a.m.-4p.m.	\$210.00
	84079	Mon-Fri	Aug 17-21	8a.m.-4p.m.	\$210.00
	84080	Mon-Fri	Aug 24-28	8a.m.-4p.m.	\$210.00

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	83900	Tue	Jun 2-Jul 14	6-7p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Tennis – Kids Level 1

8-10 years

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

FLDH	83909	Sat	Jun 6-Jul 18	10-11a.m.	\$52.50
------	-------	-----	--------------	-----------	---------

Tennis – Junior Level 1

11-13 years

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

FLDH	83910	Sat	Jun 6-Jul 18	11a.m.-12p.m.	\$52.50
------	-------	-----	--------------	---------------	---------

Volleyball – Elementary

7-10 years

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

FLDH	83916	Sat	Jun 6-Jul 18	4:30-5:30p.m.	\$52.50
------	-------	-----	--------------	---------------	---------

Volleyball – Skill Development

11-13 years

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

FLDH	83917	Sat	Jun 6-Jul 18	5:30-6:30p.m.	\$52.50
------	-------	-----	--------------	---------------	---------

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.

Registered Adult Programs



Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

WOP – Wascana Outdoor Pool

Material Fees

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

Fine Arts – Drawing & Painting

Alcohol Ink Workshop 14 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	83328	Mon-Fri	Jul 6-10	1-2:30p.m.	\$90.00
------	-------	---------	----------	------------	---------

Alcohol Ink Workshop 14 years and up

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

NBAC	83103	Thu-Fri	Jun 25-26	2:30-4:30p.m.	\$60.00
	83104	Wed-Thu	Jul 29-30	2:30-4:30p.m.	\$60.00

Beginner Acrylics 15 years and up

Let's paint a few step-by-step acrylic projects together and move into creating your own acrylic paintings from your own photographs. The basics of toned grounds, wet in wet, dry brush, brush handling, glazes, painting with a palette knife, paints and brushes will all be covered in this class.

NBAC	83286	Wed,Thu	Jun 10-25	7-9:30p.m.	\$115.00
------	-------	---------	-----------	------------	----------

Beginner Drawing 15 years and up

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

NBAC	83283	Tue-Thu	Aug 11-20	7-9:30p.m.	\$115.00
------	-------	---------	-----------	------------	----------

Beginner Watercolour 15 years and up

This course will lead you through a few step-by-step watercolour projects and then move into creating your own watercolour paintings from your own photographs. The basics of flat and gradient washes, and instruction on paper, paints, and brushes will all be covered in this class.

NBAC	83284	Tue-Thu	Jul 14-23	7-9:30p.m.	\$115.00
------	-------	---------	-----------	------------	----------

Drawing Your Pets 14 years and up

Learn to sketch your pets beginning with basic geometric shapes, then building detail and movement from those basics. Starting with basic shapes in perspective will allow you to be able to turn your pet. Instruction on shading and textures to represent hair will also be covered.

NBAC	83287	Mon-Fri	Aug 17-21	1-4p.m.	\$115.00
------	-------	---------	-----------	---------	----------

Landscapes in Watercolour 15 years and up

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

NBAC	83132	Mon-Fri	Jul 20-24	1-4p.m.	\$115.00
------	-------	---------	-----------	---------	----------

Oil Painting 1 15 years and up

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

NBAC	83277	Mon-Fri	Aug 24-28	1-4p.m.	\$115.00
------	-------	---------	-----------	---------	----------

Painting and Drawing  14 years and up
Drop-in

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

NBAC	83141	Fri	Jul 3-Aug 28	9-11:30a.m.	Free
------	-------	-----	--------------	-------------	------

Painting in the Landscape 15 years and up

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

NBAC	83142	Mon-Fri	Jul 6-10	9a.m.-12p.m.	\$115.00
------	-------	---------	----------	--------------	----------

Pets in Watercolour 15 years and up

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

NBAC	83285	Mon-Fri	Jul 13-17	9a.m.-12p.m.	\$115.00
------	-------	---------	-----------	--------------	----------

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	83276	Mon-Fri	Aug 10-14	1-3:30p.m.	\$100.00
------	-------	---------	-----------	------------	----------

Zentangle and Op Art  14 years and up

Master the meditative Zentangle method to create mind-bending optical illusions. Learn shading and repetitive patterning techniques that transform simple, hand drawn designs into 3D masterpieces. No experience required.

NBAC	83271	Mon-Fri	Jul 6-10	3-4:30p.m.	\$80.00
------	-------	---------	----------	------------	---------

Zine Workshop 15 years and up

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

NBAC	83149	Mon-Tue	Jul 27-28	3-4:30p.m.	\$45.00
------	-------	---------	-----------	------------	---------

Fine Arts – Fibre Arts**Fibre Felting Fun** 14 years and up

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

NBAC	83151	Mon-Fri	Jun 15-19	3-4:30p.m.	\$95.00
------	-------	---------	-----------	------------	---------

Open Fibre Night  14 years and up

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

NBAC	83140	Thu	Jul 23, Aug 27	6:30-9:30p.m.	Free
------	-------	-----	----------------	---------------	------

Fine Arts – Jewellery and Metalwork**Enameling 1: Short Course** 16 years and up

Students will learn to create jewellery by fusing colourful enamels to copper pieces. The emphasis in this class is on kiln firing, but additional methods are discussed. Several specialized enameling techniques are covered, such as sgraffito, stenciling, basse taille and crackle. Students will leave the class with an array of unique and colourful pieces.

Prerequisite: Jewellery 1 or equivalent.

NBAC	83274	Thu	Jun 11-Jul 2	7-10p.m.	\$145.00
------	-------	-----	--------------	----------	----------

Enameling Project Class 16 years and up

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

Prerequisite: Previous Enameling class or equivalent experience.

NBAC	83123	Tue	Aug 4-25	1-4p.m.	\$140.00
------	-------	-----	----------	---------	----------

Jewellery 1 16 years and up

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

NBAC	83126	Tue	Jul 7-Aug 25	6:30-9:30p.m.	\$270.00
------	-------	-----	--------------	---------------	----------

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	83153	Tue	Jul 7-28	1-4p.m.	\$125.00
	83275	Thu	Aug 6-27	6:30-9:30p.m.	\$125.00

Lampwork Beads 1

16 years and up

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

NBAC	83131	Wed	Jul 8-Aug 12	6:30-9:30p.m.	\$215.00
------	-------	-----	--------------	---------------	----------

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	83129	Wed	Jul 8-29	1-4p.m.	\$133.00
	83130	Wed	Aug 5-26	1-4p.m.	\$133.00

New Methods in Copper Tooling NEW

15 years and up

This class covers new methods for copper tooling. We will cover how to make your own templates, create your own designs, use tools to raise and sink the copper, add a patina, flame paint with butane kitchen torches and methods of mounting and finishing your art piece. Some materials and tools will be included.

NBAC	83327	Mon-Fri	Jul 13-17	1-4p.m.	\$120.00
	83329	Mon-Fri	Aug 17-21	9a.m.-12p.m.	\$120.00

Fine Arts – Performing Arts

Group Singing Class NEW 18 years and up

Singing is one of the most natural and joyful ways to express ourselves. Whether you have always wanted to sing but didn't know where to start, or you are looking to build confidence in a supportive group setting, this class is designed to help you take that first step. We will explore the foundations of singing in a welcoming environment, and touch on a variety of vocal topics to give you awareness and practical tools, without diving deeply into advanced technique. This class is presented by SaskMusic.

NBAC	83282	Tue	Aug 4-25	7-9p.m.	\$85.00
------	-------	-----	----------	---------	---------

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Fine Arts – Woodworking

Asian Influenced Bench

16 years and up

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

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

NBAC	83150	Tue, Wed, Thu	Aug 11-27	6:30-9:30p.m.	\$250.00
------	-------	---------------	-----------	---------------	----------

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	83262	Fri Sat-Sun	Jun 26	7-9p.m.	\$210.00
			Jun 27-28	9 a.m.-5p.m.	

Wood Carving Drop-in FREE 16 years and up

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

NBAC	83145	Tue	Jul 7-Aug 25	9-11:30a.m.	Free
------	-------	-----	--------------	-------------	------

Aquatic Fitness, Health & Wellness

Programming Note

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

Baby & Me Aquacise

14 years and up

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

SSLC	83850	Wed	Jun 3-24	9:15-10a.m.	\$29.20
	83888	Wed	Jul 8-Aug 12	8:15-9a.m.	\$43.80

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	83881	Tue	Jun 2-23	6:15-7pm	\$29.20
	83880	Thu	Jun 4-25	6:15-7p.m.	\$29.20
SSLC	83821	Mon	Jun 1-29	8:30-9:15p.m.	\$36.50
	83835	Tue	Jun 2-30	8:30-9:15p.m.	\$36.50
	83849	Wed	Jun 3-24	8:30-9:15p.m.	\$29.20

SSLC	83855	Thu	Jun 4-25	8:30-9:15p.m.	\$29.20
	83885	Thu	Jul 2-Aug 13	8:30-9:15p.m.	\$51.10
	83866	Mon	Jul 6-Aug 10	8:30-9:15p.m.	\$36.50
	83878	Tue	Jul 7-Aug 11	8:30-9:15p.m.	\$43.80
	83884	Wed	Jul 8-Aug 12	8:30-9:15p.m.	\$43.80
WOP	83050	Mon	Jul 6-27	6:00-6:45pm	\$29.20
	83317	Mon	Aug 10-31	6:00-6:45pm	\$29.20

FLDH	83308	Wed	Jul 8-Jul 29	10:45-11:45a.m.	\$33.60
	83309	Thu	Jul 9-Jul 30	10:45-11:45a.m.	\$33.60
	83318	Wed	Aug 5-Sep 2	10:45-11:45a.m.	\$42.00
	83319	Thu	Aug 6-Sep 3	10:45-11:45a.m.	\$42.00

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	83861	Fri	Jun 5-26	11:45a.m.-12:45p.m.	\$29.20
	83891	Fri	Jul 3-Aug 14	11:45a.m.-12:45p.m.	\$51.10

LiveWell 15 years and up

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

FLDH	83289	Tue,Thu	Jun 2-25	10:30-11:30a.m.	\$75.60
	83290	Tue,Thu	Jun 2-25	11:30a.m.-12:30p.m.	\$75.60
	83291	Tue,Thu	Jun 2-25	4:30-5:30p.m.	\$75.60
	83292	Tue,Thu	Jun 2-25	5:30-6:30p.m.	\$75.60
	83288	Sat	Jun 6-27	10:30-11:30a.m.	\$37.80
	83312	Tue,Thu	Jul 7-Jul 30	10:30-11:30a.m.	\$75.60
	83313	Tue,Thu	Jul 7-Jul 30	11:30a.m.-12:30p.m.	\$75.60
	83310	Tue,Thu	Jul 7-Jul 30	4:30-5:30p.m.	\$75.60

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.

FLDH	83239	Wed	Jun 3-17	10:45-11:45a.m.	\$25.20
	83240	Thu	Jun 4-18	10:45-11:45a.m.	\$25.20


Open House

Neil Balkwill Civic Arts Centre


Monday, May 18
12:30-3:30 p.m.
2420 Elphinstone Street

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

- Design a T-Shirt for our 45th Anniversary in 2027
- Create a comic in the Comic Jam
- Make a take-home paper craft artwork
- Live jewellery demonstration
- Live 3-D Printing demonstration
- Artwork display from Ranch Ehrlo Paper Crane and the Regina Collage Collective



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

Regina.ca


FLDH	83311	Tue,Thu	Jul 7-Jul 30	5:30-6:30p.m.	\$75.60
	83322	Tue,Thu	Aug 4-Sep 3	10:30-11:30a.m.	\$94.50
	83323	Tue,Thu	Aug 4-Sep 3	11:30a.m.-12:30p.m.	\$94.50
	83320	Tue,Thu	Aug 4-Sep 3	4:30-5:30p.m.	\$94.50
	83321	Tue,Thu	Aug 4-Sep 3	5:30-6:30p.m.	\$94.50

Mobility - Strength, Flexibility & Relaxation 16 years and up

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

FLDH	83241	Mon	Jun 1-15	7-8p.m.	\$25.20
------	-------	-----	----------	---------	---------

Small Group Fitness Coaching 16 years and up

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

FLDH	83242	Thu	Jun 4-18	6:45-7:45p.m.	\$25.20
------	-------	-----	----------	---------------	---------

SoulFusion

16 years and up

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

FLDH	83243	Sat	Jun 6-20	9:45-10:45a.m.	\$25.20
	83314	Sat	Jul 11-Aug 1	9:45-10:45a.m.	\$33.60
	83324	Sat	Aug 8-Sep 5	9:45-10:45a.m.	\$42.00

Stretch & Tone

15 years and up

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

SSLC	83852	Wed	Jun 3-24	10:30-11:30a.m.	\$29.20
	83889	Wed	Jul 8-Aug 12	10:30-11:30a.m.	\$43.80

Total Body Sculpting

16 years and up

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

SSLC	83836	Tue	Jun 2-30	6:45-7:45p.m.	\$36.50
	83853	Wed	Jun 3-24	5:30-6:30p.m.	\$29.20

Adult Swim is back at Lawson Aquatic Centre

Tuesdays

June 30 to July 21

Aug 18 to Sept 1

7-9:30 p.m.

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

A Leisure Swim for 18+



Regina.ca

TRX® Group Suspension Training

14 years and up

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

FLDH	83244	Sat	Jun 6-20	9-10a.m.	\$28.35
------	-------	-----	----------	----------	---------

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.

SSLC	83823	Mon	Jun 1-29	8-9p.m.	\$42.00
------	-------	-----	----------	---------	---------

Yoga – Gentle

15 years and up

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

FLDH	83245	Mon	Jun 1-15	5:45-6:45p.m.	\$25.20
NWLC	83872	Wed	Jun 24-Jul 29	6-7p.m.	\$50.40
	83883	Wed	Aug 5-26	6-7p.m.	\$33.60
SSLC	83824	Mon	Jun 1-29	9:15-10:15a.m.	\$42.00
	83825	Mon	Jun 1-29	10:30-11:30a.m.	\$42.00
	83826	Mon	Jun 1-29	6:45-7:45p.m.	\$42.00
	83858	Thu	Jun 4-25	9:15-10:15a.m.	\$33.60
	83857	Thu	Jun 4-25	11:45a.m.-12:45p.m.	\$33.60
	83856	Thu	Jun 4-25	6:45-7:45p.m.	\$33.60
	83862	Fri	Jun 5-26	10:30-11:30a.m.	\$33.60
83868	Mon	Jul 6-Aug 10	10:30-11:30a.m.	\$42.00	

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	83246	Tue	Jun 2-16	10:30-11:30a.m.	\$25.20
	83315	Tue	Jul 7-Jul 28	10:30-11:30a.m.	\$33.60
	83325	Tue	Aug 4-Sep 1	10:30-11:30a.m.	\$42.00

Yoga – 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	84104	Sun	Aug 9-30	10:00-11:30a.m.	\$50.40
------	-------	-----	----------	-----------------	---------

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	83247	Wed	Jun 3-17	6:45-7:45p.m.	\$25.20
	83316	Wed	Jul 8-29	6:45-7:45p.m.	\$33.60
	83326	Wed	Aug 5-Sep 2	6:45-7:45p.m.	\$42.00
SSLC	83859	Thu	Jun 4-25	8-9p.m.	\$33.60

Sports

Badminton – Adults

16 years and up

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

FLDH	83903	Fri	Jun 5-Jul 17	6-7:30p.m.	\$78.75
------	-------	-----	--------------	------------	---------

Pickleball Intro – Adults

16 years and up

This fun and welcoming program is designed for adults aged 16 and up 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.

GNRC	83049	Sat	Jul 4-Aug 22	2-3p.m.	\$70.00
SLC	83784	Sun	Jun 14-Jul 26	5-6p.m.	\$56.70

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	83905	Fri	Jun 5-Jul 17	7-8p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Table Tennis Intro – 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	83901	Tue	Jun 2-Jul 14	7-8p.m.	\$52.50
------	-------	-----	--------------	---------	---------

Tennis – Adult Level 1

16 years and up

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

FLDH	83911	Sat	Jun 6-Jul 18	12:15-1:15p.m.	\$52.50
------	-------	-----	--------------	----------------	---------

All Bodies Swim



Fridays

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

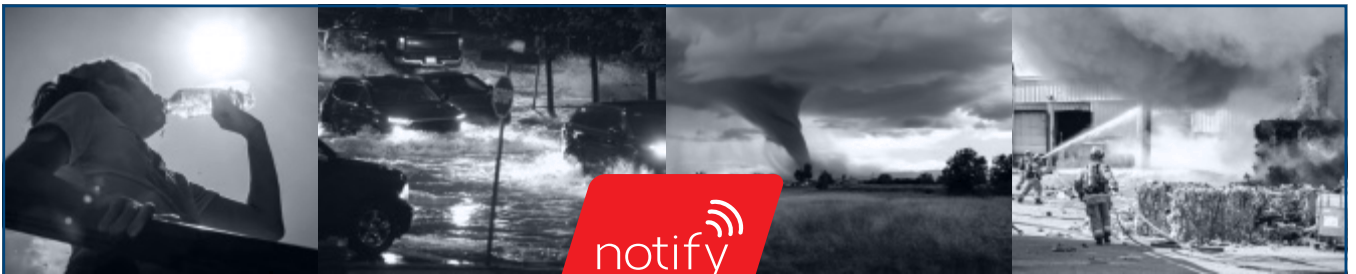
■ June 26 ■ July 24 ■ Aug 21

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.


For more information please email socialinclusionprograms@regina.ca

Regina.ca/DropIn



Emergencies happen.

Be the first to know.

SMS Text 	Voice Call 	Email 
---	---	---



Regina.ca/NotifyNow



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 or call 306-777-PLAY (7529).

Adult Strength & Balance

16 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	82939	Tue	Jun 2-30	12:15-1:15p.m.	\$36.50
	82940	Tue	Jul 7-Aug 11	12:15-1:15p.m.	\$43.80

Pickleball – Intro

55 years and up

This fun and welcoming program is designed for adults aged 55 and up 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.

SLC	83767	Sun	Jun 14-Jul 26	4-5p.m.	\$56.70
-----	-------	-----	---------------	---------	---------

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	83870	Tue	Jun 23-Jul 28	11a.m.-12p.m.	\$50.40
	83871	Thu	Jun 25-Jul 30	10:30-11:30a.m.	\$50.40
	83874	Tue	Aug 4-25	11a.m.-12p.m.	\$33.60
	83879	Thu	Aug 6-27	10:30-11:30a.m.	\$33.60

Yoga – Chair

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

SSLC	83822	Mon	Jun 1-29	11:45a.m.-12:45p.m.	\$42.00
	83854	Wed	Jun 3-24	11:45a.m.-12:45p.m.	\$33.60
	83867	Mon	Jul 6-Aug 10	11:45a.m.-12:45p.m.	\$42.00
	83890	Wed	Jul 8-Aug 12	11:45a.m.-12:45p.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.

SSLC	83838	Tue	Jun 2-30	10:30-11:30a.m.	\$42.00
	83860	Thu	Jun 4-25	10:30-11:30a.m.	\$33.60

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.



Discover the Fun with a Leisure Pass!



Regina.ca/LeisurePass

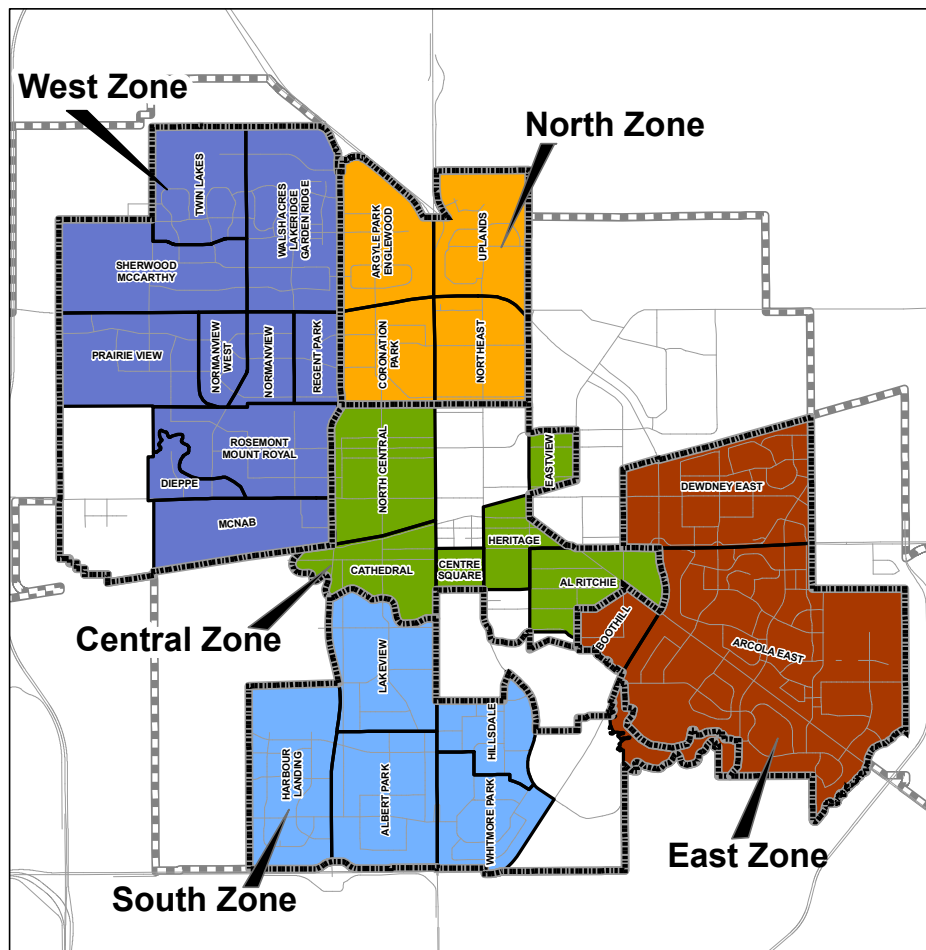


ZONE BOARD & COMMUNITY ASSOCIATION PROGRAMS



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.org

Contact: 306-352-3930

Facebook.com/AlRitchieCommunityAssociation

Email: info@alritchie.org

Registration Date: Ongoing

Registration Location: 2250 Lindsay St.

Al Ritchie Community Association provides a number of services and programs for residents of the community. Programs and services are accessible to all residents of the Al Ritchie neighbourhood, and a community membership is only \$5 annually.

Please note: Summer Camp requires 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
Community Clean-up	All Ages	Sat	Aug 15	10a.m.-3p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Free
Eggstravaganza	All Ages	Sat	Mar 28	1-3p.m.	Al Ritchie Community Association, 2250 Lindsay St.	Free
End of School Bash	All Ages	Fri	Jun 12	3:30-5:30p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Free
Free Community Pantry	All Ages	Mon-Fri	Ongoing	10a.m.-2p.m.	Al Ritchie Community Association, 2250 Lindsay St.	Free
Movie in the Park	All Ages	Fri	Jun 12	8-11p.m.	Gocki Park, 445 14th Ave.	Free
Second Chance Community Shop	All Ages	Mon-Fri	Ongoing	10a.m.-2p.m.	Al Ritchie Community Association, 2250 Lindsay St.	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Literacy/Numeracy	0-6 yrs	Tue	Weekly, ongoing	10a.m.-12p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
Literacy/Numeracy	0-6 yrs	Tue	Weekly, ongoing	12-2p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
Motor Skills	0-6 yrs	Thu	Weekly, ongoing	10a.m.-12p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
Motor Skills	0-6 yrs	Thu	Weekly, ongoing	12-2p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
Nutrition/Wellness	0-6 yrs	Wed	Weekly, ongoing	10a.m.-12p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
Nutrition/Wellness	0-6 yrs	Wed	Weekly, ongoing	12-2p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
STEAM	0-6 yrs	Fri	Weekly, ongoing	10a.m.-12p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in
STEAM	0-6 yrs	Fri	Weekly, ongoing	12-2p.m.	Al Ritchie Family Wellness Centre, 2250 Lindsay St.	Free drop-in

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Al Ritchie Summer Camp	5-15 yrs	Mon-Fri	Jul 6-Aug 14	9a.m.-4p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Registration required. \$100/week or \$500 for six weeks
Dance and Free Movement Fundamentals	5-12 yrs	Thu	Apr 2-Jun 18	6-6:45p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Free, drop-ins welcome

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
AI Ritchie Summer Camp	5-15 yrs	Mon-Fri	Jul 6-Aug 14	9a.m.-4p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Registration required. \$100/ week or \$500 for six weeks
Dance and Free Movement Fundamentals	5-12 yrs	Thu	Apr 10-Jun 5	6-6:45p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Free, drop-ins welcome
Home Alone/Babysitting Course	11+ yrs	Sat	TBD	8a.m.	AI Ritchie Community Association, 2250 Lindsay St.	\$50

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Barre Fitness	18+	Thu	Apr 2-Jun 18	7-7:45p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	\$5 drop-in or \$20 for 5 classes
Beginner Pickleball	18+	Wed	Sep-Jun	12:30-2:30p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Membership required
Parenting Class	18+	Mon-Fri	Ongoing	10a.m.-12p.m.	AI Ritchie Community Association, 2250 Lindsay St.	Free
Pickleball	18+	Tue & Thu	Sep-Aug	11:30a.m.-1:30p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	\$2 drop-in or \$20 annually

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga	55+	Fri	Sep 5-Jun 5	10-11:15a.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	Free
Coffee Connect	18+	Mon	Ongoing	1-3p.m.	AI Ritchie Community Association, 2250 Lindsay St.	Free
Yang 85 Form Tai Chi	18+	Sun	Sep-Aug	1-2:30p.m.	Core Ritchie Neighbourhood Centre, 445 14th Ave.	\$25



2026 Henry Baker Scholarships

**Application deadline:
May 29, 2026**

Cathedral Village Community Association

cathedralvillage.org

Contact: 306-569-8755

Registration Date: Online starting June 1

Email: info@cathedralvillage.org

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.

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Book Club: Queen City Urbanist	18+	First Wed of the month	Jul 8 & Aug 5	7-9p.m.	Cathedral Neighbourhood Centre	free with \$10 membership
Crib & Coffee	18+	Every 2nd & 4th Tue	Jul 14-Aug 25	1-3p.m.	Cathedral Neighbourhood Centre	free with \$10 membership
Yoga: Ashtanga Vinyasa Inspired	18+	Tue	Jul 7-Aug 25, excl Jul 28	5:45-7p.m.	Cathedral Neighbourhood Centre	\$60, bring mat
Yoga: Chair	18+	Tue	Jul 7-Aug 25, excl Jul 28	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$70, bring mat
Yoga: Basics	18+	Wed	Jul 8-Aug 26 excl Jul 29	5:45-6:45p.m.	Cathedral Neighbourhood Centre	\$60, bring mat
Yoga: Yin	18+	Thu	Jul 9-Aug 27, excl Jul 30	5:45-7p.m.	Cathedral Neighbourhood Centre	\$70, bring mat

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+	Every 2nd & 4th Tue	Jul 14-Aug 25	1-3p.m.	Cathedral Neighbourhood Centre	free with \$10 membership
Yoga: Chair	18+	Tue	Jul 7-Aug 25, excl Jul 28	10:45-11:45a.m.	Cathedral Neighbourhood Centre	\$60, 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

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

Email: DCARegina@gmail.com

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

Contact: Wendy Miller

Registration Date: Ongoing

Email: director@hcaregina.com

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

Registration is required for our programs. The majority of our programs are free. We encourage membership by donation of a minimum of \$5 to support the Heritage Community Association in providing programs for the community. Programs are offered to Heritage residents.

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Heritage Healthy Eaters Camp	9-13 yrs	Pre-register	Jul	TBD	1770 Halifax St.	Free
Let's Move	9-13 yrs	Pre-register	Jul-Aug	TBD	1770 Halifax St.	Free
Swimming Lessons	6+ yrs	Pre-register	Jul-Aug	TBD	Maple Leaf Pool (1101 14th Ave.)	Free (MUST be a Heritage resident)
Judo Pop-Up	5-12 yrs	TBD	TBD	TBD	1770 Halifax St.	Free

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Exercise	55+	Wed	Jun 1-Jul 31	10:45a.m.	1770 Halifax St.	Free
Cook & Eat	55+	TBD	TBD	TBD	1770 Halifax St.	Free
Walking Group	55+	Wed	Jun 1-Jul 31	10:00a.m.	1770 Halifax St.	Free

North Central Community Association

Contact: Pat Faulconbridge

Registration Date: Continuous

Email: exec.director@nccaregina.ca

Registration Location: māmawēyatitān centre 3355 6th Ave. 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
Community Wellness Day	All Ages	Fri	May 15	10a.m.-2p.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
Trauma-Informed Yoga	18+	Thu (every two weeks)	Year-round	6:30-7:30p.m.	māmawēyatitān centre	Free
NCCA Community Garden Program – Seed planting and work bees	18+	Check schedule on FB - NCCA Community Gardens	May-Aug	Check schedule on FB - NCCA Community Gardens D	māmawēyatitān centre	Free

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

Queen City Eastview Community Association eastviewregina.com

Contact: Jaimie/Vidhi: 306-525-4757

Registration Date: Ongoing. first come, first serve

Email: programs@eastviewregina.com

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

Program registration: Come to the Eastview Community Centre to get your membership and find out about what is happening at the Centre. To register for programs, a \$5 Eastview membership is needed. Enrollment 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
Community Clean-up	All Ages	Sat	May 30	10a.m.-3p.m.	Eastview Community Centre, 615 6th Ave.	Free
Community Gardens	All Ages	Ongoing	May-Sep	7a.m.-8p.m.	Eastview Community Centre, 615 6th Ave.	Contact Eastview Community Centre
Eastview BBQ and Movie Night	All Ages	Wed	Aug 26	5p.m. BBQ 6p.m. AGM 8p.m. Movie	Eastview Community Centre, 615 6th Ave.	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Eastview Summer Camp	6-12 yrs	Mon-Fri	Jul 6-Aug 14	9a.m.-4p.m.	Eastview Community Centre, 615 6th Ave.	\$100/week or \$500 full camp
Kids Kung Fu	6-12 yrs	Mon	Mar 30-Jun 1	6-7p.m.	Eastview Community Centre, 615 6th Ave.	\$20/child, \$30/2 children, \$40/3 children

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Bluegrass Public Jam	18+	TBD	TBD	TBD	Eastview Community Centre, 615 6th Ave.	Free
Zumba	18+	TBD	TBD	TBD	Eastview Community Centre, 615 6th Ave.	TBD

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Bluegrass Public Jam	18+	TBD	TBD	TBD	Eastview Community Centre, 615 6th Ave.	Free
Zumba	18+	TBD	TBD	TBD	Eastview Community Centre, 615 6th Ave.	TBD

East Zone

East Zone Board eastzoneboard.com

Contact: East Zone Board
Email: eastzoneboard.com

Registration Date: see below
Registration Location: see below

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

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.

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

Badminton - East Zone Badminton is ongoing throughout the School year. Dates are Friday at WF Ready School and Saturdays at Ecole St. Elizabeth. Cost is \$30 for one day and \$50 for both days. Please contact Zach Almond with Badminton YQR via email byqr2526@gmail.com

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7 yrs	Mon	Apr 6-Jun 29	6-7:15p.m.	Glencairn Rec Centre	\$40/mth/person
Taekwondo	7 yrs	Wed	Apr 8-Jun 24	6-7:15p.m.	Glencairn Rec Centre	\$40/mth/person
Taekwondo	7 yrs	Wed	Apr 8-Jun 3	7:30-9p.m.	Campus Regina Public	\$40/mth/person

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7 yrs	Mon/Wed	Apr 6-Jun 29	6-7:15p.m.	Glencairn Rec Centre	\$40/mth/person
Taekwondo	7 yrs	Wed	Apr 8-Jun 3	7:30-9p.m.	Campus Regina Public	\$40/mth/person

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Wed	Apr 8-Jun 3	7:30-9p.m.	Campus Regina Public	\$40

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+	Mon/Wed	Apr 6-Jun 29	6-7:15p.m.	Glencairn Rec Centre	\$40/mth/person
Taekwondo	18+	Wed	Apr 8-Jun 3	7:30-9p.m.	Campus Regina Public	\$40/mth/person

Contact: Visit aecaregina.com
Email: Visit aecaregina.com

Registration Date: Visit aecaregina.com
Registration Location: Visit aecaregina.com

Boothill Community Association

Contact: Lorri Kudells
Email: boothillca@gmail.com

Registration Date: Visit boothillcommunity.ca
Registration Location: Visit boothillcommunity.ca

The Boothill Community Association is a volunteer-driven group of neighbours working to make the Boot Hill area a more connected, welcoming place to live. Through local events, recreation and fitness programs, and shared spaces, the association creates opportunities for people of all ages to meet, get involved, stay informed and feel part of the community. The Association's focus is on building relationships and fostering a strong sense of belonging. At its core, the Association exists to bring people together and help make the neighbourhood a place residents are proud to call home.

Dewdney East Community Association

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

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

The Dewdney East Community Association serves the areas of: Glen Elm, Glencairn, Glencairn Village, East Point Estates, East Gate, Parkridge and Creekside.

Spring Community Clean-up - Keep a lookout for the date of our spring community clean-up. Details will be posted on our community signs, website and Facebook in May.

Spring and Summer programming is limited to the following.

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Virtual Dance Fitness - Spring	Adult	Mon, Wed, Sat	Apr 1-Jun 29	Mon, Wed 7:30-8:30p.m.Sat 9-10:30a.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne email j.klock@myaccess.ca , txt or call 306-570-6651 or Kendra Petrisor-txt or call 306 530-7365.
Virtual Dance Fitness - Summer	Adult	Mon, Wed	Jul 6- Aug 22	6:45-7:45p.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne email j.klock@myaccess.ca , txt or call 306-570-6651 or Kendra Petrisor-txt or call 306 530-7365.
Zumba - Spring	Adult	Tue	Apr 14-Jun 16	6-7p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Yoga - Spring	Adult	Tue	Apr 14-Jun 16	7:15-8:15p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Yoga - Spring	Adult	Thu	Apr 16-Jun 18	6:30-7:30p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Bellydance – Beginner - Spring	Adult	Mon	Apr 13-Jun 22 (excl May 18)	7:30-8:30p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Bellydance – Intermed - Spring	Adult	Mon	Apr 13-Jun 22 (excl May 18)	7:30-8:30p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Bellydance – Advanced - Spring	Adult	Mon	Apr 13-Jun 22 (excl May 18)	8:30-9:30p.m.	Glencairn Rec Centre	\$80

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion	Senior 55+	Mon, Thu	Apr 2-Aug 20	9-10a.m.	Glencairn Rec Centre	Community Membership (available at class)

South Zone

South Zone Recreation Board

szrb.ca

Contact: Gerry Angelo Fincati (Chairperson)
Email: gfincati@sasktel.net

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

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

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

- Community Gardens:** Donna Braun (donna.braun@uregina.ca)
- Heritage Fiddlers:** Len Dumont (lensmobile@hotmail.com)
- Indoor Soccer:** Jenny Bromstad, John Schell (szindoorsoccer@outlook.com)
- Rhythm E's Dance:** Ron Hopkinson (r.hopkinson@sasktel.net)
- Senior's 55+ Badminton:** Lauren Mang (laurenmang@myaccess.ca)
- Senior's 55+ Bridge:** Jessie Carlson (rjczach@sasktel.net)
- Seniors 55+ Pickleball:** Tracy Mamona (tmamona@sasktel.net)
- Table Tennis:** Ed Hung (edhung738@gmail.com)
- Taekwondo:** Master Bryan Folk (b.folktd@hotmail.com)
- Ukrainian/Latino Dance:** Alla Hutsol (hutsolalla@gmail.com)

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

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+ yrs	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person
Table Tennis	7-13 yrs	Tue, Wed	Jul 7-Aug 22	5:45-7:30p.m.	South Leisure Centre - Art room	\$100/pp
Table Tennis	7-13 yrs	Sat	Jul 7-Aug 22	8:15-10a.m.	South Leisure Centre - Art room	\$100/pp

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	13-17 yrs	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person
Table Tennis	13-18 yrs	Tue, Wed	Jul 7-Aug 22	7:30-9:15p.m.	South Leisure Centre - Art room	\$100/pp
Table Tennis	13-18 yrs	Sat	Jul 7-Aug 22	10a.m.-12p.m.	South Leisure Centre - Art room	\$100/pp
Dance	15-17 yrs	Fri	TBD	6-7:15 p.m.	South Leisure Centre – Art Room	\$165 season/ \$30 month

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+	Fri	Apr-Jun	6-8p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	18+	Tue	Apr-Jun	6-8p.m.	St. Matthew School	\$40/mth/person
Dance	18+	Mon	TBD	7:15-8:45p.m.	Multi-purpose Room	\$165 season/ \$30 month

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Seniors 55+ Bridge	55+	Thu	Jul 4-Aug 28	12:30-5p.m.	South Leisure Centre – Arts Room	\$2/person
Seniors 55+ Pickleball	55+	Mon, Tue, Wed, Fri	May 25-Sep 25	8a.m.-12p.m.	Lakeview Par 3 Tennis Courts	\$70/season

Contact: albertpark.ca and Facebook
 Email: info@albertpark.ca

Registration Date: May 13

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

The Albert Park Community Association (APCA) serves the southwest Regina neighborhoods of Albert Park and Parliament Place. APCA offers a wide variety of programs for children, youth, adults, and seniors. An annual \$10 family membership is required to register for all classes and helps support free activities. Memberships can be purchased on our website.

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

Family						
Activity	Ages	Day	Dates	Times	Location	Cost
Summer Market	All Ages	Sat-Sun	Aug 8-Aug 9	11a.m.-4p.m.	Realtors Park/SLC	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Development	7-14 yrs	Wed	Jul 8-Aug 26	6-7p.m.	SLC Gym	\$100

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills Summer League (Advanced)	12-15 yrs	Wed	Jul 8-Aug 26	7-8p.m.	SLC Gym	\$100

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Floor Hockey	18+	Wed	Sep 9-Dec 23	8-10p.m.	SLC Gym	\$35

Celebrate Your Volunteers!

Non-profit or community group?
 Apply for **FREE Volunteer Recognition Passes** today!



Regina.ca/VolunteerRecPass



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: See hillsdaleca.ca

Email: programs@hillsdaleca.ca

Registration Location: Marion McVeety School (gym) 38 Turgeon Cresc.

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

Lakeview Community Association

lcaregina.ca

Contact: Pamela Kennedy-Poitras

Registration Date: Please check our website for details

Email: pamelakaelin5@gmail.com

Registration Location: Please check our website for details

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

Whitmore Park Community Association

whitmorepark.ca

Contact: info@whitmorepark.ca

Registration Date: Contact the association directly

Email: info@whitmorepark.ca

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.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Outdoor T-Ball	2-3 yrs	Wed	Jul 1-Aug 26	6-6:30p.m.	South Ball Diamonds	\$65
Outdoor T-Ball	4-6 yrs	Wed	Jul 1-Aug 26	6:45-7:30p.m.	South Ball Diamonds	\$65

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 Oct to Mar, with games played on Sat. 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.	\$70	\$100

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



Argyle North Community Association**ancaregina.ca**

Contact: Argyle North Community Association
 35 Davin Cres or 306-543-5653
Email: programs@ancaregina.ca

Registration Date: Online preferred but office staff will be able to take registrations as well
Registration Location: Online at ancaregina.ca or at Argyle North Community Centre

Coronation Park Community Association**coronationparkcommunityassociation.com**

Contact: 306-545-4652
Email: coronationpark.ca@gmail.com

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

All programming requires pre-registration including Family Night Activities.

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

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

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

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

North East Community Association**rneca.com**

Contact: Community Association: 306-501-2406
 Community Centre Rental: 306-347-8299
Email: info@rneca.com

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

All programming requires pre-registration including Family Night Activities.

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

Follow RNECA on Facebook or at www.renca.com for program information. Watch for the North East News for activities within the Community.

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

Uplands Community Association**uplandscommunity.ca**

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

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

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

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

West Zone**West Zone Board****westzoneboard.ca**

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

Registration Date: See Website
Registration Location: westzoneboard.ca

The West Zone Board organization consists of a volunteer executive comprised of elected officers, coordinators and representatives from each of the 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 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, 2025 to August 31, 2026.

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Little Tigers (Taekwon-Do)	3-5 yrs	Sun	Ongoing	1-1:45p.m.	Henry Janzen School, 222 Rink Ave.	\$175/10 class

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skateboard	5-12 yrs	Sat/Sun	May-Jun	TBD	Rochdale Skate Park, 5255 Rochdale Blvd.	\$30 per session
Taekwon-Do Beginner	5+ yrs	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School, 222 Rink Ave.	\$375/3 months
Taekwon-Do Intermediate/Senior	5+ yrs	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School, 222 Rink Ave.	\$375/3 months

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skateboard	13-17 yrs	Sat/Sun	May-Jun	TBD	Rochdale Skate Park, 5255 Rochdale Blvd.	\$30 per session
Taekwon-Do Beginner	5+ yrs	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School, 222 Rink Ave.	\$375/3 months
Taekwon-Do Intermediate/Senior	5+ yrs	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School, 222 Rink Ave.	\$375/3 months

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwon-Do Beginner	5+ yrs	Mon/Wed	Ongoing	6-7p.m.	Henry Janzen School, 222 Rink Ave.	\$375/3 months
Taekwon-Do Intermediate/Senior	5+ yrs	Mon/Wed	Ongoing	7-8p.m.	Henry Janzen School, 222 Rink Ave.	\$375/3 months

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

Contact: DWCA.media@gmail.com
Email: DWCA.media@gmail.com

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

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

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

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

McNab Community Association **mcnabcommunity.com**

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

Registration Date: Before start of activity as noted
Registration Location: Email registrations and drop in as noted

Our Mission Statement: To make McNab Community a safe, caring, and vibrant community where all people can thrive.

Situated between Lewvan Drive and the Royal Regina Golf and Country Club the McNab area offers easy access to Regina's downtown area while remaining tucked away in one of Regina's greenest areas of the city.

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

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

Normanview Residents Group

nrgi.ca

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

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

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

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

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

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

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

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: Riley
Email: pvca@sasktel.net

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

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

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

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

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

Regent Park Community Association

rpcaregina.ca

Contact: Tabatha Schneider 306 526-5391
Email: regentparkca@live.com

Registration Date: May 27 6-7p.m.
Registration Location: Elsie Mironuck School

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

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Yoga (Outdoor)	TBA	TBA	TBA	TBA	McNaughton Park	\$50/semester
Zumba (Outdoor)	18+	Tue	Jun 3-Aug 12 (excl Jul 1)	6-7p.m.	McNaughton Park	\$50/semester \$5 drop-in fee

Rosemont/Mount Royal Community Association

rmrca.com

Contact: Helen Adams
Email: mail@rmrca.com

Registration Date: January to June
Registration Location: Online only

The Rosemont Mount Royal area consists of approximately 4,000 households. Come learn more about your Community Association. Meetings are held the first Tue of each month, September through June. Email mail@rmrca.com for more information or to attend. All residents are welcome! Get involved and meet your neighbours.

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga (Miriam)	55+	Thu	Jan 22-Jun 11	10-11a.m.	Zoom (online)	Free with community membership
Tai Chi/Chair Tai Chi (Katherine)	55+	Tue	Jan 20-Jun 23	9-10a.m.	Zoom (online)	Free with community membership

Sherwood Estates/Mccarthy Park Community Association

semp.ca

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

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

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

Twin Lakes Community Association

tlca.ca

Contact: twinlakescommunity@gmail.com
Email: twinlakescommunity@gmail.com

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

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

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

Babysitting and Home Alone Courses: twinlakesbabysittingcourse@gmail.com

Cheer Programs: twinlakescheerprogram@gmail.com

Dance Programs: twinlakesdanceprogram@gmail.com

Walsh Acres/Lakeridge/Gardenridge Community Association

walgr.com

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

Registration Date: Visit walgr.com
Registration Location: Visit walgr.com

Walsh Acres/Lakeridge/Garden Ridge Community Association offers programs for residents of our community and all of Regina. Our mission is to enhance the quality of life of the residents of the West Zone through recreation and community service development.

Volunteers are always welcomed to support our community. Email: walgr.chair@gmail.com or walgr.secretary@gmail.com.

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

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