



# When does registration start?

#### Regina residents:

Tuesday, December 9

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

#### Non-residents:

**Tuesday, December 16** 

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

# easy ways to register



#### **Online Registration**

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



#### Call 306-777-PLAY (7529)

PlayLine operating hours:

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

Make sure you create your online account before

registration day!



#### **Visit a Facility**



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

# 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.

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

Shine On L.

# Winter Escapes Day Camp

# A Memorable Winter Adventure for Kids!

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

Be sure to bring winter outdoor clothing, skates, and a hockey helmet to enjoy activities like skating, snowshoeing and snow play.

This program is offered in partnership with the YMCA of Regina.



February 17 to 20, 2026 Tues/Wed/Thurs/Fri

#### Cost:

\$25 per day

#### **Locations:**

Core Ritchie Neighbourhood Centre 445 – 14th Avenue

> South Leisure Centre 170 Sunset Drive

### **Registration Opens**

December 15, 2025 at 9 a.m.

#### **Registration options:**

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









Looking for more ways to enjoy winter?

Check out Regina.ca/WinterCity for a list of winter activities and events. Stay informed by subscribing to the page.



# Public Skate Schedule

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jack Hamilt 1010 McCa Blvd.						y	
Clarence Mahon 130 Brother Ave.	rton	6-8 p.m. FREE Oct 14-Mar 17				5	3
Al Ritchie 2230 Lindsa Ave.	ay		6-7:45 p.m. FREE Oct 1-Mar 18				NEW E
Murray Ball 68 Massey F			2:30-3:30 p.m. FREE Oct 8-Mar 18			6-8 p.m. Oct 4-Mar 21 General Admission	11 a.m 1 p.m. Low Sensory Skate FREE Jan 4-Mar 15
<b>Doug</b> Wickenheis 1127 Arnas St. N		Same					6-8 p.m. Oct 5-Mar 15 General Admission
Optimist 222 Sunset	Dr.						12-2 p.m Oct 19-Mar 8 General Admission
Jack Staples 444 Broad S		V	THE STATE OF THE STATE OF		6-8 p.m. FREE Oct 10-Mar 20		

For the full public skate schedule visit Regina.ca/rinks.

# **School's Out Skates**

Date	Time	Arena
Monday, Dec 22	10:30 a.m12:30 p.m.	Doug Wickenheiser
Tuesday, Dec 23	12-2 p.m.	Jack Staples
Monday, Dec 29	1:30-3:30 p.m.	Kinsmen
Tuesday, Dec 30	12:30-2:30 p.m.	Murray Balfour
Tuesday, Dec 30	1:30-3:30 p.m.	Al Ritchie
Wednesday, Dec 31	2-4 p.m.	Clarence Mahon
Friday, Jan 2	2-4 p.m.	Optimist

Date	Time	Arena
Monday, Feb 16	10:30 a.m12:30 p.m.	Jack Staples
Tuesday, Feb 17	12:30-2:30 p.m.	Murray Balfour
Tuesday, Feb 17	1-3 p.m.	Al Ritchie
Wednesday, Feb 18	2:15-4:15 p.m.	Optimist
Thursday, Feb 19	1-3 p.m.	Doug Wickenheiser
Friday, Feb 20	12:30-2:30 p.m.	Jack Hamilton





# RENTALINFORMATION

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).

	<u>3</u>	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
F	North West Leisure Centre 306-777-7529 1127 Arnason St.	(250)		2							•
/ WEST	North East Community Centre 306-347-8299 205 Hamilton St.	(120)		•		•	•		•		
NORTH /	Uplands Community Centre 306-949-5137 20 Weekes Cr.	(150)			•		•		•		
Z	Argyle Park Community Centre 306-543-5653 35 Davin Cr.	(250)		2	•		•		•		
SOUTH	South Leisure Centre 306-777-7031 170 Sunset Dr.	(290)		2	•		•	•	•		•
	<b>mâmawêyatitân centre</b> 306-777-7033 3355 6th Ave.	2 (300)		10	2		•	•	•		•
	Cathedral Neighbourhood Centre 306-777-7034 2900 13th Ave.	(150)			•	•	•		•	•	
CENTRAL	Core Ritchie Neighbourhood Centre 306-777-7080 445 14th Ave.	(300)			•	•	•		•		•
	Eastview Community Centre 306-525-4757 615 6th Ave.	(250)	•						•		
	Mitakuyé Owâs'ā Centre 306-777-7135 1770 Halifax St.	(350)		•		•	•		•		•
EAST	Glencairn Neighbourhood Recreation Centre 306-777-7747 2626 Dewdney Ave. E	(300)	•			•			•		•
E/	Arcola East Community Centre 306-525-3401 3860 Buckingham Dr. E.	(75)					•				

# Is your licence up-to-date?

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



Learn more at Regina.ca/Licences





### 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

#### **Facility hours:**

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.

Hours may vary according to program needs.



#### NORTH WEST LEISURE CENTRE

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



#### **Facility hours:**

Monday - Thursday: 8 a.m. - 9:30 p.m.

Friday: 8 a.m. - 8:30 p.m.

Saturday - Sunday: 9 a.m. - 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

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



#### SANDRA SCHMIRLER LEISURE CENTRE



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

#### **Facility hours:**

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

• Main pool ranging in depth from .45 to 3 metres

• Pool slides • Umbrella rain tree

• 1-metre diving board

• Overhead lift available for access into pool

• Chair lift access into all bodies of water

• All-gender/family change room with overhead sling lift and plinth changing table

• Large whirlpool and co-ed dry sauna

• Strength and conditioning area • Activity room

#### **SPORTPLEX**

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



#### **Facility hours:**

Monday - Friday: 5:30 a.m. - 9:30 p.m. Saturday - Sunday: 7 a.m. - 8 p.m. Stat Holidays: 9 a.m. - 7 p.m.

#### **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



# Looking for the Winter/Spring Drop-in Schedule?

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



You can still view the Fall Drop-in Schedule here







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.





# **Swim for Life Aquatic Registration Guidelines**

#### **Under Age 3 (with caregiver in the water):**

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

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

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

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

#### **Need Help Choosing the Right Level?**

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

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

#### Ages 5+ (Swimmer Levels):

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

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

#### **Advanced Programs (Typically Age 10+):**

1 1 2 1 2 1 2 3 1 1 1 2 1 2 1 2 1 2 1 2				
If your child is 8+ and can perform the following skills:	Register in:			
✓ Stride entries, compact jumps ✓ Legs only surface support for 45 sec ✓ 25m breaststroke ✓ 100m front crawl, back crawl and head up front crawl ✓ 300m workout	Rookie Patrol			
<ul> <li>✓ Front crawl, back crawl, and breaststroke over 50m each</li> <li>✓ Timed 100m swims</li> <li>✓ 350m workouts</li> </ul>	Ranger Patrol			
<ul> <li>✓ Front crawl, back crawl, and breaststroke over 75m each</li> <li>✓ 100m lifesaving medley</li> <li>✓ Timed 200m swims</li> </ul>	Star Patrol			

**Adult Swimming Lessons are Available Too!** 



How to Become a Lifeguard/ Swimming Instructor

#### **Bronze Star Course**

(Recommended)
\*Must have completed Swimmer 6\*

#### **Bronze Medallion Course**

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

#### **Bronze Cross Course**

\*Must have completed Bronze Medallion\*

#### Lifeguard Stream

**Instructor Stream** 

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

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

#### **National Lifeguard**

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



#### 'Swim for Life' Instructor Course

\*Must be 15 years old

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

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





#### Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

#### **Preschool Aquatics – Lifesaving Swim for Life**

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

#### Parent & Tot 1

#### 4-12 months

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

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

LAC	81855	Mon	Jan 5-Mar 16	4:55-5:25p.m.	\$74.50
	81987	Sun	Jan 11-Mar 22	9:30-10a.m.	\$59.60
	81989	Mon	Mar 23-Jun 1	4:55-5:25p.m.	\$67.05
	81990	Sun	Apr 19-Jun 7	10:40-11:10a.m.	\$52.15
NWLC	81442	Mon	Jan 5-Mar 16	2:15-2:45p.m.	\$74.50
	81443	Mon	Jan 5-Mar 16	5:10-5:40p.m.	\$74.50
	81492	Tue	Jan 6-Mar 17	4:35-5:05p.m.	\$74.50
	81491	Tue	Jan 6-Mar 17	5:05-5:35p.m.	\$74.50
	81519	Wed	Jan 7-Mar 18	9-9:30a.m.	\$74.50
	81590	Thu	Jan 8-Mar 19	4:35-5:05p.m.	\$74.50
	81645	Sat	Jan 10-Mar 21	12:05-12:35p.m.	\$74.50
	81691	Sun	Jan 11-Mar 22	10:50-11:20a.m.	\$74.50
	81732	Mon	Mar 23-Jun 1	4:35-5:05p.m.	\$67.05
	81721	Mon	Mar 23-Jun 1	5:05-5:35p.m.	\$67.05
	81780	Tue	Mar 24-Jun 2	2:15-2:45p.m.	\$74.50

NWLC	81808	Wed	Mar 25-Jun 3	4:35-5:05p.m.	\$74.50
	81956	Sun	Mar 29-May 31	11:15-11:45a.m.	\$59.60
SSLC	81353	Mon	Jan 5-Mar 16	10:45-11:15a.m.	\$74.50
	81352	Mon	Jan 5-Mar 16	4:35-5:05p.m.	\$74.50
	81391	Tue	Jan 6-Mar 17	10:10-10:40a.m.	\$74.50
	81545	Wed	Jan 7-Mar 18	11:40a.m12:10p.m.	\$74.50
	81858	Sat	Jan 10-Mar 21	9:45-10:15a.m.	\$74.50
	82101	Sun	Jan 11-Mar 22	10:30-11a.m.	\$74.50
	82369	Mon	Mar 23-Jun 1	10:45-11:15a.m.	\$67.05
	82368	Mon	Mar 23-Jun 1	4:35-5:05p.m.	\$67.05
	82291	Wed	Mar 25-Jun 3	11:40a.m12:10p.m.	\$74.50
	82295	Thu	Mar 26-Jun 4	10:10-10:40a.m.	\$74.50
	82553	Sat	Mar 28-Jun 6	10:30-11a.m.	\$67.05
	82485	Sun	Mar 29-May 31	9:45-10:15a.m.	\$59.60

#### Parent & Tot 2

#### 12-24 months

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

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

LAC	81993	Tue	Jan 6-Mar 17	6:05-6:35p.m.	\$74.50
	81994	Sat	Jan 10-Mar 21	10:50-11:20a.m.	\$59.60
	81995	Sun	Jan 11-Mar 22	12:15-12:45p.m.	\$59.60
	81991	Mon	Mar 23-Jun 1	5:30-6p.m.	\$67.05
	82001	Sat	Apr 18-Jun 6	10:15-10:45a.m.	\$52.15
	81992	Sun	Apr 19-Jun 7	9:30-10a.m.	\$52.15
NWLC	81444	Mon	Jan 5-Mar 16	5:45-6:15p.m.	\$74.50
	81493	Tue	Jan 6-Mar 17	2:20-2:50p.m.	\$74.50
	81520	Wed	Jan 7-Mar 18	4:05-4:35p.m.	\$74.50
	81591	Thu	Jan 8-Mar 19	9-9:30a.m.	\$74.50
	81646	Sat	Jan 10-Mar 21	11:15-11:45a.m.	\$74.50

NWLC	81722	Mon	Mar 23-Jun 1	5:40-6:10p.m.	\$67.05
	81781	Tue	Mar 24-Jun 2	2:50-3:20p.m.	\$74.50
	81782	Tue	Mar 24-Jun 2	5:10-5:40p.m.	\$74.50
	81809	Wed	Mar 25-Jun 3	9-9:30a.m.	\$74.50
	81837	Thu	Mar 26-Jun 4	4:05-4:35p.m.	\$74.50
	81925	Sat	Mar 28-Jun 6	10:50-11:20a.m.	\$67.05
	81957	Sun	Mar 29-May 31	12:05-12:35p.m.	\$59.60
SSLC	81354	Mon	Jan 5-Mar 16	5:15-5:45p.m.	\$74.50
	81393	Tue	Jan 6-Mar 17	5:30-6p.m.	\$74.50
	81464	Wed	Jan 7-Mar 18	11:10-11:40a.m.	\$74.50
	81463	Wed	Jan 7-Mar 18	5:30-6p.m.	\$74.50
	81550	Thu	Jan 8-Mar 19	5:55-6:25p.m.	\$74.50
	81744	Fri	Jan 9-Mar 20	4-4:30p.m.	\$74.50
	81859	Sat	Jan 10-Mar 21	10:25-10:55a.m.	\$74.50
	81860	Sat	Jan 10-Mar 21	12:45-1:15p.m.	\$74.50
	82102	Sun	Jan 11-Mar 22	9:40-10:10a.m.	\$74.50
	82370	Mon	Mar 23-Jun 1	5:15-5:45p.m.	\$67.05
	82227	Tue	Mar 24-Jun 2	5:55-6:25p.m.	\$74.50
	82292	Wed	Mar 25-Jun 3	11:10-11:40a.m.	\$74.50
	82263	Wed	Mar 25-Jun 3	4-4:30p.m.	\$74.50
	82296	Thu	Mar 26-Jun 4	5:30-6p.m.	\$74.50
	82437	Fri	Mar 27-Jun 5	5:30-6p.m.	\$67.05
	82554	Sat	Mar 28-Jun 6	9:40-10:10a.m.	\$67.05
	82486	Sun	Mar 29-May 31	10:25-10:55a.m.	\$59.60
	82487	Sun	Mar 29-May 31	12:45-1:15p.m.	\$59.60

#### 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	81996	Mon	Jan 5-Mar 16	5:30-6p.m.	\$74.50
	81997	Sat	Jan 10-Mar 21	10:15-10:45a.m.	\$59.60
	81998	Sun	Jan 11-Mar 22	10:40-11:10a.m.	\$59.60
	81999	Tue	Mar 24-Jun 2	6:15-6:45p.m.	\$74.50
	82000	Sat	Apr 18-Jun 6	10:50-11:20a.m.	\$52.15
	82002	Sun	Apr 19-Jun 7	12:15-12:45p.m.	\$52.15
NWLC	81445	Mon	Jan 5-Mar 16	2:50-3:20p.m.	\$74.50
	81446	Mon	Jan 5-Mar 16	4:35-5:05p.m.	\$74.50
	81494	Tue	Jan 6-Mar 17	5:40-6:10p.m.	\$74.50
	81592	Thu	Jan 8-Mar 19	11-11:30a.m.	\$74.50
	81593	Thu	Jan 8-Mar 19	5:45-6:15p.m.	\$74.50
	81618	Fri	Jan 9-Mar 20	5:10-5:40p.m.	\$74.50
	81619	Fri	Jan 9-Mar 20	5:50-6:20p.m.	\$74.50
	81647	Sat	Jan 10-Mar 21	9:15-9:45a.m.	\$74.50
	81648	Sat	Jan 10-Mar 21	9:35-10:05a.m.	\$74.50
	81679	Sat	Jan 10-Mar 21	11:50a.m12:20p.m.	\$74.50

NWLC	81693	Sun	Jan 11-Mar 22	11:35a.m12:05p.m.	\$74.50
	81692	Sun	Jan 11-Mar 22	12:35-1:05p.m.	\$74.50
	81723	Mon	Mar 23-Jun 1	2:20-2:50p.m.	\$67.05
	81783	Tue	Mar 24-Jun 2	4:35-5:05p.m.	\$74.50
	81810	Wed	Mar 25-Jun 3	11-11:30a.m.	\$74.50
	81811	Wed	Mar 25-Jun 3	5:45-6:15p.m.	\$74.50
	81838	Thu	Mar 26-Jun 4	9-9:30a.m.	\$74.50
	81907	Fri	Mar 27-Jun 5	5:10-5:40p.m.	\$67.05
	81955	Sat	Mar 28-Jun 6	11:45a.m12:15p.m.	\$67.05
	81926	Sat	Mar 28-Jun 6	12:05-12:35p.m.	\$67.05
	81927	Sat	Mar 28-Jun 6	12:35-1:05p.m.	\$67.05
	81958	Sun	Mar 29-May 31	9:35-10:05a.m.	\$59.60
	81959	Sun	Mar 29-May 31	11:50a.m12:20p.m.	\$59.60
SSLC	81357	Mon	Jan 5-Mar 16	10:05-10:35a.m.	\$74.50
	81355	Mon	Jan 5-Mar 16	4:10-4:40p.m.	\$74.50
	81356	Mon	Jan 5-Mar 16	5:45-6:15p.m.	\$74.50
	81395	Tue	Jan 6-Mar 17	10:40-11:10a.m.	\$74.50
	81394	Tue	Jan 6-Mar 17	4:45-5:15p.m.	\$74.50
	81465	Wed	Jan 7-Mar 18	4-4:30p.m.	\$74.50
	81466	Wed	Jan 7-Mar 18	5:55-6:25p.m.	\$74.50
	81552	Thu	Jan 8-Mar 19	11:10-11:40a.m.	\$74.50
	81551	Thu	Jan 8-Mar 19	4:10-4:40p.m.	\$74.50
	81745	Fri	Jan 9-Mar 20	5:25-5:55p.m.	\$74.50
	82075	Sat	Jan 10-Mar 21	9:10-9:40a.m.	\$74.50
	81861	Sat	Jan 10-Mar 21	11:40a.m12:10p.m.	\$74.50
	81862	Sat	Jan 10-Mar 21	1:30-2p.m.	\$74.50
	82103	Sun	Jan 11-Mar 22	9:10-9:40a.m.	\$74.50
	82104	Sun	Jan 11-Mar 22	11:30a.m12p.m.	\$74.50
	82373	Mon	Mar 23-Jun 1	10:05-10:35a.m.	\$67.05
	82371	Mon	Mar 23-Jun 1	4:10-4:40p.m.	\$67.05
	82372	Mon	Mar 23-Jun 1	5:45-6:15p.m.	\$67.05
	82229	Tue	Mar 24-Jun 2	11:10-11:40a.m.	\$74.50
	82228	Tue	Mar 24-Jun 2	4:10-4:40p.m.	\$74.50
	82264	Wed	Mar 25-Jun 3	5:25-5:55p.m.	\$74.50
	82298	Thu	Mar 26-Jun 4	10:40-11:10a.m.	\$74.50
	82297	Thu	Mar 26-Jun 4	4:45-5:15p.m.	\$74.50
	82438	Fri	Mar 27-Jun 5	4-4:30p.m.	\$67.05
	82439	Fri	Mar 27-Jun 5	5:55-6:25p.m.	\$67.05
	82555	Sat	Mar 28-Jun 6	9:10-9:40a.m.	\$67.05
	82556	Sat	Mar 28-Jun 6	11:30a.m12p.m.	\$67.05
	82616	Sat	Mar 28-Jun 6	1:30-2p.m.	\$67.05
	82489	Sun	Mar 29-May 31	9:10-9:40a.m.	\$59.60
	82488	Sun	Mar 29-May 31	11:40a.m12:10p.m.	\$59.60

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	82003	Mon	Jan 5-Mar 16	6:15-6:45p.m.	\$74.50
	82004	Wed	Jan 7-Mar 18	6:25-6:55p.m.	\$74.50
	82005	Thu	Jan 8-Mar 19	6:15-6:45p.m.	\$67.05
	82006	Sat	Jan 10-Mar 21	11:25-11:55a.m.	\$59.60
	82007	Sun	Jan 11-Mar 22	11:15-11:45a.m.	\$59.60
	82008	Mon	Mar 23-Jun 1	6:15-6:45p.m.	\$67.05
	82010	Wed	Mar 25-Jun 3	5:30-6p.m.	\$74.50
	82009	Wed	Mar 25-Jun 3	6:25-6:55p.m.	\$74.50
	82011	Thu	Mar 26-Jun 4	6:15-6:45p.m.	\$74.50
	82012	Sat	Apr 18-Jun 6	11:25-11:55a.m.	\$52.15
	82015	Sun	Apr 19-Jun 7	11:15-11:45a.m.	\$52.15
NWLC	81447	Mon	Jan 5-Mar 16	1:35-2:05p.m.	\$74.50
	81448	Mon	Jan 5-Mar 16	4-4:30p.m.	\$74.50
	81449	Mon	Jan 5-Mar 16	5:15-5:45p.m.	\$74.50
	81450	Mon	Jan 5-Mar 16	5:55-6:25p.m.	\$74.50
	81495	Tue	Jan 6-Mar 17	12:50-1:20p.m.	\$74.50
	81496	Tue	Jan 6-Mar 17	3-3:30p.m.	\$74.50
	81498	Tue	Jan 6-Mar 17	5:10-5:40p.m.	\$74.50
	81497	Tue	Jan 6-Mar 17	5:15-5:45p.m.	\$74.50
	81521	Wed	Jan 7-Mar 18	5:50-6:20p.m.	\$74.50
	81595	Thu	Jan 8-Mar 19	4:05-4:35p.m.	\$74.50
	81594	Thu	Jan 8-Mar 19	5:10-5:40p.m.	\$74.50
	81620	Fri	Jan 9-Mar 20	4:40-5:10p.m.	\$74.50
	81649	Sat	Jan 10-Mar 21	9-9:30a.m.	\$74.50
	81650	Sat	Jan 10-Mar 21	9:50-10:20a.m.	\$74.50
	81695	Sun	Jan 11-Mar 22	10:15-10:45a.m.	\$74.50
	81694	Sun	Jan 11-Mar 22	10:10-10:40a.m.	\$74.50
	81735	Mon	Mar 23-Jun 1	12:50-1:20p.m.	\$67.05
	81733	Mon	Mar 23-Jun 1	3-3:30p.m.	\$67.05
	81734	Mon	Mar 23-Jun 1	5:15-5:45p.m.	\$67.05
	81724	Mon	Mar 23-Jun 1	5:45-6:15p.m.	\$67.05
	81784	Tue	Mar 24-Jun 2	1:35-2:05p.m.	\$74.50
	81785	Tue	Mar 24-Jun 2	4-4:30p.m.	\$74.50
	81787	Tue	Mar 24-Jun 2	5:15-5:45p.m.	\$74.50
	81786	Tue	Mar 24-Jun 2	5:55-6:25p.m.	\$74.50
	81813	Wed	Mar 25-Jun 3	4:05-4:35p.m.	\$74.50
	81812	Wed	Mar 25-Jun 3	5:10-5:40p.m.	\$74.50
	81839	Thu	Mar 26-Jun 4	5:50-6:20p.m.	\$74.50

NWLC         81908         Fri         Mar 28-Jun 6         4:40-5:10p.m.         \$67.05           81929         Sat         Mar 28-Jun 6         9:40-10:10a.m.         \$67.05           81930         Sat         Mar 28-Jun 6         10:15-10:45a.m.         \$67.05           81962         Sun         Mar 29-May 31         9:50-10:20a.m.         \$59.60           81961         Sun         Mar 29-May 31         10:45-11:15a.m.         \$59.60           81960         Sun         Mar 29-May 31         11:30p.m.         \$59.60           81361         Mon         Jan 5-Mar 16         10:10-10:40a.m.         \$74.50           81368         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81368         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81369         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         6:30p.m.         \$74.50           81468         Wed         Jan 7-Mar 18 <td< th=""><th></th><th>0.1000</th><th></th><th></th><th></th><th>40= 0=</th></td<>		0.1000				40= 0=
81930         Sat         Mar 28-Jun 6         10:10-10:40a.m.         \$67.05           81928         Sat         Mar 28-Jun 6         10:15-10:45a.m.         \$67.05           81962         Sun         Mar 29-May 31         9:50-10:20a.m.         \$59.60           81961         Sun         Mar 29-May 31         1-1:30p.m.         \$59.60           81960         Sun         Mar 29-May 31         1-1:30p.m.         \$59.60           81361         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81368         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81563         Thu         Jan 8-Mar 19         5:30-6;p.m.	NWLC					
81928         Sat         Mar 28-Jun 6         10:15-10:45a.m.         \$67.05           81962         Sun         Mar 29-May 31         9:50-10:20a.m.         \$59.60           81961         Sun         Mar 29-May 31         10:45-11:15a.m.         \$59.60           81960         Sun         Mar 29-May 31         1-1:30p.m.         \$59.60           81361         Mon         Jan 5-Mar 16         10:10-10:40a.m.         \$74.50           81360         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         11:4						
81962   Sun   Mar 29-May 31   9:50-10:20a.m.   \$59.60     81961   Sun   Mar 29-May 31   10:45-11:15a.m.   \$59.60     81960   Sun   Mar 29-May 31   1-1:30p.m.   \$59.60     81960   Sun   Mar 29-May 31   1-1:30p.m.   \$74.50     81358   Mon   Jan 5-Mar 16   10:10-10:40a.m.   \$74.50     81360   Mon   Jan 5-Mar 16   11:15-11:45a.m.   \$74.50     81358   Mon   Jan 5-Mar 16   4:05-4:35p.m.   \$74.50     81359   Mon   Jan 5-Mar 16   4:05-4:35p.m.   \$74.50     81396   Tue   Jan 6-Mar 17   5:10-5:40p.m.   \$74.50     81397   Tue   Jan 6-Mar 17   4:10-4:40p.m.   \$74.50     81467   Wed   Jan 7-Mar 18   4:35-5:05p.m.   \$74.50     81468   Wed   Jan 7-Mar 18   4:35-5:05p.m.   \$74.50     81469   Wed   Jan 7-Mar 18   11:45a.m.   574.50     81553   Thu   Jan 8-Mar 19   4:05-4:35p.m.   \$74.50     81554   Thu   Jan 8-Mar 19   5:30-6p.m.   \$74.50     81555   Thu   Jan 8-Mar 19   11:45a.m.   574.50     81746   Fri   Jan 9-Mar 20   5:10-5:40p.m.   \$74.50     81747   Fri   Jan 9-Mar 20   4:10-4:40p.m.   \$74.50     81863   Sat   Jan 10-Mar 21   12:15p.m.   \$74.50     81865   Sat   Jan 10-Mar 21   12:15-12:45p.m.   \$74.50     81866   Sat   Jan 10-Mar 21   12:15-12:45p.m.   \$74.50     81867   Sat   Jan 10-Mar 21   12:15-12:45p.m.   \$74.50     81868   Sat   Jan 10-Mar 21   12:15-12:45p.m.   \$74.50     81867   Sat   Jan 10-Mar 21   12:15-12:45p.m.   \$74.50     81868   Sat   Jan 10-Mar 21   12:15-12:45p.m.   \$74.50     81869   Sun   Jan 11-Mar 22   10:05-11:20a.m.   \$74.50     82106   Sun   Jan 11-Mar 22   10:05-11:20a.m.   \$74.50     82107   Sun   Jan 11-Mar 22   10:05-11:20a.m.   \$74.50     82108   Sun   Jan 11-Mar 22   10:05-11:20a.m.   \$74.50     82209   Tue   Mar 24-Jun 2   10:05-11:20a.m.   \$74.50     82231   Tue   Mar 24-Jun 2   10:05-11:20a.m.   \$74.50     82232   Tue   Mar 24-Jun 2   10:05-11:20a.m.   \$74.50     82232   Tue   Mar 24-Jun 2   11:45a.m.   \$74.50     82232   Tue   Mar 24-Jun 2   11:45a.m.   \$74.50     82232   Tue   Mar 24-Jun 2   11:45a.m.   \$74.50     82233   Wed   Mar 25-Jun 3   11:45a.m.   \$74.50     82230   Thu   Mar						
81961         Sun         Mar 29-May 31         10:45-11:15a.m.         \$59.60           81960         Sun         Mar 29-May 31         1-1:30p.m.         \$59.60           SSLC         81361         Mon         Jan 5-Mar 16         10:10-10:40a.m.         \$74.50           81368         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 5-Mar 16         4:55-5:25p.m.         \$74.50           81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:						
81960         Sun         Mar 29-May 31         1-1:30p.m.         \$59.60           SSLC         81361         Mon         Jan 5-Mar 16         10:10-10:40a.m.         \$74.50           81368         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81360         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81399         Mon         Jan 5-Mar 16         4:55-5:25p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21				·		
SSLC         81361         Mon         Jan 5-Mar 16         10:10-10:40a.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81360         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81569         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81555         Thu         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20		81961	Sun	Mar 29-May 31	10:45-11:15a.m.	\$59.60
81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81360         Mon         Jan 5-Mar 16         11:15-11:45a.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 10-Mar 21         11:45a.m12:15p.m.				•	•	
81360         Mon         Jan 5-Mar 16         11:15-11:45a.m.         \$74.50           81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 5-Mar 16         4:55-5:25p.m.         \$74.50           81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81555         Thu         Jan 8-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         12:15-12:45	SSLC	81361		Jan 5-Mar 16	10:10-10:40a.m.	\$74.50
81358         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81359         Mon         Jan 5-Mar 16         4:55-5:25p.m.         \$74.50           81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         12:15-12:45p.m.<			-	Jan 5-Mar 16	4:05-4:35p.m.	\$74.50
81359         Mon         Jan 5-Mar 16         4:55-5:25p.m.         \$74.50           81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:50-1		81360		Jan 5-Mar 16	11:15-11:45a.m.	\$74.50
81396         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50           81397         Tue         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81864         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         12:50-1:26			-			
81397         Tue         Jan 6-Mar 17         4:10-4:40p.m.         \$74.50           81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81469         Wed         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:50-1:20p.m.         \$74.50           81867         Sat         Jan 11-Mar 22         12:50-1:20						
81398         Tue         Jan 6-Mar 17         11:15-11:45a.m.         \$74.50           81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         13:5-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p						
81467         Wed         Jan 7-Mar 18         4:35-5:05p.m.         \$74.50           81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81864         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         12:50-1:20p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:2		81397	Tue	Jan 6-Mar 17	4:10-4:40p.m.	
81468         Wed         Jan 7-Mar 18         6-6:30p.m.         \$74.50           81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           81867         Sat         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:5						,
81469         Wed         Jan 7-Mar 18         11:45a.m12:15p.m.         \$74.50           81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         10:5					4:35-5:05p.m.	
81553         Thu         Jan 8-Mar 19         4:05-4:35p.m.         \$74.50           81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:50-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         12:50-1:20p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         10:5					6-6:30p.m.	\$74.50
81554         Thu         Jan 8-Mar 19         5:30-6p.m.         \$74.50           81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         10:10:30a.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           822109         Sun         Jan 11-Mar 22         5:35-6:05p.m		81469		Jan 7-Mar 18	11:45a.m12:15p.m.	\$74.50
81555         Thu         Jan 8-Mar 19         11:45a.m12:15p.m.         \$74.50           81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:50-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         10			-		4:05-4:35p.m.	
81746         Fri         Jan 9-Mar 20         5:10-5:40p.m.         \$74.50           81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         12:05-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         10:10:30a.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         50:59-6:05p.m.         \$74.50           82109         Sun         Jan 11-Mar 22         50:59-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:4		81554	Thu	Jan 8-Mar 19	5:30-6p.m.	\$74.50
81747         Fri         Jan 9-Mar 20         4:10-4:40p.m.         \$74.50           81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         1:35-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         10:10:30a.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         50:5-9:35a.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         4:05-4:35		81555			11:45a.m12:15p.m.	\$74.50
81863         Sat         Jan 10-Mar 21         9-9:30a.m.         \$74.50           81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         10:10:30a.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:05-4:35p.		81746	Fri	Jan 9-Mar 20	5:10-5:40p.m.	\$74.50
81864         Sat         Jan 10-Mar 21         1-1:30p.m.         \$74.50           81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         2:05-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10-10:30a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82370         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82377         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p		81747	Fri		4:10-4:40p.m.	\$74.50
81865         Sat         Jan 10-Mar 21         12:15-12:45p.m.         \$74.50           81866         Sat         Jan 10-Mar 21         2:05-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10-10:30a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 2         4:05-4:35p.m.         \$74.50           82230         Tue         Mar 24-Jun 2         5:30-6p.		81863	Sat	Jan 10-Mar 21	9-9:30a.m.	\$74.50
81866         Sat         Jan 10-Mar 21         2:05-2:35p.m.         \$74.50           81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82370         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82231         Tue         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         4:10-4:40p.m		81864	Sat	Jan 10-Mar 21	1-1:30p.m.	\$74.50
81867         Sat         Jan 10-Mar 21         1:35-2:05p.m.         \$74.50           82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10-10:30a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         4:10-4:40p		81865	Sat	Jan 10-Mar 21	12:15-12:45p.m.	\$74.50
82105         Sun         Jan 11-Mar 22         12:50-1:20p.m.         \$74.50           82106         Sun         Jan 11-Mar 22         10-10:30a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82232         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 4         5:10-5:40p.		81866	Sat	Jan 10-Mar 21	2:05-2:35p.m.	\$74.50
82106         Sun         Jan 11-Mar 22         10-10:30a.m.         \$74.50           82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82232         Tue         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Wed         Mar 25-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:		81867	Sat	Jan 10-Mar 21	1:35-2:05p.m.	\$74.50
82107         Sun         Jan 11-Mar 22         10:50-11:20a.m.         \$74.50           82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:		82105	Sun	Jan 11-Mar 22	12:50-1:20p.m.	\$74.50
82108         Sun         Jan 11-Mar 22         9:05-9:35a.m.         \$74.50           82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82232         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Wed         Mar 25-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:4		82106	Sun	Jan 11-Mar 22	10-10:30a.m.	\$74.50
82109         Sun         Jan 11-Mar 22         5:35-6:05p.m.         \$74.50           82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82107	Sun		10:50-11:20a.m.	\$74.50
82377         Mon         Mar 23-Jun 1         10:10-10:40a.m.         \$67.05           82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Wed         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82108	Sun	Jan 11-Mar 22	9:05-9:35a.m.	\$74.50
82376         Mon         Mar 23-Jun 1         11:15-11:45a.m.         \$67.05           82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Wed         Mar 25-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82109	Sun	Jan 11-Mar 22	5:35-6:05p.m.	\$74.50
82374         Mon         Mar 23-Jun 1         4:05-4:35p.m.         \$67.05           82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82293         Wed         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82377	Mon	Mar 23-Jun 1	10:10-10:40a.m.	\$67.05
82375         Mon         Mar 23-Jun 1         4:55-5:25p.m.         \$67.05           82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         4:10-4:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82376	Mon	Mar 23-Jun 1	11:15-11:45a.m.	\$67.05
82230         Tue         Mar 24-Jun 2         4:05-4:35p.m.         \$74.50           82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         4:10-4:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82299         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82374	Mon	Mar 23-Jun 1	4:05-4:35p.m.	\$67.05
82231         Tue         Mar 24-Jun 2         5:30-6p.m.         \$74.50           82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         4:10-4:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82299         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82375	Mon	Mar 23-Jun 1	4:55-5:25p.m.	\$67.05
82232         Tue         Mar 24-Jun 2         11:45a.m12:15p.m.         \$74.50           82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         4:10-4:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82299         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82230	Tue	Mar 24-Jun 2	4:05-4:35p.m.	\$74.50
82265         Wed         Mar 25-Jun 3         5:10-5:40p.m.         \$74.50           82266         Wed         Mar 25-Jun 3         4:10-4:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82299         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82231	Tue	Mar 24-Jun 2	5:30-6p.m.	\$74.50
82266         Wed         Mar 25-Jun 3         4:10-4:40p.m.         \$74.50           82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82299         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82232	Tue	Mar 24-Jun 2	11:45a.m12:15p.m.	\$74.50
82293         Wed         Mar 25-Jun 3         11:45a.m12:15p.m.         \$74.50           82299         Thu         Mar 26-Jun 4         5:10-5:40p.m.         \$74.50           82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82265	Wed	Mar 25-Jun 3	5:10-5:40p.m.	\$74.50
82299       Thu       Mar 26-Jun 4       5:10-5:40p.m.       \$74.50         82300       Thu       Mar 26-Jun 4       4:10-4:40p.m.       \$74.50         82301       Thu       Mar 26-Jun 4       11:15-11:45a.m.       \$74.50		82266	Wed	Mar 25-Jun 3	4:10-4:40p.m.	\$74.50
82300         Thu         Mar 26-Jun 4         4:10-4:40p.m.         \$74.50           82301         Thu         Mar 26-Jun 4         11:15-11:45a.m.         \$74.50		82293	Wed	Mar 25-Jun 3	11:45a.m12:15p.m.	\$74.50
82301 Thu Mar 26-Jun 4 11:15-11:45a.m. \$74.50		82299	Thu	Mar 26-Jun 4	5:10-5:40p.m.	\$74.50
		82300	Thu	Mar 26-Jun 4	4:10-4:40p.m.	\$74.50
82440 Fri Mar 27-Jun 5 4:35-5:05p.m. \$67.05		82301	Thu	Mar 26-Jun 4	11:15-11:45a.m.	\$74.50
		82440	Fri	Mar 27-Jun 5	4:35-5:05p.m.	\$67.05

SSLC	82441	Fri	Mar 27-Jun 5	6-6:30p.m.	\$67.05
	82560	Sat	Mar 28-Jun 6	9:05-9:35a.m.	\$67.05
	82558	Sat	Mar 28-Jun 6	10-10:30a.m.	\$67.05
	82559	Sat	Mar 28-Jun 6	10:50-11:20a.m.	\$67.05
	82557	Sat	Mar 28-Jun 6	12:50-1:20p.m.	\$67.05
	82618	Sat	Mar 28-Jun 6	1:35-2:05p.m.	\$67.05
	82617	Sat	Mar 28-Jun 6	2:05-2:35p.m.	\$67.05
	82490	Sun	Mar 29-May 31	9-9:30a.m.	\$59.60
	82492	Sun	Mar 29-May 31	12:15-12:45p.m.	\$59.60
	82491	Sun	Mar 29-May 31	1-1:30p.m.	\$59.60
	82542	Sun	Mar 29-Jun 7	5:35-6:05p.m.	\$67.05

#### **Preschool 2**

3-5 years

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

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

LAC	82017	Tue	Jan 6-Mar 17	5:30-6p.m.	\$74.50
	82016	Tue	Jan 6-Mar 17	6:40-7:10p.m.	\$74.50
	82018	Wed	Jan 7-Mar 18	5:30-6p.m.	\$74.50
	82019	Thu	Jan 8-Mar 19	6:50-7:20p.m.	\$67.05
	82020	Sat	Jan 10-Mar 21	9:30-10a.m.	\$59.60
	82021	Sun	Jan 11-Mar 22	11:30a.m12p.m.	\$59.60
	82024	Tue	Mar 24-Jun 2	5:30-6p.m.	\$74.50
	82023	Tue	Mar 24-Jun 2	6:50-7:20p.m.	\$74.50
	82025	Thu	Mar 26-Jun 4	5:30-6p.m.	\$74.50
	82026	Sat	Apr 18-Jun 6	9:30-10a.m.	\$52.15
	82027	Sun	Apr 19-Jun 7	10:15-10:45a.m.	\$52.15
NWLC	81451	Mon	Jan 5-Mar 16	1-1:30p.m.	\$74.50
	81452	Mon	Jan 5-Mar 16	5:50-6:20p.m.	\$74.50
	81499	Tue	Jan 6-Mar 17	1:30-2p.m.	\$74.50
	81500	Tue	Jan 6-Mar 17	5:50-6:20p.m.	\$74.50
	81522	Wed	Jan 7-Mar 18	4:35-5:05p.m.	\$74.50
	81548	Wed	Jan 7-Mar 18	5:40-6:10p.m.	\$74.50
	81596	Thu	Jan 8-Mar 19	9:35-10:05a.m.	\$74.50
	81597	Thu	Jan 8-Mar 19	5:10-5:40p.m.	\$74.50
	81598	Thu	Jan 8-Mar 19	6-6:30p.m.	\$74.50
	81621	Fri	Jan 9-Mar 20	4:35-5:05p.m.	\$74.50
	81623	Fri	Jan 9-Mar 20	5:15-5:45p.m.	\$74.50
	81622	Fri	Jan 9-Mar 20	5:45-6:15p.m.	\$74.50
	81651	Sat	Jan 10-Mar 21	11:30a.m12p.m.	\$74.50
	81652	Sat	Jan 10-Mar 21	12:50-1:20p.m.	\$74.50
	81696	Sun	Jan 11-Mar 22	9-9:30a.m.	\$74.50
	81698	Sun	Jan 11-Mar 22	11-11:30a.m.	\$74.50
	81697	Sun	Jan 11-Mar 22	11:30a.m12p.m.	\$74.50
	81725	Mon	Mar 23-Jun 1	1:30-2p.m.	\$67.05

NWLC	81736	Mon	Mar 23-Jun 1	5:50-6:20p.m.	\$67.05
	81788	Tue	Mar 24-Jun 2	1-1:30p.m.	\$74.50
	81789	Tue	Mar 24-Jun 2	5:50-6:20p.m.	\$74.50
	81815	Wed	Mar 25-Jun 3	9:35-10:05a.m.	\$74.50
	81816	Wed	Mar 25-Jun 3	5:10-5:40p.m.	\$74.50
	81814	Wed	Mar 25-Jun 3	6-6:30p.m.	\$74.50
	81840	Thu	Mar 26-Jun 4	4:35-5:05p.m.	\$74.50
	81911	Fri	Mar 27-Jun 5	4:35-5:05p.m.	\$67.05
	81909	Fri	Mar 27-Jun 5	5:15-5:45p.m.	\$67.05
	81910	Fri	Mar 27-Jun 5	5:45-6:15p.m.	\$67.05
	81931	Sat	Mar 28-Jun 6	9-9:30a.m.	\$67.05
	81932	Sat	Mar 28-Jun 6	11:10-11:40a.m.	\$67.05
	81963	Sun	Mar 29-May 31	9-9:30a.m.	\$59.60
	81964	Sun	Mar 29-May 31	11:30a.m12p.m.	\$59.60
SSLC	81365	Mon	Jan 5-Mar 16	10:40-11:10a.m.	\$74.50
	81363	Mon	Jan 5-Mar 16	4:35-5:05p.m.	\$74.50
	81364	Mon	Jan 5-Mar 16	5:50-6:20p.m.	\$74.50
	81362	Mon	Jan 5-Mar 16	6:25-6:55p.m.	\$74.50
	81401	Tue	Jan 6-Mar 17	10:05-10:35a.m.	\$74.50
	81402	Tue	Jan 6-Mar 17	11:20-11:50a.m.	\$74.50
	81400	Tue	Jan 6-Mar 17	4:45-5:15p.m.	\$74.50
	81399	Tue	Jan 6-Mar 17	6-6:30p.m.	\$74.50
	81472	Wed	Jan 7-Mar 18	11:05-11:35a.m.	\$74.50
	81470	Wed	Jan 7-Mar 18	4:10-4:40p.m.	\$74.50
	81471	Wed	Jan 7-Mar 18	4:55-5:25p.m.	\$74.50
	81558	Thu	Jan 8-Mar 19	11:05-11:35a.m.	\$74.50
	81557	Thu	Jan 8-Mar 19	4:45-5:15p.m.	\$74.50
	81556	Thu	Jan 8-Mar 19	6-6:30p.m.	\$74.50
	81749	Fri	Jan 9-Mar 20	4:40-5:10p.m.	\$74.50
	81748	Fri	Jan 9-Mar 20	6:05-6:35p.m.	\$74.50
	81869	Sat	Jan 10-Mar 21	9:35-10:05a.m.	\$74.50
	81868	Sat	Jan 10-Mar 21	12:05-12:35p.m.	\$74.50
	81870	Sat	Jan 10-Mar 21	2:50-3:20p.m.	\$74.50
	82110	Sun	Jan 11-Mar 22	9:35-10:05a.m.	\$74.50
	82111	Sun	Jan 11-Mar 22	12:20-12:50p.m.	\$74.50
	82112	Sun	Jan 11-Mar 22	6:10-6:40p.m.	\$74.50
	82381	Mon	Mar 23-Jun 1	10:40-11:10a.m.	\$67.05
	82379	Mon	Mar 23-Jun 1	4:35-5:05p.m.	\$67.05
	82380	Mon	Mar 23-Jun 1	5:50-6:20p.m.	\$67.05
	82378	Mon	Mar 23-Jun 1	6:25-6:55p.m.	\$67.05
	82235	Tue	Mar 24-Jun 2	11:05-11:35a.m.	\$74.50
	82234	Tue	Mar 24-Jun 2	4:45-5:15p.m.	\$74.50
	82233	Tue	Mar 24-Jun 2	6-6:30p.m.	\$74.50
	82294	Wed	Mar 25-Jun 3	11:05-11:35a.m.	\$74.50
	82268	Wed	Mar 25-Jun 3	4:40-5:10p.m.	\$74.50
	82267	Wed	Mar 25-Jun 3	6:05-6:35p.m.	\$74.50
	82304	Thu	Mar 26-Jun 4	10:05-10:35a.m.	\$74.50
	82305	Thu	Mar 26-Jun 4	11:20-11:50a.m.	\$74.50
	82303	Thu	Mar 26-Jun 4	4:45-5:15p.m.	\$74.50

SSLC	82302	Thu	Mar 26-Jun 4	6-6:30p.m.	\$74.50
0020	82442	Fri	Mar 27-Jun 5	4:10-4:40p.m.	\$67.05
	02442	FII	IVIAI 21-Juli 3	4.10-4.40p.m.	\$07.00
	82443	Fri	Mar 27-Jun 5	4:55-5:25p.m.	\$67.05
	82561	Sat	Mar 28-Jun 6	9:35-10:05a.m.	\$67.05
	82562	Sat	Mar 28-Jun 6	12:20-12:50p.m.	\$67.05
	82619	Sat	Mar 28-Jun 6	2:50-3:20p.m.	\$67.05
	82494	Sun	Mar 29-May 31	9:35-10:05a.m.	\$59.60
	82493	Sun	Mar 29-May 31	12:05-12:35p.m.	\$59.60
	82543	Sun	Mar 29-Jun 7	6:10-6:40p.m.	\$67.05

#### **Preschool 3**

#### 3-5 years

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

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

82029     Tue     Jan 6-Mar 17     6:15-6:45p.m.       82030     Wed     Jan 7-Mar 18     5:30-6p.m.       82031     Wed     Jan 7-Mar 18     7-7:30p.m.	\$74.50 \$74.50 \$74.50
	·
82031 Wed Jan 7-Mar 18 7-7:30p.m.	\$74.50
82032 Thu Jan 8-Mar 19 5:30-6p.m.	\$67.05
82060 Sat Jan 10-Mar 21 11:25-11:55a.m	n. \$59.60
82064 Tue Mar 24-Jun 2 6:50-7:20p.m.	\$74.50
82066 Wed Mar 25-Jun 3 6:15-6:45p.m.	\$74.50
82068 Thu Mar 26-Jun 4 6:50-7:20p.m.	\$74.50
82070 Sat Apr 18-Jun 6 11:25-11:55a.m	n. \$52.15
82215 Sun Apr 19-Jun 7 10:05-10:35a.m	n. \$52.15
NWLC 81453 Mon Jan 5-Mar 16 4:40-5:10p.m.	\$74.50
81502 Tue Jan 6-Mar 17 4-4:30p.m.	\$74.50
81501 Tue Jan 6-Mar 17 4:30-5p.m.	\$74.50
81503 Tue Jan 6-Mar 17 4:40-5:10p.m.	\$74.50
81524 Wed Jan 7-Mar 18 9:35-10:05a.m.	\$74.50
81523 Wed Jan 7-Mar 18 5:05-5:35p.m.	\$74.50
81599 Thu Jan 8-Mar 19 10:25-10:55a.m	n. \$74.50
81600 Thu Jan 8-Mar 19 4-4:30p.m.	\$74.50
81601 Thu Jan 8-Mar 19 4:35-5:05p.m.	\$74.50
81624 Fri Jan 9-Mar 20 4:05-4:35p.m.	\$74.50
81653 Sat Jan 10-Mar 21 10:25-10:55a.m	n. \$74.50
81654 Sat Jan 10-Mar 21 12:55-1:25p.m.	\$74.50
81699 Sun Jan 11-Mar 22 9-9:30a.m.	\$74.50
81700 Sun Jan 11-Mar 22 9:40-10:10a.m.	\$74.50
81738 Mon Mar 23-Jun 1 4-4:30p.m.	\$67.05
81726 Mon Mar 23-Jun 1 4:30-5p.m.	\$67.05
81737 Mon Mar 23-Jun 1 5:10-5:40p.m.	\$67.05
81790 Tue Mar 24-Jun 2 4:40-5:10p.m.	\$74.50
81817 Wed Mar 25-Jun 3 10:25-10:55a.m	n. \$74.50
81818 Wed Mar 25-Jun 3 4-4:30p.m.	\$74.50
81841 Thu Mar 26-Jun 4 9:35-10:05a.m.	\$74.50

NWLC	81842	Thu	Mar 26-Jun 4	5:05-5:35p.m.	\$74.50
	81912	Fri	Mar 27-Jun 5	4:05-4:35p.m.	\$67.05
	81933	Sat	Mar 28-Jun 6	9:05-9:35a.m.	\$67.05
	81965	Sun	Mar 29-May 31	10:25-10:55a.m.	\$59.60
	81966	Sun	Mar 29-May 31	12:55-1:25p.m.	\$59.60
SSLC	81368	Mon	Jan 5-Mar 16	11:20-11:50a.m.	\$74.50
	81367	Mon	Jan 5-Mar 16	4-4:30p.m.	\$74.50
	81366	Mon	Jan 5-Mar 16	7-7:30p.m.	\$74.50
	81404	Tue	Jan 6-Mar 17	10:45-11:15a.m.	\$74.50
	81405	Tue	Jan 6-Mar 17	5:20-5:50p.m.	\$74.50
	81403	Tue	Jan 6-Mar 17	5:25-5:55p.m.	\$74.50
	81474	Wed	Jan 7-Mar 18	4:45-5:15p.m.	\$74.50
	81560	Thu	Jan 8-Mar 19	11:40a.m12:10p.m.	\$74.50
	81559	Thu	Jan 8-Mar 19	4-4:30p.m.	\$74.50
	81751	Fri	Jan 9-Mar 20	4:05-4:35p.m.	\$74.50
	81750	Fri	Jan 9-Mar 20	5:30-6p.m.	\$74.50
	81872	Sat	Jan 10-Mar 21	10:20-10:50a.m.	\$74.50
	81871	Sat	Jan 10-Mar 21	12:25-12:55p.m.	\$74.50
	81874	Sat	Jan 10-Mar 21	2:15-2:45p.m.	\$74.50
	81873	Sat	Jan 10-Mar 21	2:45-3:15p.m.	\$74.50
	82113	Sun	Jan 11-Mar 22	11:05-11:35a.m.	\$74.50
	82114	Sun	Jan 11-Mar 22	6:10-6:40p.m.	\$74.50
	82384	Mon	Mar 23-Jun 1	11:20-11:50a.m.	\$67.05
	82383	Mon	Mar 23-Jun 1	4-4:30p.m.	\$67.05
	82382	Mon	Mar 23-Jun 1	7-7:30p.m.	\$67.05
	82237	Tue	Mar 24-Jun 2	11:40a.m12:10p.m.	\$74.50
	82236	Tue	Mar 24-Jun 2	4-4:30p.m.	\$74.50
	82270	Wed	Mar 25-Jun 3	4:05-4:35p.m.	\$74.50
	82269	Wed	Mar 25-Jun 3	5:30-6p.m.	\$74.50
	82307	Thu	Mar 26-Jun 4	10:45-11:15a.m.	\$74.50
	82308	Thu	Mar 26-Jun 4	5:20-5:50p.m.	\$74.50
	82306	Thu	Mar 26-Jun 4	5:25-5:55p.m.	\$74.50
	82444	Fri	Mar 27-Jun 5	4:45-5:15p.m.	\$67.05
	82563	Sat	Mar 28-Jun 6	11:05-11:35a.m.	\$67.05
	82621	Sat	Mar 28-Jun 6	2:15-2:45p.m.	\$67.05
	82620	Sat	Mar 28-Jun 6	2:45-3:15p.m.	\$67.05
	82496	Sun	Mar 29-May 31	10:20-10:50a.m.	\$59.60
	82495	Sun	Mar 29-May 31	12:25-12:55p.m.	\$59.60
	82544	Sun	Mar 29-Jun 7	6:10-6:40p.m.	\$67.05

#### **Preschool 4**

#### 3-5 years

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

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

LAC	82073	Mon	Jan 5-Mar 16	5:30-6p.m.	\$74.50
	82074	Tue	Jan 6-Mar 17	6:50-7:20p.m.	\$74.50

LAC	82076	Wed	Jan 7-Mar 18	2:50-3:20p.m.	\$74.50
	82078	Thu	Jan 8-Mar 19	6:05-6:35p.m.	\$67.05
	82093	Sat	Jan 10-Mar 21	12:35-1:05p.m.	\$59.60
	82094	Mon	Mar 23-Jun 1	6:05-6:35p.m.	\$67.05
	82095	Mon	Mar 23-Jun 1	6:50-7:20p.m.	\$67.05
	82096	Wed	Mar 25-Jun 3	5:30-6p.m.	\$74.50
	82097	Wed	Mar 25-Jun 3	7-7:30p.m.	\$74.50
	82098	Thu	Mar 26-Jun 4	7-7:30p.m.	\$74.50
	82148	Sat	Apr 18-Jun 6	9:30-10a.m.	\$52.15
	82149	Sat	Apr 18-Jun 6	12:35-1:05p.m.	\$52.15
NWLC	81454	Mon	Jan 5-Mar 16	4-4:30p.m.	\$74.50
	81525	Wed	Jan 7-Mar 18	4-4:30p.m.	\$74.50
	81655	Sat	Jan 10-Mar 21	10:55-11:25a.m.	\$74.50
	81656	Sat	Jan 10-Mar 21	12:20-12:50p.m.	\$74.50
	81791	Tue	Mar 24-Jun 2	4-4:30p.m.	\$74.50
	81843	Thu	Mar 26-Jun 4	4:35-5:05p.m.	\$74.50
	81913	Fri	Mar 27-Jun 5	5:05-5:35p.m.	\$67.05
	81967	Sun	Mar 29-May 31	10:55-11:25a.m.	\$59.60
	81968	Sun	Mar 29-May 31	12:20-12:50p.m.	\$59.60
SSLC	81369	Mon	Jan 5-Mar 16	5:10-5:40p.m.	\$74.50
	81388	Mon	Jan 5-Mar 16	7-7:30p.m.	\$74.50
	81406	Tue	Jan 6-Mar 17	4:05-4:35p.m.	\$74.50
	81561	Thu	Jan 8-Mar 19	5:30-6p.m.	\$74.50
	81752	Fri	Jan 9-Mar 20	4-4:30p.m.	\$74.50
	81876	Sat	Jan 10-Mar 21	12:50-1:20p.m.	\$74.50
	82115	Sun	Jan 11-Mar 22	11:55a.m12:25p.m.	\$74.50
	82116	Sun	Jan 11-Mar 22	5:40-6:10p.m.	\$74.50
	82385	Mon	Mar 23-Jun 1	5:10-5:40p.m.	\$67.05
	82386	Mon	Mar 23-Jun 1	7-7:30p.m.	\$67.05
	82238	Tue	Mar 24-Jun 2	5:30-6p.m.	\$74.50
	82271	Wed	Mar 25-Jun 3	4-4:30p.m.	\$74.50
	82309	Thu	Mar 26-Jun 4	4:05-4:35p.m.	\$74.50
	82564	Sat	Mar 28-Jun 6	11:55a.m12:25p.m.	\$67.05
	82497	Sun	Mar 29-May 31	12:50-1:20p.m.	\$59.60
	82545	Sun	Mar 29-Jun 7	5:40-6:10p.m.	\$67.05

#### **Preschool 5**

3-5 years

In this level swimmers will work on forward rolls wearing a PFD, treading water, submerge and hold breath, as well as whip kick in vertical position, front crawl, back crawl, and interval fitness training. **Prerequisite:** Your child must be able to jump into deep water, perform sideways entries, treading water, open eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

LAC	82162	Mon	Jan 5-Mar 16	6:50-7:20p.m.	\$74.50
	82165	Wed	Jan 7-Mar 18	2:15-2:45p.m.	\$74.50
	82169	Wed	Jan 7-Mar 18	6:15-6:45p.m.	\$74.50
	82171	Sat	Jan 10-Mar 21	9:30-10a.m.	\$59.60
	82172	Sun	Jan 11-Mar 22	10:15-10:45a.m.	\$59.60
	82173	Mon	Mar 23-Jun 1	5:30-6p.m.	\$67.05

LAC	82174	Tue	Mar 24-Jun 2	6:15-6:45p.m.	\$74.50
	82175	Wed	Mar 25-Jun 3	2:50-3:20p.m.	\$74.50
	82176	Sun	Apr 19-Jun 7	11:30a.m12p.m.	\$52.15
NWLC	81603	Thu	Jan 8-Mar 19	5:15-5:45p.m.	\$74.50
	81602	Thu	Jan 8-Mar 19	5:45-6:15p.m.	\$74.50
	81658	Sat	Jan 10-Mar 21	10:15-10:45a.m.	\$74.50
	81657	Sat	Jan 10-Mar 21	1-1:30p.m.	\$74.50
	81701	Sun	Jan 11-Mar 22	9:35-10:05a.m.	\$74.50
	81727	Mon	Mar 23-Jun 1	4:40-5:10p.m.	\$67.05
	81819	Wed	Mar 25-Jun 3	5:45-6:15p.m.	\$74.50
	81934	Sat	Mar 28-Jun 6	9:35-10:05a.m.	\$67.05
	81970	Sun	Mar 29-May 31	10:15-10:45a.m.	\$59.60
	81969	Sun	Mar 29-May 31	1-1:30p.m.	\$59.60
SSLC	81753	Fri	Jan 9-Mar 20	6-6:30p.m.	\$74.50
	82092	Sat	Jan 10-Mar 21	9:45-10:15a.m.	\$74.50
	81877	Sat	Jan 10-Mar 21	10:55-11:25a.m.	\$74.50
	82117	Sun	Jan 11-Mar 22	12:55-1:25p.m.	\$74.50
	82118	Sun	Jan 11-Mar 22	6:50-7:20p.m.	\$74.50
	82272	Wed	Mar 25-Jun 3	6-6:30p.m.	\$74.50
	82565	Sat	Mar 28-Jun 6	12:55-1:25p.m.	\$67.05
	82499	Sun	Mar 29-May 31	9:45-10:15a.m.	\$59.60
	82498	Sun	Mar 29-May 31	10:55-11:25a.m.	\$59.60
	82546	Sun	Mar 29-Jun 7	6:50-7:20p.m.	\$67.05

#### **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	82179	Mon	Jan 5-Mar 16	5:30-6p.m.	\$74.50
	82180	Mon	Jan 5-Mar 16	6:50-7:20p.m.	\$74.50
	82181	Tue	Jan 6-Mar 17	6:15-6:45p.m.	\$74.50
	82191	Wed	Jan 7-Mar 18	1:30-2p.m.	\$74.50
	82194	Wed	Jan 7-Mar 18	5:30-6p.m.	\$74.50
	82192	Wed	Jan 7-Mar 18	7-7:30p.m.	\$74.50
	82195	Thu	Jan 8-Mar 19	7-7:30p.m.	\$67.05
	82196	Sat	Jan 10-Mar 21	10:05-10:35a.m.	\$59.60
	82197	Sat	Jan 10-Mar 21	10:50-11:20a.m.	\$59.60
	82198	Sat	Jan 10-Mar 21	12-12:30p.m.	\$59.60
	82199	Sat	Jan 10-Mar 21	1:30-2p.m.	\$59.60
	82201	Sun	Jan 11-Mar 22	10:05-10:35a.m.	\$59.60
	82200	Sun	Jan 11-Mar 22	10:50-11:20a.m.	\$59.60
	82202	Mon	Mar 23-Jun 1	7-7:30p.m.	\$67.05
	82203	Tue	Mar 24-Jun 2	6:15-6:45p.m.	\$74.50
	82204	Wed	Mar 25-Jun 3	2:15-2:45p.m.	\$74.50
	82206	Wed	Mar 25-Jun 3	5:30-6p.m.	\$74.50
	82205	Wed	Mar 25-Jun 3	7-7:30p.m.	\$74.50

LAC	82207	Thu	Mar 26-Jun 4	6:50-7:20p.m.	\$74.50
	82208	Sat	Apr 18-Jun 6	10:05-10:35a.m.	\$52.15
	82210	Sat	Apr 18-Jun 6	12:35-1:05p.m.	\$52.15
	82211	Sat	Apr 18-Jun 6	1:30-2p.m.	\$52.15
	82213	Sun	Apr 19-Jun 7	10:05-10:35a.m.	\$52.15
	82212	Sun	Apr 19-Jun 7	10:50-11:20a.m.	\$52.15
NWLC	81455	Mon	Jan 5-Mar 16	4:35-5:05p.m.	\$74.50
	81456	Mon	Jan 5-Mar 16	5:10-5:40p.m.	\$74.50
	81504	Tue	Jan 6-Mar 17	4-4:30p.m.	\$74.50
	81505	Tue	Jan 6-Mar 17	5:45-6:15p.m.	\$74.50
	81528	Wed	Jan 7-Mar 18	4:35-5:05p.m.	\$74.50
	81526	Wed	Jan 7-Mar 18	4:40-5:10p.m.	\$74.50
	81527	Wed	Jan 7-Mar 18	5:15-5:45p.m.	\$74.50
	81604	Thu	Jan 8-Mar 19	4-4:30p.m.	\$74.50
	81605	Thu	Jan 8-Mar 19	4:40-5:10p.m.	\$74.50
	81625	Fri	Jan 9-Mar 20	5:45-6:15p.m.	\$74.50
	81659	Sat	Jan 10-Mar 21	9:35-10:05a.m.	\$74.50
	81661	Sat	Jan 10-Mar 21	10:10-10:40a.m.	\$74.50
	81660	Sat	Jan 10-Mar 21	12:15-12:45p.m.	\$74.50
	81662	Sat	Jan 10-Mar 21	12:25-12:55p.m.	\$74.50
	81704	Sun	Jan 11-Mar 22	9:05-9:35a.m.	\$74.50
	81702	Sun	Jan 11-Mar 22	10:45-11:15a.m.	\$74.50
	81705	Sun	Jan 11-Mar 22	10:55-11:25a.m.	\$74.50
	81703	Sun	Jan 11-Mar 22	12-12:30p.m.	\$74.50
	81706	Sun	Jan 11-Mar 22	12:05-12:35p.m.	\$74.50
	81707	Sun	Jan 11-Mar 22	12:30-1pm	\$74.50
	81728	Mon	Mar 23-Jun 1	4-4:30p.m.	\$67.05
	81792	Tue	Mar 24-Jun 2	4:35-5:05p.m.	\$74.50
	81793	Tue	Mar 24-Jun 2	5:45-6:15p.m.	\$74.50
	81820	Wed	Mar 25-Jun 3	4-4:30p.m.	\$74.50
	81821	Wed	Mar 25-Jun 3	4:40-5:10p.m.	\$74.50
	81822	Wed	Mar 25-Jun 3	5:15-5:45p.m.	\$74.50
	81846	Thu	Mar 26-Jun 4	4-4:30p.m.	\$74.50
	81844	Thu	Mar 26-Jun 4	4:40-5:10p.m.	\$74.50
	81845	Thu	Mar 26-Jun 4	5:15-5:45p.m.	\$74.50
	81914	Fri	Mar 27-Jun 5	5:45-6:15p.m.	\$67.05
	81915	Fri	Mar 27-Jun 5	5:50-6:20p.m.	\$67.05
	81935	Sat	Mar 28-Jun 6	10:45-11:15a.m.	\$67.05
	81936	Sat	Mar 28-Jun 6	10:55-11:25a.m.	\$67.05
	81937	Sat	Mar 28-Jun 6	12:30-1pm	\$67.05
	81938	Sat	Mar 28-Jun 6	1-1:30p.m.	\$67.05
	81971	Sun	Mar 29-May 31	9:35-10:05a.m.	\$59.60
	81972	Sun	Mar 29-May 31	10:10-10:40a.m.	\$59.60
	81974	Sun	Mar 29-May 31	11:45a.m12:15p.m.	\$59.60
	81973	Sun	Mar 29-May 31	12:25-12:55p.m.	\$59.60
SSLC	81370	Mon	Jan 5-Mar 16	4:40-5:10p.m.	\$74.50
	81372	Mon	Jan 5-Mar 16	5:10-5:40p.m.	\$74.50
	81371	Mon	Jan 5-Mar 16	5:45-6:15p.m.	\$74.50

SSLC	81373	Mon	Jan 5-Mar 16	6:25-6:55p.m.	\$74.50
	81408	Tue	Jan 6-Mar 17	4:35-5:05p.m.	\$74.50
	81409	Tue	Jan 6-Mar 17	6-6:30p.m.	\$74.50
	81475	Wed	Jan 7-Mar 18	4:05-4:35p.m.	\$74.50
	81476	Wed	Jan 7-Mar 18	4:50-5:20p.m.	\$74.50
	81563	Thu	Jan 8-Mar 19	4:45-5:15p.m.	\$74.50
	81562	Thu	Jan 8-Mar 19	5:20-5:50p.m.	\$74.50
	81756	Fri	Jan 9-Mar 20	4:05-4:35p.m.	\$74.50
	81754	Fri	Jan 9-Mar 20	4:35-5:05p.m.	\$74.50
	81755	Fri	Jan 9-Mar 20	5:55-6:25p.m.	\$74.50
	81878	Sat	Jan 10-Mar 21	9:05-9:35a.m.	\$74.50
	81879	Sat	Jan 10-Mar 21	10:40-11:10a.m.	\$74.50
	81880	Sat	Jan 10-Mar 21	11:05-11:35a.m.	\$74.50
	82072	Sat	Jan 10-Mar 21	12:10-12:40p.m.	\$74.50
	81881	Sat	Jan 10-Mar 21	12:40-1:10p.m.	\$74.50
	81883	Sat	Jan 10-Mar 21	1:40-2:10p.m.	\$74.50
	81882	Sat	Jan 10-Mar 21	2:10-2:40p.m.	\$74.50
	81884	Sat	Jan 10-Mar 21	2:40-3:10p.m.	\$74.50
	82122	Sun	Jan 11-Mar 22	9-9:30a.m.	\$74.50
	82123	Sun	Jan 11-Mar 22	10:15-10:45a.m.	\$74.50
	82119	Sun	Jan 11-Mar 22	11:45a.m12:15p.m.	\$74.50
	82120	Sun	Jan 11-Mar 22	12:30-1pm	\$74.50
	82121	Sun	Jan 11-Mar 22	6:15-6:45p.m.	\$74.50
	82218	Sun	Jan 11-Mar 22	6:45-7:15p.m.	\$74.50
	82387	Mon	Mar 23-Jun 1	4:40-5:10p.m.	\$67.05
	82389	Mon	Mar 23-Jun 1	5:10-5:40p.m.	\$67.05
	82388	Mon	Mar 23-Jun 1	5:45-6:15p.m.	\$67.05
	82390	Mon	Mar 23-Jun 1	6:25-6:55p.m.	\$67.05
	82240	Tue	Mar 24-Jun 2	4:45-5:15p.m.	\$74.50
	82239	Tue	Mar 24-Jun 2	5:20-5:50p.m.	\$74.50
	82275	Wed	Mar 25-Jun 3	4:05-4:35p.m.	\$74.50
	82273	Wed	Mar 25-Jun 3	4:35-5:05p.m.	\$74.50
	82274	Wed	Mar 25-Jun 3	5:55-6:25p.m.	\$74.50
	82310	Thu	Mar 26-Jun 4	4:35-5:05p.m.	\$74.50
	82311	Thu	Mar 26-Jun 4	6-6:30p.m.	\$74.50
	82445	Fri	Mar 27-Jun 5	4:05-4:35p.m.	\$67.05
	82446	Fri	Mar 27-Jun 5	4:50-5:20p.m.	\$67.05
	82568	Sat	Mar 28-Jun 6	9-9:30a.m.	\$67.05
	82569	Sat	Mar 28-Jun 6	10:15-10:45a.m.	\$67.05
	82566	Sat	Mar 28-Jun 6	11:45a.m12:15p.m.	\$67.05
	82567	Sat	Mar 28-Jun 6	12:30-1pm	\$67.05
	82623	Sat	Mar 28-Jun 6	1:40-2:10p.m.	\$67.05
	82622	Sat	Mar 28-Jun 6	2:10-2:40p.m.	\$67.05
	82624	Sat	Mar 28-Jun 6	2:40-3:10p.m.	\$67.05
	82500	Sun	Mar 29-May 31	9:05-9:35a.m.	\$59.60
	82501	Sun	Mar 29-May 31	10:40-11:10a.m.	\$59.60
	82502	Sun	Mar 29-May 31	11:05-11:35a.m.	\$59.60
	82504	Sun	Mar 29-May 31	12:10-12:40p.m.	\$59.60

SSLC	82503	Sun	Mar 29-May 31	12:40-1:10p.m.	\$59.60
	82547	Sun	Mar 29-Jun 7	6:15-6:45p.m.	\$67.05
	82548	Sun	Mar 29-Jun 7	6:45-7:15p.m.	\$67.05

#### **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	82532	Tue	Mar 24-Jun 2	6:50-7:20p.m.	\$74.50
NWLC	81668	Sat	Jan 10-Mar 21	11:45a.m12:15p.m.	\$74.50
	81981	Sun	Mar 29-May 31	9:05-9:35a.m.	\$59.60

#### **Swimmer 2**

#### 5-12 years

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

82329         Tue         Jan 6-Mar 17         6:05-6:35p.m.         \$74.50           82330         Wed         Jan 7-Mar 18         5:30-6p.m.         \$74.50           82331         Wed         Jan 7-Mar 18         6:50-7:20p.m.         \$74.50           82332         Thu         Jan 8-Mar 19         5:30-6p.m.         \$67.05           82332         Thu         Jan 8-Mar 19         6:50-7:20p.m.         \$67.05           82334         Sat         Jan 10-Mar 21         10:05-10:35a.m.         \$59.60           82335         Sat         Jan 10-Mar 21         12:35-1:05p.m.         \$59.60           82337         Sun         Jan 11-Mar 22         10:05-10:35a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82339         Mon         Mar 23-Jun 1         5:30-6p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         1:30-2p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         6:50-7:20p.m. <t< th=""><th>LAC</th><th>82328</th><th>Mon</th><th>Jan 5-Mar 16</th><th>7-7:30p.m.</th><th>\$74.50</th></t<>	LAC	82328	Mon	Jan 5-Mar 16	7-7:30p.m.	\$74.50
82331         Wed         Jan 7-Mar 18         6:50-7:20p.m.         \$74.50           82333         Thu         Jan 8-Mar 19         5:30-6p.m.         \$67.05           82332         Thu         Jan 8-Mar 19         6:50-7:20p.m.         \$67.05           82334         Sat         Jan 10-Mar 21         10:05-10:35a.m.         \$59.60           82335         Sat         Jan 10-Mar 21         11:25-11:55a.m.         \$59.60           82336         Sat         Jan 10-Mar 21         10:05-10:35a.m.         \$59.60           82337         Sun         Jan 11-Mar 22         10:05-10:35a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82339         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         5:30-6p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         6:50-7:20p.m.		82329	Tue	Jan 6-Mar 17	6:05-6:35p.m.	\$74.50
82333       Thu       Jan 8-Mar 19       5:30-6p.m.       \$67.05         82332       Thu       Jan 8-Mar 19       6:50-7:20p.m.       \$67.05         82334       Sat       Jan 10-Mar 21       10:05-10:35a.m.       \$59.60         82335       Sat       Jan 10-Mar 21       12:35-1:05p.m.       \$59.60         82336       Sat       Jan 10-Mar 21       12:35-1:05p.m.       \$59.60         82337       Sun       Jan 11-Mar 22       10:05-10:35a.m.       \$59.60         82338       Sun       Jan 11-Mar 22       11-11:30a.m.       \$59.60         82339       Mon       Mar 23-Jun 1       5:30-6p.m.       \$67.05         82340       Mon       Mar 23-Jun 1       6:40-7:10p.m.       \$67.05         82341       Tue       Mar 24-Jun 2       6:05-6:35p.m.       \$74.50         82342       Wed       Mar 25-Jun 3       1:30-2p.m.       \$74.50         82343       Wed       Mar 25-Jun 3       6:50-7:20p.m.       \$74.50         82344       Wed       Mar 25-Jun 3       6:50-7:20p.m.       \$74.50         82345       Thu       Mar 26-Jun 4       5:30-6p.m.       \$74.50         82348       Sat       Apr 18-Jun 6       10:05-10:35a.m. </td <td></td> <td>82330</td> <td>Wed</td> <td>Jan 7-Mar 18</td> <td>5:30-6p.m.</td> <td>\$74.50</td>		82330	Wed	Jan 7-Mar 18	5:30-6p.m.	\$74.50
82332         Thu         Jan 8-Mar 19         6:50-7:20p.m.         \$67.05           82334         Sat         Jan 10-Mar 21         10:05-10:35a.m.         \$59.60           82335         Sat         Jan 10-Mar 21         11:25-11:55a.m.         \$59.60           82336         Sat         Jan 10-Mar 21         12:35-1:05p.m.         \$59.60           82337         Sun         Jan 11-Mar 22         10:05-10:35a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82339         Mon         Mar 23-Jun 1         5:30-6p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         1:30-2p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82344         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         5:30-6p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.		82331	Wed	Jan 7-Mar 18	6:50-7:20p.m.	\$74.50
82334         Sat         Jan 10-Mar 21         10:05-10:35a.m.         \$59.60           82335         Sat         Jan 10-Mar 21         11:25-11:55a.m.         \$59.60           82336         Sat         Jan 10-Mar 21         12:35-1:05p.m.         \$59.60           82337         Sun         Jan 11-Mar 22         10:05-10:35a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82339         Mon         Mar 23-Jun 1         5:30-6p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         1:30-2p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82344         Wed         Mar 26-Jun 4         5:30-6p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82347         Sat         Apr 18-Jun 6         10:50-11:20a.m.		82333	Thu	Jan 8-Mar 19	5:30-6p.m.	\$67.05
82335         Sat         Jan 10-Mar 21         11:25-11:55a.m.         \$59.60           82336         Sat         Jan 10-Mar 21         12:35-1:05p.m.         \$59.60           82337         Sun         Jan 11-Mar 22         10:05-10:35a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82339         Mon         Mar 23-Jun 1         5:30-6p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         1:30-2p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82344         Wed         Mar 26-Jun 4         5:30-6p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82347         Sat         Apr 18-Jun 6         10:05-10:35a.m.         \$52.15           82349         Sat         Apr 18-Jun 6         10:50-11:20a.m.		82332	Thu	Jan 8-Mar 19	6:50-7:20p.m.	\$67.05
82336       Sat       Jan 10-Mar 21       12:35-1:05p.m.       \$59.60         82337       Sun       Jan 11-Mar 22       10:05-10:35a.m.       \$59.60         82338       Sun       Jan 11-Mar 22       11-11:30a.m.       \$59.60         82339       Mon       Mar 23-Jun 1       5:30-6p.m.       \$67.05         82340       Mon       Mar 23-Jun 1       6:40-7:10p.m.       \$67.05         82341       Tue       Mar 24-Jun 2       6:05-6:35p.m.       \$74.50         82342       Wed       Mar 25-Jun 3       1:30-2p.m.       \$74.50         82343       Wed       Mar 25-Jun 3       5:30-6p.m.       \$74.50         82344       Wed       Mar 25-Jun 3       6:50-7:20p.m.       \$74.50         82345       Thu       Mar 26-Jun 4       5:30-6p.m.       \$74.50         82345       Thu       Mar 26-Jun 4       5:30-6p.m.       \$74.50         82348       Sat       Apr 18-Jun 6       10:05-10:35a.m.       \$52.15         82347       Sat       Apr 18-Jun 6       10:50-11:20a.m.       \$52.15         82349       Sat       Apr 18-Jun 6       11:25-11:55a.m.       \$52.15         82350       Sat       Apr 19-Jun 7       11-11:30a.m.		82334	Sat	Jan 10-Mar 21	10:05-10:35a.m.	\$59.60
82337         Sun         Jan 11-Mar 22         10:05-10:35a.m.         \$59.60           82338         Sun         Jan 11-Mar 22         11-11:30a.m.         \$59.60           82339         Mon         Mar 23-Jun 1         5:30-6p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         1:30-2p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         5:30-6p.m.         \$74.50           82344         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         5:30-6p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82348         Sat         Apr 18-Jun 6         10:05-10:35a.m.         \$52.15           82347         Sat         Apr 18-Jun 6         10:50-11:20a.m.         \$52.15           82349         Sat         Apr 18-Jun 6         11:25-11:55a.m.         \$52.15           82350         Sat         Apr 19-Jun 7         11-11:30a.m. <t< td=""><td></td><td>82335</td><td>Sat</td><td>Jan 10-Mar 21</td><td>11:25-11:55a.m.</td><td>\$59.60</td></t<>		82335	Sat	Jan 10-Mar 21	11:25-11:55a.m.	\$59.60
82338       Sun       Jan 11-Mar 22       11-11:30a.m.       \$59.60         82339       Mon       Mar 23-Jun 1       5:30-6p.m.       \$67.05         82340       Mon       Mar 23-Jun 1       6:40-7:10p.m.       \$67.05         82341       Tue       Mar 24-Jun 2       6:05-6:35p.m.       \$74.50         82342       Wed       Mar 25-Jun 3       1:30-2p.m.       \$74.50         82343       Wed       Mar 25-Jun 3       5:30-6p.m.       \$74.50         82344       Wed       Mar 25-Jun 3       6:50-7:20p.m.       \$74.50         82345       Thu       Mar 26-Jun 4       5:30-6p.m.       \$74.50         82345       Thu       Mar 26-Jun 4       6:50-7:20p.m.       \$74.50         82348       Sat       Apr 18-Jun 6       10:05-10:35a.m.       \$52.15         82347       Sat       Apr 18-Jun 6       10:50-11:20a.m.       \$52.15         82349       Sat       Apr 18-Jun 6       11:25-11:55a.m.       \$52.15         82350       Sat       Apr 19-Jun 7       11-11:30a.m.       \$52.15         82351       Sun       Apr 19-Jun 7       11-11:30a.m.       \$74.50         81507       Tue       Jan 6-Mar 17       4:05-4:35p.m.		82336	Sat	Jan 10-Mar 21	12:35-1:05p.m.	\$59.60
82339         Mon         Mar 23-Jun 1         5:30-6p.m.         \$67.05           82340         Mon         Mar 23-Jun 1         6:40-7:10p.m.         \$67.05           82341         Tue         Mar 24-Jun 2         6:05-6:35p.m.         \$74.50           82342         Wed         Mar 25-Jun 3         1:30-2p.m.         \$74.50           82343         Wed         Mar 25-Jun 3         5:30-6p.m.         \$74.50           82344         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82346         Thu         Mar 26-Jun 4         5:30-6p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82348         Sat         Apr 18-Jun 6         10:05-10:35a.m.         \$52.15           82347         Sat         Apr 18-Jun 6         10:50-11:20a.m.         \$52.15           82349         Sat         Apr 18-Jun 6         11:25-11:55a.m.         \$52.15           82350         Sat         Apr 18-Jun 6         12-12:30p.m.         \$52.15           82351         Sun         Apr 19-Jun 7         11-11:30a.m.         \$52.15           NWLC         81457         Mon         Jan 6-Mar 17         4:05-4:35p.		82337	Sun	Jan 11-Mar 22	10:05-10:35a.m.	\$59.60
82340       Mon       Mar 23-Jun 1       6:40-7:10p.m.       \$67.05         82341       Tue       Mar 24-Jun 2       6:05-6:35p.m.       \$74.50         82342       Wed       Mar 25-Jun 3       1:30-2p.m.       \$74.50         82343       Wed       Mar 25-Jun 3       5:30-6p.m.       \$74.50         82344       Wed       Mar 25-Jun 3       6:50-7:20p.m.       \$74.50         82346       Thu       Mar 26-Jun 4       5:30-6p.m.       \$74.50         82345       Thu       Mar 26-Jun 4       6:50-7:20p.m.       \$74.50         82348       Sat       Apr 18-Jun 6       10:05-10:35a.m.       \$52.15         82347       Sat       Apr 18-Jun 6       10:50-11:20a.m.       \$52.15         82349       Sat       Apr 18-Jun 6       11:25-11:55a.m.       \$52.15         82350       Sat       Apr 18-Jun 6       12-12:30p.m.       \$52.15         82351       Sun       Apr 19-Jun 7       11-11:30a.m.       \$52.15         NWLC       81457       Mon       Jan 6-Mar 17       4:05-4:35p.m.       \$74.50         81507       Tue       Jan 6-Mar 17       4:05-4:35p.m.       \$74.50         81506       Tue       Jan 6-Mar 17		82338	Sun	Jan 11-Mar 22	11-11:30a.m.	\$59.60
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82343         Wed         Mar 25-Jun 3         5:30-6p.m.         \$74.50           82344         Wed         Mar 25-Jun 3         6:50-7:20p.m.         \$74.50           82346         Thu         Mar 26-Jun 4         5:30-6p.m.         \$74.50           82345         Thu         Mar 26-Jun 4         6:50-7:20p.m.         \$74.50           82348         Sat         Apr 18-Jun 6         10:05-10:35a.m.         \$52.15           82347         Sat         Apr 18-Jun 6         10:50-11:20a.m.         \$52.15           82349         Sat         Apr 18-Jun 6         11:25-11:55a.m.         \$52.15           82350         Sat         Apr 18-Jun 6         12-12:30p.m.         \$52.15           82351         Sun         Apr 19-Jun 7         11-11:30a.m.         \$52.15           NWLC         81457         Mon         Jan 5-Mar 16         4:05-4:35p.m.         \$74.50           81507         Tue         Jan 6-Mar 17         4:05-4:35p.m.         \$74.50           81506         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50		82341	Tue	Mar 24-Jun 2	6:05-6:35p.m.	\$74.50
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82345       Thu       Mar 26-Jun 4       6:50-7:20p.m.       \$74.50         82348       Sat       Apr 18-Jun 6       10:05-10:35a.m.       \$52.15         82347       Sat       Apr 18-Jun 6       10:50-11:20a.m.       \$52.15         82349       Sat       Apr 18-Jun 6       11:25-11:55a.m.       \$52.15         82350       Sat       Apr 18-Jun 6       12-12:30p.m.       \$52.15         82351       Sun       Apr 19-Jun 7       11-11:30a.m.       \$52.15         NWLC       81457       Mon       Jan 5-Mar 16       4:05-4:35p.m.       \$74.50         81507       Tue       Jan 6-Mar 17       4:05-4:35p.m.       \$74.50         81506       Tue       Jan 6-Mar 17       5:10-5:40p.m.       \$74.50		82344	Wed	Mar 25-Jun 3	6:50-7:20p.m.	\$74.50
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82349     Sat     Apr 18-Jun 6     11:25-11:55a.m.     \$52.15       82350     Sat     Apr 18-Jun 6     12-12:30p.m.     \$52.15       82351     Sun     Apr 19-Jun 7     11-11:30a.m.     \$52.15       NWLC     81457     Mon     Jan 5-Mar 16     4:05-4:35p.m.     \$74.50       81507     Tue     Jan 6-Mar 17     4:05-4:35p.m.     \$74.50       81506     Tue     Jan 6-Mar 17     5:10-5:40p.m.     \$74.50		82348	Sat	Apr 18-Jun 6	10:05-10:35a.m.	\$52.15
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82351 Sun Apr 19-Jun 7 11-11:30a.m. \$52.15  NWLC 81457 Mon Jan 5-Mar 16 4:05-4:35p.m. \$74.50  81507 Tue Jan 6-Mar 17 4:05-4:35p.m. \$74.50  81506 Tue Jan 6-Mar 17 5:10-5:40p.m. \$74.50		82349	Sat	Apr 18-Jun 6	11:25-11:55a.m.	\$52.15
NWLC 81457 Mon Jan 5-Mar 16 4:05-4:35p.m. \$74.50 81507 Tue Jan 6-Mar 17 4:05-4:35p.m. \$74.50 81506 Tue Jan 6-Mar 17 5:10-5:40p.m. \$74.50		82350	Sat	Apr 18-Jun 6	12-12:30p.m.	\$52.15
81507         Tue         Jan 6-Mar 17         4:05-4:35p.m.         \$74.50           81506         Tue         Jan 6-Mar 17         5:10-5:40p.m.         \$74.50		82351	Sun	Apr 19-Jun 7	11-11:30a.m.	\$52.15
81506 Tue Jan 6-Mar 17 5:10-5:40p.m. \$74.50	NWLC	81457	Mon	Jan 5-Mar 16	4:05-4:35p.m.	\$74.50
		81507	Tue	Jan 6-Mar 17	4:05-4:35p.m.	\$74.50
81530 Wed Jan 7-Mar 18 4-4:30p.m. \$74.50		81506	Tue	Jan 6-Mar 17	5:10-5:40p.m.	\$74.50
		81530	Wed	Jan 7-Mar 18	4-4:30p.m.	\$74.50

NIVA/I C	01.501	Wed	lon 7 May 10	F:10 F:40m m	\$74.50
NWLC	81531		Jan 7-Mar 18	5:10-5:40p.m.	
	81532	Wed	Jan 7-Mar 18	5:45-6:15p.m.	\$74.50
	81606	Thu Fri	Jan 8-Mar 19 Jan 9-Mar 20	5:10-5:40p.m.	\$74.50 \$74.50
	81626 81627	Fri	Jan 9-Mar 20	4-4:30p.m. 4:35-5:05p.m.	\$74.50
	81628	Fri	Jan 9-Mar 20	·	
	81664	Sat	Jan 10-Mar 21	5:50-6:20p.m. 9:05-9:35a.m.	\$74.50
	81663	Sat	Jan 10-Mar 21	11-11:30a.m.	\$74.50 \$74.50
	81708	Sun	Jan 11-Mar 22		\$74.50
	81709	Sun	Jan 11-Mar 22	12:45-1:15p.m.	\$74.50
	81729	Mon	Mar 23-Jun 1	11:30a.m12p.m.	\$67.05
	81739	Mon	Mar 23-Jun 1	4:05-4:35p.m.	\$67.05
	81794	Tue	Mar 24-Jun 2	5:10-5:40p.m.	
	81824	Wed	Mar 25-Jun 3	4:05-4:35p.m.	\$74.50 \$74.50
	81823	Wed	Mar 25-Jun 3	4:35-5:05p.m.	\$74.50
	81847	Thu	Mar 26-Jun 4	5:10-5:40p.m.	\$74.50
	81848	Thu	Mar 26-Jun 4	4-4:30p.m.	
	81849	Thu		5:10-5:40p.m.	\$74.50
	81916	Fri	Mar 26-Jun 4 Mar 27-Jun 5	5:45-6:15p.m.	\$74.50 \$67.05
	81918	Fri	Mar 27-Jun 5	4-4:30p.m.	\$67.05
	81917	Fri	Mar 27-Jun 5	4:35-5:05p.m.	
	81939	Sat	Mar 28-Jun 6	5:40-6:10p.m. 9-9:30a.m.	\$67.05
	81941	Sat	Mar 28-Jun 6	10:20-10:50a.m.	\$67.05 \$67.05
	81940	Sat	Mar 28-Jun 6	11:30a.m12p.m.	\$67.05
	81942	Sat	Mar 28-Jun 6	12:20-12:50p.m.	\$67.05
	81988	Sun	Mar 29-May 31	9:15-9:45a.m.	\$59.60
	81975	Sun	Mar 29-May 31	12:20-12:50p.m.	\$59.60
SSLC	81374	Mon	Jan 5-Mar 16	4:05-4:35p.m.	\$74.50
SSLO	81375	Mon	Jan 5-Mar 16	6:05-6:35p.m.	\$74.50
	81410	Tue	Jan 6-Mar 17	4:05-4:35p.m.	\$74.50
	81430	Tue	Jan 6-Mar 17	5:40-6:10p.m.	\$74.50
	81478	Wed	Jan 7-Mar 18	4:40-5:10p.m.	\$74.50
	81477	Wed	Jan 7-Mar 18	5:20-5:50p.m.	\$74.50
	81564	Thu	Jan 8-Mar 19	4-4:30p.m.	\$74.50
	81565	Thu	Jan 8-Mar 19	4:40-5:10p.m.	\$74.50
	81566	Thu	Jan 8-Mar 19	6:05-6:35p.m.	\$74.50
	81757	Fri	Jan 9-Mar 20	4-4:30p.m.	\$74.50
	81758	Fri	Jan 9-Mar 20	4:55-5:25p.m.	\$74.50
	81760	Fri	Jan 9-Mar 20	5:15-5:45p.m.	\$74.50
	81759	Fri	Jan 9-Mar 20	6:05-6:35p.m.	\$74.50
	81887	Sat	Jan 10-Mar 21	9:10-9:40a.m.	\$74.50
	81885	Sat	Jan 10-Mar 21	10:10-10:40a.m.	\$74.50
	81886	Sat	Jan 10-Mar 21	11:35a.m12:05p.m.	\$74.50
	82124	Sun	Jan 11-Mar 22	9:55-10:25a.m.	\$74.50
	82125	Sun	Jan 11-Mar 22	11:05-11:35a.m.	\$74.50
	82127	Sun	Jan 11-Mar 22	12:05-12:35p.m.	\$74.50
	82126	Sun	Jan 11-Mar 22	12:45-1:15p.m.	\$74.50
	02120	Guil	Juli I I Ivial ZZ	.2.70 1.10p.III.	ψ1 -1.00

SSLC	82128	Sun	Jan 11-Mar 22	6:45-7:15p.m.	\$74.50
	82391	Mon	Mar 23-Jun 1	4:05-4:35p.m.	\$67.05
	82392	Mon	Mar 23-Jun 1	6:05-6:35p.m.	\$67.05
	82241	Tue	Mar 24-Jun 2	4-4:30p.m.	\$74.50
	82242	Tue	Mar 24-Jun 2	4:40-5:10p.m.	\$74.50
	82243	Tue	Mar 24-Jun 2	6:05-6:35p.m.	\$74.50
	82276	Wed	Mar 25-Jun 3	4-4:30p.m.	\$74.50
	82277	Wed	Mar 25-Jun 3	4:55-5:25p.m.	\$74.50
	82279	Wed	Mar 25-Jun 3	5:15-5:45p.m.	\$74.50
	82278	Wed	Mar 25-Jun 3	6:05-6:35p.m.	\$74.50
	82312	Thu	Mar 26-Jun 4	4:05-4:35p.m.	\$74.50
	82313	Thu	Mar 26-Jun 4	5:40-6:10p.m.	\$74.50
	82448	Fri	Mar 27-Jun 5	4:40-5:10p.m.	\$67.05
	82447	Fri	Mar 27-Jun 5	5:20-5:50p.m.	\$67.05
	82570	Sat	Mar 28-Jun 6	9:55-10:25a.m.	\$67.05
	82571	Sat	Mar 28-Jun 6	11:05-11:35a.m.	\$67.05
	82573	Sat	Mar 28-Jun 6	12:05-12:35p.m.	\$67.05
	82572	Sat	Mar 28-Jun 6	12:45-1:15p.m.	\$67.05
	82507	Sun	Mar 29-May 31	9:10-9:40a.m.	\$59.60
	82505	Sun	Mar 29-May 31	10:10-10:40a.m.	\$59.60
	82506	Sun	Mar 29-May 31	11:35a.m12:05p.m.	\$59.60
	82549	Sun	Mar 29-Jun 7	6:45-7:15p.m.	\$67.05

# 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



#### **Youth Swimmer 2**

8-14 years

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

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

LAC	82533	Sat	Jan 10-Mar 21	11:15-11:45a.m.	\$59.60
	82534	Sat	Apr 18-Jun 6	11:15-11:45a.m.	\$52.15
NWLC	81459	Mon	Jan 5-Mar 16	5:10-5:40p.m.	\$74.50
	81535	Wed	Jan 7-Mar 18	5:10-5:40p.m.	\$74.50
	81797	Tue	Mar 24-Jun 2	5:10-5:40p.m.	\$74.50
	81853	Thu	Mar 26-Jun 4	5:40-6:10p.m.	\$74.50

#### **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.

82352	Mon	Jan 5-Mar 16	5:30-6p.m.	\$74.50
82353	Mon	Jan 5-Mar 16	6:40-7:10p.m.	\$74.50
82354	Tue	Jan 6-Mar 17	5:30-6p.m.	\$74.50
82355	Tue	Jan 6-Mar 17	6:40-7:10p.m.	\$74.50
82356	Wed	Jan 7-Mar 18	6:50-7:20p.m.	\$74.50
82357	Thu	Jan 8-Mar 19	6:25-6:55p.m.	\$67.05
82362	Sat	Jan 10-Mar 21	9:30-10a.m.	\$59.60
82361	Sat	Jan 10-Mar 21	10:40-11:10a.m.	\$59.60
82363	Sat	Jan 10-Mar 21	12-12:30p.m.	\$59.60
82364	Sun	Jan 11-Mar 22	9:30-10a.m.	\$59.60
82365	Sun	Jan 11-Mar 22	11:40a.m12:10p.m.	\$59.60
82366	Mon	Mar 23-Jun 1	5:40-6:10p.m.	\$67.05
82403	Mon	Mar 23-Jun 1	6:05-6:35p.m.	\$67.05
82404	Tue	Mar 24-Jun 2	5:40-6:10p.m.	\$74.50
82405	Tue	Mar 24-Jun 2	6:40-7:10p.m.	\$74.50
82406	Wed	Mar 25-Jun 3	6:50-7:20p.m.	\$74.50
82407	Thu	Mar 26-Jun 4	6:15-6:45p.m.	\$74.50
82409	Sat	Apr 18-Jun 6	9:30-10a.m.	\$52.15
82408	Sat	Apr 18-Jun 6	10:40-11:10a.m.	\$52.15
82410	Sat	Apr 18-Jun 6	12-12:30p.m.	\$52.15
82411	Sun	Apr 19-Jun 7	9:30-10a.m.	\$52.15
82412	Sun	Apr 19-Jun 7	11:40a.m12:10p.m.	\$52.15
81458	Mon	Jan 5-Mar 16	4:35-5:05p.m.	\$74.50
81508	Tue	Jan 6-Mar 17	4:35-5:05p.m.	\$74.50
81534	Wed	Jan 7-Mar 18	4:30-5p.m.	\$74.50
81533	Wed	Jan 7-Mar 18	5:55-6:25p.m.	\$74.50
	82352 82353 82354 82355 82356 82357 82362 82361 82363 82364 82365 82403 82404 82405 82406 82407 82409 82410 82411 82412 81458 81508	82352 Mon 82353 Mon 82354 Tue 82355 Tue 82355 Tue 82356 Wed 82357 Thu 82362 Sat 82361 Sat 82363 Sat 82364 Sun 82365 Sun 82366 Mon 82403 Mon 82404 Tue 82405 Tue 82406 Wed 82407 Thu 82409 Sat 82408 Sat 82410 Sat 82411 Sun 82412 Sun 81458 Mon 81508 Tue	82352         Mon         Jan 5-Mar 16           82353         Mon         Jan 5-Mar 16           82354         Tue         Jan 6-Mar 17           82355         Tue         Jan 6-Mar 17           82356         Wed         Jan 7-Mar 18           82357         Thu         Jan 8-Mar 19           82362         Sat         Jan 10-Mar 21           82361         Sat         Jan 10-Mar 21           82363         Sat         Jan 10-Mar 21           82364         Sun         Jan 11-Mar 22           82365         Sun         Jan 11-Mar 22           82366         Mon         Mar 23-Jun 1           82403         Mon         Mar 23-Jun 1           82404         Tue         Mar 24-Jun 2           82405         Tue         Mar 24-Jun 2           82406         Wed         Mar 25-Jun 3           82407         Thu         Mar 26-Jun 4           82409         Sat         Apr 18-Jun 6           82410         Sat         Apr 18-Jun 6           82411         Sun         Apr 19-Jun 7           82412         Sun         Apr 19-Jun 7           82412         Sun         Apr 19-Jun 7	82353         Mon         Jan 5-Mar 16         6:40-7:10p.m.           82354         Tue         Jan 6-Mar 17         5:30-6p.m.           82355         Tue         Jan 6-Mar 17         6:40-7:10p.m.           82356         Wed         Jan 7-Mar 18         6:50-7:20p.m.           82357         Thu         Jan 8-Mar 19         6:25-6:55p.m.           82362         Sat         Jan 10-Mar 21         9:30-10a.m.           82361         Sat         Jan 10-Mar 21         10:40-11:10a.m.           82363         Sat         Jan 10-Mar 21         12-12:30p.m.           82364         Sun         Jan 11-Mar 22         9:30-10a.m.           82365         Sun         Jan 11-Mar 22         11:40a.m12:10p.m.           82366         Mon         Mar 23-Jun 1         5:40-6:10p.m.           82403         Mon         Mar 23-Jun 1         6:05-6:35p.m.           82404         Tue         Mar 24-Jun 2         5:40-6:10p.m.           82405         Tue         Mar 24-Jun 2         6:40-7:10p.m.           82406         Wed         Mar 25-Jun 3         6:50-7:20p.m.           82407         Thu         Mar 26-Jun 4         6:15-6:45p.m.           82408         Sat

NWLC	81607	Thu	Jan 8-Mar 19	4:35-5:05p.m.	\$74.50
	81667	Sat	Jan 10-Mar 21	9:40-10:10a.m.	\$74.50
	81666	Sat	Jan 10-Mar 21	11:40a.m12:10p.m.	\$74.50
	81712	Sun	Jan 11-Mar 22	9:05-9:35a.m.	\$74.50
	81713	Sun	Jan 11-Mar 22	9:40-10:10a.m.	\$74.50
	81711	Sun	Jan 11-Mar 22	10:20-10:50a.m.	\$74.50
	81710	Sun	Jan 11-Mar 22	11:25-11:55a.m.	\$74.50
	81730	Mon	Mar 23-Jun 1	4:35-5:05p.m.	\$67.05
	81795	Tue	Mar 24-Jun 2	4:35-5:05p.m.	\$74.50
	81825	Wed	Mar 25-Jun 3	4:35-5:05p.m.	\$74.50
	81851	Thu	Mar 26-Jun 4	4:30-5p.m.	\$74.50
	81850	Thu	Mar 26-Jun 4	5:55-6:25p.m.	\$74.50
	81944	Sat	Mar 28-Jun 6	9:05-9:35a.m.	\$67.05
	81945	Sat	Mar 28-Jun 6	10:15-10:45a.m.	\$67.05
	81946	Sat	Mar 28-Jun 6	11:25-11:55a.m.	\$67.05
	81943	Sat	Mar 28-Jun 6	1-1:30p.m.	\$67.05
	81977	Sun	Mar 29-May 31	9:40-10:10a.m.	\$59.60
	81978	Sun	Mar 29-May 31	11-11:30a.m.	\$59.60
	81976	Sun	Mar 29-May 31	11:45a.m12:15p.m.	\$59.60
SSLC	81386	Mon	Jan 5-Mar 16	4:40-5:10p.m.	\$74.50
	81387	Mon	Jan 5-Mar 16	5:15-5:45p.m.	\$74.50
	81377	Mon	Jan 5-Mar 16	5:30-6p.m.	\$74.50
	81411	Tue	Jan 6-Mar 17	4-4:30p.m.	\$74.50
	81413	Tue	Jan 6-Mar 17	4:40-5:10p.m.	\$74.50
	81412	Tue	Jan 6-Mar 17	5:20-5:50p.m.	\$74.50
	81414	Tue	Jan 6-Mar 17	5:55-6:25p.m.	\$74.50
	81480	Wed	Jan 7-Mar 18	5:10-5:40p.m.	\$74.50
	81544	Wed	Jan 7-Mar 18	5:25-5:55p.m.	\$74.50
	81481	Wed	Jan 7-Mar 18	5:50-6:20p.m.	\$74.50
	81543	Wed	Jan 7-Mar 18	5:55-6:25p.m.	\$74.50
	81567	Thu	Jan 8-Mar 19	4:10-4:40p.m.	\$74.50
	81568	Thu	Jan 8-Mar 19	5:20-5:50p.m.	\$74.50
	81741	Thu	Jan 8-Mar 19	6-6:30p.m.	\$74.50
	81762	Fri	Jan 9-Mar 20	4:35-5:05p.m.	\$74.50
	81761	Fri	Jan 9-Mar 20	5:20-5:50p.m.	\$74.50
	81763	Fri	Jan 9-Mar 20	6-6:30p.m.	\$74.50
	81889	Sat	Jan 10-Mar 21	9-9:30a.m.	\$74.50
	81888	Sat	Jan 10-Mar 21	9:35-10:05a.m.	\$74.50
	82225	Sun	Jan 11-Mar 22	9:05-9:35a.m.	\$74.50
	82129	Sun	Jan 11-Mar 22	9:35-10:05a.m.	\$74.50
	82130	Sun	Jan 11-Mar 22	11:45a.m12:15p.m.	\$74.50
	82131	Sun	Jan 11-Mar 22	5:35-6:05p.m.	\$74.50
	82394	Mon	Mar 23-Jun 1	4:40-5:10p.m.	\$67.05
	82395	Mon	Mar 23-Jun 1	5:15-5:45p.m.	\$67.05
	82393	Mon	Mar 23-Jun 1	5:30-6p.m.	\$67.05
	82244	Tue	Mar 24-Jun 2	4:10-4:40p.m.	\$74.50
	82245	Tue	Mar 24-Jun 2	5:20-5:50p.m.	\$74.50

82246	Tue	Mar 24-Jun 2	6-6:30p.m.	\$74.50
82281	Wed	Mar 25-Jun 3	4:35-5:05p.m.	\$74.50
82280	Wed	Mar 25-Jun 3	5:20-5:50p.m.	\$74.50
82282	Wed	Mar 25-Jun 3	6-6:30p.m.	\$74.50
82314	Thu	Mar 26-Jun 4	4-4:30p.m.	\$74.50
82316	Thu	Mar 26-Jun 4	4:40-5:10p.m.	\$74.50
82315	Thu	Mar 26-Jun 4	5:20-5:50p.m.	\$74.50
82317	Thu	Mar 26-Jun 4	5:55-6:25p.m.	\$74.50
82449	Fri	Mar 27-Jun 5	5:10-5:40p.m.	\$67.05
82452	Fri	Mar 27-Jun 5	5:25-5:55p.m.	\$67.05
82450	Fri	Mar 27-Jun 5	5:50-6:20p.m.	\$67.05
82451	Fri	Mar 27-Jun 5	5:55-6:25p.m.	\$67.05
82576	Sat	Mar 28-Jun 6	9:05-9:35a.m.	\$67.05
82574	Sat	Mar 28-Jun 6	9:35-10:05a.m.	\$67.05
82575	Sat	Mar 28-Jun 6	11:45a.m12:15p.m.	\$67.05
82509	Sun	Mar 29-May 31	9-9:30a.m.	\$59.60
82508	Sun	Mar 29-May 31	9:35-10:05a.m.	\$59.60
82550	Sun	Mar 29-Jun 7	5:35-6:05p.m.	\$67.05
	82281 82280 82282 82314 82316 82315 82317 82449 82452 82450 82451 82576 82574 82575 82509	82281 Wed 82280 Wed 82282 Wed 82314 Thu 82316 Thu 82315 Thu 82317 Thu 82449 Fri 82452 Fri 82450 Fri 82451 Fri 82576 Sat 82574 Sat 82575 Sat 82509 Sun	82281         Wed         Mar 25-Jun 3           82280         Wed         Mar 25-Jun 3           82282         Wed         Mar 25-Jun 3           82314         Thu         Mar 26-Jun 4           82316         Thu         Mar 26-Jun 4           82315         Thu         Mar 26-Jun 4           82317         Thu         Mar 26-Jun 4           82449         Fri         Mar 27-Jun 5           82452         Fri         Mar 27-Jun 5           82450         Fri         Mar 27-Jun 5           82451         Fri         Mar 28-Jun 6           82576         Sat         Mar 28-Jun 6           82575         Sat         Mar 28-Jun 6           82509         Sun         Mar 29-May 31           82508         Sun         Mar 29-May 31	82281         Wed         Mar 25-Jun 3         4:35-5:05p.m.           82280         Wed         Mar 25-Jun 3         5:20-5:50p.m.           82282         Wed         Mar 25-Jun 3         6-6:30p.m.           82314         Thu         Mar 26-Jun 4         4-4:30p.m.           82316         Thu         Mar 26-Jun 4         4:40-5:10p.m.           82315         Thu         Mar 26-Jun 4         5:20-5:50p.m.           82317         Thu         Mar 26-Jun 4         5:55-6:25p.m.           82449         Fri         Mar 27-Jun 5         5:10-5:40p.m.           82452         Fri         Mar 27-Jun 5         5:55-6:25p.m.           82450         Fri         Mar 27-Jun 5         5:50-6:20p.m.           82451         Fri         Mar 27-Jun 5         5:55-6:25p.m.           82576         Sat         Mar 28-Jun 6         9:05-9:35a.m.           82574         Sat         Mar 28-Jun 6         9:35-10:05a.m.           82509         Sun         Mar 29-May 31         9-9:30a.m.           82508         Sun         Mar 29-May 31         9:35-10:05a.m.

#### **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	82536	Tue	Jan 6-Mar 17	6:50-7:20p.m.	\$74.50
SSLC	82077	Sat	Jan 10-Mar 21	10:10-10:40a.m.	\$74.50
	82139	Sun	Jan 11-Mar 22	10:30-11a.m.	\$74.50
	82584	Sat	Mar 28-Jun 6	10:30-11a.m.	\$67.05
	82517	Sun	Mar 29-May 31	10:10-10:40a.m.	\$59.60

#### **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	82413	Mon	Jan 5-Mar 16	5:30-6:10p.m.	\$81.50
	82414	Mon	Jan 5-Mar 16	6:05-6:45p.m.	\$81.50
	82415	Tue	Jan 6-Mar 17	5:30-6:10p.m.	\$81.50
	82416	Wed	Jan 7-Mar 18	5:30-6:10p.m.	\$81.50
	82417	Thu	Jan 8-Mar 19	6:40-7:20p.m.	\$73.35
	82418	Sat	Jan 10-Mar 21	10:40-11:20a.m.	\$65.20
	82419	Sat	Jan 10-Mar 21	12-12:40p.m.	\$65.20
	82420	Sun	Jan 11-Mar 22	9:30-10:10a.m.	\$65.20
	82421	Sun	Jan 11-Mar 22	11:35a.m12:15p.m.	\$65.20
	82422	Mon	Mar 23-Jun 1	5:30-6:10p.m.	\$73.35

LAC	82423	Mon	Mar 23-Jun 1	6:40-7:20p.m.	\$73.35
	82424	Tue	Mar 24-Jun 2	5:30-6:10p.m.	\$81.50
	82425	Wed	Mar 25-Jun 3	5:30-6:10p.m.	\$81.50
	82426	Thu	Mar 26-Jun 4	6:05-6:45p.m.	\$81.50
	82427	Sat	Apr 18-Jun 6	9:30-10:10a.m.	\$57.05
	82428	Sat	Apr 18-Jun 6	10:40-11:20a.m.	\$57.05
	82429	Sat	Apr 18-Jun 6	12:15-12:55p.m.	\$57.05
	82431	Sun	Apr 19-Jun 7	11:50a.m12:30p.m.	\$57.05
	82430	Sun	Apr 19-Jun 7	12:20-1pm	\$57.05
NWLC	81509	Tue	Jan 6-Mar 17	5:45-6:25p.m.	\$81.50
	81629	Fri	Jan 9-Mar 20	5:05-5:45p.m.	\$81.50
	81716	Sun	Jan 11-Mar 22	9:35-10:15a.m.	\$81.50
	81715	Sun	Jan 11-Mar 22	12:50-1:30p.m.	\$81.50
	81796	Tue	Mar 24-Jun 2	5:10-5:50p.m.	\$81.50
	81852	Thu	Mar 26-Jun 4	5:10-5:50p.m.	\$81.50
	81947	Sat	Mar 28-Jun 6	9:35-10:15a.m.	\$73.35
	81948	Sat	Mar 28-Jun 6	12:40-1:20p.m.	\$73.35
	81980	Sun	Mar 29-May 31	10:10-10:50a.m.	\$65.20
SSLC	81378	Mon	Jan 5-Mar 16	4:10-4:50p.m.	\$81.50
	81389	Mon	Jan 5-Mar 16	5:50-6:30p.m.	\$81.50
	81415	Tue	Jan 6-Mar 17	4:40-5:20p.m.	\$81.50
	81416	Tue	Jan 6-Mar 17	5:55-6:35p.m.	\$81.50
	81482	Wed	Jan 7-Mar 18	4:05-4:45p.m.	\$81.50
	81541	Wed	Jan 7-Mar 18	5:10-5:50p.m.	\$81.50
	81569	Thu	Jan 8-Mar 19	4:35-5:15p.m.	\$81.50
	81570	Thu	Jan 8-Mar 19	5:50-6:30p.m.	\$81.50
	81765	Fri	Jan 9-Mar 20	4:35-5:15p.m.	\$81.50
	81766	Fri	Jan 9-Mar 20	5:15-5:55p.m.	\$81.50
	81890	Sat	Jan 10-Mar 21	10:20-11a.m.	\$81.50
	81891	Sat	Jan 10-Mar 21	12:50-1:30p.m.	\$81.50
	82133	Sun	Jan 11-Mar 22	9:15-9:55a.m.	\$81.50
	82134	Sun	Jan 11-Mar 22	11-11:40a.m.	\$81.50
	82132	Sun	Jan 11-Mar 22	12:05-12:45p.m.	\$81.50
	82396	Mon	Mar 23-Jun 1	4:10-4:50p.m.	\$73.35
	82397	Mon	Mar 23-Jun 1	5:50-6:30p.m.	\$73.35
	82247	Tue	Mar 24-Jun 2	4:35-5:15p.m.	\$81.50
	82248	Tue	Mar 24-Jun 2	5:50-6:30p.m.	\$81.50
	82283	Wed	Mar 25-Jun 3	4:35-5:15p.m.	\$81.50
	82284	Wed	Mar 25-Jun 3	5:15-5:55p.m.	\$81.50
	82318	Thu	Mar 26-Jun 4	4:40-5:20p.m.	\$81.50
	82319	Thu	Mar 26-Jun 4	5:55-6:35p.m.	\$81.50

Looking for drop- fitness classes?	in a la la
See the schedules and more at <b>Regina.ca/dropin</b>	

SSLC	82453	Fri	Mar 27-Jun 5	4:05-4:45p.m.	\$73.35
	82454	Fri	Mar 27-Jun 5	5:10-5:50p.m.	\$73.35
	82578	Sat	Mar 28-Jun 6	9:15-9:55a.m.	\$73.35
	82579	Sat	Mar 28-Jun 6	11-11:40a.m.	\$73.35
	82577	Sat	Mar 28-Jun 6	12:05-12:45p.m.	\$73.35
	82510	Sun	Mar 29-May 31	10:20-11a.m.	\$65.20
	82511	Sun	Mar 29-May 31	12:50-1:30p.m.	\$65.20

#### **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	82432	Mon	Jan 5-Mar 16	6:15-6:55p.m.	\$81.50
	82435	Tue	Jan 6-Mar 17	5:30-6:10p.m.	\$81.50
	82463	Wed	Jan 7-Mar 18	6:05-6:45p.m.	\$81.50
	82464	Thu	Jan 8-Mar 19	6:05-6:45p.m.	\$73.35
	82465	Sat	Jan 10-Mar 21	9:30-10:10a.m.	\$65.20
	82466	Sat	Jan 10-Mar 21	12:15-12:55p.m.	\$65.20
	82467	Sun	Jan 11-Mar 22	11:50a.m12:30p.m.	\$65.20
	82468	Mon	Mar 23-Jun 1	5:30-6:10p.m.	\$73.35
	82469	Mon	Mar 23-Jun 1	6:15-6:55p.m.	\$73.35
	82470	Wed	Mar 25-Jun 3	6:05-6:45p.m.	\$81.50
	82471	Thu	Mar 26-Jun 4	5:30-6:10p.m.	\$81.50
	82472	Sat	Apr 18-Jun 6	10:05-10:45a.m.	\$57.05
	82473	Sat	Apr 18-Jun 6	12:45-1:25p.m.	\$57.05
	82477	Sun	Apr 19-Jun 7	9:30-10:10a.m.	\$57.05
	82478	Sun	Apr 19-Jun 7	11:35a.m12:15p.m.	\$57.05
SSLC	81390	Mon	Jan 5-Mar 16	4:05-4:45p.m.	\$81.50
	81417	Tue	Jan 6-Mar 17	5:15-5:55p.m.	\$81.50
	81483	Wed	Jan 7-Mar 18	4:45-5:25p.m.	\$81.50
	81574	Thu	Jan 8-Mar 19	4-4:40p.m.	\$81.50
	81572	Thu	Jan 8-Mar 19	5:15-5:55p.m.	\$81.50
	81573	Thu	Jan 8-Mar 19	5:55-6:35p.m.	\$81.50
	81767	Fri	Jan 9-Mar 20	4:40-5:20p.m.	\$81.50
	81894	Sat	Jan 10-Mar 21	9:40-10:20a.m.	\$81.50
	81893	Sat	Jan 10-Mar 21	11:20a.m12p.m.	\$81.50
	81895	Sat	Jan 10-Mar 21	11:40a.m12:20p.m.	\$81.50
	82135	Sun	Jan 11-Mar 22	10:15-10:55a.m.	\$81.50
	82136	Sun	Jan 11-Mar 22	11:50a.m12:30p.m.	\$81.50
	82398	Mon	Mar 23-Jun 1	4:05-4:45p.m.	\$73.35
	82251	Tue	Mar 24-Jun 2	4-4:40p.m.	\$81.50
	82249	Tue	Mar 24-Jun 2	5:15-5:55p.m.	\$81.50
	82250	Tue	Mar 24-Jun 2	5:55-6:35p.m.	\$81.50
	82285	Wed	Mar 25-Jun 3	4:40-5:20p.m.	\$81.50
	82320	Thu	Mar 26-Jun 4	5:15-5:55p.m.	\$81.50

SSLC	82455	Fri	Mar 27-Jun 5	4:45-5:25p.m.	\$73.35
	82580	Sat	Mar 28-Jun 6	10:15-10:55a.m.	\$73.35
	82581	Sat	Mar 28-Jun 6	11:50a.m12:30p.m.	\$73.35
	82513	Sun	Mar 29-May 31	9:40-10:20a.m.	\$65.20
	82512	Sun	Mar 29-May 31	11:20a.m12p.m.	\$65.20
	82514	Sun	Mar 29-May 31	11:40a.m12:20p.m.	\$65.20

#### 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.

**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.

SSLC	81547	Wed	Jan 7-Mar 18	4:10-4:50p.m.	\$81.50
	82458	Fri	Mar 27-Jun 5	4:10-4:50p.m.	\$73.35

#### **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         82480         Mon         Jan 5-Mar 16         5:30-6:10p.m.         \$81.50           82481         Wed         Jan 7-Mar 18         6:05-6:45p.m.         \$81.50           82482         Thu         Jan 8-Mar 19         5:30-6:10p.m.         \$73.35           82525         Sat         Jan 10-Mar 21         10:05-10:45a.m.         \$65.20           82526         Sat         Jan 10-Mar 21         12:45-1:25p.m.         \$65.20           82527         Sun         Jan 11-Mar 22         12:20-1pm         \$65.20           82528         Tue         Mar 24-Jun 2         5:30-6:10p.m.         \$81.50           82529         Wed         Mar 25-Jun 3         6:05-6:45p.m.         \$81.50           82530         Thu         Mar 26-Jun 4         5:30-6:10p.m.         \$81.50           82531         Sat         Apr 18-Jun 6         12-12:40p.m.         \$57.05           SSLC         81380         Mon         Jan 5-Mar 16         4:45-5:25p.m.         \$81.50           81418         Tue         Jan 6-Mar 17         4-4:40p.m.         \$81.50
82482 Thu Jan 8-Mar 19 5:30-6:10p.m. \$73.35 82525 Sat Jan 10-Mar 21 10:05-10:45a.m. \$65.20 82526 Sat Jan 10-Mar 21 12:45-1:25p.m. \$65.20 82527 Sun Jan 11-Mar 22 12:20-1pm \$65.20 82528 Tue Mar 24-Jun 2 5:30-6:10p.m. \$81.50 82529 Wed Mar 25-Jun 3 6:05-6:45p.m. \$81.50 82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05 SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82525 Sat Jan 10-Mar 21 10:05-10:45a.m. \$65.20 82526 Sat Jan 10-Mar 21 12:45-1:25p.m. \$65.20 82527 Sun Jan 11-Mar 22 12:20-1pm \$65.20 82528 Tue Mar 24-Jun 2 5:30-6:10p.m. \$81.50 82529 Wed Mar 25-Jun 3 6:05-6:45p.m. \$81.50 82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05  SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82526 Sat Jan 10-Mar 21 12:45-1:25p.m. \$65.20 82527 Sun Jan 11-Mar 22 12:20-1pm \$65.20 82528 Tue Mar 24-Jun 2 5:30-6:10p.m. \$81.50 82529 Wed Mar 25-Jun 3 6:05-6:45p.m. \$81.50 82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05  SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82527 Sun Jan 11-Mar 22 12:20-1pm \$65.20 82528 Tue Mar 24-Jun 2 5:30-6:10p.m. \$81.50 82529 Wed Mar 25-Jun 3 6:05-6:45p.m. \$81.50 82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05 SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82528 Tue Mar 24-Jun 2 5:30-6:10p.m. \$81.50 82529 Wed Mar 25-Jun 3 6:05-6:45p.m. \$81.50 82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05 SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82529 Wed Mar 25-Jun 3 6:05-6:45p.m. \$81.50 82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05 SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82530 Thu Mar 26-Jun 4 5:30-6:10p.m. \$81.50 82531 Sat Apr 18-Jun 6 12-12:40p.m. \$57.05 SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
82531         Sat         Apr 18-Jun 6         12-12:40p.m.         \$57.05           SSLC         81380         Mon         Jan 5-Mar 16         4:45-5:25p.m.         \$81.50
SSLC 81380 Mon Jan 5-Mar 16 4:45-5:25p.m. \$81.50
01410 Tue len C May 17 4 4:40m m \$01.50
81418   Tue   Jan 6-Mar 17   4-4:40p.m.   \$81.50
81485 Wed Jan 7-Mar 18 4-4:40p.m. \$81.50
81484 Wed Jan 7-Mar 18 5:45-6:25p.m. \$81.50
81576 Thu Jan 8-Mar 19 4:45-5:25p.m. \$81.50
81768 Fri Jan 9-Mar 20 5:50-6:30p.m. \$81.50
81897 Sat Jan 10-Mar 21 9-9:40a.m. \$81.50
81896 Sat Jan 10-Mar 21 12:45-1:25p.m. \$81.50
82137 Sun Jan 11-Mar 22 9:45-10:25a.m. \$81.50
82138 Sun Jan 11-Mar 22 12:30-1:10p.m. \$81.50
82399 Mon Mar 23-Jun 1 4:45-5:25p.m. \$73.35
82252 Tue Mar 24-Jun 2 4:45-5:25p.m. \$81.50
82286 Wed Mar 25-Jun 3 5:50-6:30p.m. \$81.50
82321 Thu Mar 26-Jun 4 4-4:40p.m. \$81.50
82457 Fri Mar 27-Jun 5 4-4:40p.m. \$73.35

SSLC	82456	Fri	Mar 27-Jun 5	5:45-6:25p.m.	\$73.35
	82582	Sat	Mar 28-Jun 6	9:45-10:25a.m.	\$73.35
	82583	Sat	Mar 28-Jun 6	12:30-1:10p.m.	\$73.35
	82516	Sun	Mar 29-May 31	9-9:40a.m.	\$65.20
	82515	Sun	Mar 29-May 31	12:45-1:25p.m.	\$65.20

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

# Lifesaving Swim Patrol - Rookie Patrol

8-14 years

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

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

LAC	82625	Mon	Jan 5-Mar 16	6:05-6:55p.m.	\$95.00
	82626	Wed	Jan 7-Mar 18	6:05-6:55p.m.	\$95.00
	82627	Sat	Jan 10-Mar 21	1:10-2p.m.	\$76.00
	82628	Mon	Mar 23-Jun 1	6:15-7:05p.m.	\$85.50
	82629	Wed	Mar 25-Jun 3	5:30-6:20p.m.	\$95.00
	82630	Sat	Apr 18-Jun 6	1:10-2p.m.	\$66.50
SSLC	81381	Mon	Jan 5-Mar 16	4:55-5:45p.m.	\$95.00
	81431	Tue	Jan 6-Mar 17	4-4:50p.m.	\$95.00
	81769	Fri	Jan 9-Mar 20	5:10-6p.m.	\$95.00
	81900	Sat	Jan 10-Mar 21	10:45-11:35a.m.	\$95.00
	82141	Sun	Jan 11-Mar 22	9-9:50a.m.	\$95.00
	82400	Mon	Mar 23-Jun 1	4:55-5:45p.m.	\$85.50
	82287	Wed	Mar 25-Jun 3	5:10-6p.m.	\$95.00
	82323	Thu	Mar 26-Jun 4	4-4:50p.m.	\$95.00
	82586	Sat	Mar 28-Jun 6	9-9:50a.m.	\$85.50
	82518	Sun	Mar 29-May 31	10:45-11:35a.m.	\$76.00

# Lifesaving Swim Patrol - Ranger Patrol

8-14 years

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

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

LAC	82593	Mon	Jan 5-Mar 16	6:05-6:55p.m.	\$95.00
	82594	Sat	Jan 10-Mar 21	1:10-2p.m.	\$76.00
	82603	Sun	Jan 11-Mar 22	12:05-12:55p.m.	\$76.00
	82604	Mon	Mar 23-Jun 1	6:05-6:55p.m.	\$85.50

LAC	82605	Sat	Apr 18-Jun 6	1-1:50p.m.	\$66.50
	82606	Sun	Apr 19-Jun 7	12:05-12:55p.m.	\$66.50
SSLC	81419	Tue	Jan 6-Mar 17	4:45-5:35p.m.	\$95.00
	81742	Thu	Jan 8-Mar 19	4:05-4:55p.m.	\$95.00
	82140	Sun	Jan 11-Mar 22	11-11:50a.m.	\$95.00
	82253	Tue	Mar 24-Jun 2	4:05-4:55p.m.	\$95.00
	82322	Thu	Mar 26-Jun 4	4:45-5:35p.m.	\$95.00
	82585	Sat	Mar 28-Jun 6	11-11:50a.m.	\$85.50

## Lifesaving Swim Patrol – Star Patrol

8-14 years

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

**Prerequisite:** 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	82631	Wed	Jan 7-Mar 18	5:30-6:20p.m.	\$95.00
	82632	Sat	Jan 10-Mar 21	1-1:50p.m.	\$76.00
	82633	Wed	Mar 25-Jun 3	6:05-6:55p.m.	\$95.00
	82634	Sat	Apr 18-Jun 6	1:10-2p.m.	\$66.50
SSLC	81420	Tue	Jan 6-Mar 17	5:45-6:35p.m.	\$95.00
	81770	Fri	Jan 9-Mar 20	4-4:50p.m.	\$95.00
	82288	Wed	Mar 25-Jun 3	4-4:50p.m.	\$95.00
	82324	Thu	Mar 26-Jun 4	5:45-6:35p.m.	\$95.00

#### **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	82648	Mon	Jan 5-Feb 2	7-7:30p.m.	\$173.00
	82655	Wed	Jan 7-Feb 4	6:50-7:20p.m.	\$173.00
	82654	Wed	Jan 7-Feb 4	7-7:30p.m.	\$173.00
	82657	Sun	Jan 11-Feb 8	10:25-10:55a.m.	\$138.40
	82656	Sun	Jan 11-Feb 8	10:40-11:10a.m.	\$138.40
	82649	Mon	Feb 9-Mar 16	7-7:30p.m.	\$173.00
	82659	Wed	Feb 11-Mar 18	6:50-7:20p.m.	\$173.00
	82658	Wed	Feb 11-Mar 18	7-7:30p.m.	\$173.00
	82672	Sun	Feb 15-Mar 22	10:25-10:55a.m.	\$138.40
	82665	Sun	Feb 15-Mar 22	10:40-11:10a.m.	\$138.40
	82675	Mon	Mar 23-Apr 27	7-7:30p.m.	\$173.00
	82680	Wed	Mar 25-Apr 29	6:50-7:20p.m.	\$173.00
	82678	Wed	Mar 25-Apr 29	7-7:30p.m.	\$173.00
	82684	Sun	Apr 19-May 3	10:25-10:55a.m.	\$103.80
	82682	Sun	Apr 19-May 3	10:40-11:10a.m.	\$103.80
	82677	Mon	May 4-Jun 1	7-7:30p.m.	\$138.40
	82681	Wed	May 6-Jun 3	6:50-7:20p.m.	\$173.00

LAC	82679	Wed	May 6-Jun 3	7-7:30p.m.	\$173.00
	82685	Sun	May 17-Jun 7	10:25-10:55a.m.	\$138.40
	82683	Sun	May 17-Jun 7	10:40-11:10a.m.	\$138.40
NWLC	81460	Mon	Jan 5-Feb 2	5:45-6:15p.m.	\$173.00
	81608	Thu	Jan 8-Feb 5	5:45-6:15p.m.	\$173.00
	81632	Fri	Jan 9-Feb 6	4-4:30p.m.	\$173.00
	81634	Fri	Jan 9-Feb 6	4:30-5p.m.	\$173.00
	81630	Fri	Jan 9-Feb 6	5:10-5:40p.m.	\$173.00
	81669	Sat	Jan 10-Feb 7	9-9:30a.m.	\$173.00
	81671	Sat	Jan 10-Feb 7	10:10-10:40a.m.	\$173.00
	81675	Sat	Jan 10-Feb 7	10:45-11:15a.m.	\$173.00
	81673	Sat	Jan 10-Feb 7	12:40-1:10p.m.	\$173.00
	81719	Sun	Jan 11-Feb 8	12:15-12:45p.m.	\$173.00
	81717	Sun	Jan 11-Feb 8	1-1:30p.m.	\$173.00
	82771	Sun	Jan 11-Feb 8	10:15-10:45a.m.	\$173.00
	81461	Mon	Feb 9-Mar 16	5:45-6:15p.m.	\$173.00
	81609	Thu	Feb 12-Mar 19	5:45-6:15p.m.	\$173.00
	81633	Fri	Feb 13-Mar 20	4-4:30p.m.	\$173.00
	81635	Fri	Feb 13-Mar 20	4:30-5p.m.	\$173.00
	81631	Fri	Feb 13-Mar 20	5:10-5:40p.m.	\$173.00
	81670	Sat	Feb 14-Mar 21	9-9:30a.m.	\$173.00
	81672	Sat	Feb 14-Mar 21	10:10-10:40a.m.	\$173.00
	81686	Sat	Feb 14-Mar 21	10:45-11:15a.m.	\$173.00
	81674	Sat	Feb 14-Mar 21	12:40-1:10p.m.	\$173.00
	81720	Sun	Feb 15-Mar 22	12:15-12:45p.m.	\$173.00
	81718	Sun	Feb 15-Mar 22	1-1:30p.m.	\$173.00
	82772	Sun	Feb 15-Mar 22	10:15-10:45a.m.	\$173.00
	81731	Mon	Mar 23-Apr 27	5:45-6:15p.m.	\$173.00
	81798	Tue	Mar 24-Apr 28	5:45-6:15p.m.	\$173.00
	81826	Wed	Mar 25-Apr 29	5:45-6:15p.m.	\$173.00
	81921	Fri	Mar 27-May 1	4-4:30p.m.	\$138.40
	81923	Fri	Mar 27-May 1	4:30-5p.m.	\$138.40
	81919	Fri	Mar 27-May 1	5:10-5:40p.m.	\$138.40
	81953	Sat	Mar 28-May 2	9:40-10:10a.m.	\$138.40
	81951	Sat	Mar 28-May 2	11:30a.m12p.m.	\$138.40
	81949	Sat	Mar 28-May 2	12-12:30p.m.	\$138.40
	81982	Sun	Mar 29-May 3	9-9:30a.m.	\$138.40
NWLC	81984	Sun	Mar 29-May 3	12:40-1:10p.m.	\$138.40
	81740	Mon	May 4-Jun 1	5:45-6:15p.m.	\$138.40
	81799	Tue	May 5-Jun 2	5:45-6:15p.m.	\$173.00
	81827	Wed	May 6-Jun 3	5:45-6:15p.m.	\$173.00
	81922	Fri	May 8-Jun 5	4-4:30p.m.	\$173.00
	81924	Fri	May 8-Jun 5	4:30-5p.m.	\$173.00
	81920	Fri	May 8-Jun 5	5:10-5:40p.m.	\$173.00
	81954	Sat	May 9-Jun 6	9:40-10:10a.m.	\$173.00
	81952	Sat	May 9-Jun 6	11:30a.m12p.m.	\$173.00
	81950	Sat	May 9-Jun 6	12-12:30p.m.	\$173.00
	81983	Sun	May 10-May 31	9-9:30a.m.	\$138.40

NWLC	81985	Sun	May 10-May 31	12:40-1:10p.m.	\$138.40
SSLC	81383	Mon	Jan 5-Feb 2	4-4:30p.m.	\$173.00
0020	81382	Mon	Jan 5-Feb 2	5:50-6:20p.m.	\$173.00
	81421	Tue	Jan 6-Feb 3	4:10-4:40p.m.	\$173.00
	81422	Tue	Jan 6-Feb 3	·	\$173.00
				4:55-5:25p.m.	
	81423	Tue	Jan 6-Feb 3	6:05-6:35p.m.	\$173.00
	81487	Wed	Jan 7-Feb 4	4-4:30p.m.	\$173.00
	81486	Wed	Jan 7-Feb 4	4:35-5:05p.m.	\$173.00
	81489	Wed	Jan 7-Feb 4	5:15-5:45p.m.	\$173.00
	81488	Wed	Jan 7-Feb 4	6:05-6:35p.m.	\$173.00
	81577	Thu	Jan 8-Feb 5	4:35-5:05p.m.	\$173.00
	81580	Thu	Jan 8-Feb 5	5-5:30p.m.	\$173.00
	81579	Thu	Jan 8-Feb 5	5:20-5:50p.m.	\$173.00
	81578	Thu	Jan 8-Feb 5	6:05-6:35p.m.	\$173.00
	81771	Fri	Jan 9-Feb 6	4:45-5:15p.m.	\$173.00
	81902	Sat	Jan 10-Feb 7	9:15-9:45a.m.	\$173.00
	81903	Sat	Jan 10-Feb 7	9:55-10:25a.m.	\$173.00
	81904	Sat	Jan 10-Feb 7	10:35-11:05a.m.	\$173.00
	81905	Sat	Jan 10-Feb 7	11:20-11:50a.m.	\$173.00
	81906	Sat	Jan 10-Feb 7	12-12:30p.m.	\$173.00
	81901	Sat	Jan 10-Feb 7	12:40-1:10p.m.	\$173.00
	82143	Sun	Jan 11-Feb 8	9-9:30a.m.	\$173.00
	82144	Sun	Jan 11-Feb 8	9:40-10:10a.m.	\$173.00
	82145	Sun	Jan 11-Feb 8	10:15-10:45a.m.	\$173.00
	82146	Sun	Jan 11-Feb 8	10:50-11:20a.m.	\$173.00
	82147	Sun	Jan 11-Feb 8	11:30a.m12p.m.	\$173.00
	82142	Sun	Jan 11-Feb 8	12:40-1:10p.m.	\$173.00
	81385	Mon	Feb 9-Mar 16	4-4:30p.m.	\$173.00
	81384	Mon	Feb 9-Mar 16	5:50-6:20p.m.	\$173.00
	81427	Tue	Feb 10-Mar 17	4:10-4:40p.m.	\$173.00
	81428	Tue	Feb 10-Mar 17	4:55-5:25p.m.	\$173.00
	81429	Tue	Feb 10-Mar 17	6:05-6:35p.m.	\$173.00
	81538	Wed	Feb 11-Mar 18	4-4:30p.m.	\$173.00
	81537	Wed	Feb 11-Mar 18	4:35-5:05p.m.	\$173.00
	81540	Wed	Feb 11-Mar 18	5:15-5:45p.m.	\$173.00
	81539	Wed	Feb 11-Mar 18	6:05-6:35p.m.	\$173.00
	81687		Feb 12-Mar 19	'	
		Thu		4:35-5:05p.m.	\$173.00
	81690	Thu	Feb 12-Mar 19	5-5:30p.m.	\$173.00
	81689	Thu	Feb 12-Mar 19	5:20-5:50p.m.	\$173.00
	81688	Thu	Feb 12-Mar 19	6:05-6:35p.m.	\$173.00
	81854	Fri	Feb 13-Mar 20	4:45-5:15p.m.	\$173.00
	82063	Sat	Feb 14-Mar 21	9:15-9:45a.m.	\$173.00
	82065	Sat	Feb 14-Mar 21	9:55-10:25a.m.	\$173.00
	82067	Sat	Feb 14-Mar 21	10:35-11:05a.m.	\$173.00
	82069	Sat	Feb 14-Mar 21	11:20-11:50a.m.	\$173.00
	82071	Sat	Feb 14-Mar 21	12-12:30p.m.	\$173.00
	82061	Sat	Feb 14-Mar 21	12:40-1:10p.m.	\$173.00
	82220	Sun	Feb 15-Mar 22	9-9:30a.m.	\$173.00

SSLC	82221	Sun	Feb 15-Mar 22	9:40-10:10a.m.	\$173.00
	82222	Sun	Feb 15-Mar 22	10:15-10:45a.m.	\$173.00
	82223	Sun	Feb 15-Mar 22	10:50-11:20a.m.	\$173.00
	82224	Sun	Feb 15-Mar 22	11:30a.m12p.m.	\$173.00
	82219	Sun	Feb 15-Mar 22	12:40-1:10p.m.	\$173.00
	82402	Mon	Mar 23-Apr 27	4-4:30p.m.	\$173.00
	82401	Mon	Mar 23-Apr 27	5:50-6:20p.m.	\$173.00
	82254	Tue	Mar 24-Apr 28	4:35-5:05p.m.	\$173.00
	82257	Tue	Mar 24-Apr 28	5-5:30p.m.	\$173.00
	82256	Tue	Mar 24-Apr 28	5:20-5:50p.m.	\$173.00
	82255	Tue	Mar 24-Apr 28	6:05-6:35p.m.	\$173.00
	82289	Wed	Mar 25-Apr 29	4:45-5:15p.m.	\$173.00
	82325	Thu	Mar 26-Apr 30	4:10-4:40p.m.	\$173.00
	82326	Thu	Mar 26-Apr 30	4:55-5:25p.m.	\$173.00
	82327	Thu	Mar 26-Apr 30	6:05-6:35p.m.	\$173.00
	82460	Fri	Mar 27-May 8	4-4:30p.m.	\$173.00
	82459	Fri	Mar 27-May 8	4:35-5:05p.m.	\$173.00
	82462	Fri	Mar 27-May 8	5:15-5:45p.m.	\$173.00
	82461	Fri	Mar 27-May 8	6:05-6:35p.m.	\$173.00
	82588	Sat	Mar 28-May 9	9-9:30a.m.	\$173.00
	82589	Sat	Mar 28-May 9	9:40-10:10a.m.	\$173.00
	82590	Sat	Mar 28-May 9	10:15-10:45a.m.	\$173.00
	82591	Sat	Mar 28-May 9	10:50-11:20a.m.	\$173.00
	82592	Sat	Mar 28-May 9	11:30a.m12p.m.	\$173.00
	82587	Sat	Mar 28-May 9	12:40-1:10p.m.	\$173.00
	82520	Sun	Mar 29-May 10	9:15-9:45a.m.	\$173.00
	82521	Sun	Mar 29-May 10	9:55-10:25a.m.	\$173.00
	82522	Sun	Mar 29-May 10	10:35-11:05a.m.	\$173.00
	82523	Sun	Mar 29-May 10	11:20-11:50a.m.	\$173.00
	82524	Sun	Mar 29-May 10	12-12:30p.m.	\$173.00
	82519	Sun	Mar 29-May 10	12:40-1:10p.m.	\$173.00
	82434	Mon	May 4-Jun 1	4-4:30p.m.	\$138.40
	82433	Mon	May 4-Jun 1	5:50-6:20p.m.	\$138.40
	82258	Tue	May 5-Jun 2	4:35-5:05p.m.	\$173.00
	82261	Tue	May 5-Jun 2	5-5:30p.m.	\$173.00
	82260	Tue	May 5-Jun 2	5:20-5:50p.m.	\$173.00
	82259	Tue	May 5-Jun 2	6:05-6:35p.m.	\$173.00
	82290	Wed	May 6-Jun 3	4:45-5:15p.m.	\$173.00
	82358	Thu	May 7-Jun 4	4:10-4:40p.m.	\$173.00
	82359	Thu	May 7-Jun 4	4:55-5:25p.m.	\$173.00
	82360	Thu	May 7-Jun 4	6:05-6:35p.m.	\$173.00
	82475	Fri	May 15-Jun 5	4-4:30p.m.	\$138.40
	82474	Fri	May 15-Jun 5	4:35-5:05p.m.	\$138.40
	82479	Fri	May 15-Jun 5	5:15-5:45p.m.	\$138.40
	82476	Fri	May 15-Jun 5	6:05-6:35p.m.	\$138.40
	82608	Sat	May 16-Jun 6	9-9:30a.m.	\$138.40
	82609	Sat	May 16-Jun 6	9:40-10:10a.m.	\$138.40
	82610	Sat	May 16-Jun 6	10:15-10:45a.m.	\$138.40

SSLC	82612	Sat	May 16-Jun 6	10:50-11:20a.m.	\$138.40
	82614	Sat	May 16-Jun 6	11:30a.m12p.m.	\$138.40
	82607	Sat	May 16-Jun 6	12:40-1:10p.m.	\$138.40
	82537	Sun	May 17-31	9:15-9:45a.m.	\$103.80
	82538	Sun	May 17-31	9:55-10:25a.m.	\$103.80
	82539	Sun	May 17-31	10:35-11:05a.m.	\$103.80
	82540	Sun	May 17-31	11:20-11:50a.m.	\$103.80
	82541	Sun	May 17-31	12-12:30p.m.	\$103.80
	82535	Sun	May 17-31	12:40-1:10p.m.	\$103.80

#### **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	82635	Sun	Jan 11-Mar 22	9:30-10:20a.m.	\$76.00
	82636	Wed	Mar 25-Jun 3	6:05-6:55p.m.	\$95.00
	82637	Thu	Mar 26-Jun 4	6:40-7:30p.m.	\$95.00
NWLC	81589	Thu	Jan 8-Mar 19	8:35-9:25p.m.	\$95.00
	81836	Thu	Mar 26-Jun 4	8:35-9:25p.m.	\$95.00
SSLC	81462	Wed	Jan 7-Mar 18	5:30-6:20p.m.	\$95.00
	81549	Thu	Jan 8-Mar 19	5:05-5:55p.m.	\$95.00
	81856	Sat	Jan 10-Mar 21	9:45-10:35a.m.	\$95.00
	81857	Sat	Jan 10-Mar 21	11:55a.m12:45p.m.	\$95.00
	82099	Sun	Jan 11-Mar 22	10:10-11a.m.	\$95.00
	82100	Sun	Jan 11-Mar 22	12:35-1:25p.m.	\$95.00
	82226	Tue	Mar 24-Jun 2	5:05-5:55p.m.	\$95.00
	82436	Fri	Mar 27-Jun 5	5:30-6:20p.m.	\$85.50
	82551	Sat	Mar 28-Jun 6	10:10-11a.m.	\$85.50
	82552	Sat	Mar 28-Jun 6	12:35-1:25p.m.	\$85.50
	82483	Sun	Mar 29-May 31	9:45-10:35a.m.	\$76.00
	82484	Sun	Mar 29-May 31	11:55a.m12:45p.m.	\$76.00

#### Adult 2

#### 14 years and up

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

LAC	82638	Wed	Jan 7-Mar 18	6:05-6:55p.m.	\$95.00
	82639	Thu	Jan 8-Mar 19	5:30-6:20p.m.	\$85.50
	82640	Sun	Apr 19-Jun 7	9:30-10:20a.m.	\$66.50
SSLC	81351	Mon	Jan 5-Mar 16	5:30-6:20p.m.	\$95.00
	81743	Fri	Jan 9-Mar 20	5:45-6:35p.m.	\$95.00
	82367	Mon	Mar 23-Jun 1	5:30-6:20p.m.	\$85.50
	82262	Wed	Mar 25-Jun 3	5:45-6:35p.m.	\$95.00

#### **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. Fee includes Lifesaving Society Manual Fee of \$45.00 and Certification Fee of \$25.00.

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

LAC	82699	Fri Sat-Sun	Jan 30 Jan 31-Feb 1	5-9p.m. 7a.m4p.m.	\$190.00
	82700	Fri Sat-Sun	Mar 20 Mar 21-22	5-9p.m. 7a.m4p.m.	\$190.00
	82705	Fri Sat-Sun	May 22 May 23-24	5-9p.m. 7a.m4p.m.	\$190.00
SSLC	82758	Sun	Jan 11-Feb 8	4:30-8:30p.m.	\$190.00
	82765	Sun	Apr 19-May 10	4-9p.m.	\$190.00

## Lifesaving Society Bronze Cross

#### 14 years and up

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

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

LAC	82706	Sat-Sun Sat	Feb 21-22 Feb 28	7a.m4p.m. 7a.m4p.m.	\$165.00
	82714	Sun Sat-Sun	May 24 May 30-31	7a.m4p.m. 7a.m4p.m.	\$165.00
	82719	Sun Sat-Sun	May 31 Jun 6-7	7a.m4p.m. 7a.m4p.m.	\$165.00
SSLC	82757	Sun	Feb 15-Mar 22	4:30-9p.m.	\$165.00
	82764	Sun	May 17-Jun 7	3:30-9p.m.	\$165.00

# Lifesaving Society National Lifeguard

#### 15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. Fee includes Lifesaving Society Manual Fee of \$48.00 and Certification Fee of \$40.00. Prerequisite: Minimum 15 years old (by the last day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Standard First aid from one of the four organizations: Canadian Red Cross, Lifesaving Society, Canadian Swim Patrol or St. John Ambulance only (need not be current).

LAC	82729	Sat Tue-Fri	Apr 4 Apr 7-10	7a.m4p.m. 7a.m4p.m.	\$300.00
SSLC	82759	Tue-Sat	Feb 17-Feb 21	8a.m5p.m.	\$300.00
	82761	Sun	Apr 19-Jun 7	4-9p.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. Fee includes Lifesaving Society Manual Fee of \$81.00 and Certification Fee of \$43.00.

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

LAC	82726	Tue-Fri	Feb 17-20	9a.m5p.m.	\$252.00
	82731	Sat	Apr 25-May 30	8a.m1:30p.m.	\$252.00
SSLC	82760	Sun	Jan 18-Mar 8	4-8p.m.	\$252.00
	82763	Tue-Fri	Apr 7-10	8a.m4p.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 AED.

NWLC	82150	Sat-Sun	Jan 24-25	9a.m6p.m.	\$161.00
	82152	Sat-Sun	Mar 14-15	9a.m6p.m.	\$161.00
	82166	Sat-Sun	Apr 25-26	9a.m6p.m.	\$161.00
	82168	Sat-Sun	May 30-31	9a.m6p.m.	\$161.00

#### **Aquatic Recertification Courses**

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

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

LAC	82693	Sat	Jan 10	11a.m4p.m.	\$80.00
	82695	Sun	Feb 8	11a.m4p.m.	\$80.00
	82696	Sat	Feb 28	11a.m4p.m.	\$80.00
	82697	Sun	Mar 22	11a.m4p.m.	\$80.00
	82698	Sun	May 31	11a.m4p.m.	\$80.00
SSLC	82762	Sun	May 3	4-9p.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	82151	Sat	Jan 10	8a.m5p.m.	\$100.00
	82163	Sun	Feb 15	8a.m5p.m.	\$100.00
	82164	Sun	Mar 1	8a.m5p.m.	\$100.00
	82167	Sat	Apr 18	8a.m5p.m.	\$100.00
	82170	Sun	May 17	8a.m5p.m.	\$100.00



# 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.



#### 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



# Recreation for All

Our programs and buildings are open to everyone.

# **Equipment to Support Access**

#### **Core Ritchie Neighbourhood Centre:**

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

#### Fieldhouse:

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

#### **Glencairn Neighbourhood Centre:**

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

#### **Lawson Aquatic Centre:**

- · Chair lifts into tot pool and main pool
- All-gender/family changerooms with overhead sling lift and adult change table

#### Mitakuyé Owâs'ā Centre

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

#### **North West Leisure Centre:**

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

#### Sandra Schmirler Leisure Centre:

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





#### Legend

**CRNC - Core Ritchie Neighborhood Centre** 

FLDH - Fieldhouse

mc - mâmawêyatitân centre

**NWLC - North West Leisure Centre** 

SLC - South Leisure Centre

SSLC - Sandra Schmirler Leisure Centre

#### **Adapted Programs**

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

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

#### **Adapted Aquatic**

#### Adapted Family Swim AP Lessons

4 years and up

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

NWLC	81434	Mon	Jan 5-Feb 2	4:40-5:10p.m.	\$84.75
	81511	Wed	Jan 7-Feb 4	4:40-5:10p.m.	\$84.75
	81513	Wed	Jan 7-Feb 4	5:50-6:20p.m.	\$84.75
	81581	Thu	Jan 8-Feb 5	4:40-5:10p.m.	\$84.75
	81435	Mon	Feb 9-Mar 16	4:40-5:10p.m.	\$84.75
	81512	Wed	Feb 11-Mar 18	4:40-5:10p.m.	\$84.75
	81514	Wed	Feb 11-Mar 18	5:50-6:20p.m.	\$84.75

NWLC	81582	Thu	Feb 12-Mar 19	4:40-5:10p.m.	\$84.75
	81772	Tue	Mar 24-Apr 28	4:40-5:10p.m.	\$84.75
	81800	Wed	Mar 25-Apr 29	4:40-5:10p.m.	\$84.75
	81828	Thu	Mar 26-Apr 30	4:40-5:10p.m.	\$84.75
	81830	Thu	Mar 26-Apr 30	5:50-6:20p.m.	\$84.75
	81773	Tue	May 5-Jun 2	4:40-5:10p.m.	\$84.75
	81801	Wed	May 6-Jun 3	4:40-5:10p.m.	\$84.75
	81829	Thu	May 7-Jun 4	4:40-5:10p.m.	\$84.75
	81831	Thu	May 7-Jun 4	5:50-6:20p.m.	\$84.75

#### Adapted Leisure Swim RES AP





Enjoy a relaxing swim in an accessible pool environment designed for individuals with disabilities and their families. The Sandra Schmirler Leisure Centre features a powered ceiling track lift in the change room and on the pool deck (bring your own sling) as well as a manual chair lift on deck. The Northwest Leisure Centre offers a zero-depth entry pool with a ramp and aquatic wheelchair. City of Regina lifeguards will supervise but cannot assist with transfers, lifts, or repositioning. Registration for Adapted Leisure Swim will open 30 days before the scheduled swim dates.

NWLC	80892	Sun	Jan 4	6-7:55p.m.	Free
	80893	Sun	Jan 18	6:30-8:25p.m.	Free
	80894	Sun	Feb 1	6:30-8:25p.m.	Free
	80895	Sun	Feb 15	6:30-8:25p.m.	Free
	80896	Sun	Mar 1	6:30-8:25p.m.	Free
	80897	Sun	Mar 15	6:30-8:25p.m.	Free
NWLC	80898	Sun	Mar 29	6:30-8:25p.m.	Free
	80899	Sun	Apr 12	6-7:55p.m.	Free
	80900	Sun	Apr 26	6:30-8:25p.m.	Free
	80901	Sun	May 10	6:30-8:25p.m.	Free
	80902	Sun	May 24	6:30-8:25p.m.	Free
SSLC	80881	Sat	Jan 10	6:30-8:25p.m.	Free
	80882	Sat	Jan 24	6:30-8:25p.m.	Free
	80883	Sat	Feb 7	6:30-8:25p.m.	Free
	80884	Sat	Feb 21	6-7:55p.m.	Free
	80885	Sat	Mar 7	6:30-8:25p.m.	Free
	80886	Sat	Mar 21	6:30-8:25p.m.	Free

SSLC	80887	Sat	Apr 4	6-7:55p.m.	Free
	80888	Sat	Apr 18	6:30-8:25p.m.	Free
	80889	Sat	May 2	6:30-8:25p.m.	Free
	80890	Sat	May 16	6:30-8:25p.m.	Free
	80891	Sat	May 30	6:30-8:25p.m.	Free

#### Adapted Parent & Tot AP **Swim Lessons**

4 - 48 months

For children with disabilities and their families who enjoy group settings. The program emphasizes in-water interaction between parent and child to develop water-positive attitudes and skills through play. At least one parent/guardian must be in the water per child. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

NWLC	81436	Mon	Jan 5-Feb 2	5:50-6:20p.m.	\$84.75
	81515	Wed	Jan 7-Feb 4	5:15-5:45p.m.	\$84.75
	81583	Thu	Jan 8-Feb 5	4:05-4:35p.m.	\$84.75
	81437	Mon	Feb 9-Mar 16	5:50-6:20p.m.	\$84.75
	81516	Wed	Feb 11-Mar 18	5:15-5:45p.m.	\$84.75
	81584	Thu	Feb 12-Mar 19	4:05-4:35p.m.	\$84.75
	81774	Tue	Mar 24-Apr 28	5:50-6:20p.m.	\$84.75
	81802	Wed	Mar 25-Apr 29	4:05-4:35p.m.	\$84.75
	81832	Thu	Mar 26-Apr 30	5:15-5:45p.m.	\$84.75
	81775	Tue	May 5-Jun 2	5:50-6:20p.m.	\$84.75
	81803	Wed	May 6-Jun 3	4:05-4:35p.m.	\$84.75
	81833	Thu	May 7-Jun 4	5:15-5:45p.m.	\$84.75

#### Adapted Swim Lessons AP

4 years and up

This 1-on-1 adapted swim lesson is designed for individuals who have disabilities. Instructors will work with participants to support them in meeting their needs and goals. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

WLC	81438	Mon	Jan 5-Feb 2	4:05-4:35p.m.	\$84.75	
	81440	Mon	Jan 5-Feb 2	5:15-5:45p.m.	\$84.75	
	81517	Wed	Jan 7-Feb 4	4:05-4:35p.m.	\$84.75	
	81585	Thu	Jan 8-Feb 5	5:15-5:45p.m.	\$84.75	
	81587	Thu	Jan 8-Feb 5	5:50-6:20p.m.	\$84.75	
	81439	Mon	Feb 9-Mar 16	4:05-4:35p.m.	\$84.75	
	81441	Mon	Feb 9-Mar 16	5:15-5:45p.m.	\$84.75	
	81518	Wed	Feb 11-Mar 18	4:05-4:35p.m.	\$84.75	
	81586	Thu	Feb 12-Mar 19	5:15-5:45p.m.	\$84.75	
	81588	Thu	Feb 12-Mar 19	5:50-6:20p.m.	\$84.75	
	81776	Tue	Mar 24-Apr 28	4:05-4:35p.m.	\$84.75	
	81778	Tue	Mar 24-Apr 28	5:15-5:45p.m.	\$84.75	
	81804	Wed	Mar 25-Apr 29	5:15-5:45p.m.	\$84.75	
	81806	Wed	Mar 25-Apr 29	5:50-6:20p.m.	\$84.75	
	81834	Thu	Mar 26-Apr 30	4:05-4:35p.m.	\$84.75	
	81777	Tue	May 5-Jun 2	4:05-4:35p.m.	\$84.75	
	81779	Tue	May 5-Jun 2	5:15-5:45p.m.	\$84.75	
	81805	Wed	May 6-Jun 3	5:15-5:45p.m.	\$84.75	
	81807	Wed	May 6-Jun 3	5:50-6:20p.m.	\$84.75	
	81835	Thu	May 7-Jun 4	4:05-4:35p.m.	\$84.75	

# **Affordable Access Program**

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

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

#### For more information, eligibility, or an application form:

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

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

Regina.ca/affordablefun





#### **Adapted Arts**

#### ABI Art Program \*\*RE\* AP





18 years and up

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

SLC	80845	Thu	Jan 8-Apr 2	1-2:30p.m.	Free
	80846	Thu	Apr 9-May 28	1-2:30p.m.	Free

#### Adapted Crafting FREE AP with Nature





5-13 years

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy fun and easy crafts using natural items for sensory exploration. Promote fine motor development, socialization, and creativity as we explore natural materials in the neighboring accessible park. Registration is required.

SLC	80914	Sun	Jan 4-Feb 8	11:15a.m12:15p.m.	Free
	81279	Sun	Apr 12-May 10	11:15a.m12:15p.m.	Free

#### Adapted Dance Class IRE AP





5-13 years

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

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mc	80859	Sat	Jan 17-Mar 28	2:15-3:15p.m.	Free

#### Adapted Music Program AP



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

#### 3-6 years

SLC	80860	Sat	Feb 28-Mar 28	10:15-11a.m.	\$37.50		
7-14 years							
SLC	80861	Sat	Feb 28-Mar 28	11:15a.m12p.m.	\$37.50		

#### Inclusive Dance Class FREE





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

## Sensory Science \*\*\* AP





6-14 Years

#### **Exploration**

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

CRNC	81316	Sat	Jan 10-Feb 7	11a.m12p.m.	Free
	81317	Sat	Apr 25-May 23	11a.m12p.m.	Free

#### What's Your Style FREE AP **Dance Nights**





17 years and up

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

mc	80856	Thu	Jan 22	7-9p.m.	Free
	80857	Thu	Apr 23	7-9p.m.	Free

#### **Adapted Sport and Fitness**

#### Adapted Adult Strength AP and Balance



18 years and up

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

SSLC	80871	Tue	Jan 6-Feb 10	12:15-1:15p.m.	\$39.30
	80872	Tue	Feb 24-Mar 31	12:15-1:15p.m.	\$39.30
	80873	Tue	Apr 14-May 26	12:15-1:15p.m.	\$45.85

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



#### Adapted Badminton AP

Designed for youth and teens with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can learn about badminton. Participants will learn about the basics of the sport such as proper footwork, serves and returns, net shots, back shots, scoring and other important Badminton skills all while having fun playing the game. This program focuses on fun while fostering socialization through teaching teamwork, cooperation, and sportsmanship.

#### 8-12 vears

SLC	80911	Sun	Jan 4-Feb 8	10-11a.m.	\$48.60
	80912	Sun	Feb 22-Mar 29	10-11a.m.	\$48.60
	80913	Sun	Apr 12-May 24	10-11a.m.	\$56.70

#### 13-18 years

SLC	80908	Sun	Jan 4-Feb 8	11:15a.m12:15p.m.	\$48.60
	80909	Sun	Feb 22-Mar 29	11:15a.m12:15p.m.	\$48.60
	80910	Sun	Apr 12-May 24	11:15a.m12:15p.m.	\$56.70

#### Adapted Basketball AP



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

#### 5-8 years

FLDH	81294	Mon	Jan 5-Mar 2	5:30-6:30p.m.	\$72.90
	81344	Mon	Mar 16-May 4	4:30-5:30p.m.	\$64.80

#### 6-12 years

NWLC	81313	Fri	Jan 9-Feb 13	5:15-6p.m.	\$48.60
	81314	Fri	Feb 27-Mar 27	5:15-6p.m.	\$40.50
	81315	Fri	Apr 10-May 29	5:15-6p.m.	\$64.80

#### Adapted Dodgeball AP



8-10 years

Designed for children with disabilities or who have difficulties with gross motor development. This program aims to foster socialization by encouraging participation in a group setting. Parent or support person participation is encouraged when needed. 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!

FLDH	82216	Tue	Jan 13-Mar 10	6:30-7:30p.m.	\$72.90
	82217	Tue	Mar 17-May 5	6:30-7:30p.m.	\$64.80

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

#### Adapted Floor Hockey AP



This program is for children with disabilities or who have difficulties in gross motor development. It introduces basic floor hockey skills and game strategy while teaching teamwork, cooperation, and sportsmanship. This course is a great opportunity for children to improve their skills and have fun.

FLDH	81346	Mon	Mar 16-May 4	6-7p.m.	\$64.80
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#### Adapted Soccer AP



5-7 years

This program is for children with difficulties in gross motor development. It introduces basic soccer skills and game strategy while teaching teamwork, cooperation, and sportsmanship. It's a great opportunity for children to improve their skills and have fun playing soccer. Parent participation is required.

	FLDH	81323	Thu	Jan 8-Mar 12	5-6p.m.	\$72.90
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#### Adapted Parent & Tot AP Sports Jam



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

NWLC	81214	Sun	Jan 11-Feb 8	10-10:45a.m.	\$40.50
NWLC	81215	Sun	Feb 22-Mar 29	10-10:45a.m.	\$40.50
	81216	Sun	Apr 12-May 24	10-10:45a.m.	\$56.70

#### Adapted Sports Jam AP

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

#### 4-7 years FLDH

81302

8-13 years								
NWLC	81217	Sun	Jan 11-Feb 8	11-11:45a.m.	\$40.50			
	81218	Sun	Feb 22-Mar 29	11-11:45a.m.	\$40.50			
	81219	Sun	Apr 12-May 24	11-11:45a.m.	\$56.70			

Mar 17-May 5

#### Adapted Pre-Teen Fitness AP

Tue



5:30-6:30p.m.

\$64.80

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, and 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	81244	Wed	Jan 14-Feb 11	5-6p.m.	\$32.75
	81245	Wed	Feb 25-Apr 1	5-6p.m.	\$39.30
	81246	Wed	Apr 15-May 27	5-6p.m.	\$45.85

#### Adapted Sports Night AP

16 years and up

In Partnership with Creative Options Regina, we welcome adults with disabilities to the South Leisure to join in on all the fun Pickleball and other sports have to offer! Registration is required. To register for this program, please email socialinclusionprograms@regina.ca.

SLC 81223 Sat Jan 24-Ju	n 27 4-6p.m. Free
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#### Adapted Virtual NEW AP **Chair Yoga**





18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. 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. This online class will require you to have access to Zoom.

SSLC	80916	Mon	Jan 5-Feb 9	4:15-5:15p.m.	\$45.90
	80917	Mon	Feb 23-Mar 30	4:15-5:15p.m.	\$45.90
	80918	Mon	Apr 13-May 18	4:15-5:15p.m.	\$45.90

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

#### Walk & Roll Fitness



18 years and up

The Adapted Walk and Roll Fitness is for adults with disabilities or adults who are rehabilitating from an injury. In this program, participants will utilize the walking track and equipment twice a week in a relaxed casual setting. This program will provide opportunities for individuals to learn, maintain, and improve functional skills related to physical fitness. Dedicated City of Regina staff members will be present at all times to assist with equipment and to keep the good times rolling. The group is encouraged to meet at the cafe in the facility after the program to socialize in a comfortable and safe environment.

FLDH	80867	Tue,Thu	Jan 6-Mar 19	12:30-3p.m.	\$80.85
	80868	Tue,Thu	Mar 24-May 28	12:30-3p.m.	\$69.30

#### Wheelchair NEW TRIE AP Curling - Learn to Play

10 years and up

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

Caledonia Curling Club						
80878	Tue	Feb 24-Mar 31	6:45-8:15p.m.	Free		

# **NEW Low Sensor Public Skate Murray Balfour Arena** Sundays 11 a.m. to 1 p.m **January 4 to March 15, 2026**

A low-stimulation skating experience for individuals with sensory sensitivities and their families.

- · Reduced lighting, no music
- Sensory items available to borrow (headphones, glasses)

#### Skate aids, sledges and wheelchairs welcome

- · Max. 30 participants on ice; first-come, first-served
- Attendant/support person recommended if one-on-one support is needed

Free admission for skaters and their attendants/supports.







#### **Adapted Social**

#### Adapted LEGO® NEW AP **Engineers Technic Class**

12-16 years

These Young Makers Studio classes create an engaging, hands-on atmosphere where learning comes to life with LEGO® bricks. We believe that people learn best when their senses and curiosity are fully engaged, sparking creativity and problem-solving. In our Early Engineers LEGO® Technic class, students build simple machines and gadgets while exploring real-world science and engineering concepts. Through fun, guided projects, they strengthen fine motor skills, practice following directions, and build confidence while collaborating with peers. This program encourages critical thinking, teamwork, and an appreciation for how things work—all while having fun!

CRNC	80865	Sat	Feb 28-Apr 18	11a.m12p.m.	\$15.00
mc	80863	Wed	Jan 7-Feb 11	5:30-6:30p.m.	\$15.00
	80864	Wed	Apr 22-May 27	5:30-6:30p.m.	\$15.00

#### ABI Cribbage FREE AP





18 years and up

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

SLC	80847	Fri	Jan 9-Mar 27	1-2:30p.m.	Free
	80848	Fri	Apr 10-May 29	1-2:30p.m.	Free

#### ABI FREE AP



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. The ABI Outreach Team will be present to assist and facilitate communication when necessary.

SLC	80843	Wed	Jan 7-Apr 1	1-2:30p.m.	Free
	80844	Wed	Apr 8-May 27	1-2:30p.m.	Free

#### Sensory-Friendly REF AP Youth Program





10-17 years

Join this free, inclusive program for ages 10-17, designed for youth who benefit from a sensory-friendly group setting. It promotes social interaction, physical movement, and creativity through various recreational activities. It's a great opportunity for youth of all abilities to try something new. Registration is required.

CRNC	80880	Mon	Feb 2-Mar 30	6-7:30p.m.	Free
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#### Evening Adult FREE AP Social Program



18 years and up

This program is for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to come together 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 the groups' interests. Outings will be planned on occasion, outings such as Bowling. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals.

	MOC	80879	Fri	Feb 13-Apr 24	6-8p.m.	Free	l
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#### Short Breaks FREE AP





18 years and up

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

mc	Mon- Thu	Jan 5-Jun 18	2-5p.m.	Free
MOC	Tue	Jan 6-Jun 16	2-5p.m.	Free
CRNC	Wed	Jan 7-Jun 17	2-5p.m.	Free
FLDH	Fri	Jan 9-Jun 19	2-5p.m.	Free



### Inclusion **Support Service**

### **Need help joining City of Regina** recreation programs?

We offer free support for residents (ages 5+) facing barriers to recreation such as:

- Finding suitable programs
- Assisting with program and equipment adaptions
- Providing social/emotional companionship
- Enjoy adapted, inclusive activities

### **Leisure Companions Needed!**

- Support individuals with disabilities in City recreation programs.
- Paid, casual roles great for those with experience in support work.
- CPR Level C & valid criminal record check required.
- Apply now at inclusionsupport@regina.ca

### **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).

### Find more information about the Inclusion Support Service:



🖂 inclusionsupport@regina.ca 🕒 639-590-8895









### Legend

FLDH - Fieldhouse

NBAC - Neil Balkwill Civic Arts Centre

**NWLC - Northwest Leisure Centre** 

### **Fine Arts**

### **Creative Beginnings**

4-6 years

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

NBAC	81136	Wed	Jan 14-Mar 4	1-2:30p.m.	\$145.00
	81162	Wed	Apr 15-Jun 3	1-2:30p.m.	\$145.00

### **Garden Surprises**

3-5 years

Using our courtyard as well as the studio preschoolers and Kinders will explore spring and garden activities! Projects will range from making items for your garden such as wind chimes, bird feeders, and wind spinners to bringing gardens indoors with sun catchers, and paper and rock gardens. A fairy teacup garden will be a final project.

NBAC	81171	Tue	May 5-26	9-10:30a.m.	\$70.00
	81172	Tue	May 5-26	1-2:30p.m.	\$70.00



### Recreation

### **Surprise Activity and Swim**

3-5 years

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

NWLC	82773	Fri	Jan 9-Feb 6	2-3p.m.	\$47.50
	82774	Fri	Feb 13-Mar 20	2-3p.m.	\$47.50
	82775	Fri	Mar 27-May 1	2-3p.m.	\$38.00
	82776	Fri	May 8-Jun 5	2-3p.m.	\$47.50

### **Sports**

### **Parent & Tot Basketball**

3-5 years

Parents and tots will enjoy learning basic Basketball skills together. Fun developmental games and activities will also be taught in a nongame based and non-competitive environment.

FLDH 8	81639	Wed	Mar 18-May 6	5-6p.m.	\$64.80
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### Parent & Tot Floor Hockey

3-5 years

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

FLDH	81288	Mon	Jan 5-Mar 2	4:30-5:30p.m.	\$72.90
	81345	Mon	Mar 16-May 4	5-6p.m.	\$64.80

### 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 81300 Tue Jan 6-Feb 24 5:30-6:30p.m. \$64.80
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activity schedules and all fire pit locations.





### Legend

**CNC - Cathedral Neighbourhood Centre** 

CRNC - Core Ritchie Neighbourhood Centre

FLDH - Fieldhouse

GNRC – Glencairn Neighbourhood

**Recreation Centre** 

MOC - Mitakuyé Owâs'ā

NBAC - Neil Balkwill Civic Arts Centre

**NWLC - Northwest Leisure Centre** 

SLC - South Leisure Centre

### **Fine Arts**

### 3D Printing and Design 1

8-12 yea

Do you want to learn how to create your very own 3D design and print it too? If 3D printing and designing interests you, then come join this awesome class. Learn how to design and print your very own ideas - anything you can think of we will help make it a reality with our 3D printer. Students must supply their own laptop or iPad.

NBAC	81075	Sat	Jan 17-Mar 14	9:30-10:30a.m.	\$95.00
	81149	Sat	Apr 18-Jun 13	9:30-10:30a.m.	\$95.00

### 3D Printing and Design 2

8-16 years

Do you want to continue to learn more about 3D printing and design? This class will teach you new design skills and more hands-on work with the 3D printers. Students must supply their own laptop or iPad. **Prerequisite:** 3D Printing and Design 1 or equivalent experience.

NBAC	81076	Sat	Jan 17-Mar 14	11a.m12p.m.	\$95.00
	81150	Sat	Apr 18-Jun 13	11a.m12p.m.	\$95.00

### **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	81225	Sun	Jan 18-Mar 15	3-4:30p.m.	\$95.00
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### Adventures in Art for Homeschoolers 1

6-8 years

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

NBAC	81078	Thu	Jan 15-Mar 5	10a.m12p.m.	\$125.00
	81152	Thu	Apr 16-Jun 4	10a.m12p.m.	\$125.00

### Adventures in Art for Homeschoolers 2

9-13 years

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

NBAC	81079	Thu	Jan 15-Mar 5	1-3p.m.	\$125.00
	81153	Thu	Apr 16-Jun 4	1-3p.m.	\$125.00

### **Art Exploration**

9-13 years

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

NBAC	81080	Sat	Jan 17-Mar 14	12:30-2:30p.m.	\$125.00
	81156	Sat	Apr 18-Jun 13	12:30-2:30p.m.	\$125.00

14-18 years

### Art, Mindfulness and Creativity

10-15 years

Is your day filled with busy schedules, and everything feels overwhelming and stressful? Learn how to develop skills to explore your thoughts and feelings, focus your attention on the present, and use creativity to connect to a more centered focus. All art materials will be provided, but students will need to supply their own yoga mat.

NBAC	81224	Sat	Jan 17-Mar 14	3-4:30p.m.	\$105.00
	81247	Sat	Apr 18-Jun 13	3-4:30p.m.	\$105.00

### **Art Sampler**

6-8 years

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

NBAC	81082	Sat	Jan 17-Mar 14	10a.m12p.m.	\$125.00
	81157	Sat	Apr 18-Jun 13	10a.m12p.m.	\$125.00

### **Comics for Kids**

9-13 years

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

NBAC	81089	Sat	Jan 17-Mar 14	3-4:30p.m.	\$98.00
	81161	Sun	Apr 19-Jun 14	3-4:30p.m.	\$98.00

### **Creative Writing:**World of Wonders

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.

### **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	81226	Sat	Jan 17-Mar 14	11a.m12:30p.m.	\$98.00
	81163	Sat	Apr 18-Jun 13	9-10:30a.m.	\$98.00

### **Drawing Mythological Creatures** 9-14 years

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

NBAC	81092	Sun	Jan 18-Mar 15	1-2:30p.m.	\$95.00
	81164	Sat	Apr 18-Jun 13	1-2:30p.m.	\$95.00

### Easy Sewing – Fun Felt Friends 10-15 years

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

NBAC 81165 Sun Apr 12	1-4p.m.	\$35.00
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# HIRING! Dual expertise? Applicants with qualifications are a superfixed as a superfixed point of the content o

### Are you passionate about sports or experienced in adapted recreation for individuals with disabilities?

We're hiring contracted instructors to teach recreation programs at City of Regina facilities.

### Sports Instructors:

- ✓ Experience teaching sports such as basketball, soccer, pickleball, or volleyball
- Ability to lead inclusive and engaging classes for all age groups
- ✓ Strong communication and leadership skills

### Adapted Recreation Instructors:

- Training and experience working with individuals with disabilities
- ✓ Knowledge of inclusive and adaptive programming
- Certification in adaptive sport or therapeutic recreation (preferred)

**Dual expertise?** Applicants with qualifications in both areas are encouraged to apply.

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



### **Fantastic Friends Drawing**

9-14 years

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

NBAC	81168	Sun	Apr 19-Jun 14	1-2:30p.m.	\$98.00
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### Fantastic Friends: Fairy Tales 7-10 years

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

NBAC	81094	Sat	Jan 17-Mar 14	1-2:30p.m.	\$98.00
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### Fantastic Friends: Magical Menagerie!

8-11 years

Want to draw a flying mermaid with dragon scales and rainbow fairy wings? How about a purple lion with flippers and a unicorn horn? Use your imagination, or a simple grid technique, to sketch magical creatures for your own menagerie!

NBAC	81095	Sun	Jan 11	1-3p.m.	\$25.00
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### Fantastic Friends: Superhero Smash!

8-11 years

POW! Learn some basic character drawing, a bit of storytelling, then accessorize, colour, and power-up to create your own super team! SMASH!

	NBAC	81096	Sat	Jan 10	1-3p.m.	\$25.00
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### Flowers, Food and Fashion

13-18 years

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

NBAC 81249 Sun Apr 19-Jun 14 3-4:30p.m. \$95.00	\$95.00
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### From Oz to Wonderland 10-14 years

Take a trip into the pages of fantasy and imagination as we create art inspired by such creative works as Alice in Wonderland, The Wizard of Oz, and more. No experience in art is necessary, only enthusiasm.

	NBAC	81248	Sun	Apr 19-Jun 14	1-2:30p.m.	\$95.00
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### **Inspiring Art for Young Minds!** 6-9 years

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

NBAC	81099	Sat	Jan 17-Mar 14	1:30-3p.m.	\$98.00
	81174	Sat	Apr 18-Jun 13	1:30-3p.m.	\$98.00

### Introduction to Air Dry Clay 7-12 years

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

NBAC	81100	Sun	Jan 18-Mar 15	1-3p.m.	\$135.00
	81238	Sun	Apr 19-Jun 14	1-3p.m.	\$135.00



### Making Pop-ups

7-9 years

9-16 years

Do you want to make your own pop-up book? Learn a few basic popup techniques and draw pictures that really move! Take home your own finished pop-up book, plus the skills to make more at home.

NBAC	81220	Sat	Jan 17-Mar 14	10-11a.m.	\$87.00
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### Manga 2

Take your manga and comics drawing to the next level. Improve your human and monster characters with foreshortening and facial expressions, and improve your backgrounds with texture, shading, and special effects. Develop a short comic story and choose your own drawing challenges to focus on. Some previous comics or manga drawing experience required.

### 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	81227	Sun	Jan 18-Mar 15	1-2:30p.m.	\$100.00	
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### Perspective Drawing

10-15 years

Learn to draw awesome and realistic 3-D cities, cars, castles, spaceships, room interiors and more using perspective! Sketchbook required.

NBAC 81221 Sat	Jan 17-Mar 14	2-3:30p.m.	\$95.00
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### Roblox Coding for Beginners 10-14 years

Take a vacation away from your Brookhaven home and learn how to create your own Roblox Map or Game using a basic scripting language, Lua, and Roblox Studio. This is a Roblox Coding class for beginners.

NBAC	81126	Sat	Jan 17-Mar 14	1-2p.m.	\$90.00
	81199	Sat	Apr 18-Jun 13	1-2p.m.	\$90.00

### The Funny Pages NEW



14-18 years

A class for Jokers and Wisecrackers who love to draw, write, and make their friends laugh. Cartoon fans of all abilities will learn the mechanics of comic strips, single panel cartoons and print satire by creating their own in an inclusive group setting. If Snoopy is your favourite superhero, this may be a class for you.

NBAC	81241	Sat	Apr 18-Jun 13	1-3p.m.	\$115.00
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### Watercolour Wonderland

14-18 years

Explore the use of watercolour paints in creating whimsical worlds combining imagination and elements from real life.

### 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	81134	Sat	Jan 17-Mar 14	9-10:30a.m.	\$98.00
	81250	Sat	Apr 18-Jun 13	11a.m12:30p.m.	\$98.00

### Recreation & Life Skills

### **Indigenous Youth** Employment Program

14-18 years

An opportunity for Indigenous youth ages 14-18 to grow leadership and life skills for adulthood. Participants will gain experiences through volunteer work and group activities, all blended with traditional Indigenous teachings. Additionally, participants will receive certification in First Aid CPR-C/AED. By the end of the program, youth will leave with a toolbox of skills, meaningful experiences and a guaranteed interview for a cashier or casual rec worker position for participants over the age of 15. Please note, the First Aid course will be for the first session, Feb 17-18, 9 am to 6 pm. The second session, April 7-8, 9 am to 6 pm, both are held at MOC.

MOC	80921	Tue,Thu	Jan 8-Feb 26	4:30-7:30p.m.	\$80.00
	81211	Tue,Thu	Mar 3-Apr 23	4-7p.m.	\$80.00

### Sports

### Badminton – Kids

5-7 years

This class will teach the basics of Badminton such footwork, overhand and underhand strokes, serving and scoring.

FLDH	81280	Sat	Jan 3-Mar 14	1-2p.m.	\$64.80
	81284	Sun	Jan 4-Mar 8	1-2p.m.	\$64.80
	81285	Sun	Jan 4-Mar 8	2-3p.m.	\$64.80
	81303	Wed	Jan 7-Mar 11	5-6p.m.	\$72.90
	81617	Wed	Mar 18-May 6	5-6p.m.	\$64.80
	81340	Sun	Mar 22-May 24	1-2p.m.	\$72.90
	81341	Sun	Mar 22-May 24	2-3p.m.	\$72.90
SLC	81319	Sat	Jan 17-Mar 7	6:30-7:30p.m.	\$64.80
NWLC	82777	Sat	Jan 3-Feb 21	5-6p.m.	\$64.80
	82779	Sat	Apr 4-May 16	5-6p.m.	56.70

### **Badminton - Junior**

8-12 years

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

FLDH	81281	Sat	Jan 3-Mar 14	2-3p.m.	\$64.80
	81282	Sat	Jan 3-Mar 14	5-6p.m.	\$64.80
	81286	Mon	Jan 5-Mar 2	5-6p.m.	\$72.90
	81287	Mon	Jan 5-Mar 2	6-7p.m.	\$72.90
	81297	Tue	Jan 6-Feb 24	5-6p.m.	\$64.80
	81304	Wed	Jan 7-Mar 11	6-7p.m.	\$72.90
	81320	Thu	Jan 8-Mar 12	5-6p.m.	\$72.90
	81326	Fri	Jan 9-Mar 13	5-6p.m.	\$56.70
	81342	Mon	Mar 16-May 4	5-6p.m.	\$64.80
	81343	Mon	Mar 16-May 4	6-7p.m.	\$64.80
	81610	Tue	Mar 17-May 5	5-6p.m.	\$64.80
	81636	Wed	Mar 18-May 6	6-7p.m.	\$64.80
	81644	Thu	Mar 19-May 14	5-6p.m.	\$64.80
	81678	Fri	Mar 20-May 15	5-6p.m.	\$64.80
	81338	Sat	Mar 21-May 23	1-2p.m.	\$72.90

FLDH	81339	Sat	Mar 21-May 23	2-3p.m.	\$72.90
	81330	Sat	Mar 21-May 23	5-6p.m.	\$67.50
MOC	81542	Sat	Jan 24-Mar 14	10-11a.m.	\$64.80
	81546	Sat	Jan 24-Mar 14	11a.m12p.m.	\$64.80
SLC	81324	Sat	Jan 17-Mar 7	7:30-8:30p.m.	\$64.80
NWLC	82778	Sat	Jan 3-Feb 21	6-7pm	\$64.80
	82780	Sat	Apr 4-May 16	6-7pm	\$56.70

### **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	81298	Tue	Jan 6-Feb 24	6-7p.m.	\$64.80
	81321	Thu	Jan 8-Mar 12	6-7p.m.	\$72.90
	81611	Tue	Mar 17-May 5	6-7p.m.	\$64.80
	81677	Thu	Mar 19-May 14	6-7p.m.	\$64.80

### Basketball - Kids

5-7 years

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

FLDH	81299	Tue	Jan 6-Feb 24	4:45-5:45p.m.	\$64.80
	81305	Wed	Jan 7-Mar 11	4:30-5:30p.m.	\$72.90
	81306	Wed	Jan 7-Mar 11	5:30-6:30p.m.	\$72.90

FLDH	81612	Tue	Mar 17-May 5	7:30-8:30p.m.	\$64.80
	81640	Wed	Mar 18-May 6	6-7p.m.	\$64.80
	81681	Fri	Mar 20-May 22	5:30-6:30p.m.	\$56.70
	81682	Fri	Mar 20-May 22	6:30-7:30p.m.	\$56.70

### Basketball - Advanced

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

### 8-11 years

FLDH	81291	Mon	Jan 5-Mar 2	5-6p.m.	\$72.90
	81311	Wed	Jan 7-Mar 11	6:30-7:30p.m.	\$72.90
	81347	Mon	Mar 16-May 4	5-6p.m.	\$64.80
	81615	Tue	Mar 17-May 5	4:45-5:45p.m.	\$64.80

### 12-14 years

FLDH	81292	Mon	Jan 5-Mar 2	6-7p.m.	\$72.90
	81348	Mon	Mar 16-May 4	6-7p.m.	\$64.80

### **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.

### Indigenous Youth Employment Program

### Are you an Indigenous youth aged 14 to 18?

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

### You'll receive:

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

### When:

**Tuesday & Thursday** 

Jan 8-Feb 26 • 4:30-7:30 p.m. (80921)

First Aid Training: Feb 17-18 • 9 a.m.-6 p.m.

Mar 3-Apr 23 • 4-7 p.m. (81211)

First Aid Training: Apr 7, 8 • 9 a.m.-6 p.m.

### Where:

Mitakuyé Owâs'ā Centre 1770 Halifax St.

### **How to Sign Up:**

Sign up online at Regina.ca/recreation or call 306-777-PLAY(7529).

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



Cost:

**580** 

### 8-10 years

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CRNC	80874	Sat	Jan 10-Feb 28	10-11a.m.	\$64.80
	80919	Sat	Mar 7-Apr 25	10-11a.m.	\$56.70
	81212	Sat	May 9-Jun 27	10-11a.m.	\$56.70
FLDH	81310	Wed	Jan 7-Mar 11	5:30-6:30p.m.	\$72.90
	81334	Sat	Mar 21-May 23	10-11a.m.	\$56.70

### 11-13 years

FLDH	81301	Tue	Jan 6-Feb 24	5:45-6:45p.m.	\$64.80
	81616	Tue	Mar 17-May 5	5:45-6:45p.m.	\$64.80
	81641	Wed	Mar 18-May 6	5-6p.m.	\$64.80
	81335	Sat	Mar 21-May 23	11a.m12p.m.	\$56.70
CRNC	80875	Sat	Jan 10-Feb 28	11a.m12p.m.	\$64.80
	80920	Sat	Mar 7-Apr 25	11a.m12p.m.	\$56.70
	81213	Sat	May 9-Jun 27	11a.m12p.m.	\$56.70

### Floor Hockey - Kids

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

### 5-7 years

FLDH	81307	Wed	Jan 7-Mar 11	4:30-5:30p.m.	\$72.90
	81637	Wed	Mar 18-May 6	4:30-5:30p.m.	\$64.80

### 8-12 years

FLDH	81308	Wed	Jan 7-Mar 11	5:30-6:30p.m.	\$72.90
	81638	Wed	Mar 18-May 6	5:30-6:30p.m.	\$64.80

### 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	81290	Mon	Jan 5-Mar 2	6:30-7:30p.m.	\$72.90
	81332	Sat	Mar 21-May 23	1-2p.m.	\$56.70

### 8-12 years

FLDH	81293	Mon	Jan 5-Mar 2	7:30-8:30p.m.	\$72.90
	81333	Sat	Mar 21-May 23	2-3p.m.	\$56.70

### Lacrosse - Kids

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

### 5-7 years

FLDH	81289	Mon	Jan 5-Mar 2	5:30-6:30p.m.	\$72.90
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### 8-12 years

		FLDH	81683	Fri	Mar 20-May 22	6-7p.m.	\$56.70
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### Pickleball – Intro NEW



This fun and engaging program is designed for children ages 5-7 or 10-14 who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, to serve, rally, and move safely on the court. Through age-appropriate instruction, and teamwork skills in a supportive, non-competitive environment and enthusiasm!

### 5-7 years

CNC	81426	Sat	Jan 17-Mar 7	1-2p.m.	\$64.80				
0-14 years									
GNRC	81318	Sat	Jan 17-Mar 7	3:30-4:30p.m.	\$64.80				

### 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	81309	Wed	Jan 7-Mar 11	6:30-7:30p.m.	\$72.90
MOC	81510	Thu	Jan 15-Mar 5	5:30-6:30p.m.	\$64.80

### 8-12 years

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FLDH	81684	Fri	Mar 20-May 22	5-6p.m.	\$56.70
	81312	Wed	Jan 7-Mar 11	7:30-8:30p.m.	\$72.90
MOC	81536	Thu	Jan 15-Mar 5	6:30-7:30p.m.	\$64.80

### 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 81613 Tue Mar 17-May 5 4:30-5:30p.m. \$64.
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### 8-12 years

FLDH	81329	Tue	Jan 6-Feb 24	6-7p.m.	\$64.80
	81614	Tue	Mar 17-May 5	5:30-6:30p.m.	\$64.80

### **Table Tennis – Intro (Junior)**

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	81295	Tue	Jan 6-Feb 24	6:30-7:30p.m.	\$64.80
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### Tennis – Kids & Junior Level 1

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

### 8-10 years

FLDH	81642	Wed	Mar 18-May 6	6-7p.m.	\$64.80
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### 11-13 years

FLDH	81643	Wed	Mar 18-May 6	7-8p.m.	\$64.80
	82209	Fri	Mar 20-May 22	6-7p.m.	\$56.70

### Volleyball

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

### 7-10 years

FLDH	81336	Sat	Mar 21-May 23	4-5p.m.	\$56.70
11-13 y	ears				
FLDH	81337	Sat	Mar 21-May 23	5-6p.m.	\$56.70



### Legend

FLDH - Fieldhouse

GNRC – Glencairn Neighbourhood Recreation Centre

LAC - Lawson Aquatic Centre

NBAC - Neil Balkwill Civic Arts Centre

**NWLC - North West Leisure Centre** 

SSLC – Sandra Schmirler Leisure Centre

### **Material Fees**

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

### Fine Arts - Digital Media and Design

### **3D Modelling and Printing** 15 years and up

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

NBAC	81074	Thu	Jan 15-Mar 5	7-9p.m.	\$140.00
	81148	Thu	Apr 16-Jun 4	7-9p.m.	\$140.00

### Beginner Autodesk Fusion 360

15 years and up

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

NBAC	81085	Mon	Jan 12-Mar 9	7-9p.m.	\$135.00
	81160	Mon	Apr 13-Jun 8	7-9p.m.	\$135.00

### Photography 1 – Camera Operation

15 years and up

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

NBAC	81143	Mon	Jan 12-Feb 9	7-10p.m.	\$115.00
	81195	Mon	Apr 13-May 11	7-10p.m.	\$115.00

### Photography 2 – 15 years and up Principles of Photography

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

Prerequisite: Photography 1 or equivalent.

NBAC	81144	Mon	Feb 23-Mar 23	7-10p.m.	\$115.00
	81196	Mon	May 25-Jun 22	7-10p.m.	\$115.00

### Photography with Your Cellphone

### 15 years and up

This course covers the basics of photography using just a phone camera. Students will learn about framing, angles, exposure, and composition. By the end of the course, students will have a stronger understanding of photographic principles—skills that also support other visual mediums such as painting. Students must provide their own cellphone.

NDAC   61239   Thu   Apr 16-Jun 4   7-9p.m.   \$135.00	NBAC	81239	Thu	Apr 16-Jun 4	7-9p.m.	\$135.00
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### Fine Arts - Drawing & Painting

### **Acrylic Portraits**

### 15 years and up

This class will introduce you to the classic grisaille method of painting a head and shoulders portrait and a more impressionistic way of viewing colour for vibrant skin tones. We will also be discussing how to see and select the colours to be used, methods of achieving texture and more. By the final session you will be working towards completing a head and shoulders portrait of someone you know.

NBAC	81230	Tue,Wed	Mar 10-25	7-9:30p.m.	\$115.00
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### Adult Sketchbooking

### 15 years and up

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

	NBAC	81208	Thu	Jan 15-Mar 5	7-9p.m.	\$115.00	
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### **Alcohol Ink**

### 15 years and up

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

NBAC	81222	Wed	Jan 14-Mar 4	7-9p.m.	\$145.00	
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### **Art Odyssey**

### 15 years and up

Get ready to explore and take a journey into art! This course is the perfect way to jumpstart your creativity. Multiple mediums such as acrylics, watercolor, alcohol ink, printmaking, oil pastel and more will be used. Relax in the processes and join an adventure of discovery.

-	NDAO	04.040	Ma al	Anu 15 I.m. 0	7 0	¢4.40.00
	NBAC	81243	Wed	Apr 15-Jun 3	7-9p.m.	\$140.00

### **Composing with Colour**

### 15 years and up

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

NBAC 81228 Tue,Wed Jan 13-28 7-9:30p.m.	\$115.00
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### Creative Sketchbook Drawing 16 years and up

Unlock your creativity and sharpen your drawing skills! In this class you will start with the essentials of perspective, composition and design and explore various drawing techniques to discover your own drawing style. You will create observational, still life, figurative and imaginative drawings in your sketchbook using a variety of drawing mediums. The cost for models will be included in the materials fee paid at the time of registration.

	NBAC	81240	Wed	Apr 15-Jun 3	7-9:30p.m.	\$170.00	l
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### Expressive Watercolour Techniques

### 15 years and up

Review basic watercolour techniques and explore techniques of sponging, crumpled wax paper, salt applications, splashing, wax resist, imprinting, collage, mixed mediums and more! These techniques will infuse new excitement into your watercolour paintings. Bring your own landscapes or florals for reference materials for the instructor to guide you in your selection of techniques.

NBA	81229	Tue,Wed	Feb 3-25	7-9:30p.m.	\$115.00
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### Landscapes in Acrylic

### 15 years and up

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

NBAC	81115	Mon	Jan 12-Mar 9	7-10p.m.	\$165.00
	81185	Tue	Apr 14-Jun 2	1-4p.m.	\$165.00

### Landscapes in Watercolor 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	81116	Tue	Jan 13-Mar 3	1-4p.m.	\$165.00

### Mixed Media Watercolour 15 years and up Portraits

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

NBAC	81256	Tue,Wed	Apr 14-29	7-9:30p.m.	\$115.00
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### Oil Painting 1

### 15 years and up

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

NBAC	81119	Wed	Jan 14-Mar 4	7-10p.m.	\$165.00
	81190	Fri	Apr 17-Jun 5	1-4p.m.	\$165.00

### Painting and Drawing Drop In

### 14 years and up

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

NBAC	81122	Fri	Jan 2-Mar 27	9-11:30a.m.	Free
	81193	Fri	Apr 10-Jun 26	9-11:30a.m.	Free

### **Painting with Acrylics 3**

### 15 years and up

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

NBAC	81123	Wed	Jan 14-Mar 4	9a.m12p.m.	\$165.00
	81194	Wed	Apr 15-Jun 3	9a.m12p.m.	\$165.00

### 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	81128	Fri	Jan 16-Mar 6	1-3:30p.m.	\$135.00
	81200	Thu	Apr 16-Jun 4	7-9:30p.m.	\$135.00

### **Watercolour Botanicals**

### 15 years and up

Be inspired by nature and learn to paint watercolour plant life you have grown in your own garden or exotic specimens from your holidays.

NBAC 81257 Tue, Wed May 12-27 7-9:30	m. \$115.00
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### Watercolour – Level 1

### 15 years and up

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

NBAC	81131	Sat	Jan 17-Mar 14	9a.m12p.m.	\$165.00
	81203	Sat	Apr 18-Jun 13	9a.m12p.m.	\$165.00

### Watercolour - Level 2

### 15 years and up

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

NBAC	81255	Mon	Apr 13-Jun 8	7-10p.m.	\$165.00

### Fine Arts - Fibre Arts

### **Fibre Felting Fun**

### 14 years and up

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

NBAC	81097	Tue	Jan 13-Mar 3	7-9:30p.m.	\$155.00
	81169	Tue	Apr 14-Jun 2	7-9:30p.m.	\$155.00

### **Introduction to Crochet**

### 14 years and up

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

NBAC	81102	Tue	Jan 13-Feb 17	7-8p.m.	\$65.00
	81175	Tue	Apr 14-May 19	7-8p.m.	\$65.00

### Introduction to Knitting

### 14 years and up

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

NBAC	81103	Mon	Jan 12-Feb 23	7-8p.m.	\$65.00
	81070	Mon	Apr 13-May 25	7-8p.m.	\$65.00

### **Learn to Sew**

### 15 years and up

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

NBAC	81117	Sat	Jan 10	10a.m3p.m.	\$55.00	
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### Learn to Sew a Shoulder Bag 15 years and up

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

NBAC	81187	Sun	Apr 12	1-4p.m.	\$40.00
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### Upcycled Denim Slippers

### 15 years and up

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

NBAC	81202	Sat	Apr 11	10a.m3p.m.	\$55.00

### **Upcycled Fabric Teddy Bear** 15 years and up

Learn how to upcycle your old fabric, jacket or even thrift-store finds into a lovable teddy bear. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of all materials.

	NBAC 81130	Sat	Mar 28	10a.m3p.m.	\$55.00	
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### Open Fibre Night

### 14 years and up

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

NBAC	81120	Thu	Jan 29, Feb 26, Mar 26	7-10p.m.	Free
	81191	Thu	Apr 23, May 28, Jun 25	7-10p.m.	Free

### Stitch-In TREE

### 15 years and up

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

NBAC	81129	Fri	Jan 2-Mar 27	9-11:30a.m.	Free
	81201	Fri	Apr 10-Jun 26	9-11:30a.m.	Free

### Quilting Drop-in

### 15 years and up

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

NBAC	81125	Thu	Jan 8-Mar 26	9a.m2p.m.	Free
	81198	Thu	Apr 2-Jun 25	9a.m2p.m.	Free

### Fine Arts - Jewellery and Metalwork

### Beginner Stained Glass 15 years and up

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

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	NBAC	81087	Mon	Jan 12-Feb 23	1-3:30p.m.	\$155.00

### **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 enamelling techniques are covered, such as sgraffito, stencilling, basse taille and crackle. Students will leave the class with an array of unique and colourful pieces.

Prerequisite: Jewellery 1 or equivalent.

NBAC 81232 Thu Feb 26-Mar 19 7-10p.m. \$140
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### **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, paid at the time of registration, will cover the cost of enamel.

Prerequisite: Previous Enameling class or equivalent experience.

NBAC	81261	Thu	Apr 16-Jun 4	7-10p.m.	\$255.00
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### Extended Fine Silver Fusing 16 years and up

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

Prerequisite: Jewellery 1.

NBAC 81263 Wed May 20-Jun 24 7-10p.m.	\$190.00
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### **Jewellery 1**

### 16 years and up

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

NBAC	81106	Tue	Jan 13-Mar 3	7-10p.m.	\$270.00
	81178	Tue	Apr 14-Jun 2	7-10p.m.	\$270.00

### **Jewellery 2**

### 16 years and up

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

Prerequisite: Jewellery 1

NBAC	81235	Tue	Jan 13-Mar 3	1-4p.m.	\$230.00

### **Jewellery 3**

### 16 years and up

Students will learn advanced techniques including faceted stone setting, metal bead fabrication and etching on copper and brass. **Prerequisite:** Jewellery 1 and Jewellery 2.

NBAC	81262	Tue	Apr 14-Jun 2	1-4p.m.	\$230.00

### **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	81109	Thu	Jan 15-Mar 5	1-4p.m.	\$230.00
	81180	Thu	Apr 16-Jun 4	1-4p.m.	\$230.00

### **Jewellery – Metal Forming** 16 years and up

Students will learn how metal moves and how to create volume from flat sheets. We will explore Fold Forming, Anticlastic and Synclastic forms using Fretz stakes and hammers, as well as corrugation.

Prerequisite: Jewellery 1 and Jewellery 2.

NDAC 01231 Sull Jail 10-Wal 13 1-4p.III. \$230.00	NBA	81231	Sun	Jan 18-Mar 15	1-4p.m.	\$230.00
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### Jewellery – Metal NEW **Fusing**

### 16 years and up

Students will learn various metal fusing techniques to incorporate into their jewellery designs. Learn how to fuse metal together for interesting effects.

Prerequisite: Jewellery 1 and Jewellery 2.

BAC 81188 Sun May 24-Jun	4 1-4p.m.	\$125.00
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### Jewellery – Working NEW with Wire



16 years and up

Students will learn various wire wrapping techniques. This will include how to wire wrap a stone cabochon, making your own wire beads, and various other wire wrapping techniques to incorporate into jewellery.

NBAC	81258	Sun	Apr 19-May 10	1-4p.m.	\$140.00

### **Lampwork Beads 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	81112	Mon	Jan 12-Mar 9	1-4p.m.	\$245.00
	81182	Mon	Apr 13-Jun 8	1-4p.m.	\$245.00

### 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	81113	Mon	Jan 12-Feb 23	7-10p.m.	\$225.00
	81183	Wed	Apr 8-May 13	7-10p.m.	\$225.00

### Lampwork Beads 2

16 years and up

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

Prerequisite: Lampwork Beads 1 or equivalent experience

NBAC	81236	Wed	Jan 14-Mar 4	7-10p.m.	\$245.00
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### **Lampwork – Encasing** NEW 16 years and up **Beads Level 2**



Building on basics learned in Level 1, refine your skills with more in-depth instruction on decorating techniques, using surface tension and heat control. Learn how to clear-case your designs to add more depth to your beads.

Prerequisite: Lampwork Beads 1

NBAC	81234	Sat	Jan 17-Mar 14	9a.m12p.m.	\$245.00
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### **Lampwork – Learn Soft** NEW 16 years and up Glass Marbles



Learn how to make soft glass marbles with simple designs under 1-inch in size. Using off-mandrel techniques with punties, we will learn colourful designs for marbles. Students will need to have some understanding of heat control.

Prerequisite: Lampwork Beads 1

NBAC	81260	Sat	Apr 18-Jun 13	9a.m12p.m.	\$245.00

### Lampwork – Make Your Own 16 years and up **Frit Workshop**

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

Prerequisite: Lampwork Beads 1

NBAC	81237	Sat	Mar 28	9:30a.m4:30p.m.	\$93.00
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### Lampwork - Simple **Sculptures**

16 years and up

Students will learn a variety of simple techniques such as shaping, cutting, poking, and pulling glass to create unique and threedimensional sculptured beads and raised designs.

Prerequisite: Lampwork Beads 1

NBAC	81181	Mon	Apr 13-Jun 8	7-10p.m.	\$245.00	
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### Fine Arts – Woodworking

### A Solid Table

16 years and up

Students will use old school construction methods to build a small to medium sized table in solid wood. The class will emphasize the skills needed for accurate stock preparation and strong joints, as well as plenty of discussion of the aesthetic issues involved in making an attractive table. Students will each work on a design they have chosen or developed in consultation with the instructor. Materials are

Prerequisite: Basic woodworking or instructor's permission.

NBAC	81077	Wed	Jan 14-Mar 18	7-10p.m.	\$280.00
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### **Basic Woodworking**

16 years and up

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

NBAC	81083	Tue	Jan 13-Mar 17	7-9:30p.m.	\$235.00
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### Dovetail Box NEW

### 16 years and up

Make a small, dovetailed box using machine methods augmented with handwork. The class will focus on techniques to make accurate and repeatable dovetail joints, and you will also gain experience in accurate stock preparation and surface finishing. A custom lid pull will highlight the individuality of your finished box. A material fee will be paid to the instructor.

Prerequisite: Basic woodworking or instructor's permission.

### Garden Furniture 16 years and up

An introductory woodworking class focused on garden furniture, such as planters, or simple benches or tables. Students will learn shop safety and how to use the hand and machine tools appropriate for their projects. Materials will be purchased by the student after the first class. Material costs may vary, depending on the project chosen by each student.

NBAC	81170	Tue	Apr 14-Jun 2	7-9:30p.m.	\$200.00
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### **Hand Tool Woodworking –** 16 years and up Sliding Lid Chest

Working with hand tools, create a chest that is attractive and has an unusual sliding lid. Explore dado joinery with handsaw, hand plane, chisel and router plane. Beautiful forged nails add an old-world charm to your chest. Fully embrace a hand tool approach or mix in power tools for a hybrid approach. An additional materials fee payable to the instructor will cover the cost of materials. Open to all skill levels.

	NBAC	81268	Thu	Jan 15-Mar 19	7-10p.m.	\$280.00	
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### **Infant Toy Making**

### 16 years and up

Make a wooden dowel and bead baby rattle along with a simple gift box. The class will discuss aesthetic and functional challenges in creating your desired shape (elephant, hippo, frog, hedgehog, submarine, etc.). Learn accurate stock preparation, how to use the bandsaw and drill press and prepare well finished surfaces. Students will also make an item of their choice, such as a small bench or stepping stool, a kid friendly knife for chopping, or other sensory toys. An additional materials fee payable to the instructor will cover the cost of materials. No previous woodworking experience needed.

NBAC	81265	Sat	Apr 18-Jun 13	9a.m12p.m.	\$230.00	
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### Introduction to the Wood -16 years and up **Lathe: Bowl Turning**

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	82781	Fri Sat-Sun	Jan 2 Jan 3-4	7-9p.m. 9a.m5p.m.	\$205.00
	81141	Fri Sat-Sun	Mar 27 Mar 28-29	7-9p.m. 9a.m5p.m.	\$205.00

### Introduction to the Wood -16 years and up **Lathe: Spindle Turning**

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

NBA	81104	Fri	Jan 9	7-9p.m.	\$205.00
		Sat-Sun	Jan 10-11	9a.m5p.m.	

### **Sharpening Workshop**

### 16 years and up

Learn to tune up and sharpen hand planes and cabinet chisels in this hands-on class. You can practice with shop chisels, or work on your own. If you buy a chisel ahead of the class, please discuss with the instructor for advice on what to purchase.

NBAC	81146	Sun	Feb 8	1-5p.m.	\$65.00
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### Wall Display Shelf NEW



### 16 years and up

Imagine an artistic wall shelf with four sections to highlight your treasures. Discover mortise and tenon joinery with handsaw and chisel, along with power tools as preferred. Let your design flow with curves and section spacing to suit your needs. An additional materials fee paid to the instructor will cover all required materials. Open to all skill levels.

NBAC	81269	Thu	Apr 16-Jun 4	7-10p.m.	\$230.00	
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### Wood Carving Drop-in FREE



15 years and up

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

NBAC	81132	Tue	Jan 6-Mar 31	9-11:30a.m.	Free
	81205	Tue	Apr 7-Jun 30	9-11:30a.m.	Free

### **Wood Finishing**

### 16 years and up

This course covers proper sanding, applying oil, shellac, wax and varnish finishes, and hand-rubbing processes for high quality finishes. Wood colouring methods will include bleaching, wood dyes, chemical stains and making your own pigment stains. Students prepare sample sets of the various finishes and processes. Materials will be supplied by the instructor at a cost of approximately \$45 per student. Registrations will not be accepted after the first class.

NBAC	81206	Wed	Apr 15-Jun 3	7-10p.m.	\$230.00	
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### **Wood Project**

### 16 years and up

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

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

NBAC	81133	Mon	Jan 12-Mar 23	7-10p.m.	\$280.00
	81207	Mon	Apr 13-Jun 8	7-10p.m.	\$230.00



### **Programming Note**

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

### **Aquatic Fitness, Health & Wellness**

### **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	81432	Tue	Jan 6-Feb 10	6:15-7p.m.	\$39.30
	81433	Thu	Jan 8-Feb 12	6:15-7p.m.	\$32.35
	82014	Tue	Feb 24-Mar 31	6:15-7p.m.	\$39.30
	82013	Thu	Feb 26-Mar 26	6:15-7p.m.	\$32.75
	82178	Tue	Apr 14-May 26	6:15-7p.m.	\$45.85
	82177	Thu	Apr 16-May 28	6:15-7p.m.	\$45.85
NWLC	82034	Mon	Jan 5-Feb 9	8:35-9:20p.m.	\$39.30
	82035	Tue	Jan 6-Feb 10	8:35-9:20p.m.	\$39.30
	82033	Wed	Jan 7-Feb 11	8:35-9:20p.m.	\$39.30
	82037	Mon	Feb 23-Mar 30	8:35-9:20p.m.	\$39.30
	82038	Tue	Feb 24-Mar 31	8:35-9:20p.m.	\$39.30

NWLC	82036	Wed	Feb 25-Apr 1	8:35-9:20p.m.	\$39.30
	82080	Mon	Apr 13-May 25	8:35-9:20p.m.	\$39.30
	82081	Tue	Apr 14-May 26	8:35-9:20p.m.	\$45.85
	82079	Wed	Apr 15-May 27	8:35-9:20p.m.	\$45.85
SSLC	82641	Mon	Jan 5-Feb 9	8:30-9:15p.m.	\$39.30
	82650	Tue	Jan 6-Feb 10	8:30-9:15p.m.	\$39.30
	82660	Wed	Jan 7-Feb 11	8:30-9:15p.m.	\$39.30
	82666	Thu	Jan 8-Feb 12	8:30-9:15p.m.	\$39.30
	82686	Mon	Feb 23-Mar 30	8:30-9:15p.m.	\$39.30
	82701	Tue	Feb 24-Mar 31	8:30-9:15p.m.	\$39.30
	82707	Wed	Feb 25-Apr 1	8:30-9:15p.m.	\$39.30
	82720	Thu	Feb 26-Apr 2	8:30-9:15p.m.	\$39.30
	82732	Mon	Apr 13-May 25	8:30-9:15p.m.	\$39.30
	82739	Tue	Apr 14-May 26	8:30-9:15p.m.	\$45.85
	82743	Wed	Apr 15-May 27	8:30-9:15p.m.	\$45.85
	82748	Thu	Apr 16-May 28	8:30-9:15p.m.	\$45.85

### Baby & Me Aquacise

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

SSLC	82661	Wed	Jan 7-Feb 11	9:15-10a.m.	\$39.30
	82708	Wed	Feb 25-Apr 1	9:15-10a.m.	\$39.30
	82744	Wed	Apr 15-May 27	9:15-10a.m.	\$45.85



### Land Fitness, Health & Wellness

### **Programming Note**

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

### **Baby & Me Bootcamp**

### 15 years and up

Bring your infant/toddler to this fun and challenging workout. Replenish your tired body with vigor and vitality along with other new parents in this fitness class designed specifically for you. A variety of cardio, strength and core exercises aimed to help restore muscular strength, firm up your body, and improve your energy levels making it easier to run after your little one. This class is suitable for all fitness levels. Babies ages 3 to 18 months can attend.

FLDH	81270	Wed	Jan 7-Feb 11	10:45-11:45a.m.	\$45.90
	81271	Thu	Jan 8-Feb 12	10:45-11:45a.m.	\$38.25
	82154	Wed	Feb 25-Apr 1	10:45-11:45a.m.	\$45.90
	82156	Thu	Feb 26-Apr 2	10:45-11:45a.m.	\$45.90
	82182	Wed	Apr 15-May 27	10:45-11:45a.m.	\$53.55
	82183	Thu	Apr 16-May 28	10:45-11:45a.m.	\$45.90

### 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	82673	Fri	Jan 9-Feb 13	11:45a.m12:45p.m.	\$39.30
	82727	Fri	Feb 27-Mar 27	11:45a.m12:45p.m.	\$32.75
	82754	Fri	Apr 17-May 29	11:45a.m12:45p.m.	\$45.85

### **Kickboxing**

### 16 years and up

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

SSLC	82039	Sun	Jan 11-Feb 15	10-11a.m.	\$45.90
	82040	Sun	Mar 1-29	10-11a.m.	\$30.60
	82082	Sun	Apr 19-May 31	10-11a.m.	\$53.55



### LiveWell

### 15 years and up

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

LDH	82597	Mon,Wed	Jan 5-Feb 11	10-11a.m.	\$104.40
	82598	Mon,Wed	Jan 5-Feb 11	11a.m12p.m.	\$104.40
	82599	Tue,Thu	Jan 6-Feb 12	4:30-5:30p.m.	\$104.40
	82600	Tue,Thu	Jan 6-Feb 12	5:30-6:30p.m.	\$104.40
	82712	Mon,Wed	Feb 23-Apr 1	10-11a.m.	\$104.40
	82713	Mon,Wed	Feb 23-Apr 1	11a.m12p.m.	\$104.40
	82601	Tue,Thu	Feb 24-Apr 2	4:30-5:30p.m.	\$104.40
	82602	Tue,Thu	Feb 24-Apr 2	5:30-6:30p.m.	\$104.40
	82715	Mon,Wed	Apr 13-May 27	10-11a.m.	\$121.80
	82716	Mon,Wed	Apr 13-May 27	11a.m12p.m.	\$121.80
	82717	Tue,Thu	Apr 14-May 28	4:30-5:30p.m.	\$121.80
	82718	Tue,Thu	Apr 14-May 28	5:30-6:30p.m.	\$121.80

### Minds in Motion

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

NWLC	82041	Thu	Jan 22-Mar 26	1:30-3:30p.m.	\$25.00
	82062	Thu	Apr 9-May 28	1:30-3:30p.m.	\$25.00

### **Mobility - Strength, Flexibility** 16 years and up & Relaxation

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

FLDH	81272	Mon	Jan 5-Feb 9	7-8p.m.	\$45.90
	82160	Mon	Feb 23-Mar 30	7-8p.m.	\$45.90
	82184	Mon	Apr 13-May 25	7-8p.m.	\$53.55

### 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	81273	Thu	Jan 8-Feb 12	6:45-7:45p.m.	\$32.75
	82157	Thu	Feb 26-Apr 2	6:45-7:45p.m.	\$39.30
	82185	Thu	Apr 16-May 28	6:45-7:45p.m.	\$39.30

### 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	81274	Sat	Jan 10-Feb 14	9:45-10:45a.m.	\$30.60
	82158	Sat	Feb 28-Mar 28	9:45-10:45a.m.	\$30.60
	82186	Sat	Apr 18-May 30	9:45-10:45a.m.	\$45.90

### STEPFit

### 16 years and up

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

SSLC	82642	Mon	Jan 5-Feb 9	5:30-6:30p.m.	\$39.30
	82687	Mon	Feb 23-Mar 30	5:30-6:30p.m.	\$39.30
	82733	Mon	Apr 13-May 25	5:30-6:30p.m.	\$39.30

### Stretch & Tone

### 15 years and up

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

SSLC	82662	Wed	Jan 7-Feb 11	10:30-11:30a.m.	\$39.30
	82709	Wed	Feb 25-Apr 1	10:30-11:30a.m.	\$39.30
	82745	Wed	Apr 15-May 27	10:30-11:30a.m.	\$45.85

### Stott Pilates NEW



### 16 years and up

Join us for a new program Stott Pilates matwork. It is a core-based exercise program that focuses on movement of the spine, core strength, flexibility and mind-body awareness. Exercises are done on a mat and will be done with or without props. All levels are welcome.

SSLC	82770	Wed	Jan 7-Feb 11	6:45-7:45p.m.	\$45.90
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### **Total Body Sculpting**

### 14 years and up

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

SSLC	82651	Tue	Jan 6-Feb 10	6:45-7:45p.m.	\$39.30
	82663	Wed	Jan 7-Feb 11	5:30-6:30p.m.	\$39.30
	82702	Tue	Feb 24-Mar 31	6:45-7:45p.m.	\$39.30
	82710	Wed	Feb 25-Apr 1	5:30-6:30p.m.	\$39.30
	82740	Tue	Apr 14-May 26	6:45-7:45p.m.	\$45.85
	82746	Wed	Apr 15-May 27	5:30-6:30p.m.	\$45.85

### **TRX®** Group Suspension **Training**

### 16 years and up

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

FLDH	81275	Sat	Jan 10-Feb 14	9-10a.m.	\$52.20
	82161	Sat	Feb 28-Mar 28	9-10a.m.	\$43.50
	82187	Sat	Apr 18-May 30	9-10a.m.	\$60.90

### Yoga - Flow

### 15 years and up

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

NWLC	82048	Mon	Jan 5-Feb 9	7:15-8:15p.m.	\$45.90
	82049	Tue	Jan 6-Feb 10	6-7p.m.	\$45.90
	82050	Mon	Feb 23-Mar 30	7:15-8:15p.m.	\$45.90
	82051	Tue	Feb 24-Mar 31	6-7p.m.	\$45.90
	82086	Mon	Apr 13-May 25	7:15-8:15p.m.	\$45.90
	82087	Tue	Apr 14-May 26	6-7p.m.	\$53.55
SSLC	82644	Mon	Jan 5-Feb 9	8-9p.m.	\$45.90
	82689	Mon	Feb 23-Mar 30	8-9p.m.	\$45.90
	82735	Mon	Apr 13-May 25	8-9p.m.	\$27.60

### Yoga - Gentle

### 15 years and up

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

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FLDH	81276	Mon	Jan 5-Feb 9	5:45-6:45p.m.	\$45.90		
	82159	Mon	Feb 23-Mar 30	5:45-6:45p.m.	\$45.90		
	82188	Mon	Apr 13-May 25	5:45-6:45p.m.	\$53.55		
NWLC	82052	Mon	Jan 5-Feb 9	6-7p.m.	\$45.90		
	82053	Wed	Jan 7-Feb 11	6-7p.m.	\$45.90		
	82054	Mon	Feb 23-Mar 30	6-7p.m.	\$45.90		
	82055	Wed	Feb 25-Apr 1	6-7p.m.	\$45.90		
	82088	Mon	Apr 13-May 25	6-7p.m.	\$45.90		
	82089	Wed	Apr 15-May 27	6-7p.m.	\$53.55		
SSLC	82645	Mon	Jan 5-Feb 9	9:15-10:15a.m.	\$45.90		
	82646	Mon	Jan 5-Feb 9	10:30-11:30a.m.	\$45.90		
	82647	Mon	Jan 5-Feb 9	6:45-7:45p.m.	\$45.90		
	82669	Thu	Jan 8-Feb 12	9:15-10:15a.m.	\$45.90		
	82668	Thu	Jan 8-Feb 12	11:45a.m12:45p.m.	\$45.90		
	82667	Thu	Jan 8-Feb 12	6:45-7:45p.m.	\$45.90		
	82674	Fri	Jan 9-Feb 13	10:30-11:30a.m.	\$45.90		
	82690	Mon	Feb 23-Mar 30	9:15-10:15a.m.	\$45.90		
	82691	Mon	Feb 23-Mar 30	10:30-11:30a.m.	\$45.90		
	82692	Mon	Feb 23-Mar 30	6:45-7:45p.m.	\$45.90		
	82723	Thu	Feb 26-Apr 2	9:15-10:15a.m.	\$45.90		
	82722	Thu	Feb 26-Apr 2	11:45a.m12:45p.m.	\$45.90		
	82721	Thu	Feb 26-Apr 2	6:45-7:45p.m.	\$45.90		
	82728	Fri	Feb 27-Mar 27	10:30-11:30a.m.	\$38.25		
	82736	Mon	Apr 13-May 25	9:15-10:15a.m.	\$45.90		
	82737	Mon	Apr 13-May 25	10:30-11:30a.m.	\$45.90		
	82738	Mon	Apr 13-May 25	6:45-7:45p.m.	\$45.90		
	82751	Thu	Apr 16-May 28	9:15-10:15a.m.	\$53.55		
	82750	Thu	Apr 16-May 28	11:45a.m12:45p.m.	\$53.55		
	82749	Thu	Apr 16-May 28	6:45-7:45p.m.	\$53.55		
	82755	Fri	Apr 17-May 29	10:30-11:30a.m.	\$53.55		

### 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	81277	Tue	Jan 6-Feb 10	10:30-11:30a.m.	\$45.90
	82153	Tue	Feb 24-Mar 31	10:30-11:30a.m.	\$45.90
	82189	Tue	Apr 14-May 26	10:30-11:30a.m.	\$53.55

### Yoga - Yin

### 15 years and up

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

SSLC	82652	Tue	Jan 6-Feb 10	8-9p.m.	\$45.90
	82703	Tue	Feb 24-Mar 31	8-9p.m.	\$45.90
	82741	Tue	Apr 14-May 26	8-9p.m.	\$53.55

### 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	81278	Wed	Jan 7-Feb 11	6:45-7:45p.m.	\$43.50
	82155	Wed	Feb 25-Apr 1	6:45-7:45p.m.	\$52.20
	82190	Wed	Apr 15-May 27	6:45-7:45p.m.	\$60.90
SSLC	82670	Thu	Jan 8-Feb 12	8-9p.m.	\$45.90
	82676	Sat	Jan 10-Feb 14	9-10a.m.	\$45.90
	82724	Thu	Feb 26-Apr 2	8-9p.m.	\$45.90
	82730	Sat	Feb 28-Mar 28	9-10a.m.	\$38.25
	82752	Thu	Apr 16-May 28	8-9p.m.	\$53.55
	82756	Sat	Apr 18-May 30	9-10a.m.	\$53.55

### **Sports**

### **Badminton**

### 16 years and up

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

FLDH	81283	Sat	Jan 3-Mar 14	6-7:30p.m.	\$97.20
	81327	Fri	Jan 9-Mar 13	6-7:30p.m.	\$85.95
	81680	Fri	Mar 20-May 15	6-7:30p.m.	\$97.20
	81331	Sat	Mar 21-May 23	6-7:30p.m.	\$109.35

### Pickleball – Intro NEW



### 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	81325	Sat	Jan 17-Mar 7	4:30-5:30p.m.	\$64.80
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### Sport Jam – Adults

### 16 years and up

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.

FLDH	81322	Thu	Jan 8-Mar 12	6-7p.m.	\$72.90
	81328	Thu	Jan 8-Mar 12	7-8p.m.	\$72.90
	82782	Thu	Mar 19-May 14	6-7p.m.	\$64.80

### Table Tennis - Intro

### 16 years and up

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

FLDH	81296	Tue	Jan 6-Feb 24	7:30-8:30r	n m	\$64.80
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### 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	82214	Fri	Mar 20-May 22	7-8p m	\$56.70
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### Make creativity part of your New Year

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





### 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).

### Adapted Adult AP Strength and Balance

18 years and up

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

SSLC	80871	Tue	Jan 6-Feb 10	12:15-1:15p.m.	\$39.30
	80872	Tue	Feb 24-Mar 31	12:15-1:15p.m.	\$39.30
	80873	Tue	Apr 14-May 26	12:15-1:15p.m.	\$45.85

### Adapted Virtual NEW **Chair Yoga**





18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. 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. This online class will require you to have access to Zoom.

SSLC	80916	Mon	Jan 5-Feb 9	4:15-5:15p.m.	\$45.90
	80917	Mon	Feb 23-Mar 30	4:15-5:15p.m.	\$45.90
	80918	Mon	Apr 13-May 18	4:15-5:15p.m.	\$45.90

### Yoga - Boomers and Beyond

30 years and up

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

NWLC	82042	Tue	Jan 6-Feb 10	10:30-11:30a.m.	\$45.90
	82043	Thu	Jan 8-Feb 12	10:30-11:30a.m.	\$45.90
	82044	Tue	Feb 24-Mar 31	10:30-11:30a.m.	\$45.90
	82045	Thu	Feb 26-Apr 2	10:30-11:30a.m.	\$45.90
	82083	Tue	Apr 14-May 26	10:30-11:30a.m.	\$53.55
	82084	Thu	Apr 16-May 28	10:30-11:30a.m.	\$53.55

### Yoga - Chair

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

SSLC	82643	Mon	Jan 5-Feb 9	11:45a.m12:45p.m.	\$45.90
	82664	Wed	Jan 7-Feb 11	11:45a.m12:45p.m.	\$45.90
	82688	Mon	Feb 23-Mar 30	11:45a.m12:45p.m.	\$45.90
	82711	Wed	Feb 25-Apr 1	11:45a.m12:45p.m.	\$45.90
	82734	Mon	Apr 13-May 25	11:45a.m12:45p.m.	\$45.90
	82747	Wed	Apr 15-May 27	11:45a.m12:45p.m.	\$53.55
NWLC	82046	Wed	Jan 7-Feb 11	1-2p.m.	\$45.90
	82047	Wed	Feb 25-Apr 1	1-2p.m.	\$45.90
	82085	Wed	Apr 15-May 27	1-2p.m.	\$53.55



Chair yoga offers a welcoming way to explore:

Gentle stretches
 Mindful movement

Calming breathing techniques

### Zumba Gold Fitness

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

NWLC	82058	Mon	Jan 5-Feb 9	9:45-10:45a.m.	\$45.90
	82056	Wed	Jan 7-Feb 11	10:30-11:30a.m.	\$45.90
	82059	Mon	Feb 23-Mar 30	9:45-10:45a.m.	\$45.90
	82057	Wed	Feb 25-Apr 1	10:30-11:30a.m.	\$45.90
	82091	Mon	Apr 13-May 25	9:45-10:45a.m.	\$45.90
	82090	Wed	Apr 15-May 27	10:30-11:30a.m.	\$53.55
SSLC	82653	Tue	Jan 6-Feb 10	10:30-11:30a.m.	\$45.90
	82671	Thu	Jan 8-Feb 12	10:30-11:30a.m.	\$45.90
	82704	Tue	Feb 24-Mar 31	10:30-11:30a.m.	\$45.90
	82725	Thu	Feb 26-Apr 2	10:30-11:30a.m.	\$45.90
	82742	Tue	Apr 14-May 26	10:30-11:30a.m.	\$53.55
	82753	Thu	Apr 16-May 28	10:30-11:30a.m.	\$53.55

No need to get on the floor or have prior yoga experience. Just sit on a sturdy chair and move at your own pace.

Mondays | 4:15-5:15 p.m.

Online via Zoom

## Adapted Virtual Chair Yoga Curious about yoga but not sure where to start? This new introductory-level online class is designed for older adults, individuals with disabilities and anyone who requires modifications to movement.

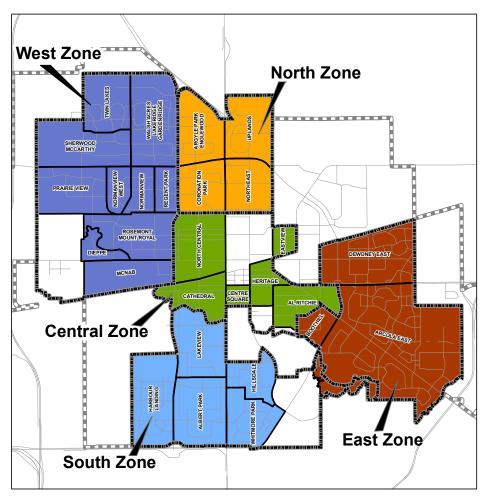
Visit Regina.ca/Recreation to register on Recreation Online!





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: 306-569-8755
Email: info@cathedralvillage.org

Registration Date: Please contact the zone or association directly Registration Location: Please contact the zone or association directly

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.

Central Zone Board plans to run a recreational outdoor soccer program for kids ages 4 to 15 in 2026. The season will begin early May and end mid June. For more information please visit centralzonesoccer.ca. If you are interested in volunteering with the program please email cvca@sasktel.net.

### Al Ritchie Community Association

alritchie.org

Registration Date: Ongoing

Registration Location: 2250 Lindsay St.

Contact: 306-352-3931 Facebook.com/AlRitchieCommunityAssociation

Email: info@alritchie.org

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

Family & Community							
Activity	Ages	Day	Dates	Times	Location	Cost	
Family Literacy Bingo	All Ages	Sat	Jan 31	1-3 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free	
Family Skate Day	All Ages	Sun	Feb 22	TBD	Al Ritchie Outdoor Ice 2230 Lindsay Street	Free	
Jingle Ball	All Ages	Sat	Dec 13	1-4 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free	
Second Chance Community Shop	All Ages	Mon-Fri	Ongoing	10 a.m2 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Eggstravaganza	All Ages	Sat	Apr 12	1-3 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free	

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Books For Breakfast	0-6 yrs	Tue	Ongoing	9-10 a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Cookie Monsters	0-10 yrs	Wed	Ongoing	1-2 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Sep 11-Dec 11	6:45-7:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free		
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Jan 8-Jun 4	6:45-7:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free		
Drop-In Play	0-6 yrs	Thu	Ongoing	1-2:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Jungle Gym	0-10 yrs	Thu	Ongoing	9-10 a.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in		
Little Artists	0-6 yrs	Wed	Ongoing	2-2:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Playful Pals	0-6 yrs	Fri	Ongoing	9-12 a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Sing, Dance, Storytime	0-6 yrs	Wed	Ongoing	9-10 a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Snackaroos	0-6 yrs	Thu	Ongoing	10:15-11:15 a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Stay & Play	0-6 yrs	Tue	Ongoing	10-11 a.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		
Little Einsteins	0-6 yrs	Tue	Ongoing	1-2 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in		

Children	Children								
After School Program	5-15 yrs	Mon-Fri	School Days	3:15-5 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			
Cookie Monsters	0-10 yrs	Wed	Ongoing	1-2 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free Drop-in			
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Sep 11-Dec 11	6:45-7:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free			
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Jan 9-Jun 5	6:45-7:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free			
Girls Group	9-15 yrs	Fri	Nov 7-Dec 12	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			
Girls Group	9-15 yrs	Fri	Jan 16-Feb 20	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			
Girls Group	9-15 yrs	Fri	Mar 6-Apr 10	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			
Kidz Cook & Eat	6-11 yrs	Sun	Feb 22-Mar 29	11 a.m1 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$35 per child			
Learn to Skate (Fall session)	5-12 yrs	Thu	Oct 16-Dec 18	5:45-6:30 p.m.	Al Ritchie Ice Arena 2230 Lindsay Street	\$100 per child			
Learn to Skate (Session 2)	5-12 yrs	Thu	Jan 9-Feb 13	5:45-6:30 p.m.	Al Ritchie Ice Arena 2230 Lindsay Street	Free			
Ringette	5-13 yrs	Thu	Jan 8-Jun 18	5:30-6:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free			
Youth Arts & Crafts	9-15 yrs	Tue	Nov 4-Dec 9	6:30-8:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 per child			
Youth Arts & Crafts	9-15yrs	Tue	Jan 13-Feb 17	6:30-8:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 per child			
Youth Arts & Crafts	9-15 yrs	Tue	Mar 3-Apr 7	6:30-8:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 per child			
Youth Basketball	9-16 yrs	Wed	Sep 17-Dec 11	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			
Youth Basketball	9-16 yrs	Wed	Jan 14-Apr 8	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			
Youth Leadership	9-15 yrs	Thu	Sep 18-Apr 9	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free			

Teen							
Activity	Ages	Day	Dates	Times	Location	Cost	
After School Program	5-15 yrs	Mon-Fri	School Days	3:15-5 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Girls Group	9-15 yrs	Fri	Nov 7-Dec 12	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Girls Group	9-15 yrs	Fri	Jan 16-Feb 20	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Girls Group	9-15 yrs	Fri	Mar 6-Apr 10	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Youth Arts & Crafts	9-15yrs	Tue	Nov 4-Dec 9	6:30-8:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 per child	
Youth Arts & Crafts	9-15yrs	Tue	Jan 13-Feb 17	6:30-8:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 per child	
Youth Arts & Crafts	9-15yrs	Tue	Mar 3-Apr 7	6:30-8:30 p.m.	Al Ritchie Community Association 2250 Lindsay Street	\$5 per child	
Youth Basketball	9-16 yrs	Wed	Sep 17-Dec 11	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Youth Basketball	9-16 yrs	Wed	Jan 14-Apr 8	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	
Youth Leadership	9-15 yrs	Thu	Sep 18-Apr 9	6-8 p.m.	Al Ritchie Community Association 2250 Lindsay Street	Free	

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Barre Fitness	18+ yrs	Thu	Sep 11-Dec 11	7:30-8:15 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$7 Drop-in Or \$30 for 5 class pass	
Barre Fitness	18+ yrs	Thu	Jan 8-Jun 4	7:30-8:15 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$7 Drop-in Or \$30 for 5 class pass	
Beginners Pickleball	18+ yrs	Wed	Sep-Jun	12:30-2:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Membership required	
Couples Movie Night	All Ages	Fri	Feb 13	6-9 p.m.	More to come	Free	
Makers Space	15+ yrs	Mon	Nov 17, Dec 15, Jan 19, Feb 23, Mar 16, Apr 20	6:30-8:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in	
Pickleball	18+ yrs	Tue & Thu	Sep-May	11 a.m2 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$40 annually	
Yang 85 Tai Chi	18+ yrs	Sun	Sep-May	1:30-2:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$50 per adult	

Older Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Barre Fitness	18+ yrs	Thu	Sep 11- Dec 11	7:30-8:15 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$7 Drop-in Or \$30 for 5 class pass	
Barre Fitness	18+ yrs	Thu	Jan 8-Jun 4	7:30-8:15 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$7 Drop-in Or \$30 for 5 class pass	
Beginners Pickleball	18+ yrs	Wed	Sep-Jun	12:30-2:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Membership required	
Chair Yoga	55+ yrs	Fri	Sep-May	10-11:15 a.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in	
Makers Space	15+ yrs	Mon	Nov 17, Dec 15, Jan 19, Feb 23, Mar 16, Apr 20	6:30-8:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	Free Drop-in	
Pickleball	18+ yrs	Tue & Thu	Sep-May	11 a.m2 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$40 annually	
Yang 85 Tai Chi	18+ yrs	Sun	Sep-May	1:30-2:30 p.m.	Core Ritchie Neighbourhood Centre 445 14th Avenue	\$50 per adult	
Java Circle	50+	TBD	Jan-Jun	9-10:30 a.m.	TBD	\$2 per adult	
Sewing Circle	50+	TBD	TBD	TBD	TBD	TBD	

### **Cathedral Village Community Association**

### cathedralvillage.org

Contact: 306-569-8755
Email: info@cathedralvillage.org

Registration Date: Online starting November 17, 2025
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.

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

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

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
AGM	All Ages	Thu	Mar 19	7:30-9 p.m.	Cathedral Neighbourhood Centre	Free		
Cathedral Village Arts Festival	All Ages	Mon-Sat	May 19-24		Various locations in the Cathedral Village	Free		
Parent & Baby Group	All Ages	Thu	Jan 8-Jun 25 excl May 21	1-2:30 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership		
Rink Shack Open	All Ages	Tue-Sun	tentatively Dec 20-Mar 8 10, weather dependant	various, see website	Leslie Park Rink	Free		
Self Defense Basics	8+ yrs	Thu	Jan 15-Feb 12	7:30-8:30 p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175		

Baby								
Activity	Ages	Day	Dates	Times	Location	Cost		
Parent & Baby Group	All Ages	Thu	Jan 8-Jun 25 excl May 21	1-2:30 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership		

Children							
Activity	Ages	Day	Dates	Times	Location	Cost	
Just for Fun Hockey	8-11 yrs	Sat	Jan 3-Mar 7	9:30-10:30 a.m.	Optimist Arena	\$170, drop in \$20, all must register	
Just for Fun Hockey	12-14 yrs	Sat	Jan 3-Mar 7	10:30-11:30 a.m.	Optimist Arena	\$170, drop in \$20, all must register	
Kids Painting: Pretty Bird	7-12 yrs	Sun	Mar 15	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25	
Kids Painting: Pony Loves the Daffodils	7-12 yrs	Sun	Apr 12	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25	
Kids Painting: Rooters Wake Up Call	7-12 yrs	Sun	May 3	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25	
Kids Painting: New Puppy Makes a Friend	7-12 yrs	Sun	Jun 14	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25	
Self Defense Basics	8+ yrs	Thu	Jan 15-Feb 12	7:30-8:30 p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175	

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Just for Fun Hockey	12-14 yrs	Sat	Jan 3-Mar 7	10:30-11:30 p.m.	Optimist Arena	\$170, drop in \$20, all must register		
Just for Fun Hockey	15-18 yrs	Sat	Jan 3-Mar 7	11:30-12:30 p.m.	Optimist Arena	\$170, drop in \$20, all must register		
Self Defense Basics	8+ yrs	Thu	Jan 15-Feb 12	7:30-8:30 p.m.	Cathedral Neighbourhood Centre	\$99/person or family rate of 1 child & 1 adult \$149 or family rate of 3 or more \$175		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Book Club: Queen City Urbanist	18+	First Wed of the month	Jan 7-Jun 3	7-9 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership		

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Crib & Coffee	18+	Every 2nd & 4th Tue	Jan 13-Jun 23	1-3 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Jan 7-Mar 25	1:30-2:30 p.m.	Cathedral Neighbourhood Centre	\$80
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Apr 1-Jun 24 excl May 20	1:30-2:30 p.m.	Cathedral Neighbourhood Centre	\$80
Pilates: Trial Class	18+	Sat	Jan 10	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	Free, must register
Pilates:	18+	Sat	Jan 17-Mar 21	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	\$150
Pilates: Trial Class	18+	Sat	Apr 11	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	Free, must register
Pilates:	18+	Sat	Apr 18-Jun 27 excl May 24	10:30-11:30 a.m.	Cathedral Neighbourhood Centre	\$150
Qigong Trial Class: Move Into a New Year	18+	Tue	Jan 6	7:15-8:15 p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong: Flow, Balance & Breathe	18+	Tue	Jan 13-Mar 31	7:15-8:15 p.m.	Cathedral Neighbourhood Centre	\$120, drop in \$15
Qigong Trial Class: Spring Into	18+	Tue	Apr 7	7:15-8:15 p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong: Flow, Balance & Breathe	18+	Tue	Apr 14-June 30 excl May 19	7:15-8:15 p.m.	Cathedral Neighbourhood Centre	\$120, drop in \$15
Ringette: Pick-up	18+	Wed	Jan 7-Mar 12	8:15-9:15 p.m.	Optimist Arena	\$125
Self Defense Basics	8+ yrs	Thu	Jan 15-Feb 12	7:30-8:30 p.m.	Cathedral Neighbourhood Centre	\$99/person \$140/1 child, 1 adult \$175/family of 3 or more
Tai Chi Chih Beginner Trial Class	18+	Mon	Jan 12	8-9 p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+	Mon	Jan 19-Mar 23	8-9 p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chih Beginner Trial Class	18+	Mon	Mar 30	8-9 p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+	Mon	Apr 6-Jun 15 excl May 18	8-9 p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chih Advanced Trial Class	18+	Mon	Jan 12	6:45-7:45 p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+	Mon	Jan 19-Mar 23	6:45-7:45 p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chih Advanced Trial Class	18+	Mon	Mar 30	6:45-7:45 p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+	Mon	Apr 6-Jun 15 excl May 18	6:45-7:45 p.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chuan Trial Class: Yang Style for a New Year of Balanced Movement	18+	Sun	Jan 4	8-9 a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan: Yang Style	18+	Sun	Jan 11-Mar 29	8-9 a.m.	Cathedral Neighbourhood Centre	\$120
Tai Chi Chuan Trial Class: Yang Style for Harmony & Balance	18+	Sun	Apr 5	8-9 a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan: Yang Style	18+	Sun	Apr 12-Jun 28 excl May 24	8-9 a.m.	Cathedral Neighbourhood Centre	\$120
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Tue	Jan 6	5:45-7 p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Tue	Jan 13-May 12	5:45-7 p.m.	Cathedral Neighbourhood Centre	\$190, bring mat
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+	Fri	Jan 9	5:30-6:30 p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+	Fri	Jan 16-May 15 excl Apr 3	5:30-6:30 p.m.	Cathedral Neighbourhood Centre	\$160, bring mat
Yoga: Chair Trial Class	18+	Tue	Jan 6	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	free, must register, bring mat
Yoga: Chair	18+	Tue	Jan 13-May 12	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	\$170, bring mat
Yoga: Yin	18+	Thu	Jan 8	5:45-6:55 p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Yin	18+	Thu	Jan 15-May 14	5:45-6:55 p.m.	Cathedral Neighbourhood Centre	\$190, bring mat

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Crib & Coffee	18+	Every 2nd & 4th Tue	Jan 13-Jun 23	1-3 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership		
ForeverIn Motion	55+	Mon	Jan-Jun	1-2 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register		
ForeverIn Motion	55+	Fri	Jan-Jun	1-2 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register		
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Jan 7-Mar 25	1:30-2:30 p.m.	Cathedral Neighbourhood Centre	\$80		
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+	Wed	Apr 1-Jun 24 excl May 20	1:30-2:30 p.m.	Cathedral Neighbourhood Centre	\$80		
Yoga: Chair Trial Class	18+	Tue	Jan 6	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat		
Yoga: Chair	18+	Tue	Jan 13-May 12	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	\$170, bring mat		

### **Downtown Community Association**

### Facebook.com/dcaregina

Contact: Visit Facebook.com/dcaregina or email

Email: DCARegina@gmail.com

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

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

### **Heritage Community Association**

### heritagecommunityassociation.com

Contact: Heritage Community Association

Email: director@hcaregina.com

Registration Date: Ongoing Registration Location: Call 306-757-9952

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 in the community.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Community Clean-up	All Ages		Apr 25		Check website for details	Free		
Honouring Their Spirits MMIWG2ST Event	All Ages		May 1		1770 Halifax St	Free		
Pantry Boxes					2035 Ottawa St. 2035 Montreal St. Halifax St. & 11 Ave Art Park 1654 11 Ave.			
Sunday Funday	All Ages	Sun	To Apr 5	12:30-2:30 p.m.	1770 Halifax St.	Free		
Vintage Market	All Ages		May 2	10 a.m4 p.m.	1770 Halifax St.	Free		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Cooking Classes			TBD		Thomson Community School	Free		
Judo	All Ages	Wed	Jan 14		1770 Halifax St.	Free, must pre-register		
Let's Move	All Ages	Tue	April		1770 Halifax St.	Free, must pre-register		
Tae Kwon Do	All Ages	Tue	TBD		1770 Halifax St.	Free, must pre-register		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Acro Yoga		Mon	TBD	6:30-8 p.m.	1770 Halifax St.	Call for more info
Community Kitchen			TBD		1770 Halifax St.	Free, must pre-register
Community Garden/Art			TBD		Various locations in the community	Free

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Art Connections	55+	Thu	Mar 5-May 29	1 p.m.	1770 Halifax St.	Free, must pre-register		
Bring Your Own Craft	55+	Tue	Jan 13	1 p.m.	1770 Halifax St.	Free		
Chair Exercise	55+	Wed	Jan 14-May 31	10:45 a.m.	1770 Halifax St.	Free		
Community Kitchen	55+		Ongoing		1770 Halifax St.	Free-must pre-register		
Inside Walking Group	55+	Wed	Jan 14-May 31	10 a.m.	1770 Halifax St.	Free		
Tai Chi	55+		TBD		1770 Halifax St.	Free		

### **North Central Community Association**

Contact: Pat Faulconbridge Registration Date: Continuous

Email: exec.director@nccaregina.ca Registration Location: mâmawêyatitân centre 3355 6th 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+	Tue, Thu, Sat, Sun	Year-round	8-10 p.m.	mâmawêyatitân centre	Free		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Drop in Beginners Yoga	18+	Mon	Jan 5-Feb 17	6:30-7:30 p.m.	mâmawêyatitân centre	Free		
Walking Club	18+	Wed, Fri	Year-round	8-9 a.m.	mâmawêyatitân centre (indoors)	Free		
Trauma-Informed Yoga	18+	Thu	Jan 8-Mar 26	6:30-7:30 p.m.	mâmawêyatitân centre	Free		

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion Fitness	55+	Tue	Jan 6-Mar 31	10:30-11:30 a.m.	mâmawêyatitân centre	Free

### Queen City Eastview Community Association

eastviewregina.com

Contact: Kayla 306-525-4757 Email: programs@eastviewregina.com Registration Date: Ongoing. first come, first serve
Registration Location: 615 6th Avenue

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

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Bluegrass Public Jam	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31, Jun 28, Jul 26	1-3 p.m.	Eastview Community Centre	\$5 membership		
Family Fun Day	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)		
Free Rink Skating	All Ages	When lights are on	Dec, Jan-Mar	When lights are on	Eastview Outdoor Rink	Free		

Parent & Tot Imagination Station (Mondays)	18m+ and parent	Mon	Jan 12-Mar 2	10-11 a.m.	Eastview Community Centre	\$10 drop-in
Parent & Tot Imagination Station (Tuesdays)	18m+ and parent	Tue	Jan 13-Mar 3	10-11 a.m.	Eastview Community Centre	\$10 drop-in
Winter Carnival	All Ages	Sat	Mar 7	10-3 p.m.	Eastview Community Centre	\$2.50/ticket

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Family Fun Day	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)		
Free Rink Skating	All Ages	When lights are on	Jan-Mar	When lights are on	Eastview Outdoor Rink	Free		
Parent & Tot Imagination Station (Mondays)	18m+ and parent	Mon	Jan 12-Mar 2	10-11 a.m.	Eastview Community Centre	\$10 drop-in		
Parent & Tot Imagination Station (Tuesdays)	18m+ and parent	Tue	Jan 13-Mar 3	10-11 a.m.	Eastview Community Centre	\$10 drop-in		
Winter Carnival	All Ages	Sat	Mar 7	10-3 p.m.	Eastview Community Centre	\$2.50/ticket		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
After School Program	6+ yrs	Mon-Fri (school days only)	Jan 5-May 29 (school days only)	3:15-5:15 p.m.	Eastview Community Centre	\$5 membership		
Family Fun Day	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)		
Free Rink Skating	All Ages	When lights are on	Dec, Jan-Mar	When lights are on	Eastview Outdoor Rink	Free		
Home Alone/Babysitting Course	11+ yrs	Sat	May 23	8 a.m.	Eastview Community Centre	\$55 (includes membership)		
Kids Cooking Class	8-15 yrs	Sat	Feb 7, 14, 21 Apr 11, 18, 25	10 a.m.	Eastview Community Centre	\$55 (includes membership)		
Kids Kung Fu	6-12 yrs	Mon	Jan 5-Mar 16 (no class Feb 16)	6-7 p.m.	Eastview Community Centre	\$40/child; \$60/2 children; \$80/3 children		
Winter Carnival	All Ages	Sat	Mar 7	10-3 p.m.	Eastview Community Centre	\$2.50/ticket		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
After School Program	6+ yrs	Mon-Fri (school days only)	Jan 5-May 29 (school days only)	3:15-5:15 p.m.	Eastview Community Centre	\$5 membership		
Family Fun Day	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)		
Free Rink Skating	All Ages	When lights are on	Dec, Jan-Mar	When lights are on	Eastview Outdoor Rink	Free		
Home Alone/Babysitting Course	11+ yrs	Sat	May 23	8 a.m.	Eastview Community Centre	\$55 (includes membership)		
Kids Cooking Class	8-15 yrs	Sat	Feb 7, 14, 21 Apr 11, 18, 25	10 a.m.	Eastview Community Centre	\$55 (includes membership)		
Kids Kung Fu	6-12 yrs	Mon	Jan 5-Mar 16 (no class Feb 16)	6-7 p.m.	Eastview Community Centre	\$40/child; \$60/2 children; \$80/3 children		
My Time	11-15 yrs	Wed	Jan 7-Jun 3	6-8 p.m.	Eastview Community Centre	\$5 membership		
Winter Carnival	All Ages	Sat	Mar 7	10-3 p.m.	Eastview Community Centre	\$2.50/ticket		

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Bingo	18+	Fri	Jan 9-May 29	1-2:30 p.m.	Eastview Community Centre	\$5 membership
Bluegrass Public Jam	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31, Jun 28, Jul 26	1-3 p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Jan 6-May 26	1-3 p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)
Forever in Motion	18+	Wed	Jan 14-May 27	10-11 a.m.	Eastview Community Centre	\$5 membership
Free Rink Skating	All Ages	When lights are on	Dec, Jan-Mar	When lights are on	Eastview Outdoor Rink	Free
Indoor Walk and Talk	18+	Fri	Jan 9-May 29	10-11 a.m.	Eastview Community Centre	\$5 membership
Winter Carnival	All Ages	Sat	Mar 7	10-3 p.m.	Eastview Community Centre	\$2.50/ticket
Zumba	18+	Mon	Jan 5-Feb 9 Mar 2-Apr 6 Apr 20-May 25	7-8 p.m.	Eastview Community Centre	\$25/session

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Bingo	18+	Fri	Jan 9-May 29	1-2:30 p.m.	Eastview Community Centre	\$5 membership		
Bluegrass Public Jam	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31, Jun 28, Jul 26	1-3 p.m.	Eastview Community Centre	\$5 membership		
Coffee Talk	18+	Tue	Jan 6-May 26	1-3 p.m.	Eastview Community Centre	\$5 membership		
Family Fun Day	All Ages	Sun	Jan 25, Feb 22, Mar 29, Apr 26, May 31	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)		
Forever in Motion	18+	Wed	Jan 14-May 27	10-11 a.m.	Eastview Community Centre	\$5 membership		
Free Rink Skating	All Ages	When lights are on	Dec, Jan-Mar	When lights are on	Eastview Outdoor Rink	Free		
Indoor Walk and Talk	18+	Fri	Jan 9-May 29	10-11 a.m.	Eastview Community Centre	\$5 membership		
Winter Carnival	All Ages	Sat	Mar 7	10-3 p.m.	Eastview Community Centre	\$2.50/ticket		
Zumba	18+	Mon	Jan 5-Feb 9 Mar 2-Apr 6 Apr 20-May 25	7-8 p.m.	Eastview Community Centre	\$25/session		

### **East Zone**

### **East Zone Board**

eastzoneboard.com

Contact: eastzoneboard

Registration Date: see below Email: eastzoneboard.com Registration Location: see below The East Zone Board represents the Arcola East, Boothill and Dewdney East areas. We provide recreation and community programs that

are offered zone wide. The East Zone board is a volunteer board that is always looking for more members. If you are interested in community volunteering opportunities, please visit the website.

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

Regina East Zone Youth Soccer - offers two recreational soccer seasons a year, indoor which runs from Oct to Mar and outdoor May and June. For more information see www.rezysa.com, or call 306-525-6407.

Skating offers two sessions one in the fall and one in the new year. Registration for winter skating will take place at the Glencairn Neighbourhood Rec Center on Thursday, January 15 from 6:30-7 p.m. Doors open at 5:45 to line up. Call 306-525-3512 for updates on skating classes. Helmets and mitts are mandatory.

- Skate-Tot-Learn to (3-5 years) Teaches children to stand and walk on skates.
- · Skate-Parent /Tot (3-5years) A Parent must accompany child on the ice to assist the instructors. Basic skating skills are taught.
- · Skate- Learn to (4-9 years) Children should be able to go on the ice by themselves. Teaches children to stand and walk on skates.

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

East Zone Badminton Registration is ongoing throughout the year. Dates are Friday at WF Ready School.

Saturday at Ecole St Elizabeth. Cost is 30\$ for one day or \$50 for both days.

Please contact Zach Almond at yqr2526@gmail.com.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	7+ yrs	Mon	Jan 5 -Jun 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person		
Taekwondo	7+ yrs	Wed	Jan 7-Jun 24	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person		
Taekwondo	7+ yrs	Wed	Jan 7-Jun 3	7:30-9 p.m.	Campus Regina Public	\$40/mth/person		

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Skate -Tot-Learn to	3-5 yrs	Wed	Jan 28-Mar 18	1:15-2 p.m.	Clarence Mahon Arena	\$60/8 Sessions			
Skate - Parent/Tot	3-5 yrs	Sat	Jan 31-Mar 21	10-10:30 a.m., 10:30-11 a.m., 11:30-12 p.m.	Clarence Mahon Arena	\$55/8 Sessions			

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	7+	Mon/ Wed	Jan 5-June 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person		
Taekwondo	7+	Wed	Jan 7-June 3	7:30-7:15 p.m.	Campus Regina Public	\$40/mth/person		
Skate-Learn to	4-9 yrs	Sat	Jan 31-Mar 21	11-11:30 a.m., 11:30-12 p.m., 12- 12:30 p.m.	Clarence Mahon Arena	\$55/8 sessions		
Skate-Intermediate	6-12 yrs	Sat	Jan 31-Mar 21	12:30-1 p.m.	Clarence Mahon Arena	\$55/8 sessions		

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Mon/Wed	Jan 5-Jun 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	13-17 yrs	Wed	Jan 7-Jun 3	7:30-7:15 p.m.	Regina Campus Direct	\$40/mth/person

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	18+	Mon	Jan 5-Jun 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person		
Taekwondo	18+	Wed	Jan 7-Jun 3	6-7:15 p.m.	Regina Campus Direct	\$40/mth/person		

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Badminton		Friday		6-8 p.m.	WF Ready School	\$30 for one day		
Badminton		Saturday		6-8 p.m.	Ecole St Elizabeth School	\$50 for both days		

### **Arcola East Community Association**

aecaregina.com

Contact: 306-525-3401 Email: contact@aecaregina.com Registration Date: Online Registration at aecaregina.com on December 14 at 9 a.m.

December 27 at 6 p.m. for Arcola East residents

December 28 at 9 a.m. for out of area residents

Registration Location: Online registration only

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

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

Saturday: 5:30-10:00 a.m. & 11:15 a.m.-9:30 p.m.

Sunday: 5:30 a.m.-9:30 p.m.

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

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

You can also choose our Evening Fitness Walk and walk Monday to Thursday January 5-May 14 from 6-8:30 p.m. for \$55.00.

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

The AECA offers a variety of programs for all ages. For more information, call 306-525-3401 and leave a message in Box 1 for the Track, Box 2 for Programs, Box 3 for general inquiries. Winter session will begin on January 5 with no fitness classes February 14th -20th and April 3rd-9th inclusive. No classes for Volleyball, Basketball, and Pickleball February 14-22 and April 3-12 inclusive.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Fit n Fun Family	All Ages	Tue	Jan 6-Mar 17	6-7 p.m.	St Gabreil Gym	\$10		
Fit n Fun Family	All Ages	Wed	Jan 7-Mar 18	6-7 p.m.	Jack Mackenzie Gym	\$10		
Parent and Child Zumba	3-9 yrs	Thu	Jan 8-May 14	6-7 p.m.	St Gabriel Gym	\$180/additional child \$30		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Preschool Dance	3-6 yrs	Thu	Jan 8-Mar 5	5:45-6:15 p.m.	AECC /Gym	\$65		
Preschool Dance	3-6 yrs	Thu	Jan 8-Mar 5	6:20-6:50 p.m.	AECC/Gym	\$65		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Babysitting	11-16 yrs	Mon	Feb 19	9:30 a.m4 p.m.	AECC MP Room	\$85		
Dance	6-10 yrs	Thu	Jan 8-Mar 5	7-7:45 p.m.	AECC/Gym	\$70		
Home Alone	10-14 yrs	Mon	Feb 20	9:30 a.m12 p.m. or 1-3:30 p.m.	AECC MP Room	\$60		
Power Skating /Skills - full equip with stick	9-12 yrs	Mon	Jan 5-Mar 9	7:20-8:15 p.m.	Mahon Rink	\$245		
Power Skating /Skills - full equip with stick	7-8 yrs	Mon	Jan 5-Mar 9	6:25-7:15 p.m.	Mahon Rink	\$245		
Skating and Skills - full equip with stick	5-6 yrs	Mon	Jan 5-Mar 9	5:45-6:25 p.m.	Mahon Rink	\$200		

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
All Levels Daytime Fitness - Strength and Mobility	A/OA	Tue	Jan 6-May 12	9:15-10:15 a.m.	AECC MP Room	\$170	
Butts & Gutts	T/A/OA	Thu	Jan 8-May 14	7:30-8:30 p.m.	AECC Infill	\$170	
Cardio/Core	T/A/OA	Mon	Jan 5-May 11	7-8 p.m.	AECC Infill / Track	\$170	
Evening Fitness Walk	A/OA	Mon-Thu	Jan 5-May 14	6-8:30 p.m.	AECC Track	\$55	
Mat Pilates	T/A/OA	Tues	Jan 6- May 12	6-7 p.m.	AECC MP room	\$170	
Pickleball - Advanced	A/OA	Sun	Jan 11-May 10	10:30 a.m1 p.m.	WF Ready Gym	\$40	
Pickleball Beginner level	A/OA	Sun	Jan 11- May 10	3:30-6 p.m.	WF Ready Gym	\$40	
Pickleball Beginner level	A/OA	Tue	Jan 6- May 5	7-9:30 p.m.	Jack Mackenzie Gym	\$40	
Pickleball Beginner level	A/OA	Thu	Jan 8 -May 7	8-9:45 p.m.	Jack Mackenzie Gym	\$40	
Pickleball Intermediate level	A/OA	Thu	Jan 8- May 7	7-9:30 p.m.	WF Ready Gym	\$40	
Pickleball Intermediate level	A/OA	Sun	Jan 10-May 11	1-3:30 p.m.	WF Ready Gym	\$40	
Power Walk/Run	T/A/OA	Sat	Jan 10-May 9	10-11:15 a.m.	AECC Infill / Track	\$190	
Strength and Mobility	A/OA	Tue	Jan 6-May 12	10:30-11:30 a.m.	AECC MP Room	\$170	
Total Body Sculpt	T/A/OA	Sun	Jan 11-May 10	10-11 a.m.	AECC Infill	\$160	
Total Body Sculpt	T/A/OA	Wed	Jan 7- May 13	7-8 p.m.	AECC Infill	\$170	
Yoga-Vinyasa/ Flow Multi- Level	T/A/OA	Wed	Jan 7-May 13	6-7 p.m.	AECC MP Room	\$205	
Yoga - Yin Yoga	T/A/OA	Mon	Jan 5-May 11	7-8 p.m.	AECC MP Room	\$205	
Yoga - Fitness Fusion	T/A/OA	Fri	Jan 9-May 15	9:15-10:15 a.m.	AECC MP Room	\$205	
Yoga - Foundational	T/A/OA	Tue	Jan 6-May 12	6-7 p.m.	AECC MP Room	\$205	
Yoga - Restorative	T/A/OA	Tue	Jan 6-May 12	7:10-8:10 p.m.	AECC MP Room	\$205	
Yoga -Vinyasa/Flow Multi- Level	T/A/OA	Wed	Jan 7-May 13	9:15-10:15 a.m.	AECC MP Room	\$205	
Zumba	T/A/OA	Thu	Jan 8-May 14	7-8 p.m.	St Gabreil Gym	\$150	

### **Boothill Community Association**

### boothillcommunity.ca

Contact: Lorri Kudells
Email: justmelor40@hotmail.com

Registration Date: Jan 13, 2025
Registration Location: Douglas Park School

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

\*ALL PROGRAMS REQUIRE \$5 ANNUAL FAMILY MEMBERSHIP

Older Adults	lder Adults						
Activity	Ages	Day	Dates	Times	Location	Cost	
Yoga	18 yrs	Wed	Jan 21-Mar 25	6-7 p.m.	Douglas Park School	\$65	
Pickleball	18 yrs	Mon	Jan 19-May 25	6-8 p.m.	Douglas Park School	\$40	
Pickleball	18 yrs	Tues	Jan 20-May 26	6-8 p.m.	Douglas Park School	\$40	
Pickleball	18 yrs	Fri	Jan 23-May 29	6-8 p.m.	Douglas Park School	\$40	

### **Dewdney East Community Association**

decaregina.ca

Contact: 306-789-6559 Email: info@decaregina.ca Registration Date: Online: Jan 2 at 9 a.m.
Registration Location: In person Jan 13 at 7-8 p.m., Glencairn Rec Centre 2626 Dewdney Ave E.

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

We are in need of new board members to enable us to continue offering the variety of low cost programs we have to our community. But we also need participants, as while we offer a selection of programs to all ages, but don't get the registration uptake, and have to cancel the programs which is disappointing.

This is a draft of our Winter/Spring Program offerings, so please check our website to confirm which programs are being offered this Winter and Spring, as well as detailed descriptions of the programs.

PLEASE NOTE: ON-LINE REGISTRATION will start 9 am. Friday, Jan 2, 2025 at www.decaregina.ca, and will remain open as spots are available.

In person registration will be held Tuesday, Jan.13, 2026 at 7-8 p.m.: Glencairn Rec Centre.

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

Please check our website for official community association meeting dates, usually the 4th Monday of the month. For more information please call 306-789-6559, e-mail us at info@decaregina.ca or visit our website at www.decaregina.ca.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Table Tennis	All	Mon	Jan 19-Apr 27	6:30-8:30 p.m.	Glen Elm School-use east door	\$15 for year		
Community Garage Sale	All	Sat	Apr 25	9 a.m3 p.m.	Glencairn Rec Centre	\$20 per table (max 2 tables) plus mem- bership. Call 306 789-6559 or email info@decaregina. ca for more info or to book your table.		

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Children's Improv	10-14 yrs	Thu	Jan 22-Apr 2 (excl Feb 19)	6-7:30 p.m.	Glencairn Rec Centre	\$25
Kids Kung Fu-Martial Arts Winter	7-14 yrs	Thu	Jan 15-Mar 26 (excl Feb 19)	6:05-7:05 p.m.	Glen Elm School (use east door)	\$40 + \$50 equipment fee
Kids Kung Fu-Martial Arts Spring	7-14 yrs	Thu	Aor 2 -Jun 4 (excl Apr 9)	6:05-7:05 p.m.	Glen Elm School (use east door)	\$36 + \$50 equipment fee
LEGO Technics-Winter	15-90+	Wed	Jan 21-Apr 1 (excl Feb 18)	6:30-8:30 p.m.	Glencairn Rec Centre	\$50
LEGO Technics-Spring	15-90+	Wed	Apr 15-Jun 17	6:30-8:30 p.m.	Glencairn Rec Centre	\$50
Football Fundamentals	12-14 yrs	Sun	Jan	2-3 p.m.	Glencairn Rec Centre	\$25
Young Maker's Studio 1 (Early Engineers)	6-10 yrs	Tue	Jan 20-Mar 3 (no class Feb 17)	6-7 p.m.	Glencairn Rec Centre	\$90
Young Makers Studio 1 (Video Game Design)	8+ yrs	Tue	Jan 20-Mar 3 (no class Feb 17)	7:15-8:30 p.m.	Glencairn Rec Centre	\$105
Young Maker's Studio 2 (Early Engineers)	6-10 yrs	Tue	Mar 10-Apr 21 (no class Apr 7)	6-7 p.m.	Glencairn Rec Centre	\$90

Young Maker's Studio 2 (Video Game Design)	8+ yrs	Tue	Mar 10-Apr 21 (no class Apr 7)	7:15-8:30 p.m.	Glencairn Rec Centre	\$105
Soccer Tots	3-4 yrs	Tue	Jan 20-Mar 31 (excl Feb 17)	6-7 p.m.	Glen Elm School-use east door	\$25
Soccer Skills	5-6 yrs	Tue	Jan 20-Mar 31 (excl Feb 17)	7-8 p.m.	Glen Elm School-use east door	\$25
Children's Spring Basketball	7-10 yrs	Sun	Apr 19- Jun 28 (excl May 17)	12-1 p.m.	Glencairn Rec Centre	\$25
St John's Home Alone	10-15 yrs	Sat	Mar 28	1-3:30 p.m.	Glencairn Rec Centre	\$50

St John's Home Alone	10-15 yrs	Sat	Mar 28	1-3:30 p.m.	Glencairn Rec Centre	\$50
Adult & Seniors						
Activity	Ages	Day	Dates	Times	Location	Cost
Acrylic Paint-Orange Moon	Adult	Sat	Mar 21	1-4 p.m.	Glencairn Rec Centre	\$45 (materials included)
Acrylic Paint-Yellow Moon	Adult	Sat	Mar 28	1-4 p.m.	Glencairn Rec Centre	\$45 (materials included)
Acrylic Paint- White Moon	Adult	Sat	Apr 11	1-4 p.m.	Glencairn Rec Centre	\$45 (materials included)
Stained Glass Level 1	Adult	Sat	Jan 17	1-4 p.m.	Glencairn Rec Centre	\$50 (materials included)
Stained Glass Level 1	Adult	Sat	Jan 24	1-4 p.m.	Glencairn Rec Centre	\$50 (materials included)
Stained Glass Level 1	Adult	Sat	Jan 31	1-4 p.m.	Glencairn Rec Centre	\$50 (materials supplied)
Stained Glass Level 2	Adult	Sat	Feb 21-Mar 14	1-4 p.m.	Glencairn Rec Centre	\$105 (materials supplied)
Kung Fu Wellness-Winter	13+ to Adult	Thu	Jan 15-Mar 26 (excl Feb 18)	7:10-8:40 p.m.	Glen Elm School (use east door)	\$120 Plus \$50 equipment fee
Kung Fu Wellness-Spring	13+ to Adult	Thu	Apr 2-Jun 4 (excl Apr 9)	7:10-8:40 p.m.	Glen Elm School (Use east door)	\$108 Plus \$50 equipment fee
Virtual Dance Fitness-Winter	Adult	Mon, Wed, Sat	Jan 3-Mar 30	M & W 7:30-8:30 p.m. S 8-10:30 a.m.	Glencairn Rec Centre	Monthly fee or drop in. Contact Joanne email j.klock@my- access.ca, txt or call 306-570-6651 or Kendra Petrisor txt or call 306-530- 7365.
Virtual Dance Fitness-Spring	Adult	Mon, Wed, Sat	Apr 1-Jun 29	M & W 7:30-8:30 p.m. S 9-10:30 a.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 1-Aug 22	M & W 6:45 -7:45 p.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-Winter	Adult	Tue	Jan 20-Mar 31 (excl Feb 17)	6-7 p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Zumba-Spring	Adult	Tue	Apr 14-Jun 16	6-7 p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Yoga Tues-Winter	Adult	Tue	Jan 20-Mar 31 (excl Feb 17)	7:15-8:15 p.m.	Glencairn Rec Centre	\$80 or \$10 drop in
Yoga Thurs-Winter	Adult	Thu	Jan 22-Apr 2 (excl Feb 19)	6:30-7:30 p.m.	Glencairn Rec Centre	\$80
Yoga Tues-Spring	Adult	Tue	Apr 14-Jun 16	7:15-8:15 p.m.	Glencairn Rec Centre	\$80
Yoga Thurs-Spring	Adult	Thu	Apr 16-Jun 18	6:30-7:30 p.m.	Glencairn Rec Centre	\$80
Bellydance-Winter Beginner	Adult	Mon	Jan 19-Mar 30 (excl Feb 16)	7:30-8:30 p.m.	Glencairn Rec Centre	\$80
Bellydance-Winter Intermediate	Adult	Mon	Jan 19-Mar 30 (excl Feb 16)	7:30-8:30 p.m.	Glencairn Rec Centre	\$80
Bellydance-Winter Advanced	Adult	Mon	Jan 19-Mar 30 (excl Feb 16)	8:30-9:30 p.m.	Glencairn Rec Centre	\$80

Bellydance Spring-Beginner	Adult	Mon	Apr 13-Jun 22 (excl May 18)	7:30-8:30 p.m.	Glencairn Rec Centre	\$72
Bellydance Spring - Intermediate	Adult	Mon	Apr 13-Jun 22 (excl May 18)	7:30-8:30 p.m.	Glencairn Rec Centre	\$72
Bellydance Spring - Advanced	Adult	Mon	Apr 13-Jun 22 (excl May 18)	7:30-8:30 p.m.	Glencairn Rec Centre	\$72
Foreverin Motion	Senior 55+	Mon & Thu	Jan 12-Aug 20	9-10 a.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 at donna.braun@uregina.ca Heritage Fiddlers: Len Dumont at lensmobile@hotmail.com

Indoor Soccer: Jenny Bromstad or John Schell at szindoorsoccer@outlook.com

Rhythm E's Dance: Ron Hopkinson at r.hopkinson@sasktel.net Senior's 55+ Bridge: Jessie Carlson at rjczach@sasktel.net

Senior's 55+ Badminton: Lauren Mang at laurenmang@myaccess.ca Seniors 55+ Pickleball: Tracy Mamona at tmamona@sasktel.net

Table Tennis: Ed Hung at edhung738@gmail.com
Taekwondo: Master Bryan Folk at b.folktkd@hotmail.com
Ukrainian/Latino Dance: Alla Hutsol at hutsolalla@gmail.com

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	7+ yrs	Fri	Jan 2-Jun 26	6-8 p.m.	South Leisure Centre	\$40/mth/person		
Taekwondo	7+ yrs	Tue	Jan 9-Jun 2	6-8 p.m.	St. Matthew School	\$40/mth/person		

Preschool							
Activity	Ages	Day	Dates	Times	Location	Cost	
Dance	4-6 yrs	Fri	Jan 9-Jun 12	16-/nm	South Leisure Centre- Multi-purpose room	\$165 season/\$30 month	

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Taekwondo	7+ yrs	Fri	Jan 2-Jun 26	6-8 p.m.	South Leisure Centre	\$40/mth/person		
Taekwondo	7+ yrs	Tue	Jan 9-Jun 2	6-8 p.m.	St. Matthew School	\$40/mth/person		
Dance	7-9 yrs	Fri	Jan 9-Jun 12	7-8 p.m.	South Leisure Centre- Multi-Purpose Room	\$165 season/\$30 month		
Dance	10-12 yrs	Fri	Jan 9-Jun 12	7:30-8:45 p.m.	South Leisure Centre- Multi-Purpose Room	\$165 season/\$30 month		
Dance	12-14 yrs	Mon	Jan 9-Jun 8	6-7:15 p.m.	South Leisure Centre- Multi-Purpose Room	\$165 season/\$30 month		

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	13-17 yrs	Fri	Jan 2-Jun 26	6-8 p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	13-17 yrs	Tue	Jan 9-Jun 26	6-8 p.m.	St. Matthew School	\$40/mth/person
Table Tennis	7-13 yrs	Tue, Wed	Jan 6-Jun 30	7:30-9:30 p.m.	South Leisure Centre-Art room	\$240/person
Table Tennis	13-18 yrs	Tue, Wed	Jan 6-Jun 30	7:30-9:30 p.m.	South Leisure Centre-Art room	\$240/person

Dance	15-17 yrs	Mon	Jan 9-Jun 8	7:15-8:45 p.m.	South Leisure Centre- Multi-Purpose Room	\$165 season /\$30 month
Dance	18+ yrs	Mon	Jan 9-Jun 12	7:30-8:45 p.m.	South Leisure Centre-Art Room	\$165 season /\$30 month

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Taekwondo	18+ yrs	Fri	Jan 2– Jun 26	6-8 p.m.	South Leisure Centre	\$40/mth/person	
Taekwondo	18+ yrs	Tue	Jan 2-Jun 2	6-8 p.m.	St. Matthew School	\$40/mth/person	
Two-Step Lessons	18+ yrs	Mon	Jan 12-May 11	6:30-8 p.m.	Crescents School Gym	\$50/person	

Older Adult Control of the Control o								
Activity	Ages	Day	Dates	Times	Location	Cost		
Seniors 55+ Bridge	55+ yrs	Thu	Jan 8-Jun 25	5:30	South Leisure Centre-Arts Room	\$2/person		
Seniors 55+ Badminton	55+ yrs	Mon & Fri	Jan 5-May 29	10:15 a.mNoon	South Leisure Centre-Gym	\$20/person		
Seniors 55+ Pickleball	55+ yrs	Tue-Fri	Jan 6-May 22	11:45 a.m2:15 p.m.	South Leisure Centre	\$40 Winter Session/ person		

# **Albert Park Community Association**

albertpark.ca

Contact: albertpark.ca and Facebook Email: info@albertpark.ca Registration Date: Dec 13 8 a.m.-Jan 11 Registration Location: register online or at the first class if space is available

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

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

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

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

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

Thanks to a donation from Saskatchewan Lotteries to cover part of our costs, Public Skating will be free to everyone.

Family								
Activity	Ages	Day	Dates	Times	Location	Cost		
APCA Meeting	All Ages	Mon	Jan 19	7-9 p.m.	Art Room -SLC	Free		
APCA Meeting	All Ages	Mon	Feb 23	7-9 p.m.	Art Room -SLC	Free		
APCA Meeting	All Ages	Mon	Mar 16	7-9 p.m.	Art Room -SLC	Free		
APCA Meeting	All Ages	Mon	Apr 20	7-9 p.m.	Art Room -SLC	Free		
APCA Meeting	All Ages	Mon	May 25	7-9 p.m.	Art Room -SLC	Free		
Public Skating	All Ages	Thu	Jan 8-Feb 26	6-8 p.m.	Optimist Arena	Free		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Basketball Skills Development	7-14 yrs	Wed	Jan 7-Feb 25	6-7 p.m.	SLC Gym	\$100		
Basketball Skills Development	7-14 yrs	Wed	Mar 4-Apr 22	6-7 p.m.	SLC Gym	\$100		
Basketball Skills Development	7-14 yrs	Wed	May 6-Jun 24	6-7 p.m.	SLC Gym	\$100		
Power Skating	9+ yrs	Mon	Jan 5-Mar 9	5:45-6:45 p.m.	Optimist Arena	\$315		
Power Skating	8+ yrs	Wed	Jan 7-Mar 11	4:30-5:30 p.m.	Optimist Arena	\$315		
Power Skating	10+ yrs	Wed	Jan 7-Mar 11	5:45-6:45 p.m.	Optimist Arena	\$315		
Soccer Under 4	3 & 4 yrs	Tue/Thu	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Soccer Under 6	5 yrs	Mon/Wed	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Soccer Under 8	6-7 yrs	Tue/Thu	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Soccer Under 10	8-9 Yrs	Mon/Wed	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Soccer Under 12	10-11 yrs	Tue/Thu	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Stick and Puck	18 and under	Sat	Jan 3- Mar 7	8:15-9:15 a.m.	Optimist Arena	\$100		

Tennis	6-10 yrs	Mon	May 4-Jun 15 No Class May 18	6-7 p.m.	Realtor's Park Tennis Courts	\$45/\$75 with racquet
Tennis	6-10 yrs	Tue	May 5-Jun 9	6-7 p.m.	Realtor's Park Tennis Courts	\$45/\$75 with racquet
Tennis	6-10 yrs	Wed	May 6-Jun 10	6-7 p.m.	Realtor's Park Tennis Courts	\$45/\$75 with racquet
Tennis	6-10 yrs	Thu	May 7-Jun 11	6-7 p.m.	Realtor's Park Tennis Courts	\$45/\$75 with racquet
Tennis	11-14 yrs	Wed	May 6-Jun 10	7-8 p.m.	Realtor's Park Tennis Courts	\$45/\$75 with racquet
Track and field	7-10 yrs	Mon	Feb 23-Mar 30	6-7 p.m.	Deshaye Gym	\$60
Track and field	7-10 yrs	Tue	Apr 28-Jun 2	6-7 p.m.	Deshaye Gym	\$60
YMS Early Engineers Lego Tech building Class	6+ yrs	Thu	Jan 8-Mar 5 No Class Feb 19	5:30-6:30 p.m.	Multipurpose Room	\$120
YMS Early Engineers Lego Tech building Class	6+ yrs	Thu	Mar 12-Apr 30 No Class Apr 9	5:30-6:30 p.m.	Multipurpose Room	\$105
YMS Lego Robotics & Coding Class	6+ yrs	Thu	Jan 8-Mar 5 No Class Feb 19	6:45-8 p.m.	Multipurpose Room	\$195
YMS Lego Robotics & Coding Class	6+ yrs	Thu	Mar 12- Apr 30 No Class Apr 9	6:45-8 p.m.	Multipurpose Room	\$170

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Power Skating	12+ yrs	Mon	Jan 5-Mar 9	4:30-5:30 p.m.	Optimist Arena	\$315		
Soccer Under 15	12-14 yrs	Tue/Thu	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Soccer Under 18	15-18 yrs	Mon/Wed	May-Jun	6-7 p.m. or 7-8 p.m.	South End Parks	TBD		
Tennis	11-14 yrs	Wed	May 6-Jun 10	7-8 p.m.	Realtor's Park Tennis Courts	\$45/\$75 with racquet		
Tennis-Intermediate	15+	Mon	May 4-Jun 15 No Class May 18	7-8 p.m.	Realtor's Park Tennis Courts	\$55/\$115 with racquet		
Tennis-Beginner	15+	Thu	May 7-Jun 11	7-8 p.m.	Realtor's Park Tennis Courts	\$55/\$115 with racquet		
Tennis-Intermediate	15+	Tue	May 5-Jun 9	7-8 p.m.	Realtor's Park Tennis Courts	\$55/\$115 with racquet		
Stick and Puck	Under 18	Sat	Jan 3- Mar 7	8:15-9:15 a.m.	Optimist Arena	\$100		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Badminton for Adults	18+	Mon	Jan 5-May 11	6-7:20 p.m.	Gym	\$40		
Badminton for Adults	18+	Tue	Jan 6-May 12	7:05-9:30 p.m.	Gym	\$50		
Badminton for Adults	18+	Thu	Jan 8-May 14	7:05-9:30 p.m.	Gym	\$50		
Body Sculpting	18+	Tue	Jan 6-Jun 16	6-7 p.m.	SLC Gym	\$120		
Fitness: Low Impact & Coffee	18+	Mon	Jan 5-Mar 23 No class Feb 16	9:15-10:15 a.m.	SLC Gym	\$55		
Fitness: Low Impact & Coffee	18+	Mon	Mar 30-Jun 15 No Class Apr 6, May 4 and May 18	9:15-10:15 a.m.	SLC Gym	\$45		
Fitness-Total Body Conditioning	18+	Tue	Jan 6-Jun 16 No Class Feb 17, May 5,Jun 4	9-10 a.m.	SLC Gym	\$110		
Fitness-Muscle Toner	18+	Thu	Jan 8-Jun 16	9-10 a.m.	SLC Gym	\$115		
Floor Hockey	18+	Wed	Jan 7-Jun 24	8-10 p.m.	SLC Gym	\$52.50		
Improv	50+	Sat	Jan 3-May 23	10:30 a.m12:30 p.m.	SLC Multipurpose Room	\$20		
Multi Level Yoga	18+	Mon	Jan 12-Jun 15 No Class Feb 16, Apr 6, May 18	5:30-6:30 p.m.	Art Room	\$200		
Muscle Movement +Reboot	18+	Thu	Jan 8-Jun 18	6-7 p.m.	SLC Gym	\$120		
Older Adult Fitness	60+	Tue Thu Fri	Jan 6-May 26 Jan 8-May 28 Jan 9-May 29 No Class Feb 17, Apr 3, Jun 5	10:30-11:30 a.m. 10:30-11:30 a.m. 9-10 a.m.	SLC Gym	\$105 once/week \$130 twice/week \$140 3 times/week		
Pickleball	18+	Mon	Jan 5-May 25	7:30-9:30 p.m.	SLC Gym	\$35		
Stott's Pilates Level 1	Adult	Thu	Jan 8-Mar 26	5:30-6:30 p.m.	SLC	\$140		
Stott's Pilates Level 2	Adult	Thu	Jan 8-Mar 26	6:40-7:40 p.m.	SLC	\$140		
Tai Chi	18+	Wed	Jan 21-Apr 1 No Class Feb 18	6:30-7:15 p.m.	SLC Multipurpose Room	\$120 Drop-in \$20/per session		
Tennis-Beginner	15+	Thu	May 7-Jun 11	7-8 p.m.	Realtor's Park Tennis Courts	\$55/\$115 with racquet		

Tennis-Intermediate	15+	Tue	May 5-Jun 9	7-8 p.m	Realtor's Park Tennis Courts	\$55/\$115 with racquet
Tennis-Intermediate	15+	Mon	May 4-Jun 15 No Class May 18	7-8 p.m	Realtor's Park Tennis Courts	\$55/\$115 with racquet
Yoga-Hatha Yoga	18+	Wed	Jan 7-Mar 25	9:15-10:30 a.m.	SLC Art Room	\$132
Yoga-Hatha Yoga	18+	Wed	Apr 1-Jun 24 No Class Jun 3	9:15-10:30 a.m.	SLC Art Room	\$132
Yoga-Chair Yoga	50+	Wed	Jan 7-Mar 25 No Class Feb 18	11 a.m12 p.m.	SLC Multipurpose Room	\$110
Yoga-Chair Yoga	50+	Wed	Apr 1-Jun 24 No Class Jun 3	11 a.m12 p.m.	SLC Multipurpose Room	\$120
Yoga-Chair Yoga	50+	Wed	Jan 7-Mar 25 No Class Feb 18	1-2 p.m.	SLC Multipurpose Room	\$110
Yoga-Chair Yoga	50+	Wed	Apr 1-Jun 24 No Class Jun 3	1-2 p.m.	SLC Multipurpose Room	\$120

# **Harbour Landing Community Association**

### Facebook.com/hlcaregina

Contact: info@hlcaregina.com Email: info@hlcaregina.com Registration Date: N/A Registration Location: N/A

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

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

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

Projects we are working on:

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

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

Membership: \$5

# **Hillsdale Community Association**

hillsdaleca.ca

Contact: programs@hillsdaleca.ca Email: programs@hillsdaleca.ca Registration Date: Tue Jan 13 from 7-8 p.m.
Registration Location: Marion McVeety School (gym) 38 Turgeon Cresc.

All Hillsdale Community Association programs are subject to a liability waiver (available on the HCA website); registration in a program implies that participants agree to the terms of the waiver. Payment for HCA programs is via cash or cheque.

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Tai Chi	18+	Tue	Jan 20-Mar 31	6:30-7:15 p.m.	South Leisure Centre (Multipurpose Room)	\$80		
Yoga	18+	Wed	Jan 21-May 20	6:30-7:45 p.m.	Marion McVeety School (Gym)	\$90		
Zumba	18+	Thu	Jan 22- Apr 30	6:30-7:30 p.m.	Marion McVeety School (Gym)	\$70		

Older Adults									
Activity	Ages	Day	Dates	Times	Location	Cost			
Fit for Your Life I	60+	Mon, Wed	Jan 12-Mar 9	1:30-2:30 p.m.	South Leisure Centre (Gym)	\$55			
Fit for Your Life II	60+	Mon, Wed	Mar 11-May 25	1:30-2:30 p.m.	South Leisure Centre (Gym)	\$70			
Fit for Your Life on Fridays	60+	Fri	Jan 16-May 22	10:30-11:30 a.m.	South Leisure Centre (Art Room)	\$60			

Icaregina.ca

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

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Family Free Skate	All	Mon	Jan 5-Mar 2	7-8 p.m	Optimist Arena	Free		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn to Skate	3-4 yrs	Wed	Jan 14-Mar 4	5-5:30 p.m.	Balfour Arena	\$100		
Learn to Skate	5-6 yrs	Wed	Jan 14-Mar 4	5:30-6 p.m.	Balfour Arena	\$100		
Learn to Skate	5-6 yrs	Sat	Jan 17-Mar 7	3:45-4:30 p.m.	Optimist Arena	\$100		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Girls Basketball Skills and Development	8-9 yrs	Fri	Mar 6-May 8	6-7 p.m.	Deshaye School	\$55		
Hockey Skills and Development	7-8 yrs	Tue	Jan 6-Mar 3	6-7 p.m.	Optimist Arena	\$168		
Learn to Skate	7-12 yrs	Wed	Jan 14-Mar 4	6-6:30 p.m.	Balfour Arena	\$100		
Learn to Skate	7-12 yrs	Sat	Jan 17-Mar 7	4:30-5:15 p.m.	Optimist Arena	\$100		
Learn to Skate	7-12 yrs	Sat	Jan 17-Mar 7	5:15-6 p.m.	Optimist Arena	\$100		
Mini Mites Hockey	5-6 yrs	Tue	Jan 6-Mar 3	6:45-7:45 p.m.	Balfour Arena	\$143		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Learn to Skate	18+	Wed	Jan 14-Mar 4	6:30-7 p.m.	Optimist Arena	\$100		
Learn to Skate	18+	Sat	Jan 17-Mar 7	6-6:30 p.m.	Balfour Arena	\$100		
Yoga	16+	Tue	Jan 6-Mar 31 excl. Feb 17	6:30-7:30 p.m.	Lakeview School	\$108		
Yoga (Spring)	16+	Tue	Apr 14-June 2	6:30-7:30 p.m.	Lakeview School	\$80		
Yoga	16+	Thu	Jan 8-Apr 2 excl. Feb 19	6:30-7:30 p.m.	Lakeview School	\$108		
Yoga (Spring)	16+	Thu	Apr 16-June 4	6:30-7:30 p.m.	Lakeview School	\$80		
Zumba	16+	Mon	Jan 5-Mar 30 excl. Feb 16	6:30-7:30 p.m.	Lakeview School	\$90		
Zumba (Spring)	16+	Mon	Apr 13-June 1	6:30-7:30 p.m.	Lakeview School	\$70		

# **Whitmore Park Community Association**

whitmorepark.ca

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

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

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Family Skate	All Ages	Mon	Feb 16	2-4 p.m.	Balfour Arena	Free		
Outdoor skating	All Ages	TBD	Dec-Feb	TBD	Grant Road Outdoor Rink	Free		
Outdoor skating	All Ages	TBD	Dec-Feb	TBD	Elsie Dorsey Outdoor Rink	Free		

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Outdoor T-Ball	2-3 yrs	TBD	May 4-Jun 24	TBD	South Ball Diamonds	TBD		
Outdoor T-Ball	4-5 yrs	TBD	May 5-Jun 25	TBD	South Ball Diamonds	TBD		

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Kids Kung Fu Wellness	7-14 yrs	Mon	Jan 12-Mar 23	6-7 p.m.	Massey School Gym	\$100 + \$5 membership			
All Levels Kung Fu Wellness	7 yrs-Adult	Sat	Jan 10-Mar 28	9:30-10:30 a.m.	Grant Road School Gym	\$140 + \$5 membership			
The Kung Fu Art of Dragon and Lion Dancing	9 yrs-Adult	Sat	Jan 10-Mar 28	10:30-11:30 a.m.	Grant Road School Gym	\$100 + \$5 membership			
Outdoor Softball	6-8 yrs	TBD	May 4-Jun 24	TBD	South Ball Diamonds	TBD			
Outdoor Softball	8-13 yrs	TBD	May 5-Jun 25	TBD	South Ball Diamonds	TBD			

Teen									
Activity	Ages	Day	Dates	Times	Location	Cost			
Adult Kung Fu Wellness	15 yrs -Adult	Mon	Jan 12-Mar 23	7-8:30 p.m.	Massey School Gym	\$200+\$5 membership			
All Levels Kung Fu Wellness	7 yrs-Adult	Sat	Jan 10-Mar 28	9:30-10:30 a.m.	Grant Road School Gym	\$140 + \$5 membership			
The Kung Fu Art of Dragon and Lion Dancing	9 yrs-Adult	Sat	Jan 10-Mar 28	10:30-11:30 a.m.	Grant Road School Gym	\$100 + \$5 membership			
Outdoor Softball	14-18 yrs	TBD	May 4-Jun 24	TBD	South Ball Diamonds	TBD			

Adult	Adult								
Activity	Ages	Day	Dates	Times	Location	Cost			
Adult Kung Fu Wellness	15 yrs- Adult	Mon	Jan 12-Mar 23	7-8:30 p.m.	Massey School Gym	\$200+\$5 membership			
Internal Dimensions Energetics	Adult	Sat	Jan 10-Mar 28	8-9:15 a.m.	Grant Road School Gym	\$100+\$5 membership			
All Levels Kung Fu Wellness	7 yrs-Adult	Sat	Jan 10-Mar 28	9:30-10:30 a.m.	Grant Road School Gym	\$140 + \$5 membership			
The Kung Fu Art of Dragon and Lion Dancing	9 yrs-Adult	Sat	Jan 10-Mar 28	10:30-11:30 a.m.	Grant Road School Gym	\$100 + \$5 membership			
Beginner Spanish	Adult	TBD	TBD	TBD	TBD	TBD			
Conversational Spanish	Adult	TBD	TBD	TBD	TBD	TBD			

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Fitness in Motion	Adult	Mondays	TBD	1-2 p.m.	Our Saviour's Lutheran Church	Free + \$5 membership		

#### **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 Feb 1. Registration information will be posted on the website www.soccerregina.ca. Runners/soccer cleats and shin guards are mandatory for players. Games are played during the week (Mon/Wed or Tues/ Thurs). The season starts May 1st and ends in late June. For the Soccer program: Updates are posted to our website www.soccerregina.ca as new information is available.

HeARTland Artists' Guild - New Adult Members welcome. The HeARTland Artists' Guild meets once a month at the Uplands Community Centre. Please contact Sheila Banga (heartlandartistsguild@sasktel.net) for more information about the HeARTland Artists' Guild.

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Soccer	4U	TBD	May-Jun	TBD	TBD	\$90		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Soccer	6U	TBD	May-Jun	TBD	TBD	\$90		
Soccer	8U	TBD	May-Jun	TBD	TBD	\$110		
Soccer	10U	TBD	May-Jun	TBD	TBD	\$110		
Soccer	12U	TBD	May-Jun	TBD	TBD	\$130		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Soccer	15U	TBD	May-Jun	TBD	TBD	\$130		
Soccer	18U	TBD	May-Jun	TBD	TBD	\$130		

#### **Argyle North Community Association**

ancaregina.ca

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

Registration Date: December 9 at ancaregina.ca

Email: programs@ancaregina.ca

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

providing new ideas for our community whether it is related to programming or events.

Argyle North Community Association is in the north end of Regina including Argyle Park, Englewood, and Hawkstone. Perfectly suited to a familyoriented lifestyle, we are a close-knit community. The association welcomes people interested in teaching, volunteering, sharing their special skills, or

For All Pop-Up Programs check our website www.ancaregina.ca and follow us on Facebook

\*Tae Kwon Do - Please register in person with Paragon Taekwondo.

Please note: there will be no programs on stat holidays: Feb 16-21 and April 6-11.

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Before School Program	Grade 1-6	School Days	Sep-Jun	7-8:55 a.m.	Argyle North Community Association	\$200/month			
After School Program	Grade 1-6	School Days	Sep-Jun	3:35-6 p.m.	Argyle North Community Association	\$250/month			
Before & After School Program	Grade 1-6	School Days	Sep-Jun	7-8:55 a.m. & 3:35-6 p.m.	Argyle North Community Association	\$350/month			
Tae Kwon Do*	5-8 yrs	Tue	Ongoing	6:15-7:15 p.m.	Argyle North Community Association (Room 2 & Gym)	\$40 per person per month			
Tae Kwon Do*	8+ yrs	Tue	Ongoing	6-7:45 p.m.	Argyle North Community Association (Room 2 & Gym)	\$40 per person per month			

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Corn Hole	18+	Sun	Jan 18-Mar 29	6:30-7:30 p.m.	Argyle North Community Association (School Gym)	Punch card \$50 - 10 sessions Purchase in office

Floor Hockey	19+	Thu	Jan 15-Mar 9	8-9 p.m.	Argyle North Community Association (School Gym)	Punch card \$50 - 10 sessions Purchase in office
Pickle Ball	18+	Sun	Jan 18-Mar 29	2-4 p.m.	Argyle North Community Association (School Gym)	Punch card \$50 - 10 sessions Purchase in office

# **Coronation Park Community Association**

#### coronationparkcommunityassociation.com

Contact: Crystal Gellner, Programmer Email: coronationpark.ca@gmail.com

Registration Date: See website Registration Location: See website

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

#### **North East Community Association**

rneca.com

Contact: Kyara Email: info@rneca.com Registration Date: call or text 306-501-2406 Registration Location: call or text 306-501-2406

RNECA believes all of our community deserves access to our programs. If you have any barriers to attendance: financial, physical or any other barrier. If you wish to attend a class but have a barrier that you feel will prevent you from attending, please contact us to discuss options.

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

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Valentine Family Dance	All Ages	Fri	Feb 13	6:30-8:30 p.m.	North East Community Centre	Free			
Storybook Ball	2-12 yrs	Sat	Feb 7	11 a.m2 p.m.	North East Community Centre	Free			
Family Movie Night	All Ages	Fri	Apr 24	6:30-9 p.m.	North East Community Centre	Free			
Craft Night	All Ages	Fri	Mar 27	6:30-8:30 p.m.	North East Community Centre	Free			

Preschool								
Activity	Ages	Day	Dates	Times	Location	Cost		
Parent & tot drop in	1-5 yrs	Tue	Jan 13-May 26	10 a.m12 p.m.	North East Community Centre	Free		

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
After School Program	6-11 yrs	Mon-Fri	Jan 5-Jun 23	3:25-5:30 p.m.	North East Community Centre	Free			
Dungeons & Dragons	9-11 yrs	Thu	Jan 8-Jun 18	4-5 p.m.	North East Community Centre	Free			

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Youth Drop-In/Leadership	11-16 yrs	Mon-Fri	Jan 5-Jun 23	3:25-5:30 p.m.	North East Community Centre	Free		
Mentors Program	15-18 yrs	Various	Jan 5-Jun 23	TBA	North East Community Centre	Free		
Dungeons & Dragons	11-17 yrs	Thu	Jan 8-Jun 23	4-5 p.m.	North East Community Centre	Free		
Line Dance	12+ yrs	Tue	Jan 13-May 26	7-8 p.m.	North East Community Centre	\$75		

Adult	Adult									
Activity	Ages	Day	Dates	Times	Location	Cost				
Beginner Chair Yoga	16+	Tue	Jan 13-May 26	12:30-1:30 p.m.	North East Community Centre	\$100				
Intermediate Chair Yoga	16+	Thu	Jan 15-May 28	11 a.m12 p.m.	North East Community Centre	\$100				
Forever Fit-gentle/moderate Fitness program	18+	Thu	Jan 15-May 28	9:30-10:30 a.m.	North East Community Centre	\$100				
Line Dance	12+	Tue	Jan 13-May 26	7-8 p.m.	North East Community Centre	\$75				
Pickle Ball	18+	Wed	Jan 14-May 27	6:30-8:30 p.m.	North East Community Association	\$100 or \$5/session				
Pickle Ball	18+	Mon	Jan 12-May 25	12-2 p.m.	North East Community Centre	\$100 or \$5/session				

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Beginner Chair Yoga	16+	Tue	Jan 13-May 26	12:30-1:30 p.m.	North East Community Centre	\$100		
Intermediate Chair Yoga	16+	Thu	Jan 15-May 28	11 a.m12 p.m.	North East Community Centre	\$100		
Forever Fit-gentle/moderate Fitness program	18+	Thu	Jan 15-May 28	9:30-10:30 a.m.	North East Community Centre	\$100		
Pickle Ball	50+	Mon	Jan 12-May 25	9:30-11:30 a.m.	North East Community Centre	\$100 or \$5/session		
Pickle Ball	50+	Wed	Jan 14-May 27	9:30-11:30 a.m.	North East Community Centre	\$100 or \$5/session		
Line Dance	12+	Tue	Jan 13-May 26	7-8 p.m.	North East Community Centre	\$75		
Senior Cards & Coffee	50+	Thu	Jan 15-May 28	10 a.m12 p.m.	North East Community Centre	Free		

### **Uplands Community Association**

#### uplandscommunity.ca

Contact: 306-949-5137 Email: uplandsca@gmail.com Registration Date: January 13, 7:00 p.m.
Registration Location: 20 Weekes Crescent

Pilates is a low-impact exercise method that focuses on strengthening and stabilizing the core, while also improving flexibility, posture, and overall body control. For this class please bring a mat and set of small weights to each class

Kids recreational dance class – Participants will learn a new style of dance each week, such as hip hop, ballet and jazz. Wear comfortable clothes and runners.

Mahjong - we play NMJL rules. If you don't know how to play, we would love to teach you this intriguing game of strategy.

**Walking club** – An affordable and safe way to get some exercise in the winter months when it's icy outside. Please wear non marking indoor shoes. Price is for the whole monthly session and not per week. Walk for as little or as long as you want in the time frame.

Children								
Activity Ages Day Dates Times Location Cost								
Recreational Learn to dance	6-13 yrs	Thu	Jan 15-Mar 26	6-6:45 p.m.	St. Gregory Gym	\$40		

Adult									
Activity	Ages	Day	Dates	Times	Location	Cost			
Pilates	16+	Thu	Jan 15- Mar 26	6:30-7:15 p.m.	MJ Coldwell Gym	\$50			
Zumba	16+	Mon	Jan 19- Mar 30	6:15-7 p.m.	MJ Coldwell Gym	\$60			
Slow Flow Yoga	18+	Thu	Jan 15-Mar 26	6-7 p.m.	Uplands Community Centre	\$60			
Slow Flow Yoga	18+	Thu	Apr 16-Jun 18	6-7 p.m.	Uplands Community Centre	\$60			
Deep Rest Yoga	18+	Thu	Jan 15-Mar 26	7:15-8:15 p.m.	Uplands Community Centre	\$60			
Deep Rest Yoga	18+	Thu	Apr 16-Jun 18	7:15-8:15 p.m.	Uplands Community Centre	\$60			

# **West Zone**

#### **West Zone Board**

#### westzoneboard.ca

Registration Date: See Website

Registration Location: See Website

Contact: Theresa 306-791-0226 Email: office@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 bimonthly 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, see: rwzcsa.ca
- · Regina North West Sports Association, see: rnwsa.ca
- West Zone Taekwon-Do offers Taekwon-Do for all ages and provides three lessons for free for those who wish to try it out.
   For further information, please email wztaekwondo@gmail.com or visit them on Facebook.

For information about the West Zone Board, West Zone programs or to volunteer, visit our website, westzoneboard.ca; or email, office@ westzoneboard.ca, or call 306-791-0226. Registration for West Zone Board programs are all online. A community association membership is required to participate in West Zone Board programs, which can be purchased for \$10 per family on our website. The memberships are valid from September 1, 2025 to August 31, 2026.

<sup>\*</sup>There will be no classes Family Day Weekend February 14-16, 2026 for Learn to Skate and Little Stars Hockey Skills

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Parent & Child Family Fun Skate	All Ages	Sat	Jan 17-Mar 7 excl Feb 14	10:55-11:30 a.m.	Wheat City Kinsmen Arena	Free with Community Membership			

Preschool									
Activity	Ages	Day	Dates	Times	Location	Cost			
Learn to Skate*	3-5 yrs	Sat	Jan 17-Mar 7	9:30-10:05 a.m.	Wheat City Kinsmen Arena	\$70			
Learn to Skate*	3-5 yrs	Sun	Jan 18-Mar 15	3:45-4:20 p.m.	Doug Wickenheiser Arena	\$80			
Little Stars Hockey Skills*	4-7 yrs	Sun	Jan 18-Mar 15	5:05-5:45 p.m.	Doug Wickenheiser Arena	\$110			
Little Tigers (Taekwon-Do)	3-5 yrs	Sun	TBD	1-1:45 p.m.	Henry Janzen School	\$175/10 sessions			
Outdoor Soccer	3-6 yrs	TBA	May-Jun	Weekday Evenings	West Zone Fields	\$90			

Children	Children									
Activity	Ages	Day	Dates	Times	Location	Cost				
Learn to Skate*	6-12 yrs	Sat	Jan 17-Mar 7	10:10-10:50 a.m.	Wheat City Kinsmen Arena	\$70				
Learn to Skate*	6-12 yrs	Sun	Jan 18-Mar 8	4:25-5:05 p.m.	Doug Wickenheiser Arena	\$80				
Little Stars Hockey Skills*	4-7 yrs	Sun	Jan 18-Mar 8	5:05-5:45 p.m.	Doug Wickenheiser Arena	\$110				
Learn Magic	5-13 yrs	Tue	Jan 20-Feb 24	7-8 p.m.	North West Leisure Centre	\$200				
Taekwon-Do	5+ yrs	Mon	Ongoing	6-7 p.m.	Henry Janzen School	\$375/3 months new students or \$225 returning students				
T-Ball, Softball	4-15 yrs	TBD	TBD	TBD	TBD	TBD				
Outdoor Soccer	7-10 yrs	TBD	May-Jun	Weekday Evenings	West Zone Fields	\$110				
Junior Golf Camp	TBD	TBD	Spring	TBD	NWLC Gym	TBD				

Teen									
Activity Ages Day Dates Times Location Cost									
Babysitting/Stay Safe	12+ yrs	Sat	TBA	TBA	TBA	\$50			
Outdoor Soccer	11-18	TBA	May-Jun	Wed Evenings	West Zone Fields	\$130			

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Standard First Aid	18+	Sun	Jan 25	8:30 a.m5 p.m.	TBA	\$120		
Standard First Aid	18+	Sun	Mar 22	8:30 a.m5 p.m.	TBA	\$120		
Standard First Aid	18+	Sun	Apr 19	8:30 a.m5 p.m.	TBA	\$120		
Psychological First Aid	18+	Sat	Jan 24	8:30 a.m4:30 p.m.	TBA	\$120		
Psychological First Aid	18+	Sat	Mar 21	8:30 a.m4:30 p.m.	TBA	\$120		
Psychological First Aid	18+	Sat	Apr 18	8:30 a.m4:30 p.m.	TBA	\$120		
Emergency Medical Responder Training	18+	Tue	Jan 13	ТВА	ТВА	ТВА		
Creative Food Budgeting and Meal Planning for Families & Singles 101	18+	Sat	Jan 3 & 10	2-5 p.m.	ТВА	\$25		
Creative Kitchen Skills 201	18+	Sat	Jan 24 & 31	2-5 p.m.	TBA	\$25		

# **Dieppe-Westerra Community Association**

dieppeplace.org

Contact: DWCA.media@gmail.com Email: DWCA.media@gmail.com Registration Date: December 1
Registration Location: Online only at dieppeplace.org

Located in the west end of Regina, Dieppe Place is one of the city's smaller communities. It is a family friendly community with beautiful walking paths including A.E. Wilson Park and the Dieppe War Memorial.

Westerra is one of Regina's newest communities. It's a bustling and vibrant community providing the west end of Regina with many new and exciting developments and growth.

Together our unique communities strive to create a welcoming environment, that provides our residents with many opportunities, including inclusive programming, community events and a sense of belonging.

Check out Dieppe-Westerra Community Association's website at dieppeplace.org and Facebook page to find more information about our programs, and community events. All community programs require a community membership.

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Sleigh Ride	All Ages	Sun	Dec 14	1-4 p.m.	Dieppe School grounds	Free with DWCA Membership			

Children									
Activity	Ages	Day	Dates	Times	Location	Cost			
Karate (Norma)	4-6 yrs	Mon	Jan 5-Jun 15	6-6:40 p.m.	Dieppe School	Free with DWCA Membership			

Family & Community									
Activity	Ages	Day	Dates	Times	Location	Cost			
Karate (Norma)	8+ yrs	Mon	Jan 5-Jun 15	6:45-8 p.m.	Dieppe School	Free with DWCA Membership			
Gentle Yoga	16+	Tue	Jan 6-Feb 24 excl Feb 17	6-7 p.m.	Dieppe School	\$90			
Flow Yoga	16+	Wed	Jan 7-Apr 29 excl Feb 18 & Apr 8	6-7 p.m.	Dieppe School	\$155			
Kali Self Defense	8+ yrs	Wed	Jan 7-Mar 18 excl Feb 18	7:30-9:30 p.m.	Dieppe School	\$75			
Kali Self Defense	8+ yrs	Wed	Mar 25-Jun 10 excl Apr 8	7:30-9:30 p.m.	Dieppe School	\$80			
Full Body Circuit / Kettlebell	16+	Thu	Jan 8-Apr 30 excl Feb 19 & Apr 9	6-7 p.m.	Dieppe School	\$155			

# **McNab Community Association**

# mcnabcommunity.com

Contact: McNab Community Association Email: mcnabca@sasktel.net

Association Registration Date: Contact for information Registration Location: Contact for information

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 (holidays may change this so if you would like to attend please contact us through our email). Neighbourhood Watch round table begins at 6:30 p.m. Come join and see what is happening in your neighborhood and express your opinions or concerns. McNab Community Association memberships are available for \$5 a year per household and can be purchased at all meetings and community events.

Follow us on Facebook and Instagram @McNabcommunity so you don't miss any of the upcoming activities or events.

# **Normanview Residents Group**

nrgi.ca

Contact: nrgi.ca Email: 2023nrgi@gmail.com Registration Date: December 1, 2025
Registration Location: Online Registration only

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

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

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

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

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

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

Adult							
Activity	Ages	Day	Dates	Times	Location	Cost	
Badminton	18+	Mon	Jan 12-May 11	6:15-8 p.m.	Centennial School	\$20	
Foreverin Motion	18+	Thu	Jan 15-May 28	1:30-2:45 p.m.	North West Leisure Centre (Room #1)	Free with membership	
Foreverin Motion	18+	Thu	Jan 8-May 28	9:30-10:30 a.m.	New Hope Lutheran Church	Free with membership	
Pickleball	16+	Sun	Jan 11-May 10	6-8 p.m.	St. Nicholas School	\$20	
Pickleball	16+	Wed	Jan 14-May 13	6-8 p.m.	St. Nicholas School	\$20	
Volleyball	16+	Tue	Jan 13-May 12	6:30-8 p.m.	St. Josaphat School	\$20	
Zumba	18+	Wed	Jan 14-Apr 29	6:30-7:30 p.m.	Saint Mary's Elementary School	\$50	
Zumba (Drop in)	18+	Wed	Jan 14-Apr 29	6:30-7:30 p.m.	Saint Mary's Elementary School	\$5	

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Indoor Floor Curling	55+	Fri	Jan 16-May 8	1-3 p.m.	North West Leisure Centre (Gym)	\$20		
Whist	55+	Tue	Jan 6-May 12	1-4 p.m.	North West Leisure Centre (Room #2)	Free with membership		

# **Normanview West Community Association**

nwcaregina.com

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

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

Stay connected to get the most up to date information on dates and times for below programming.

We encourage you to reach out to us on Facebook (@NWCommunityAssoc) if you have any suggestions or can run a new program! All residents are invited and encouraged to join board meetings as members at large. Visit our new website often for up-to-date info at nwcaregina.com

Contact: pvca.ca Email: contactus@pvca.ca Registration Date: In-person Jan 13-7 p.m. | Online Jan 14
Registration Location: McLurg School

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

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

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

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

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Karate-Juniors-Just for Kicks	5-8 yrs	Tue	Jan 20-May 26	6:30-7 p.m.	McLurg School	\$110 OR \$200/family		
Karate-Beginner/Intermediate	All Ages	Tue	Jan 20-May 26	7-8 p.m.	McLurg School	\$200 OR \$400/family		
Karate-Advanced (Orange belt and Up)	All Ages	Tue	Jan 20-May 26	8-9 p.m.	McLurg School	\$200 OR \$400/family		

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Friday Night Hoops	8-13 yrs	Fri	Jan 23-Apr 24	6:30-7:30 p.m.	McLurg School	\$20/season OR \$5 drop-in		
Parent/Youth Dodgeball	8-12 yrs	Thu	Jan 22-Apr 30	7:15-8:15 p.m.	Mclurg School	\$20/family		

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Drop-in Pickleball	16+	Mon	Jan 19-May 11	6:30-8:30 p.m.	McLurg School	\$5/session		
Stretch & Strength w Lee	16+	Wed	Jan 21-Apr 15	6-7 p.m.	McLurg School	\$65		
Chair Yoga w Lee	18+	Wed	Jan 21-Apr 15	7:15-8 p.m.	McLurg School	\$50		
Low-Impact Latin-Inspired Cardio Dance Class w Kerri	16+	Thu	Feb 5-Apr 30	6:15-7 p.m.	McLurg School	\$55		
Beginner Yoga w Fran	16+	Sun	Jan 18-Apr 26	4-5 p.m.	McLurg School	\$50		

# **Regent Park Community Association**

rpcaregina.ca

Contact: Tabatha Schneider Email: tab-11@hotmail.com Registration Date: Jan 6, 6-8 p.m. | Mar 17, 6-8 p.m. Registration Location: Elsie Mironuck School

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

For more information and to keep up to date in our ongoing programs and events you can use our new website at www.rpcaregina.ca or check out our Facebook page at Regent Park Regina Community Association.

The Family/Social Activity Night will include a different activity each Wednesday. Children must be accompanied by an adult.

Family & Community								
Activity	Ages	Day	Dates	Times	Location	Cost		
Family/Social Activity Night	All Ages	Wed	Jan 7-Jun 3	6:30-8:30 p.m.	Elsie Mironuck School Gym	Free with membership card		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Badminton	18+	Tue	Winter Jan 6-Mar 10 Spring Mar 17-Jun 2	7-9 p.m.	Elsie Mironuck School Gym	\$10/per semester with membership card		
Yoga	16+	Fri	Winter Jan 9-Mar 13 Spring Mar 20-Jun 5	6-7 p.m.	Elsie Mironuck Mini Gym	\$50/per semester with membership card		
Zumba	18+	Tue	Winter Jan 13-Mar 10 Spring Mar 17-Jun 2	6-7 p.m.	Elsie Mironuck School Gym	Winter \$40 with membership card Spring \$50 with membership card		

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Foreverin Motion	55+	Wed	Jan 7-Apr 29	10:30-11:30 a.m.	St James United Church 4506 Sherwood Dr	Free with membership card		

# Rosemont/Mount Royal Community Association

rmrca.com

Contact: Theresa Porter or Helen Adams Email: mail@rmrca.com Online Registration Dates: January 5-14 In-Person Registration Date: January 13 Registration Location: Rosemont Community School, 841 Horace St

The Rosemont Mount Royal Community Association (RMRCA) consists of approximately 4,000 households. Come out and learn what your Community Association is all about. Meeting are held the first Tuesday of each month, September through June, email mail@rmrca.com, if interested in attending. All residents are welcome. Thank you to the City of Regina for the Snow Angels Grant, Winter Initiates Program and our Community Clean Ups (hosted twice a year).

Children								
Activity	Ages	Day	Dates	Times	Location	Cost		
Basketball Skills	7-10 yrs	Wed	Jan 21-Apr 1 excl Feb 18	6:30-7:30 p.m.	Wilfred Walker School Gym	\$50		
Basketball Skills	11-14 yrs	Wed	Jan 21-Apr 1 excl Feb 18	7:45-8:45 p.m.	Wilfred Walker School Gym	\$50		
Art Workshop-Kids Water Colour (1 hr x 3 sessions)	6-10 yrs	TBA	ТВА	ТВА	Jack Hamilton Arena	\$50		

Teen								
Activity	Ages	Day	Dates	Times	Location	Cost		
Art WorkShop-Exploring Creativity (1.5 hrs x 3 sessions)	11-15 yrs	TBA	ТВА	ТВА	Jack Hamilton Arena	\$50		

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Fire & Flow Fitness (Effie)	18+	Tue	Jan 20-Mar 31 excl Feb 17	7-8 p.m.	Wilfred Walker School Gym	\$50		
Yoga (Josee)	18+	Mon	Jan 19-Mar 30 excl Feb 16	6-6:45 p.m.	Wilfred Walker School Gym	\$45		
Zumba (Josee)	18+	Mon	Jan 19-Mar 30 excl Feb 16	7-7:45 p.m.	Wilfred Walker School Gym	\$45		

Older Adults								
Activity Ages Day Dates Times Location Cost								
Chair Yoga (Miriam)	55+	Thu	Jan 22-Jun 11	10-11 a.m.	Zoom (On-line)	Free with community membership		
Foreverin Motion	55+	Mon, Wed, Fri	Jan-Jun 10-11 a.m.	10-11 a.m.	TBD	Free with community membership		
Tai Chi (Katherine)	55+	Tue	Jan 20-Jun 9	9-10 a.m.	Zoom (On-line)	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

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

Contact: twinlakescommunity@gmail.com (main contact)

Email: twinlakescommunity@gmail.com (programs/inquiries)

twinlakescheerprogram@gmail.com (cheer program only) twinlakesdanceprogram@gmail.com (dance program only) twinlakesbabysittingcourse@gmail.com (babysitting and home alone only)

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

A valid Community Association membership is required to register for any Community Association programming. A TLCA membership can be purchased for \$10 and is valid from August 1, 2025, to July 31, 2026.

For community updates, like and follow us on Facebook: Twin Lakes Community Association, Twin Lakes Cheer Program and Instagram: cheertwinlakes, dancetlca.

Preschool								
Activity Ages Day Dates Times Location Cost								
Cheer-U6 Level 1 Novice	3-4 yrs	Wed	Apr 15-May 20	6-6:50 p.m.	St. Angela School	\$110		

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer-U6 Level 1	5-6 yrs	Mon	Apr 13-May 25	6-6:50 p.m.	St. Angela School	\$110
Cheer-U8 Level 1	7-8 yrs	Mon	Apr 13-May 25	7-8 p.m.	St. Angela School	\$130
Cheer-U8 Level 1	5-8 yrs	Tue	Apr 14-May 19	6-6:50 p.m.	St. Angela School	\$110
Cheer-U12 Level 1	8-12 yrs	Tue	Apr 14-May 19	7-8 p.m.	St. Angela School	\$130
Cheer-U12 Level 1	8-12 yrs	Wed	Apr 15-May 20	7-8 p.m.	St. Angela School	\$130
Cheer-Tumbling Level 1	8-14 yrs	Fri	Jan 16-Mar 27	6-6:50 p.m.	MacNeill School	\$80
Cheer-Tumbling Level 2	8-14 yrs	Fri	Jan 16-Mar 27	7-7:50 p.m.	MacNeill School	\$80
Smashball-FUNdamentals	6-8 yrs	Tue	Jan 6-Mar 3	6:15-7:15 p.m.	MacNeill School	\$40
Smashball-Learn to Train	9-11 yrs	Tue	Jan 6-Mar 3	7:15-8:45 p.m.	MacNeill School	\$60

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting Course	11+ yrs	Mon	Jan 12-Jan 26	5:30-8 p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Wed	Feb 4-Feb 18	5:30-8 p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Thu	Mar 5-Mar 19	5:30-8 p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Fri	Apr 3-17	5:30-8 p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Mon	May 4-May 25	5:30-8 p.m.	Northwest Leisure Centre	\$30
Babysitting Course	11+ yrs	Wed	May 6-May 20	5:30-8 p.m.	Northwest Leisure Centre	\$30
Home Alone Course	10+ yrs	Tue	Jan 27	5:30-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Wed	Feb 25	5:30-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Thu	Mar 26	5:30-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Thu	Apr 2	5:30-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Fri	May 1	5:30-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Thu	May 21	5:30-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course	10+ yrs	Tue	May 26	5:30-8 p.m.	Northwest Leisure Centre	\$20

Adult								
Activity	Ages	Day	Dates	Times	Location	Cost		
Beginner Yoga	18+	Wed	Jan 7-Mar 25	6:30-7:30 p.m.	St. Jerome School	\$70		
Beginner Yoga	18+	Thu	Jan 8-Mar 26	6:15-7:15 p.m.	St. Jerome School	\$70		
Pickleball (Adult Co-ed)	18+	Wed	Jan 21-Jun 24	3:30-5:30 p.m.	Northwest Leisure Centre	\$20		
Zumba with Pound	18+	Mon	Jan 12-Mar 23	6:30-7:30 p.m.	MacNeill School	\$84		

### Walsh Acres/Lakeridge/Gardenridge Community Association

walrgr.com

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

Registration Date: Jan 13 7-8 p.m.
Registration Location: Henry Janzen School

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

Email: walrgr.chair@gmail.com or walrgr.secretary@gmail.com

Memberships: \*\*\* All Community Association Programs Require a Community Membership Card \*\*\*

Community Membership cards expire August 31 of each year and can be purchased from Laura Riffel for \$5.

Email: walrgr.memberships@gmail.com or Phone: 306-526-9921. Membership fees are non-refundable.

**Tae Kwon Do:** register on registration night or contact Master Bryan Folk, phone 306-949-7067, or email b.folktkd@hotmail.com This program has ongoing registrations.

Sportball: for information and to register email Tina at tinak@sportball.ca

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

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

Family & Community							
Activity Ages Day Dates Times Location Cost							
Tae Kwon Do	6 yrs+	Tue & Thu	Jan 6-Jun 4	6:30-7:45 p.m.	Henry Janzen School	\$40/month	

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-Sport	4-6 yrs	Sat	Jan 10-Mar 7	11 a.m12 p.m.	Henry Janzen School	\$177/7 sessions
Sportball-Coach & Child Multi-Sport	4-6 yrs	Sun	Jan 11-Feb 28	2:05-3:05 p.m.	North West Leisure Centre	\$177/7 sessions
Sportball-Coach & Child Multi-Sport	4-6 yrs	Sat	Mar 14-Apr 25	11 a.m12 p.m.	Henry Janzen School	\$151/6 sessions
Sportball-Coach & Child Multi-Sport	4-6 yrs	Sun	Mar 8-Apr 26	2:05-3:05 p.m.	North West Leisure Centre	\$177/7 sessions
Sportball-Parent & Child Multi-Sport	16-24 mth	Sat	Jan 10-Mar 7	9:15-10 a.m.	Henry Janzen School	\$177/7 sessions
Sportball-Parent & Child Multi-Sport	16-24 mth	Sun	Jan 11-Feb 28	4:10-4:55 p.m.	North West Leisure Centre	\$177/7 sessions
Sportball-Parent & Child Multi-Sport	16-24 mth	Sat	Mar 14-Apr 25	9:15-10 a.m.	Henry Janzen School	\$151/6 sessions
Sportball-Parent & Child Multi-Sport	16-24 mth	Sun	Mar 8-Apr 26	4:10-4:55 p.m.	North West Leisure Centre	\$177/7 sessions
Sportball-Parent & Child Multi-Sport	2-4 yrs	Sat	Jan 10-Mar 7	10:10-10:55 a.m.	Henry Janzen School	\$177/7 sessions
Sportball-Parent & Child Multi-Sport	2-4 yrs	Sun	Jan 11-Feb 28	3:15-4 p.m.	North West Leisure Centre	\$177/7 sessions
Sportball-Parent & Child Multi-Sport	2-4 yrs	Sat	Mar 14-Apr 25	10:10-10:55 a.m.	Henry Janzen School	\$151/6 sessions
Sportball-Parent & Child Multi-Sport	2-4 yrs	Sun	Mar 8-Apr 26	3:15-4 p.m.	North West Leisure Centre	\$177/7 sessions

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-Sport	6-8 yrs	Sun	Jan 11-Feb 28	1-2 p.m.	North West Leisure Centre	\$177/7 sessions
Sportball-Coach & Child Multi-Sport	6-8 yrs	Sun	Mar 8-Apr 26	1-2 p.m.	North West Leisure Centre	\$177/7 sessions
Tae Kwon Do	6 yrs+	Tue & Thu	Jan 6-Jun 4	6:30-7:45 p.m.	Henry Janzen School	\$40/month
Youth Yoga	7-12 yrs	Thu	Feb 26-May 7	7:20-7:50 p.m.	George Lee School	\$10/10 sessions

Teen							
Activity Ages Day Dates Times Location Cost						Cost	
Tae Kwon Do	6 yrs+	Tue & Thu	Jan 6-Jun 4	6:30-7:45 p.m.	Henry Janzen School	\$40/month	

Adult							
Activity	Ages	Day	Dates Times L	Location	Cost		
Pickleball - choose one session each week via SignUp Genius	18+	Sat Sun	Jan 17-Jun 6 Jan 18-Jun 7	12:15-2 p.m./2-4 p.m. 11 a.m1 p.m./3-5 p.m.	Henry Janzen School	\$30	
Tae Kwon Do	6 yrs+	Tue & Thu	Jan 6-Jun 4	6:30-7:45 p.m.	Henry Janzen School	\$40/month	
Volleyball-Recreational	18+	Mon	Jan 19-Jun 1	6:30-8 p.m.	St. Bernadette School	\$20	
Volleyball-Skilled	18+	Thu	Jan 15-Jun 4	8:15-9:45 p.m.	George Lee School	\$20	
Yoga #1 (max 25)	18+	Sun	Feb 8-May 3	6:15-7:15 p.m.	George Lee School	\$60/10 sessions	
Yoga #2 (max 25)	18+	Mon	Feb 9-May 4	6:15-7:15 p.m.	George Lee School	\$60/10 sessions	

Older Adults								
Activity	Ages	Day	Dates	Times	Location	Cost		
Chair Yoga	50+	Fri	Feb 20-May 1	10-11 a.m.	Argyle Park Community Centre - 55 Davin Crescent	\$50/10 sessions		
Foreverin Motion	50+	Mon & Thu	Jan 19-Jun 18	11 a.m12 p.m.	Argyle Park Community Centre - 55 Davin Crescent	Free		

