Leisure Guide
Spring/Summer 2022

Registration dates:
Residents - March 8, 2022
Non-Residents - March 10, 2022

Offering safe, accessible, affordable fun for everyone!

Regina.ca/recreation | 306-777-7529 (PLAY)
**REGISTRATION**

**WHEN DOES REGISTRATION START?**

**Regina residents:**
**Tuesday, March 8**
*(beginning at 7 a.m. for this day only)*

**Non-residents:**
**Thursday, March 10**
*(beginning at 7 a.m. for this day only)*

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**3 easy ways to register**

**ONLINE REGISTRATION**

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

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**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.

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**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.

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**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**
- Withdrawals are permitted up to 12 p.m. on the calendar day following the second 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.

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**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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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.
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.

**Sports and Leisure Facilities**

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

**Leisure Centres and Sportplex**

City of Regina Leisure Centres and the Sportplex can be booked for everything from birthday parties to sporting events for all sizes of groups. For full details on booking options, contact the facility of your choice.

For information on booking deadlines, fees and charges, availability or to book any of the sports and leisure facilities above, contact the Central Scheduling Office at 306-777-7529 or visit Regina.ca.

**Neighbourhood & Community Centres** - Phone the recreation centre for more information or to book.

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<thead>
<tr>
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<th>NORTH/ WEST</th>
<th>SOUTH</th>
<th>CENTRAL</th>
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<tr>
<td>Multi Purpose Gym (Up to 300)</td>
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<td>Multi Purpose Gym (Up to 250)</td>
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<td>Multi Purpose Gym (Up to 150)</td>
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<td>Multi Purpose Gym (Up to 75)</td>
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<td>Large Meeting Room (Up to 100)</td>
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<td>Meeting Room (Up to 40)</td>
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<td>10</td>
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<td>Board Room (Up to 20)</td>
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<td>Games Room</td>
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<td>Craft Room</td>
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<td>Dance Studio</td>
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<td>Showers/Change Room</td>
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Looking to enjoy a healthy, active lifestyle?

Explore What’s In Your Neighbourhood!

Use our online interactive maps to search your area for ways to stay active:

• Multi-use pathways
• Outdoor pools and spraypads
• Tennis, pickleball and basketball courts
• Athletic fields, skate parks, and ball diamonds
• Dog parks
• Playgrounds and picnic sites
• Indoor facilities, arenas, community and neighbourhood centres

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

Visit Regina.ca/neighbourhood and start exploring today!
Get fit, get creative, have fun!

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

Drop-in activities and fitness
Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities starting on page 10 of this guide.

NEIL BALKWILL CIVIC ARTS CENTRE
2420 Elphinstone St.
306-777-PLAY (7529)
balkwillcentre@regina.ca

Facility hours:
Spring: March - June
Monday - Thursday: 8:30 a.m. - 5 p.m. and 7 - 10 p.m.
Friday - Saturday: 8:30 a.m. - 5 p.m.
Sunday: 1 - 5 p.m.
Hours may vary according to program needs.
MÚLIPURPOSE RECREATIONAL FACILITIES

NORTH WEST LEISURE CENTRE
1127 Arnason St.
306-777-PLAY (7529)

Facility hours:
Monday - Friday: 8 a.m. - 9:30 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
• Accessible universal/family change rooms
• Strength and conditioning area
• Multi-purpose gym • Meeting rooms

SANDRA SCHMIRLER LEISURE CENTRE
3130 East Woodhams Dr.
306-777-PLAY (7529)

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

• Main pool ranging in depth from .45 to 3 metres
• Pool slides • Umbrella rain tree
• 1-metre diving board • Accessible overhead lift
• Accessible universal/family change rooms
• Large whirlpool and co-ed dry sauna
• Strength and conditioning area • Activity room

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

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

Fieldhouse
• Impact-absorbing synthetic floor • Six lane 200-metre oval track
• Four tennis courts • Five badminton courts • Two classrooms
• Wheelchair accessible • Strength and conditioning area

Lawson Aquatic Centre
• Eight lane 65-metre pool, 28°C • Chair lift • 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
Mark your calendars for new summer classes!

The supplemental summer guide includes swimming lessons, fitness and art classes for June through August, and more information on the outdoor pool season!

Registration for residents: Tuesday, May 17

Registration for non-residents: Thursday, May 19

Live online Tuesday, May 10
Leisure Pass benefits include access to:

- 4 fitness centres and 3 indoor pools at 3 different locations…
  We have a fitness centre or pool just for you! No matter what your fitness level, you can develop your strength, cardio, and agility at a City of Regina recreation facility.

- Many drop-in activities at no additional cost…
  Customize your own personalized fitness schedule with one of the many drop-in classes and activities happening weekly, or book one of our indoor badminton or tennis courts.

- Fun for the whole family…
  Unlimited access to 14 facilities: 4 outdoor pools, 8 City Arenas, 2 Leisure Centres and the Sportplex.
DROP-IN ACTIVITIES

Qualified Lifeguards Supervise All Swims

Our accident prevention policy requires that an adult or responsible youth must accompany a child seven years of age and under in the pool area. The supervising adult or youth must always remain within arm’s reach of the child. For more information on our pool admission supervisory standards, please contact the aquatic facility.

AQUATICS

ADULT SWIM - A leisure swim for adults 19 and over.
AQUACISE - A fitness class using the natural resistance and buoyancy of the water.
DEEP WATER WORKOUT - A totally non-impact workout done in deep water using a flotation belt.
KEENAGERS (55+) - A water workout followed by a relaxing cool down.
JOINT MUSCULAR STRENGTH AND ENDURANCE - A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.
LANE SWIM - Lane swimming in a roped-off, designated area of the pool.

LAUGH & SPLASH ADAPTED LEISURE SWIM

A free family swim open to those who experience disability and their family. Registration required, see page 24 for more details.

LEISURE SWIM - Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.

PART OF THE POOL SWIM - A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals.

WOMEN'S ONLY SWIM - An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. All swims are supervised by an all female staff.

AQUATIC FITNESS

Effective April 25 – June 5, 2022

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<tr>
<th>Time</th>
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<tr>
<td>9:30a.m.</td>
<td>*Aquacise</td>
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<td>10:30a.m.</td>
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• (*) Indicates workouts are 45 minutes long. (**) Indicates workout are 30 minutes long. • All classes are subject to change or cancellation.

Please Note: Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.

SWIM SCHEDULE

Effective March 21 – June 5, 2022

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Leisure Swim</td>
<td>7-9:30p.m.</td>
<td>7-9:30p.m.</td>
<td>7-9:30p.m.</td>
<td>7-9:30p.m.</td>
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<tr>
<td>Lane Swim</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>7a.m.-8p.m.</td>
<td>7a.m.-8p.m.</td>
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<tr>
<td>Part of the Pool Swim</td>
<td>7:30-9:30p.m.</td>
<td>7:30-9:30p.m.</td>
<td>7:30-9:30p.m.</td>
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306-777-PLAY (7529)
### AQUATIC FITNESS

**North West Leisure Centre**

**Effective April 25 – June 5, 2022**

<table>
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<tr>
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<tr>
<td>9:10 a.m.</td>
<td><em>Joint Muscular Strength &amp; Endurance (JMS)</em></td>
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<td><em>Joint Muscular Strength &amp; Endurance (JMS)</em></td>
<td><em>Keenagers</em></td>
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<tr>
<td>3 p.m.</td>
<td><em>Keenagers</em></td>
<td><em>Afternoon Aquacise</em></td>
<td><em>Keenagers</em></td>
<td><em>Afternoon Aquacise</em></td>
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<td>8:30 p.m.</td>
<td><em>Aquacise</em></td>
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* Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.

### SWIM SCHEDULE

**Effective March 21 – June 5, 2022**

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<tbody>
<tr>
<td>Leisure Swim</td>
<td>6:30-8:25 p.m.</td>
<td>No Leisure Swim</td>
<td>6:30-8:25 p.m.</td>
<td>6:30-8:25 p.m.</td>
<td>6:30-8:25 p.m.</td>
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<tr>
<td>Adult Swim</td>
<td>8:30-9:45 p.m.</td>
<td>8:30-9:45 p.m.</td>
<td>8:30-9:45 p.m.</td>
<td>8:30-9:45 p.m.</td>
<td>8:30-9:45 p.m.</td>
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<tr>
<td>Part of the Pool Swim</td>
<td>9 a.m. - 4 p.m.</td>
<td>9 a.m. - 4 p.m.</td>
<td>9 a.m. - 4 p.m.</td>
<td>9 a.m. - 4 p.m.</td>
<td>9 a.m. - 4 p.m.</td>
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<tr>
<td>Swimming Lessons</td>
<td>12:15-6:30 p.m.</td>
<td>9 a.m.-12:25 p.m.</td>
<td>9-11:10 a.m.</td>
<td>10:45-11:50 a.m.</td>
<td>3:6-30 p.m.</td>
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<tr>
<td>Laugh &amp; Splash Adaptive Swim*</td>
<td>6:30-8:25 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>6:30-8:25 p.m.</td>
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<tr>
<td>Women’s Only Swim**</td>
<td>6:30-8:25 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>6:30-8:25 p.m.</td>
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<tr>
<td>Hot Tub &amp; Sauna</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>8 a.m.-4 p.m.</td>
<td>6:30-8:25 p.m.</td>
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<tr>
<td>Strength &amp; Conditioning Area</td>
<td>8 a.m.-9:30 p.m.</td>
<td>8 a.m.-9:30 p.m.</td>
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<td>9 a.m.-8:30 p.m.</td>
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*Schedule may be adjusted due to program needs. • Check the monthly changes and cancellations at Regina.ca.

**Laugh & Splash Adaptive Swim dates April 2, April 30, May 14 and May 28.

**Women’s Only Swim will run April 3, May 1, 15 & 29.

### Sandra Schmirler Leisure Centre

**AQUATIC FITNESS**

**Effective April 25 – June 5, 2022**

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<td>9:10 a.m.</td>
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<td><em>Joint Muscular Strength &amp; Endurance (JMS)</em></td>
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<tr>
<td>3 p.m.</td>
<td><em>Keenagers</em></td>
<td><em>Afternoon Aquacise</em></td>
<td><em>Keenagers</em></td>
<td><em>Afternoon Aquacise</em></td>
<td><em>Aquacise</em></td>
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<tr>
<td>8:30 p.m.</td>
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**DROP-IN ACTIVITIES**

**LAND FITNESS & SPORT**

**ABS & ARMS** - A class designed to work your abs and arms with various equipment and routines. Exercise will target both areas and more.

**BODY BLAST** - Join this heart pumping, calorie burning, muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

**CARDIO COMBO** - A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

**CARDIO SCULPT** - A beginner/moderate level class that will introduce you to cardio intervals, step, kickboxing, and sculpting using hand weights.

**CYCLE & CORE** - A group cycling workout followed by core strengthening exercises.

**CYCLE & STRETCH** - A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.

**FITNESS WALKING** - A beginner/moderate level class combining walking on the track with muscle conditioning.

**GLUTES, GALORE, CORE & MORE** - This glute and core conditioning class will strengthen your hips, back, butt, and belly along with a focus on the lower body using bands, dumbbells, balls, and gliders.

**GROUP CYCLE** - A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.

**HIIT** - This intermediate to advanced interval class alternates between strength and cardio intervals for a complete workout.

**IGNITE** - Ignite your metabolism with this fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.

**STEP CROSS TRAINING** - A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

**STRETCH & TONE** - This beginner to moderate level class focuses on flexibility and muscular strengthening with dumbbells. Enhance your flexibility, body awareness and alignment to relax and reduce muscle tension and stress.

**SWAT** - Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

**WALK N’ TALK** - Join us at the North West Leisure Centre to walk in a warm, no slip space as the seasons start to change. Bring your shoes, tell a friend, and have a chat while staying healthy. *Strollers are welcome.

**YOGA: FLOW** - A yoga class that flows from one movement to the next, blending balance, strength, and flexibility.

**YOGA: GENTLE** - A gentle yoga class that blends balance, strength and flexibility.

**YOGA: YIN** - Yin Yoga is a deeply meditative practice of yoga holding postures for an extended period of time. Designed to stretch the primary connective tissues of the body, it is beneficial to a wide variety of people.

### Fieldhouse

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<tr>
<td>8:30a.m.</td>
<td>Stretch &amp; Tone</td>
<td>Cycle &amp; Stretch</td>
<td>Fitness Walking</td>
<td>*Cycle &amp; Stretch</td>
<td>Stretch &amp; Tone</td>
<td>Group Cycle</td>
<td>Cycle &amp; Core</td>
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<tr>
<td>9:30a.m.</td>
<td>*Cardio Combo</td>
<td>Body Blast</td>
<td>HIIT</td>
<td>Body Blast</td>
<td>Cycle &amp; Core</td>
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<td>10a.m.</td>
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<tr>
<td>12:10p.m.</td>
<td>*Yoga-Flow</td>
<td>*Yoga-Gentle</td>
<td>*Yoga-Flow</td>
<td>*Yoga-Yin</td>
<td>*Yoga-Flow</td>
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<tr>
<td>5:30p.m.</td>
<td>Cycle &amp; Core</td>
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<td>Body Blast</td>
<td>Group Cycle</td>
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<tr>
<td>6:45p.m.</td>
<td>Body Blast</td>
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**DROP-IN ACTIVITIES**

**13 North West Leisure Centre**

**LAND FITNESS** Effective April 25 – June 5, 2022

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<tbody>
<tr>
<td>9a.m.</td>
<td>Ignite</td>
<td>STEP</td>
<td>*HIIT</td>
<td>SWAT</td>
<td>Yoga Flow</td>
<td>Cardio Combo</td>
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<tr>
<td>10:15a.m.</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>🔄Glutes, Galore, Core &amp; More</td>
</tr>
<tr>
<td>6p.m.</td>
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<td>🔄Glutes, Galore, Core &amp; More</td>
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<tr>
<td>7:15p.m.</td>
<td>*Abs &amp; Arms</td>
<td>*Stretch &amp; Tone</td>
<td>*Cardio &amp; Sculpt</td>
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</tbody>
</table>

- Most workouts are 1 hour long unless indicated: (*) 45 minutes.
- All classes are subject to change or cancellation.
- Schedule may be adjusted due to program/facility needs.
- Check the monthly changes & cancellations at Regina.ca.

**BASKETBALL & WALKING** Effective March 21 – June 5, 2022

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in Basketball (All Ages)</td>
<td>2:15-4:30p.m.</td>
<td>2:15-5p.m.</td>
<td>2:15-5p.m.</td>
<td>3-5p.m.</td>
<td>4:30-7:30p.m.</td>
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<td>Walk N’Talk</td>
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- Based on client need, facility usage and special events, this schedule may change without notice. Please call 306-777-PLAY (7529) to confirm times.
- Additional basketball time may be available when there are no scheduled fitness classes, programs, or events.

**STRENGTH & CONDITIONING AREAS**

**Strength and Conditioning Area Rules**
Youth ages 12-15 may use the equipment when directly supervised by an adult. A Weight Training Access Card will allow clients under the age of 16 to use equipment without adult supervision. Personal Training is required to obtain the access card. Fitness equipment is not available to clients under the age of 12.

**FACILITY SCHEDULE**

<table>
<thead>
<tr>
<th>Location</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tr>
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<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>7a.m.-8p.m.</td>
<td>7a.m.-8p.m.</td>
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<td>Lawson Aquatic Centre</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>7a.m.-8p.m.</td>
<td>7a.m.-8p.m.</td>
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<tr>
<td>North West Leisure Centre</td>
<td>8a.m.-9:30p.m.</td>
<td>8a.m.-9:30p.m.</td>
<td>8a.m.-9:30p.m.</td>
<td>8a.m.-9:30p.m.</td>
<td>8a.m.-9:30p.m.</td>
<td>9a.m.-8:30p.m.</td>
<td>9a.m.-8:30p.m.</td>
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<tr>
<td>Sandra Schmirler Leisure Centre</td>
<td>6a.m.-9:30p.m.</td>
<td>6a.m.-9:30p.m.</td>
<td>6a.m.-9:30p.m.</td>
<td>6a.m.-9:30p.m.</td>
<td>6a.m.-9:30p.m.</td>
<td>9a.m.-8:30p.m.</td>
<td>9a.m.-8:30p.m.</td>
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## SWIMMING LESSONS

**Legend**
- LAC – Lawson Aquatic Centre
- NWLC – North West Leisure Centre
- SSLC – Sandra Schmirler Leisure Centre

### RED CROSS SWIM PRESCHOOL

#### Starfish
4-12 months

Babies and their caregivers work on buoyancy, movement, front, back and vertical positions in the water, and shallow water entries and exits.

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

<table>
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<th>Location</th>
<th>Code</th>
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#### Duck
12-24 months

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front/back float with recovery, and shallow water entries and exits.

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

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<tr>
<th>Location</th>
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<th>Days</th>
<th>Start Date</th>
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</table>

#### Sea Turtle
24-36 months

Toddlers and their caregivers work on submersion, jumping into chest-deep water with assistance, front/back floats and glides, kicking on their front, and their front swim.

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Days</th>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
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</table>
Sea Otter
3-5 years
Swimmers work on their independence and ability to comfortably perform swimming skills within a structured class. Upon completion, swimmers are able to demonstrate their ability to submerge their face in water throughout an unassisted one-meter glide.

Additional Note: This is a transitional level swim class, and a caregiver is required to be in the water with the child for at least the first four lessons. Caregivers must come prepared with their bathing suit for every class until the instructor has determined the caregiver is no longer required.

Salamander
3-6 years
Swimmers work on improving their front/back floats, jumping into chest-deep water unassisted and kicking is added to the swimmer’s front and back glide. Upon completion of this level, swimmers will be able to swim two metres.
## SWIMMING LESSONS

<table>
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<th>Course Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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<td>Fri Mar 25-Jun 3</td>
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<td>Sat Mar 26-Jun 4</td>
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### Sunfish

**3-6 years**

Swimmers work on kicking and performing front/back glides. Upon completion of this level, swimmers are able to enter deep water safely, float in deep water, swim with a personal flotation device, and swim five metres continuously.

<table>
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### Crocodile

**3-6 years**

Swimmers further develop their front/back glide with kick, and front/back swim. Upon completion of this level, swimmers will be able to jump into deep water, swim with a personal flotation device in deep water, and swim 10 metres continuously.

<table>
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<th>Time</th>
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### Whale

**3-6 years**

Swimmers learn the sitting dive and increase the distance of their front/back glide with kick, and front/back swim. Upon completion of this level, swimmers will be able to swim 15 metres continuously.

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RED CROSS SWIM KIDS

**Level 1**

5-14 years

Swimmers develop their front/back float, front/back glide, assisted flutter kick, and shallow water entries and exits. Upon completion, swimmers will be able to swim five metres.

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**Level 2**

5-14 years

Swimmers learn how to perform a front/back glide with flutter kick, further develop their front swim, and complete deep-water assisted activities. Upon completion, swimmers will be able to swim 10 metres continuously.

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Regina.ca
### Level 3

**5-14 years**

Swimmers increase the distance of their front/back glide with flutter kick, wear a personal flotation device in deep water, and float in deep water. Upon completion, swimmers will be able to perform the flutter kick unassisted and swim 15 metres continuously.

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### Level 4

5-14 years

Swimmers learn the back swim with shoulder roll, front crawl (10m), and are introduced to sculling. Swimmers will also work on their flutter kick on back and performing a kneeling dive. Upon completion, swimmers will be able to swim 25 metres continuously.

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## Level 5

### 5-14 years

Swimmers further develop their front crawl (15m), and learn the back crawl (15m), whip kick on back, stride dive and treading water. Upon completion, swimmers will be able to perform head-first sculling on back and swim 50 metres continuously.

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</table>

## Level 6

### 5-14 years

Swimmers increase the distance of their front/back crawl (25m), and learn the elementary back stroke (15m) and dolphin kick. Upon completion, swimmers will be able to tread in deep water, perform a front dive, and swim 75 metres continuously.

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</table>

## Level 7

### 6-14 years

Swimmers increase the distance of their front/back crawl (50m) and elementary back stroke (25m). Swimmers will learn the front scull, how to perform whip and dolphin kicks on front, and stride entry. Upon completion, swimmers will be able to swim 150 metres continuously.

<table>
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</table>

## Level 8

### 6-14 years

Swimmers increase the distance of their front/back crawl (75m) and elementary back stroke (25m). Swimmers will learn the breaststroke (15m) and the eggbeater/tread water technique. Upon completion, swimmers will be able to perform a feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

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</tbody>
</table>
## Level 9

7-14 years

Swimmers increase the distance of their front/back crawl (100m), elementary back stroke (50m), breast stroke (25m), and learn the sidestroke kick. Upon completion, swimmers will be able to perform a head-first surface dive and swim 400 metres continuously.

<table>
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<tr>
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## Level 10

7-14 years

Swimmers increase the distance of their front/back crawl (100m), elementary back stroke (50m) and breaststroke (50m). Swimmers will learn the sidestroke (25m), vertical dolphin kick, and how to perform feet and head-first surface dives with underwater swim. Upon completion, swimmers will be able to swim 500 metres continuously.

<table>
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<th>Time</th>
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## ALL AGES

### Private Lessons

6 years and up

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

<table>
<thead>
<tr>
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<th>Start Date</th>
<th>Time</th>
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</table>
**Women's Only Swim** 14 years and up
An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. All swims are supervised by an all-female staff. **Cost:** General admission or free with a leisure pass.

<table>
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<td>61852</td>
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**ADULT**

**Aqua Adults Levels 1/2** 14 years and up
This class develops or increases the swimmers' comfort level in the water through basic flotation, movement and breathing skills. Swimmers focus on developing one or more swimming strokes, working toward proficiency and increased endurance.

**Cost:** General admission or free with a leisure pass.

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<th>Date</th>
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<th>Price</th>
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<tbody>
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**Aqua Adults Levels 2/3** 15 years and up
This class will maintain or increase your fitness level through stroke improvement in a distance swimming setting.

**Cost:** General admission or free with a leisure pass.

**Recommended Swim Level:** Red Cross Swim Kids Level 10.

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**Older Adult Learn to Swim** 45 years and up
Geared towards the older adult, the objective of this class is to develop or increase students' comfort in the water. This is achieved through basic flotation, movement, breathing skills and to develop one or more swimming strokes.

<table>
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**FAMILY**

**Family Swim Lessons** 6 years and up
Family Swim Lessons are a fun way for family members to "get their toes wet" by learning something new or improving acquired swimming skills. This program focuses on the basic aquatic survival skills all Canadians need - the ability to enter deep water, tread for 1 minute, and swim 50 meters. Families are also able to work with City of Regina lifeguard/instructors to create their own unique outcomes from the lesson. Once a parent or guardian has registered, up to three additional family members may be enrolled.

**Cost:** General admission or free with a leisure pass.

<table>
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**AQUATIC LEADERSHIP COURSES**

**Lifesaving Society Bronze Medallion** 13 years and up
This course teaches lifesavers complex water rescue skills. Lifesavers develop stroke efficiency and endurance in a timed swim. Candidates also gain certification in CPR-A and AED.

**Prerequisite:** Must be 13 years of age or have completed Lifesaving Society Bronze Star.

**Recommended Swim Level:** Red Cross Swim Kids Level 10.

**Cost:** General admission or free with a leisure pass.

<table>
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**Lifesaving Society Bronze Cross** 14 years and up
This course is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Candidates also gain certification in CPR-C and AED.

**Bronze Cross is required for all Lifesaving Society advanced training programs including National Lifeguard and Instructor certification.**

**Prerequisite:** Lifesaving Society Bronze Medallion

**Cost:** General admission or free with a leisure pass.

<table>
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<th>Price</th>
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<tbody>
<tr>
<td>62111</td>
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**Lifesaving Society National Lifeguard** 15 years and up
National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. Fee does not include manuals.

**Prerequisite:** Must be 15 years of age and certified in Lifesaving Society Bronze Cross, Standard First Aid with CPR-C and AED or Aquatic Emergency Care with CPR-C and AED.

**Cost:** General admission or free with a leisure pass.

<table>
<thead>
<tr>
<th>LAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>62112</td>
<td>Fri Sat-Sun Fri Sat-Sun May 27-May 28-May 29</td>
<td>5-9p.m.</td>
<td>$270.00</td>
</tr>
<tr>
<td>63944</td>
<td>Sun Mar 27-Jun 5</td>
<td>5:30-9:30p.m.</td>
<td>$270.00</td>
</tr>
</tbody>
</table>
Red Cross First Aid/CPR/AED  12 years and up
This course certifies the candidate in Red Cross Standard First Aid, CPR-C and Automated External Defibrillation (AED).

<table>
<thead>
<tr>
<th>NWLC</th>
<th>62082</th>
<th>Sat-Sun</th>
<th>Apr 2-Apr 3</th>
<th>9a.m.-6p.m.</th>
<th>$146.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>62083</td>
<td>Sat-Sun</td>
<td>May 14-May 15</td>
<td>9a.m.-6p.m.</td>
<td>$146.00</td>
<td></td>
</tr>
</tbody>
</table>

AQUATIC RECERTIFICATION COURSES

Lifesaving Society National  16 years and up
Lifeguard Recertification
Precertification/recertification of the Lifesaving Society’s National Lifeguard award.

<table>
<thead>
<tr>
<th>LAC</th>
<th>62113</th>
<th>Sun</th>
<th>Apr 24</th>
<th>11a.m.-4p.m.</th>
<th>$67.00</th>
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</thead>
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<tr>
<td>62114</td>
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<td>May 29</td>
<td>11a.m.-4p.m.</td>
<td>$67.00</td>
<td></td>
</tr>
</tbody>
</table>

Red Cross First Aid/CPR/AED  15 years and up
Blended Recertification
This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED. This blended option offers an online portion plus a classroom portion to be flexible to meet the various needs of course participants. Online portion must be completed prior to the in-class components.

<table>
<thead>
<tr>
<th>NWLC</th>
<th>62084</th>
<th>Sat</th>
<th>Apr 23</th>
<th>9a.m.-1p.m.</th>
<th>$90.00</th>
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</thead>
<tbody>
<tr>
<td>62085</td>
<td>Sun</td>
<td>May 29</td>
<td>9a.m.-1p.m.</td>
<td>$90.00</td>
<td></td>
</tr>
</tbody>
</table>

Join our Team!

Get Certified and Apply Today

For more information on becoming a City of Regina Lifeguard or Instructor, please call 306-777-7401.
Try Something New

Purchase your leisure pass today!

Regina.ca/recreation | 306-777-7529 (PLAY)
REGISTERED ADAPTED PROGRAMS

Legend
FLDH – Fieldhouse
NWLC – North West Leisure Centre
SSLC – Sandra Schmirler Leisure Centre

ADAPTABLE 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.

AQUATIC

Laugh & Splash FREE AP
Family Leisure Swim
Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons experiencing disabilities and their family members. 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. 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 306-777-7047.

SSLC
- 61002 Sat Apr 30 6:30-8:30p.m. Free
- 61003 Sat May 14 6:30-8:30p.m. Free
- 61004 Sat May 28 6:30-8:30p.m. Free

NWLC
- 63445 Sun Mar 27-May 29 9-9:30a.m. $51.75
- 63454 Thu Mar 24-Apr 28 5-5:45p.m. $71.25
- 63450 Fri Mar 25-Apr 29 4:35-5:05p.m. $71.25
- 63452 Sat Mar 26-Apr 30 12:55-1:25p.m. $71.25
- 63447 Mon May 2-May 30 12:55-1:25p.m. $57.00
- 63455 Thu May 5-Jun 2 12:55-1:25p.m. $71.25
- 63451 Fri May 6-Jun 3 4:35-5:05p.m. $71.25
- 63453 Sat May 7-Jun 4 12:55-1:25p.m. $71.25

Red Cross Adapted AP 4-8 years
Group Lessons
This Red Cross Swim Adapted lesson is designed for those that experience disability but enjoy being in a group setting. 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 and we recommend a parent or guardian be in the water for support. For more information, please email socialinclusionprograms@regina.ca or call 306-541-5006 / 306-777-7047.

NWLC 63446 Mon Mar 21-Apr 25 5:15-5:45p.m. $71.25
- 63454 Thu Mar 24-Apr 28 5:15-5:45p.m. $71.25
- 63450 Fri Mar 25-Apr 29 4:35-5:05p.m. $71.25
- 63452 Sat Mar 26-Apr 30 12:55-1:25p.m. $71.25
- 63447 Mon May 2-May 30 5:15-5:45p.m. $57.00
- 63455 Thu May 5-Jun 2 5:15-5:45p.m. $71.25
- 63451 Fri May 6-Jun 3 4:35-5:05p.m. $71.25
- 63453 Sat May 7-Jun 4 12:55-1:25p.m. $71.25

Red Cross Swim AP 4 years and up
Adapted Lessons
This 1-on-1 Red Cross Swim Adapted 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. For more information, please email socialinclusionprograms@regina.ca or call 306-541-5006 / 306-777-7047.
SPORTE

Enhanced Sports Jam [AP] 8-12 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 participation is encouraged to assist when needed.

FLDH 62098  Mon  Apr 25-May 30  6:30-7:30p.m.  $39.00

Enhanced Track & Field [AP] 7-11 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 participation is encouraged to assist when needed.

FLDH 62109  Sun  May 1-Jun 5  11a.m.-12p.m.  $39.00

Recreation for All
Our programs and buildings are open to everyone.

ACCESSIBLE EQUIPMENT

Lawson Aquatic Centre:
- Accessible chair and pool lifts to access all pools
- Accessible change rooms

Fieldhouse:
- Wheelchair accessible strength and conditioning area
- Variety of cardio and strength machines and equipment including recumbent stepper, hand bikes, rope trainer, and hand weights
- Accessible change rooms

North West Leisure Centre:
- Aquatic wheelchair
- Pool ramp
- Accessible universal/family change rooms

Sandra Schmirler Leisure Centre:
- Accessible universal/family change rooms
- Accessible chair lift to access all pools

Regina.ca
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.

Garden Surprises 3-5 years
Using our courtyard as well as the studio preschoolers and Kinders will explore spring and garden activities! Projects will range from making items for your garden such as wind chimes, bird feeders, and wind spinners to bringing gardens indoors with sun catchers, and paper and rock gardens. A fairy tea cup garden will be a final project.

**RECREATION**

**Surprise Activity & 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 either 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62089</td>
<td>Fri</td>
<td>Mar 25-Apr 29</td>
<td>2:30-3:35p.m.</td>
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<tr>
<td></td>
<td>62090</td>
<td>Fri</td>
<td>May 6-Jun 3</td>
<td>2:30-3:35p.m.</td>
</tr>
</tbody>
</table>

**SPORTS**

**Parent & Tot Football** 3-5 years
Bond with your child over football. Parents and players will learn various football skills, basic movement skills and have fun playing football together.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62108</td>
<td>Fri</td>
<td>Apr 29-Jun 3</td>
<td>5:30-6:30p.m.</td>
</tr>
</tbody>
</table>

**Parent & Tot Soccer** 3-5 years
Parents and tots enjoy learning soccer skills together. In a non-game based environment this program will teach the basic skills of soccer and incorporate fun games into each and every class.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62102</td>
<td>Sun</td>
<td>May 1-Jun 5</td>
<td>1-2p.m.</td>
</tr>
</tbody>
</table>

**Parent & Tot Sports Jam** 3-5 years
All sorts of sports and activities for you and your tot! In a non-game based environment players and parents will play a different activity or sport every week.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>63575</td>
<td>Mon</td>
<td>Apr 25-May 30</td>
<td>4:30-5:30p.m.</td>
</tr>
<tr>
<td>NWLC</td>
<td>62080</td>
<td>Thu</td>
<td>Apr 28-Jun 2</td>
<td>5:15-6:15p.m.</td>
</tr>
</tbody>
</table>
Join the intergenerational afternoon program aimed at facilitating community building among older 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 throughout the week. The program is designed to be social, with an educational, recreational, and creative focus. Short Breaks is a partnership between Creative Options Regina, Hopes Home, Inclusion Regina, and the City of Regina, with financial support from Sask Lotteries.

For more information contact Kathy Cockburn kathy@inclusionregina.ca or socialinclusionprograms@regina.ca for other enquiries.

Building or Renovating?
Make sure you have the right permit.

Regina.ca/build
REGISTERED CHILD AND YOUTH PROGRAMS

**Legend**
FLDH – Fieldhouse  
NBAC – Neil Balkwill Civic Arts Centre  
NWLC – Northwest Leisure Centre  
SSLC – Sandra Schmirler Leisure Centre

**FINE ARTS**

**Acrylics for Teens**  
Have fun learning new techniques and creating amazing art pieces using Acrylic paint. Explore composition, colour mixing and brush techniques. No previous experience necessary.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62027</td>
<td>Wed</td>
<td>Apr 20-Jun 8</td>
<td>7-8:30p.m.</td>
<td>$95.00</td>
<td></td>
</tr>
</tbody>
</table>

**Adventures in Art for Homeschoolers 1**  
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!  

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>NBAC 61945</td>
<td>Thu</td>
<td>Apr 21-Jun 9</td>
<td>10a.m.-12p.m.</td>
<td>$120.00</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61946</td>
<td>Thu</td>
<td>Apr 21-Jun 9</td>
<td>1-3p.m.</td>
<td>$120.00</td>
<td></td>
</tr>
</tbody>
</table>

**Art Exploration**  
Explore the work of various artists and styles throughout history and then create your own unique artworks. Take your art to the next level and develop further skills in colour theory, perspective, blending, light, shadows and values. Experiment with several art mediums such as graphite pencils, watercolours, watercolour pencils, acrylics, and pastels. You will also learn colour theory through blending and devising a colour wheel.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61950</td>
<td>Sat</td>
<td>Apr 23-Jun 18</td>
<td>1-3p.m.</td>
<td>$120.00</td>
<td></td>
</tr>
</tbody>
</table>

**Art Sampler**  
Pencil, charcoal, watercolour, tempera, sculpture, collage, stamping and stenciling...come and try them all out in our fun-filled and lighthearted class! This is the perfect class to discover new techniques and kindle a passion for art.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>NBAC 61951</td>
<td>Sat</td>
<td>Apr 23-Jun 18</td>
<td>10a.m.-12p.m.</td>
<td>$120.00</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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<td>Sun</td>
<td>Apr 24-Jun 19</td>
<td>1-2:30p.m.</td>
<td>$98.00</td>
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</tbody>
</table>

**Drawing 1 for Children**  
A great starting point for the budding artist! This class introduces the participant to basic drawing skills and the use of various drawing media. Learn how to make your drawings look alive!  

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>NBAC 61959</td>
<td>Sat</td>
<td>Apr 23-Jun 18</td>
<td>9-10:30a.m.</td>
<td>$95.00</td>
<td></td>
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</tbody>
</table>

**Drawing and Colouring Adventure**  
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.  

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61960</td>
<td>Sun</td>
<td>Apr 24-Jun 19</td>
<td>1-2:30p.m.</td>
<td>$98.00</td>
<td></td>
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</tbody>
</table>

306-777-PLAY (7529)
Drawing Comics Action  
11-15 years
How do you create exciting, dynamic battles, chases, stealth or exploration scenes for comics and manga? Practice a variety of techniques for action storytelling, including realistic human anatomy, fight choreography, fluid motion, composition and layout, and special effects. Put these skills together to tell your own story of dramatic action, from concept through to finished inked pages. Some previous comics drawing experience required.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62035</td>
<td>Sat Apr 23-Jun 18</td>
<td>11:30a.m.-1p.m.</td>
<td>$95.00</td>
</tr>
</tbody>
</table>

Drawing Mythological Creatures  
9-14 years
If drawing imaginary creatures like gryphons, unicorns, dragons or cyclopes sounds appealing then this is the class for you - whether you have a little experience or a lot. Explore the use of colour in your drawings, as well as backgrounds and new selection of exciting creatures. You may even invent a few creatures of your very own.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61961</td>
<td>Sat Apr 23-Jun 18</td>
<td>1:2-3:30p.m.</td>
<td>$85.00</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>NBAC 61965</td>
<td>Sun Apr 24-Jun 19</td>
<td>3:4-3:30p.m.</td>
<td>$98.00</td>
</tr>
</tbody>
</table>

Fantasy and Science Fiction Art  
12-16 years
This class allows students the opportunity to explore themes ranging from dragons to aliens and wizards to robots, through a variety of mediums. Classical art techniques including painting and sculpture will be introduced to allow the students creations to go beyond the sketch book.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62040</td>
<td>Sun Apr 24-Jun 19</td>
<td>3:4-3:30p.m.</td>
<td>$95.00</td>
</tr>
</tbody>
</table>

Game Design  
9-14 years
Make your own card games, board games and role-playing games. We’ll play test our own storytelling and fantasy adventure games together, then make changes to take home a finished, playable game!

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62031</td>
<td>Sat Apr 23-Jun 18</td>
<td>2:4p.m.</td>
<td>$115.00</td>
</tr>
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</table>

Improv for Young Teens  
12-15 years
Improv is spontaneous, unplanned comedy performance. Come be creative and work together as a team. Learn how to build characters, collaborate, use critical thinking, and build confidence. Come use your imagination and have it come to life.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61971</td>
<td>Sun Apr 24-Jun 19</td>
<td>1-2p.m.</td>
<td>$82.00</td>
</tr>
</tbody>
</table>

Making Pop-Up Books  
7-9 years
Practice different techniques for cutting and folding paper to make 3-D pictures that pop up off the page! Combine your pop-ups with drawing, colouring, and storytelling skills, and put them together with a cover to make your own pop-up book!

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62034</td>
<td>Sat Apr 23-Jun 18</td>
<td>10-11a.m.</td>
<td>$87.00</td>
</tr>
</tbody>
</table>

Watercolour Wonderland  
14-18 years
Explore the use of watercolour paints in creating whimsical worlds combining imagination and elements from real life.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61996</td>
<td>Sat Apr 23-Jun 18</td>
<td>3:4-3:30p.m.</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

World of Wax Crayon and Oil Pastel  
6-10 years
Wax crayons are found in many children’s art supplies, but over time crayons are often seen as being juvenile, disposable, or just boring. This class will push the boundaries and limits of the wax crayon - come explore a variety of new ways to create exciting and original works of art.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62039</td>
<td>Sat Apr 23-Jun 18</td>
<td>11a.m.-12:30p.m.</td>
<td>$98.00</td>
</tr>
</tbody>
</table>

SPRINTS
Enhanced Track & Field  
7-11 years
Learn the introductory skills and proper techniques required for sprinting, running, relay, high jump and long jump events.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62109</td>
<td>Sun May 1-Jun 5</td>
<td>11a.m.-12p.m.</td>
<td>$39.00</td>
</tr>
</tbody>
</table>

Sports
Badminton – Junior 1  
10-12 years
This class will teach various badminton skills such as footwork, underhand and overhead strokes, serving and scoring.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62093</td>
<td>Tue/Thu Apr 26-Jun 2</td>
<td>4:30-5:30p.m.</td>
<td>$78.00</td>
</tr>
</tbody>
</table>

Badminton – Kids  
5-7 years
This class will teach footwork, underhand and overhead strokes, serving and scoring.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62094</td>
<td>Mon Wed Apr 25-Jun 1</td>
<td>5:30-6:30p.m.</td>
<td>$78.00</td>
</tr>
</tbody>
</table>

Basketball – Kids  
5-7 years
This program teaches basic skills and rules. Drills, teamwork, and scrimmages will be included.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62096</td>
<td>Sun May 1-Jun 5</td>
<td>12-1p.m.</td>
<td>$39.00</td>
</tr>
</tbody>
</table>

Basketball Fundamental Development  
8-12 years
This program will continue building on basketball fundamentals. These include passing, shooting, defence, dribbling and game strategy while emphasizing the importance of teamwork. This course is a great way to increase skill level through enjoyable basketball drills!

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62097</td>
<td>Sun May 1-Jun 5</td>
<td>2-3p.m.</td>
<td>$39.00</td>
</tr>
</tbody>
</table>

Enhanced Sports Jam  
8-12 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 participation is encouraged to assist when needed.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62098</td>
<td>Mon Apr 25-May 30</td>
<td>6:30-7:30p.m.</td>
<td>$39.00</td>
</tr>
</tbody>
</table>

Enhanced Track & Field  
7-11 years
Learn the introductory skills and proper techniques required for sprinting, running, relay, high jump and long jump events.

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62109</td>
<td>Sun May 1-Jun 5</td>
<td>11a.m.-12p.m.</td>
<td>$39.00</td>
</tr>
</tbody>
</table>
### Football – Kids
5-7 years
This program is for kids to develop football skills, such as passing, catching, and kicking, along with defensive skills.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62107</td>
<td>Fri Apr 29-Jun 3</td>
<td>6:30-7:30p.m.</td>
</tr>
</tbody>
</table>

### Go Girl 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62100</td>
<td>Sat Apr 30-Jun 4</td>
<td>4-5p.m.</td>
</tr>
<tr>
<td>FLDH</td>
<td>62099</td>
<td>Sat Apr 30-Jun 4</td>
<td>3-4p.m.</td>
</tr>
</tbody>
</table>

8-12 years

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62100</td>
<td>Sat Apr 30-Jun 4</td>
<td>4-5p.m.</td>
</tr>
<tr>
<td>FLDH</td>
<td>62099</td>
<td>Sat Apr 30-Jun 4</td>
<td>3-4p.m.</td>
</tr>
</tbody>
</table>

### Kids on the Run
10-14 years
Kids learn proper running technique and build on their endurance for cross country running and track.

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62101</td>
<td>Sun May 1-Jun 5</td>
<td>9:30-10:45a.m.</td>
</tr>
</tbody>
</table>

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

5-7 years

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>63576</td>
<td>Tue Apr 26-May 31</td>
<td>4:30-5:30p.m.</td>
</tr>
</tbody>
</table>

8-12 years

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>63577</td>
<td>Tue Apr 26-May 31</td>
<td>5:30-6:30p.m.</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62103</td>
<td>Mon Apr 25-May 30</td>
<td>5:30-6:30p.m.</td>
</tr>
<tr>
<td>NWLC</td>
<td>62081</td>
<td>Mon Apr 25-May 30</td>
<td>7-8p.m.</td>
</tr>
</tbody>
</table>

### Track & Field – Intro
Learn the introductory skills and proper techniques required for sprinting, running, relay, high jump, and long jump events.

7-11 years

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62104</td>
<td>Sat Apr 30-Jun 4</td>
<td>9:30-10:30a.m.</td>
</tr>
</tbody>
</table>

12-15 years

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62105</td>
<td>Sat Apr 30-Jun 4</td>
<td>10:30a.m.-12p.m.</td>
</tr>
</tbody>
</table>

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

8-12 years

<table>
<thead>
<tr>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH</td>
<td>62106</td>
<td>Thu Apr 28-Jun 2</td>
<td>5:30-6:30p.m.</td>
</tr>
</tbody>
</table>
Free Children’s Summer Program

PlayEscapes is an inclusive summer program that offers leader-facilitated play opportunities that develop and foster life skills, creativity, imagination and positive self-image, while also promoting a physical, active lifestyle for children ages 5-12 of all abilities.

Stay tuned! Our next Leisure Guide will have more info about our Free Children’s Summer Program running July 4 - August 12, 2022.

Regina.ca/freeprograms

WHAT'S YOUR STYLE?

DANCE NIGHTS

Join us for great music and dance in a friendly environment - open to ALL (Ages 17+)!

April 28, 2022
Thursday nights at mâmawêyatitân centre
3355 6th Ave
7-9 p.m.

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 City of Regina is pleased to offer this inclusive dance class in partnership with Astonished! It is open to everyone, but adapted to meet the needs of individuals experiencing disability. Instruction will be based on a variety of dance culture, which emphasizes enthusiasm, camaraderie and smiles!

The best part? It’s FREE!

For more information visit Regina.ca/inclusiveprograms or to register please call 306-550-4514
**Prices shown do not include tax. Where applicable, GST will be added.**

### FINE ARTS – DRAWING & PAINTING

#### Alternative Drawing  
15 years and up  
Through alternative approaches to making dynamic artworks, this class introduces blind contour, memory techniques, freestyle composition and other unexpected exercises to free the imagination. Explore the range of charcoal, oil stick, ink, pen and pencil on a variety of papers. Make exciting work in this exploratory and creative course suitable for all skill levels!

<table>
<thead>
<tr>
<th>Code</th>
<th>Centre</th>
<th>Code</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62000</td>
<td>Mon</td>
<td>Apr 25-Jun 20</td>
<td>7-9:30p.m.</td>
<td>$145.00</td>
<td></td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Centre</th>
<th>Code</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62002</td>
<td>Wed</td>
<td>Apr 20-Jun 8</td>
<td>7-9p.m.</td>
<td>$140.00</td>
<td></td>
</tr>
</tbody>
</table>

#### 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Centre</th>
<th>Code</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62028</td>
<td>Wed-Thu</td>
<td>Apr 8-Apr 21</td>
<td>9a.m.-12p.m.</td>
<td>$125.00</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Centre</th>
<th>Code</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62029</td>
<td>Mon-Fri</td>
<td>May 2-May 6</td>
<td>9a.m.-12p.m.</td>
<td>$112.00</td>
<td></td>
</tr>
</tbody>
</table>

#### Comics Illustration  
15 years and up  
Learn to draw people in action, objects in perspective, and pages of comics story. Practice the fundamentals of comics illustration, including posing the body, hands, and face, drawing clothing and backgrounds, shading and texture, and visual storytelling.

<table>
<thead>
<tr>
<th>Code</th>
<th>Centre</th>
<th>Code</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62030</td>
<td>Wed</td>
<td>Apr 20-Jun 8</td>
<td>7-9p.m.</td>
<td>$115.00</td>
<td></td>
</tr>
</tbody>
</table>

#### Figure Drawing  
16 years and up  
Enjoy the art of drawing the human figure. The first two classes will focus on studying the skeletal structure of the human form, and the remainder of classes will utilize a live model. Classes will progress from classic, formal approaches to anatomy and accurate representation, and will then lead into expressive and experimental creations. This relaxed class is open to all levels of experience. Cost for models are included in the materials fee paid at time of registration.

<table>
<thead>
<tr>
<th>Code</th>
<th>Centre</th>
<th>Code</th>
<th>Code</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>62001</td>
<td>Wed</td>
<td>Apr 20-Jun 8</td>
<td>7-9:30p.m.</td>
<td>$180.00</td>
<td></td>
</tr>
</tbody>
</table>

### 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.

**Legend**

- **FLDH** – Fieldhouse
- **LAC** – Lawson Aquatic Centre
- **NBAC** – Neil Balkwill Civic Arts Centre
- **NWLC** – North West Leisure Centre
- **SSLC** – Sandra Schmirler Leisure Centre

### REGISTRATION ADULT PROGRAMS
Landslapes in Acrylic  
15 years and up  
Paint picturesque landscapes in versatile acrylic medium. Students will learn canvas preparation, various techniques including traditional brush work and colour mixing to achieve their artistic vision. Past experience in any traditional art media or general drawing skills would be a great asset but not essential.

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61982</td>
<td>Mon Apr 25-Nov 20</td>
<td>7-10p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61983</td>
<td>Fri Apr 22-Jun 10</td>
<td>1-4p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61986</td>
<td>Tue Apr 19-Jun 7</td>
<td>7-10p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61939</td>
<td>Fri Apr 1-Jun 24</td>
<td>9-11:30a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

Painting with Acrylics 3  
15 years and up  
In this class students with previous painting experience will be able to work in an open studio environment. Students will work on specific paintings or projects of their choice throughout the duration of the class. The instructor will provide professional guidance with students’ progress and will oversee friendly, constructive group critique so all can benefit.

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61987</td>
<td>Wed Apr 20-Jun 8</td>
<td>9a.m.-12p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61994</td>
<td>Thu Apr 21-Jun 9</td>
<td>7-9:30p.m.</td>
<td>$135.00</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Course Code (Type)</th>
<th>Starting Date</th>
<th>Duration</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61995</td>
<td>Sat Apr 23-Jun 18</td>
<td>9a.m.-12p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>
## FINE ARTS – JEWELLERY

### Chasing and Repoussé 16 years and up
This metalworking process involves embossing metal from the front and the back, creating a three-dimensional form from a flat sheet. Repoussé can be thought of as the creation of volume, while chasing includes work done to the front such as planishing, lining, matting, and making crisp edges on forms that were raised from behind. This class will teach the methods used in chasing and repoussé, with plenty of work time for projects. **Prerequisite:** Jewellery 1 and Jewellery 2.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62003</td>
<td>Thu</td>
<td>Apr 21-Jun 16</td>
<td>1-4p.m.</td>
<td>$250.00</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62018</td>
<td>Sat</td>
<td>Apr 23-Jun 4</td>
<td>9a.m.-12p.m.</td>
<td>$188.00</td>
</tr>
</tbody>
</table>

### Jewellery 1 16 years and up
An introduction to jewellery making using basic silversmithing techniques on sterling silver, copper, and brass. Learn how to saw, drill, file, texture, and solder metal. In this course you’ll create a pierced pendant, a band ring, and projects of your choice. Come explore the world of the metal arts! **Prerequisite:** Jewellery 1.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61975</td>
<td>Tue</td>
<td>Apr 19-Jun 14</td>
<td>7-10p.m.</td>
<td>$290.00</td>
</tr>
</tbody>
</table>

### Jewellery 2 16 years and up
This class is a continuation from Jewellery 1 and includes chain making, pin back construction, riveting and bezel setting cabochon stones. **Prerequisite:** Jewellery 1.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61976</td>
<td>Thu</td>
<td>Apr 21-Jun 16</td>
<td>7-10p.m.</td>
<td>$250.00</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61978</td>
<td>Tue</td>
<td>Apr 19-Jun 14</td>
<td>1-4p.m.</td>
<td>$250.00</td>
</tr>
</tbody>
</table>

### Lampwork – Advanced Bead Designs 16 years and up
This class will focus on learning advanced bead designs incorporating techniques such as encasing, murrini making and application, surface embellishments and designs. **Prerequisite:** Lampwork Beads 1 or equivalent previous experience.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 62023</td>
<td>Mon</td>
<td>Apr 25-Jun 20</td>
<td>7-10p.m.</td>
<td>$245.00</td>
</tr>
</tbody>
</table>

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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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 61990</td>
<td>Mon</td>
<td>Apr 11-May 16</td>
<td>7-10p.m.</td>
<td>$112.00</td>
</tr>
<tr>
<td>NBAC 61991</td>
<td>Mon</td>
<td>May 30-Jun 27</td>
<td>7-10p.m.</td>
<td>$112.00</td>
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</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
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<tr>
<td>NBAC 61992</td>
<td>Wed</td>
<td>Apr 13-May 11</td>
<td>7-10p.m.</td>
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<td>NBAC 61993</td>
<td>Wed</td>
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</tbody>
</table>

**Prices shown do not include tax. Where applicable, GST will be added.**
**FINE ARTS – THEATRE ARTS**

**Improv for Adults**  
15 years and up  
This course will focus on different types of drama, such as improv, stand-up comedy, playwriting, set-design, story-telling, and other types of drama. Students will learn how to get creative and use their creative thinking skills. No prior experience is necessary.

| NBAC 62025 | Thu | Apr 21-Jun 9 | 7-8:30 p.m. | $100.00 |

**FINE ARTS – WOODWORKING**

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

| NBAC 61966 | Tue | Apr 19-Jun 7 | 7-9:30 p.m. | $200.00 |

**Introductory Bowl Turning**  
16 years and up  
This introduction to bowl turning will include safety instruction, wood selection and orientation, and the use and sharpening of bowl gouges and relevant 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 62024 | Sat-Sun | Apr 8-April 10 | 7:30 a.m.-5 p.m. | $205.00 |

**Small Box**  
16 years and up  
Learn how to construct a small box for storing various items. The class will emphasize the skills needed for accurate stock preparation, joinery, floating panel lid, surface finishing, as well as discussion of aesthetic and functional challenges. This course will run 10 weeks. An additional materials fee payable to the instructor will cover the cost of materials used in assigned project.  
Prerequisite: Basic woodworking or instructor’s permission.

| NBAC 62092 | Thu | Apr 21-Jun 23 | 7-10 p.m. | $280.00 |

**Wood Carving Drop In**  
14 years and up  
Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program.

| NBAC 61942 | Tue | Apr 5-Jun 28 | 9-11:30 a.m. | Free |

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

| NBAC 61998 | Wed | Apr 20-Jun 8 | 7-10 p.m. | $230.00 |

**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 61999 | Mon | Apr 25-Jun 20 | 7-10 p.m. | $230.00 |

**AQUATIC FITNESS, HEALTH & WELLNESS**

**Aquacise**  
14 years and up  
A fitness class using the natural resistance and buoyancy of the water.

| LAC 62087 | Tue | Apr 26-May 31 | 6:15-7 p.m. | $33.00 |
| LAC 62088 | Thu | Apr 28-Jun 2 | 6:15-7 p.m. | $33.00 |
| NWLC 62044 | Mon | Apr 25-May 30 | 11-11:45 a.m. | $27.50 |
| NWLC 62047 | Mon | Apr 25-May 30 | 8:35-9:20 p.m. | $27.50 |
| NWLC 62045 | Tue | Apr 26-May 31 | 11-11:45 a.m. | $33.00 |
| NWLC 62048 | Tue | Apr 26-May 31 | 8:35-9:20 p.m. | $33.00 |
| NWLC 62046 | Wed | Apr 27-Jun 1 | 11-11:45 a.m. | $33.00 |
| NWLC 62049 | Wed | Apr 27-Jun 1 | 8:35-9:20 p.m. | $33.00 |
| SSLC 63946 | Mon | Apr 25-May 30 | 8:30-9:15 p.m. | $27.50 |
| SSLC 63952 | Tue | Apr 26-May 31 | 8:30-9:15 p.m. | $33.00 |
| SSLC 63956 | Wed | Apr 27-Jun 1 | 8:30-9:15 p.m. | $33.00 |

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

| SSLC 63957 | Wed | Apr 27-Jun 1 | 9:15-10 a.m. | $33.00 |

**Deep Water Workout**  
14 years and up  
A totally non-impact workout done in deep water using a flotation belt.

| SSLC 63961 | Thu | Apr 28-Jun 2 | 8:30-9:15 p.m. | $33.00 |

**Programming Note**

All City fitness programs in this section REQUIRE REGISTRATION either online at Regina.ca/recreation or by calling 306-777-PLAY (7529). Classes marked with an **M** are included with a leisure pass membership and are free to passholders when registering.
## REGISTERED ADULT PROGRAMS

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

### LAND FITNESS, HEALTH & WELLNESS

#### Programming Note

All City fitness programs in this section REQUIRE REGISTRATION either online at Regina.ca/recreation or by calling 306-777-PLAY (7529). Classes marked with an (M) are included with a leisure pass membership and are free to passholders when registering.

### Social Aquacise (M)

A fitness class using the natural resistance and buoyancy of the water.

<table>
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<td>12-12:45p.m.</td>
<td>$33.00</td>
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</table>

### 20/20/20

16 years and up

Get it all! Cardio, strength, and flexibility all in 60 minutes! This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability.

<table>
<thead>
<tr>
<th>Location</th>
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### Abs & Arms (M)

15 years and up

A 45 minute class designed to work your abs and arms with various equipment and routines. Exercise will target both areas and more.

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### Baby & Me Boot Camp

15 years and up

Bring baby along for a postnatal workout! A multi-level class combining intervals of cardio, strength and core.

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<thead>
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<th>Times</th>
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### Body Blast (M)

15 years and up

Join this heart pumping, calorie burning, muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

<table>
<thead>
<tr>
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<th>Code</th>
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<th>Times</th>
<th>Fee</th>
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</table>

### Cardio & Sculpt (M)

15 years and up

A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing, and sculpting using hand weights.

<table>
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<th>Location</th>
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<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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### Cardio Combo (M)

15 years and up

A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

<table>
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<th>Location</th>
<th>Code</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<td>62054</td>
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<td>9-10a.m.</td>
<td>$33.00</td>
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### FUNctional Fit (M)

15 years and up

This class focuses on undoing what occurs naturally during the aging process and throughout daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.

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<th>Location</th>
<th>Code</th>
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<th>Times</th>
<th>Fee</th>
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<td>10:30-11:30a.m.</td>
<td>$33.00</td>
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### Glutes Galore, Core & More! (M)

15 years and up

This glute and core conditioning class will strengthen your hips, back, butt, and belly along with a focus on the lower body using bands, dumbbells, balls, and gliders.

<table>
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<th>Location</th>
<th>Code</th>
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<th>Times</th>
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<td>10:15-11a.m.</td>
<td>$33.00</td>
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</table>

### HIIT (High Intensity Interval Training)

15 years and up

This intermediate to advanced class alternates between strength and cardio intervals for a complete workout.

<table>
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<th>Times</th>
<th>Fee</th>
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<td>9-9:45a.m.</td>
<td>$33.00</td>
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</table>

### Ignite (M)

15 years and up

Ignite your metabolism with this fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.

<table>
<thead>
<tr>
<th>Location</th>
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<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<tr>
<td>NWLC</td>
<td>62059</td>
<td>Mon, Apr 25-May 30</td>
<td>9-10a.m.</td>
<td>$27.50</td>
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</table>

### 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.

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<tr>
<th>Location</th>
<th>Code</th>
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### SoulFusion

16 years and up

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

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<tr>
<th>Location</th>
<th>Code</th>
<th>Dates</th>
<th>Times</th>
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<td>9:45-10:45a.m.</td>
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### STEP Cross Training (M)

15 years and up

A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

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<th>Code</th>
<th>Dates</th>
<th>Times</th>
<th>Fee</th>
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<td>62065</td>
<td>Tue, Apr 26-May 31</td>
<td>9-10a.m.</td>
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</table>
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.

<table>
<thead>
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<th>Location</th>
<th>Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
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<td>11:45a.m.-12:45p.m.</td>
<td>$33.00</td>
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SWAT 15 years and up
Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

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<thead>
<tr>
<th>Location</th>
<th>Code</th>
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<td>9-10a.m.</td>
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</table>

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.

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<tr>
<th>Location</th>
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<td>5:30-6:30p.m.</td>
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TRX® Suspension Training – Strong Core 13 years and up
Targeting muscles that give you core stability, this functional exercise program integrates a variety of equipment including the TRX suspension trainer to improve mobility and build strength and endurance.

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<th>Code</th>
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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.

<table>
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Yoga – Flow 15 years and up
Invigorating yoga flow increases physical strength through alignment, balance and flexibility. Regular practice will see improvements in balance, focus, flexibility and strength with a renewed awareness of body alignment. Previous yoga experience is required.

<table>
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<th>Location</th>
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Yoga – Gentle 15 years and up
A gentle yoga class that blends balance, strength, and flexibility.

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<td>$39.00</td>
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Yoga – Gentle (Youth and Up) 8 years and up
Join this fun all-levels and all-ages yoga class. This class blends balance, strength and flexibility in a family-friendly environment. Children 8-16 must have a parent registered.

<table>
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<tr>
<th>Location</th>
<th>Code</th>
<th>Days</th>
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<th>End Date</th>
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Yoga – Hatha 15 years and up
A yoga flow class blending balance, strength, and flexibility. Basic yoga poses, 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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>FLDH 62015</td>
<td>Tue</td>
<td>Apr 26-May 31</td>
<td>10:30-11:30a.m.</td>
<td>$39.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Yoga – Parent and Teen 15 years and up
Connect with your teen in a relaxing and loving way! Our parent and teen yoga class is designed to inspire and engage adults and teens alike. This 60-minute class is open to teens aged 12-17 years and their parents/caregivers. Together we’ll move, bend, and stretch while learning fun-filled yoga poses, easy breathing exercises and soothing relaxation techniques. Explore individual and partner poses as you bond with your teen and unite in body, mind, and spirit. The class is designed for one adult to one teen ratio. Price is per person and both participants must register.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSLC 63954</td>
<td>Tue</td>
<td>Apr 26-May 31</td>
<td>8-9p.m.</td>
<td>$39.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>FLDH 62017</td>
<td>Wed</td>
<td>Apr 27-Jun 1</td>
<td>6:45-7:45p.m.</td>
<td>$39.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SSLC 63964</td>
<td>Thu</td>
<td>Apr 28-Jun 2</td>
<td>8-9p.m.</td>
<td>$39.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**LAND FITNESS, HEALTH & WELLNESS**

### 20/20/20 AP

Get it all! Cardio, strength, and flexibility all in 60 minutes! This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability. Adaptations can be made for individuals who need more balance support.

- **NWLC** 62041 Mon Apr 25-May 30 10:30-11:30a.m. $27.50
  - 62042 Thu Apr 28-Jun 2 10:30-11:30a.m. $33.00
- **SSLC** 63945 Mon Apr 25-May 30 5:30-6:30p.m. $27.50

### Minds in Motion

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

- **NWLC** 62086 Thu Apr 28-Jun 30 1:30-3:30p.m. $30.00

### Yoga – Boomers and Beyond

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

- **NWLC** 62068 Tue Apr 26-May 31 10:15-11:15a.m. $39.00
  - 62069 Thu Apr 28-Jun 2 10:15-11:15a.m. $39.00

### Yoga – Chair

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.

- **SSLC** 63947 Mon Apr 25-May 30 11:45a.m.-12:45p.m. $32.50
  - 63960 Wed Apr 27-Jun 1 11:45a.m.-12:45p.m. $39.00

### Zumba Gold

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

- **SSLC** 63955 Tue Apr 26-May 31 10:30-11:30a.m. $39.00
  - 63965 Thu Apr 28-Jun 2 10:30-11:30a.m. $39.00
There are many community programs listed in this guide. These programs offer something for people of all ages, interests and abilities. The community programs listed in the following pages are offered by Community Associations, Zone Boards and their affiliates. These are not City of Regina programs.

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

**AL RITCHIE COMMUNITY ASSOCIATION**

Contact: 306-522-3930  Registration Date: Ongoing
Facebook.com/AlRitchieCommunityAssociation
Email: arcainfo@sasktel.net
Registration Location: 2250 Lindsay St.

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

**CATHEDRAL AREA COMMUNITY ASSOCIATION**

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

The Cathedral Area 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 $5 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!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGM</td>
<td>All Ages</td>
<td>Tue</td>
<td>Mar 15</td>
<td>7-8:30 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free</td>
</tr>
<tr>
<td>Cathedral Village Arts Festival</td>
<td>All Ages</td>
<td>Mon-Sat</td>
<td>May 23-May 28</td>
<td>Various</td>
<td>Cathedral Area</td>
<td>Free</td>
</tr>
<tr>
<td>Parent &amp; Baby Group</td>
<td>All Ages</td>
<td>Thu</td>
<td>Jan 6-Jun 23</td>
<td>12:45-2:15 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Parent &amp; Baby Group</td>
<td>All Ages</td>
<td>Fri</td>
<td>Jan 7-Jun 24</td>
<td>10-11:30 a.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free with Membership</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Creative Movement</td>
<td>4-6 yrs</td>
<td>Sat</td>
<td>Apr 2-Jun 11 excl. May 28</td>
<td>1-2 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$50</td>
</tr>
<tr>
<td>Kids Painting: Patty the Kitten</td>
<td>7-10 yrs</td>
<td>Sun</td>
<td>Mar 13</td>
<td>2:15-4:15 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$25</td>
</tr>
<tr>
<td>Kids Painting: Peeking Bunny</td>
<td>7-10 yrs</td>
<td>Sun</td>
<td>Apr 10</td>
<td>2:15-4:15 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$25</td>
</tr>
<tr>
<td>Kids Painting: Patches the Pup</td>
<td>7-10 yrs</td>
<td>Sun</td>
<td>May 29</td>
<td>2:15-4:15 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$25</td>
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<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cribbage &amp; Coffee</td>
<td>18+ yrs</td>
<td>Last Tue of every month</td>
<td>Jan 25-Jun 28</td>
<td>1-3 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Forever…in Motion</td>
<td>55+ yrs</td>
<td>Mon</td>
<td>Jan 10-May 16 excl. Apr 15</td>
<td>1-2 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Activity</td>
<td>Ages</td>
<td>Day</td>
<td>Dates</td>
<td>Times</td>
<td>Location</td>
<td>Cost</td>
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</tr>
<tr>
<td>Forever…in Motion</td>
<td>55+ yrs</td>
<td>Fri</td>
<td>Jan 14-May 20</td>
<td>1-2 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>In Shape: Exercise for Heart, Lungs, Muscles &amp; Brain</td>
<td>50+ yrs</td>
<td>Wed</td>
<td>Mar 9-Apr 27</td>
<td>1-2 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$40</td>
</tr>
<tr>
<td>In Shape: Exercise for Heart, Lungs, Muscles &amp; Brain</td>
<td>50+ yrs</td>
<td>Wed</td>
<td>May 4-Jun 22</td>
<td>1-2 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$40</td>
</tr>
<tr>
<td>Mindfulness Meditation</td>
<td>18+ yrs</td>
<td>Tue</td>
<td>Apr 5-Apr 26</td>
<td>7:30-8:30 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$20</td>
</tr>
<tr>
<td>Tai Chi Chih Beginner: Joy through Movement Trial Class</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Mar 28</td>
<td>8-9 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free, must register</td>
</tr>
<tr>
<td>Tai Chi Chih Beginner: Joy through Movement</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 13 excl. May 23</td>
<td>8-9 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$70</td>
</tr>
<tr>
<td>Tai Chi Chih, Continuing: Joy through Movement Trial Class</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Mar 28</td>
<td>6:45-7:45 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>Free, must register</td>
</tr>
<tr>
<td>Tai Chi Chih, Continuing: Joy through Movement</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 13 excl. May 23</td>
<td>6:45-7:45 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$70</td>
</tr>
<tr>
<td>Tai Chi 24 Form Yang Style</td>
<td>18+ yrs</td>
<td>Sun</td>
<td>Apr 3-Jun 26</td>
<td>8-9 a.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$100</td>
</tr>
<tr>
<td>Yoga: Chair, Mixed Levels</td>
<td>18+ yrs</td>
<td>Tue</td>
<td>Apr 12-Jun 14</td>
<td>10:30-11:30 a.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$80</td>
</tr>
<tr>
<td>Yoga: Ashtanga Inspired</td>
<td>18+ yrs</td>
<td>Tue</td>
<td>Apr 12-Jun 14</td>
<td>5:45-7:15 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$90</td>
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<tr>
<td>Yoga: Yin</td>
<td>18+ yrs</td>
<td>Thu</td>
<td>Apr 14-Jun 16</td>
<td>5:45-7 p.m.</td>
<td>Cathedral Neighbourhood Centre</td>
<td>$90</td>
</tr>
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</table>

**OLDER ADULTS**

- **Activity**
- **Ages**
- **Day**
- **Dates**
- **Times**
- **Location**
- **Cost**

**HERITAGE COMMUNITY ASSOCIATION**

<table>
<thead>
<tr>
<th>Contact: Wendy or Aria</th>
<th>Registration Date: Contact the zone or association directly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Email: <a href="mailto:director@heritagecommunityassociation.com">director@heritagecommunityassociation.com</a></td>
<td>Registration Location: Contact the zone or association directly</td>
</tr>
</tbody>
</table>

The Heritage Community Association (HCA) is the organization responsible for representing the residents, businesses, and service organizations of the Heritage neighbourhood. Located in the historic Old No. 1 Fire Hall on 11th Avenue, HCA offers a range of programs and services that focus on community engagement, children and youth, and arts and culture.

**FAMILY & COMMUNITY**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drop-in Soccer</td>
<td>All Ages</td>
<td>TBD</td>
<td>Various</td>
<td>TBD</td>
<td>Pepsi Park</td>
<td>Free</td>
</tr>
<tr>
<td>Community Garden Prep</td>
<td>All Ages</td>
<td>TBD</td>
<td>Various</td>
<td>TBD</td>
<td>Heritage Community Association Office</td>
<td>Free</td>
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</table>

**CHILDREN**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art in the Garden</td>
<td>TBD</td>
<td>Various</td>
<td>TBD</td>
<td>TBD</td>
<td>HCA Office/Community Garden</td>
<td>Free</td>
</tr>
<tr>
<td>Storytelling in the Garden</td>
<td>TBD</td>
<td>Various</td>
<td>TBD</td>
<td>TBD</td>
<td>HCA Office/Community Garden</td>
<td>Free</td>
</tr>
</tbody>
</table>

**ADULT**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naloxone Training</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
<td>TBD</td>
<td>HCA Office/Community Garden</td>
<td>Free</td>
</tr>
</tbody>
</table>
NORTH CENTRAL COMMUNITY ASSOCIATION

Contact: Murray Giesbrecht  
Email: info@northcentralregina.ca

The North Central Community Association is one of the largest inner-city Community Association in the City of Regina. It represents a population of over 12,000 people in an area of 183 square blocks, consisting of 4,300 homes and over 200 businesses. Our mission is to enhance, engage and represent our diverse neighbourhood, where we live, work and play, by facilitating partnerships, programs and services; in order to reach our vision of a safe, caring and vibrant community where all people can live, learn and thrive.

QUEEN CITY EASTVIEW COMMUNITY ASSOCIATION

Contact: Katelyn and Denis, 306-525-4757  
Email: programs@eastviewregina.com

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 programs@eastviewregina.com. The Eastview Community Centre is located at 615 6th Ave. 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.

<table>
<thead>
<tr>
<th>FAMILY &amp; COMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Activity</strong></td>
</tr>
<tr>
<td>Family Fun Day</td>
</tr>
<tr>
<td>Sensory Play</td>
</tr>
<tr>
<td>Eastview Clean-up</td>
</tr>
<tr>
<td>Toddler Town</td>
</tr>
</tbody>
</table>

**PRESCHOOL**

| **Activity** | **Ages** | **Day** | **Dates** | **Times** | **Location** | **Cost** |
| Family Fun Day | All Ages | Sun | Apr 24, May 29, Jun 26 | 1-2 p.m. & 3-4 p.m. | Eastview Community Centre | Free with Membership |
| Toddler Town | 18+ mos | Tue | Apr 12-May 31 | 10-11 a.m. | Eastview Community Centre | $55 (includes Membership) |
| Sensory Play | Parent & Tot | Mon | Apr 11-May 30 | 10-11 a.m. | Eastview Community Centre | $55 (includes Membership) |

**CHILDREN**

| **Activity** | **Ages** | **Day** | **Dates** | **Times** | **Location** | **Cost** |
| Family Fun Day | All Ages | Sun | Apr 24, May 29, Jun 26 | 1-2 p.m. & 3-4 p.m. | Eastview Community Centre | Free with Membership |
| After School Program | 5+ yrs | Mon-Fri | Apr 28-Jun 17 excl. PD Days | 4-6 p.m. | Eastview Community Centre | Free with Membership |
| Tae Kwon Do | 6-15 yrs | Tue | Apr 26-Jun 14 | 6:15-7:15 p.m. | Eastview Community Centre | $40/One Child, $75/Two Children, $100/Three Children |
| Kids Cooking Class | 8-15 yrs | Tue | Apr 26-Jun 14 | 4:15-5:15 p.m. | Eastview Community Centre | $20 (includes Membership) |

**TEEN**

| **Activity** | **Ages** | **Day** | **Dates** | **Times** | **Location** | **Cost** |
| Family Fun Day | All Ages | Sun | Apr 24, May 29, Jun 26 | 1-2 p.m. & 3-4 p.m. | Eastview Community Centre | Free with Membership |
| After School Program | 5+ yrs | Mon-Fri | Apr 28-Jun 17 excl. PD Days | 4-6 p.m. | Eastview Community Centre | Free with Membership |
Zone Board & Community Association Programs

**Home Alone/Babysitting Course**  
11+ yrs | Mon | Apr 11-May 30 | 6:15-7:15 p.m. | Eastview Community Centre | $55 (includes Membership)

**Tae Kwon Do**  
6-15 yrs | Tue | Apr 26-Jun 14 | 6:15-7:15 p.m. | Eastview Community Centre | $40/One Child  
$75/Two Children  
$100/Three Children

**Kids Cooking Class**  
8-15 yrs | Tue | Apr 26-Jun 14 | 4:15-5:15 p.m. | Eastview Community Centre | $20 (includes Membership)

**ADULT**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Fun Day</td>
<td>All Ages</td>
<td>Sun</td>
<td>Apr 24, May 29, Jun 26</td>
<td>1-2 p.m. &amp; 3-4 p.m.</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Eastview Clean-up</td>
<td>All Ages</td>
<td>Fri</td>
<td>Jun 24</td>
<td>TBD</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Forever…in Motion</td>
<td>All Ages</td>
<td>Thu</td>
<td>Apr 7-May 26</td>
<td>10-11 a.m.</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
</tbody>
</table>

**OLDER ADULTS**

<table>
<thead>
<tr>
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<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Golden Hour Step Training</td>
<td>55+ yrs</td>
<td>Wed</td>
<td>Apr 6-May 25</td>
<td>10-11 a.m.</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Golden Hour Walk and Talk</td>
<td>55+ yrs</td>
<td>Fri</td>
<td>Apr 8-May 27</td>
<td>10-11 a.m.</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Seniors Dance</td>
<td>55+ yrs</td>
<td>Fri</td>
<td>Apr 29, May 27, Jun 24</td>
<td>2-5 p.m.</td>
<td>Eastview Community Centre</td>
<td>$15 with Membership</td>
</tr>
<tr>
<td>Eastview Clean-up</td>
<td>All Ages</td>
<td>Fri</td>
<td>Jun 24</td>
<td>TBD</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Forever…in Motion</td>
<td>All Ages</td>
<td>Thu</td>
<td>Apr 7-May 26</td>
<td>10-11 a.m.</td>
<td>Eastview Community Centre</td>
<td>Free with Membership</td>
</tr>
</tbody>
</table>

**EAST ZONE**

EAST ZONE BOARD  
eastzoneboard.com

Contact: East Zone Board  
Email: eastzoneboard.com

The East Zone Board represents the Arcola East, Boothill and Dewdney East areas. We provide recreation and community programs that are offered zone wide. The East Zone board is a volunteer board that is always looking for more members. If you are interested in community volunteering opportunities, please visit the website.

East Zone Tae Kwon Do – Contact Master Folk prior to registering at your first class at 306-949-7067 or email b.folktkd@hotmail.com.

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

Skating – Offers two sessions one in the fall and one in the new year.

Fencing – Contact: reginafencing2@gmail.com. Please email to get dates, times and location. Online registration at reginafencing.com. Family rates available, please inquire. Purchase of gloves through the club will be required for adults and teens (approximately $35). During COVID equipment is issued for a $200 deposit. Please see all COVID regulations on reginafencing.com. Masks will be mandatory.

**FAMILY & COMMUNITY**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo</td>
<td>6+ yrs</td>
<td>Mon/Wed</td>
<td>Jan 4-Jun 29</td>
<td>6-7.15 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$40/month/person</td>
</tr>
<tr>
<td>Fencing</td>
<td>6+ yrs</td>
<td>See website</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**CHILDREN**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
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<th>Cost</th>
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<td>Taekwondo</td>
<td>6+ yrs</td>
<td>Mon/Wed</td>
<td>Jan 4-Jun 29</td>
<td>6-7.15 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$40/month/person</td>
</tr>
<tr>
<td>Fencing</td>
<td>6-9 yrs</td>
<td>See website</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fencing</td>
<td>9-13 yrs</td>
<td>See website</td>
<td></td>
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</tbody>
</table>
**ZONE BOARD & COMMUNITY ASSOCIATION PROGRAMS**

### TEEN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo</td>
<td>13+ yrs</td>
<td>Mon/Wed</td>
<td>Jan 4-Jun 29</td>
<td>6-7:15 p.m.</td>
<td>Glencair Recreation Centre</td>
<td>$40/month/person</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>13+ yrs</td>
<td>Wed</td>
<td>Jan 4-Jun 29</td>
<td>7:30-8:45 p.m.</td>
<td>Campus Regina Public</td>
<td>$40/month/person</td>
</tr>
<tr>
<td>Fencing</td>
<td>14+ yrs</td>
<td>See website</td>
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</tr>
</tbody>
</table>

### ADULT

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
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<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo</td>
<td>18+ yrs</td>
<td>Mon/Wed</td>
<td>Jan 4-Jun 29</td>
<td>6-7:15 p.m.</td>
<td>Glencair Recreation Centre</td>
<td>$40/month/person</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>18+ yrs</td>
<td>Wed</td>
<td>Jan 4-Jun 29</td>
<td>7:30-8:45 p.m.</td>
<td>Campus Regina Public</td>
<td>$40/month/person</td>
</tr>
<tr>
<td>Fencing</td>
<td>18+ yrs</td>
<td>See website</td>
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</tbody>
</table>

### ARCOLA EAST COMMUNITY ASSOCIATION

**aecaregina.com**

**Contact:** 306-525-3401  **Registration Date:** Online at aecaregina.com

**Email:** contact@aecaregina.com  **Registration Location:** Online only

The Arcola East Community Association (AECA) serves the ever-expanding southeast area of the City. It is based in the Arcola East Community Centre at 3860 Buckingham Dr. The centre has many programs and has a 100-metre indoor walking track, which is open to the public at a reasonable cost. Visit our website for COVID-19 regulations, as well as Track rules and regulations.

**Track hours are:**

- **Mon-Fri** 5:30 a.m.-1 p.m.  3-9:30 p.m.
- **Sat** 5:30-9:30 a.m.  11:30 a.m.-9:30 p.m.

Please vacate building by 9:30 p.m.

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

You can also choose our Evening Fitness Walk and walk Monday to Thursday, January 10-April 11 from 6-8:30 p.m. for $35.

Purchase a track pass or join the Fitness Walk by phoning 525-3401, Box 1 or visit the office during hours of operation Monday-Thursday, January 10-April 11 from 6-8:30 p.m. for $35.

Winter session will commence on January 8 with no classes February 19-February 25 and April 15-April 21.

### CHILDREN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Babysitting</td>
<td>11-16 yrs</td>
<td>Fri</td>
<td>Apr 22</td>
<td>9 a.m.-4 p.m.</td>
<td>AECC or Online</td>
<td>$55</td>
</tr>
<tr>
<td>Home Alone</td>
<td>10-14 yrs</td>
<td>Thu</td>
<td>Apr 21</td>
<td>9:30 a.m.-12 p.m.</td>
<td>AECC or Online</td>
<td>$42</td>
</tr>
</tbody>
</table>

### BOOTHILL COMMUNITY ASSOCIATION

**boothillca.com**

**Contact:** Lorri Kudells  **Registration Date:** Contact the zone or association directly

**Email:** boothillca@gmail.com  **Registration Location:** Contact the zone or association directly

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*

### CHILDREN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bricks 4 Kids Night Out</td>
<td>6+ yrs</td>
<td>Sat</td>
<td>Mar 12, Apr 9, May 7, Jun 5</td>
<td>5-8 p.m.</td>
<td>Douglas Park Gym</td>
<td>$42/Person</td>
</tr>
</tbody>
</table>

### DEWDNEY EAST COMMUNITY ASSOCIATION

**decaregina.ca**

**Contact:** 306-789-6559  **Registration Date:** Please contact the zone or association directly

**Email:** info@decaregina.ca  **Registration Location:** Please contact the zone or association directly

Unfortunately, the pandemic concerns continued into the fall and are expected to continue over this winter, and we encourage everyone to follow proper safety protocols so that we can keep our community safe over the winter and spring. In lieu of the continued uncertainty, we have kept programs similar to our past offerings.

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 or visit our website at decaregina.ca.

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**Zone Board & Community Association Programs**
In addition to our regular Children’s Programs, Bricks4Kidz will be offering the following exciting program options:

**Early Engineers LEGO® Technics Class** – From the award-winning Bricks 4 Kidz Program, this LEGO® Engineering class teaches students ages 6+ to build simple machines and powered gadgets based on real-world structural concepts using LEGO® bricks. Each class features 5-10 minutes of formal instruction on a specific Science, Engineering or Technology concept, then kids will build and upgrade the LEGO® model of the day using their own Project Kit. Students work on specific challenges each class in a safe, fun, and collaborative setting while allowing them to practice fine motor skills, socialization, and direction following. Each 5- or 6-week session will focus on a different theme, such as Space, Dinosaurs, Interesting Inventions, etc.

**Coding & Video Game Design** – The ability to code is a key component of technology education today. Our coding program will teach students important strategies to enhance their logic and problem-solving skills, as well as help them work toward becoming technological innovators of tomorrow. Our program offers a skill level progression of coding concepts. Students will be introduced to basic coding with a fun, user-friendly coding software.

For adults, we will offer two craft options:

**Pen & Ink with Oil (2 sessions for a Spring & Summer Scene)** – You will learn how to ink with a technical pen and add color called “oil rouging”. The effect is elegant and breathtaking.

We are also pleased to see the return of **Acrylic Painting** where artists can work on a painting of their choice under the guidance of an instructor.

We will continue with the following fitness classes for adults:

**Belly Dance** – Instructor Barbara Tomporowski: e-mail azurabellydance@yahoo.com for more information on class skill options.

**Virtual Dance Fitness** – A virtual choreographed dance fitness class with a current music playlist which has been pre-recorded by a fitness instructor. You will burn calories and have fun dancing in a judgement free zone. There is also an in-person instructor lead strength training class once a week included in this session. For additional info contact: Joanne e-mail to: j.klock@myaccess.ca, text or call 306 570-6651 or Kendra Petrisor: text or call 306-530-7365.

**Zumba** – Are you ready to party yourself into shape? Zumba classes feature high energy music to get your energy levels soaring. It’s easy to do, effective ad exhilarating. Participants will need a small towel, runners, a water bottle, and your smiles! Instructor: Jamie Howi.

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

Community Memberships will be available online during program registration.

*DECA programs require all participants to have a “Community Membership” from one of the Regina Community Associations which is incremental to the program fees. A DECA Community Membership costs $5 and is valid for the period Sept 1, 2021 to Aug 31, 2022.*

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### FAMILY & COMMUNITY

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table Tennis Drop-in</td>
<td>All Ages</td>
<td>Mon</td>
<td>Jan 17-Apr 26</td>
<td>6:30-8 p.m.</td>
<td>Glen Elm School – East Door</td>
<td>Free with Membership</td>
</tr>
</tbody>
</table>

### CHILDREN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bricks 4 Kidz (Early Engineers LEGO® Technics Class)</td>
<td>6-10 yrs</td>
<td>Tue</td>
<td>Apr 7-May 17 excl. Apr 19</td>
<td>6-7 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$90</td>
</tr>
<tr>
<td>Bricks 4 Kidz (Coding &amp; Video Design)</td>
<td>8+ yrs</td>
<td>Tue</td>
<td>Apr 7-May 17 excl. Apr 19</td>
<td>7:15-8:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$105</td>
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### ADULT

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic Paint Class</td>
<td>Adult</td>
<td>Tue</td>
<td>Apr 12-May 17</td>
<td>12:30-2:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$50 (supplies not included)</td>
</tr>
<tr>
<td>Virtual Dance Fitness Spring Program</td>
<td>Adult</td>
<td>Mon/Wed Sat</td>
<td>Apr 2-Jun 29</td>
<td>7:30-8:30 p.m. 9-10 a.m.</td>
<td>Glencairn Recreation Centre</td>
<td>Monthly fee or drop-in. E-mail or call Joanne for more info as per above.</td>
</tr>
<tr>
<td>Virtual Dance Fitness Summer Program</td>
<td>Adult</td>
<td>Mon/Wed Sat</td>
<td>Jul 2-Aug 29</td>
<td>6:45-7:45 p.m. 9-10 a.m.</td>
<td>Glencairn Recreation Centre</td>
<td>Monthly fee or drop-in. E-mail or call Joanne for more info as per above.</td>
</tr>
<tr>
<td>Pen &amp; Ink with Oil – Spring Scene</td>
<td>Adult</td>
<td>Thu</td>
<td>Apr 7-Apr 28</td>
<td>12:30-2:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$50 (materials supplied)</td>
</tr>
<tr>
<td>Pen &amp; Ink with Oil – Summer Scene</td>
<td>Adult</td>
<td>Thu</td>
<td>May 5-May 26</td>
<td>12:30-2:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$50 (materials supplied)</td>
</tr>
<tr>
<td>Belly Dance – Spring Beginner</td>
<td>Adult</td>
<td>Mon</td>
<td>Apr 4-Jun 6 excl. Apr 18 &amp; May 24</td>
<td>7:30-8:30 p.m.</td>
<td>Glencairn Neighbourhood Centre</td>
<td>$64</td>
</tr>
<tr>
<td>Belly Dance – Spring Intermediate</td>
<td>Adult</td>
<td>Mon</td>
<td>Apr 4-Jun 6 excl. Apr 18 &amp; May 24</td>
<td>7:30-8:30 p.m.</td>
<td>Glencairn Neighbourhood Centre</td>
<td>$64</td>
</tr>
<tr>
<td>Belly Dance – Spring Advanced</td>
<td>Adult</td>
<td>Mon</td>
<td>Apr 4-Jun 6 excl. Apr 18 &amp; May 24</td>
<td>8:30-9:30 p.m.</td>
<td>Glencairn Neighbourhood Centre</td>
<td>$64</td>
</tr>
<tr>
<td>Zumba – Spring</td>
<td>Adult</td>
<td>Tue</td>
<td>Apr 5-Jun 7</td>
<td>7:30-8:30 p.m.</td>
<td>Glencairn Neighbourhood Centre</td>
<td>$80</td>
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### OLDER ADULTS

<table>
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<th>Activity</th>
<th>Ages</th>
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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrylic Paint Class</td>
<td>Adult</td>
<td>Tue</td>
<td>Apr 12-May 17</td>
<td>12:30-2:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$50 (supplies not included)</td>
</tr>
<tr>
<td>Pen &amp; Ink with Oil – Spring Scene</td>
<td>Adult</td>
<td>Thu</td>
<td>Apr 7-Apr 28</td>
<td>12:30-2:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$50 (materials supplied)</td>
</tr>
<tr>
<td>Pen &amp; Ink with Oil – Summer Scene</td>
<td>Adult</td>
<td>Thu</td>
<td>May 5-May 26</td>
<td>12:30-2:30 p.m.</td>
<td>Glencairn Recreation Centre</td>
<td>$50 (materials supplied)</td>
</tr>
<tr>
<td>Forever...in Motion</td>
<td>55+ yrs</td>
<td>Thu</td>
<td>Apr 7-Jun 9</td>
<td>9-10 a.m.</td>
<td>Glencairn Recreation Centre</td>
<td>Free with Membership</td>
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</table>

### SOUTH ZONE

**SOUTH ZONE RECREATION BOARD**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain Health Fitness</td>
<td>55+ yrs</td>
<td>Wed</td>
<td>Apr 7-May 26</td>
<td>9-10 a.m.</td>
<td>South Leisure Centre – Art Room</td>
<td>$60</td>
</tr>
<tr>
<td>Seniors’ Bridge</td>
<td>55+ yrs</td>
<td>Thu</td>
<td>Jan-Jun 30</td>
<td>1-4 p.m.</td>
<td>South Leisure Centre – Gym</td>
<td>TBD</td>
</tr>
<tr>
<td>Seniors’ Outdoor Pickleball</td>
<td>55+ yrs</td>
<td>Mon-Fri</td>
<td>May 23-Sep 23</td>
<td>8 a.m.-12 p.m.</td>
<td>Lakeview Par 3 Courts</td>
<td>$50</td>
</tr>
<tr>
<td>Seniors’ 55+ Badminton</td>
<td>55+ yrs</td>
<td>Mon-Fri</td>
<td>Mar 2-Jun 27</td>
<td>10:30 a.m.-12 p.m.</td>
<td>South Leisure Centre – Gym</td>
<td>$10</td>
</tr>
</tbody>
</table>

### SOUTH ZONE

 Contact: See contact information below  
 Email: See contact information below  
 Registration Date: Contact the Program Coordinator listed online  
 Registration Location: Contact the Program Coordinator listed online

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 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.

Senior’s Badminton ..........laurenmarie@myaccess.ca  
Senior’s Bridge ...............rjczach@sasktel.net  
Tae Kwon Do .....................b.folkird@hotmail.com  
Indoor Soccer ..................szindoorsoccer@outlook.com  
Seniors Pickleball .................tmamona@sasktel.net  
Rhythm E’s Round Dance ......r.hopkinson@sasktel.net  
Community Gardens...............szog@szcomgardens.com  
Brain Health Exercise ..........Alison.singharath@gmail.com

### CHILDERN

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo</td>
<td>6-13 yrs</td>
<td>Tue</td>
<td>Feb 1</td>
<td>6-8 p.m.</td>
<td>Deshaye School</td>
<td>$40</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>6-13 yrs</td>
<td>Fri</td>
<td>Feb 4-Feb 22</td>
<td>6:30-8:30 p.m.</td>
<td>South Leisure Centre – Gym</td>
<td>$40</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>7-13 yrs</td>
<td>Tue/Wed</td>
<td>Jul-Aug</td>
<td>6:45-8:30 p.m.</td>
<td>South Leisure Centre – Art Room</td>
<td>$70</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>7-13 yrs</td>
<td>Sat</td>
<td>Jul-Aug</td>
<td>9-10:30 a.m.</td>
<td>South Leisure Centre – Art Room</td>
<td>$70</td>
</tr>
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</table>

### TEEN

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<tr>
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<tr>
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<td>6-8 p.m.</td>
<td>Deshaye School</td>
<td>$40</td>
</tr>
<tr>
<td>Taekwondo</td>
<td>13-18 yrs</td>
<td>Fri</td>
<td>Feb 4-Feb 22</td>
<td>6:30-8:30 p.m.</td>
<td>South Leisure Centre – Gym</td>
<td>$40</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>13-18 yrs</td>
<td>Tue/Wed</td>
<td>Jul-Aug</td>
<td>5-6:45 p.m.</td>
<td>South Leisure Centre – Art Room</td>
<td>$70</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>13-18 yrs</td>
<td>Sat</td>
<td>Jul-Aug</td>
<td>10:30 a.m.-12:15 p.m.</td>
<td>South Leisure Centre – Art Room</td>
<td>$70</td>
</tr>
</tbody>
</table>
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, dance, pickleball, technical power skate, Bricks 4 Kidz, yoga, pilates, Sportball, and much more.

APCA is proud to bring free activities to the community, including free public skating (thanks to Sask Lotteries), family movie nights, the Summer Bash, Summer Market, and Cultural Evolution. An annual $5 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, 7:00 p.m. APCA is always looking for volunteers, new program ideas and coordinators. Please assist APCA to expand programming in your community.

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

Register online for outdoor soccer at srcs.ca until March 20th.

### FAMILY & COMMUNITY

<table>
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<tr>
<th>Activity</th>
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<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movies in the Park</td>
<td>All Ages</td>
<td>Sat</td>
<td>Jun 25, Jul 9, Jul 16, Aug 27</td>
<td>Movie starts at dusk</td>
<td>Fairchild Park</td>
<td>Free</td>
</tr>
<tr>
<td>Movies in the Park</td>
<td>All Ages</td>
<td>Sat</td>
<td>Jul 30, Aug 6, Aug 20</td>
<td>Movie starts at dusk</td>
<td>Realtors Park</td>
<td>Free</td>
</tr>
<tr>
<td>Summer Market</td>
<td>All Ages</td>
<td>Sat-Sun</td>
<td>Aug 13-Aug 14</td>
<td>10 a.m.-5 p.m.</td>
<td>Realtors Park &amp; South Leisure Centre</td>
<td>Free</td>
</tr>
<tr>
<td>Buskers Showcase – Mini-Series</td>
<td>All Ages</td>
<td>Sat</td>
<td>Mar 19, Apr 16, May 21, Jun 18, Aug 20, Sep 17, Oct 29</td>
<td>1-5 p.m.</td>
<td>Southland Mall</td>
<td>Free</td>
</tr>
</tbody>
</table>

### PRESCHOOL

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bricks 4 Kidz – “Preschool Engineers”</td>
<td>3-5 yrs</td>
<td>Thu</td>
<td>Mar 3-Mar 31</td>
<td>5-5:45 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
<td>$50</td>
</tr>
<tr>
<td>Bricks 4 Kidz – “Preschool Engineers”</td>
<td>3-5 yrs</td>
<td>Thu</td>
<td>Apr 7-May 19 excl. Apr 21</td>
<td>5-5:45 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
<td>$60</td>
</tr>
<tr>
<td>Sportball – Multi-Sport Coach and Child</td>
<td>3.5-5 yrs</td>
<td>Thu</td>
<td>Mar 17-May 12</td>
<td>6-7 p.m.</td>
<td>Deshaye School</td>
<td>$178</td>
</tr>
<tr>
<td>Sportball – Multi-Sport Coach and Child</td>
<td>16-24 mos</td>
<td>Sat</td>
<td>Mar 19-May 14</td>
<td>3:10-3:55 p.m.</td>
<td>St Kateri School</td>
<td>$178</td>
</tr>
<tr>
<td>Sportball – Multi-Sport Coach and Child</td>
<td>2-3.5 yrs</td>
<td>Sat</td>
<td>Mar 19-May 14</td>
<td>4:05-4:50 p.m.</td>
<td>St Kateri School</td>
<td>$178</td>
</tr>
<tr>
<td>Soccer</td>
<td>4U</td>
<td>Tue/Thu</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
<td>$55</td>
</tr>
<tr>
<td>Soccer</td>
<td>5U</td>
<td>Mon/Wed</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
<td>$55</td>
</tr>
</tbody>
</table>

### CHILDREN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bricks 4 Kidz – “EarlyEngineers”</td>
<td>6-10 yrs</td>
<td>Thu</td>
<td>Mar 3-Mar 31</td>
<td>6-7 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
<td>$75</td>
</tr>
<tr>
<td>Bricks 4 Kidz – “Early Engineers”</td>
<td>6-10 yrs</td>
<td>Thu</td>
<td>Apr 7-May 19 excl. Apr 21</td>
<td>6-7 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
<td>$90</td>
</tr>
<tr>
<td>Bricks 4 Kidz – “Robotics &amp;Coding with EV3”</td>
<td>8+ yrs</td>
<td>Thu</td>
<td>Mar 3-Mar 31</td>
<td>7:15-8:30 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
<td>$125</td>
</tr>
<tr>
<td>Bricks 4 Kidz – “Robotics &amp; Coding with EV3”</td>
<td>8+ yrs</td>
<td>Thu</td>
<td>Apr 7-May 19 excl. Apr 21</td>
<td>7:15-8:30 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
<td>$150</td>
</tr>
<tr>
<td>Sportball – Multi-Sport Coach and Child</td>
<td>6-8 yrs</td>
<td>Thu</td>
<td>Mar 17-May 12</td>
<td>7:05-8:05 p.m.</td>
<td>Deshaye School</td>
<td>$178</td>
</tr>
<tr>
<td>Sportball – Multi-Sport Coach and Child</td>
<td>7-9 yrs</td>
<td>Sat</td>
<td>Mar 19-May 14</td>
<td>2-3 p.m.</td>
<td>St Kateri School</td>
<td>$178</td>
</tr>
<tr>
<td>Sportball – Multi-Sport Coach and Child</td>
<td>4-6 yrs</td>
<td>Sat</td>
<td>Mar 19-May 14</td>
<td>4:45-5:45 p.m.</td>
<td>St Kateri School</td>
<td>$178</td>
</tr>
<tr>
<td>Soccer</td>
<td>6U</td>
<td>Mon/Wed</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
<td>$55</td>
</tr>
<tr>
<td>Soccer</td>
<td>6-7 yrs</td>
<td>Tue/Thu</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
<td>$55</td>
</tr>
</tbody>
</table>
### ZONE BOARD & COMMUNITY ASSOCIATION PROGRAMES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>8-9 yrs</td>
<td>Mon/Wed</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
</tr>
<tr>
<td>Soccer</td>
<td>10-11 yrs</td>
<td>Tue/Thu</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
</tr>
<tr>
<td>Tennis</td>
<td>7-10 yrs</td>
<td>Mon</td>
<td>May 2-Jun 13 excl. May 23</td>
<td>6-7 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
<tr>
<td>Tennis</td>
<td>7-10 yrs</td>
<td>Wed</td>
<td>May 4-Jun 8</td>
<td>6-7 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
</tbody>
</table>

#### TEEN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>12-14 yrs</td>
<td>Tue/Thu</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
</tr>
<tr>
<td>Soccer</td>
<td>15-18 yrs</td>
<td>Mon/Wed</td>
<td>May-Jun</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>South End Parks</td>
</tr>
<tr>
<td>Tennis – Beginner</td>
<td>13+ yrs</td>
<td>Mon</td>
<td>May 2-Jun 13 excl. May 23</td>
<td>7-8 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
<tr>
<td>Tennis – Beginner</td>
<td>13+ yrs</td>
<td>Wed</td>
<td>May 4-Jun 8</td>
<td>7-8 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
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#### ADULT

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bellyfit Sage</td>
<td>18+ yrs</td>
<td>Wed</td>
<td>Mar 16-Jun 1</td>
<td>10:15-11:15 a.m.</td>
<td>South Leisure Centre</td>
</tr>
<tr>
<td>Cardio &amp; Body Sculpt (Spring)</td>
<td>18-55+ yrs</td>
<td>Tue</td>
<td>Apr 5-Jun 28</td>
<td>6-7:15 p.m.</td>
<td>South Leisure Centre – Gym</td>
</tr>
<tr>
<td>Cardio &amp; Body Sculpt (Spring)</td>
<td>18-55+ yrs</td>
<td>Thu</td>
<td>Apr 7-Jun 23</td>
<td>6-7:15 p.m.</td>
<td>South Leisure Centre – Gym</td>
</tr>
<tr>
<td>Boot Camp (Spring)</td>
<td>18-55+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 20</td>
<td>6-7:15 p.m.</td>
<td>South Leisure Centre – Gym</td>
</tr>
<tr>
<td>Fitness: Low Impact</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 13 excl. Apr 25, May 2, May 3 9:15-10:15 a.m.</td>
<td>South Leisure Centre – Gym</td>
<td>$40/$7 Drop-in</td>
</tr>
<tr>
<td>Muscle Toner</td>
<td>18+ yrs</td>
<td>Tue</td>
<td>Apr 5-Jun 14 excl. Apr 19 &amp; May 3</td>
<td>9-10 a.m.</td>
<td>South Leisure Centre – Gym</td>
</tr>
<tr>
<td>Tennis – Beginner</td>
<td>13+ yrs</td>
<td>Mon</td>
<td>May 2-Jun 13 excl. May 23</td>
<td>7-8 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
<tr>
<td>Tennis – Beginner</td>
<td>13+ yrs</td>
<td>Wed</td>
<td>May 4-Jun 8</td>
<td>7-8 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
<tr>
<td>Tennis – Intermediate</td>
<td>18+ yrs</td>
<td>Tue</td>
<td>May 3-Jun 7</td>
<td>6:30-7:30 p.m.</td>
<td>Realtor’s Park Tennis Courts</td>
</tr>
<tr>
<td>Total Body Conditioning</td>
<td>18+ yrs</td>
<td>Thu</td>
<td>Apr 7-Jun 21 excl. Apr 21 &amp; May 5</td>
<td>9-10 a.m.</td>
<td>South Leisure Centre – Gym</td>
</tr>
<tr>
<td>*Yoga – Chair Yoga</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 27 excl. May 23</td>
<td>11:15 a.m.-12:15 p.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
</tr>
<tr>
<td>*Yoga – Hatha Yoga</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 27 excl. May 23</td>
<td>10-11 a.m.</td>
<td>South Leisure Centre Multipurpose Room</td>
</tr>
<tr>
<td>*Yoga – Multi-level</td>
<td>18-55+ yrs</td>
<td>Mon</td>
<td>Apr 4-Jun 27</td>
<td>5:30-6:30 p.m.</td>
<td>South Leisure Centre – Art Room</td>
</tr>
</tbody>
</table>

*Bring a yoga mat*

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**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.

All events are currently on hold due to the pandemic, but we look forward to planning future events and programs to better serve the needs of our community. 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 for 2021/2022:
- 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
Zone Board & Community Association Programs

HILLSDALE COMMUNITY ASSOCIATION

Contact: programs@hillsdaleca.ca
Email: programs@hillsdaleca.ca
Registration Date: Contact the zone or association directly
Registration Location: Contact the zone or association directly

The Hillsdale Community Association is tentatively offering three programs for Spring 2022. Please check the HCA website (hillsdaleca.ca) for program and registration details. Recreational outdoor soccer is offered via South Regina Community Soccer (SRCS); for further information please visit the SRCS website at srcs.ca.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CHILDREN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor Soccer</td>
<td>4-18 yrs</td>
<td>Mon-Fri</td>
<td>May 2-Jun 17</td>
<td>6-7 p.m. or 7-8 p.m.</td>
<td>Various</td>
<td>Varies</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADULT</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Landscaping</td>
<td>18+ yrs</td>
<td>Wed</td>
<td>Mar 16, Mar 23, Mar 30</td>
<td>7-8 p.m.</td>
<td>Online via Zoom</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Gardening – Seed Starting</td>
<td>18+ yrs</td>
<td>Sat</td>
<td>Mar 12</td>
<td>1 p.m.</td>
<td>TBD</td>
<td>$75 – includes tray, insert, cover, seed mat, dirt and seeds</td>
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</table>

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OLDER ADULTS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fit For Your Life II</td>
<td>55+ yrs</td>
<td>Mon/Wed</td>
<td>Mar 9-Apr 27</td>
<td>1:45-2:45 p.m.</td>
<td>South Leisure Centre Gym</td>
<td>$50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Day</th>
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<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LAKEVIEW COMMUNITY ASSOCIATION</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contact: Chelsea Brown</td>
<td>Email: <a href="mailto:lcaprograms306@gmail.com">lcaprograms306@gmail.com</a></td>
<td>Registration Date: See website for details lcaregina.ca</td>
<td>Registration Location: Online</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

LCA is looking for someone to take over as Program Coordinator. If interested in learning new skills, meeting new people and giving back to your community, please email lcaprograms306@gmail.com.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PRESCHOOL</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Sportball (Parent &amp; Child Multi-Sport)</td>
<td>16-24 mos</td>
<td>Sun</td>
<td>Mar 6-May 1, 8</td>
<td>3:10-3:55 p.m.</td>
<td>Lakeview School Gym</td>
<td>$169</td>
</tr>
<tr>
<td>*Sportball (Parent &amp; Child Multi-Sport)</td>
<td>2-3.5 yrs</td>
<td>Sun</td>
<td>Mar 6-May 1, 8</td>
<td>4:05-4:50 p.m.</td>
<td>Lakeview School Gym</td>
<td>$169</td>
</tr>
</tbody>
</table>

*Register for Sportball online at sportball.ca

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
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<th>Location</th>
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<tbody>
<tr>
<td><strong>CHILDREN</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Sportball coach and child</td>
<td>4-6 yrs</td>
<td>Sun</td>
<td>Mar 6-May 1, 8</td>
<td>2-3 p.m.</td>
<td>Lakeview School Gym</td>
<td>$169</td>
</tr>
</tbody>
</table>

*Register for Sportball online at sportball.ca

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ADULT</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zumba</td>
<td>16+ yrs</td>
<td>Mon</td>
<td>May 2-Jun 22 excl. May 23</td>
<td>6:30-7:30 p.m.</td>
<td>Lakeview School Gym</td>
<td>$80</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Activity</th>
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<th>Location</th>
<th>Cost</th>
</tr>
</thead>
</table>

WHITMORE PARK COMMUNITY ASSOCIATION

Contact: Tracy Sanden
Email: programs@whitmorepark.ca
Registration Date: Contact the zone or association directly
Registration Location: Contact the zone or 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 or whitmorepark.ca for more information.
### PRESCHOOL

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Outdoor T-Ball</td>
<td>2-3 yrs</td>
<td>Mon/Wed</td>
<td>May 2-Jun 22</td>
<td>6-6:30 p.m. &amp; 6:30-7 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
</tr>
<tr>
<td>Spring Outdoor T-Ball</td>
<td>4-5 yrs</td>
<td>Tue/Thu</td>
<td>May 3-Jun 23</td>
<td>6-6:45 p.m. &amp; 6:45-7:30 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
</tr>
<tr>
<td>Summer Outdoor T-Ball</td>
<td>2-3 yrs</td>
<td>Wed</td>
<td>Jul 6-Aug 24</td>
<td>6-6:30 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
</tr>
<tr>
<td>Summer Outdoor T-Ball</td>
<td>4-6 yrs</td>
<td>Wed</td>
<td>Jul 6-Aug 24</td>
<td>6:45-7:30 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
</tr>
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</table>

### CHILDREN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Outdoor Softball</td>
<td>6-8 yrs</td>
<td>Mon/Wed</td>
<td>May 2-Jun 22</td>
<td>6:30-7:30 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
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</tbody>
</table>

### TEEN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Outdoor Softball</td>
<td>9-13 yrs</td>
<td>Tue/Thu</td>
<td>May 3-Jun 23</td>
<td>7-8 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
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<tr>
<td>Spring Outdoor Softball</td>
<td>14-18 yrs</td>
<td>Mon/Wed</td>
<td>May 2-Jun 22</td>
<td>7-8 p.m.</td>
<td>South Ball Diamonds</td>
<td>$45</td>
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### NORTH ZONE

#### NORTH ZONE BOARD
nonprofits.accesscomm.ca/northzoneregina/

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>4U</td>
<td>TBD</td>
<td>May-Jun</td>
<td>TBD</td>
<td>TBD</td>
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#### CHILDREN

<table>
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<th>Ages</th>
<th>Day</th>
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<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>8U</td>
<td>TBD</td>
<td>May-Jun</td>
<td>TBD</td>
<td>TBD</td>
<td>$80</td>
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<tr>
<td>Soccer</td>
<td>10U</td>
<td>TBD</td>
<td>May-Jun</td>
<td>TBD</td>
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<td>$100</td>
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<tr>
<td>Soccer</td>
<td>12U</td>
<td>TBD</td>
<td>May-Jun</td>
<td>TBD</td>
<td>TBD</td>
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#### TEEN

<table>
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<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>18U</td>
<td>TBD</td>
<td>May-Jun</td>
<td>TBD</td>
<td>TBD</td>
<td>$120</td>
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</tbody>
</table>

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### ARGYLE NORTH COMMUNITY ASSOCIATION
ancaregina.ca

Argyle North Community Association (ANCA) 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.

Keep an eye on our Facebook (Argyle North Community Association), Twitter (@ANCARegina) and Instagram (@ArgyleNorthRegina) for more programming in the works!

- **Tae Kwon Do** – discount applies for multiple registrations from the same household.
- **Crafts 4 Kids 3-7 yrs** – Children must be accompanied by an adult.
- **Recreational Rhythm and Drumming** – No experience is necessary and all equipment is provided.

---

Contact: 306-543-5653
Email: programs@ancaregina.ca
Registration Date: Contact the zone or association directly
Registration Location: ancaregina.ca

Soccer – Online registration will start Feb 1, 2022. Registration information will be posted to our website soccerregina.ca. Runners/soccer cleats and shin guards are mandatory for players. Games are played during the week (Mon/Wed or Tues/Thurs). The season runs May 1st to late June.

For the Soccer program: Updates are posted to our website soccerregina.ca as new information is available.
### FAMILY & COMMUNITY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Gym Night</td>
<td>All Ages</td>
<td>Sun</td>
<td>Jan 3-Mar 27 excl. Apr 18</td>
<td>6:30-8:30 p.m.</td>
<td>Argyle North Community Association</td>
<td>$10</td>
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</table>

### PRESCHOOL

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>TIME FOR TOTS</td>
<td>3 yrs</td>
<td>Tue/Thu</td>
<td>Oct-May</td>
<td>9:15-11:15 a.m.</td>
<td>Argyle North Community Association</td>
<td>$85/Month</td>
</tr>
<tr>
<td>TIME FOR TOTS</td>
<td>4 yrs</td>
<td>M/W/F</td>
<td>Oct-May</td>
<td>9:15-11:35 a.m.</td>
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<tr>
<td>Crafts 4 Kids</td>
<td>3-7 yrs</td>
<td>Mon</td>
<td>TBD</td>
<td>6:15-7 p.m.</td>
<td>Argyle North Community Association</td>
<td>$25</td>
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<tr>
<td>Bricks 4 Kidz – Preschool</td>
<td>3-5 yrs</td>
<td>Mon</td>
<td>Apr 4-May 16</td>
<td>5-5:45 p.m.</td>
<td>Argyle North Community Association</td>
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### CHILDREN

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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tae Kwon Do</td>
<td>5-9 yrs</td>
<td>Tue/Thu</td>
<td>Sep-Jun</td>
<td>6:15-7 p.m.</td>
<td>Argyle North Community Association</td>
<td>$30/Month</td>
</tr>
<tr>
<td>Tae Kwon Do</td>
<td>9+ yrs</td>
<td>Tue/Thu</td>
<td>Sep-Jun</td>
<td>6:15-7:45 p.m.</td>
<td>Argyle North Community Association</td>
<td>$30/Month</td>
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<tr>
<td>Before School Program</td>
<td>6-12 yrs</td>
<td>Mon-Fri</td>
<td>Sep-Jun</td>
<td>6:45-8:55 a.m.</td>
<td>Argyle North Community Association</td>
<td>$125</td>
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<tr>
<td>After School Program</td>
<td>6-12 yrs</td>
<td>Mon-Fri</td>
<td>Sep-Jun</td>
<td>3:35-6 p.m.</td>
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<tr>
<td>Before &amp; After School Program</td>
<td>6-12 yrs</td>
<td>Mon-Fri</td>
<td>Sep-Jun</td>
<td>6:45-8:55 a.m. &amp; 3:35-6 p.m.</td>
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<td>Craft 4 Kids</td>
<td>6-7 yrs</td>
<td>Mon</td>
<td>TBD</td>
<td>6:15-7 p.m.</td>
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<td>$10</td>
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<tr>
<td>Craft 4 Kids</td>
<td>8+ yrs</td>
<td>Mon</td>
<td>TBD</td>
<td>7:15-8:15 p.m.</td>
<td>Argyle North Community Association</td>
<td>$10</td>
</tr>
<tr>
<td>Bricks 4 Kidz – Early Engineers</td>
<td>6+ yrs</td>
<td>Mon</td>
<td>Apr 4-May 16</td>
<td>6-7 p.m.</td>
<td>Argyle North Community Association</td>
<td>$90</td>
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<tr>
<td>Bricks 4 Kidz – Coding &amp; Robotics with EV3</td>
<td>8+ yrs</td>
<td>Mon</td>
<td>Apr 4-May 16</td>
<td>7:15-8:30 p.m.</td>
<td>Argyle North Community Association</td>
<td>$125</td>
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### TEEN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
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<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tae Kwon Do</td>
<td>13+ yrs</td>
<td>Tue/Thu</td>
<td>Sep-Jun</td>
<td>6:15-7:45 p.m.</td>
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<td>$30/Month</td>
</tr>
<tr>
<td>MyTime</td>
<td>10-14 yrs</td>
<td>Wed</td>
<td>Feb 2-Apr 13</td>
<td>6:30-8:30 p.m.</td>
<td>Argyle North Community Association</td>
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### ADULT

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<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pickle Ball</td>
<td>18+ yrs</td>
<td>Sun</td>
<td>Mar 6-May 29 excl. Apr 18 &amp; 24</td>
<td>12:30-2:30 p.m.</td>
<td>Argyle North Community Association</td>
<td>$5/Drop-in</td>
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<tr>
<td>Pickle Ball</td>
<td>18+ yrs</td>
<td>Mon/Wed</td>
<td>Mar 7-May 25 excl. Apr 18 &amp; 20</td>
<td>6:30-8:30 p.m.</td>
<td>Argyle North Community Association</td>
<td>$5/Drop-in</td>
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<tr>
<td>Yoga &amp; Journaling</td>
<td>18+ yrs</td>
<td>Sun</td>
<td>Apr 3-May 22</td>
<td>7:8:15 p.m.</td>
<td>Argyle North Community Association</td>
<td>$60</td>
</tr>
<tr>
<td>Tae Kwon Do</td>
<td>18+ yrs</td>
<td>Tue/Thu</td>
<td>Sep-Jun</td>
<td>6:15-7:45 p.m.</td>
<td>Argyle North Community Association</td>
<td>$30/Month</td>
</tr>
<tr>
<td>Recreational Rhythm and Drumming</td>
<td>18+ yrs</td>
<td>Fri</td>
<td>Apr 1-May 20</td>
<td>10:30-11:30 a.m.</td>
<td>Argyle North Community Association</td>
<td>$80/Session $10/Week</td>
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### OLDER ADULT

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forever…in Motion</td>
<td>55+ yrs</td>
<td>Thu</td>
<td>Jan 27-Apr 28</td>
<td>9:30-10:30 a.m.</td>
<td>Argyle North Community Association</td>
<td>Free</td>
</tr>
<tr>
<td>Recreational Rhythm and Drumming</td>
<td>55+ yrs</td>
<td>Fri</td>
<td>Apr 1-May 20</td>
<td>10:30-11:30 a.m.</td>
<td>Argyle North Community Association</td>
<td>$80/Session $10/Week</td>
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</table>
CORONATION PARK COMMUNITY ASSOCIATION  
coronationparkcommunityassociation.com

Contact: 306-545-4652  
Email: corpark@sasktel.net

Coronation Park is the area from Lewvan Drive to Albert Street and from the CN tracks to the Ring Road. The Community Association is made up of volunteers dedicated to working with the community in unity to offer quality programs and events at affordable prices. We are always looking for volunteers who are interested in bringing their talents to the table and who may be looking to hone their skills and meet a network of great people. If language is a barrier, just give us a call and we’ll assist in finding the resources needed so that we can work together to make our neighbourhood even greater! If costs are prohibitive, subsidies are available - no one gets left behind.

Community Memberships are required and can be purchased for $5 on registration night. Seniors (60+) receive a free membership. Registration is on a first-come, first-serve basis. Those registering through the city-wide registration will be called to register thereafter. Please note that payment is by cash or cheque only. Refund policy: issued under exceptional circumstances only.

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

NORTH EAST COMMUNITY ASSOCIATION  
rneca.com

Contact: Community Association (Rhonda): 306-501-2406  
Email: rneca@accesscomm.ca

The Community Centre is attached to the back of Imperial School (entrance on the North Side of Imperial School) follow driveway to the back.

Like us on Facebook, so you know what is happening within our community, as well as reminders on activities planned. Watch for family activities in our community newsletter "North East News".

If you would like to rent the Community Centre please call the centre at 306-347-8299.

<table>
<thead>
<tr>
<th>FAMILY &amp; COMMUNITY</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>Family Activities</td>
<td>All Ages</td>
<td>Various</td>
<td>Various</td>
<td>Various</td>
<td>TBD</td>
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<table>
<thead>
<tr>
<th>CHILDREN</th>
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</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>PlayEscapes</td>
</tr>
<tr>
<td>Choral Camp</td>
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<table>
<thead>
<tr>
<th>TEEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>In Motion Senior Exercise</td>
</tr>
</tbody>
</table>

UPLANDS COMMUNITY ASSOCIATION  
uplandscommunity.ca

Contact: 306-539-2397  
Email: chrystalp@sasktel.net

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

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

<table>
<thead>
<tr>
<th>ADULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>Chair Yoga</td>
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<tr>
<td>Gentle Yoga</td>
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</table>
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 with providing programs to the residents and volunteer recruitment and retention. 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. Our mission – to enhance the quality of life of the residents through recreation and community service development – is accomplished by offering a variety of programs which are facilitated in partnership with the Community Associations and the Affiliated Groups with the West Zone Board filling the void.

Contacts:
- Regina West Zone Indoor Soccer Association – reginaindoorsoccer.ca
- Regina West Zone (Outdoor) Soccer Association – rwzsa.ca
- Regina North West Sports Association Power Skating – mwssa.ca
- West Zone Tae Kwon-Do – wztakaekwondo@gmail.com

For information about the West Zone Board, West Zone programs or to volunteer, visit our website westzoneboard.ca, email wzb@sasktel.net or call 306-791-0226.

<table>
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<tr>
<th>FAMILY</th>
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</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>Taekwondo Beginner</td>
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<tr>
<td>Taekwondo Intermediate/ Senior</td>
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<table>
<thead>
<tr>
<th>PRESCHOOL</th>
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</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>T-Ball</td>
</tr>
<tr>
<td>Outdoor Rec Soccer</td>
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<table>
<thead>
<tr>
<th>CHILDREN</th>
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</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>Outdoor Rec Soccer</td>
</tr>
<tr>
<td>Rec Softball</td>
</tr>
<tr>
<td>Learn to Skateboard</td>
</tr>
<tr>
<td>Learn to Skateboard</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>TEEN</th>
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<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>Outdoor Rec Soccer</td>
</tr>
<tr>
<td>Rec Softball</td>
</tr>
<tr>
<td>Learn to Skateboard</td>
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<tr>
<td>Drone Basics</td>
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<table>
<thead>
<tr>
<th>ADULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
</tr>
<tr>
<td>Drone Basics</td>
</tr>
</tbody>
</table>
**DIEPPE-WESTERRA COMMUNITY ASSOCIATION**  
dieppeplace.org

**Contact:** Like us on Facebook: Dieppe Place Community Association  
**Email:** newsletter@dieppeplace.org

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 (dieppeplace.org) and Facebook page to find out about our winter wagon rides, garage sale weekend, mobile security, and more. Our karate program and family events are open to members of the DWCA.

**MCNAB COMMUNITY ASSOCIATION**  
mcnabcommunity.com

**Contact:** McNab Community Association  
**Email:** 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.

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

### FAMILY & COMMUNITY

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skating Party</td>
<td>All Ages</td>
<td>Sun</td>
<td>Feb 13</td>
<td>1-4 p.m.</td>
<td>McNab Ice Shack</td>
<td>Free</td>
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<tr>
<td>Easter Egg Hunt</td>
<td>All Ages</td>
<td>Sun</td>
<td>Apr 10</td>
<td>1-3 p.m.</td>
<td>McNab Ice Shack</td>
<td>Free</td>
</tr>
<tr>
<td>Annual General Meeting</td>
<td>All Ages</td>
<td>Mon</td>
<td>Apr 11</td>
<td>7 p.m.</td>
<td>Zoom</td>
<td>Free</td>
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<tr>
<td>Spring Clean Up</td>
<td>All Ages</td>
<td>Sat</td>
<td>May 7</td>
<td>9-11 p.m.</td>
<td>McNab Ice Shack</td>
<td>Free</td>
</tr>
<tr>
<td>Picnic</td>
<td>All Ages</td>
<td>Sat</td>
<td>Jun 11</td>
<td>TBD</td>
<td>McNab Park</td>
<td>TBD</td>
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<tr>
<td>Pots Party</td>
<td>All Ages</td>
<td>Sat</td>
<td>July 16</td>
<td>TBD</td>
<td>McNab Park</td>
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### PRESCHOOL

<table>
<thead>
<tr>
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<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facebook Activities</td>
<td>All Ages</td>
<td>TBD</td>
<td>Watch Facebook</td>
<td>Evenings</td>
<td>Facebook</td>
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### CHILDREN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facebook Activities</td>
<td>All Ages</td>
<td>TBD</td>
<td>Watch Facebook</td>
<td>Evenings</td>
<td>Facebook</td>
<td>Free</td>
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### TEEN

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facebook Activities</td>
<td>All Ages</td>
<td>TBD</td>
<td>Watch Facebook and Instagram</td>
<td>Evenings</td>
<td>Facebook</td>
<td>Free</td>
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### ADULT

<table>
<thead>
<tr>
<th>Activity</th>
<th>Ages</th>
<th>Day</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
<th>Cost</th>
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<td>Facebook Activities</td>
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<td>Evenings</td>
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</tr>
</tbody>
</table>
Normanview Residents Group (NRG) 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, available for purchase at registration or online on our website. In compliance with the NRG Cost Barrier Plan for Member Participation, NRG members (only) may apply for financial discount using the same eligibility requirements of the City of Regina Affordable Access Program for approved discounts up to 50% for memberships and 80% for programs. We openly welcome all Newcomer, First Nation and Metis residents.

AGM is TBA at New Hope Lutheran Church, 370 N McIntosh Street. Memberships sold 15 minutes prior and available online. Several board positions will become vacant and new volunteers are needed to contribute.

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

Stay connected to get the most up to date information on dates and times and safety information for below programming. For more information on Sportball visit sportball.ca.

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

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

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

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

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

Welcome to Regent Park! Come out and enjoy our established programs. Drop-ins are always welcome, but with such fun groups, we’re sure you’ll be back for more. A community membership is required for all programs for $10 good till September 1 of each year. If you haven’t already, find us on Facebook – facebook.com/regentparkca.
ROSEMONT/MOUNT ROYAL COMMUNITY ASSOCIATION  
rmrca.com

Contact: Theresa Porter  
Email: mail@rmrca.com  
Registration Date: September 14, 2021  
Registration Location: Online at rmrca.com

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

### ADULT

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<tbody>
<tr>
<td>Yoga in the Park</td>
<td>18+ yrs</td>
<td>Mon</td>
<td>Jul 4-Aug 14</td>
<td>7-8 p.m.</td>
<td>Rosemont Park</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>excl. Aug 1</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Fire &amp; Flow Fitness in the Park</td>
<td>18+ yrs</td>
<td>Tue</td>
<td>Jul 5-Aug 9</td>
<td>7-8 p.m.</td>
<td>Rosemont Park</td>
<td>$30</td>
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### OLDER ADULTS

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<tr>
<th>Activity</th>
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<th>Dates</th>
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<th>Location</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tai Chi</td>
<td>55+ yrs</td>
<td>Tue</td>
<td>Jul 5-Aug 9</td>
<td>10-11 a.m.</td>
<td>Online</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Chair Yoga</td>
<td>55+ yrs</td>
<td>Thu</td>
<td>Jul 7-Aug 11</td>
<td>10-11 a.m.</td>
<td>Online</td>
<td>Free with Membership</td>
</tr>
<tr>
<td>Forever In Motion</td>
<td>55+ yrs</td>
<td>Mon</td>
<td>Jul 4-Aug 14</td>
<td>10-11 a.m.</td>
<td>TBD</td>
<td>Free with Membership</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>excl. Aug 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forever In Motion</td>
<td>55+ yrs</td>
<td>Wed</td>
<td>Jul 6-Aug 10</td>
<td>10-11 a.m.</td>
<td>TBD</td>
<td>Free with Membership</td>
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<tr>
<td>Forever In Motion</td>
<td>55+ yrs</td>
<td>Fri</td>
<td>Jul 8-Aug 12</td>
<td>10-11 a.m.</td>
<td>TBD</td>
<td>Free with Membership</td>
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</table>

SHERWOOD ESTATES/MCCARTHY PARK COMMUNITY ASSOCIATION  
semp.ca

Contact: semp@sasktel.net  
Email: semp@sasktel.net  
Registration Date: Contact the zone or association directly  
Registration Location: Contact the zone or association directly

The Sherwood Estates/McCarthy Park (SEMP) Community Association serves the area from 9th Avenue to Rochdale Boulevard and from McCarthy Boulevard to Courtney Street. Our volunteers strive to provide a variety of programs for all ages so that members can be active and enjoy the community they live in. Pre-registration/payment is required prior to the beginning of the first class. Instructors will not be accepting payments. Visit semp.ca for further details.

After numerous attempts to attract volunteers, our association may be unable to continue to operate or offer the children’s programs in the winter. These programs will be dependent on whether we have sufficient volunteers to assist. **WE NEED YOUR HELP – PLEASE CONSIDER VOLUNTEERING – EVEN AN HOUR OR TWO WOULD MAKE A DIFFERENCE!**

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: twinlakesprograms@gmail.com (programs/inquiries)  
Email: twinlakesdanceprogram@gmail.com (dance program only)  
Email: twinlakescheerprogram@gmail.com (cheer program only)  
Registration Date: Contact the zone or association directly  
Registration Location: Contact the zone or association directly

2020-21 Membership Registration available from August 1, 2021 to July 31, 2022.

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 through our website. You must have a valid email address to register and to receive important updates throughout the year.

Please note that to register for any community association programming, a valid Community Association membership is required. A membership card can be purchased for $10. For community updates, like us on Facebook Twin Lakes Community Association.

WALSH ACRES/LAKERIDGE/GARDEN RIDGE COMMUNITY ASSOCIATION  
walrgr.com

Contact: Matthew McMillan  
Email: walrgr.programs@gmail.com  
Registration Date: Contact the zone or association directly  
Registration Location: Contact the zone or association directly

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

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

Community Membership card can be purchased from Community Association for $5.