

Leisure Guide
Winter 2022

Regina.ca/recreation | 306-777-7529

WHEN DOES REGISTRATION START?

Regina residents: Tuesday, December 14 (beginning at 7 a.m. for this day only)
Non-residents: Thursday, December 16 (beginning at 7 a.m. for this day only)

3 easy ways to register:

1) VISIT A FACILITY

Neil Balkwill Civic Arts Centre 2420
Elphinstone St.

North West Leisure Centre.....
1127 Arnason St.

Sandra Schmirler Leisure Centre 3130 East
Woodhams Dr.

Sportplex – Lawson Aquatic Centre & Fieldhouse 1717 Elphinstone St.

2) ONLINE REGISTRATION

- Go to Regina.ca/leisureguide
- Click on Regina Recreation Online
- Sign in or Create an Account
- Search or register for programs

Make sure you create your online account before registration day!

3) Call 306-777-7529

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.

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 and 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.

RECREATION FOR ALL

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

When registering for a program, please inform City staff of any inclusive strategies you may need to participate. Participants who may need assistance during the program are required to bring an attendant.

ATTENDANT ADMISSION PROGRAM

This program supports people experiencing disability who require assistance during recreation activities at City-operated facilities or programs to bring their own attendant at no cost. If you require more information, call 306-777-7529.

AFFORDABLE ACCESS PROGRAM

The Affordable Access Program provides Regina residents with financial barriers the opportunity to access City of Regina recreation facilities as well as arts, culture, recreation and leisure programs at discounted rates. Leisure passes can be purchased for 50 per cent off the regular price and residents can participate in registered programs at 80 per cent off the regular price, to a maximum of \$160 discount per family member. For more information, eligibility, or an application form: Visit Regina.ca, Visit a major facility, or Call 306-777-7529

Transit passes can also be purchased at 20 per cent reduced rate. If eligible, passes must be purchased from the Transit Information Centre (2124 11th Avenue) or the Transit Operations Centre (333 Winnipeg Street).

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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.

WHAT'S IN YOUR NEIGHBOURHOOD

Looking to enjoy a healthy, active lifestyle this winter?

Explore What's In Your Neighbourhood!

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

- Arenas and outdoor skating rinks
- Indoor major recreation centres
- Neighbourhood centres
- Dog parks
- Playgrounds and picnic sites
- Multi-use pathways

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!

RENTAL INFORMATION

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

Rent Sports and Leisure Facilities, including:

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

Rent space in Leisure Centres or the 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.

NORTH WEST LEISURE CENTRE

306-777-7529

1127 ARNASON STREET

- Multi Purpose Gym (Up to 250)
- 2 Meeting Room (Up to 40)
- Showers/Change Room

NORTH EAST COMMUNITY CENTRE

306-347-8299

160 BROAD STREET

- Multi Purpose Gym (Up to 150)
- Meeting Room (Up to 40)
- Games Room
- Craft Room
- Kitchen
- Lounge

UPLANDS COMMUNITY CENTRE

306-949-5137

20 WEEKES CRESCENT

- Multi Purpose Gym (Up to 150)
- Board Room (Up to 20)
- Craft Room
- Kitchen

ARGYLE PARK COMMUNITY CENTRE

306-543-5653

35 DAVIN CRESCENT

- Multi Purpose Gym (Up to 250)
- 2 Meeting Room (Up to 40)
- Board Room (Up to 20)
- Kitchen

SOUTH LEISURE CENTRE

306-777-7031

170 SUNSET DRIVE

- Multi Purpose Gym (Up to 300)
- 2 Meeting Room (Up to 40)
- Board Room (Up to 20)
- Craft Room
- Dance Studio
- Kitchen
- Showers/Change Room

MAMAWEYATITAN CENTRE

306-777-7033

3355 6TH AVENUE

- 2 Multi Purpose Gym (Up to 300)
- 10 Meeting Room (Up to 40)
- 2 Board Room (Up to 20)
- Craft Room

- Dance Studio
- Kitchen
- Showers/Change Room

CATHEDRAL NEIGHORHOOD COMMUNITY CENTRE

306-777-7034

2900 13TH AVENUE

- Multi Purpose Gym (Up to 150)
- Board Room (Up to 20)
- Games Room
- Craft Room
- Kitchen
- Lounge

CORE RITCHIE NEIGHBORHOOD CENTRE

306-777-7080

445 14TH AVENUE

- Multi Purpose Gym (Up to 300)
- Board Room (Up to 20)
- Games Room
- Craft Room
- Kitchen
- Showers/Change Room

EASTVIEW COMMUNITY CENTRE

306-525-4757

615 6TH AVENUE

- Multi Purpose Gym (Up to 250)
- Large Meeting Room (Up to 100)
- Kitchen

GLENCAIRN NEIGHBORHOOD RECREATION CENTRE

306--777-7747

2626 DEWDNEY AVENUE EAST

- Multi Purpose Gym (Up to 300)
- Large Meeting Room (Up to 100)
- Games Room
- Kitchen
- Showers/Change Room

ARCOLA EAST COMMUNITY CENTRE

306-525-3401

3860 BUCKINGHAM DRIVE EAST

- Gym (Up to 75) Large Meeting
- Craft Room

MULTIPURPOSE RECREATIONAL FACILITIES

Get fit, get creative, have fun!

Registered programs

Each of our multipurpose recreational facilities offer awesome registered programs to suit every interest and skill level, including swimming lessons, fine arts, fitness classes and sports programs! Check out these great registered programs starting on page 20 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 14 of this guide.

ARENAS

Al Ritchie

2230 Lindsay St. 306-777-7381

Clarence Mahon

130 Brotherton Ave. 306-777-7387 *Under Construction

Doug Wickenheiser

1127 Arnason St. 306-777-7073

Jack Hamilton

1010 McCarthy Blvd. 306-777-7385

Jack Staples

444 Broad St. N 306-777-7384

Murray Balfour

68 Massey Rd. 306-777-7386

Optimist

222 Sunset Dr. 306-777-7809

Wheat City Kinsmen

560 Elphinstone St. 306-777-7382

NEIL BALKWILL CIVIC ARTS CENTRE

2420 Elphinstone St.

306-777-PLAY (7529)

balkwillcentre@regina.ca

Facility hours:

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

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.

Amenities include:

- 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

SPORTPLEX

1717 Elphinstone St.

306-777-PLAY (7529)

Facility hours:

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

Saturday - Sunday: 7 a.m. - 8 p.m.

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

The Lawson will be closed for annual maintenance from August 9 - 29

Fieldhouse amenities include:

- 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 amenities include:

- 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

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

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.

DROP-IN AQUATICS

ADULT SWIM - A leisure swim for adults 19 and over. Take advantage of our many pool amenities including diving boards, slides, and whirlpools.

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

AQUA TABATA - A workout that incorporates the intensity of Tabata (high intensity interval training) with the therapeutic effects of water! Easy on the joints with interval work will assist with weight loss, increased endurance and more flexibility!

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 cooldown.

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 - ADAPTED PROGRAM - A free family swim open to those who experience disability and their family. Registration required, see page 26 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.

Schedules may be adjusted to due to program needs. Many of the swim times will be in specified areas of the pool only. Please check with staff for available pool space.

LAWSON AQUATIC CENTRE AQUATIC FITNESS SCHEDULE

Effective January 4 to March 20, 2022

PLEASE NOTE: The Sportplex will be shut down for the Saskatchewan Winter Games from February 20-February 26, 2022 inclusive.

Aquacise - Workouts are 45 minutes in length
Monday to Friday: 9:30a.m.

Keenagers - Workouts are 30 minutes in length
Monday, Wednesday, and Friday: 10:30a.m.

Deep Water Workout - Workouts are 45 minutes in length
Monday to Friday: 12p.m.

All classes are subject to change or cancellation. Schedules may be adjusted due to program/facility needs. Check the monthly changes & cancellations at Regina.ca.

LAWSON AQUATIC CENTRE SWIM SCHEDULE

Effective January 3 to March 20, 2022

Leisure Swim
Monday: 7-9:30p.m.
Saturday: 2-4p.m.
Sunday: 1-4p.m.

Lane Swim
Monday to Friday: 5:30a.m.-9:30p.m.
Saturday and Sunday: 7a.m.-8p.m.

Part of the Pool Swim
Monday to Thursday: 7:30-9:30p.m.

All classes are subject to change or cancellation. Schedules may be adjusted due to program needs. Check the monthly changes & cancellations at Regina.ca.

NORTH WEST LEISURE CENTRE AQUATIC FITNESS SCHEDULE

Effective January 3 to April 14, 2022

Aquacise

Monday to Wednesday: 11a.m. and 8:35p.m.

Social Aquacise

Monday to Friday: 12p.m.

All classes are subject to change or cancellation. Schedules may be adjusted due to program/facility needs. Check the monthly changes & cancellations at Regina.ca.

NORTH WEST LEISURE CENTRE SWIM SCHEDULE

Effective January 3 to March 20, 2022

Leisure Swim

Monday, Wednesday, Thursday, Friday: 6:30-8:25p.m.

Saturday: 1:30-8:25p.m.

Sunday: 3:30-6:30p.m.

Adult Swim

Monday to Thursday: 8-9a.m. and 8:30-9:45p.m.

Friday: 8-9a.m.

Part of the Pool Swim

Monday to Friday: 9a.m.-4p.m.

Swimming Lessons

Monday: 12:15-6:30p.m.

Tuesday: 9a.m.-12:25p.m. and 4-6:30p.m.

Wednesday: 9-11:10a.m. and 4-6:30p.m.

Thursday: 10:45-11:50a.m. and 4-6:30p.m.

Friday: 3-6:30p.m.

Saturday and Sunday: 9a.m.-1:30p.m.

Laugh & Splash Adaptive Swim

Sunday: 6:30-8:30p.m.

Laugh & Splash Adaptive Swim will run January 16, 30, February 13, March 13.

Women's Only Swim

Sunday: 6:30-8:30p.m.

Women's Only Swim will run January 9, 23, February 6, 20, March 6, 20.

Hot Tub & Sauna

Monday to Friday: 8a.m.-4p.m. and 6:30-9:45p.m.

Saturday: 1:30-8:25p.m.

Sunday: 1:30-6:25p.m.

Strength & Conditioning Area

Monday to Friday: 8a.m.-9:30p.m.

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

All schedules may be adjusted due to program needs. Check the monthly changes and cancellations at Regina.ca.

SANDRA SCHMIRLER LEISURE CENTRE AQUATIC FITNESS SCHEDULE
Effective January 3 to March 31, 2022

Joint Muscular Strength & Endurance
Tuesday and Thursday: 9:10a.m.

Keenagers
Monday and Wednesday: 3p.m.
Friday: 9:10a.m.

Afternoon Aquacise
Tuesday and Thursday: 3p.m.

Aquacise - Workouts are 45 minutes in length
Monday and Tuesday: 8:30p.m.

Aqua Tabata - Workouts are 45 minutes in length
Wednesday: 8:30p.m.

Deep Water Workout - Workouts are 45 minutes in length
Thursday: 8:30p.m.

All classes are subject to change or cancellation. Schedules may be adjusted due to program/facility needs. Check the monthly changes & cancellations at Regina.ca.

SANDRA SCHMIRLER LEISURE CENTRE SWIM SCHEDULE
Effective January 3 to March 31, 2022

Leisure Swim
Tuesday to Thursday: 6:45-8:30p.m.
Friday: 6:45p.m.-9:30p.m.
Saturday: 3:30-8:30p.m.
Sunday: 1:30-5:30p.m.

Lane Swim
Monday to Friday: 6:45-9a.m. and 11:30a.m.-1p.m.

Adult Swim
Monday to Thursday: 8:30-9:30p.m.

Part of the Pool Swim
Monday to Friday: 9a.m.-4p.m.

Laugh & Splash Adapted Leisure Swim
Saturday: 6:30-8:30p.m.
Laugh & Splash Adaptive Swim dates January 8, 22, February 5, March 5, 19.

Hot Tub & On Deck Sauna

Monday to Friday: 6:45a.m.-4p.m. and 6:45-9:30p.m.

Saturday:1:30-8:30p.m.

Sunday: 1:30-5:30p.m.

Strength & Conditioning Area

Monday to Friday: 6a.m.-9:30p.m.

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

All classes are subject to change or cancellation. Check the monthly changes & cancellations at Regina.ca.

LAND FITNESS & SPORT DROP-IN ACTIVITIES

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, wellrounded 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 LAND FITNESS SCHEDULE

Effective January 4 to March 31, 2022

PLEASE NOTE: The Sportplex will be shut down for the Saskatchewan Winter Games from February 20-26, 2022 inclusive.

Stretch & Tone

Monday and Friday: 8:30a.m.

Wednesday: 10:45a.m.

Cycle & Stretch - Workouts are 45 minutes in length

Tuesday and Thursday: 8:30a.m.

Fitness Walking

Wednesday: 8:30a.m.

Group Cycle

Saturday: 8:30a.m.

Cycle & Core

Tuesday: 5:30p.m.

Friday: 9:30a.m.

Sunday: 8:30a.m.

Cardio Combo - Workouts are 45 minutes in length

Monday: 9:30a.m.

HIIT

Wednesday: 9:30am

Body Blast

Tuesday: 6:45p.m.

Thursday: 9:30a.m. and 5:30p.m.

Saturday: 10a.m.

Yoga-Flow - Workouts are 45 minutes in length

Monday, Wednesday and Friday: 12:10p.m.

Yoga-Gentle - Workouts are 45 minutes in length

Tuesday: 12:10p.m.

Yoga-Yin

Thursday: 12:10p.m.

All classes are subject to change or cancellation. Schedules may be adjusted due to program/facility needs. Check the monthly changes & cancellations at Regina.ca.

FIELDHOUSE BASKETBALL & ROLLERBLADING SCHEDULE

Effective January 4 to April 30, 2022

Drop-in Basketball (All Ages)

Monday, Wednesday and Friday: 3:30-5p.m.

Drop-in Family Basketball (Parents and children under 14 years)

Sunday: 12:30-1:30p.m.

Drop-in Basketball (14+ years)

Sunday: 1:30-3:30p.m.

Rollerblading

Monday and Wednesday: 1-4p.m.

Tuesday and Thursday: 9a.m.-12p.m.

Friday: 1-3:30p.m.

Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court. Please visit Regina.ca to view the Live Schedule or call 306-777- PLAY (7529) for updated court times. Basketball schedule may change without notice. All rollerblading times are space permitting.

NORTH WEST LEISURE CENTRE LAND FITNESS SCHEDULE

Effective January 3 to March 20, 2022

Ignite

Monday: 9a.m.

STEP

Tuesday: 9a.m.

HIIT - Workouts are 45 minutes in length
Wednesday: 9a.m.

SWAT
Thursday: 9a.m.

Yoga Flow
Friday: 9a.m.

Cardio Combo
Tuesday: 6p.m.
Saturday: 9a.m.

Glutes, Galore, Core & More - Workouts are 45 minutes in length
Monday: 6p.m.
Saturday: 10:15a.m.

Body Blast
Wednesday: 6p.m.

Abs & Arms - Workouts are 45 minutes in length
Tuesday: 7:15p.m.

Stretch & Tone - Workouts are 45 minutes in length
Wednesday: 7:15p.m.

Cardio & Sculpt
Thursday: 7:15p.m.

All classes are subject to change or cancellation. Schedules may be adjusted due to program/facility needs. Check the monthly changes & cancellations at Regina.ca.

NORTH WEST LEISURE CENTRE BASKETBALL & WALKING SCHEDULE
Effective January 3 to March 20, 2022

Drop-in Basketball (All Ages)
Tuesday: 3:30-5:30p.m.
Saturday: 3-5p.m.

Walk N'Talk
Tuesday: 12:15-1:15p.m.

STRENGTH & CONDITIONING AREAS

Strength and Conditioning Area Rules

Youth ages 12-15 may use 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

Effective January 3 - March 31, 2022

Fieldhouse

Monday to Friday: 5:30a.m.-9:25p.m.

Saturday and Sunday: 7a.m.-7:55p.m.

Lawson Aquatic Centre

Monday to Friday: 5:30a.m.-9:25p.m.

Saturday and Sunday: 7a.m.-7:55p.m.

North West Leisure Centre

Monday to Friday: 8a.m.-9:30p.m.

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

Sandra Schmirler Leisure Centre

Monday to Friday: 6a.m.-9:30p.m.

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

WINTER PUBLIC SKATE SCHEDULE

JANUARY - MARCH 2022

Please call Central Scheduling at 306-777-7529 to confirm arena openings, or for more information. Visit Regina.ca for more information on the Public Skate Guidelines, changes and cancellations to the schedule.

Jack Hamilton

1010 McCarthy Blvd.

Jan 3 to Mar 21

Monday: 6-8p.m. (Feb 21 will be 2-4p.m.)

Clarence Mahon

130 Brotherton Ave.

TBA - Under Construction

Al Ritchie

2230 Lindsay St.

Jan 5 to Mar 23

Wednesday: 6-7:45p.m. (Free)

Jack Staples

444 Broad St. N

Jan 7 to Mar 18

Friday: 6-7:45p.m. (Free)

Murray Balfour

68 Massey Rd.

Jan 1 to Mar 19

Saturday: 6-8p.m.

Wheat City Kinsmen
560 Elphinstone St.
Jan 1 to Mar 12
Parent & Tot
Saturday: 12-2p.m.

Doug Wickenheiser
1127 Arnason St. N
Jan 2 to Mar 20
Sunday: 6-8p.m.

Optimist
222 Sunset Dr.
Jan 2 to Mar 13
Sunday: 12-2p.m.

Additional public skate times are also offered at the Co-operators Centre located at Evraz Place, 1700 Elphinstone Street. For dates and times, visit cooperatorscentre.com.

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.

LAC

61596 Thu Jan 6-Mar 17 5:30-6p.m. \$57.50

61684 Sat Jan 8-Mar 19 11-11:30a.m. \$51.75

NWLC

61120 Tue Jan 4-Mar 15 9:35-10:05a.m. \$57.50

61121 Tue Jan 4-Mar 15 4-4:30p.m. \$57.50

61122 Wed Jan 5-Mar 16 5:50-6:20p.m. \$57.50

61123 Thu Jan 6-Mar 17 11:20-11:50a.m. \$57.50

61124 Sun Jan 9-Mar 20 12:50-1:20p.m. \$57.50

SSLC

61494 Mon Jan 3-Mar 14 10:35-11:05a.m. \$57.50

61495 Mon Jan 3-Mar 14 4-4:30p.m. \$57.50

61498 Tue Jan 4-Mar 15 4-4:30p.m. \$57.50
61500 Wed Jan 5-Mar 16 4-4:30p.m. \$57.50
61501 Thu Jan 6-Mar 17 5:25-5:55p.m. \$57.50
61502 Fri Jan 7-Mar 18 4-4:30p.m. \$57.50
61496 Sat Jan 8-Mar 19 1-1:30p.m. \$57.50
61497 Sun Jan 9-Mar 20 1-1:30p.m. \$57.50

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.

LAC

61542 Tue Jan 4-Mar 15 6:05-6:35p.m. \$57.50
61652 Sat Jan 8-Mar 19 11:30a.m.-12p.m. \$51.75

NWLC

61125 Mon Jan 3-Mar 14 2:50-3:20p.m. \$57.50
61126 Mon Jan 3-Mar 14 5:45-6:15p.m. \$57.50
61127 Tue Jan 4-Mar 15 11:20-11:50a.m. \$57.50
61128 Thu Jan 6-Mar 17 4:45-5:15p.m. \$57.50
61129 Sat Jan 8-Mar 19 12:50-1:20p.m. \$57.50
61130 Sun Jan 9-Mar 20 10:15-10:45a.m. \$57.50

SSLC

61436 Mon Jan 3-Mar 14 5:25-5:55p.m. \$57.50
61430 Tue Jan 4-Mar 15 5:25-5:55p.m. \$57.50
61432 Wed Jan 5-Mar 16 10-10:30a.m. \$57.50
61433 Thu Jan 6-Mar 17 4-4:30p.m. \$57.50
61434 Fri Jan 7-Mar 18 4:50-5:20p.m. \$57.50
61429 Sat Jan 8-Mar 19 10:20-10:50a.m. \$57.50
61435 Sun Jan 9-Mar 20 10:20-10:50a.m. \$57.50

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.

LAC

61527 Mon Jan 3-Mar 14 5:30-6p.m. \$57.50
61629 Thu Jan 6-Mar 17 6:40-7:10p.m. \$57.50
61671 Sat Jan 8-Mar 19 9:25-9:55a.m. \$51.75
61672 Sat Jan 8-Mar 19 10:35-11:05a.m. \$51.75
61779 Sun Jan 9-Mar 20 10:50-11:20a.m. \$46.00
61780 Sun Jan 9-Mar 20 11:25-11:55a.m. \$46.00

NWLC

61131 Mon Jan 3-Mar 14 12:15-12:45p.m. \$57.50
61139 Mon Jan 3-Mar 14 4:45-5:15p.m. \$57.50
61140 Tue Jan 4-Mar 15 10:10-10:40a.m. \$57.50
61142 Wed Jan 5-Mar 16 5:15-5:45p.m. \$57.50
61143 Thu Jan 6-Mar 17 5:15-5:45p.m. \$57.50
61144 Fri Jan 7-Mar 18 4-4:30p.m. \$57.50
61145 Sat Jan 8-Mar 19 9:40-10:10a.m. \$57.50
61146 Sat Jan 8-Mar 19 10:50-11:20a.m. \$57.50
61148 Sun Jan 9-Mar 20 9:40-10:10a.m. \$57.50
61149 Sun Jan 9-Mar 20 12:20-12:50p.m. \$57.50

SSLC

61490 Tue Jan 4-Mar 15 11:45a.m.-12:15p.m. \$57.50
61489 Tue Jan 4-Mar 15 4:50-5:20p.m. \$57.50
61491 Wed Jan 5-Mar 16 5:25-5:55p.m. \$57.50
61659 Thu Jan 6-Mar 17 11:45a.m.-12:15p.m. \$57.50
61492 Thu Jan 6-Mar 17 4:50-5:20p.m. \$57.50
61493 Fri Jan 7-Mar 18 5:25-5:55p.m. \$57.50
61485 Sat Jan 8-Mar 19 11:05-11:35a.m. \$57.50
61875 Sat Jan 8-Mar 19 2:15-2:45p.m. \$57.50
61486 Sun Jan 9-Mar 20 11:05-11:35a.m. \$57.50
61488 Sun Jan 9-Mar 20 5:40-6:10p.m. \$57.50
61487 Sun Jan 9-Mar 20 6:15-6:45p.m. \$57.50

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.

LAC

61528 Mon Jan 3-Mar 14 6:05-6:35p.m. \$57.50
61543 Tue Jan 4-Mar 15 6:40-7:10p.m. \$57.50
61666 Sat Jan 8-Mar 19 9:25-9:55a.m. \$51.75
61665 Sat Jan 8-Mar 19 11:55a.m.-12:25p.m. \$51.75
61667 Sat Jan 8-Mar 19 12:25-12:55p.m. \$51.75
61688 Sun Jan 9-Mar 20 9:40-10:10a.m. \$46.00
61689 Sun Jan 9-Mar 20 10:15-10:45a.m. \$46.00
61690 Sun Jan 9-Mar 20 10:50-11:20a.m. \$46.00

NWLC

61150 Mon Jan 3-Mar 14 3:25-3:55p.m. \$57.50
61151 Mon Jan 3-Mar 14 5:15-5:45p.m. \$57.50
61152 Tue Jan 4-Mar 15 11:55a.m.-12:25p.m. \$57.50
61153 Tue Jan 4-Mar 15 4:45-5:15p.m. \$57.50

61154 Wed Jan 5-Mar 16 10:05-10:35a.m. \$57.50
 61155 Wed Jan 5-Mar 16 5:45-6:15p.m. \$57.50
 61156 Thu Jan 6-Mar 17 10:45-11:15a.m. \$57.50
 61157 Thu Jan 6-Mar 17 4-4:30p.m. \$57.50
 61158 Thu Jan 6-Mar 17 5:50-6:20p.m. \$57.50
 61159 Fri Jan 7-Mar 18 4:45-5:15p.m. \$57.50
 61160 Fri Jan 7-Mar 18 5:15-5:45p.m. \$57.50
 61161 Sat Jan 8-Mar 19 9:10-9:40a.m. \$57.50
 61162 Sat Jan 8-Mar 19 12:20-12:50p.m. \$57.50
 61163 Sun Jan 9-Mar 20 10:50-11:20a.m. \$57.50
 61164 Sun Jan 9-Mar 20 12:55-1:25p.m. \$57.50

SSLC

61463 Mon Jan 3-Mar 14 10:35-11:05a.m. \$57.50
 61461 Mon Jan 3-Mar 14 4:35-5:05p.m. \$57.50
 61462 Mon Jan 3-Mar 14 6:05-6:35p.m. \$57.50
 61469 Tue Jan 4-Mar 15 11:10-11:40a.m. \$57.50
 61470 Tue Jan 4-Mar 15 4:35-5:05p.m. \$57.50
 61478 Tue Jan 4-Mar 15 6:05-6:35p.m. \$57.50
 61481 Wed Jan 5-Mar 16 10:35-11:05a.m. \$57.50
 61480 Wed Jan 5-Mar 16 4:35-5:05p.m. \$57.50
 61479 Wed Jan 5-Mar 16 6:05-6:35p.m. \$57.50
 61472 Thu Jan 6-Mar 17 11:10-11:40a.m. \$57.50
 61473 Thu Jan 6-Mar 17 4:35-5:05p.m. \$57.50
 61471 Thu Jan 6-Mar 17 6:05-6:35p.m. \$57.50
 61474 Fri Jan 7-Mar 18 4:35-5:05p.m. \$57.50
 61482 Fri Jan 7-Mar 18 6:05-6:35p.m. \$57.50
 61475 Sat Jan 8-Mar 19 9:05-9:35a.m. \$57.50
 61476 Sat Jan 8-Mar 19 10:55-11:25a.m. \$57.50
 61477 Sat Jan 8-Mar 19 12:25-12:55p.m. \$57.50
 61483 Sat Jan 8-Mar 19 1-1:30p.m. \$57.50
 61877 Sat Jan 8-Mar 19 1:40-2:10p.m. \$57.50
 61882 Sat Jan 8-Mar 19 2:50-3:20p.m. \$57.50
 61464 Sun Jan 9-Mar 20 9:05-9:35a.m. \$57.50
 1465 Sun Jan 9-Mar 20 10:55-11:25a.m. \$57.50
 61466 Sun Jan 9-Mar 20 12:25-12:55p.m. \$57.50
 61467 Sun Jan 9-Mar 20 1-1:30p.m. \$57.50
 61468 Sun Jan 9-Mar 20 5:30-6p.m. \$57.50

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.

LAC

61541 Tue Jan 4-Mar 15 5:30-6p.m. \$57.50
 61564 Wed Jan 5-Mar 16 5:30-6p.m. \$57.50
 61668 Sat Jan 8-Mar 19 10-10:30a.m. \$51.75

61670 Sat Jan 8-Mar 19 1-1:30p.m. \$51.75
61669 Sat Jan 8-Mar 19 1:25-1:55p.m. \$51.75
61693 Sun Jan 9-Mar 20 9:40-10:10a.m. \$46.00
61694 Sun Jan 9-Mar 20 11:25-11:55a.m. \$46.00

NWLC

61166 Mon Jan 3-Mar 14 12:50-1:20p.m. \$57.50
61167 Mon Jan 3-Mar 14 4-4:30p.m. \$57.50
61168 Tue Jan 4-Mar 15 9-9:30a.m. \$57.50
61169 Tue Jan 4-Mar 15 5:15-5:45p.m. \$57.50
61170 Tue Jan 4-Mar 15 5:45-6:15p.m. \$57.50
61171 Wed Jan 5-Mar 16 9:30-10a.m. \$57.50
61173 Wed Jan 5-Mar 16 9:45-10:15a.m. \$57.50
61174 Wed Jan 5-Mar 16 4-4:30p.m. \$57.50
61175 Wed Jan 5-Mar 16 4:45-5:15p.m. \$57.50
61176 Thu Jan 6-Mar 17 5:45-6:15p.m. \$57.50
61178 Fri Jan 7-Mar 18 5:45-6:15p.m. \$57.50
61179 Sat Jan 8-Mar 19 9-9:30a.m. \$57.50
61180 Sat Jan 8-Mar 19 10:15-10:45a.m. \$57.50
61181 Sat Jan 8-Mar 19 11-11:30a.m. \$57.50
61182 Sun Jan 9-Mar 20 9:35-10:05a.m. \$57.50
61183 Sun Jan 9-Mar 20 11-11:30a.m. \$57.50

SSLC

61444 Mon Jan 3-Mar 14 10-10:30a.m. \$57.50
61443 Mon Jan 3-Mar 14 4:05-4:35p.m. \$57.50
61445 Mon Jan 3-Mar 14 4:50-5:20p.m. \$57.50
61442 Mon Jan 3-Mar 14 6:05-6:35p.m. \$57.50
61450 Tue Jan 4-Mar 15 11:10-11:40a.m. \$57.50
61532 Tue Jan 4-Mar 15 11:45-12:15p.m. \$57.50
61449 Tue Jan 4-Mar 15 4:05-4:35p.m. \$57.50
61451 Tue Jan 4-Mar 15 6:05-6:35p.m. \$57.50
61460 Wed Jan 5-Mar 2 10:35-11:05a.m. \$57.50
61453 Wed Jan 5-Mar 16 4:05-4:35p.m. \$57.50
61454 Wed Jan 5-Mar 16 4:50-5:20p.m. \$57.50
61452 Wed Jan 5-Mar 16 6:05-6:35p.m. \$57.50
61457 Thu Jan 6-Mar 17 11:10-11:40a.m. \$57.50
61656 Thu Jan 6-Mar 17 11:45a.m.-12:15p.m. \$57.50
61456 Thu Jan 6-Mar 17 4:05-4:35p.m. \$57.50
61455 Thu Jan 6-Mar 17 6:05-6:35p.m. \$57.50
61459 Fri Jan 7-Mar 18 4:05-4:35p.m. \$57.50
61458 Fri Jan 7-Mar 18 6:05-6:35p.m. \$57.50
61446 Sat Jan 8-Mar 19 9:45-10:15a.m. \$57.50
61447 Sat Jan 8-Mar 19 10:30-11a.m. \$57.50
61448 Sat Jan 8-Mar 19 11:50a.m.-12:20p.m. \$57.50
61874 Sat Jan 8-Mar 19 1:40-2:10p.m. \$57.50
61878 Sat Jan 8-Mar 19 2:15-2:45p.m. \$57.50
61437 Sun Jan 9-Mar 20 9:45-10:15a.m. \$57.50
61438 Sun Jan 9-Mar 20 10:30-11a.m. \$57.50
61439 Sun Jan 9-Mar 20 11:50a.m.-12:20p.m. \$57.50

61440 Sun Jan 9-Mar 20 6:15-6:45p.m. \$57.50
61441 Sun Jan 9-Mar 20 6:50-7:20p.m. \$57.50

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.

LAC

61568 Wed Jan 5-Mar 16 6:40-7:10p.m. \$57.50
61628 Thu Jan 6-Mar 17 6:05-6:35p.m. \$57.50

NWLC

61185 Mon Jan 3-Mar 14 5:20-5:50p.m. \$57.50
61186 Wed Jan 5-Mar 16 10:20-10:50a.m. \$57.50
61187 Wed Jan 5-Mar 16 4:05-4:35p.m. \$57.50
61188 Thu Jan 6-Mar 17 5:20-5:50p.m. \$57.50
61189 Sat Jan 8-Mar 19 10:25-10:55a.m. \$57.50
61190 Sun Jan 9-Mar 20 12:10-12:40p.m. \$57.50

SSLC

61524 Mon Jan 3-Mar 14 10-10:30a.m. \$57.50
61503 Mon Jan 3-Mar 14 5:10-5:40 p.m. \$57.50
61510 Tue Jan 4-Mar 15 5:10-5:40p.m. \$57.50
61638 Wed Jan 5-Mar 16 10-10:30a.m. \$57.50
61511 Wed Jan 5-Mar 16 5:10-5:40p.m. \$57.50
61512 Thu Jan 6-Mar 17 5:10-5:40p.m. \$57.50
61514 Fri Jan 7-Mar 18 5:10-5:40p.m. \$57.50
61504 Sat Jan 8-Mar 19 9:50-10:20a.m. \$57.50
61505 Sat Jan 8-Mar 19 11:30a.m.-12p.m. \$57.50
61506 Sat Jan 8-Mar 19 12:35-1:05p.m. \$57.50
61880 Sat Jan 8-Mar 19 1:40-2:10p.m. \$57.50
61507 Sun Jan 9-Mar 20 9:50-10:20a.m. \$57.50
61508 Sun Jan 9-Mar 20 11:30a.m.-12p.m. \$57.50
61509 Sun Jan 9-Mar 20 12:35-1:05p.m. \$57.50
61516 Sun Jan 9-Mar 20 5:35-6:05p.m. \$57.50

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.

LAC

61529 Mon Jan 3-Mar 14 6:40-7:10p.m. \$57.50
61567 Wed Jan 5-Mar 16 6:05-6:35p.m. \$57.50
61674 Sat Jan 8-Mar 19 12:15-12:45p.m. \$51.75
61785 Sun Jan 9-Mar 20 10:15-10:45a.m. \$46.00

NWLC

61191 Mon Jan 3-Mar 14 4:40-5:10p.m. \$57.50
61192 Thu Jan 6-Mar 17 4:40-5:10p.m. \$57.50
61193 Sat Jan 8-Mar 19 10:15-10:45a.m. \$57.50
61195 Sun Jan 9-Mar 20 10:25-10:55a.m. \$57.50

SSLC

61424 Mon Jan 3-Mar 14 4:10-4:40p.m. \$57.50
61427 Wed Jan 5-Mar 16 4:10-4:40p.m. \$57.50
61428 Fri Jan 7-Mar 18 4:10-4:40p.m. \$57.50
61425 Sat Jan 8-Mar 19 9:10-9:40a.m. \$57.50
61426 Sat Jan 8-Mar 19 10:35-11:05a.m. \$57.50
61876 Sat Jan 8-Mar 19 2:50-3:20p.m. \$57.50
61421 Sun Jan 9-Mar 20 9:10-9:40a.m. \$57.50
61422 Sun Jan 9-Mar 20 10:35-11:05a.m. \$57.50
61423 Sun Jan 9-Mar 20 6:05-6:35p.m. \$57.50

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.

NWLC

61196 Tue Jan 4-Mar 15 5:20-5:50p.m. \$57.50
61197 Sat Jan 8-Mar 19 12:10-12:40p.m. \$57.50

SSLC

61519 Tue Jan 4-Mar 15 4:10-4:40p.m. \$57.50
61520 Thu Jan 6-Mar 17 4:10-4:40p.m. \$57.50
61517 Sat Jan 8-Mar 19 12:25-12:55p.m. \$57.50
61518 Sun Jan 9-Mar 20 12:25-12:55p.m. \$57.50

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.

LAC

61676 Sat Jan 8-Mar 19 10-10:30a.m. \$51.75
61677 Sat Jan 8-Mar 19 11:50a.m.-12:20p.m. \$51.75
61678 Sat Jan 8-Mar 19 12:50-1:20p.m. \$51.75
61692 Sun Jan 9-Mar 20 10:15-10:45a.m. \$46.00

NWLC

61198 Mon Jan 3-Mar 14 2:15-2:45p.m. \$57.50
61199 Mon Jan 3-Mar 14 4:05-4:35p.m. \$57.50

61200	Mon	Jan	3-Mar	14	4:35-5:05p.m.	\$57.50
61201	Tue	Jan	4-Mar	15	4:05-4:35p.m.	\$57.50
61202	Tue	Jan	4-Mar	15	5:50-6:20p.m.	\$57.50
61203	Wed	Jan	5-Mar	16	4:40-5:10p.m.	\$57.50
61204	Wed	Jan	5-Mar	16	5:20-5:50p.m.	\$57.50
61205	Wed	Jan	5-Mar	16	5:50-6:20p.m.	\$57.50
61206	Thu	Jan	6-Mar	17	4:05-4:35p.m.	\$57.50
61207	Fri	Jan	7-Mar	18	4:05-4:35p.m.	\$57.50
61208	Fri	Jan	7-Mar	18	5:15-5:45p.m.	\$57.50
61210	Sat	Jan	8-Mar	19	9:05-9:35a.m.	\$57.50
61211	Sat	Jan	8-Mar	19	9:35-10:05a.m.	\$57.50
61212	Sat	Jan	8-Mar	19	11:45a.m.-12:15p.m.	\$57.50
61213	Sun	Jan	9-Mar	20	10:15-10:45a.m.	\$57.50
61214	Sun	Jan	9-Mar	20	11:25-11:55a.m.	\$57.50

SSLC

61320	Mon	Jan	3-Mar	14	5:25-5:55p.m.	\$57.50
61316	Tue	Jan	4-Mar	15	5:25-5:55p.m.	\$57.50
61315	Wed	Jan	5-Mar	16	5:25-5:55p.m.	\$57.50
61314	Thu	Jan	6-Mar	17	5:25-5:55p.m.	\$57.50
61313	Fri	Jan	7-Mar	18	5:25-5:55p.m.	\$57.50
61319	Sat	Jan	8-Mar	19	9:45-10:15a.m.	\$57.50
61318	Sat	Jan	8-Mar	19	11:10-11:40a.m.	\$57.50
61317	Sat	Jan	8-Mar	19	1-1:30p.m.	\$57.50
61881	Sat	Jan	8-Mar	19	2:15-2:45p.m.	\$57.50
61321	Sun	Jan	9-Mar	20	9:45-10:15a.m.	\$57.50
61322	Sun	Jan	9-Mar	20	11:10-11:40a.m.	\$57.50
61324	Sun	Jan	9-Mar	20	1-1:30p.m.	\$57.50
61323	Sun	Jan	9-Mar	20	6:40-7:10p.m.	\$57.50

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.

LAC

61538	Mon	Jan	3-Mar	14	5:30-6p.m.	\$57.50
61550	Tue	Jan	4-Mar	15	6:05-6:35p.m.	\$57.50
61636	Thu	Jan	6-Mar	17	5:30-6p.m.	\$57.50
61685	Sat	Jan	8-Mar	19	12:25-12:55p.m.	\$51.75
61724	Sun	Jan	9-Mar	20	10:50-11:20a.m.	\$46.00
61725	Sun	Jan	9-Mar	20	10:50-11:20a.m.	\$46.00

NWLC

61553	Mon	Jan	3-Mar	14	4:10-4:40p.m.	\$57.50
61554	Mon	Jan	3-Mar	14	5:50-6:20p.m.	\$57.50
61555	Tue	Jan	4-Mar	15	4:35-5:05p.m.	\$57.50
61556	Wed	Jan	5-Mar	16	4:35-5:05p.m.	\$57.50
61557	Wed	Jan	5-Mar	16	5:10-5:40p.m.	\$57.50

61558 Thu Jan 6-Mar 17 4:35-5:05p.m. \$57.50
 61559 Fri Jan 7-Mar 18 4:10-4:40p.m. \$57.50
 61560 Fri Jan 7-Mar 18 4:40-5:10p.m. \$57.50
 61561 Fri Jan 7-Mar 18 5:50-6:20p.m. \$57.50
 61562 Sat Jan 8-Mar 19 10:55-11:25a.m. \$57.50
 61563 Sat Jan 8-Mar 19 11:25-11:55a.m. \$57.50
 61565 Sun Jan 9-Mar 20 10:55-11:25a.m. \$57.50
 61566 Sun Jan 9-Mar 20 11:45a.m.-12:15p.m. \$57.50

SSLC

61341 Mon Jan 3-Mar 14 4:50-5:20p.m. \$57.50
 61330 Tue Jan 4-Mar 15 4:50-5:20p.m. \$57.50
 61333 Wed Jan 5-Mar 16 4:50-5:20p.m. \$57.50
 61331 Thu Jan 6-Mar 17 4:50-5:20p.m. \$57.50
 61332 Fri Jan 7-Mar 18 4:50-5:20p.m. \$57.50
 61336 Sat Jan 8-Mar 19 9:15-9:45a.m. \$57.50
 61334 Sat Jan 8-Mar 19 11:20-11:50a.m. \$57.50
 61335 Sat Jan 8-Mar 19 12-12:30p.m. \$57.50
 61879 Sat Jan 8-Mar 19 2:50-3:20p.m. \$57.50
 61337 Sun Jan 9-Mar 20 9:15-9:45a.m. \$57.50
 61338 Sun Jan 9-Mar 20 11:20-11:50a.m. \$57.50
 61340 Sun Jan 9-Mar 20 12-12:30p.m. \$57.50
 61339 Sun Jan 9-Mar 20 6:50-7:20p.m. \$57.50

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.

LAC

61539 Mon Jan 3-Mar 14 6:05-6:35p.m. \$57.50
 61549 Tue Jan 4-Mar 15 5:30-6p.m. \$57.50
 61552 Tue Jan 4-Mar 15 6:15-6:45p.m. \$57.50
 61593 Wed Jan 5-Mar 16 6:25-6:55p.m. \$57.50
 61640 Thu Jan 6-Mar 17 6:10-6:40p.m. \$57.50
 61648 Sat Jan 8-Mar 19 10:45-11:15a.m. \$51.75
 61647 Sat Jan 8-Mar 19 11:20-11:50a.m. \$51.75
 61649 Sat Jan 8-Mar 19 12:10-12:40p.m. \$51.75
 61726 Sun Jan 9-Mar 20 10:15-10:45a.m. \$46.00

NWLC

61569 Mon Jan 3-Mar 14 5:10-5:40p.m. \$57.50
 61571 Tue Jan 4-Mar 15 4:10-4:40p.m. \$57.50
 61572 Tue Jan 4-Mar 15 4:40-5:10p.m. \$57.50
 61573 Thu Jan 6-Mar 17 5:10-5:40p.m. \$57.50
 61575 Fri Jan 7-Mar 18 5:20-5:50p.m. \$57.50
 61576 Sat Jan 8-Mar 19 9:45-10:15a.m. \$57.50
 61577 Sat Jan 8-Mar 19 11:30a.m.-12p.m. \$57.50

61578 Sun Jan 9-Mar 20 11:30a.m.-12p.m. \$57.50
61579 Sun Jan 9-Mar 20 12:15-12:45p.m. \$57.50

SSLC

61357 Mon Jan 3-Mar 14 4-4:30p.m. \$57.50
61356 Mon Jan 3-Mar 14 5:30-6p.m. \$57.50
61359 Mon Jan 3-Mar 14 6-6:30p.m. \$57.50
61348 Tue Jan 4-Mar 15 4-4:30p.m. \$57.50
61358 Tue Jan 4-Mar 15 6-6:30p.m. \$57.50
61637 Wed Jan 5-Mar 16 4-4:30p.m. \$57.50
61347 Wed Jan 5-Mar 16 5:30-6p.m. \$57.50
61343 Wed Jan 5-Mar 16 6-6:30p.m. \$57.50
61342 Thu Jan 6-Mar 17 4-4:30p.m. \$57.50
61360 Thu Jan 6-Mar 17 6-6:30p.m. \$57.50
61675 Fri Jan 7-Mar 18 4-4:30p.m. \$57.50
61344 Fri Jan 7-Mar 18 5:30-6p.m. \$57.50
61345 Fri Jan 7-Mar 18 6-6:30p.m. \$57.50
61350 Sat Jan 8-Mar 19 9:55-10:25a.m. \$57.50
61349 Sat Jan 8-Mar 19 11:15-11:45a.m. \$57.50
61351 Sat Jan 8-Mar 19 12:45-1:15p.m. \$57.50
61354 Sun Jan 9-Mar 20 9:55-10:25a.m. \$57.50
61353 Sun Jan 9-Mar 20 11:15-11:45a.m. \$57.50
61355 Sun Jan 9-Mar 20 12:45-1:15p.m. \$57.50
61352 Sun Jan 9-Mar 20 5:40-6:10p.m. \$57.50

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.

LAC

61530 Mon Jan 3-Mar 14 5:30-6p.m. \$57.50
61540 Mon Jan 3-Mar 14 6:40-7:10p.m. \$57.50
61551 Tue Jan 4-Mar 15 5:40-6:10p.m. \$57.50
61586 Wed Jan 5-Mar 16 5:35-6:05p.m. \$57.50
61635 Thu Jan 6-Mar 17 6:20-6:50p.m. \$57.50
61681 Sat Jan 8-Mar 19 10:35-11:05a.m. \$51.75
61727 Sun Jan 9-Mar 20 9:40-10:10a.m. \$46.00

NWLC

61580 Tue Jan 4-Mar 15 5:10-5:40p.m. \$57.50
61581 Wed Jan 5-Mar 16 4:10-4:40p.m. \$57.50
61582 Thu Jan 6-Mar 17 4:10-4:40p.m. \$57.50
61583 Fri Jan 7-Mar 18 5:10-5:40p.m. \$57.50
61584 Sat Jan 8-Mar 19 12:15-12:45p.m. \$57.50
61585 Sun Jan 9-Mar 20 9:45-10:15a.m. \$57.50

SSLC

61371 Mon Jan 3-Mar 14 4:45-5:15p.m. \$57.50
 61375 Mon Jan 3-Mar 14 6-6:30p.m. \$57.50
 61361 Tue Jan 4-Mar 15 4:45-5:15p.m. \$57.50
 61380 Tue Jan 4-Mar 15 5:30-6p.m. \$57.50
 61368 Tue Jan 4-Mar 15 6-6:30p.m. \$57.50
 61367 Wed Jan 5-Mar 16 4:45-5:15p.m. \$57.50
 61378 Wed Jan 5-Mar 16 6-6:30p.m. \$57.50
 61364 Thu Jan 6-Mar 17 4:45-5:15p.m. \$57.50
 61657 Thu Jan 6-Mar 17 5:30-6p.m. \$57.50
 61365 Thu Jan 6-Mar 17 6-6:30p.m. \$57.50
 61379 Fri Jan 7-Mar 18 4:45-5:15p.m. \$57.50
 61363 Fri Jan 7-Mar 18 6-6:30p.m. \$57.50
 61369 Sat Jan 8-Mar 19 9:10-9:40a.m. \$57.50
 61370 Sat Jan 8-Mar 19 10:20-10:50a.m. \$57.50
 61376 Sat Jan 8-Mar 19 11:40a.m.-12:10p.m. \$57.50
 61372 Sun Jan 9-Mar 20 9:10-9:40a.m. \$57.50
 61373 Sun Jan 9-Mar 20 10:20-10:50a.m. \$57.50
 61374 Sun Jan 9-Mar 20 11:40a.m.-12:10p.m. \$57.50
 61377 Sun Jan 9-Mar 20 6:05-6:35p.m. \$57.50

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.

LAC

61537 Mon Jan 3-Mar 14 6:15-6:55p.m. \$62.50
 61589 Wed Jan 5-Mar 16 5:40-6:20p.m. \$62.50
 61634 Thu Jan 6-Mar 17 5:35-6:15p.m. \$62.50
 61673 Sat Jan 8-Mar 19 12:45-1:25p.m. \$56.25

NWLC

61590 Mon Jan 3-Mar 14 5:55-6:35p.m. \$62.50
 61591 Wed Jan 5-Mar 16 5:55-6:35p.m. \$62.50
 61592 Fri Jan 7-Mar 18 5:55-6:35p.m. \$62.50
 61594 Sat Jan 8-Mar 19 12:50-1:30p.m. \$62.50

SSLC

61387 Mon Jan 3-Mar 14 4:40-5:20p.m. \$62.50
 61533 Tue Jan 4-Mar 15 4:05-4:45p.m. \$62.50
 61384 Tue Jan 4-Mar 15 4:40-5:20p.m. \$62.50
 61391 Wed Jan 5-Mar 16 5:20-6p.m. \$62.50
 61658 Thu Jan 6-Mar 17 4:05-4:45p.m. \$62.50
 61382 Thu Jan 6-Mar 17 4:40-5:20p.m. \$62.50
 61381 Fri Jan 7-Mar 18 4:05-4:45p.m. \$62.50
 61392 Fri Jan 7-Mar 18 5:20-6p.m. \$62.50
 61385 Sat Jan 8-Mar 19 9:40-10:20a.m. \$62.50
 61386 Sat Jan 8-Mar 19 12-12:40p.m. \$62.50
 61388 Sun Jan 9-Mar 20 9:40-10:20a.m. \$62.50

61390 Sun Jan 9-Mar 20 12-12:40p.m. \$62.50
61389 Sun Jan 9-Mar 20 6:10-6:50p.m. \$62.50

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.

LAC

61536 Mon Jan 3-Mar 14 5:30-6:10p.m. \$62.50
61574 Wed Jan 5-Mar 16 6:20-7p.m. \$62.50
61686 Sat Jan 8-Mar 19 1-1:40p.m. \$56.25

NWLC

61595 Tue Jan 4-Mar 15 5:55-6:35p.m. \$62.50
61597 Thu Jan 6-Mar 17 5:55-6:35p.m. \$62.50
61598 Sun Jan 9-Mar 20 12:50-1:30p.m. \$62.50

SSLC

61398 Mon Jan 3-Mar 14 4:05-4:45p.m. \$62.50
61405 Mon Jan 3-Mar 14 5:20-6p.m. \$62.50
61403 Tue Jan 4-Mar 15 5:20-6p.m. \$62.50
61639 Wed Jan 5-Mar 16 4:05-4:45p.m. \$62.50
61394 Wed Jan 5-Mar 16 4:40-5:20p.m. \$62.50
61404 Thu Jan 6-Mar 17 5:20-6p.m. \$62.50
61402 Fri Jan 7-Mar 18 4:40-5:20p.m. \$62.50
61396 Sat Jan 8-Mar 19 9:50-10:30a.m. \$62.50
61397 Sat Jan 8-Mar 19 11:15-11:55a.m. \$62.50
61399 Sun Jan 9-Mar 20 9:50-10:30a.m. \$62.50
61400 Sun Jan 9-Mar 20 11:15-11:55a.m. \$62.50
61401 Sun Jan 9-Mar 20 6:55-7:35p.m. \$62.50

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.

LAC

61588 Wed Jan 5-Mar 16 6:10-7p.m. \$72.50
61682 Sat Jan 8-Mar 19 11:10a.m.-12p.m. \$65.25

SSLC

61526 Mon Jan 3-Mar 14 4:35-5:25p.m. \$72.50
61407 Wed Jan 5-Mar 16 4:35-5:25p.m. \$72.50
61406 Fri Jan 7-Mar 18 4:35-5:25p.m. \$72.50
61408 Sat Jan 8-Mar 19 9-9:50a.m. \$72.50
61410 Sun Jan 9-Mar 20 12:05-12:55p.m. \$72.50

61409 Sun Jan 9-Mar 20 5:30-6:20p.m. \$72.50

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.

LAC

61531 Mon Jan 3-Mar 14 6:05-6:55p.m. \$72.50

61680 Sat Jan 8-Mar 19 1-1:50p.m. \$65.25

61728 Sun Jan 9-Mar 20 9:10-10a.m. \$58.00

SSLC

61412 Tue Jan 4-Mar 15 4:35-5:25p.m. \$72.50

61411 Thu Jan 6-Mar 17 4:35-5:25p.m. \$72.50

61413 Sat Jan 8-Mar 19 12:05-12:55p.m. \$72.50

61414 Sun Jan 9-Mar 20 10:20-11:10a.m. \$72.50

61415 Sun Jan 9-Mar 20 6:25-7:15p.m. \$72.50

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.

LAC

61570 Wed Jan 5-Mar 16 5:30-6:20p.m. \$72.50

SSLC

61525 Mon Jan 3-Mar 14 5:45-6:35p.m. \$72.50

61419 Wed Jan 5-Mar 16 5:45-6:35p.m. \$72.50

61679 Fri Jan 7-Mar 18 5:45-6:35p.m. \$72.50

61417 Sat Jan 8-Mar 19 10:20-11:10a.m. \$72.50

61418 Sun Jan 9-Mar 20 7:30-8:20p.m. \$72.50

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.

LAC

61683 Sat Jan 8-Mar 19 9:30-10:20a.m. \$65.25

SSLC

61327 Tue Jan 4-Mar 15 5:45-6:35p.m. \$72.50
61663 Thu Jan 6-Mar 17 5:45-6:35p.m. \$72.50
61326 Sun Jan 9-Mar 20 9-9:50a.m. \$72.50
61325 Sun Jan 9-Mar 20 7:30-8:20p.m. \$72.50

Private Lessons

6 years and up

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

LAC

61544 Tue Jan 4-Feb 1 5:40-6:10p.m. \$142.50
61546 Tue Jan 4-Feb 1 6:20-6:50p.m. \$142.50
61630 Thu Jan 6-Feb 3 5:40-6:10p.m. \$142.50
61632 Thu Jan 6-Feb 3 6:20-6:50p.m. \$142.50
61641 Sat Jan 8-Feb 5 9:30-10a.m. \$114.00
61642 Sat Jan 8-Feb 5 10:10-10:40a.m. \$114.00
61545 Tue Feb 8-Mar 15 5:40-6:10p.m. \$142.50
61547 Tue Feb 8-Mar 15 6:20-6:50p.m. \$142.50
61631 Thu Feb 10-Mar 17 5:40-6:10p.m. \$142.50
61633 Thu Feb 10-Mar 17 6:20-6:50p.m. \$142.50
61643 Sat Feb 12-Mar 19 9:30-10a.m. \$142.50
61645 Sat Feb 12-Mar 19 10:10-10:40a.m. \$142.50

NWLC

61599 Mon Jan 3-Jan 31 1:25-1:55p.m. \$142.50
61601 Mon Jan 3-Jan 31 4:35-5:05p.m. \$142.50
61603 Mon Jan 3-Jan 31 5:50-6:20p.m. \$142.50
61605 Tue Jan 4-Feb 1 4:35-5:05p.m. \$142.50
61607 Tue Jan 4-Feb 1 5:50-6:20p.m. \$142.50
61609 Wed Jan 5-Feb 2 10:40-11:10a.m. \$142.50
61611 Wed Jan 5-Feb 2 4:35-5:05p.m. \$142.50
61613 Wed Jan 5-Feb 2 5:15-5:45p.m. \$142.50
61615 Thu Jan 6-Feb 3 4:35-5:05p.m. \$142.50
61617 Fri Jan 7-Feb 4 4:35-5:05p.m. \$142.50
61619 Fri Jan 7-Feb 4 5:50-6:20p.m. \$142.50
61600 Mon Feb 7-Mar 14 1:25-1:55p.m. \$142.50
61602 Mon Feb 7-Mar 14 4:35-5:05p.m. \$142.50
61604 Mon Feb 7-Mar 14 5:50-6:20p.m. \$142.50
61606 Tue Feb 8-Mar 15 4:35-5:05p.m. \$142.50
61608 Tue Feb 8-Mar 15 5:50-6:20p.m. \$142.50
61610 Wed Feb 9-Mar 16 10:40-11:10a.m. \$142.50
61612 Wed Feb 9-Mar 16 4:35-5:05p.m. \$142.50
61614 Wed Feb 9-Mar 16 5:15-5:45p.m. \$142.50
61616 Thu Feb 10-Mar 17 4:35-5:05p.m. \$142.50
61618 Fri Feb 11-Mar 18 4:35-5:05p.m. \$142.50
61620 Fri Feb 11-Mar 18 5:50-6:20p.m. \$142.50

SSLC

61311 Mon Jan 3-Jan 31 4:15-4:45p.m. \$142.50
61294 Mon Jan 3-Jan 31 6-6:30p.m. \$142.50
61534 Tue Jan 4-Feb 1 4:15-4:45p.m. \$142.50
61296 Tue Jan 4-Feb 1 6-6:30p.m. \$142.50
61288 Wed Jan 5-Feb 2 4:15-4:45p.m. \$142.50
61286 Wed Jan 5-Feb 2 6-6:30p.m. \$142.50
61660 Thu Jan 6-Feb 3 4:15-4:45p.m. \$142.50
61290 Thu Jan 6-Feb 3 6-6:30p.m. \$142.50
61300 Fri Jan 7-Feb 4 4:15-4:45p.m. \$142.50
61302 Fri Jan 7-Feb 4 6-6:30p.m. \$142.50
61289 Sat Jan 8-Feb 5 9:15-9:45a.m. \$142.50
61305 Sat Jan 8-Feb 5 11:55a.m.-12:25p.m. \$142.50
61307 Sun Jan 9-Feb 6 9:15-9:45a.m. \$142.50
61309 Sun Jan 9-Feb 6 11:55a.m.-12:25p.m. \$142.50
61284 Sun Jan 9-Feb 6 7:20-7:50p.m. \$142.50
61291 Sun Jan 9-Feb 6 7:20-7:50p.m. \$142.50
61292 Sun Jan 9-Feb 6 7:20-7:50p.m. \$142.50
61308 Sun Feb 6-Feb 27 9:15-9:45a.m. \$114.00
61310 Sun Feb 6-Feb 27 11:55a.m.-12:25p.m. \$114.00
61312 Mon Feb 7-Mar 14 4:15-4:45p.m. \$142.50
61861 Mon Feb 7-Mar 14 6-6:30p.m. \$142.50
61535 Tue Feb 8-Mar 15 4:15-4:45p.m. \$142.50
61297 Tue Feb 8-Mar 15 6-6:30p.m. \$142.50
61287 Wed Feb 9-Mar 16 4:15-4:45p.m. \$142.50
61293 Wed Feb 9-Mar 9 4:30-5p.m. \$142.50
61285 Wed Feb 9-Mar 16 6-6:30p.m. \$142.50
61661 Thu Feb 10-Mar 17 4:15-4:45p.m. \$142.50
61299 Thu Feb 10-Mar 17 6-6:30p.m. \$142.50
61301 Fri Feb 11-Mar 18 4:15-4:45p.m. \$142.50
61303 Fri Feb 11-Mar 18 6-6:30p.m. \$142.50
61304 Sat Feb 12-Mar 19 9:15-9:45a.m. \$142.50
61298 Sat Feb 12-Mar 12 11:10-11:40a.m. \$142.50
61306 Sat Feb 12-Mar 19 11:55a.m.-12:25p.m. \$142.50
61295 Mon Feb 21-Mar 7 6-6:30p.m. \$85.50

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 allfemale staff. Cost: General admission or free with a leisure pass.

NWLC

61843 Sun Jan 9 6:30-8:30p.m.
61844 Sun Jan 23 6:30-8:30p.m.
61845 Sun Feb 6 6:30-8:30p.m.
61846 Sun Feb 20 6:30-8:30p.m.
61847 Sun Mar 6 6:30-8:30p.m.
61848 Sun Mar 20 6:30-8:30p.m.
61849 Sun Apr 3 6:30-8:30p.m.

61850 Sun May 1 6:30-8:30p.m.
61851 Sun May 15 6:30-8:30p.m.
61852 Sun May 29 6:30-8:30p.m.

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.

SSLC

61258 Sat Jan 8-Mar 19 12:30-1:10p.m. \$62.50
61259 Sun Jan 9-Mar 20 12:30-1:10p.m. \$62.50

Adult Learn to Swim
14 years and up

Geared towards beginners, 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.

NWLC

61662 Thu Jan 6-Mar 17 8:35-9:15p.m. \$62.50
61664 Sun Jan 9-Mar 20 9-9:40a.m. \$62.50

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.

NWLC

61655 Wed Jan 5-Mar 16 9-9:40a.m. \$62.50

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.

NWLC

61644 Tue Jan 4-Feb 1 5:15-5:45p.m. \$142.50
61650 Thu Jan 6-Feb 3 5:50-6:20p.m. \$142.50
61646 Tue Feb 8-Mar 15 5:15-5:45p.m. \$142.50
61651 Thu Feb 10-Mar 17 5:50-6:20p.m. \$142.50

SSLC

61280 Mon Jan 3-Jan 31 5:25-5:55p.m. \$142.50
61262 Tue Jan 4-Feb 1 5:25-5:55p.m. \$142.50
61264 Wed Jan 5-Feb 2 5:25-5:55p.m. \$142.50
61268 Thu Jan 6-Feb 3 5:25-5:55p.m. \$142.50
61270 Fri Jan 7-Feb 4 5:25-5:55p.m. \$142.50
61272 Sat Jan 8-Feb 5 10:45-11:15a.m. \$142.50
61274 Sun Jan 9-Feb 6 10:45-11:15a.m. \$142.50
61276 Sun Jan 9-Feb 6 5:35-6:05p.m. \$142.50
61278 Sun Jan 9-Feb 6 6:40-7:10p.m. \$142.50
61281 Mon Feb 7-Feb 28 5:25-5:55p.m. \$142.50
61263 Tue Feb 8-Mar 15 5:25-5:55p.m. \$142.50
61265 Wed Feb 9-Mar 16 5:25-5:55p.m. \$142.50
61269 Thu Feb 10-Mar 17 5:25-5:55p.m. \$142.50
61271 Fri Feb 11-Mar 18 5:25-5:55p.m. \$142.50
61273 Sat Feb 12-Mar 19 10:45-11:15a.m. \$142.50
61275 Sun Feb 13-Mar 20 10:45-11:15a.m. \$142.50
61277 Sun Feb 13-Mar 20 5:35-6:05p.m. \$142.50
61279 Sun Feb 13-Mar 20 6:40-7:10p.m. \$142.50

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.

SSLC

61283 Sun Jan 9-Mar 20 6-9p.m. \$179.00

Lifesaving Society Bronze Cross

14 years and up

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

Prerequisite: Lifesaving Society Bronze Medallion

SSLC

61873 Mon Jan 3-Mar 14 6-9p.m. \$140.00

Lifesaving Society National Lifeguard

15 years and up

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

LAC

61787

Fri Jan 21 5-9p.m.

Sat-Sun Jan 22-Jan 23 10a.m.-7p.m.

Fri Feb 11 5-9p.m.

Sat-Sun Feb 12-13 10a.m.-7p.m.

\$270.00

Red Cross Assistant Lifeguard

13 years and up

The objective of this course is to provide training in the prevention of injuries, responding to emergencies, rescue and lifeguarding skills, along with safe behaviors and working as part of a lifeguard team.

Prerequisite: Current Standard First Aid with CPR-C and 13 years of age.

LAC

61789

Fri-Sun Feb 25-Feb 27 10a.m.-7p.m.

Sat Mar 12 10a.m.-7p.m.

Sun Mar 13 10a.m.-2p.m.

\$200.00

SSLC

61864 Tue-Sun Feb 22-Feb 27 8a.m.-5p.m. \$200.00

Red Cross First Aid/CPR/AED

12 years and up

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

NWLC

61856 Sat-Sun Jan 22-Jan 23 9a.m.-6p.m. \$146.00

61857 Sat-Sun Feb 19-Feb 20 9a.m.-6p.m. \$146.00

Red Cross Lifeguard

15 years and up

Red Cross Lifeguard is a professional lifeguard certification course for individuals working at pools. The course prepares deck-ready lifeguards to prevent and respond to lifeguard emergencies, create a safe environment, work in teams, and handle public relations in a professional manner. The candidates are continuously evaluated throughout the course based on standard evaluation criteria and complete a final skills and knowledge assessment. Certification is valid for two years.

Prerequisite: Must be 15 years of age and completed the Red Cross Assistant Lifeguard Program, Standard First Aid, CPR-C and AED training.

LAC

61790

Fri Mar 18 5-9p.m.

Sat-Sun Mar 19-Mar 20 10a.m.-7p.m.

Fri Mar 25 5-9p.m.

Sat-Sun Mar 26-Mar 27 10a.m.-7p.m.

\$265.00

Red Cross Water Safety Instructor (WSI) Course

15 years and up

The WSI Course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on, and around the water. This course will provide you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback. The course will include four parts: a WSI Skills Evaluation, WSI Online, WSI Teaching Experience, and WSI Classroom and Pool components. For more information, please check with reception or go to redcross.ca/wsi2016 for more details.

NWLC

61859

Sun Jan 2 (SSLC) 8a.m.-1p.m.

Sat-Sun Mar 12-Mar 13 8a.m.-5p.m.

Sat Mar 19 8a.m.-5p.m.

Sun Mar 20 8a.m.-12p.m.

\$391.00

61860

Sun Feb 27 (SSLC) 8a.m.-1p.m.

Sat-Sun May 22-May 23 8a.m.-5p.m.

Sat May 28 8a.m.-5p.m.

Sun May 29 8a.m.-12p.m.

\$391.00

AQUATIC RECERTIFICATION COURSES

Lifesaving Society National Lifeguard Recertification

16 years and up

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

LAC

61792 Sat Mar 12 11a.m.-4p.m. \$67.00

SSLC

61865 Fri Feb 4 5-10p.m. \$67.00

Red Cross First Aid/CPR/AED Blended Recertification

15 years and up

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.

NWLC

61853 Sun Jan 16 9a.m.-1p.m. \$90.00

61854 Sat Feb 12 9a.m.-1p.m. \$90.00

61855 Sat Mar 5 9a.m.-1p.m. \$90.00

Red Cross Lifeguard Recertification

16 years and up

Precertification/recertification of the Canadian Red Cross Lifeguard Certification Standard.

LAC

61791 Sat Jan 22 11a.m.-4p.m. \$76.00

Red Cross Water Safety Instructor (WSI) Recertification

16 years and up

Recertification of the Red Cross Water Safety Instructor course.

SSLC

61521 Sat Feb 12 8a.m.-1p.m. \$76.00

61522 Sat Mar 19 8a.m.-1p.m. \$76.00

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 ADAPTED PROGRAMS

Laugh & Splash Family Leisure Swim

FREE

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.

NWLC

61006 Sun Jan 16 6:30-8:30p.m. Free
61007 Sun Jan 30 6:30-8:30p.m. Free
61008 Sun Feb 13 6:30-8:30p.m. Free
61009 Sun Mar 13 6:30-8:30p.m. Free
61010 Sun Mar 27 6:30-8:30p.m. Free
61011 Sun Apr 10 6:30-8:30p.m. Free
61012 Sun Apr 24 6:30-8:30p.m. Free
61013 Sun May 8 6:30-8:30p.m. Free
61014 Sun May 22 6:30-8:30p.m. Free
61015 Sun Jun 5 6:30-8:30p.m. Free

SSLC

60996 Sat Jan 8 6:30-8:30p.m. Free
60997 Sat Jan 22 6:30-8:30p.m. Free
60998 Sat Feb 5 6:30-8:30p.m. Free
60999 Sat Mar 5 6:30-8:30p.m. Free
61000 Sat Mar 19 6:30-8:30p.m. Free
61001 Sat Apr 2 6:30-8:30p.m. Free
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

NEW: Red Cross Adapted Group Lessons 4-8 years

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

61627 Sun Jan 9-Mar 20 9-9:30a.m. \$57.50

New: Red Cross Swim Adapted Lessons 4 years and up

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.

NWLC

61621 Mon Jan 3-Jan 31 5:15-5:45p.m. \$71.25
61623 Wed Jan 5-Feb 2 5:15-5:45p.m. \$71.25

61625 Fri Jan 7-Feb 4 4:35-5:05p.m. \$71.25
61653 Sat Jan 8-Feb 5 12:55-1:25p.m. \$71.25
61622 Mon Feb 7-Mar 14 5:15-5:45p.m. \$71.25
61624 Wed Feb 9-Mar 16 5:15-5:45p.m. \$71.25
61626 Fri Feb 11-Mar 18 4:35-5:05p.m. \$71.25
61654 Sat Feb 12-Mar 19 12:55-1:25p.m. \$71.25

ADAPTED RECREATION PROGRAMS

What's Your Style

FREE

In this weekly program, professional artists with disabilities will lead children through an inclusive movement class. Learning through dance, body, breath, and voice, participants will be welcomed into an inclusive space that allows them to explore their creativity. This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina. For more information, contact socialinclusionprograms@regina.ca or call 306-777-7047.

What's Your Style - Kids

4-10 years

mâdawêyatitân centre

60915 Sat Feb 5-Apr 2 1-2p.m. Free

What's Your Style - Youth

11-17 years

mâdawêyatitân centre

60916 Sat Feb 5-Apr 2 2:15-3:15p.m. Free

ADAPTED SPORT PROGRAMS

Enhanced Sports Jam

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.

5-7 years

FLDH

61805 Sat Mar 19-Apr 23 5-6p.m. \$39.00

8-10 years

FLDH

61803 Sat Jan 8-Feb 12 5-6p.m. \$26.00

Short Breaks

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 socialinclusionprograms@regina.ca or Kathy Cockburn kathy@inclusionregina.ca.

REGISTERED PRESCHOOL PROGRAMS

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

PRESCHOOL RECREATION

NEW: 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.

NWLC

61786 Fri Jan 7-Feb 4 2:30-3:35p.m. \$50.00

61788 Fri Feb 11-Mar 18 2:30-3:35p.m. \$50.00

PRESCHOOL SPORTS

Parent & Tot Floor Hockey

3-5 years

Parents and tots enjoy learning floor hockey skills together. In a nongame-based environment, this program will teach the basic skills of floor hockey and incorporate fun developmental games and activities into each and every class.

FLDH

61716 Fri Jan 7-Mar 4 5:30-6:30p.m. \$39.00

Parent & Tot Sports Jam

3-5 years

All sorts of sports and activities for you and your tot! In a non-gamebased environment players and parents will play a different activity or sport every week.

FLDH

61794 Mon Jan 10-Feb 14 5:30-6:30p.m. \$39.00

NWLC

61778 Thu Jan 6-Feb 17 5:15-6:15p.m. \$45.50
61782 Thu Mar 3-Apr 14 5:15-6:15p.m. \$45.50

REGISTERED CHILD AND YOUTH PROGRAMS

Legend

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

CHILD AND YOUTH FINE ARTS

3D Printing and Design 1

8-12 years

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

NBAC

60843 Sat Jan 22-Mar 19 9:30-10:30a.m. \$95.00

3D Printing and Design 2

8-16 years

Do you want to continue to learn more about 3D printing and design? This class will teach you new design skills and more hands on work with the 3D printers. Students must supply their own laptop or iPad.

Prerequisite: 3D Printing and Design or equivalent experience.

NBAC

60923 Sat Jan 22-Mar 19 11a.m.-12p.m. \$95.00

Abstract Art for Teens

12-16 years

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

NBAC

60943 Sun Jan 23-Mar 20 3-4:30p.m. \$95.00

Acrylics for Teens

12-16 years

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

NBAC

61133 Wed Jan 19-Mar 9 7-8:30p.m. \$95.00

Adventures in Art for Homeschoolers 1

5-8 years

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

NBAC

60846 Thu Jan 20-Mar 10 10a.m.-12p.m. \$120.00

Adventures in Art for Homeschoolers 2

9-13 years

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

NBAC

60847 Thu Jan 20-Mar 10 1-3p.m. \$120.00

Art Exploration

8-12 years

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.

NBAC

60850 Sat Jan 22-Mar 19 1-3p.m. \$120.00

Art, Mindfulness and Creativity

10-15 years

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

NBAC

60930 Sat Jan 22-Mar 19 2-4p.m. \$120.00

Art Sampler

6-9 years

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.

NBAC

60851 Sat Jan 22-Mar 19 10a.m.-12p.m. \$120.00

Comics for Kids

8-13 years

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

NBAC

60856 Sun Jan 23-Mar 20 1-2:30p.m. \$98.00

Drama for Teens

12-16 years

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

NBAC

60942 Sun Jan 23-Mar 20 2:30-4p.m. \$95.00

Drawing 1 for Children

6-9 years

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!

NBAC

60861 Sat Jan 22-Mar 19 9-10:30a.m. \$95.00

Drawing and Colouring Adventure

6-10 years

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

NBAC

60862 Sun Jan 23-Mar 20 1-2:30p.m. \$98.00

Drawing Awesome Monsters

7-12 years

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

NBAC

60944 Sat Jan 22-Mar 19 10-11:30a.m. \$95.00

Drawing Mythological Creatures

9-14 years

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

NBAC

60863 Sat Jan 22-Mar 19 1-2:30p.m. \$95.00

NEW: Easy Sewing - Fun Felt Friends

10-14 years

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

NBAC

60994 Sat Jan 15 1-4p.m. \$35.00

Fairy Tale Fun

6-10 years

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

NBAC

60933 Sun Jan 16 1-2:30p.m. \$23.00

Fantastic Friends Drawing

8-12 years

Learn to draw everything from knights, dragons, and jaguars to scenes from the ice age, outer space, and enchanted forests! Each week will focus on a different fun theme to create a cast of Fantastic Friends.

NBAC

60932 Sun Jan 23-Mar 20 3-4:30p.m. \$98.00

Improv

8-12 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.

NBAC

60869 Sun Jan 23-Mar 20 1-2p.m. \$82.00

Make Your Own Monster Cards

10-14 years

Create your own trading card game with original creatures, characters and items, a

custom rule book, and a deck of unique cards – all designed by you! Then, battle your classmates in a monster card tournament!

NBAC

60900 Sat Jan 22-Mar 5 3-4:30p.m. \$85.00

Manga 1

8-12 years

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

NBAC

60878 Sat Jan 22-Mar 19 12:30-2p.m. \$95.00

NEW: Manga Studio

13-16 years

Use your drawing skills and experience to create a manga or comic story. Develop your storytelling and page layout skills and dig deep into solving specific drawing problems to tell your story. Practice drawing manga pages from script to sketch to finished inks. Some experience drawing comics or manga is required.

NBAC

60946 Sat Jan 22-Mar 19 2:30-4:30p.m. \$110.00

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.

NBAC

60890 Sat Jan 22-Mar 19 11a.m.-12:30p.m. \$95.00

CHILD AND YOUTH RECREATION

MyTime

FREE

10-14 years

MyTime is a free and inclusive registered program for youth ages 10-14. MyTime is designed to create fun group activities for youth of all abilities, including "Minute to Win It" games, swimming and Trivia Nights. Registration is required, and participants must have a Participant Information Form signed by a parent/guardian to attend. Form can be found on the City website: regina.ca/mytime.

Argyle North Community Centre

60920 Wed Feb 2-Apr 13 6:30-8:30p.m. Free

Core Ritchie Neighbourhood Centre
60917 Thu Feb 3-Apr 14 6:30-8:30p.m. Free

Eastview Community Centre
60919 Wed Feb 2-Apr 13 6:30-8:30p.m. Free

Glencairn Neighbourhood Recreation Centre
60918 Tue/Thu Feb 1-Apr 14 6:30-8:30p.m. Free

Harbour Landing School
60938 Thu Feb 3-Apr 14 6:30-8:30p.m. Free

McDermid School
60940 Thu Feb 3-Apr 14 6:30-8:30p.m. Free

Regina Huda School (boys only site)
61194 Tue Feb 1-Apr 12 6:30-8:30p.m. Free

Regina Huda School (girls only site)
60939 Wed Feb 2-Apr 13 6:30-8:30p.m. Free

Rosemont School
60941 Tue/Thu Feb 1-Apr 14 6:30-8:30p.m. Free

Adapted Program - What's Your Style
FREE

In this weekly program, professional artists with disabilities will lead children through an inclusive movement class. Learning through dance, body, breath, and voice, participants will be welcomed into an inclusive space that allows them to explore their creativity. This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina. For more information, contact socialinclusionprograms@regina.ca or call 306-777-7047.

What's Your Style - Kids
4-10 years
mâdawêyatitân centre
60915 Sat Feb 5-Apr 2 1-2p.m. Free

What's Your Style - Youth
11-17 years
mâdawêyatitân centre
60916 Sat Feb 5-Apr 2 2:15-3:15p.m. Free

CHILD AND YOUTH SPORTS

Badminton - Junior 1
10-12 years

This class will teach various badminton skills such as footwork, underhand and overhand strokes, serving and scoring.

FLDH

61696 Wed Jan 12-Feb 16 6-7p.m. \$39.00

NWLC

61723 Sun Jan 9-Feb 20 10:30-11:30a.m. \$45.50

61784 Sun Mar 6-Apr 10 10:30-11:30a.m. \$39.00

Badminton – Kids

This class will teach footwork, underhand and overhand strokes, serving and scoring.

5-7 years

FLDH

61698 Tue Jan 11-Feb 15 4:30-5:30p.m. \$39.00

NWLC

61695 Sun Jan 9-Feb 20 9:15-10:15a.m. \$45.50

61783 Sun Mar 6-Apr 10 9:15-10:15a.m. \$39.00

8-10 years

FLDH

61697 Tue Jan 11-Feb 15 5:30-6:30p.m. \$39.00

Badminton Games – Junior

13-15 years

Instructional co-ed classes to improve skills and strategies by playing full games with various partners.

FLDH

61699 Wed Jan 12-Feb 16 7-8p.m. \$39.00

Basketball – Kids

5-7 years

This program teaches basic skills and rules. Drills, teamwork, and scrimmages will be included.

FLDH

61712 Fri Mar 18-Apr 22 6:30-7:30p.m. \$32.50

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!

FLDH

61801 Sat-Sun Jan 8-Feb 13 11a.m.-12p.m. \$52.00

61800 Fri Mar 18-Apr 22 5:30-6:30p.m. \$32.50

Adapted Program: Enhanced Sports Jam

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.

5-7 years

FLDH

61805 Sat Mar 19-Apr 23 5-6p.m. \$39.00

8-10 years

FLDH

61803 Sat Jan 8-Feb 12 5-6p.m. \$26.00

Floor Hockey Kids

5-7 years

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

FLDH

61713 Fri Jan 7-Mar 4 6:30-7:30p.m. \$39.00

Go Girl Sports Jam

5-11 years

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.

FLDH

61714 Sat Jan 8-Feb 12 4-5p.m. \$26.00

61715 Sat Mar 19-Apr 23 3-4p.m. \$39.00

Soccer

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

5-7 years

FLDH

61708 Tue Jan 11-Mar 8 4:30-5:30p.m. \$52.00

8-12 years

FLDH

61709 Tue Jan 11-Mar 8 5:30-6:30p.m. \$52.00

Sports Jam

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

5-7 years

FLDH

61802 Sat Jan 8-Feb 12 3-4p.m. \$26.00

61795 Mon Feb 28-Apr 4 5:30-6:30p.m. \$39.00

NWLC

61777 Mon Jan 3-Feb 14 7-8p.m. \$45.50

61781 Mon Feb 28-Apr 11 7-8p.m. \$45.50

8-12 years

FLDH

61718 Mon Jan 10-Feb 14 6:30-7:30p.m. \$39.00

61793 Mon Feb 28-Apr 4 6:30-7:30p.m. \$39.00

61804 Sat Mar 19-Apr 23 4-5p.m. \$39.00

Tennis - Kids

Scaled down mini nets, small racquets, and foam balls on a 1/2 court lets the kids serve, rally and score allowing for quick success. This new, modified equipment and game-based approach to teaching tennis makes this program fun and easy. Parents are strongly encouraged to participate with their child in our Beginner Tennis Program for children ages 5-6.

5-6 years

FLDH

61799 Tue Mar 1-Apr 5 6:30-7:30p.m. \$39.00

7-9 years

FLDH

61702 Tue Jan 11-Feb 15 6:30-7:30p.m. \$39.00

Tennis - Junior - Level 1

10-12 years

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

FLDH

61797 Tue Jan 11-Feb 15 7:30-8:30p.m. \$39.00

Track & Field - Intro

7-11 years

Learn the introductory skills and proper techniques required for sprinting, running, relay, high jump, and long jump events.

FLDH

61711 Sat-Sun Jan 8-Feb 13 9:30-10:30a.m. \$52.00

DANCE NIGHTS

January 20 & April 28, 2022

Thursday nights at māmawêyatitân centre

3355 6th Ave

7-9 p.m.

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

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

REGISTERED ADULT PROGRAMS

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

ADULT FINE ARTS PROGRAMS - DRAWING & PAINTING

Alcohol Ink

15 years and up

Join the fluid art movement with Alcohol Inks! Follow a step-by-step guide in this new, popular art medium. Free your artistic spirit and embark on a new adventure. Learn a large variety of techniques and how to master this wild medium from a qualified instructor. No previous experience required.

NBAC

60848 Tue Jan 18-Mar 8 7-9p.m. \$145.00

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!

NBAC

60921 Mon Jan 17-Mar 14 7-9:30p.m. \$140.00

NEW: Art Odyssey

15 years and up

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

NBAC

60947 Wed Jan 19-Mar 9 7-9p.m. \$140.00

Art, Mindfulness and Creativity

15 years and up

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

NBAC

61257 Fri Jan 21-Mar 11 10a.m.-12p.m. \$125.00

Beginner Acrylics

15 years and up

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

NBAC

60934 Mon-Fri Jan 17-Jan 21 9a.m.-12p.m. \$112.00

Coloured Pencil Drawing

15 years and up

Learn how to use coloured pencils to create fun and dynamic drawings with colour. In this class, you will learn colour theory and drawing techniques through a series of coloured pencil drawing exercises and projects.

NBAC

60855 Thu Jan 20-Mar 10 7-9:30p.m. \$135.00

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.

NBAC

60857 Wed Jan 19-Mar 9 7-9p.m. \$115.00

NEW: Expressive Watercolour Techniques

15 years and up

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

NBAC

60937 Wed-Thu Mar 9-Mar 24 9a.m.-12p.m. \$125.00

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.

NBAC

60867 Wed Jan 19-Mar 9 7-9:30p.m. \$175.00

Landscapes in Acrylic

15 years and up

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

NBAC

60876 Fri Jan 21-Mar 11 1-4p.m. \$165.00

Landscapes in Watercolour

15 years and up

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

NBAC

60877 Wed Jan 19-Mar 9 1-4p.m. \$165.00

Oil Painting 1

15 years and up

Basic oil painting techniques are taught through classic, yet simple still life and

landscape subjects. We will use water-mixable oil paints that are a safer alternative to traditional oils, and give identical results. No solvents will be used in this class.

NBAC

60901 Mon Jan 17-Mar 14 7-10p.m. \$165.00

Painting and Drawing Drop-In

FREE

14 years and up

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

NBAC

60880 Fri Jan 7-Mar 25 9-11:30a.m. Free

NEW: Painting Animals in Acrylic

15 years and up

Learn how to paint animals in brilliant acrylic medium. Be it your loving pet, wild animals of Africa or the amazon, we will learn to capture their glory in a comfortable class setting. Students can pick their own subject as well. No experience necessary.

NBAC

60902 Sun Jan 23-Mar 20 1-4p.m. \$165.00

Painting with Acrylics 1

15 years and up

Simple drawing, colour, composition and brush techniques will all be explored. Landscapes, still life, portraits or wildlife - no matter what your interest, everyone is welcome.

NBAC

60881 Tue Jan 18-Mar 8 7-10p.m. \$165.00

Painting with Acrylics 2

15 years and up

A more advanced class for those who have completed Acrylic Painting I, or who have previous experience painting with acrylics.

NBAC

60928 Thu Jan 20-Mar 10 7-10p.m. \$165.00

Painting with Acrylics 3

15 years and up

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

constructive group critique so all can benefit.

NBAC

60882 Wed Jan 19-Mar 9 9a.m.-12p.m. \$165.00

Portrait Drawing

15 years and up

This class is geared to those who want to draw realistic portraits. Learn how to approach creating portraits by an understanding of anatomy, starting with effective drawings, consideration of light and dark tones, using and applying colour, while applying this knowledge through the completion of several drawings.

NBAC

60885 Tue Jan 18-Mar 8 7-9:30p.m. \$135.00

Sketching the Basics

15 years and up

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

NBAC

60906 Tue Jan 18-Mar 8 1-3:30p.m. \$135.00

Watercolour - Level 1

15 years and up

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

NBAC

60907 Sat Jan 22-Mar 19 9a.m.-12p.m. \$165.00

What to do with Acrylic Mediums

15 years and up

Learn what to do with Matte Medium, Clear Gesso and Crackle Paste. Acrylic mediums are used with your acrylic paints to expand your creative potential. We will explore a new acrylic medium's possibilities every two weeks, and apply this to your choice of still life, abstract or landscape subject matter. We will also work with ventilation tape, rubbing alcohol and stamping to add interesting textural effects.

NBAC

60935 Wed-Thu Feb 9-Feb 24 9a.m.-12p.m. \$125.00

ADULT FINE ARTS PROGRAMS - FIBRE ARTS

NEW: Basket Weaving with Fabric

14 years and up

Learn to make a beautiful basket by weaving strips of fabric around macramé cord and

connecting with the previous round. Students will supply their own materials. A list of materials will be provided on registration receipt.

NBAC

61209 Sun Jan 9 1-3p.m. \$30.00

NEW: Bonnie Bucket Bag

15 years and up

A perfect project for the confident beginner sewist. The bucket bag is all you need to carry your essentials. This medium oval shaped bag has a longer shoulder strap, a recessed zipper closure and interior slip and zip pockets. Previous sewing machine experience required. Students will supply their own sewing machine and most materials.

NBAC

61147 Mon-Tue Mar 14-Mar 22 1-4p.m. \$100.00

NEW: Firefly Tote

15 years and up

This is the perfect project for the confident beginner sewist with limited, minimal sewing machine experience. The Firefly tote is perfect for a day trip or work bag. It features a drawstring closure, handy exterior pockets, and interior slip and zip pockets. Previous sewing machine experience required. Students will supply their own sewing machine and most materials.

NBAC

61138 Mon-Tue Jan 31-Feb 8 1-4p.m. \$100.00

Introduction to Crochet

14 years and up

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

NBAC

60870 Mon Jan 17-Mar 14 7-8p.m. \$90.00

Introduction to Knitting

14 years and up

Learn how to knit! In this beginner class you will learn how to knit a basic stitch so that you can complete easy projects like dish scarves, baby blankets, and scarves.

NBAC

60897 Mon Jan 17-Mar 14 2-3p.m. \$90.00

Open Fibre Night

FREE

14 years and up

The Regina Weavers and Spinners Guild welcomes you to the world of fibre. Join us to

learn and visit about spinning, weaving, knitting, crocheting, felting and much more. Feel free to bring your work in progress. All ages and skill levels welcome. Registration is not necessary for this drop-in.

NBAC

60879 Thu Jan 27, Feb 24, Mar 24 7-10p.m.

Quilting Drop In

FREE

15 years and up

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

NBAC

60886 Thu Jan 6-Mar 31 9a.m.-2p.m.

Stitch-In

FREE

15 years and up

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

NBAC

60887 Fri Jan 7-Mar 25 9-11:30a.m.

NEW: Tatting

14 years and up

A form of lacework that consists of one knot called a double stitch, also known as the lark's head in macramé. Make a small size to insert into a greeting card or hang on the Christmas tree, a medium size for a doily, or a large size for a tablecloth.

NBAC

61256 Sun Jan 16 1-3p.m. \$30.00

Upcycled Denim Mittens

15 years and up

Learn how to upcycle your favourite pair of old denim jeans, jacket or even thrift-store finds into a pair of unique mittens. Previous sewing machine experience would be an asset but not essential. Students will supply their own sewing machine, and materials. A list of materials will be provided on registration receipt.

NBAC

60922 Sat Jan 15 10a.m.-3p.m. \$55.00

Upcycled Denim Slippers

15 years and up

Learn how to upcycle your favourite pair of old denim jeans, jacket or even thrift-store finds into a pair of cozy slippers. Previous sewing machine experience

would be an asset but not essential. Students will supply their own sewing machine, and materials. A list of materials will be provided on registration receipt.

NBAC

60929 Sat Jan 8 10a.m.-3p.m. \$55.00

NEW: Zippered Minis

15 years and up

A perfect project for the confident intermediate sewist comfortable with installing zippers. These cute mini pouches are great for carrying reading glasses, coins, snacks, pencils, etc. During this class you will sew 2-3 different kinds of mini pouches. Once you make one, you'll want to make one hundred! Previous sewing machine experience required. Students will supply their own sewing machine and most materials.

NBAC

61141 Mon-Tue Feb 14-Feb 15 1-4p.m. \$65.00

ADULT FINE ARTS PROGRAMS - JEWELLERY

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!

NBAC

60872 Tue Jan 18-Mar 15 7-10p.m. \$290.00

Jewellery 2

16 years and up

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

Prerequisite: Jewellery 1.

NBAC

60926 Thu Jan 20-Mar 17 7-10p.m. \$250.00

Jewellery 3

16 years and up

Students will learn advanced techniques including faceted stone setting, metal bead fabrication and etching on copper and brass.

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

60927 Thu Jan 20-Mar 17 1-4p.m. \$250.00

Jewellery Project

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

60873 Tue Jan 18-Mar 15 1-4p.m. \$250.00

NEW: Lampwork – Advanced Bead Shaping

16 years and up

This class will explore the use of various bead rollers, presses, molds, and cabochon mandrels to create beads with specific shapes and textures, multiples of beads that are the same size and shapes, as well as cabochons in different shapes. Students should bring their own glass though there is some available for purchase.

Prerequisite: Lampwork Beads 1 or equivalent experience.

NBAC

60949 Sat Jan 22-Mar 19 9a.m.-12p.m. \$245.00

NEW: Lampwork – Cabochons

16 years and up

Learn to make cabochons on and off mandrel, and off mandrel hollow tube beads. Other advanced techniques chosen by the students will be demonstrated with lots of practice time and assistance.

Prerequisite: Lampwork Beads 1.

NBAC

61132 Mon Jan 17-Mar 14 7-10p.m. \$245.00

Lampwork – Simple Sculptures

16 years and up

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

Prerequisite: Lampwork 1

NBAC

60874 Wed Feb 9-Mar 30 7-10p.m. \$245.00

Lampwork Bead Project Class

16 years and up

This is an excellent class for students who have taken Lampwork Beads 1 and would like extra torch time to practice and fine-tune their designs. With the instructor in attendance for guidance, you will be able to work on your special beads and assemble your creations into jewellery.

Prerequisite: Lampwork Beads 1.

NBAC

60875 Sun Jan 16-Mar 27 1-4p.m. \$295.00

Lampwork Beads 1 Short Course

16 years and up

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

NBAC

60948 Wed Jan 12-Feb 2 7-10p.m. \$160.00

ADULT FINE ARTS PROGRAMS - PHOTOGRAPHY

Photography 1 – Camera Operation

15 years and up

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

NBAC

60883 Mon Jan 17-Feb 14 7-10p.m. \$112.00

60884 Mon Feb 28-Mar 28 7-10p.m. \$112.00

Photography 2 – Principles of Photography

15 years and up

Develop your understanding of the principles of photography, intricacies of camera operation and variables that control image quality, exposure, and white balance. Emphasis is on using your camera's creative controls to explore depth of field and motion. Participate in photographic assignments to develop your skills and achieve a better understanding of the technical aspects of photography.
Prerequisite: Photography 1 or equivalent.

NBAC

60904 Wed Jan 19-Feb 16 7-10p.m. \$112.00

60905 Wed Feb 23-Mar 23 7-10p.m. \$112.00

ADULT FINE ARTS PROGRAMS - THEATRE ARTS

Improv for Business Professionals

15 years and up

This class is designed to help develop your skills in communication, presentation, critical thinking, problem-solving on the spot, and other vital skills of the business world. Explore classic improv games and skill-building activities to become more comfortable working with others.

NBAC

60925 Thu Jan 20-Mar 10 7-8:30p.m. \$100.00

ADULT FINE ARTS PROGRAMS - WOODWORKING

A Solid Table

16 years and up

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

Prerequisite: Basic woodworking or instructor's permission

NBAC

60845 Wed Jan 19-Mar 23 7-10p.m. \$280.00

NEW: Animal Baby Rattle with Gift Box

16 years and up

Learn how to construct a simple handmade baby rattle, including dowel and beads, along with a simple gift box. Students will have the option to make their own desired shape: elephant, hippo, frog, hedgehog, submarine, etc. The class will emphasize the skills needed for accurate stock preparation, using the bandsaw and drill press, surface finishing, as well as discussion of aesthetic and functional challenges. This will be a 3-week course. An additional materials fee payable to the instructor will cover the cost of materials used in assigned projects. No prerequisite required!

NBAC

61177 Sat Mar 5-Mar 19 9a.m.-12p.m. \$90.00

Basic Woodworking

16 years and up

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

NBAC

60852 Tue Jan 18-Mar 22 7-9:30p.m. \$235.00

NEW: Dovetail Jewellery Box

16 years and up

Learn how to construct a dovetail jewellery box. The class will emphasize the skills needed for accurate stock preparation, dovetails using a router and jig, floating panel lid, surface finishing, as well as discussion of aesthetic and functional challenges. This will be a full course running 10 weeks. An additional materials fee payable to the instructor will cover the cost of materials used in assigned projects.

Prerequisite: Basic woodworking or instructor's permission.

NBAC

61184 Thu Jan 20-Mar 24 7-10p.m. \$280.00

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

60898

Fri Jan 14 7-9p.m.

Sat-Sun Jan 15-16 9a.m.-5p.m.

\$205.00

Introductory Wood Turning

16 years and up

This introduction to spindle turning (turning between centres, as distinct from bowl turning) will include safety instruction, wood selection, use of the tools and sharpening. Students will practice different cuts (beading, coves, cylinders, tenons, etc.) and produce finished pieces. Register early!

NBAC

60871

Fri Jan 7 7-9p.m.

Sat-Sun Jan 8-9 9a.m.-5p.m.

\$205.00

NEW: Picture Frame

16 years and up

Learn how to construct a custom picture frame with reinforced mitered spline. The class will emphasize the skills needed for accurate stock preparation, crosscutting and rip sawing on the table saw, how to reinforce a mitered joint using a spline, surface finishing, as well as discussion of aesthetic and functional challenges. This will be 5-week course. An additional materials fee payable to the instructor will cover the cost of materials used in assigned projects. No prerequisite required!

NBAC

61172 Sat Jan 22-Feb 26 9a.m.-12p.m. \$140.00

Wood Carving Drop In

FREE

14 years and up

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

NBAC 60888

Tue Jan 4-Mar 29 9-11:30a.m. Free

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

60889 Mon Jan 17-Mar 28 7-10p.m. \$280.00

ADULT AQUATIC FITNESS, HEALTH & WELLNESS PROGRAMS

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.

Aquacise

14 years and up

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

LAC

61252 Tue Jan 4-Feb 15 6:15-7p.m. \$38.50

61253 Thu Jan 6-Feb 17 6:15-7p.m. \$38.50

61254 Tue Mar 1-Apr 12 6:15-7p.m. \$38.50

61255 Thu Mar 3-Apr 14 6:15-7p.m. \$38.50

NWLC

61218 (M) Mon Jan 3-Feb 14 11-11:45a.m. \$38.50

61221 Mon Jan 3-Feb 14 8:35-9:20p.m. \$38.50

61219 (M) Tue Jan 4-Feb 15 11-11:45a.m. \$38.50

61222 Tue Jan 4-Feb 15 8:35-9:20p.m. \$38.50

61220 (M) Wed Jan 5-Feb 16 11-11:45a.m. \$38.50

NWLC 61223 Wed Jan 5-Feb 16 8:35-9:20p.m. \$38.50

61809 (M) Mon Feb 28-Apr 11 11-11:45a.m. \$38.50

61812 Mon Feb 28-Apr 11 8:35-9:20p.m. \$38.50

61810 (M) Tue Mar 1-Apr 12 11-11:45a.m. \$38.50

61813 Tue Mar 1-Apr 12 8:35-9:20p.m. \$38.50

61811 (M) Wed Mar 2-Apr 13 11-11:45a.m. \$38.50

61814 Wed Mar 2-Apr 13 8:35-9:20p.m. \$38.50

SSLC

61731 Mon Jan 3-Feb 14 8:30-9:15p.m. \$38.50

61732 Tue Jan 4-Feb 15 8:30-9:15p.m. \$38.50

61730 Wed Jan 5-Feb 16 8:30-9:15p.m. \$38.50

61755 Mon Feb 28-Apr 11 8:30-9:15p.m. \$38.50

61756 Tue Mar 1-Apr 12 8:30-9:15p.m. \$38.50

61754 Wed Mar 2-Apr 13 8:30-9:15p.m. \$38.50

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

61733 Wed Jan 5-Feb 16 9:15-10a.m. \$38.50

61757 Wed Mar 2-Apr 13 9:15-10a.m. \$38.50

Deep Water Workout

14 years and up

A totally non-impact workout done in deep water using a flotation belt.

SSLC

61734 Thu Jan 6-Feb 17 8:30-9:15p.m. \$38.50

61758 Thu Mar 3-Apr 14 8:30-9:15p.m. \$38.50

Social Aquacise (M)

14 years and up

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

NWLC

61234 Mon Jan 3-Feb 14 12-12:45p.m. \$38.50

61235 Tue Jan 4-Feb 15 12-12:45p.m. \$38.50

61236 Wed Jan 5-Feb 16 12-12:45p.m. \$38.50

61237 Thu Jan 6-Feb 17 12-12:45p.m. \$38.50

61238 Fri Jan 7-Feb 18 12-12:45p.m. \$38.50

61825 Mon Feb 28-Apr 11 12-12:45p.m. \$38.50

61826 Tue Mar 1-Apr 12 12-12:45p.m. \$38.50

61827 Wed Mar 2-Apr 13 12-12:45p.m. \$38.50

61828 Thu Mar 3-Apr 14 12-12:45p.m. \$38.50

61829 Fri Mar 4-Apr 15 12-12:45p.m. \$33.00

ADULT LAND FITNESS, HEALTH & WELLNESS PROGRAMS

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.

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. Adaptations can be made for individuals who need more balance support.

NWLC

61215 Mon Jan 3-Feb 14 10:30-11:30a.m. \$38.50

61216 Thu Jan 6-Feb 17 10:30-11:30a.m. \$38.50
61806 Mon Feb 28-Apr 11 10:30-11:30a.m. \$38.50
61807 Thu Mar 3-Apr 14 10:30-11:30a.m. \$38.50

SSLC

61729 Mon Jan 3-Feb 14 5:30-6:30p.m. \$38.50
61753 Mon Feb 28-Apr 11 5:30-6:30p.m. \$38.50

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.

NWLC

61217 Tue Jan 4-Feb 15 7:15-8p.m. \$38.50
61808 Tue Mar 1-Apr 12 7:15-8p.m. \$38.50

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.

FLDH

60950 Tue Jan 4-Feb 15 10:30-11:30a.m. \$45.50
60951 Thu Jan 6-Feb 17 10:30-11:30a.m. \$45.50
61106 Tue Mar 1-Apr 12 10:30-11:30a.m. \$45.50
61107 Thu Mar 3-Apr 14 10:30-11:30a.m. \$45.50

NWLC

61224 Wed Jan 5-Feb 16 10:30-11:30a.m. \$38.50
61815 Wed Mar 2-Apr 13 10:30-11:30a.m. \$38.50

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.

NWLC

61225 Wed Jan 5-Feb 16 6-7p.m. \$38.50
1816 Wed Mar 2-Apr 13 6-7p.m. \$38.50

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.

NWLC

61226 Thu Jan 6-Feb 17 7:15-8:15p.m. \$38.50
61817 Thu Mar 3-Apr 14 7:15-8:15p.m. \$38.50

Cardio Combo (M)

15 years and up

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

NWLC

61240 Tue Jan 4-Feb 15 6-7p.m. \$38.50

61796 Sat Jan 8-Feb 19 9-10a.m. \$38.50

61818 Tue Mar 1-Apr 12 6-7p.m. \$38.50

61819 Sat Mar 5-Apr 16 9-10a.m. \$33.00

FUNctional Fit

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.

NWLC

61228 Tue Jan 4-Feb 15 10:30-11:30a.m. \$38.50

61820 Tue Mar 1-Apr 12 10:30-11:30a.m. \$38.50

Glutes Galore, Core & More!

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.

FLDH

61868 Fri Jan 7-Feb 18 5:30-6:30p.m. \$33.00

NWLC

61230 (M) Mon Jan 3-Feb 14 6-6:45p.m. \$38.50

61231 (M) Sat Jan 8-Feb 19 10:15-11a.m. \$38.50

61821 (M) Mon Feb 28-Apr 11 6-6:45p.m. \$38.50

61822 (M) Sat Mar 5-Apr 16 10:15-11a.m. \$33.00

HIIT (High Intensity Interval Training) (M)

15 years and up

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

NWLC

61232 Wed Jan 5-Feb 16 9-9:45a.m. \$38.50

61823 Wed Mar 2-Apr 13 9-9:45a.m. \$38.50

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.

NWLC

61233 Mon Jan 3-Feb 14 9-10a.m. \$38.50

61824 Mon Feb 28-Apr 11 9-10a.m. \$38.50

Minds in Motion

20 years and up

A program that combines physical activity, socialization and mental stimulation for people living with early-mid stage Alzheimer's disease, or other dementias, to enjoy with a family or community care partner.

NWLC

61867 Thu Jan 27-Apr 7 1:30-3:30p.m. \$30.00

Small Group Fitness Coaching

16 years and up

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

FLDH

61097 Thu Jan 6-Feb 17 6:45-7:45p.m. \$45.50

61110 Thu Mar 3-Apr 14 6:45-7:45p.m. \$45.50

SoulFusion

16 years and up

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

FLDH

61098 Sat Jan 8-Feb 12 9:45-10:45a.m. \$27.50

61111 Sat Mar 5-Apr 9 9:45-10:45a.m. \$33.00

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.

NWLC

61239 Tue Jan 4-Feb 15 9-10a.m. \$38.50

61830 Tue Mar 1-Apr 12 9-10a.m. \$38.50

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.

NWLC

61241 (M) Wed Jan 5-Feb 16 7:15-8p.m. \$38.50

61831 (M) Wed Mar 2-Apr 13 7:15-8p.m. \$38.50

SSLC

61735 Wed Jan 5-Feb 16 10:30-11:30a.m. \$38.50

61736 Fri Jan 7-Feb 18 11:45a.m.-12:45p.m. \$38.50

61759 Wed Mar 2-Apr 13 10:30-11:30a.m. \$38.50

61760 Fri Mar 4-Apr 8 11:45a.m.-12:45p.m. \$33.00

SWAT (M)

15 years and up

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

NWLC

61242 Thu Jan 6-Feb 17 9-10a.m. \$38.50

61832 Thu Mar 3-Apr 14 9-10a.m. \$38.50

Total Body Sculpting

14 years and up

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

SSLC

61737 Tue Jan 4-Feb 15 6:45-7:45p.m. \$38.50

61738 Wed Jan 5-Feb 16 5:30-6:30p.m. \$38.50

61761 Tue Mar 1-Apr 12 6:45-7:45p.m. \$38.50

61762 Wed Mar 2-Apr 13 5:30-6:30p.m. \$38.50

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.

FLDH

61099 Mon Jan 3-Feb 14 6:45-7:30p.m. \$52.50

61112 Mon Feb 28-Apr 11 6:45-7:30p.m. \$52.50

TRX® Group Suspension Training

16 years and up

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

FLDH

61101 Wed Jan 5-Feb 16 6-7a.m. \$52.50

61100 Wed Jan 5-Feb 16 5:30-6:30p.m. \$52.50

61114 Wed Mar 2-Apr 13 6-7a.m. \$52.50
61113 Wed Mar 2-Apr 13 5:30-6:30p.m. \$52.50

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.

NWLC

61245 Mon Jan 3-Feb 14 7:30-8:30p.m. \$45.50
61246 Tue Jan 4-Feb 15 6:30-7:30p.m. \$45.50
61247 Thu Jan 6-Feb 17 6-7p.m. \$45.50
61248 (M) Fri Jan 7-Feb 18 9-10a.m. \$45.50
61835 Mon Feb 28-Apr 11 7:30-8:30p.m. \$45.50
61836 Tue Mar 1-Apr 12 6:30-7:30p.m. \$45.50
61837 Thu Mar 3-Apr 14 6-7p.m. \$45.50
61838 (M) Fri Mar 4-Apr 15 9-10a.m. \$39.00

SSLC

61741 Mon Jan 3-Feb 14 8-9p.m. \$45.50
61765 Mon Feb 28-Apr 11 8-9p.m. \$45.50

Yoga – Gentle

16 years and up

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

FLDH

61095 Mon Jan 3-Feb 14 5:45-6:45p.m. \$52.00
61105 Thu Jan 6-Feb 17 10:30-11:30a.m. \$45.50
61115 Mon Feb 28-Apr 11 5:45-6:45p.m. \$52.00
61116 Thu Mar 3-Apr 14 10:30-11:30a.m. \$52.00

NWLC

61249 Mon Jan 3-Feb 14 10:15-11:15a.m. \$45.50
61250 Mon Jan 3-Feb 14 6:15-7:15p.m. \$45.50
61251 Wed Jan 5-Feb 16 7-8p.m. \$45.50
61840 Mon Feb 28-Apr 11 10:15-11:15a.m. \$45.50
61841 Mon Feb 28-Apr 11 6:15-7:15p.m. \$45.50
61842 Wed Mar 2-Apr 13 7-8p.m. \$45.50

SSLC

61742 Mon Jan 3-Feb 14 9:15-10:15a.m. \$45.50
61743 Mon Jan 3-Feb 14 10:30-11:30a.m. \$45.50
61747 Thu Jan 6-Feb 17 11:45a.m.-12:45p.m. \$45.50
61745 Thu Jan 6-Feb 17 6:45-7:45p.m. \$45.50
61744 Fri Jan 7-Feb 18 9:15-10:15a.m. \$45.50
61746 Fri Jan 7-Feb 18 10:30-11:30a.m. \$45.50
61766 Mon Feb 28-Apr 11 9:15-10:15a.m. \$45.50

61767 Mon Feb 28-Apr 11 10:30-11:30a.m. \$45.50
61771 Thu Mar 3-Apr 14 11:45a.m.-12:45p.m. \$45.50
61769 Thu Mar 3-Apr 14 6:45-7:45p.m. \$45.50
61768 Fri Mar 4-Apr 8 9:15-10:15a.m. \$39.00
61770 Fri Mar 4-Apr 8 10:30-11:30a.m. \$39.00

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.

NWLC

61229 Wed Jan 5-Feb 16 5:45-6:45p.m. \$45.50
61839 Wed Mar 2-Apr 13 5:45-6:45p.m. \$45.50

Yoga – Hatha

15 years and up

A yoga flow class blending balance, strength, and flexibility. Basic yoga postures, breathing and relaxation techniques will leave you feeling stronger, more flexible, balanced, and relaxed. Must be able to move from the mat to standing with ease and have some yoga experience.

FLDH

61102 Tue Jan 4-Feb 15 10:30-11:30a.m. \$45.50
61117 Tue Mar 1-Apr 12 10:30-11:30a.m. \$45.50

Yoga – Intro

15 years and up

Introductory yoga flow class blending balance, strength and flexibility. You will learn basic yoga postures, breathing and relaxation techniques that will leave you feeling stronger, more flexible, balanced and relaxed.

SSLC

61748 Mon Jan 3-Feb 14 6:45-7:45p.m. \$45.50
61772 Mon Feb 28-Apr 11 6:45-7:45p.m. \$45.50

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.

SSLC

61749 Tue Jan 4-Feb 15 8-9p.m. \$45.50
61773 Tue Mar 1-Apr 12 8-9p.m. \$45.50

Zumba Fitness

16 years and up

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

FLDH

61119 Wed Mar 2-Apr 13 6:45-7:45p.m. \$45.50

SSLC

61750 Thu Jan 6-Feb 17 8-9p.m. \$45.50

61774 Thu Mar 3-Apr 14 8-9p.m. \$45.50

ADULT SPORTS PROGRAMS

Tennis – Level 1

15 years and up

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

FLDH

61798 Tue Mar 1-Apr 5 7:30-8:30p.m. \$39.00

REGISTERED OLDER ADULT PROGRAMS

Programming Note

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

Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

OLDER ADULT LAND FITNESS, HEALTH & WELLNESS PROGRAMS

Adapted Program: 20/20/20

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

61215 Mon Jan 3-Feb 14 10:30-11:30a.m. \$38.50

61216 Thu Jan 6-Feb 17 10:30-11:30a.m. \$38.50

61806 Mon Feb 28-Apr 11 10:30-11:30a.m. \$38.50

61807 Thu Mar 3-Apr 14 10:30-11:30a.m. \$38.50

SSLC

61729 Mon Jan 3-Feb 14 5:30-6:30p.m. \$38.50

61753 Mon Feb 28-Apr 11 5:30-6:30p.m. \$38.50

Minds in Motion

A program that combines physical activity, socialization and mental stimulation for people living with early-mid stage Alzheimer's disease, or other dementias, to enjoy with a family or community care partner.

NWLC

61867 Thu Jan 27-Apr 7 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

61243 Tue Jan 4-Feb 15 10:15-11:15a.m. \$45.50

61244 Thu Jan 6-Feb 17 10:15-11:15a.m. \$45.50

61833 Tue Mar 1-Apr 12 10:15-11:15a.m. \$45.50

61834 Thu Mar 3-Apr 14 10:15-11:15a.m. \$45.50

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

61740 Mon Jan 3-Feb 14 11:45a.m.-12:45p.m. \$45.50

61739 Wed Jan 5-Feb 16 11:45a.m.-12:45p.m. \$45.50

61764 Mon Feb 28-Apr 11 11:45a.m.-12:45p.m. \$45.50

61763 Wed Mar 2-Apr 13 11:45a.m.-12:45p.m. \$45.50

WHIST

FREE

Drop-in for a friendly game of Whist – an 18th century ancestor to many trick-taking card games such as Bridge or Hearts. It is a card game that offers its players a combination of luck, skill, and surprise. A friendly and fun game of strategy and communication between four players. You are welcome to come and learn the game, but a basic understanding of Whist is recommended. *Registration is not necessary for this program. Once capacity for the room is reached, the class is full.

NWLC

Tue Jan 4-Mar 15 2-4p.m. Free

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

61751 Tue Jan 4-Feb 15 10:30-11:30a.m. \$45.50
61752 Thu Jan 6-Feb 17 10:30-11:30a.m. \$45.50
61775 Tue Mar 1-Apr 12 10:30-11:30a.m. \$45.50
61776 Thu Mar 3-Apr 14 10:30-11:30a.m. \$45.50

ZONE BOARD & COMMUNITY ASSOCIATION PROGRAMS

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.

HOW TO REGISTER FOR COMMUNITY PROGRAMS

To register for community programs listed on the following pages, contact the Community Association or Zone Board that is offering the program you wish to enroll in directly. For more information on community programs, contact:

Central Zone
Brent Elsaesser
belsaess@regina.ca
306-536-9925

East & South Zones
Loreen Anderson
landerso@regina.ca
306-777-7322

North & West Zones
Maria Kotsetas
mkotseta@regina.ca
306-777-7362