

Leisure Guide

Fall 2025

Registration dates:

Residents - August 12

Non-Residents - August 14



**Find Your Fun
this Fall**

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



When does registration start?

Regina residents:

Tuesday, August 12

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

Non-residents:

Thursday, August 14

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

3 easy ways to register

1

Online Registration

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

Make sure you create your online account before registration day!

2

Call 306-777-PLAY (7529)

PlayLine operating hours:

Monday – Friday: 9 a.m. – 8 p.m.

Saturday – Sunday: 9 a.m. – 7 p.m.

Statutory holidays: 1:30 – 3:30 p.m.

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

3

Visit a Facility



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

Program Cancellations, Withdrawals, Transfers & Late Registrations

Cancellations

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

Withdrawals

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

Transfers

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

Late Registrations

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

See full details at Regina.ca/recreation.

Payment Methods

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

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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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Cover and inside photo show Sports Jam - Adults.

Available this Fall! See page 54 for details.

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

RENTAL INFORMATION

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

Sport and Recreation Facilities

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


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

Leisure Centres, Sportplex and Neil Balkwill Civic Arts Centre

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

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

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

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

MORE **THAN** FITNESS



Stay active while having fun!

A City of Regina Leisure Pass provides you:

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

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



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

Leisure Pass (Plus Applicable Taxes):

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

Single & Bulk Admissions (Plus Applicable Taxes):

	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$7.21	\$64.86	\$122.57
Senior (65+)	\$5.63	\$50.67	\$95.71
Young Adult (19-24)	\$5.63	\$50.67	\$95.71
Youth (13-18)	\$4.96	\$44.64	\$84.32
Child (2-12)	\$3.38	\$30.42	\$57.46
Family*	\$14.41	\$129.69	\$244.97

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

Multipurpose Recreational Facilities



Get fit, get creative, have fun!

Registered programs

Each of our multipurpose recreational facilities offer awesome registered programs to suit every interest and skill level, including swimming lessons, fine arts, fitness classes and sports programs! Check out these great registered programs starting on page 12 of this guide.

Drop-in activities and fitness

Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities at Regina.ca/dropin or see page 9.

NEIL BALKWILL CIVIC ARTS CENTRE

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



Hours may vary according to program needs.

Facility hours:

August 31-December 30

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

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.



NORTH WEST LEISURE CENTRE

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



Facility hours:

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

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



SPORTPLEX

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



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.

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

Fieldhouse

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

Lawson Aquatic Centre

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

SANDRA SCHMIRLER LEISURE CENTRE

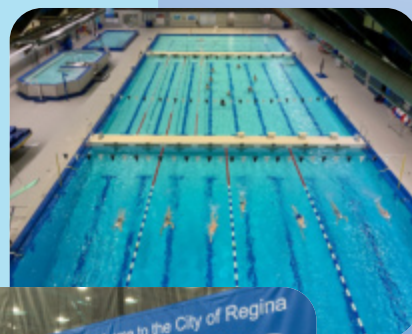


3130 East Woodhams Dr.
306-777-PLAY (7529)

Facility hours:

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

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





Outdoor Pools

Check out Regina.ca/outdoorpools for daily swim schedules.

Outdoor Pools

Massey Pool
100 Massey Rd.
306-777-7377

Regent Pool
3600 McKinley Ave.
306-777-7376

FREE **Buffalo Meadows Pool**
1401 Montague St.
306-777-7375

FREE **Maple Leaf Pool**
1104 14th Ave.
306-777-7374

Wascana Pool
2400 Wascana Dr.
306-777-PLAY (7529)

NEW **Season extended to September 28!**

Visit Regina.ca/outdoorpools for pool schedules and end of season dates for pools and spray pads.

Spray Pads

CENTRAL REGINA

Kinsmen Park North
Pasqua St. and 2nd Ave.

Gocki Park
Lindsay St. and 14th Ave.

Eastview Park
4th Ave. and Broder St.

Wascana Pool
2400 Wascana Dr.

EAST REGINA

Glen Elm Park
Bond St. and 9th Ave.

Parkridge Park
7th Ave. and Wadey Cres.

Queen Elizabeth Jubilee Park
McKay St. and 18th Ave.

Sandra Schmirler Leisure Centre
3130 East Woodhams Dr.

Varsity Park
Phillip Rd. and Pederson Cres.

Jump Start Spray Pad at Glencairn Neighbourhood Centre
2626 Dewdney Avenue E

SOUTH REGINA

Kinsmen Park South
Westgate Ave. and Kings Rd.
Closed for renovations

South Leisure Centre
170 Sunset Dr.

WEST REGINA

Maple Ridge Park A
6918 Maple Brook Crescent

North West Leisure Centre
1127 Arnason St.

Rick Hansen Optimist Playground
1010 McCarthy Blvd.

Rosemont Park
Grace St. and 6th Ave.

NORTH REGINA

Imperial Park
Rose St. and 3rd Ave. N

Māmowimīwēyitamōwin Park
3750 McKinley Ave.

Spray pads are a great water play experience and an easy way to cool off during the summer! Open daily from 9 a.m. to 8 p.m., from May 17 to mid-September (weather permitting). Visit Regina.ca/spraypads for more information.



Looking for the Drop-in Schedule?

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



Swim for Life Aquatic Registration Guidelines

Under Age 3 (with caregiver in the water):

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

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

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

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

Need Help Choosing the Right Level?

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

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

Ages 5+ (Swimmer Levels):

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

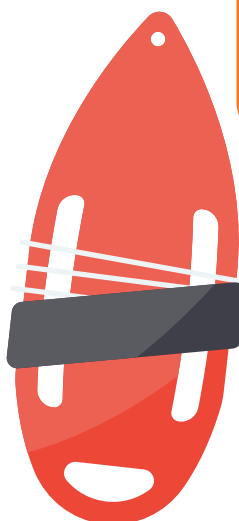
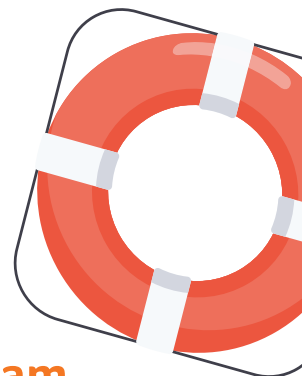
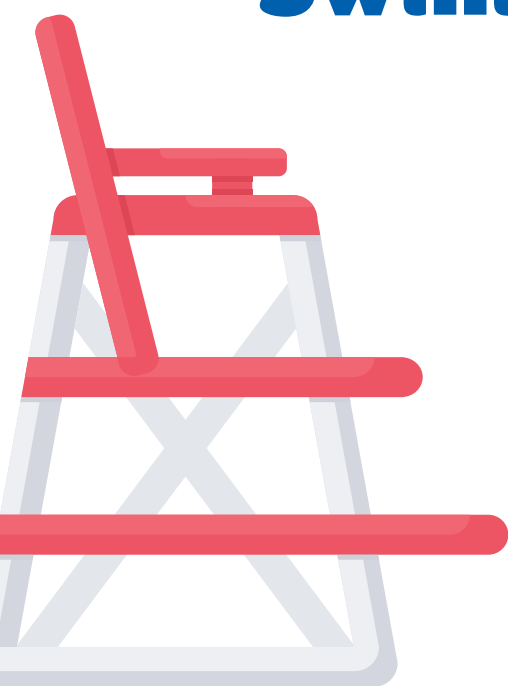
If Your Child...	Register in:
✓ Is 5–12 & just starting out	Swimmer 1
✓ Is 8–14 & just starting out	Youth Swimmer 1
✓ Jump into deep water with PFD ✓ Tread water, submerge, exhale ✓ Front/back floats, flutter kick, front crawl	Swimmer 2 / Youth Swimmer 2 (8–14 years)
✓ Side entries with PFD ✓ Tread 15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

Advanced Programs (Typically Age 10+):

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

Adult Swimming Lessons are Available Too!

How to Become a Lifeguard/ Swimming Instructor



Bronze Star Course

(Recommended)

Must have completed Swimmer 6



Bronze Medallion Course

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



Bronze Cross Course

Must have completed Bronze Medallion

Lifeguard Stream

Instructor Stream

Standard First Aid/CPR 'C' & AED Course

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



National Lifeguard

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

'Swim for Life' Instructor Course

*Must be 15 years old

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

Visit Regina.ca/careers
to apply today!

Swimming Lessons

Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Preschool Aquatics – Lifesaving Swim for Life

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

Parent & Tot 1

4-12 months

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

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

LAC	79607	Mon	Oct 27-Dec 15	6:05-6:35p.m.	\$59.60
	79608	Tue	Oct 28-Dec 16	5:30-6p.m.	\$52.15
	79922	Sun	Nov 2-Dec 21	11-11:35a.m.	\$52.15
NWLC	80258	Tue	Sep 2-Oct 21	2:15-2:45p.m.	\$52.15
	80291	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
	80318	Thu	Sep 4-Oct 23	9-9:30a.m.	\$59.60
	80357	Sat	Sep 6-Oct 25	11:45a.m.-12:15p.m.	\$59.60
	80389	Sun	Sep 7-Oct 26	11:50a.m.-12:20p.m.	\$59.60
	80229	Mon	Sep 8-Oct 20	5:10-5:45p.m.	\$52.15
	80428	Mon	Oct 27-Dec 15	4:35-5:05p.m.	\$59.60
	80512	Tue	Oct 28-Dec 16	9-9:30a.m.	\$52.15
	80542	Wed	Oct 29-Dec 17	5:10-5:40p.m.	\$59.60
	80564	Thu	Oct 30-Dec 18	2:15-2:45p.m.	\$59.60
	80565	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
	80657	Sat	Nov 1-Dec 20	11:50a.m.-12:20p.m.	\$59.60

NWLC	80688	Sun	Nov 2-Dec 21	11:45a.m.-12:15p.m.	\$59.60
SSLC	79540	Tue	Sep 2-Oct 21	11:05-11:35a.m.	\$52.15
	79539	Tue	Sep 2-Oct 21	4:45-5:15p.m.	\$52.15
	79574	Wed	Sep 3-Oct 22	10:50-11:20a.m.	\$59.60
	79573	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
	79671	Thu	Sep 4-Oct 23	5:25-5:55p.m.	\$59.60
	79716	Fri	Sep 5-Oct 24	4:45-5:15p.m.	\$59.60
	79755	Sat	Sep 6-Oct 25	11:10-11:40a.m.	\$59.60
	79756	Sat	Sep 6-Oct 25	1:30-2p.m.	\$59.60
	79824	Sun	Sep 7-Oct 26	11:10-11:40a.m.	\$59.60
	79504	Mon	Sep 8-Oct 20	4:50-5:25p.m.	\$52.15
	79505	Mon	Sep 8-Oct 20	10:40-11:15a.m.	\$52.15
	79951	Mon	Oct 27-Dec 15	10:35-11:05a.m.	\$59.60
	79950	Mon	Oct 27-Dec 15	4:45-5:15p.m.	\$59.60
	79990	Tue	Oct 28-Dec 16	11:05-11:35a.m.	\$52.15
	79989	Tue	Oct 28-Dec 16	4:45-5:15p.m.	\$52.15
	80020	Wed	Oct 29-Dec 17	5:25-5:55p.m.	\$59.60
	80044	Thu	Oct 30-Dec 18	10:50-11:20a.m.	\$59.60
	80043	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
	80090	Fri	Oct 31-Dec 19	5:25-5:55p.m.	\$59.60
	80125	Sat	Nov 1-Dec 20	11:10-11:40a.m.	\$59.60
	80126	Sat	Nov 1-Dec 20	1:30-2p.m.	\$59.60
	80472	Sun	Nov 2-Dec 21	11:10-11:40a.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	79482	Tue,Thu	Oct 2-23	4:55-5:25p.m.	\$52.15
	79609	Mon	Oct 27-Dec 15	4:55-5:25p.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	79476	Mon,Wed	Sep 29-Oct 22	6:50-7:20p.m.	\$52.15
	79610	Wed	Oct 29-Dec 17	6:25-6:55p.m.	\$59.60
	79611	Thu	Oct 30-Dec 18	5:30-6p.m.	\$52.15
	79925	Sun	Nov 2-Dec 21	11-11:35a.m.	\$52.15
NWLC	80261	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
	80293	Wed	Sep 3-Oct 22	10:15-10:45a.m.	\$59.60
	80294	Wed	Sep 3-Oct 22	5:45-6:15p.m.	\$59.60
	80320	Thu	Sep 4-Oct 23	10:55-11:25a.m.	\$59.60
	80337	Fri	Sep 5-Oct 24	5:10-5:40p.m.	\$59.60
	80359	Sat	Sep 6-Oct 25	12:35-1:05p.m.	\$59.60
	80392	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
	80211	Mon	Sep 8-Oct 20	12:50-1:25p.m.	\$52.15
	80431	Mon	Oct 27-Dec 15	10:15-10:45a.m.	\$59.60
	80545	Wed	Oct 29-Dec 17	12:50-1:20p.m.	\$59.60
	80567	Thu	Oct 30-Dec 18	5:45-6:15p.m.	\$59.60
	80660	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
SSLC	80690	Sun	Nov 2-Dec 21	12:35-1:05p.m.	\$59.60
	79544	Tue	Sep 2-Oct 21	11:40a.m.-12:10p.m.	\$52.15
	79543	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
	79577	Wed	Sep 3-Oct 22	4:45-5:15p.m.	\$59.60
	79761	Sat	Sep 6-Oct 25	10:15-10:45a.m.	\$59.60
	79760	Sat	Sep 6-Oct 25	12:45-1:15p.m.	\$59.60
	79762	Sat	Sep 6-Oct 25	1:40-2:10p.m.	\$59.60
	79828	Sun	Sep 7-Oct 26	10:15-10:45a.m.	\$59.60
	79827	Sun	Sep 7-Oct 26	12:45-1:15p.m.	\$59.60
	79508	Mon	Sep 8-Oct 20	11:20-11:55a.m.	\$52.15
	79507	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
	79960	Mon	Oct 27-Dec 15	11:10-11:40a.m.	\$59.60
	79969	Tue	Oct 28-Dec 16	11:40a.m.-12:10p.m.	\$52.15
	79968	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
	80050	Thu	Oct 30-Dec 18	4:45-5:15p.m.	\$59.60
	80139	Sat	Nov 1-Dec 20	10:15-10:45a.m.	\$59.60
	80138	Sat	Nov 1-Dec 20	12:45-1:15p.m.	\$59.60
	80140	Sat	Nov 1-Dec 20	1:40-2:10p.m.	\$59.60
	80483	Sun	Nov 2-Dec 21	10:15-10:45a.m.	\$59.60
	80482	Sun	Nov 2-Dec 21	12:45-1:15p.m.	\$59.60

NWLC	80259	Tue	Sep 2-Oct 21	2:50-3:20p.m.	\$52.15
	80260	Tue	Sep 2-Oct 21	5:10-5:40p.m.	\$52.15
	80292	Wed	Sep 3-Oct 22	9-9:30a.m.	\$59.60
	80319	Thu	Sep 4-Oct 23	5:50-6:20p.m.	\$59.60
	80358	Sat	Sep 6-Oct 25	10:50-11:20a.m.	\$59.60
	80390	Sun	Sep 7-Oct 26	11:15-11:45a.m.	\$59.60
	80391	Sun	Sep 7-Oct 26	12:05-12:35p.m.	\$59.60
	80209	Mon	Sep 8-Oct 20	2:20-2:55p.m.	\$52.15
	80210	Mon	Sep 8-Oct 20	5:50-6:25p.m.	\$52.15
	80429	Mon	Oct 27-Dec 15	9-9:30a.m.	\$59.60
	80430	Mon	Oct 27-Dec 15	5:10-5:40p.m.	\$59.60
	80513	Tue	Oct 28-Dec 16	5:10-5:40p.m.	\$52.15
	80543	Wed	Oct 29-Dec 17	2:20-2:50p.m.	\$59.60
	80544	Wed	Oct 29-Dec 17	5:50-6:20p.m.	\$59.60
	80566	Thu	Oct 30-Dec 18	2:50-3:20p.m.	\$59.60
	80584	Fri	Oct 31-Dec 19	5:50-6:20p.m.	\$59.60
	80658	Sat	Nov 1-Dec 20	12:05-12:35p.m.	\$59.60
	80659	Sat	Nov 1-Dec 20	11:15-11:45a.m.	\$59.60
SSLC	80689	Sun	Nov 2-Dec 21	10:50-11:20a.m.	\$59.60
	79542	Tue	Sep 2-Oct 21	4:05-4:35p.m.	\$52.15
	79541	Tue	Sep 2-Oct 21	5:10-5:40p.m.	\$52.15
	79576	Wed	Sep 3-Oct 22	11:25-11:55a.m.	\$59.60
	79575	Wed	Sep 3-Oct 22	4:10-4:40p.m.	\$59.60
	79673	Thu	Sep 4-Oct 23	11-11:30a.m.	\$59.60
	79672	Thu	Sep 4-Oct 23	4:50-5:20p.m.	\$59.60
	79757	Sat	Sep 6-Oct 25	9:35-10:05a.m.	\$59.60
	79758	Sat	Sep 6-Oct 25	12:10-12:40p.m.	\$59.60
	79759	Sat	Sep 6-Oct 25	2:50-3:20p.m.	\$59.60
	79825	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
	79826	Sun	Sep 7-Oct 26	12:10-12:40p.m.	\$59.60
	79506	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
	79971	Tue	Oct 28-Dec 16	4:05-4:35p.m.	\$52.15
	79970	Tue	Oct 28-Dec 16	5:10-5:40p.m.	\$52.15
	80017	Wed	Oct 29-Dec 17	11-11:30a.m.	\$59.60
	80016	Wed	Oct 29-Dec 17	4:50-5:20p.m.	\$59.60
	80049	Thu	Oct 30-Dec 18	11:25-11:55a.m.	\$59.60
	80048	Thu	Oct 30-Dec 18	4:10-4:40p.m.	\$59.60
	80087	Fri	Oct 31-Dec 19	4:50-5:20p.m.	\$59.60
	80109	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
	80110	Sat	Nov 1-Dec 20	12:10-12:40p.m.	\$59.60
	80111	Sat	Nov 1-Dec 20	2:50-3:20p.m.	\$59.60
	80457	Sun	Nov 2-Dec 21	9:35-10:05a.m.	\$59.60
	80458	Sun	Nov 2-Dec 21	12:10-12:40p.m.	\$59.60

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fitness classes?**

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more at Regina.ca/dropin



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

Preschool 1

3-5 years

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

LAC	79478	Mon,Wed	Sep 29-Oct 22	5:30-6p.m.	\$70.00
	79483	Tue,Thu	Oct 2-23	6:15-6:45p.m.	\$52.15
	79612	Mon	Oct 27-Dec 15	5:30-6p.m.	\$59.60
	79613	Wed	Oct 29-Dec 17	5:30-6p.m.	\$59.60
	79614	Thu	Oct 30-Dec 18	7-7:30p.m.	\$52.15
	79924	Sun	Nov 2-Dec 21	11:30a.m.-12:05p.m.	\$52.15
NWLC	80262	Tue	Sep 2-Oct 21	1:35-2:05p.m.	\$52.15
	80263	Tue	Sep 2-Oct 21	4-4:30p.m.	\$52.15
	80264	Tue	Sep 2-Oct 21	5:15-5:45p.m.	\$52.15
	80295	Wed	Sep 3-Oct 22	10:50-11:20a.m.	\$59.60
	80297	Wed	Sep 3-Oct 22	4:05-4:35p.m.	\$59.60
	80296	Wed	Sep 3-Oct 22	5:10-5:40p.m.	\$59.60
	80321	Thu	Sep 4-Oct 23	4:05-4:35p.m.	\$59.60
	80338	Fri	Sep 5-Oct 24	5:50-6:20p.m.	\$59.60
	80361	Sat	Sep 6-Oct 25	9:40-10:10a.m.	\$59.60
	80360	Sat	Sep 6-Oct 25	10:10-10:40a.m.	\$59.60
	80393	Sun	Sep 7-Oct 26	9:45-10:15a.m.	\$59.60
	80394	Sun	Sep 7-Oct 26	10:45-11:15a.m.	\$59.60
	80212	Mon	Sep 8-Oct 20	3-3:35p.m.	\$52.15
	80213	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
	80432	Mon	Oct 27-Dec 15	10:50-11:20a.m.	\$59.60
	80433	Mon	Oct 27-Dec 15	4-4:30p.m.	\$59.60
	80434	Mon	Oct 27-Dec 15	5:15-5:45p.m.	\$59.60
	80515	Tue	Oct 28-Dec 16	5:50-6:20p.m.	\$52.15
	80546	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
	80547	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
	80548	Wed	Oct 29-Dec 17	3-3:30p.m.	\$59.60
	80570	Thu	Oct 30-Dec 18	1:35-2:05p.m.	\$59.60
	80568	Thu	Oct 30-Dec 18	4:05-4:35p.m.	\$59.60
	80569	Thu	Oct 30-Dec 18	5:10-5:40p.m.	\$59.60
	80585	Fri	Oct 31-Dec 19	4:05-4:35p.m.	\$59.60
	80662	Sat	Nov 1-Dec 20	9:45-10:15a.m.	\$59.60
	80661	Sat	Nov 1-Dec 20	10:45-11:15a.m.	\$59.60
	80693	Sun	Nov 2-Dec 21	9:40-10:10a.m.	\$59.60
	80691	Sun	Nov 2-Dec 21	10:10-10:40a.m.	\$59.60
	80692	Sun	Nov 2-Dec 21	12:55-1:25p.m.	\$59.60
SSLC	79547	Tue	Sep 2-Oct 21	11:40a.m.-12:10p.m.	\$52.15
	79545	Tue	Sep 2-Oct 21	5:25-5:55p.m.	\$52.15
	79546	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
	79581	Wed	Sep 3-Oct 22	10:15-10:45a.m.	\$59.60

SSLC	79582	Wed	Sep 3-Oct 22	11:25-11:55a.m.	\$59.60
	79578	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
	79580	Wed	Sep 3-Oct 22	5:25-5:55p.m.	\$59.60
	79579	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
	79677	Thu	Sep 4-Oct 23	11:35a.m.-12:05p.m.	\$59.60
	79674	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
	79676	Thu	Sep 4-Oct 23	4:45-5:15p.m.	\$59.60
	79675	Thu	Sep 4-Oct 23	5:15-5:45p.m.	\$59.60
	79718	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
	79717	Fri	Sep 5-Oct 24	4:40-5:10p.m.	\$59.60
	79719	Fri	Sep 5-Oct 24	6-6:30p.m.	\$59.60
	79764	Sat	Sep 6-Oct 25	9:05-9:35a.m.	\$59.60
	79763	Sat	Sep 6-Oct 25	9:35-10:05a.m.	\$59.60
	79765	Sat	Sep 6-Oct 25	10:50-11:20a.m.	\$59.60
	79766	Sat	Sep 6-Oct 25	1-1:30p.m.	\$59.60
	79767	Sat	Sep 6-Oct 25	2:05-2:35p.m.	\$59.60
	79768	Sat	Sep 6-Oct 25	2:15-2:45p.m.	\$59.60
	79830	Sun	Sep 7-Oct 26	9:05-9:35a.m.	\$59.60
	79829	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
	79831	Sun	Sep 7-Oct 26	10:50-11:20a.m.	\$59.60
	79832	Sun	Sep 7-Oct 26	1-1:30p.m.	\$59.60
	79833	Sun	Sep 7-Oct 26	6:10-6:40p.m.	\$59.60
	79511	Mon	Sep 8-Oct 20	10-10:35a.m.	\$52.15
	79512	Mon	Sep 8-Oct 20	11:20-11:55a.m.	\$52.15
	79510	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
	79509	Mon	Sep 8-Oct 20	6:10-6:45p.m.	\$52.15
	79931	Mon	Oct 27-Dec 15	10-10:30a.m.	\$59.60
	79933	Mon	Oct 27-Dec 15	11:10-11:40a.m.	\$59.60
	79923	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
	79919	Mon	Oct 27-Dec 15	4:40-5:10p.m.	\$59.60
	79926	Mon	Oct 27-Dec 15	6-6:30p.m.	\$59.60
	79921	Mon	Oct 27-Dec 15	6:55-7:25p.m.	\$59.60
	79976	Tue	Oct 28-Dec 16	11:40a.m.-12:10p.m.	\$52.15
	79974	Tue	Oct 28-Dec 16	5:25-5:55p.m.	\$52.15
	79975	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
	80001	Wed	Oct 29-Dec 17	11:35a.m.-12:05p.m.	\$59.60
	79999	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
	80000	Wed	Oct 29-Dec 17	4:45-5:15p.m.	\$59.60
	80025	Wed	Oct 29-Dec 17	5:15-5:45p.m.	\$59.60
	80036	Thu	Oct 30-Dec 18	10:15-10:45a.m.	\$59.60
	80037	Thu	Oct 30-Dec 18	11:25-11:55a.m.	\$59.60
	80033	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
	80035	Thu	Oct 30-Dec 18	5:25-5:55p.m.	\$59.60
	80034	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
	80070	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
	80072	Fri	Oct 31-Dec 19	4:45-5:15p.m.	\$59.60
	80071	Fri	Oct 31-Dec 19	5:15-5:45p.m.	\$59.60
	80133	Sat	Nov 1-Dec 20	9:05-9:35a.m.	\$59.60

SSLC	80132	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
	80134	Sat	Nov 1-Dec 20	10:50-11:20a.m.	\$59.60
	80131	Sat	Nov 1-Dec 20	1-1:30p.m.	\$59.60
	80135	Sat	Nov 1-Dec 20	2:05-2:35p.m.	\$59.60
	80136	Sat	Nov 1-Dec 20	2:15-2:45p.m.	\$59.60
	80477	Sun	Nov 2-Dec 21	9:05-9:35a.m.	\$59.60
	80476	Sun	Nov 2-Dec 21	9:35-10:05a.m.	\$59.60
	80478	Sun	Nov 2-Dec 21	9:50-10:20a.m.	\$59.60
	80475	Sun	Nov 2-Dec 21	1-1:30p.m.	\$59.60
	80479	Sun	Nov 2-Dec 21	6:10-6:40p.m.	\$59.60

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	79479	Mon,Wed	Sep 29-Oct 22	6:05-6:35p.m.	\$52.15
	79618	Mon	Oct 27-Dec 15	6:50-7:20p.m.	\$59.60
	79616	Tue	Oct 28-Dec 16	6:05-6:35p.m.	\$52.15
	79617	Wed	Oct 29-Dec 17	7-7:30p.m.	\$59.60
	79615	Thu	Oct 30-Dec 18	6:50-7:20p.m.	\$52.15
	79927	Sun	Nov 2-Dec 21	12:25-1p.m.	\$52.15
NWLC	80265	Tue	Sep 2-Oct 21	1-1:30p.m.	\$52.15
	80266	Tue	Sep 2-Oct 21	5:50-6:20p.m.	\$52.15
	80298	Wed	Sep 3-Oct 22	5:10-5:40p.m.	\$59.60
	80299	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
	80323	Thu	Sep 4-Oct 23	10:20-10:50a.m.	\$59.60
	80322	Thu	Sep 4-Oct 23	4:35-5:05p.m.	\$59.60
	80339	Fri	Sep 5-Oct 24	4:35-5:05p.m.	\$59.60
	80340	Fri	Sep 5-Oct 24	5:15-5:45p.m.	\$59.60
	80341	Fri	Sep 5-Oct 24	5:45-6:15p.m.	\$59.60
	80362	Sat	Sep 6-Oct 25	9-9:30a.m.	\$59.60
	80363	Sat	Sep 6-Oct 25	11:10-11:40a.m.	\$59.60
	80395	Sun	Sep 7-Oct 26	11:30a.m.-12p.m.	\$59.60
	80250	Mon	Sep 8-Oct 20	1:30-2:05p.m.	\$52.15
	80214	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
	80435	Mon	Oct 27-Dec 15	5:50-6:20p.m.	\$59.60
	80516	Tue	Oct 28-Dec 16	10:10-10:40a.m.	\$52.15
	80518	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
	80517	Tue	Oct 28-Dec 16	5:15-5:45p.m.	\$52.15
	80519	Tue	Oct 28-Dec 16	5:45-6:15p.m.	\$52.15
	80549	Wed	Oct 29-Dec 17	1:30-2p.m.	\$59.60
	80571	Thu	Oct 30-Dec 18	1-1:30p.m.	\$59.60
	80573	Thu	Oct 30-Dec 18	5:10-5:40p.m.	\$59.60
	80572	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
	80586	Fri	Oct 31-Dec 19	4:35-5:05p.m.	\$59.60

NWLC	80663	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
	80664	Sat	Nov 1-Dec 20	11:30a.m.-12p.m.	\$59.60
	80694	Sun	Nov 2-Dec 21	9-9:30a.m.	\$59.60
	80695	Sun	Nov 2-Dec 21	11:10-11:40a.m.	\$59.60
SSLC	79549	Tue	Sep 2-Oct 21	11:05-11:35a.m.	\$52.15
	79548	Tue	Sep 2-Oct 21	4:45-5:15p.m.	\$52.15
	79584	Wed	Sep 3-Oct 22	10:50-11:20a.m.	\$59.60
	79583	Wed	Sep 3-Oct 22	4:40-5:10p.m.	\$59.60
	79679	Thu	Sep 4-Oct 23	11:35a.m.-12:05p.m.	\$59.60
	79678	Thu	Sep 4-Oct 23	4:10-4:40p.m.	\$59.60
	79720	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
	79721	Fri	Sep 5-Oct 24	5:20-5:50p.m.	\$59.60
	79722	Fri	Sep 5-Oct 24	5:55-6:25p.m.	\$59.60
	79769	Sat	Sep 6-Oct 25	10:10-10:40a.m.	\$59.60
	79770	Sat	Sep 6-Oct 25	11:45a.m.-12:15p.m.	\$59.60
	79771	Sat	Sep 6-Oct 25	2:40-3:10p.m.	\$59.60
	79772	Sat	Sep 6-Oct 25	2:50-3:20p.m.	\$59.60
	79834	Sun	Sep 7-Oct 26	10:10-10:40a.m.	\$59.60
	79835	Sun	Sep 7-Oct 26	11:45a.m.-12:15p.m.	\$59.60
	79837	Sun	Sep 7-Oct 26	5:35-6:05p.m.	\$59.60
	79836	Sun	Sep 7-Oct 26	6:10-6:40p.m.	\$59.60
	79515	Mon	Sep 8-Oct 20	10-10:35a.m.	\$52.15
	79513	Mon	Sep 8-Oct 20	4:05-4:40p.m.	\$52.15
	79514	Mon	Sep 8-Oct 20	5:35-6:10p.m.	\$52.15
	79914	Mon	Oct 27-Dec 15	10-10:30a.m.	\$59.60
	79911	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
	79912	Mon	Oct 27-Dec 15	5:20-5:50p.m.	\$59.60
	79913	Mon	Oct 27-Dec 15	5:55-6:25p.m.	\$59.60
	79992	Tue	Oct 28-Dec 16	11:05-11:35a.m.	\$52.15
	79991	Tue	Oct 28-Dec 16	4:45-5:15p.m.	\$52.15
	80028	Wed	Oct 29-Dec 17	11:35a.m.-12:05p.m.	\$59.60
	80027	Wed	Oct 29-Dec 17	4:10-4:40p.m.	\$59.60
	80046	Thu	Oct 30-Dec 18	10:50-11:20a.m.	\$59.60
	80045	Thu	Oct 30-Dec 18	4:40-5:10p.m.	\$59.60
	80095	Fri	Oct 31-Dec 19	4:10-4:40p.m.	\$59.60
	80112	Sat	Nov 1-Dec 20	10:10-10:40a.m.	\$59.60
	80113	Sat	Nov 1-Dec 20	11:45a.m.-12:15p.m.	\$59.60
	80114	Sat	Nov 1-Dec 20	2:40-3:10p.m.	\$59.60
	80459	Sun	Nov 2-Dec 21	10:10-10:40a.m.	\$59.60
	80460	Sun	Nov 2-Dec 21	11:45a.m.-12:15p.m.	\$59.60
	80462	Sun	Nov 2-Dec 21	5:35-6:05p.m.	\$59.60
	80461	Sun	Nov 2-Dec 21	6:10-6:40p.m.	\$59.60

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Preschool 3

3-5 years

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

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

LAC	79477	Mon,Wed	Sep 29-Oct 22	5:30-6p.m.	\$52.15
	79619	Mon	Oct 27-Dec 15	5:30-6p.m.	\$59.60
	79620	Wed	Oct 29-Dec 17	5:30-6p.m.	\$59.60
	79928	Sun	Nov 2-Dec 21	10:10-10:45a.m.	\$52.15
NWLC	80267	Tue	Sep 2-Oct 21	4:40-5:10p.m.	\$52.15
	80301	Wed	Sep 3-Oct 22	9:35-10:05a.m.	\$59.60
	80300	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
	80325	Thu	Sep 4-Oct 23	9:35-10:05a.m.	\$59.60
	80324	Thu	Sep 4-Oct 23	5:05-5:35p.m.	\$59.60
	80342	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
	80364	Sat	Sep 6-Oct 25	9:05-9:35a.m.	\$59.60
	80396	Sun	Sep 7-Oct 26	10:20-10:50a.m.	\$59.60
	80397	Sun	Sep 7-Oct 26	12:55-1:25p.m.	\$59.60
	80215	Mon	Sep 8-Oct 20	4:30-5:05p.m.	\$52.15
	80216	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
	80437	Mon	Oct 27-Dec 15	9:35-10:05a.m.	\$59.60
	80436	Mon	Oct 27-Dec 15	4:40-5:10p.m.	\$59.60
	80521	Tue	Oct 28-Dec 16	9:35-10:05a.m.	\$52.15
	80520	Tue	Oct 28-Dec 16	4:05-4:35p.m.	\$52.15
	80550	Wed	Oct 29-Dec 17	4:30-5p.m.	\$59.60
	80551	Wed	Oct 29-Dec 17	4:40-5:10p.m.	\$59.60
	80574	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
	80587	Fri	Oct 31-Dec 19	5:05-5:35p.m.	\$59.60
	80665	Sat	Nov 1-Dec 20	10:20-10:50a.m.	\$59.60
	80666	Sat	Nov 1-Dec 20	12:55-1:25p.m.	\$59.60
	80696	Sun	Nov 2-Dec 21	9:05-9:35a.m.	\$59.60
SSLC	79550	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
	79586	Wed	Sep 3-Oct 22	10:15-10:45a.m.	\$59.60
	79585	Wed	Sep 3-Oct 22	5:20-5:50p.m.	\$59.60
	79681	Thu	Sep 4-Oct 23	11-11:30a.m.	\$59.60
	79680	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
	79723	Fri	Sep 5-Oct 24	5:55-6:25p.m.	\$59.60
	79773	Sat	Sep 6-Oct 25	9:10-9:40a.m.	\$59.60
	79774	Sat	Sep 6-Oct 25	12:55-1:25p.m.	\$59.60
	79775	Sat	Sep 6-Oct 25	1:40-2:10p.m.	\$59.60
	79838	Sun	Sep 7-Oct 26	9:10-9:40a.m.	\$59.60
	79839	Sun	Sep 7-Oct 26	12:55-1:25p.m.	\$59.60
	79840	Sun	Sep 7-Oct 26	6:15-6:45p.m.	\$59.60
	79518	Mon	Sep 8-Oct 20	10:40-11:15a.m.	\$52.15
	79516	Mon	Sep 8-Oct 20	4:50-5:25p.m.	\$52.15
	79517	Mon	Sep 8-Oct 20	6:50-7:25p.m.	\$52.15
	79910	Mon	Oct 27-Dec 15	10:35-11:05a.m.	\$59.60

SSLC	79908	Mon	Oct 27-Dec 15	5:55-6:25p.m.	\$59.60
	79909	Mon	Oct 27-Dec 15	6:55-7:25p.m.	\$59.60
	79966	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
	80022	Wed	Oct 29-Dec 17	11-11:30a.m.	\$59.60
	80021	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
	80052	Thu	Oct 30-Dec 18	10:15-10:45a.m.	\$59.60
	80051	Thu	Oct 30-Dec 18	5:20-5:50p.m.	\$59.60
	80091	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
	80142	Sat	Nov 1-Dec 20	9:10-9:40a.m.	\$59.60
	80143	Sat	Nov 1-Dec 20	12:55-1:25p.m.	\$59.60
	80488	Sun	Nov 2-Dec 21	9:10-9:40a.m.	\$59.60
	80489	Sun	Nov 2-Dec 21	12:55-1:25p.m.	\$59.60
	80490	Sun	Nov 2-Dec 21	6:15-6:45p.m.	\$59.60

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	79484	Tue,Thu	Oct 2-23	5:30-6p.m.	\$52.15
	79622	Mon	Oct 27-Dec 15	2:50-3:20p.m.	\$59.60
	79621	Tue	Oct 28-Dec 16	6:50-7:20p.m.	\$52.15
	79929	Sun	Nov 2-Dec 21	10:20-10:55a.m.	\$52.15
NWLC	80268	Tue	Sep 2-Oct 21	4-4:30p.m.	\$52.15
	80326	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
	80343	Fri	Sep 5-Oct 24	5:05-5:35p.m.	\$59.60
	80365	Sat	Sep 6-Oct 25	1-1:30p.m.	\$59.60
	80399	Sun	Sep 7-Oct 26	10:55-11:25a.m.	\$59.60
	80398	Sun	Sep 7-Oct 26	12:20-12:50p.m.	\$59.60
	80239	Mon	Sep 8-Oct 20	5:15-5:50p.m.	\$52.15
	80438	Mon	Oct 27-Dec 15	4-4:30p.m.	\$59.60
	80522	Tue	Oct 28-Dec 16	5:05-5:35p.m.	\$52.15
	80552	Wed	Oct 29-Dec 17	5:15-5:45p.m.	\$59.60
	80588	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
	80668	Sat	Nov 1-Dec 20	10:55-11:25a.m.	\$59.60
	80667	Sat	Nov 1-Dec 20	12:20-12:50p.m.	\$59.60
	80697	Sun	Nov 2-Dec 21	1-1:30p.m.	\$59.60
	80697	Sun	Nov 2-Dec 21	1-1:30p.m.	\$59.60
SSLC	79587	Wed	Sep 3-Oct 22	4:15-4:45p.m.	\$59.60
	79682	Thu	Sep 4-Oct 23	4:45-5:15p.m.	\$59.60
	79776	Sat	Sep 6-Oct 25	9:40-10:10a.m.	\$59.60
	79841	Sun	Sep 7-Oct 26	9:40-10:10a.m.	\$59.60
	79842	Sun	Sep 7-Oct 26	5:40-6:10p.m.	\$59.60
	80015	Wed	Oct 29-Dec 17	4:45-5:15p.m.	\$59.60
	80056	Thu	Oct 30-Dec 18	4:15-4:45p.m.	\$59.60
	80086	Fri	Oct 31-Dec 19	4:45-5:15p.m.	\$59.60
	80141	Sat	Nov 1-Dec 20	9:40-10:10a.m.	\$59.60
	80141	Sat	Nov 1-Dec 20	9:40-10:10a.m.	\$59.60

SSLC	80484	Sun	Nov 2-Dec 21	9:40-10:10a.m.	\$59.60
	80485	Sun	Nov 2-Dec 21	5:40-6:10p.m.	\$59.60

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	79485	Tue,Thu	Oct 2-23	5:30-6p.m.	\$52.15
	79704	Mon	Oct 27-Dec 15	7-7:30p.m.	\$59.60
	79930	Sun	Nov 2-Dec 21	11:45a.m.-12:20p.m.	\$52.15
NWLC	80269	Tue	Sep 2-Oct 21	5:55-6:25p.m.	\$52.15
	80302	Wed	Sep 3-Oct 22	5:45-6:15p.m.	\$59.60
	80327	Thu	Sep 4-Oct 23	4:40-5:10p.m.	\$59.60
	80366	Sat	Sep 6-Oct 25	9:35-10:05a.m.	\$59.60
	80401	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
	80400	Sun	Sep 7-Oct 26	10:15-10:45a.m.	\$59.60
	80219	Mon	Sep 8-Oct 20	5:55-6:30p.m.	\$52.15
	80439	Mon	Oct 27-Dec 15	5:55-6:25p.m.	\$59.60
	80553	Wed	Oct 29-Dec 17	5:55-6:25p.m.	\$59.60
	80575	Thu	Oct 30-Dec 18	5:45-6:15p.m.	\$59.60
	80589	Fri	Oct 31-Dec 19	4:40-5:10p.m.	\$59.60
	80669	Sat	Nov 1-Dec 20	10:15-10:45a.m.	\$59.60
	80698	Sun	Nov 2-Dec 21	9:35-10:05a.m.	\$59.60
	79683	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
SSLC	79843	Sun	Sep 7-Oct 26	11:05-11:35a.m.	\$59.60
	80018	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
	80088	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
	80144	Sat	Nov 1-Dec 20	11:05-11:35a.m.	\$59.60

NWLC	80271	Tue	Sep 2-Oct 21	5:45-6:15p.m.	\$52.15
	80303	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
	80304	Wed	Sep 3-Oct 22	4:40-5:10p.m.	\$59.60
	80305	Wed	Sep 3-Oct 22	5:15-5:45p.m.	\$59.60
	80329	Thu	Sep 4-Oct 23	4:35-5:05p.m.	\$59.60
	80328	Thu	Sep 4-Oct 23	5:15-5:45p.m.	\$59.60
	80345	Fri	Sep 5-Oct 24	4:40-5:10p.m.	\$59.60
	80344	Fri	Sep 5-Oct 24	5:45-6:15p.m.	\$59.60
	80369	Sat	Sep 6-Oct 25	9:40-10:10a.m.	\$59.60
	80367	Sat	Sep 6-Oct 25	10:45-11:15a.m.	\$59.60
	80368	Sat	Sep 6-Oct 25	10:55-11:25a.m.	\$59.60
	80370	Sat	Sep 6-Oct 25	12:55-1:25p.m.	\$59.60
	80402	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
	80405	Sun	Sep 7-Oct 26	10:10-10:40a.m.	\$59.60
	80403	Sun	Sep 7-Oct 26	12:10-12:40p.m.	\$59.60
	80404	Sun	Sep 7-Oct 26	12:25-12:55p.m.	\$59.60
	80220	Mon	Sep 8-Oct 20	4:05-4:40p.m.	\$52.15
	80440	Mon	Oct 27-Dec 15	4:35-5:05p.m.	\$59.60
	80441	Mon	Oct 27-Dec 15	5:45-6:15p.m.	\$59.60
	80524	Tue	Oct 28-Dec 16	4:40-5:10p.m.	\$52.15
	80523	Tue	Oct 28-Dec 16	5:45-6:15p.m.	\$52.15
	80554	Wed	Oct 29-Dec 17	4:05-4:35p.m.	\$59.60
	80576	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
	80577	Thu	Oct 30-Dec 18	4:40-5:10p.m.	\$59.60
	80578	Thu	Oct 30-Dec 18	5:15-5:45p.m.	\$59.60
	80591	Fri	Oct 31-Dec 19	4:35-5:05p.m.	\$59.60
	80590	Fri	Oct 31-Dec 19	5:15-5:45p.m.	\$59.60
	80671	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
	80673	Sat	Nov 1-Dec 20	10:10-10:40a.m.	\$59.60
	80672	Sat	Nov 1-Dec 20	12:10-12:40p.m.	\$59.60
	80670	Sat	Nov 1-Dec 20	12:25-12:55p.m.	\$59.60
	80699	Sun	Nov 2-Dec 21	9:40-10:10a.m.	\$59.60
	80700	Sun	Nov 2-Dec 21	10:45-11:15a.m.	\$59.60
	80701	Sun	Nov 2-Dec 21	10:55-11:25a.m.	\$59.60
SSLC	79551	Tue	Sep 2-Oct 21	4:05-4:35p.m.	\$52.15
	79552	Tue	Sep 2-Oct 21	5:20-5:50p.m.	\$52.15
	79553	Tue	Sep 2-Oct 21	5:55-6:25p.m.	\$52.15
	79589	Wed	Sep 3-Oct 22	4:05-4:35p.m.	\$59.60
	79590	Wed	Sep 3-Oct 22	4:50-5:20p.m.	\$59.60
	79588	Wed	Sep 3-Oct 22	5:25-5:55p.m.	\$59.60
	79591	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
	79687	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
	79686	Thu	Sep 4-Oct 23	4:15-4:45p.m.	\$59.60
	79685	Thu	Sep 4-Oct 23	5:20-5:50p.m.	\$59.60
SSLC	79684	Thu	Sep 4-Oct 23	5:25-5:55p.m.	\$59.60
	79688	Thu	Sep 4-Oct 23	5:55-6:25p.m.	\$59.60
	79724	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
	79725	Fri	Sep 5-Oct 24	4:40-5:10p.m.	\$59.60

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	79469	Mon,Wed	Sep 29-Oct 22	5:30-6p.m.	\$52.15
	79486	Tue,Thu	Oct 2-23	6:05-6:35p.m.	\$52.15
	79706	Mon	Oct 27-Dec 15	2:15-2:45p.m.	\$59.60
	79705	Mon	Oct 27-Dec 15	6:50-7:20p.m.	\$59.60
	79708	Tue	Oct 28-Dec 16	5:30-6p.m.	\$52.15
	79707	Tue	Oct 28-Dec 16	6:40-7:10p.m.	\$52.15
	79711	Wed	Oct 29-Dec 17	6:15-6:45p.m.	\$59.60
	79710	Thu	Oct 30-Dec 18	6:15-6:45p.m.	\$52.15
	79709	Thu	Oct 30-Dec 18	6:40-7:10p.m.	\$52.15
	79934	Sun	Nov 2-Dec 21	9:30-10:05a.m.	\$52.15
NWLC	80270	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15

SSLC	79777	Sat	Sep 6-Oct 25	9-9:30a.m.	\$59.60
	79780	Sat	Sep 6-Oct 25	10:10-10:40a.m.	\$59.60
	79782	Sat	Sep 6-Oct 25	10:30-11am	\$59.60
	79783	Sat	Sep 6-Oct 25	11:05-11:35a.m.	\$59.60
	79778	Sat	Sep 6-Oct 25	11:45a.m.-12:15p.m.	\$59.60
	79781	Sat	Sep 6-Oct 25	12:25-12:55p.m.	\$59.60
	79779	Sat	Sep 6-Oct 25	12:50-1:20p.m.	\$59.60
	79784	Sat	Sep 6-Oct 25	1:30-2p.m.	\$59.60
	79786	Sat	Sep 6-Oct 25	2:05-2:35p.m.	\$59.60
	79787	Sat	Sep 6-Oct 25	2:15-2:45p.m.	\$59.60
	79785	Sat	Sep 6-Oct 25	2:40-3:10p.m.	\$59.60
	79844	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
	79847	Sun	Sep 7-Oct 26	10:10-10:40a.m.	\$59.60
	79849	Sun	Sep 7-Oct 26	10:30-11am	\$59.60
	79845	Sun	Sep 7-Oct 26	11:45a.m.-12:15p.m.	\$59.60
	79848	Sun	Sep 7-Oct 26	12:25-12:55p.m.	\$59.60
	79846	Sun	Sep 7-Oct 26	12:50-1:20p.m.	\$59.60
	79850	Sun	Sep 7-Oct 26	5:35-6:05p.m.	\$59.60
	79851	Sun	Sep 7-Oct 26	6:50-7:20p.m.	\$59.60
	79519	Mon	Sep 8-Oct 20	4:10-4:45p.m.	\$52.15
	79521	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
	79522	Mon	Sep 8-Oct 20	6:10-6:45p.m.	\$52.15
	79520	Mon	Sep 8-Oct 20	6:50-7:25p.m.	\$52.15
	79916	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
	79917	Mon	Oct 27-Dec 15	4:40-5:10p.m.	\$59.60
	79979	Tue	Oct 28-Dec 16	4:05-4:35p.m.	\$52.15
	79981	Tue	Oct 28-Dec 16	5:20-5:50p.m.	\$52.15
	79982	Tue	Oct 28-Dec 16	5:55-6:25p.m.	\$52.15
	80013	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
	80012	Wed	Oct 29-Dec 17	4:15-4:45p.m.	\$59.60
	80011	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
	80010	Wed	Oct 29-Dec 17	5:25-5:55p.m.	\$59.60
	80014	Wed	Oct 29-Dec 17	5:55-6:25p.m.	\$59.60
	80040	Thu	Oct 30-Dec 18	4:05-4:35p.m.	\$59.60
	80041	Thu	Oct 30-Dec 18	4:50-5:20p.m.	\$59.60
	80039	Thu	Oct 30-Dec 18	5:25-5:55p.m.	\$59.60
	80042	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
	80084	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
	80083	Fri	Oct 31-Dec 19	4:15-4:45p.m.	\$59.60
	80082	Fri	Oct 31-Dec 19	5:20-5:50p.m.	\$59.60
	80081	Fri	Oct 31-Dec 19	5:25-5:55p.m.	\$59.60
	80085	Fri	Oct 31-Dec 19	5:55-6:25p.m.	\$59.60
	80100	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
	80104	Sat	Nov 1-Dec 20	10:10-10:40a.m.	\$59.60
	80105	Sat	Nov 1-Dec 20	10:30-11am	\$59.60
	80101	Sat	Nov 1-Dec 20	11:45a.m.-12:15p.m.	\$59.60
	80103	Sat	Nov 1-Dec 20	12:25-12:55p.m.	\$59.60
	80102	Sat	Nov 1-Dec 20	12:50-1:20p.m.	\$59.60

SSLC	80106	Sat	Nov 1-Dec 20	1:30-2p.m.	\$59.60
	80108	Sat	Nov 1-Dec 20	2:05-2:35p.m.	\$59.60
	80107	Sat	Nov 1-Dec 20	2:40-3:10p.m.	\$59.60
	80448	Sun	Nov 2-Dec 21	9-9:30a.m.	\$59.60
	80452	Sun	Nov 2-Dec 21	10:10-10:40a.m.	\$59.60
	80453	Sun	Nov 2-Dec 21	10:30-11am	\$59.60
	80454	Sun	Nov 2-Dec 21	11:05-11:35a.m.	\$59.60
	80449	Sun	Nov 2-Dec 21	11:45a.m.-12:15p.m.	\$59.60
	80451	Sun	Nov 2-Dec 21	12:25-12:55p.m.	\$59.60
	80450	Sun	Nov 2-Dec 21	12:50-1:20p.m.	\$59.60
	80455	Sun	Nov 2-Dec 21	5:35-6:05p.m.	\$59.60
	80456	Sun	Nov 2-Dec 21	6:50-7:20p.m.	\$59.60

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	79470	Mon,Wed	Sep 29-Oct 22	6:50-7:20p.m.	\$52.15
	79712	Wed	Oct 29-Dec 17	6:40-7:10p.m.	\$59.60
	79932	Sun	Nov 2-Dec 21	11:30a.m.-12:05p.m.	\$52.15
NWLC	80380	Sat	Sep 6-Oct 25	12:30-1p.m.	\$59.60
	80413	Sun	Sep 7-Oct 26	11:45a.m.-12:15p.m.	\$59.60
	80681	Sat	Nov 1-Dec 20	11:45a.m.-12:15p.m.	\$59.60
	80711	Sun	Nov 2-Dec 21	12:20-12:50p.m.	\$59.60
SSLC	79601	Wed	Sep 3-Oct 22	4:50-5:20p.m.	\$59.60
	79697	Thu	Sep 4-Oct 23	4:40-5:10p.m.	\$59.60
	79739	Fri	Sep 5-Oct 24	5:20-5:50p.m.	\$59.60
	79797	Sat	Sep 6-Oct 25	9:55-10:25a.m.	\$59.60
	79865	Sun	Sep 7-Oct 26	9:55-10:25a.m.	\$59.60
	79532	Mon	Sep 8-Oct 20	5:50-6:25p.m.	\$52.15
	79952	Mon	Oct 27-Dec 15	5:20-5:50p.m.	\$59.60
	80024	Wed	Oct 29-Dec 17	4:40-5:10p.m.	\$59.60
	80062	Thu	Oct 30-Dec 18	4:50-5:20p.m.	\$59.60
	80093	Fri	Oct 31-Dec 19	4:40-5:10p.m.	\$59.60
	80127	Sat	Nov 1-Dec 20	9:55-10:25a.m.	\$59.60
	80473	Sun	Nov 2-Dec 21	9:55-10:25a.m.	\$59.60

Swimmer 2

5-12 years

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

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

LAC	79471	Mon,Wed	Sep 29-Oct 22	6:15-6:45p.m.	\$52.15
	79487	Tue,Thu	Oct 2-23	6:40-7:10p.m.	\$52.15
	79752	Mon	Oct 27-Dec 15	5:30-6p.m.	\$59.60

LAC	79713	Mon	Oct 27-Dec 15	6:40-7:10p.m.	\$59.60
	79745	Tue	Oct 28-Dec 16	6:15-6:45p.m.	\$52.15
	79751	Wed	Oct 29-Dec 17	5:30-6p.m.	\$59.60
	79750	Wed	Oct 29-Dec 17	6:50-7:20p.m.	\$59.60
	79749	Thu	Oct 30-Dec 18	5:30-6p.m.	\$52.15
	79940	Sun	Nov 2-Dec 21	10:20-10:55a.m.	\$52.15
	79939	Sun	Nov 2-Dec 21	10:50-11:25a.m.	\$52.15
NWLC	80272	Tue	Sep 2-Oct 21	4:05-4:35p.m.	\$52.15
	80306	Wed	Sep 3-Oct 22	5:10-5:40p.m.	\$59.60
	80330	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
	80331	Thu	Sep 4-Oct 23	5:10-5:40p.m.	\$59.60
	80332	Thu	Sep 4-Oct 23	5:45-6:15p.m.	\$59.60
	80346	Fri	Sep 5-Oct 24	4-4:30p.m.	\$59.60
	80347	Fri	Sep 5-Oct 24	5:40-6:10p.m.	\$59.60
	80372	Sat	Sep 6-Oct 25	10:15-10:45a.m.	\$59.60
	80371	Sat	Sep 6-Oct 25	11:30a.m.-12p.m.	\$59.60
	80374	Sat	Sep 6-Oct 25	11:50a.m.-12:20p.m.	\$59.60
	80373	Sat	Sep 6-Oct 25	12:20-12:50p.m.	\$59.60
	80407	Sun	Sep 7-Oct 26	9:10-9:40a.m.	\$59.60
	80408	Sun	Sep 7-Oct 26	12:45-1:15p.m.	\$59.60
	80406	Sun	Sep 7-Oct 26	1-1:30p.m.	\$59.60
	80221	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
	80242	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
	80442	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
	80526	Tue	Oct 28-Dec 16	4-4:30p.m.	\$52.15
	80525	Tue	Oct 28-Dec 16	5:40-6:10p.m.	\$52.15
	80555	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
	80556	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
	80579	Thu	Oct 30-Dec 18	5:10-5:40p.m.	\$59.60
	80594	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
	80592	Fri	Oct 31-Dec 19	5:10-5:40p.m.	\$59.60
	80593	Fri	Oct 31-Dec 19	5:45-6:15p.m.	\$59.60
	80674	Sat	Nov 1-Dec 20	9:10-9:40a.m.	\$59.60
	80676	Sat	Nov 1-Dec 20	9:40-10:10a.m.	\$59.60
	80675	Sat	Nov 1-Dec 20	12:45-1:15p.m.	\$59.60
	80702	Sun	Nov 2-Dec 21	10:15-10:45a.m.	\$59.60
	80704	Sun	Nov 2-Dec 21	11:30a.m.-12p.m.	\$59.60
	80703	Sun	Nov 2-Dec 21	11:50a.m.-12:20p.m.	\$59.60
	80705	Sun	Nov 2-Dec 21	12:20-12:50p.m.	\$59.60
SSLC	79554	Tue	Sep 2-Oct 21	4-4:30p.m.	\$52.15
	79557	Tue	Sep 2-Oct 21	4:10-4:40p.m.	\$52.15
	79555	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
	79558	Tue	Sep 2-Oct 21	5:20-5:50p.m.	\$52.15
	79556	Tue	Sep 2-Oct 21	5:55-6:25p.m.	\$52.15
	79593	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
	79594	Wed	Sep 3-Oct 22	5:20-5:50p.m.	\$59.60
	79592	Wed	Sep 3-Oct 22	5:55-6:25p.m.	\$59.60

SSLC	79691	Thu	Sep 4-Oct 23	4:10-4:40p.m.	\$59.60
	79689	Thu	Sep 4-Oct 23	4:35-5:05p.m.	\$59.60
	79692	Thu	Sep 4-Oct 23	5:20-5:50p.m.	\$59.60
	79690	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
	79729	Fri	Sep 5-Oct 24	4-4:30p.m.	\$59.60
	79726	Fri	Sep 5-Oct 24	4:45-5:15p.m.	\$59.60
	79728	Fri	Sep 5-Oct 24	5:15-5:45p.m.	\$59.60
	79727	Fri	Sep 5-Oct 24	6-6:30p.m.	\$59.60
	79788	Sat	Sep 6-Oct 25	9:50-10:20a.m.	\$59.60
	79789	Sat	Sep 6-Oct 25	12:10-12:40p.m.	\$59.60
	79852	Sun	Sep 7-Oct 26	9:50-10:20a.m.	\$59.60
	79853	Sun	Sep 7-Oct 26	12:10-12:40p.m.	\$59.60
	79854	Sun	Sep 7-Oct 26	6:45-7:15p.m.	\$59.60
	79525	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
	79524	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
	79523	Mon	Sep 8-Oct 20	5:30-6:05p.m.	\$52.15
	79907	Mon	Oct 27-Dec 15	4-4:30p.m.	\$59.60
	79904	Mon	Oct 27-Dec 15	4:45-5:15p.m.	\$59.60
	79906	Mon	Oct 27-Dec 15	5:15-5:45p.m.	\$59.60
	79905	Mon	Oct 27-Dec 15	6-6:30p.m.	\$59.60
	79961	Tue	Oct 28-Dec 16	4-4:30p.m.	\$52.15
	79964	Tue	Oct 28-Dec 16	4:10-4:40p.m.	\$52.15
	79962	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
	79965	Tue	Oct 28-Dec 16	5:20-5:50p.m.	\$52.15
	79963	Tue	Oct 28-Dec 16	5:55-6:25p.m.	\$52.15
	80004	Wed	Oct 29-Dec 17	4:10-4:40p.m.	\$59.60
	80002	Wed	Oct 29-Dec 17	4:35-5:05p.m.	\$59.60
	80005	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
	80003	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
	80054	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
	80055	Thu	Oct 30-Dec 18	5:20-5:50p.m.	\$59.60
	80053	Thu	Oct 30-Dec 18	5:55-6:25p.m.	\$59.60
	80075	Fri	Oct 31-Dec 19	4:10-4:40p.m.	\$59.60
	80073	Fri	Oct 31-Dec 19	4:35-5:05p.m.	\$59.60
	80076	Fri	Oct 31-Dec 19	5:20-5:50p.m.	\$59.60
	80074	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
	80119	Sat	Nov 1-Dec 20	9:50-10:20a.m.	\$59.60
	80120	Sat	Nov 1-Dec 20	12:10-12:40p.m.	\$59.60
	80467	Sun	Nov 2-Dec 21	9:50-10:20a.m.	\$59.60
	80468	Sun	Nov 2-Dec 21	12:10-12:40p.m.	\$59.60
	80469	Sun	Nov 2-Dec 21	6:45-7:15p.m.	\$59.60

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

See the schedules and
more at Regina.ca/dropin



Youth Swimmer 2

8-14 years

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

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

LAC	79489	Tue,Thu	Oct 2-23	6:05-6:35p.m.	\$52.15
	79941	Sun	Nov 2-Dec 21	12:25-1p.m.	\$52.15
NWLC	80275	Tue	Sep 2-Oct 21	5:45-6:15p.m.	\$52.15
	80308	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
	80336	Thu	Sep 4-Oct 23	5:40-6:10p.m.	\$59.60
	80445	Mon	Oct 27-Dec 15	5:45-6:15p.m.	\$59.60
	80581	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
	80598	Fri	Oct 31-Dec 19	5:40-6:10p.m.	\$59.60
SSLC	79602	Wed	Sep 3-Oct 22	4:10-4:40p.m.	\$59.60
	79740	Fri	Sep 5-Oct 24	5:25-5:55p.m.	\$59.60
	79798	Sat	Sep 6-Oct 25	11:10-11:40a.m.	\$59.60
	79866	Sun	Sep 7-Oct 26	11:10-11:40a.m.	\$59.60
	79533	Mon	Sep 8-Oct 20	4:50-5:25p.m.	\$52.15
	79915	Mon	Oct 27-Dec 15	5:25-5:55p.m.	\$59.60
	80063	Thu	Oct 30-Dec 18	4:10-4:40p.m.	\$59.60
	80115	Sat	Nov 1-Dec 20	11:10-11:40a.m.	\$59.60
	80463	Sun	Nov 2-Dec 21	11:10-11:40a.m.	\$59.60

Swimmer 3

5-12 years

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

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

LAC	79472	Mon,Wed	Sep 29-Oct 22	6:40-7:10p.m.	\$52.15
	79488	Tue,Thu	Oct 2-23	6:25-6:55p.m.	\$52.15
	79753	Mon	Oct 27-Dec 15	6:15-6:45p.m.	\$59.60
	79809	Tue	Oct 28-Dec 16	6:40-7:10p.m.	\$52.15
	79754	Wed	Oct 29-Dec 17	6:05-6:35p.m.	\$59.60
	79810	Thu	Oct 30-Dec 18	6:25-6:55p.m.	\$52.15
	79943	Sun	Nov 2-Dec 21	9:30-10:05a.m.	\$52.15
	79942	Sun	Nov 2-Dec 21	11:45a.m.-12:20p.m.	\$52.15
NWLC	80273	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
	80307	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
	80334	Thu	Sep 4-Oct 23	4:30-5p.m.	\$59.60
	80333	Thu	Sep 4-Oct 23	5:55-6:25p.m.	\$59.60
	80348	Fri	Sep 5-Oct 24	4:35-5:05p.m.	\$59.60
	80378	Sat	Sep 6-Oct 25	9:05-9:35a.m.	\$59.60
	80375	Sat	Sep 6-Oct 25	10:15-10:45a.m.	\$59.60
	80377	Sat	Sep 6-Oct 25	10:20-10:50a.m.	\$59.60
	80376	Sat	Sep 6-Oct 25	11:25-11:55a.m.	\$59.60
	80409	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
	80411	Sun	Sep 7-Oct 26	9:40-10:10a.m.	\$59.60
	80410	Sun	Sep 7-Oct 26	11:35a.m.-12:05p.m.	\$59.60
	80223	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
	80224	Mon	Sep 8-Oct 20	5:55-6:30p.m.	\$52.15
	80443	Mon	Oct 27-Dec 15	4:35-5:05p.m.	\$59.60
	80527	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
	80557	Wed	Oct 29-Dec 17	4:40-5:10p.m.	\$59.60
	80558	Wed	Oct 29-Dec 17	5:55-6:25p.m.	\$59.60
	80580	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
	80595	Fri	Oct 31-Dec 19	4:30-5p.m.	\$59.60
	80596	Fri	Oct 31-Dec 19	5:55-6:25p.m.	\$59.60
	80677	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
	80678	Sat	Nov 1-Dec 20	11:35a.m.-12:05p.m.	\$59.60
	80679	Sat	Nov 1-Dec 20	1-1:30p.m.	\$59.60
	80709	Sun	Nov 2-Dec 21	9:05-9:35a.m.	\$59.60
	80708	Sun	Nov 2-Dec 21	10:15-10:45a.m.	\$59.60
	80707	Sun	Nov 2-Dec 21	10:20-10:50a.m.	\$59.60
	80706	Sun	Nov 2-Dec 21	11:25-11:55a.m.	\$59.60
SSLC	79561	Tue	Sep 2-Oct 21	4:10-4:40p.m.	\$52.15
	79559	Tue	Sep 2-Oct 21	4:40-5:10p.m.	\$52.15
	79560	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
	79596	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
	79597	Wed	Sep 3-Oct 22	4:45-5:15p.m.	\$59.60

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

See full details and instructions
at [Regina.ca/recreation](https://regina.ca/recreation) under
“Refunds, Cancellations & Transfers”.

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


SSLC	79595	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
	79694	Thu	Sep 4-Oct 23	5:25-5:55p.m.	\$59.60
	79693	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
	79733	Fri	Sep 5-Oct 24	4:10-4:40p.m.	\$59.60
	79730	Fri	Sep 5-Oct 24	4:45-5:15p.m.	\$59.60
	79732	Fri	Sep 5-Oct 24	5:20-5:50p.m.	\$59.60
	79731	Fri	Sep 5-Oct 24	5:55-6:25p.m.	\$59.60
	79790	Sat	Sep 6-Oct 25	11:25-11:55a.m.	\$59.60
	79791	Sat	Sep 6-Oct 25	11:50a.m.-12:20p.m.	\$59.60
	79855	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
	79856	Sun	Sep 7-Oct 26	11:50a.m.-12:20p.m.	\$59.60
	79857	Sun	Sep 7-Oct 26	6:45-7:15p.m.	\$59.60
	79526	Mon	Sep 8-Oct 20	4:10-4:45p.m.	\$52.15
	79527	Mon	Sep 8-Oct 20	5:30-6:05p.m.	\$52.15
	79938	Mon	Oct 27-Dec 15	4:10-4:40p.m.	\$59.60
	79935	Mon	Oct 27-Dec 15	4:45-5:15p.m.	\$59.60
	79937	Mon	Oct 27-Dec 15	5:20-5:50p.m.	\$59.60
	79936	Mon	Oct 27-Dec 15	5:55-6:25p.m.	\$59.60
	79987	Tue	Oct 28-Dec 16	4:10-4:40p.m.	\$52.15
	79984	Tue	Oct 28-Dec 16	4:40-5:10p.m.	\$52.15
	79985	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
	80008	Wed	Oct 29-Dec 17	5:25-5:55p.m.	\$59.60
	80007	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
	80058	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
	80059	Thu	Oct 30-Dec 18	4:45-5:15p.m.	\$59.60
	80057	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
	80079	Fri	Oct 31-Dec 19	5:25-5:55p.m.	\$59.60
	80078	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
	80130	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
	80129	Sat	Nov 1-Dec 20	11:50a.m.-12:20p.m.	\$59.60
	80486	Sun	Nov 2-Dec 21	11:25-11:55a.m.	\$59.60
	80487	Sun	Nov 2-Dec 21	6:45-7:15p.m.	\$59.60

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	79877	Tue	Oct 28-Dec 16	6:05-6:35p.m.	\$52.15
SSLC	79565	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
	79698	Thu	Sep 4-Oct 23	4:05-4:35p.m.	\$59.60
	79799	Sat	Sep 6-Oct 25	9-9:30a.m.	\$59.60
	79977	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
	80023	Wed	Oct 29-Dec 17	4:05-4:35p.m.	\$59.60
	80092	Fri	Oct 31-Dec 19	4:05-4:35p.m.	\$59.60
	80480	Sun	Nov 2-Dec 21	9-9:30a.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	79473	Mon,Wed	Sep 29-Oct 22	5:30-6:10p.m.	\$57.05
	79490	Tue,Thu	Oct 2-23	5:30-6:10p.m.	\$76.50
	79875	Mon	Oct 27-Dec 15	6:05-6:45p.m.	\$65.20
	79955	Sun	Nov 2-Dec 21	12:10-12:55p.m.	\$57.05
	80274	Tue	Sep 2-Oct 21	5:10-5:50p.m.	\$57.05
NWLC	80335	Thu	Sep 4-Oct 23	5:10-5:50p.m.	\$65.20
	80379	Sat	Sep 6-Oct 25	9:35-10:15a.m.	\$65.20
	80412	Sun	Sep 7-Oct 26	10:10-10:50a.m.	\$65.20
	80444	Mon	Oct 27-Dec 15	5:10-5:50p.m.	\$65.20
	80597	Fri	Oct 31-Dec 19	5:10-5:50p.m.	\$65.20
	80680	Sat	Nov 1-Dec 20	10:10-10:50a.m.	\$65.20
	80710	Sun	Nov 2-Dec 21	9:35-10:15a.m.	\$65.20
SSLC	79562	Tue	Sep 2-Oct 21	4:40-5:20p.m.	\$57.05
	79598	Wed	Sep 3-Oct 22	5:15-5:55p.m.	\$65.20
	79695	Thu	Sep 4-Oct 23	5:50-6:30p.m.	\$65.20
	79734	Fri	Sep 5-Oct 24	4:35-5:15p.m.	\$65.20
	79792	Sat	Sep 6-Oct 25	10:25-11:05a.m.	\$65.20
	79793	Sat	Sep 6-Oct 25	12:10-12:50p.m.	\$65.20
	79860	Sun	Sep 7-Oct 26	9:45-10:25a.m.	\$65.20
	79858	Sun	Sep 7-Oct 26	10:25-11:05a.m.	\$65.20
	79859	Sun	Sep 7-Oct 26	11:25a.m.-12:05p.m.	\$65.20
	79861	Sun	Sep 7-Oct 26	12:10-12:50p.m.	\$65.20
	79529	Mon	Sep 8-Oct 20	4-4:45p.m.	\$57.05
	79528	Mon	Sep 8-Oct 20	5:30-6:15p.m.	\$57.05
	79948	Mon	Oct 27-Dec 15	4:35-5:15p.m.	\$65.20
	79978	Tue	Oct 28-Dec 16	4:40-5:20p.m.	\$57.05
	80026	Wed	Oct 29-Dec 17	5:50-6:30p.m.	\$65.20
	80047	Thu	Oct 30-Dec 18	5:15-5:55p.m.	\$65.20
	80094	Fri	Oct 31-Dec 19	5:50-6:30p.m.	\$65.20
	80123	Sat	Nov 1-Dec 20	9:45-10:25a.m.	\$65.20
	80121	Sat	Nov 1-Dec 20	10:25-11:05a.m.	\$65.20
	80122	Sat	Nov 1-Dec 20	11:25a.m.-12:05p.m.	\$65.20
	80124	Sat	Nov 1-Dec 20	12:10-12:50p.m.	\$65.20
	80470	Sun	Nov 2-Dec 21	10:25-11:05a.m.	\$65.20
	80471	Sun	Nov 2-Dec 21	12:10-12:50p.m.	\$65.20

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

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Youth Swimmer 4

8-14 years

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

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

LAC	79876	Thu	Oct 30-Dec 18	5:30-6:10p.m.	\$52.15
SSLC	79800	Sat	Sep 6-Oct 25	9:45-10:25a.m.	\$65.20
	80491	Sun	Nov 2-Dec 21	9:45-10:25a.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	79474	Mon,Wed	Sep 29-Oct 22	6:05-6:45p.m.	\$57.05
	79491	Tue,Thu	Oct 2-23	5:30-6:10p.m.	\$57.05
	79811	Mon	Oct 27-Dec 15	1:30-2:10p.m.	\$65.20
	79812	Mon	Oct 27-Dec 15	5:30-6:10p.m.	\$65.20
	79814	Tue	Oct 28-Dec 16	6:25-7:05p.m.	\$57.05
	79813	Wed	Oct 29-Dec 17	5:30-6:10p.m.	\$65.20
	79815	Thu	Oct 30-Dec 18	6:05-6:45p.m.	\$57.05
	79980	Sun	Nov 2-Dec 21	9:30-10:15a.m.	\$57.05
SSLC	79563	Tue	Sep 2-Oct 21	4:05-4:45p.m.	\$57.05
	79599	Wed	Sep 3-Oct 22	4:05-4:45p.m.	\$65.20
	79696	Thu	Sep 4-Oct 23	4:05-4:45p.m.	\$65.20
	79735	Fri	Sep 5-Oct 24	4-4:40p.m.	\$65.20
	79736	Fri	Sep 5-Oct 24	4:40-5:20p.m.	\$65.20
	79737	Fri	Sep 5-Oct 24	5:50-6:30p.m.	\$65.20
	79795	Sat	Sep 6-Oct 25	9:10-9:50a.m.	\$65.20
	79794	Sat	Sep 6-Oct 25	12:20-1p.m.	\$65.20
	79863	Sun	Sep 7-Oct 26	9:10-9:50a.m.	\$65.20
	79862	Sun	Sep 7-Oct 26	12:20-1p.m.	\$65.20
	79530	Mon	Sep 8-Oct 20	4-4:45p.m.	\$57.05
	79901	Mon	Oct 27-Dec 15	4-4:40p.m.	\$65.20
	79902	Mon	Oct 27-Dec 15	4:40-5:20p.m.	\$65.20
	79903	Mon	Oct 27-Dec 15	5:50-6:30p.m.	\$65.20
	79973	Tue	Oct 28-Dec 16	4:05-4:45p.m.	\$57.05
	80009	Wed	Oct 29-Dec 17	4:05-4:45p.m.	\$65.20
	80061	Thu	Oct 30-Dec 18	4:05-4:45p.m.	\$65.20
	80080	Fri	Oct 31-Dec 19	4:05-4:45p.m.	\$65.20
	80117	Sat	Nov 1-Dec 20	9:10-9:50a.m.	\$65.20
	80116	Sat	Nov 1-Dec 20	12:20-1p.m.	\$65.20
	80465	Sun	Nov 2-Dec 21	9:10-9:50a.m.	\$65.20
	80464	Sun	Nov 2-Dec 21	12:20-1p.m.	\$65.20

Youth Swimmer 5

8-14 years

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

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

LAC	79816	Mon	Oct 27-Dec 15	6:15-6:55p.m.	\$65.20
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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	79475	Mon,Wed	Sep 29-Oct 22	6:25-7:05p.m.	\$57.05
	79492	Tue,Thu	Oct 2-23	6:15-6:55p.m.	\$76.50
	79874	Mon	Oct 27-Dec 15	5:30-6:10p.m.	\$65.20
	79983	Sun	Nov 2-Dec 21	9:30-10:15a.m.	\$57.05
SSLC	79564	Tue	Sep 2-Oct 21	5:15-5:55p.m.	\$57.05
	79600	Wed	Sep 3-Oct 22	5:45-6:25p.m.	\$65.20
	79738	Fri	Sep 5-Oct 24	5:15-5:55p.m.	\$65.20
	79796	Sat	Sep 6-Oct 25	9:05-9:45a.m.	\$65.20
	79864	Sun	Sep 7-Oct 26	9:05-9:45a.m.	\$65.20
	79531	Mon	Sep 8-Oct 20	4:45-5:30p.m.	\$57.05
	79949	Mon	Oct 27-Dec 15	5:15-5:55p.m.	\$65.20
	79988	Tue	Oct 28-Dec 16	5:15-5:55p.m.	\$57.05
	80060	Thu	Oct 30-Dec 18	5:45-6:25p.m.	\$65.20
	80118	Sat	Nov 1-Dec 20	9:05-9:45a.m.	\$65.20
	80466	Sun	Nov 2-Dec 21	9:05-9:45a.m.	\$65.20

Youth Swimmer 6

8-14 years

This class is specifically for children who have started their swimming lessons later on. In this level swimmers will work on stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint breaststroke.

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

LAC	79878	Tue	Oct 28-Dec 16	5:30-6:10p.m.	\$57.05
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**Looking for drop-in
fitness classes?**

See the schedules and
more at Regina.ca/dropin



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

Lifesaving Swim Patrol – Rookie Patrol

8-14 years

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

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

LAC	79493	Tue,Thu	Oct 2-23	5:30-6:20p.m.	\$66.50
	79882	Wed	Oct 29-Dec 17	5:30-6:20p.m.	\$76.00
SSLC	79566	Tue	Sep 2-Oct 21	5:10-6p.m.	\$66.50
	79603	Wed	Sep 3-Oct 22	4:35-5:25p.m.	\$76.00
	79802	Sat	Sep 6-Oct 25	10:45-11:35a.m.	\$76.00
	79967	Tue	Oct 28-Dec 16	5:10-6p.m.	\$66.50
	80038	Thu	Oct 30-Dec 18	4:35-5:25p.m.	\$76.00
	80481	Sun	Nov 2-Dec 21	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	79481	Mon,Wed	Sep 29-Oct 22	5:30-6:20p.m.	\$66.50
	79883	Thu	Oct 30-Dec 18	5:30-6:20p.m.	\$76.00
	79986	Sun	Nov 2-Dec 21	12-12:55p.m.	\$66.50
SSLC	79801	Sat	Sep 6-Oct 25	10:30-11:20a.m.	\$76.00
	79867	Sun	Sep 7-Oct 26	10:45-11:35a.m.	\$76.00
	80137	Sat	Nov 1-Dec 20	10:45-11:35a.m.	\$76.00
	80474	Sun	Nov 2-Dec 21	10:30-11:20a.m.	\$76.00

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	79879	Mon	Oct 27-Dec 15	6:05-6:55p.m.	\$76.00
SSLC	79699	Thu	Sep 4-Oct 23	4:35-5:25p.m.	\$76.00
	80019	Wed	Oct 29-Dec 17	4:35-5:25p.m.	\$76.00
	80089	Fri	Oct 31-Dec 19	4:35-5:25p.m.	\$76.00

All Ages

Private Lessons

6 years and up

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

LAC	79494	Tue,Thu	Oct 2-9	6:40-7:10p.m.	\$103.80
	79495	Tue,Thu	Oct 2-9	6:50-7:20p.m.	\$103.80
	79497	Tue,Thu	Oct 14-23	6:40-7:10p.m.	\$138.40
	79496	Tue,Thu	Oct 14-23	6:50-7:20p.m.	\$138.40
	79884	Thu	Oct 30-Nov 27	6:05-6:35p.m.	\$138.40
	79885	Thu	Oct 30-Nov 27	6:50-7:20p.m.	\$138.40
	79944	Sun	Nov 2-23	10:10-10:40a.m.	\$103.80
	79945	Sun	Nov 2-23	10:50-11:20a.m.	\$103.80
	79887	Thu	Dec 4-18	6:05-6:35p.m.	\$103.80
	79886	Thu	Dec 4-18	6:50-7:20p.m.	\$103.80
NWLC	79947	Sun	Dec 7-21	10:10-10:40a.m.	\$103.80
	79946	Sun	Dec 7-21	10:50-11:20a.m.	\$103.80
	80276	Tue	Sep 2-23	5:10-5:40p.m.	\$138.40
	80309	Wed	Sep 3-24	5:45-6:15p.m.	\$138.40
	80351	Fri	Sep 5-26	4-4:30p.m.	\$138.40
	80353	Fri	Sep 5-26	4:30-5p.m.	\$138.40
	80349	Fri	Sep 5-26	5:10-5:40p.m.	\$138.40
	80381	Sat	Sep 6-27	9-9:30a.m.	\$138.40
	80383	Sat	Sep 6-27	12-12:30p.m.	\$138.40
	80385	Sat	Sep 6-27	12:25-12:55p.m.	\$138.40
	80387	Sat	Sep 6-27	1-1:30p.m.	\$138.40
	80418	Sun	Sep 7-28	9:05-9:35a.m.	\$138.40
	80416	Sun	Sep 7-28	10:55-11:25a.m.	\$138.40
	80414	Sun	Sep 7-28	12:40-1:10p.m.	\$138.40
	80225	Mon	Sep 8-22	4:45-5:15p.m.	\$103.80
	80227	Mon	Sep 8-22	6-6:30p.m.	\$103.80
	80226	Mon	Sep 29-Oct 20	4:45-5:15p.m.	\$103.80
	80228	Mon	Sep 29-Oct 20	6-6:30p.m.	\$103.80
	80310	Wed	Oct 1-22	5:45-6:15p.m.	\$138.40
	80352	Fri	Oct 3-24	4-4:30p.m.	\$138.40
	80354	Fri	Oct 3-24	4:30-5p.m.	\$138.40
	80350	Fri	Oct 3-24	5:10-5:40p.m.	\$138.40
	80382	Sat	Oct 4-25	9-9:30a.m.	\$138.40
	80384	Sat	Oct 4-25	12-12:30p.m.	\$138.40
	80386	Sat	Oct 4-25	12:25-12:55p.m.	\$138.40
	80388	Sat	Oct 4-25	1-1:30p.m.	\$138.40
	80419	Sun	Oct 5-26	9:05-9:35a.m.	\$138.40
	80417	Sun	Oct 5-26	10:55-11:25a.m.	\$138.40
	80415	Sun	Oct 5-26	12:40-1:10p.m.	\$135.60
	80277	Tue	Oct 7-21	5:10-5:40p.m.	\$103.80
	80446	Mon	Oct 27-Nov 17	5:10-5:40p.m.	\$138.40

NWLC	80528	Tue	Oct 28-Nov 18	4-4:30p.m.	\$103.80
	80530	Tue	Oct 28-Nov 18	4:30-5p.m.	\$103.80
	80532	Tue	Oct 28-Nov 18	5:10-5:40p.m.	\$103.80
	80559	Wed	Oct 29-Nov 19	4:45-5:15p.m.	\$138.40
	80561	Wed	Oct 29-Nov 19	6-6:30p.m.	\$138.40
	80582	Thu	Oct 30-Nov 20	5:45-6:15p.m.	\$138.40
	80686	Sat	Nov 1-22	9:05-9:35a.m.	\$138.40
	80682	Sat	Nov 1-22	10:55-11:25a.m.	\$138.40
	80684	Sat	Nov 1-22	12:40-1:10p.m.	\$138.40
	80718	Sun	Nov 2-23	9-9:30a.m.	\$138.40
	80716	Sun	Nov 2-23	12-12:30p.m.	\$138.40
	80712	Sun	Nov 2-23	12:25-12:55p.m.	\$138.40
	80714	Sun	Nov 2-23	1-1:30p.m.	\$138.40
	80447	Mon	Nov 24-Dec 15	5:10-5:40p.m.	\$138.40
	80529	Tue	Nov 25-Dec 16	4-4:30p.m.	\$138.40
	80531	Tue	Nov 25-Dec 16	4:30-5p.m.	\$138.40
	80533	Tue	Nov 25-Dec 16	5:10-5:40p.m.	\$138.40
	80560	Wed	Nov 26-Dec 17	4:45-5:15p.m.	\$138.40
	80562	Wed	Nov 26-Dec 17	6-6:30p.m.	\$138.40
	80583	Thu	Nov 27-Dec 18	5:45-6:15p.m.	\$138.40
	80687	Sat	Nov 29-Dec 20	9:05-9:35a.m.	\$138.40
	80683	Sat	Nov 29-Dec 20	10:55-11:25a.m.	\$138.40
	80685	Sat	Nov 29-Dec 20	12:40-1:10p.m.	\$138.40
	80719	Sun	Nov 30-Dec 21	9-9:30a.m.	\$138.40
	80717	Sun	Nov 30-Dec 21	12-12:30p.m.	\$138.40
	80713	Sun	Nov 30-Dec 21	12:25-12:55p.m.	\$138.40
	80715	Sun	Nov 30-Dec 21	1-1:30p.m.	\$138.40
SSLC	79567	Tue	Sep 2-23	4-4:30p.m.	\$138.40
	79568	Tue	Sep 2-23	4:50-5:20p.m.	\$138.40
	79569	Tue	Sep 2-23	5:25-5:55p.m.	\$138.40
	79604	Wed	Sep 3-24	5:10-5:40p.m.	\$138.40
	79605	Wed	Sep 3-24	5:25-5:55p.m.	\$138.40
	79606	Wed	Sep 3-24	5:55-6:25p.m.	\$138.40
	79700	Thu	Sep 4-25	4:50-5:20p.m.	\$138.40
	79701	Thu	Sep 4-25	5:55-6:25p.m.	\$138.40
	79742	Fri	Sep 5-26	4:10-4:40p.m.	\$138.40
	79741	Fri	Sep 5-26	5:20-5:50p.m.	\$138.40
	79743	Fri	Sep 5-26	5:55-6:25p.m.	\$138.40
	79747	Fri	Sep 5-26	5:55-6:25p.m.	\$138.40
	79803	Sat	Sep 6-27	9:10-9:40a.m.	\$138.40
	79804	Sat	Sep 6-27	9:45-10:15a.m.	\$138.40
	79805	Sat	Sep 6-27	10:20-10:50a.m.	\$138.40
	79806	Sat	Sep 6-27	10:55-11:25a.m.	\$138.40
	79807	Sat	Sep 6-27	11:30a.m.-12p.m.	\$138.40
	79808	Sat	Sep 6-27	12:05-12:35p.m.	\$138.40
	79868	Sun	Sep 7-28	9:15-9:45a.m.	\$138.40
	79869	Sun	Sep 7-28	9:50-10:20a.m.	\$138.40
	79870	Sun	Sep 7-28	10:25-10:55a.m.	\$138.40

SSLC	79871	Sun	Sep 7-28	11-11:30a.m.	\$138.40
	79872	Sun	Sep 7-28	11:35a.m.-12:05p.m.	\$138.40
	79873	Sun	Sep 7-28	12:10-12:40p.m.	\$138.40
	79534	Mon	Sep 8-22	6-6:30p.m.	\$103.80
	79535	Mon	Sep 8-22	6-6:30p.m.	\$103.80
	79536	Mon	Sep 29-Oct 20	6-6:30p.m.	\$103.80
	79537	Mon	Sep 29-Oct 20	6-6:30p.m.	\$103.80
	79667	Wed	Oct 1-22	5:10-5:40p.m.	\$138.40
	79668	Wed	Oct 1-22	5:25-5:55p.m.	\$138.40
	79669	Wed	Oct 1-22	5:55-6:25p.m.	\$138.40
	79714	Thu	Oct 2-23	4:50-5:20p.m.	\$138.40
	79715	Thu	Oct 2-23	5:55-6:25p.m.	\$138.40
	79746	Fri	Oct 3-24	4:10-4:40p.m.	\$138.40
	79744	Fri	Oct 3-24	5:20-5:50p.m.	\$138.40
	79748	Fri	Oct 3-24	5:55-6:25p.m.	\$138.40
	79817	Sat	Oct 4-25	9:10-9:40a.m.	\$138.40
	79818	Sat	Oct 4-25	9:45-10:15a.m.	\$138.40
	79819	Sat	Oct 4-25	10:20-10:50a.m.	\$138.40
	79820	Sat	Oct 4-25	10:55-11:25a.m.	\$138.40
	79821	Sat	Oct 4-25	11:30a.m.-12p.m.	\$138.40
	79822	Sat	Oct 4-25	12:05-12:35p.m.	\$138.40
	79889	Sun	Oct 5-26	9:15-9:45a.m.	\$138.40
	79892	Sun	Oct 5-26	9:50-10:20a.m.	\$138.40
	79893	Sun	Oct 5-26	10:25-10:55a.m.	\$138.40
	79894	Sun	Oct 5-26	11-11:30a.m.	\$138.40
	79895	Sun	Oct 5-26	11:35a.m.-12:05p.m.	\$138.40
	79896	Sun	Oct 5-26	12:10-12:40p.m.	\$138.40
	79570	Tue	Oct 7-21	4-4:30p.m.	\$103.80
	79571	Tue	Oct 7-21	4:50-5:20p.m.	\$103.80
	79572	Tue	Oct 7-21	5:25-5:55p.m.	\$103.80
	79956	Mon	Oct 27-Nov 17	4:10-4:40p.m.	\$138.40
	79953	Mon	Oct 27-Nov 17	5:20-5:50p.m.	\$138.40
	79958	Mon	Oct 27-Nov 17	5:55-6:25p.m.	\$138.40
	79993	Tue	Oct 28-Nov 18	4-4:30p.m.	\$103.80
	79995	Tue	Oct 28-Nov 18	4:50-5:20p.m.	\$103.80
	79996	Tue	Oct 28-Nov 18	5:25-5:55p.m.	\$103.80
	80029	Wed	Oct 29-Nov 19	4:50-5:20p.m.	\$138.40
	80030	Wed	Oct 29-Nov 19	5:55-6:25p.m.	\$138.40
	80064	Thu	Oct 30-Nov 20	5:10-5:40p.m.	\$138.40
	80065	Thu	Oct 30-Nov 20	5:25-5:55p.m.	\$138.40
	80066	Thu	Oct 30-Nov 20	5:55-6:25p.m.	\$138.40
	80096	Fri	Oct 31-Nov 21	4:50-5:20p.m.	\$138.40
	80098	Fri	Oct 31-Nov 21	5:55-6:25p.m.	\$138.40
	80145	Sat	Nov 1-22	9:15-9:45a.m.	\$138.40
	80146	Sat	Nov 1-22	9:50-10:20a.m.	\$138.40
	80147	Sat	Nov 1-22	10:25-10:55a.m.	\$138.40
	80148	Sat	Nov 1-22	11-11:30a.m.	\$138.40
	80149	Sat	Nov 1-22	11:35a.m.-12:05p.m.	\$138.40

SSLC	80150	Sat	Nov 1-22	12:10-12:40p.m.	\$138.40
	80492	Sun	Nov 2-23	9:10-9:40a.m.	\$138.40
	80494	Sun	Nov 2-23	9:45-10:15a.m.	\$138.40
	80496	Sun	Nov 2-23	10:20-10:50a.m.	\$138.40
	80498	Sun	Nov 2-23	10:55-11:25a.m.	\$138.40
	80500	Sun	Nov 2-23	11:30a.m.-12p.m.	\$138.40
	80502	Sun	Nov 2-23	12:05-12:35p.m.	\$138.40
	79957	Mon	Nov 24-Dec 15	4:10-4:40p.m.	\$138.40
	79954	Mon	Nov 24-Dec 15	5:20-5:50p.m.	\$138.40
	79959	Mon	Nov 24-Dec 15	5:55-6:25p.m.	\$138.40
	79994	Tue	Nov 25-Dec 16	4-4:30p.m.	\$138.40
	79997	Tue	Nov 25-Dec 16	4:50-5:20p.m.	\$138.40
	79998	Tue	Nov 25-Dec 16	5:25-5:55p.m.	\$138.40
	80032	Wed	Nov 26-Dec 17	4:50-5:20p.m.	\$138.40
	80031	Wed	Nov 26-Dec 17	5:55-6:25p.m.	\$138.40
	80069	Thu	Nov 27-Dec 18	5:10-5:40p.m.	\$138.40
	80068	Thu	Nov 27-Dec 18	5:25-5:55p.m.	\$138.40
	80067	Thu	Nov 27-Dec 18	5:55-6:25p.m.	\$138.40
	80097	Fri	Nov 28-Dec 19	4:50-5:20p.m.	\$138.40
	80099	Fri	Nov 28-Dec 19	5:55-6:25p.m.	\$138.40
	80151	Sat	Nov 29-Dec 20	9:15-9:45a.m.	\$138.40
	80152	Sat	Nov 29-Dec 20	9:50-10:20a.m.	\$138.40
	80153	Sat	Nov 29-Dec 20	10:25-10:55a.m.	\$138.40
	80154	Sat	Nov 29-Dec 20	11-11:30a.m.	\$138.40
	80155	Sat	Nov 29-Dec 20	11:35a.m.-12:05p.m.	\$138.40
	80156	Sat	Nov 29-Dec 20	12:10-12:40p.m.	\$138.40
	80493	Sun	Nov 30-Dec 21	9:10-9:40a.m.	\$138.40
	80495	Sun	Nov 30-Dec 21	9:45-10:15a.m.	\$138.40
	80497	Sun	Nov 30-Dec 21	10:20-10:50a.m.	\$138.40
	80499	Sun	Nov 30-Dec 21	10:55-11:25a.m.	\$138.40
	80501	Sun	Nov 30-Dec 21	11:30a.m.-12p.m.	\$138.40
	80503	Sun	Nov 30-Dec 21	12:05-12:35p.m.	\$138.40

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	79881	Wed	Oct 29-Dec 17	6:05-6:55p.m.	\$76.00
SSLC	79670	Thu	Sep 4-Oct 23	5:10-6p.m.	\$76.00
	79503	Mon	Sep 8-Oct 20	4:50-5:45p.m.	\$66.50
	80006	Wed	Oct 29-Dec 17	5:10-6p.m.	\$76.00
	80077	Fri	Oct 31-Dec 19	5:10-6p.m.	\$76.00

Aquatic Leadership Courses

Lifesaving Society Bronze Star

13 years and up

Candidates develop problem solving and decision-making skills as individuals and with partners. Candidates learn adult CPR, water smart confidence and the lifesaving skills necessary to be their own personal lifeguard.

Recommended Swim Level: Lifesaving Society Swim for Life Swimmer 6 and prior training in Swim Patrol.

LAC	79918	Sat	Nov 15-22	9a.m.-2p.m.	\$190.00
	79920	Sat	Dec 13-20	9a.m.-2p.m.	\$190.00

Lifesaving Society Bronze Medallion

13 years and up

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

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

LAC	79498	Fri Sat-Sun	Oct 10 Oct 11-12	5-9p.m. 7a.m.-4p.m.	\$190.00
	80207	Sat	Nov 1-Dec 20	9a.m.-1p.m.	\$190.00
SSLC	79900	Sun	Sep 7-28	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.

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

LAC	79501	Sat-Sun Mon	Oct 11-12 Oct 13	7a.m.-4 p.m. 9a.m.-3p.m.	\$165.00
SSLC	79899	Sun	Oct 5-26	3:30-9p.m.	\$165.00
	80653	Sun	Nov 2-23	3:30-9p.m.	\$165.00
	80654	Sun	Nov 30-Dec 21	3:30-9p.m.	\$165.00

Adult

Adult 1

14 years and up

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. In Adult 1 swimmers learn jumping into deep water, treading water, submerging and exhaling as well as front and back floats, glides, flutter kick, whip kick in vertical position, and front/back crawl 15m.

LAC	79480	Mon,Wed	Sep 29-Oct 22	6:05-6:55p.m.	\$66.50
	79880	Tue	Oct 28-Dec 16	5:30-6:20p.m.	\$66.50
NWLC	80317	Thu	Sep 4-Oct 23	8:35-9:25p.m.	\$76.00
	80563	Thu	Oct 30-Dec 18	8:35-9:25p.m.	\$76.00
SSLC	79538	Tue	Sep 2-Oct 21	5:40-6:30p.m.	\$66.50
	79823	Sun	Sep 7-Oct 26	10:30-11:20a.m.	\$76.00
	79972	Tue	Oct 28-Dec 16	5:40-6:30p.m.	\$66.50
	80128	Sat	Nov 1-Dec 20	10:30-11:20a.m.	\$76.00

Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisite: Minimum 15 years old (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	79499	Fri Sat-Sun	Oct 10, Oct 24 Oct 11-12, Oct 25-26	5-9p.m. 7a.m.-4p.m.	\$300.00
	80756	Sat-Wed	Dec 27-31	7a.m.-4p.m.	\$300.00
SSLC	80655	Sun	Nov 2-Dec 21	3-8p.m.	\$300.00

Lifesaving Society National Lifeguard Recertification

16 years and up

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

LAC	79500	Sun	Oct 26	11a.m.-4p.m.	\$80.00
	79890	Sat	Nov 22	11a.m.-4p.m.	\$80.00
SSLC	79897	Sun	Sep 14	4-9p.m.	\$80.00

Lifesaving Swim for Life Instructor

15 years and up

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

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

LAC	79888	Sat	Nov 1-Dec 20	8a.m.-1:30p.m.	\$252.00
SSLC	79898	Sun	Sep 7-Oct 19	4-8p.m.	\$252.00
	80656	Sat-Tue	Dec 27-30	8a.m.-4p.m.	\$252.00

Looking for drop-in fitness classes?

See the schedules and
more at Regina.ca/dropin



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	80720	Sat-Sun	Sep 20-21	9a.m.-6p.m.	\$161.00
	80721	Sat-Sun	Oct 25- 26	9a.m.-6p.m.	\$161.00
	80724	Sat-Sun	Nov 15-16	9a.m.-6p.m.	\$161.00
	80725	Sat-Sun	Dec 6-7	9a.m.-6p.m.	\$161.00

Aquatic Recertification Courses

Red Cross First Aid/CPR/AED

15 years and up

Recertification

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

NWLC	80722	Sun	Sep 7	8a.m.-5p.m.	\$100.00
	80723	Sat	Oct 11	8a.m.-5p.m.	\$100.00
	80726	Sun	Nov 2	8a.m.-5p.m.	\$100.00
	80727	Sat	Nov 22	8a.m.-5p.m.	\$100.00
	80728	Sat	Dec 13	8a.m.-5p.m.	\$100.00



Bring your dog for a swim in the pool!



All dogs must:

- ▶ Be accompanied by an adult owner
- ▶ Be well socialized
- ▶ Be vaccinated
- ▶ Have a current City of Regina pet licence

Monday, September 1

Regent Pool, 3600 McKinley Avenue

Pre-registration required

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

Registration opens August 1 at 9 a.m.

Registration closes August 25 at 9 a.m.

Large Dogs	60 lbs and over	80773	10-11 a.m.	\$10
Large Dogs	60 lbs and over	80774	11:15 a.m. - 12:15 p.m.	\$10
Medium Dogs	25-60 lbs	80775	12:30-1:30 p.m.	\$10
Medium Dogs	25-60 lbs	80776	1:45-2:45 p.m.	\$10
Small Dogs	Under 25 lbs	80778	3-4 p.m.	\$10
Service Dogs	Any weight/size	80777	4:15-5:15 p.m.	\$10

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



Regina.ca/DogSwim

REGINA

The SortSmart Guide

What goes in each cart?



Not sure where to sort it?
Ask the Waste Wizard.



Businesses on **11th** and **Dewdney Avenue** are open during construction

Come visit them today!

Regina.ca





Attendant Admission Program

If you require an attendant to help you during your program or activity, the Attendant Admission Program allows you to bring your own attendant to accompany you into any City-operated facility at no extra cost.

If you require more information, visit a major facility, or call 306-777-PLAY (7529).

Recreation for All

Our programs and buildings are open to everyone.

Equipment to Support Access

Core Ritchie Neighbourhood Centre:

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

Fieldhouse:

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

Glencairn Neighbourhood Centre:

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

Lawson Aquatic Centre:

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

Mitakuyé Owâs'â Centre

- All-gender/family washroom featuring curb-free shower, aquatic wheelchair, overhead sling lift, and adult change 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

Registered Adapted Programs



Legend

CRNC – Core Ritchie Neighborhood Centre

FLDH – Fieldhouse

mc – māmawēyatitān centre

MOC – Mitakuyé Owā's'a Centre

NWLC – North West Leisure Centre

SLC – South Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Adapted Programs

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

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 306-529-8025.

Adapted Aquatic

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

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

NWLC	80251	Tue	Sep 2-23	4:40-5:10p.m.	\$69.20
	80253	Wed	Sep 3-24	4:40-5:10p.m.	\$69.20
	80311	Thu	Sep 4-25	4:40-5:10p.m.	\$69.20
	80283	Thu	Sep 4-25	5:50-6:20p.m.	\$69.20
	80254	Wed	Oct 1-22	4:40-5:10p.m.	\$69.20
	80312	Thu	Oct 2-23	4:40-5:10p.m.	\$69.20
	80284	Thu	Oct 2-23	5:50-6:20p.m.	\$69.20

NWLC	80252	Tue	Oct 7-21	4:40-5:10p.m.	\$51.90
	80420	Mon	Oct 27-Nov 17	4:40-5:10p.m.	\$69.20
	80422	Mon	Oct 27-Nov 17	5:50-6:20p.m.	\$69.20
	80504	Tue	Oct 28-Nov 18	4:40-5:10p.m.	\$51.90
	80534	Wed	Oct 29-Nov 19	4:40-5:10p.m.	\$69.20
	80421	Mon	Nov 24-Dec 15	4:40-5:10p.m.	\$69.20
	80423	Mon	Nov 24-Dec 15	5:50-6:20p.m.	\$69.20
	80505	Tue	Nov 25-Dec 16	4:40-5:10p.m.	\$69.20
	80535	Wed	Nov 26-Dec 17	4:40-5:10p.m.	\$69.20

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

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

NWLC	78234	Sun	Sep 14	6:30-8:25p.m.	Free
	78235	Sun	Sep 28	6:30-8:25p.m.	Free
	79502	Sun	Oct 12	6:30-8:25p.m.	Free
	78236	Sun	Oct 26	6:30-8:25p.m.	Free
	78237	Sun	Nov 9	6:30-8:25p.m.	Free
	78238	Sun	Nov 23	6:30-8:25p.m.	Free
	78239	Sun	Dec 7	6:30-8:25p.m.	Free
	78240	Sun	Dec 21	6:30-8:25p.m.	Free
SSLC	78244	Sat	Sep 6	6:30-8:25p.m.	Free
	78245	Sat	Sep 20	6:30-8:25p.m.	Free
	78246	Sat	Oct 4	6:30-8:25p.m.	Free
	78247	Sat	Oct 18	6:30-8:25p.m.	Free
	78248	Sat	Nov 1	6:30-8:25p.m.	Free
	78249	Sat	Nov 15	6:30-8:25p.m.	Free
	78250	Sat	Nov 29	6:30-8:25p.m.	Free

SSL	78251	Sat	Dec 13	6:30-8:25p.m.	Free
	78252	Sat	Dec 27	6-7:55p.m.	Free

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

This adapted swim lesson is designed for children with disabilities, and their family members/supports who enjoy being in a group setting. Instructors will work with participants to support them in meeting their needs and goals. The Parent & Tot program structures in-water interaction between parent/support and child to stress the importance of play in developing water-positive attitudes and skills. A minimum of 1 parent/guardian participant is required to be in the water per child.

NWLC	80255	Tue	Sep 2-23	5:50-6:20p.m.	\$69.20
	80285	Wed	Sep 3-24	4:05-4:35p.m.	\$69.20
	80313	Thu	Sep 4-25	5:15-5:45p.m.	\$69.20
	80286	Wed	Oct 1-22	4:05-4:35p.m.	\$69.20
	80314	Thu	Oct 2-23	5:15-5:45p.m.	\$69.20
	80278	Tue	Oct 7-21	5:50-6:20p.m.	\$51.90
	80424	Mon	Oct 27-Nov 17	5:15-5:45p.m.	\$69.20
	80506	Tue	Oct 28-Nov 18	4:05-4:35p.m.	\$51.90
	80536	Wed	Oct 29-Nov 19	5:50-6:20p.m.	\$69.20
	80425	Mon	Nov 24-Dec 15	5:15-5:45p.m.	\$69.20
	80507	Tue	Nov 25-Dec 16	4:05-4:35p.m.	\$69.20
	80537	Wed	Nov 26-Dec 17	5:50-6:20p.m.	\$69.20

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

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

NWLC	80279	Tue	Sep 2-23	4:05-4:35p.m.	\$69.20
	80281	Tue	Sep 2-23	5:15-5:45p.m.	\$69.20
	80287	Wed	Sep 3-24	5:15-5:45p.m.	\$69.20
	80289	Wed	Sep 3-24	5:50-6:20p.m.	\$69.20
	80315	Thu	Sep 4-25	4:05-4:35p.m.	\$69.20
	80288	Wed	Oct 1-22	5:15-5:45p.m.	\$69.20
	80290	Wed	Oct 1-22	5:50-6:20p.m.	\$69.20
	80316	Thu	Oct 2-23	4:05-4:35p.m.	\$69.20
	80280	Tue	Oct 7-21	4:05-4:35p.m.	\$51.90
	80282	Tue	Oct 7-21	5:15-5:45p.m.	\$51.90
	80426	Mon	Oct 27-Nov 17	4:05-4:35p.m.	\$69.20
	80508	Tue	Oct 28-Nov 18	5:15-5:45p.m.	\$51.90
	80510	Tue	Oct 28-Nov 18	5:50-6:20p.m.	\$51.90
	80538	Wed	Oct 29-Nov 19	4:05-4:35p.m.	\$69.20
	80540	Wed	Oct 29-Nov 19	5:15-5:45p.m.	\$69.20
	80427	Mon	Nov 24-Dec 15	4:05-4:35p.m.	\$69.20
	80509	Tue	Nov 25-Dec 16	5:15-5:45p.m.	\$69.20
	80511	Tue	Nov 25-Dec 16	5:50-6:20p.m.	\$69.20
	80539	Wed	Nov 26-Dec 17	4:05-4:35p.m.	\$69.20
	80541	Wed	Nov 26-Dec 17	5:15-5:45p.m.	\$69.20

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 Arts & Crafts

ABI Art Program **FREE** **AP** 18 years and up

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

SLC	78498	Thu	Sep 11-Dec 18	1-2:30p.m.	Free
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Adapted Crafting **FREE** **AP** 6-12 years with Nature

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

CRNC	79376	Mon	Sep 8-Oct 6	6-7p.m.	Free
	79377	Mon	Oct 20-Nov 17	6-7p.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.

3-5 years

SLC	79275	Sat	Oct 18-Nov 15	10:15-11am	\$37.50
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6-12 years

SLC	79276	Sat	Oct 18-Nov 15	11:15a.m.-12p.m.	\$37.50
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Adapted Health & Fitness

Adapted Dance Class **FREE** **AP** 5-12 years

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

mc	79270	Sat	Sep 6-Nov 29	2:15-3:15p.m.	Free
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Adapted Adult Strength & Balance **AP**

10-14 years

This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build core strength while improving balance and mobility. Each class will utilize a variety of equipment and incorporate a bonus activity each week.

SSLC	79279	Tue	Sep 9-Oct 28	12:15-1:15p.m.	\$58.00
	79280	Tue	Nov 4-Dec 16	12:15-1:15p.m.	\$43.50

Inclusive Dance Class **FREE** **AP** 5-12 years

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

mc	79271	Sat	Sep 6-Nov 29	1-2p.m.	Free
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Walk & Roll Fitness **AP** 18 years and up

The Adaptive Walk and Roll Fitness is for adults with disabilities who have adaptive needs, or for adults who are rehabilitating from an injury. Participants will utilize the walking track and exercise equipment 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	78159	Tue,Thu	Sep 2-Oct 30	12:30-3p.m.	\$68.00
	78160	Tue,Thu	Nov 4-Dec 18	12:30-3p.m.	\$52.00

What's Your Style **FREE** **AP** 17 years and up Dance Nights

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

mc	79263	Thu	Oct 23	7-9p.m.	Free
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For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Social

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

This social program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Communication Group, who have communication deficits, gives participants the ability to talk and socialize in a safe and welcoming environment alongside their peers. The ABI Outreach Team, which includes a Certified Speech Pathologist, facilitates interesting conversations by presenting new weekly topics and encourages involvement by all participants. On the first Wednesday of the month, an education session occurs based on relevant and requested topics. The ABI Outreach Team will be present to assist and facilitate communication when necessary. To register for this program, please email socialinclusionprograms@regina.ca.

SLC	78496	Wed	Sep 10-Dec 17	1-2:30p.m.	Free
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ABI Cribbage **FREE** **AP** 18 years and up

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

SLC	78500	Fri	Sep 12-Dec 19	1-2:30p.m.	Free
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Evening Adult **FREE** **AP** 18 years and up Social Program

This program is for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to come together on a Bi-Weekly basis to try a variety of activities that foster socialization, such as instructor-led activities to playing board games and bingo. The activities will be built based on the group's interests. Outings will be planned on occasion such as bowling and more. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals.

MOC	79283	Fri	Oct 3-Dec 12	6-8p.m.	Free
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Sensory-Friendly **FREE** **AP** 10-17 years Youth Program

Join us for this free and inclusive registered program for ages 10-17. The program is designed for youth who would benefit from a sensory-friendly group setting. The program will promote social interaction, physical movement, and creativity through a variety of recreational activities. This program is a great opportunity for youth of all abilities to try something new.

CRNC	79277	Mon	Oct 6-Nov 24	6-7:30p.m.	Free
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



Short Breaks 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 about how to register, please contact socialinclusionprograms@regina.ca or contact Kathy Cockburn at kathy@inclusionregina.ca

mc	Mon-Fri	Sep 2-Dec 19	2-5p.m.	Free
MOC	Mon	Sep 8-Dec 15	2-5p.m.	Free
CRNC	Wed	Sep 3-Dec 17	2-5p.m.	Free
FLDH	Fri	Sep 5-Dec 19	2-5p.m.	Free

Adapted Sports

Adapted Badminton 13-16 years – Teens

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

MOC	79436	Mon	Sep 8-Oct 20	5-6p.m.	\$45.00
	79437	Mon	Nov 3-Dec 8	5-6p.m.	\$45.00

Adapted Basketball – Intro 6-12 years

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

NWLC	79380	Fri	Sep 12-Oct 17	5:15-6p.m.	\$45.00
	80787	Fri	Oct 31-Dec 5	5:15-6p.m.	\$45.00

Adapted Basketball

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

5-7 years

FLDH	79636	Mon	Sep 8-Nov 17	5:30-6:30p.m.	\$75.00
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8-12 years

FLDH	79637	Mon	Sep 8-Nov 17	6:30-7:30p.m.	\$75.00
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Adapted Floor Hockey 5-7 years

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

FLDH	79628	Sat	Sep 6-Nov 1	2-3p.m.	\$67.50
	80196	Sat	Nov 8-Dec 20	2-3p.m.	\$37.50

Adapted Parent & Tot 3-5 years Sport 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 non-game-based environment, this program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class. Parent participation is required.

NWLC	79663	Sun	Sep 14-Oct 26	10-10:45a.m.	\$52.50
	80790	Sun	Nov 2-Dec 14	10-10:45a.m.	\$52.50

Adapted Soccer

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

5-7 years

FLDH	79643	Tue	Sep 9-Oct 28	5:30-6:30p.m.	\$52.50
	80172	Tue	Nov 4-Dec 16	5:30-6:30p.m.	\$45.00

8-12 years

FLDH	79627	Sat	Sep 6-Nov 1	1-2p.m.	\$67.50
	80195	Sat	Nov 8-Dec 20	1-2p.m.	\$37.50

Adapted Sports Jam 6-12 years

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

NWLC	79664	Sun	Sep 14-Oct 26	11-11:45a.m.	\$52.50
	80789	Sun	Nov 2-Dec 14	11-11:45a.m.	\$52.50

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



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 adaptations
- ✓ 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

Regina.ca/inclusiveprograms



Registered Preschool Programs



Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

Crafty Christmas

3-5 years

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

NBAC	79294	Tue	Nov 25-Dec 16	9-10:30a.m.	\$83.00
	79295	Tue	Nov 25-Dec 16	1-2:30p.m.	\$83.00

Creative Beginnings

4-6 years

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

NBAC	79361	Wed	Sep 17-Nov 5	1-2:30p.m.	\$145.00
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Recreation

Surprise Activity and Swim

3-5 years

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

NWLC	80355	Fri	Sep 5-26	2:30-3:35p.m.	\$38.00
	80356	Fri	Oct 3-24	2:30-3:35p.m.	\$38.00
	80599	Fri	Oct 31-Nov 21	2:30-3:35p.m.	\$38.00
	80600	Fri	Nov 28-Dec 19	2:30-3:35p.m.	\$38.00

Sports

Parent & Tot Floor Hockey

3-5 years

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

FLDH	79634	Mon	Sep 8-Nov 17	4:30-5:30p.m.	\$75.00
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Parent & Tot Soccer

3-5 years

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

FLDH	79642	Tue	Sep 9-Oct 28	4:30-5:30p.m.	\$60.00
	80171	Tue	Nov 4-Dec 16	4:30-5:30p.m.	\$52.50



Registered Child And Youth Programs



Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

MOC – Mitakuyé Owâs'â

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

Fine Arts

3D Printing and Design 1

8-12 years

Do you want to learn how to create your very own 3D design and print it too? If 3D printing and 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	79363	Sat	Sep 20-Nov 15	9:30-10:30a.m.	\$95.00
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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 3D printers. Students must supply their own laptop or iPad. Prerequisite: 3D Printing and Design 1 or equivalent experience.

NBAC	79364	Sat	Sep 20-Nov 15	11a.m.-12p.m.	\$95.00
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Abstract Art for Teens

12-16 years

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

NBAC	79287	Sun	Sep 21-Nov 16	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	79356	Thu	Sep 18-Nov 6	10a.m.-12p.m.	\$125.00
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Adventures in Art for Homeschoolers 2

9-13 years

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

NBAC	79357	Thu	Sep 18-Nov 6	1-3p.m.	\$125.00
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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	79359	Sat	Sep 20-Nov 15	12:30-2:30p.m.	\$125.00
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Looking for drop-in Fitness classes?

See the schedules and more at Regina.ca/dropin

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	79288	Sat	Sep 20-Nov 8	3-4:30p.m.	\$100.00
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Art Sampler

6-8 years

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

NBAC	79360	Sat	Sep 20-Nov 15	10a.m.-12p.m.	\$125.00
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Comics for Kids

8-13 years

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

NBAC	79293	Sat	Sep 20-Nov 15	1-2:30p.m.	\$98.00
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Drawing Awesome Monsters

8-12 years

Whether you like your monsters scary, cute, or gross, you can bring your imaginary creatures to life by practicing drawing a range of body types, textures, and special effects. Put your creatures into action poses and add expressions and backgrounds to make your monster drawings awesome!

NBAC	79297	Sat	Sep 20-Nov 22	10-11a.m.	\$82.00
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Drawing and Colouring Adventure

6-10 years

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

NBAC	79296	Sat	Sep 20-Nov 15	11a.m.-12:30p.m.	\$98.00
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Drawing Mythological Creatures

9-14 years

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

NBAC	79299	Sun	Sep 21-Nov 16	3-4:30p.m.	\$95.00
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Easy Sewing – Fun Felt Friends

10-14 years

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

NBAC	79301	Sun	Sep 7	1-4p.m.	\$35.00
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Fairy Tale Fun

6-10 years

Learn basic storytelling elements and write your own fairy tale. Create a story and have the chance to share it with some new friends!

NBAC	79304	Sat	Sep 13	3-4:30p.m.	\$20.00
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Fantastic Friends Drawing

9-14 years

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

NBAC	79305	Sat	Sep 20-Nov 15	3-4:30p.m.	\$98.00
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Fantastic Friends: Character Creation!

9-14 years

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

NBAC	79306	Sat	Sep 13	1-2:30p.m.	\$20.00
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Fantastic Friends: Fairy Tales

7-10 years

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

NBAC	79307	Sun	Sep 21-Nov 16	1-2:30p.m.	\$98.00
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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	79348	Sat	Sep 20-Nov 15	1-2:30p.m.	\$95.00
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Game Design

9-14 years

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

NBAC	79387	Sat	Sep 20-Nov 22	1:30-4p.m.	\$135.00
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Intro to Air Dry Clay

7-12 years

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

NBAC	79394	Sun	Sep 21-Nov 16	1-3p.m.	\$135.00
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Manga 1

9-14 years

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

NBAC	79327	Sat	Sep 20-Nov 22	11:30a.m.-1p.m.	\$95.00
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Octopus's Garden

8-12 years

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

NBAC	79392	Sun	Sep 21-Nov 16	1-2:30p.m.	\$100.00
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One Page Comics for Kids

7-13 years

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

NBAC	79331	Sun	Sep 14	1-3p.m.	\$25.00
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Roblox Coding for Beginners

10-14 years

Take a vacation away from your Brookhaven home and learn how to start creating your own Roblox map or game using Roblox Studio. This is an introductory look into the world of game creation, and no prior coding experience is necessary. Students must provide their own laptop, and have basic laptop skills (typing, spelling, using a mouse).

NBAC	79365	Sat	Sep 20-Nov 15	1-2p.m.	\$90.00
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World of Paper **NEW**

10-14 years

Welcome to the world of paper where young artists explore feelings and unleash creativity! In this unique art program, children discover the amazing possibilities of colourful paper, soft tissue, and recycled magazines. Through tearing, folding, and transforming these materials, children create vibrant art while learning to express themselves in a fun, supportive environment.

NBAC	79393	Sat	Sep 20-Nov 1	3-4:30p.m.	\$90.00
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World of Wax Crayons, Markers and Pastels

6-10 years

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

NBAC	79347	Sat	Sep 20-Nov 15	9-10:30a.m.	\$98.00
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Looking for drop-in Fitness classes?

See the schedules and more at Regina.ca/dropin

Join our Adapted Programs!

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

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

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

Exciting News!

We're looking for instructors for our sport & fitness programs. Send your resume to socialinclusionprograms@regina.ca.



Regina.ca/inclusiveprograms

REGINA

Regina.ca

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Recreation & Life Skills

Indigenous Youth Employment Program

14-18 years

An opportunity for Indigenous youth, ages 14-18, to grow leadership and life skills for adulthood. Participants will gain experiences through volunteer work and group activities; all blended with traditional Indigenous teachings. Additionally, participants will receive certification in First Aid CPR-C/AED. By the end of the program, youth will leave with a toolbox of skills, meaningful experiences and a guaranteed interview for a cashier or casual rec worker position. First Aid Course will be October 18 & 19 from 9a.m.-6p.m.

MOC	79891	Tue,Thu	Oct 7-Nov 18	4-7p.m.	\$80.00
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Sports

Badminton

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

5-7 years

FLDH	79623	Sat	Sep 6-Oct 25	1-2p.m.	\$60.00
	79624	Sat	Sep 6-27	2-3p.m.	\$60.00
	79646	Wed	Sep 10-Oct 29	5-6p.m.	\$60.00
	80176	Wed	Nov 5-Dec 17	5-6p.m.	\$52.50
	80193	Sat	Nov 8-Dec 20	1-2p.m.	\$37.50
	80194	Sat	Nov 8-Dec 20	2-3p.m.	\$37.50
NWLC	79382	Sat	Sep 20-Nov 29	4:30-5:30p.m.	\$75.00

8-12 years

FLDH	79632	Mon	Sep 8-Nov 17	5-6p.m.	\$75.00
	79633	Mon	Sep 8-Nov 17	6-7p.m.	\$75.00
	79640	Tue	Sep 9-Oct 28	5-6p.m.	\$52.50
	79647	Wed	Sep 10-Oct 29	6-7p.m.	\$60.00
	79652	Thu	Sep 11-Oct 30	5-6p.m.	\$60.00
	79655	Fri	Sep 12-Oct 31	5-6p.m.	\$60.00
	80159	Tue	Nov 4-Dec 16	5-6p.m.	\$45.00
	80177	Wed	Nov 5-Dec 17	6-7p.m.	\$52.50
	80184	Thu	Nov 6-Dec 18	5-6p.m.	\$52.50
	79383	Sat	Sep 20-Nov 29	5:30-6:30p.m.	\$75.00

Looking for drop-in Fitness classes?

See the schedules and more at Regina.ca/dropin

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	79625	Sat	Sep 6-Oct 25	5-6p.m.	\$60.00
	79641	Tue	Sep 9-Oct 28	6-7p.m.	\$52.50
	79653	Thu	Sep 11-Oct 30	6-7p.m.	\$60.00
	80160	Tue	Nov 4-Dec 16	6-7p.m.	\$45.00
	80185	Thu	Nov 6-Dec 18	6-7p.m.	\$52.50

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	80164	Tue	Sep 9-Oct 28	7:30-8:30p.m.	\$52.50
	79657	Fri	Sep 12-Oct 31	5-6p.m.	\$60.00
	79658	Fri	Sep 12-Oct 31	6-7p.m.	\$60.00
	80170	Tue	Nov 4-Dec 16	7:30-8:30p.m.	\$45.00
	80187	Fri	Nov 7-Dec 19	5-6p.m.	\$52.50
	80188	Fri	Nov 7-Dec 19	6-7p.m.	\$52.00

Basketball Fundamental Development

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

8-10 years

FLDH	79650	Wed	Sep 10-Oct 29	5-6p.m.	\$60.00
	79659	Fri	Sep 12-Oct 31	6-7p.m.	\$60.00
	80182	Wed	Nov 5-Dec 17	5-6p.m.	\$52.50
	80189	Fri	Nov 7-Dec 19	6-7p.m.	\$52.50
CRNC	79438	Sat	Sep 13-Nov 29	10-11am	\$60.00

11-13 years

FLDH	80183	Wed	Nov 5-Dec 17	6-7p.m.	\$52.50
	79651	Wed	Sep 10-Oct 29	6-7p.m.	\$60.00
CRNC	79440	Sat	Sep 13-Nov 29	11a.m.-12p.m.	\$60.00

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	79638	Mon	Sep 8-Dec 1	6:30-7:30p.m.	\$90.00
	79660	Fri	Sep 12-Oct 31	7-8p.m.	\$60.00
	80190	Fri	Nov 7-Dec 19	7-8p.m.	\$52.50

12-14 years

FLDH	79639	Mon	Sep 8-Dec 1	7:30-8:30p.m.	\$90.00
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Floor Hockey – Kids

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

5-7 years

FLDH	79648	Wed	Sep 10-Oct 29	4:30-5:30p.m.	\$60.00
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8-12 years

FLDH	79649	Wed	Sep 10-Oct 29	5:30-6:30p.m.	\$60.00
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Football – Kids

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

5-7 years

FLDH	80180	Wed	Nov 5-Dec 17	5:30-6:30p.m.	\$52.50
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8-12 years

FLDH	80181	Wed	Nov 5-Dec 17	6:30-7:30p.m.	\$52.50
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Go Girls Sports Jam

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

5-7 years

FLDH	80167	Mon	Nov 3-Dec 22	4:30-5:30p.m.	\$60.00
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8-12 years

FLDH	80168	Mon	Nov 3-Dec 22	5:30-6:30p.m.	\$60.00
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Lacrosse

Kids learn proper running technique and build on their endurance for cross country running and track.

5-7 years

FLDH	79635	Mon	Sep 8-Nov 17	5:30-6:30p.m.	\$75.00
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8-12 years

FLDH	80197	Sat	Nov 8-Dec 20	3-4p.m.	\$37.50
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Soccer

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

5-7 years

FLDH	79644	Tue	Sep 9-Oct 28	4:30-5:30p.m.	\$52.50
	80173	Tue	Nov 4-Dec 16	4:30-5:30p.m.	\$45.00
MOC	80832	Thu	Sep 11-Nov 13	5:30-6:30p.m.	\$75.00

8-12 years

FLDH	79645	Tue	Sep 9-Oct 28	5:30-6:30p.m.	\$52.50
	80174	Tue	Nov 4-Dec 16	5:30-6:30p.m.	\$45.00
	80198	Sat	Nov 8-Dec 20	4-5p.m.	\$37.50
MOC	78680	Thu	Sep 11-Nov 13	6:30-7:30p.m.	\$75.00

Free Youth Evening Program

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

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



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



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



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	80178	Wed	Nov 5-Dec 17	4:30-5:30p.m.	\$52.50
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8-12 years

FLDH	80179	Wed	Nov 5-Dec 17	5:30-6:30p.m.	\$52.50
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Table Tennis

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	80158	Tue	Nov 4-Dec 16	6:30-7:30p.m.	\$45.00
	80157	Tue	Sep 9-Oct 28	6:30-7:30p.m.	\$52.50

Tennis

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

8-10 years

FLDH	79629	Sat	Sep 6-Nov 15	10-11am	\$82.50
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11-13 years

FLDH	79630	Sat	Sep 6-Nov 15	11a.m.-12p.m.	\$82.50
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Volleyball

earn 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	79661	Fri	Sep 12-Oct 31	5-6p.m.	\$60.00
	80191	Fri	Nov 7-Dec 19	5-6p.m.	\$52.50

11-13 years

FLDH	79662	Fri	Sep 12-Oct 31	6-7p.m.	\$60.00
	80192	Fri	Nov 7-Dec 19	6-7p.m.	\$52.50

Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin

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
Oct 7-Nov 18 • 4-7 p.m.

First Aid Training

Oct 18 & 19 • 9 a.m.-6 p.m.
(79891)

Cost:
\$80

Where:

Mitakuyé Owâs'ā Centre
1770 Halifax St.

How to Sign Up:

1. Online at Regina.ca/recreation
2. Visit a City of Regina Leisure or Recreation Centre
3. Call 306-777-PLAY(7529)

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



A collage of four images: a person drinking water, a car accident at night, a tornado, and firefighters at a scene.

notify now

Emergencies happen.

Be informed. Be prepared.

Sign-up for local Safety Alerts

SMS Text Voice Call Email



Regina.ca/NotifyNow



Join the City Lifeguard Team!

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

A woman lifeguard is assisting a young child in a swimming pool.

Regina.ca/jobs

Warm up with Drop-In Winter Activities!



PUBLIC SKATE SCHEDULE

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jack Hamilton 1010 McCarthy Blvd.	6-8 p.m. Oct 13-Mar 16 General Admission						
Clarence Mahon 130 Brotherton Ave.		6-8 p.m. FREE Oct 14-Mar 17					
Al Ritchie 2230 Lindsay Ave.			6-7:45 p.m. FREE Oct 1-Mar 18				
Murray Balfour 68 Massey Rd.			2:30-3:30 p.m. FREE Oct 8-Mar 18			6-8 p.m. Oct 4-Mar 21 General Admission	
Doug Wickenheiser 1127 Arnason St. N							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 St. N					6-8 p.m. FREE Oct 10-Mar 20		

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

FREE

SCHOOL'S OUT SKATES

Date	Time	Location
Monday, Dec 22	10:30 a.m. - 12:30 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

FREE

PUBLIC SWIM

North West Leisure Centre – 1127 Arnason Street

November 22, 2025 Saturday 6:30 - 8:25 p.m.

Lawson Aquatic Centre – 1717 Elphinstone Street

December 20, 2025 Saturday 2-4 p.m.

Winter Together



This winter, let's bundle up, head outside and make memories together.

Discover what is happening this winter:

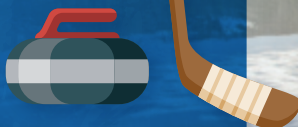
Explore free winter programs and events for all ages.

Scan to discover many winter amenities, activities and events



Did you know Regina has:

- ❄️ 50+ outdoor ice surfaces
- ❄️ 44 km of cross-country ski trails
- ❄️ 19 toboggan hills
- ❄️ 13 community fire pits
- ❄️ 3 Crokicurl sites
- ❄️ Snowshoe, fat bike and cross-country ski at Tor Hill Winter City Recreation Trails.



Registered Adult Programs



Legend

FLDH – Fieldhouse

LAC – Lawson Aquatic Centre

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Material Fees

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

Fine Arts – Drawing & Painting

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	79284	Thu	Sep 18-Nov 6	7-9p.m.	\$140.00
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Acrylic Landscapes NEW 15 years and up

Explore works by Canada's Group of Seven and their study of what art form was befitting of Canada as a new nation independent of European art influences. Each day we will learn about this group of artists while completing a study of one of their paintings in acrylic. This is a step-by-step class suitable for beginners and those with past acrylic experience.

NBAC	79396	Tue, Wed	Oct 14-29	7-9:30p.m.	\$115.00
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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.

NBAC	79385	Wed	Sep 17-Nov 5	7-9p.m.	\$140.00
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Beginner Autodesk Fusion 360 15 years and up

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

NBAC	79388	Mon	Sep 15-Nov 10	7-9p.m.	\$135.00
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Beginner Drawing

15 years and up

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

NBAC	79291	Wed, Thu	Nov 12-27	7-9:30p.m.	\$115.00
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Beginner Watercolours

15 years and up

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

NBAC	79395	Wed, Thu	Sep 10-25	7-9:30p.m.	\$115.00
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Creative Sketchbook **NEW** 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	79404	Wed	Sep 17-Nov 5	7-9:30p.m.	\$170.00
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Drawing for All Levels **NEW** 15 years and up

Whether a beginner or skilled at drawing this class offers an opportunity to grow as an artist and have some fun. Students will practice composition, accuracy, value and shading, perspective and much more.

NBAC	79431	Mon	Sep 15-Nov 10	1-4p.m.	\$165.00
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Graphic Design and Visual Arts **NEW** 15 years and up

This course begins with the fundamentals of visual arts and continues with graphic design skills. Using Canva, a free and accessible online platform, the students will develop skills in colour theory, composition, typography, and layout. In the final session, students will apply these concepts to create graphics for both digital and print use. By the end, students will have a foundational understanding of visual arts and be capable of designing with Canva - skills that will transfer to more advanced design tools if they choose to continue. Students must supply a laptop with web browser.

NBAC	79429	Wed	Sep 17-Nov 5	7-9p.m.	\$140.00
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Introduction to Coloured Pencil 15 years and up

This workshop introduces students to the fantastic scope of coloured pencil art. Techniques used to create texture, blend colour, mimic oil paint and other effects will be covered, as well as technical information on this media. Students can bring paper and their own coloured pencils but materials will be provided.

NBAC	79412	Sun	Sep 14	1-4p.m.	\$40.00
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Landscapes in Acrylic 15 years and up

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

NBAC	79323	Thu	Sep 18-Nov 6	7-10p.m.	\$165.00
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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	79352	Wed	Sep 17-Nov 5	1-4p.m.	\$165.00
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Painting and Drawing Drop In **FREE** 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	79333	Fri	Sep 5-Dec 19	9-11:30a.m.	Free
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Painting with Acrylics 3 15 years and up

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

NBAC	79334	Wed	Sep 17-Nov 5	9a.m.-12p.m.	\$165.00
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Pets in Watercolour 15 years and up

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

NBAC	79335	Wed,Thu	Dec 3-18	7-9:30p.m.	\$115.00
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Sketching the Basics 15 years and up

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

NBAC	79340	Fri	Sep 19-Nov 7	1-3:30p.m.	\$135.00
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Watercolour – Level 1 15 years and up

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

NBAC	79344	Sat	Sep 20-Nov 15	9a.m.-12p.m.	\$165.00
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Watercolour – Level 2 **NEW** 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	79384	Mon	Sep 15-Nov 10	7-10p.m.	\$165.00
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**Looking for drop-in
Fitness classes?**

See the schedules and
more at Regina.ca/dropin



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	79362	Tue	Sep 16-Nov 18	7-9:30p.m.	\$155.00
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Introduction to Crochet

14 years and up

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

NBAC	79310	Tue	Sep 16-Oct 28	7-8p.m.	\$65.00
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Introduction to Knitting

14 years and up

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

NBAC	79311	Mon	Sep 15-Oct 27	7-8p.m.	\$65.00
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Learn to Sew

15 years and up

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

NBAC	79325	Sat	Sep 13	10a.m.-3p.m.	\$55.00
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Learn to Sew a Shoulder Bag

14 years and up

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

NBAC	79326	Sun	Sep 7	1-4p.m.	\$40.00
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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	79332	Thu	Sep 25, Oct 23, Nov 27	7-10p.m.	Free
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Quilting Drop In



15 years and up

Join members of the Prairie Piecemakers Quilters' Guild when they meet each Thursday morning to make donation quilts for infants and children in hospitals and shelters. All levels of experience are welcome, and registration is not necessary.

NBAC	79338	Thu	Sep 4-Dec 18	9a.m.-2p.m.	Free
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Stitch-In



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	79341	Fri	Sep 5-Dec 19	9-11:30a.m.	Free
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Upcycled Denim Mittens

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 unique mittens. 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	79342	Sat	Dec 13	10a.m.-3p.m.	\$55.00
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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	79343	Sat	Sep 6	10a.m.-3p.m.	\$55.00
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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.

NBAC	79402	Mon	Sep 15-Oct 27	1-3:30p.m.	\$155.00
	79399	Mon	Sep 15-Oct 27	7-9:30p.m.	\$155.00

Enameling Project Class

16 years and up

Work on enameling projects of your own choice in this class. An instructor will be on hand to assist you with any questions or issues. Access will be available to the kiln for kiln firing and the torch for torch firing. A materials fee of \$30, paid at the time of registration, will cover the cost of enamel.

Prerequisite: Previous Enameling class or equivalent experience.

NBAC	79302	Thu	Sep 18-Nov 6	7-10p.m.	\$260.00
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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	79303	Wed	Nov 5-Dec 10	7-10p.m.	\$190.00
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Intermediate Stained Glass



15 years and up

Students who have prior stained glass experience, or who have taken a Beginner Stained Glass class at the Neil Balkwill will continue to build on their skills by creating a project of their choosing.

NBAC	79403	Mon	Nov 3-Dec 8	7-9:30p.m.	\$155.00
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Introduction to Stained Glass 15 years and up

In this weekend workshop, learn how to make your own sun catchers and other colourful creations while being introduced to some of the basic skills and techniques of stained glass work.

NBAC	79312	Sat-Sun	Sep 6-7	12:30-4p.m.	\$85.00
	79400	Sat-Sun	Dec 6-7	12:30-4p.m.	\$85.00
	79401	Sat-Sun	Dec 13-14	12:30-4p.m.	\$85.00

Jewellery 1

16 years and up

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

NBAC	79314	Tue	Sep 16-Nov 18	7-10p.m.	\$270.00
	79398	Sat	Sep 20-Nov 15	9a.m.-12p.m.	\$270.00

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	79397	Thu	Sep 18-Nov 6	1-4p.m.	\$230.00
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Jewellery – Casting Exploration

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC	79355	Sun	Sep 21-Nov 16	1-4p.m.	\$230.00
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Jewellery Project

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC	79316	Tue	Sep 16-Nov 18	1-4p.m.	\$230.00
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Lampwork – Enhanced

16 years and up

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

Prerequisite: Lampwork Beads 1.

NBAC	79317	Mon	Sep 15-Nov 10	7-10p.m.	\$245.00
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Lampwork Beads 1

16 years and up

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

NBAC	79320	Wed	Sep 17-Oct 22	7-10p.m.	\$230.00
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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	79319	Mon	Sep 15-Nov 10	1-4p.m.	\$245.00
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Fine Arts – Photography

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	79336	Mon	Sep 15-Oct 20	7-10p.m.	\$112.00
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Photography 2 – Principles of Photography

15 years and up

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

Prerequisite: Photography 1 or equivalent.

NBAC	79337	Mon	Oct 27-Nov 24	7-10p.m.	\$112.00
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Photography **NEW** 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.

NBAC	79430	Thu	Sep 18-Nov 6	7-9p.m.	\$135.00
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Looking for drop-in Fitness classes?

See the schedules and more at Regina.ca/dropin



Fine Arts – Woodworking

Basic Woodworking

16 years and up

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

NBAC	79289	Tue	Sep 16-Dec 2	7-9:30p.m.	\$235.00
	79386	Wed	Sep 17-Nov 19	7-9:30p.m.	\$235.00

Danish Cord Bench **NEW**

16 years and up

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

NBAC	79410	Sat	Sep 20-Nov 29	9a.m.-12p.m.	\$280.00
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Introduction to the Wood Lathe: Bowl Turning

16 years and up

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

NBAC	79389	Fri Sat-Sun	Dec 12 Dec 13-14	7-9p.m. 9a.m.-5p.m.	\$205.00
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Introduction to the Wood Lathe: Spindle Turning

16 years and up

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

NBAC	79390	Fri Sat-Sun	Sep 5 Sep 6-7	7-9p.m. 9a.m.-5p.m.	\$205.00
	79391	Fri Sat-Sun	Dec 5 Dec 6-7	7-9p.m. 9a.m.-5p.m.	\$205.00

Shaker Six-Board Chest **NEW**

16 years and up

Using hand processes, create a medium sized six-board chest patterned after classic Shaker chests. Learn how to cut rabbet and dado joinery with hand tools and to install hinges. Assemble your chest with traditional cut nails and decorative forged nails made on century-old machinery. Students will primarily use hand tools including hand saw, chisel, bench plane, joinery planes and layout tools. Be inspired by Shaker ideals of simplicity, traditional craftsmanship and strong construction. An additional materials fee paid to the instructor will cover the cost of materials.

NBAC	79411	Thu	Sep 18-Nov 20	7-10p.m.	\$280.00
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Wood Carving Drop In **FREE** 14 years and up

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

NBAC	79345	Tue	Sep 2-Dec 30	9-11:30a.m.	Free
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Wood Project 16 years and up

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

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

NBAC	79346	Mon	Sep 15-Nov 24	7-10p.m.	\$280.00
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Aquatic Fitness, Health & Wellness**Programming Note**

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

Aquacise 14 years and up

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

LAC	79433	Thu	Oct 2-30	6:15-7p.m.	\$29.00
	79432	Tue	Oct 7-28	6:15-7p.m.	\$23.20
	79435	Tue	Nov 4-Dec 16	6:15-7p.m.	\$34.80
	79434	Thu	Nov 13-Dec 18	6:15-7p.m.	\$34.80
NWLC	80750	Tue	Sep 2-Oct 28	8:35-9:20p.m.	\$46.40
	80748	Wed	Sep 3-Oct 29	8:35-9:20p.m.	\$52.20
	80749	Mon	Sep 8-Oct 27	8:35-9:20p.m.	\$40.60
	80752	Mon	Nov 3-Dec 15	8:35-9:20p.m.	\$40.60
	80753	Tue	Nov 4-Dec 16	8:35-9:20p.m.	\$34.80
	80751	Wed	Nov 5-Dec 17	8:35-9:20p.m.	\$40.60
SSLC	80610	Tue	Sep 2-Oct 28	8:30-9:15p.m.	\$46.40
	80614	Wed	Sep 3-Oct 29	8:30-9:15p.m.	\$52.20
	80619	Thu	Sep 4-Oct 30	8:30-9:15p.m.	\$52.20
	80603	Mon	Sep 8-Oct 27	8:30-9:15p.m.	\$40.60
	80628	Mon	Nov 3-Dec 15	8:30-9:15p.m.	\$40.60
	80635	Tue	Nov 4-Dec 16	8:30-9:15p.m.	\$34.80
	80639	Wed	Nov 5-Dec 17	8:30-9:15p.m.	\$40.60
	80644	Thu	Nov 6-Dec 18	8:30-9:15p.m.	\$40.60

Baby & Me Aquacise

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

SSLC	80615	Wed	Sep 3-Oct 29	9:15-10a.m.	\$52.20
	80640	Wed	Nov 5-Dec 17	9:15-10a.m.	\$40.60

Land Fitness, Health & Wellness**Programming Note**

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

Baby & Me Bootcamp 15 years and up

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

FLDH	79425	Wed	Sep 3-Oct 29	10:45-11:45a.m.	\$62.10
	79427	Thu	Sep 4-Oct 30	10:45-11:45a.m.	\$62.10
	79426	Wed	Nov 5-Dec 17	10:45-11:45a.m.	\$48.30
	79428	Thu	Nov 6-Dec 18	10:45-11:45a.m.	\$48.30

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	80625	Fri	Sep 5-Oct 31	11:45a.m.-12:45p.m.	\$52.50
	80650	Fri	Nov 7-Dec 19	11:45a.m.-12:45p.m.	\$40.60

Discover the Fun with a Leisure Pass!


Regina.ca/LeisurePass

Regina.ca

LiveWell

15 years and up

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

FLDH	80201	Tue,Thu	Sep 2-Oct 30	4:30-5:30p.m.	\$143.10
	80202	Tue,Thu	Sep 2-Oct 30	5:30-6:30p.m.	\$143.10
	80199	Mon,Wed	Sep 3-Oct 29	10-11am	\$143.10
	80200	Mon,Wed	Sep 3-Oct 29	11a.m.-12p.m.	\$143.10
	80203	Mon,Wed	Nov 3-Dec 17	10-11am	\$111.30
	80204	Mon,Wed	Nov 3-Dec 17	11a.m.-12p.m.	\$111.30
	80205	Tue,Thu	Nov 4-Dec 18	4:30-5:30p.m.	\$111.30
	80206	Tue,Thu	Nov 4-Dec 18	5:30-6:30p.m.	\$111.30

Minds in Motion

20 years and up

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

NWLC	80729	Thu	Oct 2-Dec 4	1:30-3:30p.m.	\$25.00
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Mobility - Strength, Flexibility & Relaxation

16 years and up

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

FLDH	79415	Mon	Sep 8-Oct 27	7-8p.m.	\$48.30
	79416	Mon	Nov 3-Dec 15	7-8p.m.	\$48.30

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	79408	Thu	Sep 4-Oct 30	6:45-7:45p.m.	\$62.10
	79409	Thu	Nov 6-Dec 18	6:45-7:45p.m.	\$48.30

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	79406	Sat	Sep 6-Nov 1	9:45-10:45a.m.	\$62.10
	79407	Sat	Nov 8-Dec 20	9:45-10:45a.m.	\$34.50

All Bodies Swim

Fridays

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

■ Sep 26 ■ Oct 24
■ Nov 21 ■ Dec 19

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

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

For more information please email socialinclusionprograms@regina.ca

Regina.ca/DropIn

 **REGINA**

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	80604	Mon	Sep 8-Oct 27	5:30-6:30p.m.	\$40.60
	80629	Mon	Nov 3-Dec 15	5:30-6:30p.m.	\$40.60

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	80616	Wed	Sep 3-Oct 29	10:30-11:30a.m.	\$52.20
	80641	Wed	Nov 5-Dec 17	10:30-11:30a.m.	\$40.60

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	80611	Tue	Sep 2-Oct 28	6:45-7:45p.m.	\$46.40
	80617	Wed	Sep 3-Oct 29	5:30-6:30p.m.	\$52.20
	80636	Tue	Nov 4-Dec 16	6:45-7:45p.m.	\$34.80
	80642	Wed	Nov 5-Dec 17	5:30-6:30p.m.	\$40.60

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	79421	Wed	Sep 3-Oct 29	5:30-6:30p.m.	\$71.55
	79423	Sat	Sep 6-Nov 1	8:30-9:30a.m.	\$71.55
	79422	Wed	Nov 5-Dec 17	5:30-6:30p.m.	\$55.65
	79424	Sat	Nov 8-Dec 20	8:30-9:30a.m.	\$55.65

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	80738	Tue	Sep 2-Oct 28	6-7p.m.	\$55.20
	80737	Mon	Sep 8-Oct 27	7:15-8:15p.m.	\$48.30
	80744	Mon	Nov 3-Dec 15	7:15-8:15p.m.	\$48.30
	80745	Tue	Nov 4-Dec 16	6-7p.m.	\$41.40
SSLC	80606	Mon	Sep 8-Oct 27	8-9p.m.	\$48.30
	80631	Mon	Nov 3-Dec 15	8-9p.m.	\$48.30

Yoga – Gentle

15 years and up

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

FLDH	79413	Mon	Sep 8-Oct 27	5:45-6:45p.m.	\$48.30
	79414	Mon	Nov 3-Dec 15	5:45-6:45p.m.	\$48.30
NWLC	80740	Wed	Sep 3-Oct 29	6-7p.m.	\$62.10
	80739	Mon	Sep 8-Oct 27	6-7p.m.	\$48.30
	80746	Mon	Nov 3-Dec 15	6-7p.m.	\$48.30
	80747	Wed	Nov 5-Dec 17	6-7p.m.	\$48.30
	80624	Thu	Sep 4-Oct 30	9:15-10:15a.m.	\$62.10
SSLC	80621	Thu	Sep 4-Oct 30	11:45a.m.-12:45p.m.	\$62.10
	80620	Thu	Sep 4-Oct 30	6:45-7:45p.m.	\$62.10
	80626	Fri	Sep 5-Oct 31	10:30-11:30a.m.	\$62.10
	80607	Mon	Sep 8-Oct 27	9:15-10:15a.m.	\$48.30
	80608	Mon	Sep 8-Oct 27	10:30-11:30a.m.	\$48.30
	80609	Mon	Sep 8-Oct 27	6:45-7:45p.m.	\$48.30
	80632	Mon	Nov 3-Dec 15	9:15-10:15a.m.	\$48.30
	80633	Mon	Nov 3-Dec 15	10:30-11:30a.m.	\$48.30
	80634	Mon	Nov 3-Dec 15	6:45-7:45p.m.	\$48.30
	80647	Thu	Nov 6-Dec 18	9:15-10:15a.m.	\$48.30
	80646	Thu	Nov 6-Dec 18	11:45a.m.-12:45p.m.	\$48.30
	80645	Thu	Nov 6-Dec 18	6:45-7:45p.m.	\$48.30
	80651	Fri	Nov 7-Dec 19	10:30-11:30a.m.	\$48.30

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	79417	Tue	Sep 2-Oct 28	10:30-11:30a.m.	\$55.20
	79418	Tue	Nov 4-Dec 16	10:30-11:30a.m.	\$41.40

Yoga – Learn to Arm Balance

15 years and up

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

FLDH	79703	Sun	Nov 9-30	9-10:30a.m.	\$41.40
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Looking for drop-in fitness classes?

See the schedules and more at Regina.ca/dropin



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	80612	Tue	Sep 2-Oct 28	8-9p.m.	\$55.20
	80637	Tue	Nov 4-Dec 16	8-9p.m.	\$41.40

Zumba Fitness

16 years and up

Ditch the workout and join the party! This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

FLDH	79419	Wed	Sep 3-Oct 29	6:45-7:45p.m.	\$62.10
	79420	Wed	Nov 5-Dec 17	6:45-7:45p.m.	\$48.30
SSLC	80622	Thu	Sep 4-Oct 30	8-9p.m.	\$62.10
	80627	Sat	Sep 6-Nov 1	9-10a.m.	\$62.10
	80648	Thu	Nov 6-Dec 18	8-9p.m.	\$48.30
	80652	Sat	Nov 8-Dec 20	9-10a.m.	\$48.30

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	79626	Sat	Sep 6-Oct 25	6-7:30p.m.	\$90.00
	79656	Fri	Sep 12-Oct 31	6-7:30p.m.	\$90.00
	80186	Fri	Nov 7-Dec 19	6-7:30p.m.	\$78.75

Kickboxing

16 years and up

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

NWLC	80754	Sun	Sep 7-Nov 2	10-11am	\$62.10
	80755	Sun	Nov 9-Dec 21	10-11am	\$48.30

Sport Jam – Adults NEW

16 years and up

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

FLDH	80792	Fri	Sep 12-Oct 24	7-8pm	\$52.50
	80793	Fri	Nov 7-Dec 19	7-8pm	\$52.50

Table Tennis - Adults

16 years and up

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

FLDH	80833	Tue	Sep 9-Oct 28	7:30-8:30p.m.	\$52.50
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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	79631	Sat	Sep 6-Nov 15	12:15-1:15p.m.	\$82.50
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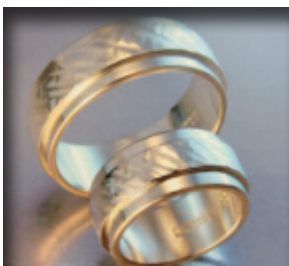


****Prices shown do not include tax. Where applicable, GST will be added.**

Explore Jewellery Classes at the Neil Balkwill Civic Arts Centre!

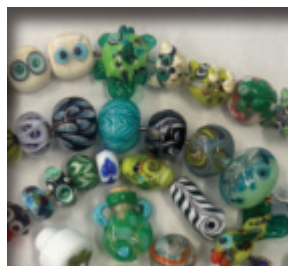
This Fall, discover the art of jewellery-making in the heart of Regina! Whether you are new to the craft or looking to advance your skills, the City of Regina's Neil Balkwill Civic Arts Centre offers hands-on classes led by local artists!

Beginner Classes



Jewellery 1

Learn basic silversmithing using a variety of metals while you saw, drill, file, texture and solder metal to create a pendant, band ring and projects of your choice.



Lampwork Beads

Create dazzling, one-of-a-kind glass beads using a torch and your imagination.

Advanced Classes



Casting Exploration

Dive into the fascinating world of jewellery casting and transform your ideas into wearable art.



Enameling Project Class

Add vibrant colour and depth to your pieces with the timeless art of enameling.

Plus more to discover!

See the Adult Fine Arts Jewellery and Metalwork section for more details.



Registered Older Adult Programs



Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Programming Note

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

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	80734	Tue	Sep 2-Oct 28	10:30-11:30a.m.	\$55.20
	80735	Thu	Sep 4-Oct 30	10:30-11:30a.m.	\$62.10
	80741	Tue	Nov 4-Dec 16	10:30-11:30a.m.	\$41.40
	80742	Thu	Nov 6-Dec 18	10:30-11:30a.m.	\$48.30

Looking for drop-in Fitness classes?

See the schedules and more at Regina.ca/dropin



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.

NWLC	80736	Wed	Sep 3-Oct 29	1-2p.m.	\$62.10
	80743	Wed	Nov 5-Dec 17	1-2p.m.	\$48.30
SSLC	80618	Wed	Sep 3-Oct 29	11:45a.m.-12:45p.m.	\$62.10
	80605	Mon	Sep 8-Oct 27	11:45a.m.-12:45p.m.	\$48.30
	80630	Mon	Nov 3-Dec 15	11:45a.m.-12:45p.m.	\$48.30
	80643	Wed	Nov 5-Dec 17	11:45a.m.-12:45p.m.	\$48.30

Zumba Gold

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

NWLC	80730	Wed	Sep 3-Oct 29	10:30-11:30a.m.	\$62.10
	80732	Mon	Sep 8-Oct 27	9:45-10:45a.m.	\$48.30
	80733	Mon	Nov 3-Dec 15	9:45-10:45a.m.	\$48.30
	80731	Wed	Nov 5-Dec 17	10:30-11:30a.m.	\$48.30
SSLC	80613	Tue	Sep 2-Oct 28	10:30-11:30a.m.	\$55.20
	80623	Thu	Sep 4-Oct 30	10:30-11:30a.m.	\$62.10
	80638	Tue	Nov 4-Dec 16	10:30-11:30a.m.	\$41.40
	80649	Thu	Nov 6-Dec 18	10:30-11:30a.m.	\$48.30

Older Adults Leaders Wanted

Are you over the age of 50?

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

Why not volunteer as an Older Adult Leader?

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

2025 Forever...in motion Leadership Training

For \$40 you receive:

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

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



Mobility Assistive Golf Cart

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

Apply in person or online.

Available at
Lakeview
Par 3
Golf Course

Golf carts
are
FREE



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

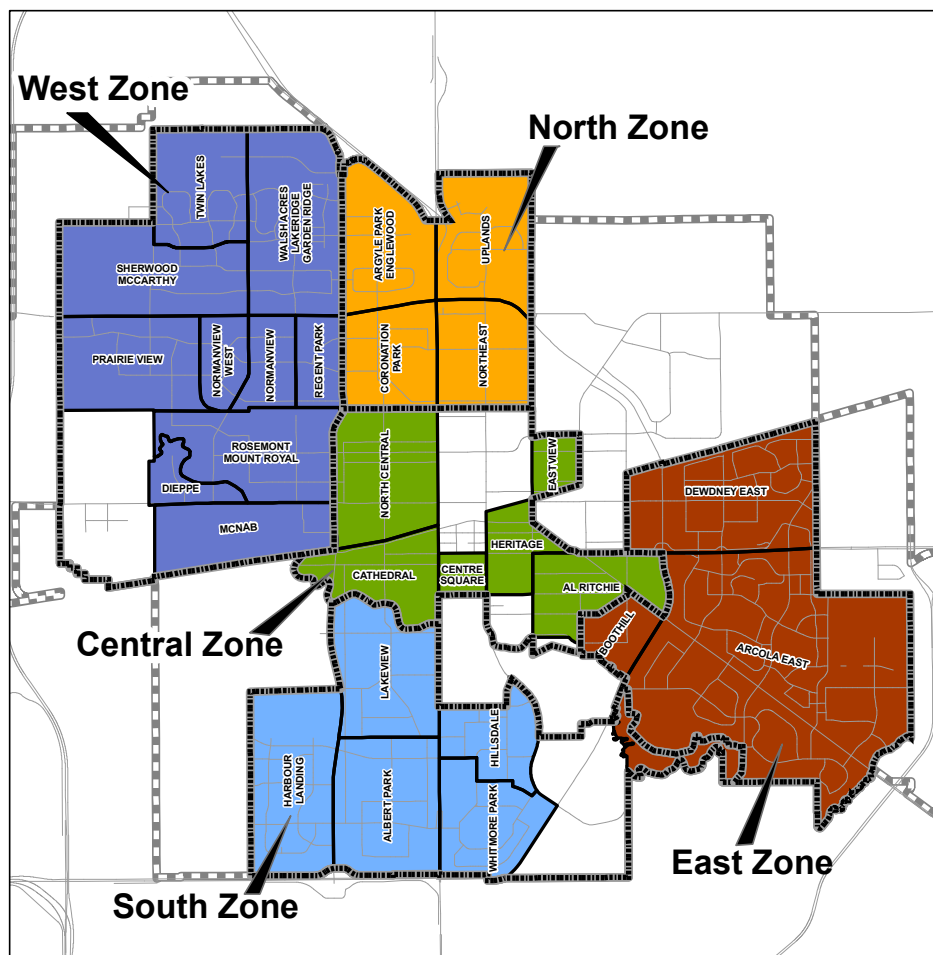


Zone Board & Community Association Programs



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

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



Central Zone Board

Contact: Central Zone Board

Email: qceca@hotmail.ca

Registration Date: Please contact the zone or association directly

Registration Location: 615 6th Ave.

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

Al Ritchie Community Association

alritchie.org

Contact: 306-352-3930

Facebook.com/AlRitchieCommunityAssociation / www.alritchie.org

Email: info@alritchie.org

Registration Date: Ongoing

Registration Location: 2250 Lindsay St.

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

Al Ritchie Community Association is located at 2250 Lindsay Street

Core Ritchie Neighbourhood Centre is located at 445 14th Avenue

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
MOSAIC Food Pantry	All Ages	Mon-Fri	Ongoing	10 a.m.-2 p.m.	Al Ritchie Community Association	Free
Casino Regina and Moose Jaw Second Chance Community Shop	All Ages	Mon-Fri	Ongoing	10 a.m.-2 p.m.	Al Ritchie Community Association	Free
Back to School Bash	All Ages	Sat	Sep 6	1-3 p.m.	Core Ritchie Neighbourhood Centre	Free
Monster Bash	All Ages	Sat	Oct 25	1-3 p.m.	Core Ritchie Neighbourhood Centre	Free
Jingle Ball	All Ages	Sat	Dec 13	1-3 p.m.	Core Ritchie Neighbourhood Centre	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Jungle Gym	0-6 yrs	Thu	Ongoing	9-10 a.m.	Core Ritchie Neighbourhood Centre	Free Drop-in
Little Artists	0-6 yrs	Wed	Ongoing	1:45-2:30 p.m.	Al Ritchie Community Association	Free Drop-in
Books For Breakfast	0-6 yrs	Tue	Ongoing	9-10 a.m.	Al Ritchie Community Association	Free Drop-in
Stay & Play	0-6 yrs	Tue	Ongoing	10-11 a.m.	Al Ritchie Community Association	Free Drop-in
Cookie Monsters	0-6 yrs	Wed	Ongoing	1-1:45 p.m.	Al Ritchie Community Association	Free Drop-in
Little Einsteins	0-6 yrs	Tue	Ongoing	1-2 p.m.	Al Ritchie Community Association	Free Drop-in
Sing, Dance, Storytime	0-6 yrs	Wed	Ongoing	9-10 a.m.	Al Ritchie Community Association	Free Drop-in
Snackaroos	0-6 yrs	Thu	Ongoing	10:15-11:15 a.m.	Al Ritchie Community Association	Free Drop-in
Drop-in Play	0-6 yrs	Thu	Ongoing	1-2:30 p.m.	Al Ritchie Community Association	Free Drop-in
Playful Pals	0-6 yrs	Fri	Ongoing	9 a.m.-12 p.m.	Al Ritchie Community Association	Free Drop-in
Zumbini	0-4 yrs	Mon	Sep 8-Oct 13 Oct 27-Dec 1	9:30-10:30 a.m.	Al Ritchie Community Association	\$30

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6-15 yrs	Mon-Fri	School Days Sep-June	3:15-5 p.m.	Al Ritchie Community Association	Free
Jungle Gym	0-6 yrs	Thu	Ongoing	9-10 a.m.	Core Ritchie Neighbourhood Centre	Free Drop-in
Little Artists	0-6 yrs	Wed	Ongoing	1:45-2:30 p.m.	Al Ritchie Community Association	Free Drop-in
Books For Breakfast	0-6 yrs	Tue	Ongoing	9-10 a.m.	Al Ritchie Community Association	Free Drop-in
Stay & Play	0-6 yrs	Tue	Ongoing	10-11 a.m.	Al Ritchie Community Association	Free Drop-in
Cookie Monsters	0-6 yrs	Wed	Ongoing	1-1:45 p.m.	Al Ritchie Community Association	Free Drop-in
Little Einsteins	0-6 yrs	Tue	Ongoing	1-2 p.m.	Al Ritchie Community Association	Free Drop-in
Sing, Dance, Storytime	0-6 yrs	Wed	Ongoing	9-10 a.m.	Al Ritchie Community Association	Free Drop-in
Snackaroos	0-6 yrs	Thu	Ongoing	10:15-11:15 a.m.	Al Ritchie Community Association	Free Drop-in

Drop -in Play	0- 6 yrs	Thu	Ongoing	1-2:30 p.m.	Al Ritchie Community Association	Free Drop -in
Playful Pals	0- 6 yrs	Fri	Ongoing	9 a.m.-12 p.m.	Al Ritchie Community Association	Free Drop-in
Zumba Kids Jr.	4- 6yrs	Tue	Sep 2-Oct 7 Oct 28-Dec 2	6-7 p.m.	Core Ritchie Neighbourhood Centre	\$25 or \$5 drop-in fee
Zumba Kids	7- 12yrs	Wed	Sep 3-Oct 8 Oct 29-Dec 3	6-7 p.m.	Core Ritchie Neighbourhood Centre	\$25 or \$5 drop-in fee
Girls Group	9-15	Fri	Sep 19-Oct 24 Nov 7-Dec 12	6-8 p.m.	Al Ritchie Community Association	Free
Drop-In Basketball	8-15	Wed	Sep 17-Dec 10	6:30-8 p.m.	Core Ritchie Neighbourhood Centre	Free
Kidz Cook & Eat	6- 11	Sun	Sep 14-Oct 26	11 a.m.-1 p.m.	Al Ritchie Community Association	\$30
Dance & Free Movement Fundamentals	5-12	Thu	Jan 9-Jun 5	6:45-7:30 p.m.	Core Ritchie Neighbourhood Centre	Free
Home Alone / Babysitting Course	11+ yrs	Sat	Aug 30, Oct 4, Nov 29	8 a.m.	Al Ritchie Community Association	\$50 per child
Youth Leadership	8-15 yrs	Thu	Sep 18-Oct 23 Nov 7-Dec 13	6-8 p.m.	Al Ritchie Community Association	Free

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6-15 yrs	Mon-Fri	School Days Sep-June	3:15-5 p.m.	Al Ritchie Community Association	Free
Girls Group	9-15 yrs	Fri	Sep 19-Oct 24 Nov 7-Dec 12	6-8 p.m.	Al Ritchie Community Association	Free
Drop-In Basketball	8-15 yrs	Wed	Sep 17-Dec 10	6:30-8 p.m.	Core Ritchie Neighbourhood Centre	Free
Kidz Cook & Eat	6- 11 yrs	Sun	Sep 14-Oct 26	11 a.m.-1 p.m.	Al Ritchie Community Association	\$30
Dance & Free Movement Fundamentals	5-12 yrs	Thu	Jan 9-Jun 5	6:45-7:30 p.m.	Core Ritchie Neighbourhood Centre	Free
Home Alone / Babysitting Course	11+ yrs	Sat	Aug 30, Oct 4, Nov 29	8 a.m.	Al Ritchie Community Association	\$50 per child
Youth Leadership	8-15 yrs	Thu	Sep 18-Oct 23 Nov 7-Dec 13	6-8 p.m.	Al Ritchie Community Association	Free

Adult

Barre Fitness	18+	Thu	Jan 9-Jun 5	7:30-8:15 p.m.	Core Ritchie Neighbourhood Centre	\$5 drop-in or 5-class pass for \$20
Pickleball (beginners)	18+	Wed	Sep-Jun	12:30-2:30 p.m.	Core Ritchie Neighbourhood Centre	\$2 drop-in
Pickleball (intermediate and advanced)	18+	Tue & Thu	Sep-Jun	11 a.m.-2 p.m.	Core Ritchie Neighbourhood Centre	\$2 drop-in or \$20 Annually
Maker's Space	18+	3rd Mon of each month	Sep-Jun	6:30-8:30 p.m.	Core Ritchie Neighbourhood Centre	Free
Yang 85 Form Tai chi	18+	Sun	Weekly	1-2:30 p.m.	Core Ritchie Neighbourhood Centre	\$25
Zumba	18+	Tue	Sep 2-Oct 7 Oct 28-Dec 2	7-8 p.m.	Core Ritchie Neighbourhood Centre	\$25 or \$5 drop-in fee
Zumba	18+	Wed	Sep 3-Oct 8 Oct 29-Dec 3	7-8 p.m.	Core Ritchie Neighbourhood Centre	\$25 or \$5 drop-in fee

Older Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga	55+	Fri	Sep 5-Jun 12	10-11:15 a.m.	Core Ritchie Neighbourhood Centre	Free

Contact: 306-569-8755

Email: caca@sasktel.net

Registration Date: Online starting August 12, 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.

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 and 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-or "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.

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Cathedral Holiday Craft Market	All Ages	Sat	Nov 20	10 a.m.-4 p.m.	Cathedral Neighbourhood Centre & Westminster United Church & Holy Rosary Cathedral	Free
Clothing Swap	All Ages	Sat	Oct 4	12-4 p.m.	Cathedral Neighbourhood Centre	Free
Drop-in Halloween Party	All Ages	Thu	Oct 31	5:30-7:30 p.m.	Cathedral Neighbourhood Centre	Free
Parent & Baby Group	All Ages	Thu	Sep 4-Dec 18 excl Sep 18	1-2:30 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Rink Shack Open	All Ages	Tue-Sun	tentatively Dec 20-Mar 10, weather dependant	various, see website	Leslie Park Rink	Free
Rummage Sale	All Ages	Sat	Sep 20	9:30 a.m.-3 p.m.	Cathedral Neighbourhood Centre	Free
Self Defense Basics	8+ yrs	Thu	Sep 25-Oct 23	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	Sep 4-Dec 18 excl Sep 18	1-2:30 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Just for Fun Hockey Fall Session	8-11 yrs	Sat	Registration deadline Oct 1, runs Nov 1-Dec 20	9:30-10:30 a.m.	Optimist Arena	\$150, drop in \$20, drop ins must register
Just for Fun Hockey Fall Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 1-Dec 20	10:30-11:30 p.m.	Optimist Arena	\$150, drop in \$20, drop ins must register
Just for Fun Hockey Full Session	8-11 yrs	Sat	Registration deadline Oct 1, runs Nov 1/25-Mar 7/26 excl Dec 27	9:30-10:30 a.m.	Optimist Arena	\$250, drop in \$20, drop ins must register

Just for Fun Hockey Full Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 1/25-Mar 7/26 excl Dec 27	10:30-11:30 a.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Kids Painting: Where Owls Hang Out	7-12yrs	Sun	Sep 21	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: Perky Puppy Is Ready to Go	7-12 yrs	Sun	Oct 19	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25
Kids Painting: The Manger	7-12yrs	Sun	Nov 16	2:15-4 p.m.	Cathedral Neighbourhood Centre	\$25
Self Defense Basics	8+ yrs	Thu	Sep 25-Oct 23	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 Fall Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 1-Dec 20	10:30-11:30 p.m.	Optimist Arena	\$150, drop in \$20, drop ins must register
Just for Fun Hockey Fall Session	15-18 yrs	Sat	Registration deadline Oct 1, runs Nov 2-Dec 14	11:30-12:30 p.m.	Optimist Arena	\$150, drop in \$20, drop ins must register
Just for Fun Hockey Full Session	12-14 yrs	Sat	Registration deadline Oct 1, runs Nov 1-Mar 7 excl Dec 27	10:30-11:30 a.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Just for Fun Hockey Full Session	15-18 yrs	Sat	Registration deadline Oct 1, runs runs Nov 1-Mar 7 excl Dec 27	11:30 a.m.-12:30 p.m.	Optimist Arena	\$250, drop in \$20, drop ins must register
Self Defense Basics	8+ yrs	Thu	Sep 25-Oct 23	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
Bread Making: Famous New York Times No Knead Fancy Artisan Style Bread	18+ yrs	Fri	Oct 24	7-8 p.m.	Cathedral Neighbourhood Centre	\$10, will need to bring some supplies tbd
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Sep 9-Dec 23	1-3 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Queen City Urbanist Book Club	18+ yrs	First Wed of the month	Sep 3-Dec 3	7-9 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Sep 10-Dec 17	1:30-2:30 p.m.	Cathedral Neighbourhood Centre	\$100 or \$170 for both classes
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Fri	Sep 12-Dec 19 excl Sep 19	9:30-10:30 p.m.	Cathedral Neighbourhood Centre	\$95 or \$170 for both classes
Ringette: Pick-up Fall Session	18+ yrs	Thu	Oct 16-Dec 11	8:15-9:15 p.m.	Optimist Arena	\$125
Ringette: Pick-up Full Session	18+ yrs	Thu	Oct 16-Mar 12 excl Dec 18-Jan 1	8:15-9:15 p.m.	Optimist Arena	\$200
Self Defense Basics	8+ yrs	Thu	Sep 25-Oct 23	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

Tai Chi Chih Beginner Trial Class	18+ yrs	Mon	Sep 8	8-9 p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Beginner	18+ yrs	Mon	Sep 15-Dec 22	8-9 p.m.	Cathedral Neighbourhood Centre	\$150
Tai Chi Chih Advanced Trial Class	18+ yrs	Mon	Sep 8	6:45-7:45 p.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chih Advanced	18+ yrs	Mon	Sep 15-Dec 22	6:45-7:45 p.m.	Cathedral Neighbourhood Centre	\$150
Tai Chi Chuan Trial Class	18+ yrs	Sun	Sep 7	8-9 a.m.	Cathedral Neighbourhood Centre	Free, must register
Tai Chi Chuan	18+ yrs	Sun	Sep 14-Dec 21	8-9 a.m.	Cathedral Neighbourhood Centre	\$140
Qigong Trial Class	18+ yrs	Tue	Sep 2	7:15-8:15 p.m.	Cathedral Neighbourhood Centre	Free, must register
Qigong	18+ yrs	Tue	Sep 9-Dec 16	7:15-8:15 p.m.	Cathedral Neighbourhood Centre	\$140 or \$15 for drop-in
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+ yrs	Tue	Sep 2	5:45-7 p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Tue	Sep 9-Dec 16 excl Nov 11	5:45-7 p.m.	Cathedral Neighbourhood Centre	\$150, bring mat
Yoga: Ashtanga Vinyasa Inspired Trial Class	18+ yrs	Fri	Sep 5	5:30-6:30 p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Ashtanga Vinyasa Inspired	18+ yrs	Fri	Sep 26-Dec 16 excl Oct 31	5:30-6:30 p.m.	Cathedral Neighbourhood Centre	\$116, bring mat
Yoga: Chair Trial Class	18+ yrs	Tue	Sep 2	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+ yrs	Tue	Sep 9-Dec 16 excl Nov 11	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	\$135, bring mat
Yoga: Yin Trial Class	18+ yrs	Thu	Sep 4	5:45-7 p.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Yin	18+ yrs	Thu	Sep 11-Dec 18 excl Sep 18	5:45-7 p.m.	Cathedral Neighbourhood Centre	\$160, bring mat

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Crib & Coffee	18+ yrs	Every 2nd & 4th Tue	Sep 9-Dec 23	1-3 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership
Forever...In Motion	55+ yrs	Mon	Sep 22-Dec 15 excl Oct 13	1-2 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
Forever...In Motion	55+ yrs	Fri	Sep 26-Dec 19 excl Oct 3	1-2 p.m.	Cathedral Neighbourhood Centre	Free with \$10 membership, must register
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Wed	Sep 10-Dec 17	1:30-2:30 p.m.	Cathedral Neighbourhood Centre	\$100 or \$175 for both classes
In Shape: Exercise for Heart, Lung, Muscle & Brain	50+ yrs	Fri	Sep 12-Dec 19	9:30-10:30 p.m.	Cathedral Neighbourhood Centre	\$100 or \$175 for both classes
Yoga: Chair Trial Class	18+ yrs	Tue	Sep 2	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	Free, must register, bring mat
Yoga: Chair	18+ yrs	Tue	Sep 11-Dec 18 excl Sep 19	10:45-11:45 a.m.	Cathedral Neighbourhood Centre	\$135, bring mat

Downtown Community Association

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

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

Email: DCARegina@gmail.com

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

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

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

Contact: Wendy Miller
Email: director@hcaregina.com

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

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and Service organizations of the Heritage neighborhood Located in Mitakuyé Owâs'â Centre at 1770 Halifax St (11th Ave and Halifax St.). HCA offers a range of programs and services that focus on community engagement, youth, and arts and culture.

Memberships are available and encouraged for the minimum \$5 donation. Please call us at 306-757-9952 or visit our website hcaregina.com for more information on our various program offerings. Community newsletters are delivered in the fall and spring each year.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Mini Pantries	All Ages	various	ongoing	24/7	Heritage Community	Free
Harvest Moon Festival with Outdoor Market	All Ages	Sat	Sep 20	TBD	Mitakuyé Owâs'â Centre	Free
Honouring Their Spirits	All Ages	Tue	Sep 30	TBD	Mitakuyé Owâs'â Centre	Free
Heritage Holiday Market w/Repair Cafe & Shop Local Day!	All Ages	Sat	Dec 6	10 a.m.-4 p.m.	Mitakuyé Owâs'â Centre	Free
Heritage Play Day	All Ages	Thu	Nov 20	TBD	Mitakuyé Owâs'â Centre	Free
Community 4 Connections	All Ages	Thu	Oct 16	1-3	Mitakuyé Owâs'â Centre	Free
Louis Riel Day Workshops	TBD	Fri	Nov 14	TBD	Please call to register	Free
Heritage Holiday Market/Toy Repair Cafe	All Ages	Sat	Dec 6	TBD	Mitakuyé Owâs'â Centre	Free
Shop Local Day	All Ages	Sat	Dec 6	All Day	Mitakuyé Owâs'â Centre	

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Let's Move	9-12 yrs	Tue	TBD	6-8 p.m.	Please call to register	Free
Taekwondo	9-12 yrs	Tue	TBD	TBD	Please call to register	Free
Judo	8-12 yrs	Wed	TBD	6:30-8:30 p.m.	Please call to register	Free

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Acro Yoga	18+	Mon	TBD	TBD	Please call to register	TBD
Tai Chi	18+	Mon	TBD	TBD	Please call to register	Free
Bring your own craft/hobby	18+	Tue	Sep 16 - ongoing	1-3 p.m.	Please call to register	Free

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Art Therapy	55+	Thu	Sep 11-Oct 30	1-3 p.m.	Please call to register	Free
Senior Potluck	55+	Tue	4th Tue of every month	TBD	Please call to register	Free, please bring a side to share
Walking Group	55+	Wed	Sep 17 - ongoing	10 a.m.	Please call to register	Free
Chair Exercise	55+	Wed	TBD	11 a.m.	Please call to register	Free

North Central Community Association

Contact: Pat Faulconbridge

Registration Date: Continuous

Email: exec.director@nccaregina.ca

Registration Location: māmawēyatitān centre 3355 6th Avenue or info@nccaregina.ca

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

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Trauma-Informed Yoga	Indigenous Women & Men 18+	Thu	Sep 4-Dec 18	6-7:30 p.m.	māmawēyatitān centre	Free
Walking Club	18+	Wed, Fri	Year-round	8-9 a.m.	māmawēyatitān centre (indoors)	Free
Drop in Yoga	18+	Mon	Oct 6-Dec 8	7-8 p.m.	māmawēyatitān centre	Free

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever in Motion Fitness	55+	Tue	Sep 9-Dec 23	10:30-11:30 a.m.	māmawēyatitān centre	Free

Queen City Eastview Community Association

eastviewregina.com

Contact: Amanda/Kayla 306-525-4757

Registration Date: Ongoing – first come, first served

Email: programs@eastviewregina.com

Registration Location: 615 6th Ave.

The Queen City Eastview Community Association includes the area between Winnipeg Street on the West, McDonald on the East, the C.P.R. main line on the South, and Ross Avenue on the North. The association board of directors is a small group of hard-working volunteers that invite you to learn more about the association and get involved by calling 306-525-4757 or email 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
Blue Grass Public Jam	All Ages	Sun	Sep 28, Nov 30, Dec 28	1-3 p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 28, Oct 26, Nov 30	1-3 p.m.	Eastview CommunityCentre	Free (subject to change based on activity)
Parent & Tot Imagination Station (Mondays)	18m+ and parent	Mon	Nov 17-Dec 15	10-11 a.m.	Eastview Community Centre	\$65 (includes membership)
Parent & Tot Imagination Station (Tuesdays)	18+ month and parent	Tue	Nov 18-Dec 16	10-11 a.m.	Eastview Community Centre	\$65 (includes membership)

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Tot Imagination Station (Mondays)	18m+ and parent	Mon	Nov 17-Dec 15	10-11 a.m.	Eastview Community Centre	\$65 (includes membership)
Parent & Tot Imagination Station (Tuesdays)	18+ month and parent	Tue	Nov 18-Dec16	10-11 a.m.	EastviewCommunity Centre	\$65 (includes membership)
Family Fun Day	All Ages	Sun	Sep 28, Oct 26, Nov 30	1-3 p.m.	EastviewCommunity Centre	Free (subject to changebased on activity)

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6+ yrs	Mon-Fri (school days only)	Sep 8-Dec 19 (school days only)	3:30-5:15 p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 28, Oct 26, Nov 30	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)
Home Alone/Babysitting Course	11+ yrs	Sat	Sep 13	8 a.m.	Eastview Community Centre	\$55 (includes membership)
Kids Cooking Class	8-15 yrs	Sat	Nov 22	10 a.m.	Eastview Community Centre	\$55 (includes membership)
Kids Kung Fu	6-12 yrs	Mon	Sep 8-Oct 6 Nov 17-Dec 15	6-7 p.m.	Eastview Community Centre	\$20/child; \$30/2 children; \$40/3 children
MyTime	11-15 yrs	Wed	Sep 10-Oct 8 Nov 19-Dec 10	5:45-8:15 p.m.	Eastview Community Centre	\$5 membership

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6+ yrs	Mon-Fri (school days only)	Sep 8-Dec 19	3:30-5:15 p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 28, Oct 26, Nov 30	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)
Home Alone/Babysitting Course	11+ yrs	Sat	Sep 13	8 a.m.	Eastview Community Centre	\$55 (includes membership)
Kids Cooking Class	8-15 yrs	Sat	Nov 22	10 a.m.	Eastview Community Centre	\$55 (includes membership)
Kids Kung Fu	6-12 yrs	Mon	Sep 8-Oct 6 Nov 17-Dec 15	6-7 p.m.	Eastview Community Centre	\$20/child; \$30/2 children; \$40/3 children
MyTime	11-15 yrs	Wed	Sep 10-Oct 8 Nov 19-Dec 10	5:45-8:15 p.m.	Eastview Community Centre	\$5 membership

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Adult Drop-In Gym Night	18+	Thu	Sep 11-Oct 9	8-10 p.m.	Eastview Community Centre	\$5 membership
Bingo	18+	Fri	Sep 5-Oct 10	1-2:30 p.m.	Eastview Community Centre	\$5 membership
Blue Grass Public Jam	All Ages	Sun	Sep 28, Nov 30, Dec 28	1-3 p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Nov 18-Dec 16	1-3 p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 28, Oct 26, Nov 30	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)
Indoor Walk and Talk	18+	Fri	Nov 21-Dec 19	10-11 a.m.	Eastview Community Centre	\$5 membership
Scrappy Hour	18+	Thu	Sep 4-Oct 9	10-11 a.m.	Eastview Community Centre	\$5 membership
Zumba	18+	Mon	Sep 1-Oct 6 Nov 17-Dec 15	8-9 p.m.	Eastview Community Centre	\$25/session

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Bingo	18+	Fri	Sep 5-Oct 10	1-2:30 p.m.	Eastview Community Centre	\$5 membership
Blue Grass Public Jam	All Ages	Sun	Sep 28, Nov 30, Dec 28	1-3 p.m.	Eastview Community Centre	\$5 membership
Coffee Talk	18+	Tue	Nov 18-Dec 16	1-3 p.m.	Eastview Community Centre	\$5 membership
Family Fun Day	All Ages	Sun	Sep 28, Oct 26, Nov 30	1-3 p.m.	Eastview Community Centre	Free (subject to change based on activity)
Indoor Walk and Talk	18+	Fri	Nov 21-Dec 19	10-11 a.m.	Eastview Community Centre	\$5 membership

Scrappy Hour	18+	Thu	Sep 4-Oct 9	10-11 a.m.	Eastview Community Centre	\$5 membership
Zumba	18+	Mon	Sep 1-Oct 6 Nov 17-Dec 15	8-9 p.m.	Eastview Community Centre	\$25/session

East Zone

East Zone Board

eastzoneboard.com

Contact: eastzoneboard
Email: eastzoneboard.com

Registration Date: see below
Registration Location: see below

The East Zone Board represents the Arcola East, Boothill and Dewdney East areas. We provide recreation and community programs that 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.folktd@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 Rec Center, Registration at the Glen Cairn Neighbourhood Center. Thursday Sep 11 6:30-7 p.m. Doors open at 5:45 to line up. Call 525-3512 for updates on skating classes.

Skate-Tot-Learn to (3-5 years) Teaches children to stand and walk on skates. Helmets and mitts are mandatory.

Skate-Parent /Tot (3-5 years) A Parent must accompany child on the ice to assist the instructors. Basic skating skills are taught. Helmets and mitts are mandatory.

Registration at the Glen Cairn Neighbourhood Center. Thursday Sep 11th, 6:30-7 p.m. Doors open at 5:45 to line up. Please call 306-525-3512 for updates on skating classes.

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. Helmets and mitts are mandatory.

Registration at the Glen Cairn Neighbourhood Center. Thursday September 11 6:30-7 p.m. Doors open at 5:45 to line up. Please call 306-525-3512 for updates on skating classes.

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

Registration at the Glen Cairn Neighbourhood Center. Thursday September 12th 6:30-7 p.m. Doors open at 5:45 to line up. Please call 306-525-3512 for updates on skating classes.

East Zone Badminton Registration Thursday Sept 11 and ongoing through to June 2026.

Contact Zach Almond Email at byqr2526@gmail.com.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+ yrs	Mon	Sep 1-Dec 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+ yrs	Wed	Sep 3-Dec 17	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+ yrs	Wed	Sep 10-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	3-5yrs	Wed	Oct 22-Dec 10	1:15-2 p.m.	Clarence Mahon Arena	\$60/8 Sessions
Skate-Parent / Tot	3-5yrs	Sat	Oct 25-Dec 13	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+ yrs	Mon/Wed	Sep 1-Dec 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	7+ yrs	Wed	Sep 10-Jun 3	7:30-7:15 p.m.	Campus Regina Public	\$40/mth/person
Skate-Learn to	4-9 yrs	Sat	Oct 25-Dec 11	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	Oct 25-Dec 11	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	Sep 1-Dec 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	13-17 yrs	Wed	Sep 10-Jun 3	7:30-7:15 p.m.	Regina Campus Direct	\$40/mth/person

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	All Ages	Fri	Sep 12-Jun	6-8 p.m.	W.F. Ready School	\$30/1 class or \$50/ Fri, Sat
Badminton	All Ages	Sat	Sep 13-Jun	6-8 p.m.	St. Elizabeth School	\$30/1 class or \$50/ Fri, Sat
Taekwondo	18+	Mon	Sep 1-Dec 29	6-7:15 p.m.	Glencairn Rec Center	\$40/mth/person
Taekwondo	18+	Wed	Sep 10-Jun 3	6-7:15 p.m.	Regina Campus Direct	\$40/mth/person

Arcola East Community Association

aecaregina.com

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

Registration Date: Online Registration visit website at aecaregina.com
August 24 at 9 a.m. - August 30 at 6 p.m. for Arcola East residents
August 31 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 September 8th-December 11th from 6 p.m.-8:30 p.m. for \$45.00.

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 p.m.-8 p.m.

The AECA offers a variety of programs for all ages. For more information, call 525-3401 and leave a message in Box 1 for the Track, Box 2 for Programs, Box 3 for general inquiries.

Fall session will begin on September 6th with no classes September 30th, October 11th-13th and November 11th.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Fit n Fun Family	All Ages	Tue	Sep 9-Nov18	6-7 p.m.	St Gabreil Gym	\$10
Fit n Fun Family	All Ages	Wed	Sep 10-Nov 12	6-7 p.m.	Jack Mackenzie Gym	\$10
Parent and Child Zumba	3-9 yrs	Thu	Sep 11-Dec 4	6-7 p.m.	Jack Mackenzie Gym	\$145/additional child \$30

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Preschool Dance	3-6 yrs	Thu	Sep 11-Nov 20	5:45-6:15 p.m.	AECC/Gym	\$85
Preschool Dance	3-6 yrs	Thu	Sep 11-Nov 20	6:20-6:50 p.m.	AECC/Gym	\$85

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting	11-16 yrs	Mon	Nov 3	9:30 a.m.-4 p.m.	AECC MP Room	\$85
Dance	6-10 yrs	Thu	Sep 11-Nov 20	7-7:45 p.m.	AECC/Gym	\$90
Home Alone	10-14 yrs	Mon	Nov 10	9:30 a.m.-12 p.m. or 1-3:30 p.m.	AECC MP Room	\$50
Power Skating /Skills-full equip with stick	9-12 yrs	Mon	Oct 20-Dec15	7:20-8:15 p.m.	Mahon Rink	\$245
Power Skating /Skills-full equip with stick	7-8 yrs	Mon	Oct 20-Dec 15	6:25-7:15 p.m.	Mahon Rink	\$245
Skating and Skills-full equip with stick	5-6 yrs	Mon	Oct 20-Dec 15	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	Sep 9-Dec 9	9:15-10:15 a.m.	AECC MP Room	\$120
Basketball	T/A/OA	Tue/Thu	Sep 9-May 7	7-9:30 p.m. 8-9:45 p.m.	St Gabriel Gym / St Gabriel Gym	\$45
Boot Camp	TA/OA	Sun	Sep 7-Dec 7	3-4 p.m.	AECC infill	\$130
Butts & Guts	T/A/OA	Thu	Sep 11-Dec 11	7:30-8:30 p.m.	AECC Infill	\$140
Cardio/Core	T/A/OA	Mon	Sep 8-Dec 8	7-8 p.m.	AECC Infill / Track	\$130
Evening Fitness Walk	A/OA	Mon-Thu	Sep 8-Dec11	6-8:30 p.m.	AECC Track	\$45
Mat Pilates	T/A/OA	Tues	Sep 9-Dec 9	6-7 p.m.	AECC MP room	\$145
Pickleball-Advanced	A/OA	Sun	Sep14-Dec7	10:30 a.m.-1 p.m.	WF Ready Gym	\$40
Pickleball Beginner level	A/OA	Sun	Sep14-Dec 7	3:30-6 p.m.	WF Ready Gym	\$40
Pickleball Beginner level	A/OA	Tue	Sep 9-Dec 2	7-9:30 p.m.	Jack Mackenzie Gym	\$40
Pickleball Beginner level	A/OA	Thu	Sep 11-Dec 4	8-9:45 p.m.	Jack Mackenzie Gym	\$40
Pickleball Intermediate level	A/OA	Thu	Sep 11-Dec 4	7-9:30 p.m.	WF Ready Gym	\$40
Pickleball Intermediate level	A/OA	Sun	Sep 14-Dec 7	1-3:30 p.m.	WF Ready Gym	\$40
Power Walk/Run	T/A/OA	Sat	Sep 6-Dec 6	10-11:15 a.m.	AECC Infill / Track	\$155
Strength and Mobility	A/OA	Tue	Sep 9-Dec 9	10:30-11:30 a.m.	AECC MP Room	\$120
Total Body Sculpt	T/A/OA	Sun	Sep 7-Dec 7	10-11 a.m.	AECC Infill	\$130
Total Body Sculpt	T/A/OA	Wed	Sep 10-Dec 10	7:10-8:10 p.m.	AECC Infill	\$140
Volleyball	A/OA	Mon/Wed	Sep 8-May 6	7-9:30 p.m. 7:30-9:30 p.m.	Jack Mackenzie Gym	\$45
Yoga-Vinyasa/ Flow Multi-Level	T/A/OA	Wed	Sep 10-Dec10	6-7 p.m.	AECC MP Room	\$170
Yoga-Yin Yoga	T/A/OA	Mon	Sep 8-Dec 8	7-8 p.m.	AECC MP Room	\$155
Yoga-Fitness Fusion	T/A/OA	Fri	Sep 12-Dec 12	9:15-10:15 a.m.	AECC MP Room	\$170
Yoga-Foundational	T/A/OA	Tue	Sep 9-Dec 9	6-7 p.m.	AECC MP Room	\$145
Yoga-Restorative	T/A/OA	Tue	Sep 9 -Dec 9	7:10-8 :10 p.m.	AECC MP Room	\$145
Yoga-Vinyasa/Flow Multi-Level	T/A/OA	Wed	Sep 10-Dec 10	9:15-10:15 a.m.	AECC MP Room	\$170
Zumba	T/A/OA	Thu	Sep 11-Dec 4	7-8 p.m.	St Gabreil Gym	\$120

Boothill Community Association

boothillcommunity.ca

Contact: Lorri Kudells
Email: justmelor40@hotmail.com

Registration Date: September 9, 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**

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Home Alone	10+ yrs	Sat	Sep 13	8 a.m.-3:30 p.m.	Douglas Park School	\$50
Babysitting Course	11+ yrs	Sat	Oct 4	8 a.m.-3:30 p.m.	Douglas Park School	\$75

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Yoga	18+	Wed	Sep 17-Nov 19	6-7 p.m.	Douglas Park School	\$65
Pickleball	18+	Mon	Sep 15-Dec 10	6-8 p.m.	Douglas Park School	\$40
Pickleball	18+	Tues	Sep 16-Dec 11	6-8 p.m.	Douglas Park School	\$40
Pickleball	18+	Fri	Sep 19-Dec 21	6-8 p.m.	Douglas Park School	\$40
Bootcamp	18+	Wed	Sep 17-Nov 19	5:45-6:45 p.m.	Campus Regina Public	\$65

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

Registration Date: Visit decaregina.ca
Registration Location: Glencairn Re 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. Please check our website for official community association meeting dates. For more information, please call 306 789-6559. e-mail us at info@decaregina.ca, visit our website at decaregina.ca or look us up on Facebook under Dewdney East Community Association.

We are offering a variety of fitness and craft programs for children, adults and seniors as outlined on at decaregina.ca and in our program listings below. See our website for program descriptions-decaregina.ca

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

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

DECA programs require all participants to have a Community Membership from DECA or any one of the other Regina Community Associations, which is incremental to the program fees. A DECA Community Membership is \$5 for period Sep 1, 2025-Aug 31, 2026.

PLEASE NOTE: Online registration will start at 9 a.m. On Tuesday, Sep 2 at decaregina.ca. Community Memberships will be available on-line during program registration so you do not have to purchase in advance. Community memberships also available at the registration night.

In-Person Registration: Tuesday, Sep 9 at 7-8 p.m. at the Glencairn Recreation Centre, 2626 Dewdney Ave E.

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Table Tennis: Drop in	All Ages	Mon	Sep 15-Apr 27	6:30-8 p.m.	Glen Elm School - use east door	\$15 for the year

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Floor hockey	6-8 yrs	Sun	Sep 14-Nov 23 excl Oct 5 & 12	12-1 p.m.	Glencairn Rec Centre	\$25
Floor hockey	9-10 yrs	Sun	Sep 14-Nov 23 excl Oct 5 & 12	1-2 p.m.	Glencairn Rec Centre	\$25
Floor hockey	11-12 yrs	Sun	Sep 14-Nov 23 excl Oct 5 & 12	2-3 p.m.	Glencairn Rec Centre	\$25
Soccer Tots	3-4 yrs	Tues	Sep 16-Dec 2 excl Sep 30 & Nov 11	6-7 p.m.	Glen Elm School - use east door	\$25
Soccer Skills	5-6 yrs	Tues	Sep 16-Dec 2 excl Sep 30 & Nov 11	7-8 p.m.	Glen Elm School-use east door	\$25
DECA Soccer Camp	7-9 yrs	Sat	Sep 13-Nov 22 excl Oct 11	1-2 p.m.	Glen Elm School - use east door	\$25
DECA Soccer Camp	10-12yr	Sat	Sep 13-Nov 22 excl Oct 11	2-3 p.m.	Glen Elm School - use east door	\$25
Children's Improv	10-14 yrs	Thu	Sep 18-Nov 20	6-7:30 p.m.	Glencairn Rec Centre	\$25
Children's Team Handball	11-14 yrs	TBD	Sep 15-Dec 24 excl Oct 13	6-7 p.m.	TBD	\$25
Kung Fu Wellness	6-12 yrs	Wed	Sep 17-Nov 21	6-7 p.m.	Glen Elm School - use east door	\$40
Kung Fu Core	13 & up	Wed	Sep 17-Nov 21	7-8 p.m.	Glen Elm School - use east door	\$80
Children's Pickleball	12-15 yrs	Sat	Sep 13-Nov 29 excl Oct 12 & Nov 15	1-3 p.m.	Glencairn Rec Centre	\$25
Young Maker Studio: Early Engineers LEGO® Technics Class-Session1	6-10 yrs	Sun	Sep 14-28 excl Sep 30 & Oct 14	6-7 p.m.	Glencairn Rec Centre	\$75 for 5 weeks
Young Maker Studio: Video Game Design-Session 1	8+ yrs	Tue	Sep 16-Oct 28 excl Sep 30 & Oct 14	7:15-8:30 p.m.	Glencairn Rec Centre	\$87.50 for 5 weeks
Young Maker Studio: Early Engineers LEGO® Technics Class-Session 2	6-10 yrs	Tue	Nov 4-Dec 16 excl Nov 11	6-7 p.m.	Glencairn Rec Centre	\$90 for 6 weeks
Young Maker Studio: Video Game Design-Session 2	8+	Tue	Nov 4-Dec 16 excl Nov 11	7:15-8:30 p.m.	Glencairn Rec Centre	\$108 for 6 weeks
Children's Yoga	7-12 yrs	Thu	Sep 18-Nov 20	5:30-6:20 p.m.	Glencairn Rec Centre	\$40
St. John's Babysitting Course (bring water & lunch)	10-15 yrs	Sat	Oct 25	9 a.m.-3:30 p.m.	Glencairn Rec Centre	\$60

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Virtual Dance Fitness	Adult	Mon, Wed and Sat	Sep 1-Dec 31	Mon, Wed 7:30-8:30 p.m. Sat 9-10 a.m.	Glencairn Rec Ctr-gym	Monthly fee or drop-in. Email j.klock@myaccess.com or text 306-570-6651
Stained GlassLevel 1-Pick your project	Adult	Sat	Sep 20	1-4 p.m.	Glencairn Rec Ctr-LMR	\$55 (materials supplied)
Stained Glass Level 1-Pick your project	Adult	Sat	Sep 27	1-4 p.m.	Glencairn Rec Ctr-LMR	\$55 (materials supplied)
Stained Glass Level 1-Pick your project	Adult	Sat	Oct 4	1-4 p.m.	Glencairn Rec Ctr-LMR	\$55 (materials supplied)
Stained Glass Level 2 - Perfecting the Process (4 weeks)	Adult	Sat	Oct 18-Nov 8	1-4 p.m.	Glencairn Rec Ctr-LMR	\$105 (materials supplied)
Introduction to Painting with Acrylics	17+	Sat	Sep 14-28	1:15-4:15 p.m.	Glencairn Rec Centre-GM	\$65 (materials supplied)
Kung Fu Wellness	Adult	Wed	Sep 17-Nov 21	7-8-PM	Glen Elm School - use east door	\$80
Prana Energetics Wellness	Adult	Wed	Sep 17-Nov 21	8-9 PM	Glen Elm School - use east door	\$80
Belly dance - Beginner (excl Oct 13)	Adult	Mon	Sep 15-Nov 24	7:30-8:30 p.m.	Glencairn Neigh. Ctr	\$80
Belly dance -Intermediate (excl Oct 13)	Adult	Mon	Sep 15-Nov 24	7:30-8:30 p.m.	Glencairn Neigh. Ctr	\$80
Belly dance - Advanced (excl Oct 13)	Adult	Mon	Sep 15-Nov 24	8:30-9:30 p.m.	Glencairn Neigh. Ctr	\$80
ZUMBA Fitness Class (excl Sep 30 & Nov 11)	Adult	Tues	Sep 16-Dec 2nd	6-7 p.m.	Glencairn Neigh. Ctr	\$80
YOGA-Tues (excl Sep 30 & Nov 11)	Adult	Tues	Sep 16-Dec 2	7:15-8:15 p.m.	Glencairn Neigh. Ctr	\$80
YOGA-Thurs	Adult	Thu	Sep 18-Nov 20	6:30-7:30 p.m.	Glencairn Neigh. Ctr	\$80
Women's Volleyball	Adult	Mon	Sep 15-Mar 30	1 hour time slots	Henry Braun School	\$80
DECA Dodgeball	Adult	Fri/Sat	Sep-Apr	Various time slots	Various locations TBD	Register on www.decadodgeball.com

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball	55+	Mon, Tues, Wed, Thu or Fri	Sep 15-May 29	Mon-Thur: 12-3:30 p.m. Fri: 12-2pm	Glencairn Rec Centre	\$20 for the year per day session. In-person registration only.
Badminton	55+	Sat	Sep 20-May 30	10:45 a.m.-1:15 p.m.	Glencairn Rec Centre	\$15 for the year Register online
Forever...in Motion	55+	Mon, Thu	Sep 1-Aug 20	9-10 a.m.	Glencairn Rec Centre	Community membership. Registration required for contact info.



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: Registration Location: Contact the Program Coordinator listed below

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.

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	7+ yrs	Fri	Sep 12-Dec 19	6-8 p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Sep 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	Sep 12-Dec 19	6-7 p.m.	South Leisure Centre	\$120
Indoor Soccer	3-4 yrs	Sat	Oct 2025-Mar 2026	TBD	South Leisure Centre-Gym	\$75/person

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	5-6 yrs	Sat	Oct 2025-Mar 2026	TBD	South Leisure Centre-Gym	\$85/person
Indoor Soccer	7-10 yrs	Sat	Oct 2025-Mar 2026	TBD	South Leisure Centre-Gym	\$115/person
Taekwondo	7+ yrs	Fri	Sep 12-Dec 19	6-8 p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	7+ yrs	Tue	Sep 9-Jun 2	6-8 p.m.	St. Matthew School	\$40/mth/person
Table Tennis	7-13 yrs	Tue, Wed	Sep 9-Dec 31	5:45-7:30 p.m.	South Leisure Centre-Art room	\$175/person
Dance	7-9 yrs	Fri	Sep 12-Dec 19	7-8 p.m.	South Leisure Centre	\$120/person
Dance	10-12 yrs	Fri	Sep 12-Dec 19	8-9 p.m.	South Leisure Centre	\$120/person

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	11-18 yrs	Sat	Oct 2025-Mar 2026	TBD	South Leisure Centre-Gym	\$150/person
Taekwondo	13-17 yrs	Fri	Sep 12-Dec 19	6-8 p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	13-17 yrs	Tue	Sep 9-Jun 2	6-8 p.m.	St. Matthew School	\$40/mth/person
Table Tennis	13-18 yrs	Tue, Wed	Jul Sep 9-Dec 31	7:30-9:15 p.m.	South Leisure Centre-Art room	\$175/person
Dance	13-15 yrs	Mon	Sep 12-Dec 19	7-8 p.m.	South Leisure Centre	\$120/person
Dance	16+ yrs	Mon	Sep 12-Dec 19	8-9 p.m.	South Leisure Centre	\$120/person

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Taekwondo	18+ yrs	Fri	Sep 12-Dec 19	6-8 p.m.	South Leisure Centre	\$40/mth/person
Taekwondo	18+ yrs	Tue	Sep 9-Jun 2	6-8 p.m.	St. Matthew School	\$40/mth/person
Waltz Lessons	18+ yrs	Mon	Sep 15-Dec 8	6:30-8 p.m.	Crescent School Gym	\$50/person

Older Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Seniors 55+ Bridge	55+ yrs	Thu	July 4-Aug 28	5:30	South Leisure Centre-Arts Room	\$2/person
Seniors 55+ Badminton	55+ yrs	Mon & Fri	Sep 8-Dec 29	10:30 a.m.-Noon	South Leisure Centre-Gym	\$20/person
Seniors 55+ Pickleball	55+ yrs	Tue-Fri	Sep 30-Dec 24	11:45 a.m.-2:15 p.m.	South Leisure Centre	\$40 Fall Session/person

Albert Park Community Association

albertpark.ca

Contact: albertpark.ca and Facebook

Email: info@albertpark.ca

Registration Date: Aug 16, 8 a.m.-Sep 13

Registration Location: register online(www.albertpark.ca) 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 skating, 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 p.m. to 9 p.m. at the South Leisure Centre in the Board Room. APCA is always looking for volunteers, new program ideas and coordinators. Please assist APCA to expand programming in your community.

For full program details, descriptions and contact info, visit the APCA website at 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 & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
APCA Meeting	All Ages	Mon	Sep 15, Oct 20, Nov 17	7-9 p.m.	Board Room	Free
Public Skating	All Ages	Thu	Nov 6-Dec 18	6-8 p.m.	Optimist Arena	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	Sep 10-Oct 29	6-7 p.m.	South Leisure Centre Gym	\$100
Basketball Skills Development	7-14 yrs	Wed	Nov 5-Dec 17	6-7 p.m.	South Leisure Centre Gym	\$87.50
Early Engineers	6+ yrs	Thu	Sep 25-Oct 30	5:30-6:30 p.m.	South Leisure Centre	\$90
Early Engineers	6+ yrs	Thu	Nov 6-Dec 11	5:30-6:30 p.m.	South Leisure Centre	\$90
Lego Robotics & Coding	8+ yrs	Thu	Sep 25-Oct 30	6:45-8 p.m.	South Leisure Centre	\$146
Lego Robotics & Coding	8+ yrs	Thu	Nov 6-Dec 11	6:45-8 p.m.	South Leisure Centre	\$146
Power Skating	9 yrs	Mon	Oct 6, Oct 20-Dec 22	5:45-6:45 p.m.	Optimist Arena	\$315
Power Skating	8 yrs	Wed	Oct 15-Dec 17	4:30-5:30 p.m.	Optimist Arena	\$315
Power Skating	10+ yrs	Wed	Oct 15-Dec 17	5:45-6:45 p.m.	Optimist Arena	\$315
Power Skating	12+ yrs	Mon	Oct 6, Oct 20-Dec 22	4:30-5:30 p.m.	Optimist Arena	\$315
Stick and Puck	Under 18	Sat	Oct 18-Dec 20	8:15-9:15 a.m.	Optimist Arena	\$100

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Power Skating	12+ yrs	Mon	Oct 6, Oct 20-Dec 22	4:30-5:30 p.m.	Optimist Arena	\$315
Stick and Puck	Under 18	Sat	Oct 18-Dec 20	8:15-9:15 a.m.	Optimist Arena	\$100

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton For Adults	18+	Mon	Sep 8-Dec 15	6-7:15 p.m.	Gym	\$30
Badminton For Adults	18+	Tue	Sep 9-Dec 16	7:15-9:15 p.m.	Gym	\$40
Badminton For Adults	18+	Thu	Sep 11-Dec 18	7:15-9:15 p.m.	Gym	\$40
Body Sculpting	18+	Tue	Sep 9-Dec 16 excl Nov 11	6-7 p.m.	South Leisure Centre Gym	\$70
Cardio & Muscle Toner	18+	Thu	Sep 11-Dec 18	6-7 p.m.	South Leisure Centre Gym	\$75
Fitness-Total Body Conditioning	18+	Tue	Sep 9-Dec 16	9-10 a.m.	South Leisure Centre Gym	\$70
Fitness-Muscle Toner	18+	Thu	Sep 11-Dec 18	9-10 a.m.	South Leisure Centre Gym	\$75
Fitness: Low Impact & Coffee	18+	Mon	Sep 8-Dec 15 excl Oct 13	9:15-10:15 a.m.	South Leisure Centre Gym	\$70
Floor Hockey	18+	Wed	Sep 10-Dec 17	8-10 p.m.	South Leisure Centre Gym	\$35
Improv	50+	Sat	Sep 6-Dec 27	10:30-12:30 p.m.	Multipurpose Room South Leisure Centre	\$20
Multi Level Yoga	18+	Mon	Sep 8-Dec 8 excl Oct 13, Nov 10	5:30-6:30 p.m.	South Leisure Centre Art Room	\$120
Pickleball	18+	Mon	Sep 8-Dec 15	7:30-9:30 p.m.	South Leisure Centre Gym	\$35
Stott's Pilates Level 1	18+	Thu	Sep 11-Nov 27	5:30-6:30 p.m.	South Leisure Centre	\$140
Stott's Pilates Level 2	18+	Thu	Sep 11-Nov 27	6:40-7:40 p.m.	South Leisure Centre	\$140
Tai Chi	18+	Wed	Sep 24-Nov 19 excl Oct 15	6:30-7:15 p.m.	South Leisure Centre	\$120/\$20/per drop-in
Yoga-Chair Yoga	50+	Wed	Sep 10-Dec 10	11 a.m.-12 p.m.	South Leisure Centre Multipurpose Room	\$140
Yoga-Chair Yoga	50+	Wed	Sep 10-Dec 10	1-2 p.m.	South Leisure Centre Multipurpose Room	\$140
Yoga-Hatha Yoga	18+	Wed	Sep 10-Dec 10	9:15-10:30 a.m.	South Leisure Centre Art Room	\$154

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Older Adult Fitness	60+	Tue Thu Fri	Sep 9-Dec 16 Sep 11-Dec 11 Sep 12-Dec 12 excl Sep 30, Nov 11	10:30-11:30 a.m. 10:30-11:30 a.m. 9-10 a.m.	South Leisure Centre Gym	\$70 once/week \$85 twice/week \$90 three/week

Harbour Landing Community Association

Facebook.com/hlcaregina

Contact: info@hlcaregina.com

Registration Date: N/A

Email: info@hlcaregina.com

Registration Location: N/A

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

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

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

Projects we are working on:

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

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

Membership: \$5

Contact: programs@hillsdaleca.ca**Email:** programs@hillsdaleca.ca**Registration Date:** Tue Sep 9 (7 p.m. to 8 p.m.)**Registration Location:** Marion McVeety School (gym) 38 Turgeon Cresc.

Registration will be in-person at the Marion McVeety School gym. Community association memberships will be available for purchase for \$5 at the registration night. A valid membership (from any community association) is required for program registration. Payments are via cash or cheque. All Hillsdale Community Association programs are subject to a liability waiver; registration in a program implies that participants agree to the terms of the waiver. Additional program and registration details, and the liability waiver, are available on the HCA website at hillsdaleca.ca.

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Tai Chi	18+	Tue	Sep 23-Dec 2	6:30-7:15 p.m.	South Leisure Centre (multipurpose room)	\$70
Yoga	18+	Wed	Sep 17-Nov 26	6:30-7:45 p.m.	Marion McVeety School (gym)	\$70
Zumba	18+	Thu	Sep 18-Nov 27	6:30 p.m.-7:30 p.m.	Marion McVeety School (gym)	\$60

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Fit for Your Life I	55+	Mon, Wed	Sep 8-Oct 27	1:30-2:30 p.m.	South Leisure Centre (gym)	\$55
Fit for Your Life II	55+	Mon, Wed	Oct 29-Dec 15	1:30-2:30 p.m.	South Leisure Centre (gym)	\$55

Lakeview Community Association

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Family Free Skate	All Ages	Mon	Oct 20-Dec 15	7-8 p.m.	Optimist	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	3-4 yrs	Wed	Oct 22-Dec 10	5-5:30 p.m.	Balfour Arena	\$100
Learn to Skate	5-6 yrs	Wed	Oct 22-Dec 10	5:30-6 p.m.	Balfour Arena	\$100
Learn to Skate	4-6 yrs	Sat	Oct 25-Dec 13	3:45-4:30 p.m.	Optimist Arena	\$100

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Hockey Skills and Skating Development	7-8 yrs	Tue	Oct 14-Dec 9 & Jan 6-Mar 3	6-7 p.m.	Optimist Arena	\$335
Hockey Skills and Skating Development	9-12 yrs	Tue	Oct 14-Dec 9 & Jan 6-Mar 3	7-8 p.m.	Optimist Arena	\$335
Learn to Skate	7-12 yrs	Wed	Oct 22-Dec 10	6-6:30 p.m.	Balfour Arena	\$100
Learn to Skate	6-12 yrs	Sat	Oct 25-Dec 13	4:30-5:15 p.m.	Optimist Arena	\$100
Learn to Skate	12-16 yrs	Sat	Oct 25-Dec 13	5:15-6 p.m.	Optimist Arena	\$100
Mini Mites Hockey	5-6 yrs	Tue	Oct 14-Dec 9 & Jan 6-Mar 3	6:45-7:45 p.m.	Balfour Arena	\$285

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	18+	Wed	Oct 22-Dec 10	6:30-7 p.m.	Balfour Arena	\$100
Learn to Skate	18+	Sat	Oct 25-Dec 13	6-6:30 p.m.	Optimist Arena	\$100
Yoga	16+	Tue	Sep 9-Dec 2 excl. Nov 11	6:30-7:30 p.m.	Lakeview School Gym	\$108
Yoga	16+	Thu	Sep 4-Nov 27 excl. Nov 20	6:30-7:30 p.m.	Lakeview School Gym	\$108
Zumba	15+	Mon	Sep 8-Dec 1 excl. Sep 22, Oct 13	6:30-7:30 p.m.	Lakeview School Gym	\$95

Contact: info@whitmorepark.ca
Email: info@whitmorepark.ca

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

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

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

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
WPCA 2025 Holiday Market	All Ages	Sat	Nov 15	10 a.m.-4 p.m.	St. Martin de Porres Parish- enter back hall doorway	Free
Outdoor Skating	All Ages	TBD	Dec-Feb	TBD	Grant Road School	Free

Children

Activity	Ages	Day	Dates	Times	Location	Cost
All levels Kung Fu Wellness	6 yrs to adult	Sat	Sep 13-Nov 29	9:30-10:30 a.m.	Grant Road School	\$120+\$5 membership fee
The Kung Fu Art of Dragon and Lion Dancing	9 yrs to adult	Sat	Sep 13-Nov 29	10:30-11:30 a.m.	Grant Road School	\$120+\$5 membership fee
Kids Kung Fu	6-12 yrs	Mon	Sep 15-Dec 8	6-7 p.m.	Massey School	\$120+\$5 membership fee

Teen

Activity	Ages	Day	Dates	Times	Location	Cost
Recreational Hockey	14 yrs to seniors	Fri	Oct 10-Mar 13	8:45-9:45 p.m.	Balfour Arena	\$250+\$5 membership fee
All levels Kung Fu Wellness	6 yrs to adult	Sat	Sep 13-Nov 29	9:30-10:30 a.m.	Grant Road School	\$120+\$5 membership fee
The Kung Fu Art of Dragon and Lion Dancing	9 yrs to adult	Sat	Sep 13-Nov 29	10:30-11:30 a.m.	Grant Road School	\$120+\$5 membership fee
Kung Fu Core	13 yrs to adult	Mon	Sep 15-Dec 8	7-8 p.m.	Massey School	\$120+\$5 membership fee

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Recreational Hockey	14 yrs to seniors	Fri	Oct 10-Mar 13	8:45-9:45 p.m.	Balfour Arena	\$250+\$5 membership fee
All levels Kung Fu Wellness	6 yrs to adult	Sat	Sep 13-Nov 29	9:30-10:30 a.m.	Grant Road School	\$120+\$5 membership fee
The Kung Fu Art of Dragon and Lion Dancing	9 yrs to adult	Sat	Sep 13-Nov 29	10:30-11:30 a.m.	Grant Road School	\$120+\$5 membership fee
Kung Fu Core	13 yrs to adult	Mon	Sep 15-Dec 8	7-8 p.m.	Massey School	\$120+\$5 membership fee
Internal Dimensions Energetics	Adult	Mon	Sep 15-Dec 8	8-9 p.m.	Massey School	\$120+\$5 membership fee

Older Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Recreational Hockey	14 yrs to seniors	Fri	Oct 10-Mar 13	8:45-9:45 p.m.	Balfour Arena	\$250+\$5 membership fee
Forever...in motion	Seniors	Mon	TBD	1 p.m.	Our Saviours Lutheran Church	Free

North Zone

North Zone Board

Contact: Please contact the groups below directly

Email: northzoneregina@gmail.com

Registration Date: See below for each program

Registration Location: See below for each program

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

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

'Acrylic Paint Workshop-Learn to paint a beautiful sunset, waves and sandy beach' classes-all materials will be provided. This class teaches how to paint a beautiful sunset, waves and sandy beach. All Materials are included in cost. Class limit is 10 participants.

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

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

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

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

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Acrylic Paint Workshop	18+	Sat & Sun	Oct 4 & 5	1-4 p.m. each day	Uplands Community Centre	\$70

Argyle North Community Association

ancaregina.ca

Contact: Argyle North Community Association

35 Davin Cres or 306-543-5653

Email: programs@ancaregina.ca

Registration Date: Tuesday, August 5

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

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

Please see ancaregina.ca or follow us on Facebook for more information about pop-up programs.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Corn Hole	All Ages	Mon	Sep 15-Dec 15	6:30-7:30 p.m.	Argyle North Community Association (School Gym)	Punch card \$50-10 sessions

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Before School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55 a.m.	Argyle North Community Association	
After School Program	Grade 1-6	School Days	Sep-Jun	3:35-6 p.m.	Argyle North Community Association	
Before & After School Program	Grade 1-6	School Days	Sep-Jun	6:45-8:55 a.m. & 3:35-6 p.m.	Argyle North Community Association	

Tae Kwon Do	5-8 yrs	Tue	Sep 9-Dec 18	6-7:15 p.m.	Argyle North Community Association (Room 2 & Gym) Register in Person with Paragon Taekwondo	\$40 per person per month
Tae Kwon Do	8+ yrs	Tue	Sep 9-Dec 18	6-7:45 p.m.	Argyle North Community Association (Room 2 & Gym) Register in Person with Paragon Taekwondo	\$40 per person per month

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Adult Fine Arts	18+	Thu	Oct 2-Dec 4	7-9p.m	Argyle North Community Association (Room 2)	\$100
Floor Hockey	19+	Thu	Oct 2-Dec 4	8-9 p.m.	Argyle North Community Association (School Gym)	\$50
Pickle Ball	18+	Sat	Sep 20-Dec 13	2-4 p.m.	Argyle North Community Association (School Gym)	Punch card \$50-10 sessions

Pop-up Programs						
Activity	Ages	Day	Dates	Times	Location	Cost
Kids Slime	TBD	TBD	TBD	TBD	TBD	TBD
Kids Craft Afternoon	TBD	TBD	TBD	TBD	TBD	TBD
Summer Craft	18+	TBD	TBD	TBD	TBD	TBD
Christmas Craft	18+	TBD	TBD	TBD	TBD	TBD
Spring Craft	18+	TBD	TBD	TBD	TBD	TBD

Coronation Park Community Association coronationparkcommunityassociation.com

Contact: 306-545 4652

Email: coronationpark.ca@gmail.com

Registration Date: Contact the zone or association directly

Registration Location: Contact the zone or association directly

All programming requires pre-registration including Family Night Activities.

If you would like more information about programs, would like to advertise in our monthly newsletter or volunteer some time please contact us.

Give us a call or email us and we will be happy to help. Like us on Facebook so you know what is happening in our community. Watch for the Coronation Park News for activities within the Community. Like us on Facebook for reminders on programs.

All programs require a community membership. Cost \$5 per year per Family. For more information, visit coronationparkcommunityassociation.com or Facebook at facebook.com/cpainc.

North East Community Association rneca.com

Contact: Kyara Moone

Email: info@rneca.com

Registration Date: see rneca.com

Registration Location: see rneca.com

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.

Beginner Yoga-Join Alice Smoke for our beginner and intermediate chair yoga classes. Excellent for those with mobility issues or just wanting to start a fitness routine.

Forever Fit-Join instructor Renee for a more active workout for adults and seniors. Class covers strength, flexibility, endurance, balance, coordination & agility. All activities are demonstrated with options to challenge the range of fitness each participant brings to the class. Participants are required to complete the Par-Q fitness self-evaluation prior to class. Instructor is SPRA Certified to lead older adult and land-based group fitness classes.

Kidpreneurs-Entrepreneurial skills for children. Focus on creativity & innovation, problem solving, financial literacy, goal setting, adaptability, communication, time management, leadership, teamwork and interpersonal skills. Skills are taught at an age-appropriate level from running a pet walking business, babysitting and more.

Line Dancing-Join Pro-Am UCWDC World Champion dance instructor Katrina Southerenwood for Line dancing. Fun, interactive dance classes that promote community, fun and fitness! Children 10-14 years must be accompanied by an adult. No classes on October 7 and 14.

Stained Glass/Painting-Local artist Sally Cain, The Art Attack, travels the province teaching stained glass and painting. Small classes allow for lots of one-on-one conversation and assistance. Join the Art Attack for a beginner session in stained glass. In this class you will learn the steps in making a 2- or 3-piece suncatcher. All supplies included. Class size is a max of 8. Join the Art Attack for a 3-hour painting session. You will learn painting techniques while taking home a wonderful, finished products, all supplies included.

Women's Self Defence-This Self Defence class is for women only. The class is suitable for women of all ages and abilities.

Youth Drop-in & Leadership Program-designed for youth 11-16. Youth can drop in for homework assistance, to hang with friends, play games, join the D & D group, go on outings and develop skills while getting involved in community activities.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Community Craft Night	All Ages	Sat	Oct 10	6:30-8:30 p.m.	North East Community Centre	Free
Halloween Dance	All Ages	Fri	Oct 24	6:30-8:30p.m	North East Community Centre	Free
Pancake Breakfast	All Ages	Sat	Dec 6	9:30-11:30 a.m.	North East Community Centre	Free

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Tot drop-in	1-5 yrs	Thu	Sep 18-Dec 18	10 a.m.-12 p.m.	North East Community Centre	Free

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
After School Program	6-11 yrs	Mon-Fri	Sep 2-Dec 19	3:20-5:45 p.m.	North East Community Centre	Free
Kidpreneurs	7-11 yrs	Thu	Sep 18-Dec 18	7-8 p.m.	North East Community Centre	Free
Line Dancing	10+ yrs	Tue	Sep 16-Nov 4 Nov 13-Dec 18	7-8 p.m.	North East Community Centre	\$30

After School Program runs Monday to Friday on school days. Closed for all school holidays.

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Youth Drop-in & Leadership Group	11-16 yrs	Mon-Fri	Sep 12-Dec19	3:20p.m-5:45 p.m	North East Community Centre	Free
Kidpreneurs	12-16 years	Thu	Sep 18-Dec 18	7-9:30 p.m.	North East Community Centre	Free
Youth sports Drop-in	13-16 yrs	Wed	Sep 18-Dec 18	7-9 p.m.	North East Community Centre	Free
Line Dancing	10+ yrs	Tue	Sep 16-Nov 4 Nov 13-Dec 18	7-8 p.m.	North East Community Centre	\$30

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Beginners Chair Yoga						
	16+	Tue	Sep 16-Nov 4 Nov11-Dec 16	11 a.m.-12 p.m.	North East Community Centre	\$40 \$30
Intermediate Chair Yoga	16+	Thu	Sep 18 -Nov6 Nov 13-Dec 18	11 a.m.-12 p.m.	North East Community Centre	\$40 \$30
Forever Fit	16+	Thu	Sep 16-Nov 4 Nov 13-Dec 18	9:30-10:30 a.m.	North East Community Centre	\$40 \$30
Line Dancing	10+ yrs	Tue	Sep 16-Nov 4 Nov 13-Dec 18	7-8 p.m.	North East Community Centre	\$30 \$30
Adult Sports drop-in	18+	Thu	Sep 17-Dec 17	8-10 p.m.	North East Community Centre	Free
Stained Glass	14+ yrs	Mon	Sep 29	6-9 p.m.	North East Community Centre	\$50
Painting	14+ yrs	Mon	Oct 27	6-9 p.m.	North East Community Centre	\$50
Women's Self Defence	16+	Thu	Sep 18	7-9 p.m.	North East Community Centre	Free

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Beginners Chair Yoga	16+	Tue	Sep 16-Nov 4 Nov 11-Dec 16	1-2 p.m.	North East Community Centre	\$40 \$30
Intermediate Chair Yoga	16+	Thu	Sep 18-Nov6 Nov 13-Dec 18	11 a.m.-12 p.m.	North East Community Centre	\$40 \$30
Forever Fit	16+	Thu	Sep 16-Nov 4 Nov 13-Dec 18	9:30-10:30 a.m.	North East Community Centre	\$40 \$30
Line Dancing	10+ yrs	Tue	Sep 16-Nov 4 Nov 13-Dec 18	7-8 p.m.	North East Community Centre	\$30 \$30

Uplands Community Association

uplandscommunity.ca

Contact: 306-949-5137
Email: uplandsca@gmail.com

Registration Date: Sep 9 at 7 p.m.
Registration Location: 20 Weeks Crescent

The Uplands Community association and Uplands Centre Board are always looking for volunteers. For a detailed description of what each entails please contact the following:

Uplands Community Association: uplandsca@gmail.com
 Uplands Community Centre Board: Charlene at 306-526-5352
 All programs require a \$5 Community Membership

Class Information:

Parent and Child Learn to Dance (8 yrs and up) - Learn classic Dance styles such as Jive, Country Swing and 2-Step

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 Learn to Dance - 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.

Family & Community

Activity	Ages	Day	Dates	Times	Location	Cost
Parent and Child Learn to Dance	8+	Mon	Sep 14-Oct 27 except Oct 13	6:30-7:30 p.m.	Uplands Community Centre	\$40

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Recreational Learn to Dance	7-13 yrs	Thu	Sep 11-Nov 13	6-6:45 p.m.	St. Gregory School-Gym	\$40

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Walking Club	16+	Wed	Oct 1-Feb 25	5:30-7:30 p.m. (Drop in)	St Gregory School Gym	\$15
Ukulele Group	16+	Second Sat/month	Sep 13-Jun 7	2-4 p.m.	Ruth Pawson School Gym	Membership
Zumba	16+	Mon	Sep 15-Dec 1	6:15-7 p.m.	St Gregory School Gym	\$60
Pilates	18+	Thu	Sep 11-Dec 13	6:30-7:15 p.m.	St Gregory School Gym	\$50
Mahjong	18+	Thu	Sep 11-Jun 11	1-4:30 p.m.	Uplands Community Centre	\$20+ supplies
Pickleball	18+	Thu	Sep 11-Jun 11	8-10 p.m.	Ruth Pawson School Gym	\$50
Pickleball	18+	Wed	Sep 10-Jun 10	8-10 p.m.	Ruth Pawson School Gym	\$50
Slow Flow Yoga	18+	Thu	Sep 11-Dec 13	6-7 p.m.	Uplands Community Centre	\$60
Deep Rest Yoga	18+	Thu	Sep 11-Dec 13	7:15-8:15 p.m.	Uplands Community Centre	\$60

West Zone**West Zone Board**

westzoneboard.ca

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

Registration Date: westzoneboard.ca
Registration Location: westzoneboard.ca

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

Affiliate Contact Information

- Regina West Zone Community Soccer Association – rwzcsa.ca
- Regina North West Sports Association – mwsa.ca
- West Zone Taekwon-do – offers Taekwon-do for all ages and provides three lessons for free for those who wish to try it out. For further information, please email wztaekwondo@gmail.com or visit them on Facebook.

For information about the West Zone Board, West Zone programs or to volunteer, visit our website, westzoneboard.ca; email, office@westzoneboard.ca or call 306-791-0226. Registration for West Zone Board programs are all online. A community association membership is required to participate in

West Zone Board programs, which can be purchased at the time of registration at a cost of \$10.00 per family. The memberships are good for the period September 1, 2025 to August 31, 2026.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Parent & Child Learn to Skate	All Ages	Sat	Oct 18-Dec 13	10:50-11:30 a.m.	Wheat City Kinsmen Arena	Free with Community Membership

Preschool						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	3-5 yrs	Sat	Starts mid-Oct	Scheduled	West Zone Schools	\$120
Learn to Skate	3-5 yrs	Sat	Oct 18-Dec 13	9:30-10:05 a.m.	Wheat City Kinsmen Arena	\$80
Learn to Skate	3-5 yrs	Sun	Oct 19-Dec 14	3:45-4:20 p.m.	Doug Wickenheiser Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Oct 19-Dec 14	5:05-5:45 p.m.	Doug Wickenheiser Arena	\$110
Little Tigers Taekwondo	3-5 yrs	TBA	TBA	TBA	TBA	TBA

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Learn to Skate	6-12 yrs	Sat	Oct 18-Dec 13	10:10-10:50 a.m.	West Zone Schools	\$120
Learn to Skate	6-12 yrs	Sun	Oct 19-Dec 14	4:25-5:05 p.m.	Wheat City Kinsmen Arena	\$80
Little Stars Hockey Skills	4-7 yrs	Sun	Oct 19-Dec 14	5:05-5:45 p.m.	Doug Wickenheiser Arena	\$80
Learn Magic	5-13 yrs	Tue	Sep 16-Oct 21	7-8 p.m.	Doug Wickenheiser Arena	\$200
Indoor Soccer	6-10 yrs	Sat	Mid Oct - end of Mar	Scheduled	West Zone Schools	\$140
Skateboarding	6-12 yrs	Sun	Aug 31-Sep 21	8 a.m.-12 p.m.	Lakeridge Skateboard Park	\$60
Taekwondo – Beginner	6+ yrs	TBA	TBA	TBA	TBA	TBA
Taekwondo – Senior	6+ yrs	TBA	TBA	TBA	TBA	TBA
Power Skating	U7	TBA	TBA	TBA	TBA	TBA
Power Skating	U9	TBA	TBA	TBA	TBA	TBA
Power Skating	U11	TBA	TBA	TBA	TBA	TBA
Power Skating	U13	TBA	TBA	TBA	TBA	TBA

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Soccer	11-18 yrs	Sat	Mid Oct - end of Mar	Scheduled	University Gym	\$160
Babysitting/Stay Safe	12+ yrs	Sat	Aug 9	9 a.m.-4 p.m.	TBA	\$50
Babysitting/Stay Safe	12+ yrs	Sat	Sep 27	9 a.m.-4 p.m.	TBA	\$50
Babysitting/Stay Safe	12+ yrs	Sat	Nov 15	9 a.m.-4 p.m.	TBA	\$50
Stay Safe	12+ yrs	Sat	Aug 9	1-5:30 p.m.	TBA	\$40
Stay Safe	12+ yrs	Sat	Sep 27	1-5:30 p.m.	TBA	\$40
Stay Safe	12+ yrs	Sat	Nov 15	1-5:30 p.m.	TBA	\$40
Taekwondo – Beginner	12+ yrs	TBA	TBA	TBA	TBA	TBA
Taekwondo – Senior	12+ yrs	TBA	TBA	TBA	TBA	TBA

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Standard First Aid	18+	Sun	Sep 7	8:30 a.m.-5 p.m.	TBA	\$120
Standard First Aid Recertification	18+	Sun	Sep 7	8:30 a.m.-5 p.m.	TBA	\$90
Standard First Aid	18+	Tue	Oct 7	8:30 a.m.-5 p.m.	TBA	\$120
Standard First Aid Recertification	18+	Tue	Oct 7	8:30 a.m.-5 p.m.	TBA	\$90
Standard First Aid	18+	Sun	Nov 16	8:30 a.m.-5 p.m.	TBA	\$120
Standard First Aid Recertification	18+	Sun	Nov 16	8:30 a.m.-5 p.m.	TBA	\$90
Psychological First Aid	18+	Thu	Sep 4	8:30 a.m.-4:30 p.m.	TBA	\$120
Psychological First Aid	18+	Wed	Oct 8	8:30 a.m.-4:30 p.m.	TBA	\$120
Psychological First Aid	18+	Mon	Nov 17	8:30 a.m.-4:30 p.m.	TBA	\$120
Taekwondo – Beginner	18+	TBA	TBA	TBA	TBA	TBA
Taekwondo – Senior	18+	TBA	TBA	TBA	TBA	TBA

Dieppe-Westerra Community Association

dieppeplace.org

Contact: DWCA.media@gmail.com

Email: DWCA.media@gmail.com

Registration Date: DWCA.media@gmail.com

Registration Location: DWCA.media@gmail.com

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

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

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

McNab Community Association

mcnabcommunity.com

Contact: mcnabca@sasktel.net

Email: mcnabca@sasktel.net

Registration Date: mcnabca@sasktel.net

Registration Location: mcnabca@sasktel.net

Our Mission Statement: To make McNab Community a safe, caring, and vibrant community where all people can thrive. Situated between Lewvan Drive and the Royal Regina Golf and Country Club the McNab area offers easy access to Regina's downtown area while remaining tucked away in one of Regina's greenest areas of the city.

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

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

Normanview Residents Group

nrgi.ca

Contact: www.nrgi.ca

Email: 2023nrgi@gmail.com

Registration Date: Aug 1

Registration Location: Registration Online only, contact NRGi for in person registration

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

Family Memberships are \$10.

The Community Association is always looking 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.

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Badminton	16+ yrs	Mon	Sep 15-Dec 8	6:15-8 p.m.	Centennial School	\$20
Forever...in Motion	18+ yrs	Thu	Sep 11-Dec 18	1:30-2:45 p.m.	North West Leisure Centre - Room #1	Free
Forever...in Motion	18+ yrs	Thu	Sep 11-Dec 18	9:30-10:30 a.m.	New Hope Lutheran Church	Free
Pickleball	16+ yrs	Sun	Sep 14-Dec 7	6-8 p.m.	St. Nicholas School	\$20
Pickleball	16+ yrs	Wed	Sep 17-Dec 3	6-8 p.m.	St. Nicholas School	\$20
Volleyball	16+ yrs	Tue	Sep 16-Dec 2	6:30-8 p.m.	St. Josaphat School	\$20
Yoga	16+ yrs	Sun	Sep 21-Nov 23	10-11 a.m.	North West Leisure Centre - Meeting Room #1	\$40
Yoga: Drop-in	16+ yrs	Sun	Sep 21-Nov 23	10-11 a.m.	North West Leisure Centre - Meeting Room #1	\$5 per class

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	16+ yrs	Sun	Sep 7-Dec 7	2-3p.m	Ecole St. Mary's Elementary	\$55
Zumba: Drop-in	16+ yrs	Sun	Sep 7-Dec 7	2-3p.m.	Ecole St. Mary's Elementary	\$5 per class

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Indoor Floor Curling	55+ yrs	Fri	Sep 12-Dec 19	1-3 p.m.	North West Leisure Centre - Gym	\$20

Normanview West Community Association

nwcaregina.com

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

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

Without new volunteers stepping up, we are pausing our programs until we have enough dedicated residents to support the board. If you love our community and want to keep the spirit alive, please consider volunteering!

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

Prairieview Community Association

pvca.ca

Contact: pvca.ca
Email: contactus@pvca.ca

Registration Date: In-person Sep 9 a.m.-7 p.m. | Online Sep 10
Registration Location: McLurg School, 125 Paynter Crescent

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

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

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

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

Family & Community						
Activity	Ages	Day	Dates	Times	Location	Cost
Karate-Juniors-Just for Kicks	5-8 yrs	Tue	Sep 17-Dec 2	6:30-7 p.m.	McLurg School	\$100 OR \$200/family
Karate-Beginner/Intermediate	All Ages	Tue	Sep 17-Dec 2	7-8 p.m.	McLurg School	\$100 OR \$200/family
Karate-Advanced (Orange belt and up)	All Ages	Tue	Sep 17-Dec 2	8-9 p.m.	McLurg School	\$100 OR \$200/family

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Friday Night Hoops	8-13 yrs	Fri	Sep 19-Dec 5	6:30-7:30 p.m.	McLurg School	\$20/season OR \$5 drop-in

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Girls Volleyball Conditioning	13-18 yrs	Wed	Sep 17-Dec 3	7:15-8:30 p.m.	McLurg School	\$20

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Drop-in Pickleball	16+	Mon	Sep 15-Dec 1	6:30-8:30 p.m.	McLurg School	\$5/session
Stretch & Strength	16+	Wed	Sep 17-Dec 3 no classes Sep 24 -Oct 15	6-7 p.m.	McLurg School	\$48
Low-Impact Latin-Inspired Cardio Dance Class w Kerri	16+	Thu	Sep 18-Dec 4	6:15-7 p.m.	McLurg School	\$55
Beginner Yoga w Fran	16+	Sun	Sep 14-Nov 30	4-5 p.m.	McLurg School	\$50

Regent Park Community Association

facebook.com/regentparkca

Contact: Tabatha Schneider 306-526-5391**Email:** regentparkca@live.com**Registration Date:** Sep 9 at 6-8 p.m.**Registration Location:** Elsie Mironuck School

Welcome to Regent Park. We are excited to be offering some fun diverse programs for our local community. A current community membership is required. Memberships are available for \$10/year on registration night, or by contacting us. We are non-profit community group with a mission to enhance the quality of life for all our residents. We provide recreation and community events to build and connect our community.

For more information and to keep in contact find us on Facebook at Regent Park Regina Community Association or our new website at rpcaregina.ca

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Zumba	18+	Tue	Sep 9-Dec 9	6-6:55 p.m.	Elsie Mironuck School Gym	\$50
Badminton	18+	Tue	Sep 9-Dec 9	7-9 p.m.	Elsie Mironuck School Gym	\$10
Yoga	16+	Wed	Sep 10-Dec 10	6-7 p.m.	Elsie Mironuck School Gym	\$50

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Forever...in Motion	55+	Wed	Sep 10-Dec 10	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:** rmrca@myaccess.ca**Registration Date:** September 8-14 **In-Person Registration Date:** September 9**Registration Location:** Rosemont Community School, 841 Horace St

The Rosemont Mount Royal Community Association (RMCA) consists of approximately 4,000 households. Come out and learn what your Community Association is all about. Meetings are held the first Tuesday of each month, September through June, email rmrca@myaccess.ca if interested in attending. All residents are welcome. Thank you to the Community Initiative Fund (CIF) for the sponsorship of RMCA programming, and to the City of Regina for the Snow Angels grant.

Children

Activity	Ages	Day	Dates	Times	Location	Cost
Basketball Skills	7-10 yrs	Wed	Sep 17-Nov 19	6:30-7:30 p.m.	Walker School Gym	\$50
Basketball Skills	11-14 yrs	Wed	Sep 17-Nov 19	7:45-8:45 p.m.	Walker School Gym	\$50

Adult

Activity	Ages	Day	Dates	Times	Location	Cost
Fire & Flow Fitness (Effie)	18+	Tue	Sep 16-Dec 2 excl Sep 30, Nov 11	7-8 p.m.	Walker School Gym	\$50
Yoga (Josee)	18+	Mon	Sep 15-Nov 24 excl Oct 13	7:30-8:15 p.m.	Walker School Gym	\$50
Zumba (Josee)	18+	Mon	Sep 15-Nov 24 excl Oct 13	8:15-9 p.m.	Walker School Gym	\$50

Older Adults

Activity	Ages	Day	Dates	Times	Location	Cost
Chair Yoga (Miriam)	55+	Thu	Sep 19-Nov 20	10-11 a.m.	Zoom (On-line)	Free with community membership
Forever in Motion	55+	Mon, Wed, Fri	Sep-Dec	10-11 a.m.	TBD	Free with community membership
Tai Chi (Katherine)	55+	Tue	Sep 16-Dec 2 excl Sep 30, Nov 11	9-10 a.m.	Zoom (On-line)	Free with community membership

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

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

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

Twin Lakes Community Association

tlca.ca

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

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

The Twin Lakes Community Association strives to deliver fun and beneficial programming at an affordable rate. Visit tlca.ca for class descriptions, online registration, and to purchase your TLCA membership and receive your membership number. Any changes or updates to our classes will be available on our website. You must have a valid email address to register for classes and receive important updates throughout the year. A valid Community Association membership is required to register for any Community Association programming. A TLCA membership can be purchased for \$10 and is valid from August 1, 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 Novice Level 1 (Thu) - Ages 3 to 4	3-4 yrs	Thu	Sep 29-Apr 12	6 p.m.-6:50 p.m.	St. Angela School	\$365
Dance-Ballet/Tap Combo (Mon) - Ages 3 to 4	3-4 yrs	Mon	Sep 29-Apr 12	6 p.m.-6:50 p.m.	Winston Knoll Collegiate	\$340
Dance-Ballet/Jazz Combo (Tue) - Ages 3 to 4	3-4 yrs	Tue	Sep 29-Apr 12	6 p.m.-6:50 p.m.	Winston Knoll Collegiate	\$335

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Cheer-U6 Level 1 (Mon) - Ages 5 to 6	5-6 yrs	Mon	Sep 29-Apr 12	6 p.m.-6:50 p.m.	St. Angela School	\$365
Cheer-U6 Level 1 (Wed) - Ages 5 to 6	5-6 yrs	Wed	Sep 29-Apr 12	6 p.m.-6:50 p.m.	St. Angela School	\$365
Cheer-U8 Level 1 (Mon) - Ages 7 to 8	7-8 yrs	Mon	Sep 29-Apr 12	7 p.m.-7:50 p.m.	St. Angela School	\$365
Cheer-U8 Level 1 (Wed) - Ages 7 to 8	7-8 yrs	Wed	Sep 29-Apr 12	7 p.m.-7:50 p.m.	St. Angela School	\$365
Cheer-U8 Level 1 (Thu) - Ages 7 to 8	7-8 yrs	Thu	Sep 29-Apr 12	7 p.m.-7:50 p.m.	St. Angela School	\$365
Cheer-U12 Level 1 (Mon) - Ages 9 to 12	9-12 yrs	Mon	Sep 29-Apr 12	8 p.m.-9 p.m.	St. Angela School	\$385
Cheer-U12 Level 1 (Wed) - Ages 9 to 12	9-12 yrs	Wed	Sep 29-Apr 12	8 p.m.-9 p.m.	St. Angela School	\$385
Cheer-U14 Level 1 (Thu) - Ages 9 to 14	9-14 yrs	Thu	Sep 29-Apr 12	8 p.m.-9 p.m.	St. Angela School	\$385
Cheer-U6 Pom (Tue) - Ages 5 to 6	5-6 yrs	Tue	Sep 29-Apr 12	6 p.m.-6:50 p.m.	St. Angela School	\$360
Cheer-U8 Pom (Tue) - Ages 7 to 8	7-8 yrs	Tue	Sep 29-Apr 12	7 p.m.-7:50 p.m.	St. Angela School	\$360
Cheer-U14 Pom (Tue) - Ages 9 to 14	9-14 yrs	Tue	Sep 29-Apr 12	8 p.m.-9 p.m.	St. Angela School	\$380
Dance-Ballet/Tap Combo (Mon) - Ages 5-6	5-6 yrs	Mon	Sep 29-Apr 12	7 p.m.-7:50 p.m.	Winston Knoll Collegiate	\$340
Dance-Tap (Wed) - Ages 5 to 6	5-6 yrs	Wed	Sep 29-Apr 12	6 p.m.-6:50 p.m.	Winston Knoll Collegiate	\$340
Dance-Hip Hop (Thu) - Ages 5 to 6	5-6 yrs	Thu	Sep 29-Apr 12	6 p.m.-6:50 p.m.	Winston Knoll Collegiate	\$340
Dance-Tap/Jazz Combo (Tue) - Ages 6+	6+ yrs	Tue	Sep 29-Apr 12	7 p.m.-7:50 p.m.	Winston Knoll Collegiate	\$335
Dance-Jazz (Wed) - Ages 6+	6+ yrs	Wed	Sep 29-Apr 12	7 p.m.-7:50 p.m.	Winston Knoll Collegiate	\$340

Dance-Musical Theatre (Mon) - Ages 7+	7+ yrs	Mon	Sep 29-Apr 12	8 p.m.-8:50 p.m.	Winston Knoll Collegiate	\$340
Dance-Ballet (Tue) - Ages 7+	7+ yrs	Tue	Sep 29-Apr 12	8 p.m.-8:50 p.m.	Winston Knoll Collegiate	\$335
Dance-Hip Hop (Thu) - Ages 7 to 8	7-8 yrs	Thu	Sep 29-Apr 12	7 p.m.-7:50 p.m.	Winston Knoll Collegiate	\$340
Dance-Hip Hop (Thu) - Ages 9+	9+ yrs	Thu	Sep 29-Apr 12	8 p.m.-8:50 p.m.	Winston Knoll Collegiate	\$340
Smashball-FUNDamentals (Tue) - Ages 6-8	6-8 yrs	Tue	Sep 16-Dec 2	6:15 p.m.-7:15 p.m.	MacNeill School	\$40
Smashball-Learn to Train (Tue) - Ages 9-11	9-11 yrs	Tue	Sep 16-Dec 2	7:15 p.m.-8:45 p.m.	MacNeill School	\$60

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Babysitting Course (Tue)	11+ yrs	Tue	Sep 2-Sep 16	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$35
Babysitting Course (Wed)	11+ yrs	Wed	Oct 1-Oct 22	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$35
Babysitting Course (Mon)	11+ yrs	Mon	Nov 3-Nov 17	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$35
Babysitting Course (Thu)	11+ yrs	Thu	Nov 6-Nov 20	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$35
Home Alone Course (Wed)	10+ yrs	Wed	Sep 17	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course (Thu)	10+ yrs	Thu	Oct 16	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course (Mon)	10+ yrs	Mon	Nov 24	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course (Mon)	10+ yrs	Mon	Dec 1	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$20
Home Alone Course (Fri)	10+ yrs	Fri	Dec 5	5:30 p.m.-8 p.m.	Northwest Leisure Centre	\$20
Introduction to Self Defense	16+ yrs	TBD	TBD	TBD	TBD	TBD

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Ageless Fitness-Health is Wealth (Tue)	16+ yrs	Tue	Oct 7-Dec 2	6:30 p.m.-7:30 p.m.	St. Jerome School	\$56
Cheer-Adult Pom (Thu) - Ages 18+	18+ yrs	Thu	Sep 29-Apr 12	9 p.m.-9:50 p.m.	MacNeill School	\$180
Dance-Adult Beginner/ Intermediate Tap (Wed) - Ages 18+	18+ yrs	Wed	Sep 29-Apr 12	8 p.m.-8:50 p.m.	Winston Knoll Collegiate	\$180
Introduction to Self Defense	16+ yrs	TBD	TBD	TBD	TBD	TBD
Introduction to Martial Arts Sticks	18+ yrs	TBD	TBD	TBD	TBD	TBD
Pickleball (Wed) - Note, there is no instruction, bring your paddle.	18+ yrs	Wed	Sep 17-Dec 17	3:30 p.m.-5:30 p.m.	Northwest Leisure Centre	\$20
Yoga (Wed)	18+ yrs	Wed	Sep 24-Nov 26	6:30-7:30 p.m.	St. Jerome School	\$70
Yoga (Thu)	18+ yrs	Thu	Sep 25-Nov 27	6:15-7:15 p.m.	St. Jerome School	\$70
Zumba with Pound (Mon)	18+ yrs	Mon	Sep 15-Nov 24	6:30 p.m.-7:30 p.m.	MacNeill School	\$70

Walsh Acres/Lakeridge/Gardenridge Community Association

walrgr.com

Contact: Doreen Patel

Email: walrgr.programs@gmail.com

Registration Date: September 9, 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 through recreation and community service development. Volunteers are always welcomed to support our community. Email: walrgr.chair@gmail.com or walrgr.secretary@gmail.com.

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

Community Membership cards expire August 31 of each year and can be purchased for \$5. Email: walrgr.memberships@gmail.com; Membership fees are non-refundable.

For "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.

For "Sportball", information and to register email Tina at tinak@sportball.ca

For "Forever...in Motion", register on registration night. For information contact Doreen at 306-533-6583.

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	Sep 11-Dec 18	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	Sep 6-Oct 25	11 a.m.-12 p.m.	Henry Janzen School	\$161/6 sessions
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Sep 7-Oct 26	2:05 p.m.-3:05 p.m.	North West Leisure Centre Gym	\$185/7 sessions
Sportball-Coach & Child Multi-sport	4-6 yrs	Sat	Nov 1-Dec 20	11 a.m.-12 p.m.	Henry Janzen School	\$209/8 sessions
Sportball-Coach & Child Multi-sport	4-6 yrs	Sun	Nov 2-Dec 21	2:05 p.m.-3:05 p.m.	North West Leisure Centre Gym	\$209/8 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Sep 6-Oct 25	9:15-10 a.m.	Henry Janzen School	\$161/6 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Sep 6-Oct 25	10:10-10:55 a.m.	Henry Janzen School	\$161/6 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Sep 7-Oct 26	4:10-4:55 p.m.	North West Leisure Centre Gym	\$185/7 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Sep 7-Oct 26	3:15-4 p.m.	North West Leisure Centre Gym	\$185/7 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sat	Nov 1-Dec 20	9:15-10 a.m.	Henry Janzen School	\$209/8 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sat	Nov 1-Dec 20	10:10-10:55 a.m.	Henry Janzen School	\$209/8 sessions
Sportball-Parent & Child Multi-sport	16-24 mos	Sun	Nov 2-Dec 21	4:10-4:55 p.m.	North West Leisure Centre Gym	\$209/8 sessions
Sportball-Parent & Child Multi-sport	2-4 yrs	Sun	Nov 2-Dec 21	3:15-4 p.m.	North West Leisure Centre Gym	\$209/8 sessions

Children						
Activity	Ages	Day	Dates	Times	Location	Cost
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Sep 7-Oct 26	1-2 p.m.	North West Leisure Centre	\$185/7 sessions
Sportball-Coach & Child Multi-sport	6-8 yrs	Sun	Nov 2-Dec 21	1-2 p.m.	North West Leisure Centre	\$209/8 sessions
Tae Kwon Do	6 yrs+	Tue & Thu	Sep 11-Dec 18	6:30-7:45 p.m.	Henry Janzen School	\$40/month
Youth Yoga	10-16 yrs	Thu	Sep 18-Nov 20	7:30-8 p.m.	George Lee School	\$10/10 sessions

Teen						
Activity	Ages	Day	Dates	Times	Location	Cost
Tae Kwon Do	6 yrs+	Tue & Thu	Sep 11-Dec 18	6:30-7:45 p.m.	Henry Janzen School	\$40/month
Youth Yoga	10-16 yrs	Thu	Sep 18-Nov 20	7:30-8 p.m.	George Lee School	\$10/10 sessions

Adult						
Activity	Ages	Day	Dates	Times	Location	Cost
Pickleball #1 (max 24)	18 yrs+	Sat	Sep 13-Dec 13	12:15-2 p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #2 (max 24)	18 yrs+	Sat	Sep 13-Dec 13	2-4 p.m.	Henry Janzen School-Both Gyms	\$20
Pickleball #3 (max 24)	18 yrs+	Sun	Sep 14-Dec 14	3-5 p.m.	Henry Janzen School-Both Gyms	\$20
Tae Kwon Do	6 yrs+	Tue & Thu	Sep 11-Dec 18	6:30-7:45 p.m.	Henry Janzen School	\$40/month
Volleyball-Recreational	18 yrs+	Mon	Sep 15-Dec 1	7-8:30 p.m.	St. Bernadette School	\$20
Volleyball-Skilled	18 yrs+	Thu	Sep 11-Dec 18	8:15-9:45 p.m.	George Lee School	\$20
Yoga (max 25)	18 yrs+	Sun	Sep 14-Nov 23	6:30-7:30 p.m.	George Lee School	\$60/10 sessions
Yoga (max 25)	18 yrs+	Mon	Sep 15-Nov 24	6:30-7:30 p.m.	George Lee School	\$60/10 sessions

Older Adults						
Activity	Ages	Day	Dates	Times	Location	Cost
Forever...in Motion	50 yrs+	Mon & Thu	Sep 15-Dec 18	11 a.m.-12 p.m.	Argyle Park Community Centre 55 Davin Crescent	Free