

City of Regina 2025 Fall Leisure Guide

Text-Only Version

Registration Information

Regina residents:**Tuesday, August 12**

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

Non-residents:**Thursday, August 14**

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

3 Ways to register:

Online Registration

- Go to [Regina.ca/leisureguide](https://regina.ca/leisureguide)
- Click on Regina Recreation Online
- Sign in or Create an Account
- Use the activity numbers to add your preferred classes to your 'wish list' before registration day

Make sure you create your online account before registration day!

Call 306-777-PLAY (7529)

PlayLine operating hours:

Monday – Friday: 9 a.m.–8 p.m.

Saturday – Sunday: 9 a.m.–7 p.m.

Statutory holidays: 1:30–3:30 p.m.

Please note: The City of Regina no longer supports a TTY line. Deaf and Hard of Hearing residents are encouraged to phone the PlayLine number using SRV Canada VRS.

Visit a Facility

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

Payment Methods

Payment online and by phone by credit card only. For those who wish to use cash or debit, a credit may be placed on

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your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

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.

Program Cancellations, Withdrawals, Transfers and Late Registrations

Cancellations

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

Withdrawals

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

Transfers

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

Late Registrations

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

Multipurpose Recreational Facilities

Neil Balkwill Civic Arts Centre

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

Facility hours:

August 31-December 30

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

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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 – Thursday: 8 a.m. - 9:30 p.m.

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

Saturday – Sunday: 9 a.m. - 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

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

Sandra Schmirler Leisure Centre

3130 East Woodhams Dr.

306-777-PLAY (7529)

Facility hours:

Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 9 a.m. - 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

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

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Sportplex

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

Facility hours:

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

Fieldhouse

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

Lawson Aquatic Centre

- Eight lane 65-metre pool, 28°C
- Chair 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
- All-gender/family change room with overhead sling lift and plinth changing table

Outdoor Pools

See all outdoor pool schedules and information at [Regina.ca/outdoorpools](https://regina.ca/outdoorpools).

Massey Pool

100 Massey Rd.
306-777-7377
opens June 12 – subject to change

Regent Pool

3600 McKinley Ave.
306-777-7376
opens June 12 – subject to change

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Buffalo Meadows Pool
1401 Montague St.
306-777-7375
Admission is free
opens June 12 – subject to change

Maple Leaf Pool
1104 14th Ave.
306-777-7374
Admission is free

Wascana Pool
2400 Wascana Dr.
306-777-PLAY (7529)
Open to September 28

Spray Pads

Imperial Park
Rose St. and 3rd Ave. N

Kinsmen Park North
Pasqua St. and 2nd Ave.

Rosemont Park
Grace St. and 6th Ave.

Maple Ridge Park
Maple Ridge Dr.

Glen Elm Park
Bond St. and 9th Ave.
McKay St. and 18th Ave.

Rick Hansen Optimist Playground
1010 McCarthy Blvd.

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

Kinsmen Park South
Westgate Ave. and Kings Rd.

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Parkridge Park
7th Ave. and Wadey Cres.

Varsity Park
Phillip Rd. and Pederson Cres.

Gocki Park
Lindsay St. and 14th Ave.
4th Ave. and Broder St.

Māmowimīwēyitamōwin Park
3750 McKinley Ave.

Sandra Schmirler Leisure Centre
3130 East Woodhams Dr.

South Leisure Centre
170 Sunset Dr.

North West Leisure Centre
1127 Arnason St.

Wascana Pool
2400 Wascana Dr

Drop-in Fitness

Drop-in activities and fitness

Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities at [Regina.ca/dropin](https://regina.ca/dropin).

Admission Prices (plus applicable taxes)

Single admissions

Adult (25-64)	\$7.21
Senior (65+)	\$5.63
Young Adult (19-24)	\$5.63
Youth (13-18)	\$4.96
Child (2-12)	\$3.38
Family*	\$14.41

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*Applies to all persons living in the same household with a maximum of two adults.

Bulk Admissions (10)	Base Price
Adult (25-64)	\$64.89
Senior (65+)	\$50.67
Young Adult (19-24)	\$50.67
Youth (13-18)	\$44.64
Child (2-12)	\$30.42
Family*	\$129.69

*Applies to all persons living in the same household with a maximum of two adults.

Bulk Admissions (20)	Base Price
Adult (25-64)	\$122.57
Senior (65+)	\$95.71
Young Adult (19-24)	\$95.71
Youth (13-18)	\$84.32
Child (2-12)	\$57.46
Family*	\$244.97

*Applies to all persons living in the same household with a maximum of two adults.

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

*Applies to all persons living in the same household with a maximum of two adults.

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Swimming Lessons

Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Preschool Aquatics – Lifesaving Swim for Life

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

Parent & Tot 1 4–12 months

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

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

LAC

79607	Mon	Oct 27-Dec 15	6:05-6:35p.m.	\$59.60
79608	Tue	Oct 28-Dec 16	5:30-6p.m.	\$52.15
79922	Sun	Nov 2-Dec 21	11-11:35a.m.	\$52.15

NWLC

80258	Tue	Sep 2-Oct 21	2:15-2:45p.m.	\$52.15
80291	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
80318	Thu	Sep 4-Oct 23	9-9:30a.m.	\$59.60
80357	Sat	Sep 6-Oct 25	11:45a.m.-12:15p.m.	\$59.60
80389	Sun	Sep 7-Oct 26	11:50a.m.-12:20p.m.	\$59.60
80229	Mon	Sep 8-Oct 20	5:10-5:45p.m.	\$52.15
80428	Mon	Oct 27-Dec 15	4:35-5:05p.m.	\$59.60
80512	Tue	Oct 28-Dec 16	9-9:30a.m.	\$52.15
80542	Wed	Oct 29-Dec 17	5:10-5:40p.m.	\$59.60
80564	Thu	Oct 30-Dec 18	2:15-2:45p.m.	\$59.60
80565	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
80657	Sat	Nov 1-Dec 20	11:50a.m.-12:20p.m.	\$59.60
80688	Sun	Nov 2-Dec 21	11:45a.m.-12:15p.m.	\$59.60

SSLC

79540	Tue	Sep 2-Oct 21	11:05-11:35a.m.	\$52.15
79539	Tue	Sep 2-Oct 21	4:45-5:15p.m.	\$52.15
79574	Wed	Sep 3-Oct 22	10:50-11:20a.m.	\$59.60
79573	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
79671	Thu	Sep 4-Oct 23	5:25-5:55p.m.	\$59.60

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79716	Fri	Sep 5-Oct 24	4:45-5:15p.m.	\$59.60
79755	Sat	Sep 6-Oct 25	11:10-11:40a.m.	\$59.60
79756	Sat	Sep 6-Oct 25	1:30-2p.m.	\$59.60
79824	Sun	Sep 7-Oct 26	11:10-11:40a.m.	\$59.60
79504	Mon	Sep 8-Oct 20	4:50-5:25p.m.	\$52.15
79505	Mon	Sep 8-Oct 20	10:40-11:15a.m.	\$52.15
79951	Mon	Oct 27-Dec 15	10:35-11:05a.m.	\$59.60
79950	Mon	Oct 27-Dec 15	4:45-5:15p.m.	\$59.60
79990	Tue	Oct 28-Dec 16	11:05-11:35a.m.	\$52.15
79989	Tue	Oct 28-Dec 16	4:45-5:15p.m.	\$52.15
80020	Wed	Oct 29-Dec 17	5:25-5:55p.m.	\$59.60
80044	Thu	Oct 30-Dec 18	10:50-11:20a.m.	\$59.60
80043	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
80090	Fri	Oct 31-Dec 19	5:25-5:55p.m.	\$59.60
80125	Sat	Nov 1-Dec 20	11:10-11:40a.m.	\$59.60
80126	Sat	Nov 1-Dec 20	1:30-2p.m.	\$59.60
80472	Sun	Nov 2-Dec 21	11:10-11:40a.m.	\$59.60

Parent & Tot 2

12–24 months

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

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

LAC

79482	Tue,Thu	Oct 2-23	4:55-5:25p.m.	\$52.15
79609	Mon	Oct 27-Dec 15	4:55-5:25p.m.	\$59.60

NWLC

80259	Tue	Sep 2-Oct 21	2:50-3:20p.m.	\$52.15
80260	Tue	Sep 2-Oct 21	5:10-5:40p.m.	\$52.15
80292	Wed	Sep 3-Oct 22	9-9:30a.m.	\$59.60
80319	Thu	Sep 4-Oct 23	5:50-6:20p.m.	\$59.60
80358	Sat	Sep 6-Oct 25	10:50-11:20a.m.	\$59.60
80390	Sun	Sep 7-Oct 26	11:15-11:45a.m.	\$59.60
80391	Sun	Sep 7-Oct 26	12:05-12:35p.m.	\$59.60
80209	Mon	Sep 8-Oct 20	2:20-2:55p.m.	\$52.15
80210	Mon	Sep 8-Oct 20	5:50-6:25p.m.	\$52.15
80429	Mon	Oct 27-Dec 15	9-9:30a.m.	\$59.60
80430	Mon	Oct 27-Dec 15	5:10-5:40p.m.	\$59.60
80513	Tue	Oct 28-Dec 16	5:10-5:40p.m.	\$52.15
80543	Wed	Oct 29-Dec 17	2:20-2:50p.m.	\$59.60
80544	Wed	Oct 29-Dec 17	5:50-6:20p.m.	\$59.60
80566	Thu	Oct 30-Dec 18	2:50-3:20p.m.	\$59.60
80584	Fri	Oct 31-Dec 19	5:50-6:20p.m.	\$59.60

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80658	Sat	Nov 1-Dec 20	12:05-12:35p.m.	\$59.60
80659	Sat	Nov 1-Dec 20	11:15-11:45a.m.	\$59.60
80689	Sun	Nov 2-Dec 21	10:50-11:20a.m.	\$59.60

SSLC

79542	Tue	Sep 2-Oct 21	4:05-4:35p.m.	\$52.15
79541	Tue	Sep 2-Oct 21	5:10-5:40p.m.	\$52.15
79576	Wed	Sep 3-Oct 22	11:25-11:55a.m.	\$59.60
79575	Wed	Sep 3-Oct 22	4:10-4:40p.m.	\$59.60
79673	Thu	Sep 4-Oct 23	11-11:30a.m.	\$59.60
79672	Thu	Sep 4-Oct 23	4:50-5:20p.m.	\$59.60
79757	Sat	Sep 6-Oct 25	9:35-10:05a.m.	\$59.60
79758	Sat	Sep 6-Oct 25	12:10-12:40p.m.	\$59.60
79759	Sat	Sep 6-Oct 25	2:50-3:20p.m.	\$59.60
79825	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
79826	Sun	Sep 7-Oct 26	12:10-12:40p.m.	\$59.60
79506	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
79971	Tue	Oct 28-Dec 16	4:05-4:35p.m.	\$52.15
79970	Tue	Oct 28-Dec 16	5:10-5:40p.m.	\$52.15
80017	Wed	Oct 29-Dec 17	11-11:30a.m.	\$59.60
80016	Wed	Oct 29-Dec 17	4:50-5:20p.m.	\$59.60
80049	Thu	Oct 30-Dec 18	11:25-11:55a.m.	\$59.60
80048	Thu	Oct 30-Dec 18	4:10-4:40p.m.	\$59.60
80087	Fri	Oct 31-Dec 19	4:50-5:20p.m.	\$59.60
80109	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
80110	Sat	Nov 1-Dec 20	12:10-12:40p.m.	\$59.60
80111	Sat	Nov 1-Dec 20	2:50-3:20p.m.	\$59.60
80457	Sun	Nov 2-Dec 21	9:35-10:05a.m.	\$59.60
80458	Sun	Nov 2-Dec 21	12:10-12:40p.m.	\$59.60

Parent & Tot 3

24–36 months

In this level toddlers and their caregivers work on jump entries, entry and submersion, holding their breath and opening their eyes underwater, as well as front and back starfish/pencil floats and underwater passes.

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

LAC

79476	Mon,Wed	Sep 29-Oct 22	6:50-7:20p.m.	\$52.15
79610	Wed	Oct 29-Dec 17	6:25-6:55p.m.	\$59.60
79611	Thu	Oct 30-Dec 18	5:30-6p.m.	\$52.15
79925	Sun	Nov 2-Dec 21	11-11:35a.m.	\$52.15

NWLC

80261	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
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80293	Wed	Sep 3-Oct 22	10:15-10:45a.m.	\$59.60
80294	Wed	Sep 3-Oct 22	5:45-6:15p.m.	\$59.60
80320	Thu	Sep 4-Oct 23	10:55-11:25a.m.	\$59.60
80337	Fri	Sep 5-Oct 24	5:10-5:40p.m.	\$59.60
80359	Sat	Sep 6-Oct 25	12:35-1:05p.m.	\$59.60
80392	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
80211	Mon	Sep 8-Oct 20	12:50-1:25p.m.	\$52.15
80431	Mon	Oct 27-Dec 15	10:15-10:45a.m.	\$59.60
80545	Wed	Oct 29-Dec 17	12:50-1:20p.m.	\$59.60
80567	Thu	Oct 30-Dec 18	5:45-6:15p.m.	\$59.60
80660	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
80690	Sun	Nov 2-Dec 21	12:35-1:05p.m.	\$59.60

SSLC

79544	Tue	Sep 2-Oct 21	11:40a.m.-12:10p.m.	\$52.15
79543	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
79577	Wed	Sep 3-Oct 22	4:45-5:15p.m.	\$59.60
79761	Sat	Sep 6-Oct 25	10:15-10:45a.m.	\$59.60
79760	Sat	Sep 6-Oct 25	12:45-1:15p.m.	\$59.60
79762	Sat	Sep 6-Oct 25	1:40-2:10p.m.	\$59.60
79828	Sun	Sep 7-Oct 26	10:15-10:45a.m.	\$59.60
79827	Sun	Sep 7-Oct 26	12:45-1:15p.m.	\$59.60
79508	Mon	Sep 8-Oct 20	11:20-11:55a.m.	\$52.15
79507	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
79960	Mon	Oct 27-Dec 15	11:10-11:40a.m.	\$59.60
79969	Tue	Oct 28-Dec 16	11:40a.m.-12:10p.m.	\$52.15
79968	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
80050	Thu	Oct 30-Dec 18	4:45-5:15p.m.	\$59.60
80139	Sat	Nov 1-Dec 20	10:15-10:45a.m.	\$59.60
80138	Sat	Nov 1-Dec 20	12:45-1:15p.m.	\$59.60
80140	Sat	Nov 1-Dec 20	1:40-2:10p.m.	\$59.60
80483	Sun	Nov 2-Dec 21	10:15-10:45a.m.	\$59.60
80482	Sun	Nov 2-Dec 21	12:45-1:15p.m.	\$59.60

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

Preschool 1 3–5 years

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

LAC

79478	Mon,Wed	Sep 29-Oct 22	5:30-6p.m.	\$70.00
79483	Tue,Thu	Oct 2-23	6:15-6:45p.m.	\$52.15

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79612	Mon	Oct 27-Dec 15	5:30-6p.m.	\$59.60
79613	Wed	Oct 29-Dec 17	5:30-6p.m.	\$59.60
79614	Thu	Oct 30-Dec 18	7-7:30p.m.	\$52.15
79924	Sun	Nov 2-Dec 21	11:30a.m.-12:05p.m.	\$52.15

NWLC

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

SSLC

79547	Tue	Sep 2-Oct 21	11:40a.m.-12:10p.m.	\$52.15
79545	Tue	Sep 2-Oct 21	5:25-5:55p.m.	\$52.15
79546	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
79581	Wed	Sep 3-Oct 22	10:15-10:45a.m.	\$59.60
79582	Wed	Sep 3-Oct 22	11:25-11:55a.m.	\$59.60
79578	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60

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79580	Wed	Sep 3-Oct 22	5:25-5:55p.m.	\$59.60
79579	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
79677	Thu	Sep 4-Oct 23	11:35a.m.-12:05p.m.	\$59.60
79674	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
79676	Thu	Sep 4-Oct 23	4:45-5:15p.m.	\$59.60
79675	Thu	Sep 4-Oct 23	5:15-5:45p.m.	\$59.60
79718	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
79717	Fri	Sep 5-Oct 24	4:40-5:10p.m.	\$59.60
79719	Fri	Sep 5-Oct 24	6-6:30p.m.	\$59.60
79764	Sat	Sep 6-Oct 25	9:05-9:35a.m.	\$59.60
79763	Sat	Sep 6-Oct 25	9:35-10:05a.m.	\$59.60
79765	Sat	Sep 6-Oct 25	10:50-11:20a.m.	\$59.60
79766	Sat	Sep 6-Oct 25	1-1:30p.m.	\$59.60
79767	Sat	Sep 6-Oct 25	2:05-2:35p.m.	\$59.60
79768	Sat	Sep 6-Oct 25	2:15-2:45p.m.	\$59.60
79830	Sun	Sep 7-Oct 26	9:05-9:35a.m.	\$59.60
79829	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
79831	Sun	Sep 7-Oct 26	10:50-11:20a.m.	\$59.60
79832	Sun	Sep 7-Oct 26	1-1:30p.m.	\$59.60
79833	Sun	Sep 7-Oct 26	6:10-6:40p.m.	\$59.60
79511	Mon	Sep 8-Oct 20	10-10:35a.m.	\$52.15
79512	Mon	Sep 8-Oct 20	11:20-11:55a.m.	\$52.15
79510	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
79509	Mon	Sep 8-Oct 20	6:10-6:45p.m.	\$52.15
79931	Mon	Oct 27-Dec 15	10-10:30a.m.	\$59.60
79933	Mon	Oct 27-Dec 15	11:10-11:40a.m.	\$59.60
79923	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
79919	Mon	Oct 27-Dec 15	4:40-5:10p.m.	\$59.60
79926	Mon	Oct 27-Dec 15	6-6:30p.m.	\$59.60
79921	Mon	Oct 27-Dec 15	6:55-7:25p.m.	\$59.60
79976	Tue	Oct 28-Dec 16	11:40a.m.-12:10p.m.	\$52.15
79974	Tue	Oct 28-Dec 16	5:25-5:55p.m.	\$52.15
79975	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
80001	Wed	Oct 29-Dec 17	11:35a.m.-12:05p.m.	\$59.60
79999	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
80000	Wed	Oct 29-Dec 17	4:45-5:15p.m.	\$59.60
80025	Wed	Oct 29-Dec 17	5:15-5:45p.m.	\$59.60
80036	Thu	Oct 30-Dec 18	10:15-10:45a.m.	\$59.60
80037	Thu	Oct 30-Dec 18	11:25-11:55a.m.	\$59.60
80033	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
80035	Thu	Oct 30-Dec 18	5:25-5:55p.m.	\$59.60
80034	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
80070	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
80072	Fri	Oct 31-Dec 19	4:45-5:15p.m.	\$59.60
80071	Fri	Oct 31-Dec 19	5:15-5:45p.m.	\$59.60
80133	Sat	Nov 1-Dec 20	9:05-9:35a.m.	\$59.60
80132	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60

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

Preschool 2 3–5 years

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

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

LAC

79479	Mon,Wed	Sep 29-Oct 22	6:05-6:35p.m.	\$52.15
79618	Mon	Oct 27-Dec 15	6:50-7:20p.m.	\$59.60
79616	Tue	Oct 28-Dec 16	6:05-6:35p.m.	\$52.15
79617	Wed	Oct 29-Dec 17	7-7:30p.m.	\$59.60
79615	Thu	Oct 30-Dec 18	6:50-7:20p.m.	\$52.15
79927	Sun	Nov 2-Dec 21	12:25-1p.m.	\$52.15

NWLC

80265	Tue	Sep 2-Oct 21	1-1:30p.m.	\$52.15
80266	Tue	Sep 2-Oct 21	5:50-6:20p.m.	\$52.15
80298	Wed	Sep 3-Oct 22	5:10-5:40p.m.	\$59.60
80299	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
80323	Thu	Sep 4-Oct 23	10:20-10:50a.m.	\$59.60
80322	Thu	Sep 4-Oct 23	4:35-5:05p.m.	\$59.60
80339	Fri	Sep 5-Oct 24	4:35-5:05p.m.	\$59.60
80340	Fri	Sep 5-Oct 24	5:15-5:45p.m.	\$59.60
80341	Fri	Sep 5-Oct 24	5:45-6:15p.m.	\$59.60
80362	Sat	Sep 6-Oct 25	9-9:30a.m.	\$59.60
80363	Sat	Sep 6-Oct 25	11:10-11:40a.m.	\$59.60
80395	Sun	Sep 7-Oct 26	11:30a.m.-12p.m.	\$59.60
80250	Mon	Sep 8-Oct 20	1:30-2:05p.m.	\$52.15
80214	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
80435	Mon	Oct 27-Dec 15	5:50-6:20p.m.	\$59.60

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80516	Tue	Oct 28-Dec 16	10:10-10:40a.m.	\$52.15
80518	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
80517	Tue	Oct 28-Dec 16	5:15-5:45p.m.	\$52.15
80519	Tue	Oct 28-Dec 16	5:45-6:15p.m.	\$52.15
80549	Wed	Oct 29-Dec 17	1:30-2p.m.	\$59.60
80571	Thu	Oct 30-Dec 18	1-1:30p.m.	\$59.60
80573	Thu	Oct 30-Dec 18	5:10-5:40p.m.	\$59.60
80572	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
80586	Fri	Oct 31-Dec 19	4:35-5:05p.m.	\$59.60
80663	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
80664	Sat	Nov 1-Dec 20	11:30a.m.-12p.m.	\$59.60
80694	Sun	Nov 2-Dec 21	9-9:30a.m.	\$59.60
80695	Sun	Nov 2-Dec 21	11:10-11:40a.m.	\$59.60

SSLC

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

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80113	Sat	Nov 1-Dec 20	11:45a.m.-12:15p.m.	\$59.60
80114	Sat	Nov 1-Dec 20	2:40-3:10p.m.	\$59.60
80459	Sun	Nov 2-Dec 21	10:10-10:40a.m.	\$59.60
80460	Sun	Nov 2-Dec 21	11:45a.m.-12:15p.m.	\$59.60
80462	Sun	Nov 2-Dec 21	5:35-6:05p.m.	\$59.60
80461	Sun	Nov 2-Dec 21	6:10-6:40p.m.	\$59.60

Preschool 3

3–5 years

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

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

LAC

79477	Mon,Wed	Sep 29-Oct 22	5:30-6p.m.	\$52.15
79619	Mon	Oct 27-Dec 15	5:30-6p.m.	\$59.60
79620	Wed	Oct 29-Dec 17	5:30-6p.m.	\$59.60
79928	Sun	Nov 2-Dec 21	10:10-10:45a.m.	\$52.15

NWLC

80267	Tue	Sep 2-Oct 21	4:40-5:10p.m.	\$52.15
80301	Wed	Sep 3-Oct 22	9:35-10:05a.m.	\$59.60
80300	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
80325	Thu	Sep 4-Oct 23	9:35-10:05a.m.	\$59.60
80324	Thu	Sep 4-Oct 23	5:05-5:35p.m.	\$59.60
80342	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
80364	Sat	Sep 6-Oct 25	9:05-9:35a.m.	\$59.60
80396	Sun	Sep 7-Oct 26	10:20-10:50a.m.	\$59.60
80397	Sun	Sep 7-Oct 26	12:55-1:25p.m.	\$59.60
80215	Mon	Sep 8-Oct 20	4:30-5:05p.m.	\$52.15
80216	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
80437	Mon	Oct 27-Dec 15	9:35-10:05a.m.	\$59.60
80436	Mon	Oct 27-Dec 15	4:40-5:10p.m.	\$59.60
80521	Tue	Oct 28-Dec 16	9:35-10:05a.m.	\$52.15
80520	Tue	Oct 28-Dec 16	4:05-4:35p.m.	\$52.15
80550	Wed	Oct 29-Dec 17	4:30-5p.m.	\$59.60
80551	Wed	Oct 29-Dec 17	4:40-5:10p.m.	\$59.60
80574	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
80587	Fri	Oct 31-Dec 19	5:05-5:35p.m.	\$59.60
80665	Sat	Nov 1-Dec 20	10:20-10:50a.m.	\$59.60
80666	Sat	Nov 1-Dec 20	12:55-1:25p.m.	\$59.60

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80696 Sun Nov 2-Dec 21 9:05-9:35a.m. \$59.60

SSLC

79550	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
79586	Wed	Sep 3-Oct 22	10:15-10:45a.m.	\$59.60
79585	Wed	Sep 3-Oct 22	5:20-5:50p.m.	\$59.60
79681	Thu	Sep 4-Oct 23	11-11:30a.m.	\$59.60
79680	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
79723	Fri	Sep 5-Oct 24	5:55-6:25p.m.	\$59.60
79773	Sat	Sep 6-Oct 25	9:10-9:40a.m.	\$59.60
79774	Sat	Sep 6-Oct 25	12:55-1:25p.m.	\$59.60
79775	Sat	Sep 6-Oct 25	1:40-2:10p.m.	\$59.60
79838	Sun	Sep 7-Oct 26	9:10-9:40a.m.	\$59.60
79839	Sun	Sep 7-Oct 26	12:55-1:25p.m.	\$59.60
79840	Sun	Sep 7-Oct 26	6:15-6:45p.m.	\$59.60
79518	Mon	Sep 8-Oct 20	10:40-11:15a.m.	\$52.15
79516	Mon	Sep 8-Oct 20	4:50-5:25p.m.	\$52.15
79517	Mon	Sep 8-Oct 20	6:50-7:25p.m.	\$52.15
79910	Mon	Oct 27-Dec 15	10:35-11:05a.m.	\$59.60
79908	Mon	Oct 27-Dec 15	5:55-6:25p.m.	\$59.60
79909	Mon	Oct 27-Dec 15	6:55-7:25p.m.	\$59.60
79966	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
80022	Wed	Oct 29-Dec 17	11-11:30a.m.	\$59.60
80021	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
80052	Thu	Oct 30-Dec 18	10:15-10:45a.m.	\$59.60
80051	Thu	Oct 30-Dec 18	5:20-5:50p.m.	\$59.60
80091	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
80142	Sat	Nov 1-Dec 20	9:10-9:40a.m.	\$59.60
80143	Sat	Nov 1-Dec 20	12:55-1:25p.m.	\$59.60
80488	Sun	Nov 2-Dec 21	9:10-9:40a.m.	\$59.60
80489	Sun	Nov 2-Dec 21	12:55-1:25p.m.	\$59.60
80490	Sun	Nov 2-Dec 21	6:15-6:45p.m.	\$59.60

Preschool 4 3–5 years

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

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

LAC

79484 Tue,Thu Oct 2-23 5:30-6p.m. \$52.15

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79622	Mon	Oct 27-Dec 15	2:50-3:20p.m.	\$59.60
79621	Tue	Oct 28-Dec 16	6:50-7:20p.m.	\$52.15
79929	Sun	Nov 2-Dec 21	10:20-10:55a.m.	\$52.15

NWLC

80268	Tue	Sep 2-Oct 21	4-4:30p.m.	\$52.15
80326	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
80343	Fri	Sep 5-Oct 24	5:05-5:35p.m.	\$59.60
80365	Sat	Sep 6-Oct 25	1-1:30p.m.	\$59.60
80399	Sun	Sep 7-Oct 26	10:55-11:25a.m.	\$59.60
80398	Sun	Sep 7-Oct 26	12:20-12:50p.m.	\$59.60
80239	Mon	Sep 8-Oct 20	5:15-5:50p.m.	\$52.15
80438	Mon	Oct 27-Dec 15	4-4:30p.m.	\$59.60
80522	Tue	Oct 28-Dec 16	5:05-5:35p.m.	\$52.15
80552	Wed	Oct 29-Dec 17	5:15-5:45p.m.	\$59.60

80588	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
80668	Sat	Nov 1-Dec 20	10:55-11:25a.m.	\$59.60
80667	Sat	Nov 1-Dec 20	12:20-12:50p.m.	\$59.60
80697	Sun	Nov 2-Dec 21	1-1:30p.m.	\$59.60

SSLC

79587	Wed	Sep 3-Oct 22	4:15-4:45p.m.	\$59.60
79682	Thu	Sep 4-Oct 23	4:45-5:15p.m.	\$59.60
79776	Sat	Sep 6-Oct 25	9:40-10:10a.m.	\$59.60
79841	Sun	Sep 7-Oct 26	9:40-10:10a.m.	\$59.60
79842	Sun	Sep 7-Oct 26	5:40-6:10p.m.	\$59.60
80015	Wed	Oct 29-Dec 17	4:45-5:15p.m.	\$59.60
80056	Thu	Oct 30-Dec 18	4:15-4:45p.m.	\$59.60
80086	Fri	Oct 31-Dec 19	4:45-5:15p.m.	\$59.60
80141	Sat	Nov 1-Dec 20	9:40-10:10a.m.	\$59.60
80484	Sun	Nov 2-Dec 21	9:40-10:10a.m.	\$59.60
80485	Sun	Nov 2-Dec 21	5:40-6:10p.m.	\$59.60

Preschool 5 3–5 years

Pre-requisite: Your child must be able to jump into deep water, perform sideways entries, treading water, open eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

In this level swimmers will work on forward rolls wearing a PFD, treading water, submerge and hold breath, as well as whip kick in vertical position, front crawl, back crawl, and interval fitness training.

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LAC

79485	Tue,Thu	Oct 2-23	5:30-6p.m.	\$52.15
79704	Mon	Oct 27-Dec 15	7-7:30p.m.	\$59.60
79930	Sun	Nov 2-Dec 21	11:45a.m.-12:20p.m.	\$52.15

NWLC

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

SSLC

79683	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
79843	Sun	Sep 7-Oct 26	11:05-11:35a.m.	\$59.60
80018	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
80088	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
80144	Sat	Nov 1-Dec 20	11:05-11:35a.m.	\$59.60

Child Aquatics – Lifesaving Swim for Life

Swimmer 1 5–12 years

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

LAC

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

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NWLC

80270	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
80271	Tue	Sep 2-Oct 21	5:45-6:15p.m.	\$52.15
80303	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
80304	Wed	Sep 3-Oct 22	4:40-5:10p.m.	\$59.60
80305	Wed	Sep 3-Oct 22	5:15-5:45p.m.	\$59.60
80329	Thu	Sep 4-Oct 23	4:35-5:05p.m.	\$59.60
80328	Thu	Sep 4-Oct 23	5:15-5:45p.m.	\$59.60
80345	Fri	Sep 5-Oct 24	4:40-5:10p.m.	\$59.60
80344	Fri	Sep 5-Oct 24	5:45-6:15p.m.	\$59.60
80369	Sat	Sep 6-Oct 25	9:40-10:10a.m.	\$59.60
80367	Sat	Sep 6-Oct 25	10:45-11:15a.m.	\$59.60
80368	Sat	Sep 6-Oct 25	10:55-11:25a.m.	\$59.60
80370	Sat	Sep 6-Oct 25	12:55-1:25p.m.	\$59.60
80402	Sun	Sep 7-Oct 26	9:35-10:05a.m.	\$59.60
80405	Sun	Sep 7-Oct 26	10:10-10:40a.m.	\$59.60
80403	Sun	Sep 7-Oct 26	12:10-12:40p.m.	\$59.60
80404	Sun	Sep 7-Oct 26	12:25-12:55p.m.	\$59.60
80220	Mon	Sep 8-Oct 20	4:05-4:40p.m.	\$52.15
80440	Mon	Oct 27-Dec 15	4:35-5:05p.m.	\$59.60
80441	Mon	Oct 27-Dec 15	5:45-6:15p.m.	\$59.60
80524	Tue	Oct 28-Dec 16	4:40-5:10p.m.	\$52.15
80523	Tue	Oct 28-Dec 16	5:45-6:15p.m.	\$52.15
80554	Wed	Oct 29-Dec 17	4:05-4:35p.m.	\$59.60
80576	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
80577	Thu	Oct 30-Dec 18	4:40-5:10p.m.	\$59.60
80578	Thu	Oct 30-Dec 18	5:15-5:45p.m.	\$59.60
80591	Fri	Oct 31-Dec 19	4:35-5:05p.m.	\$59.60
80590	Fri	Oct 31-Dec 19	5:15-5:45p.m.	\$59.60
80671	Sat	Nov 1-Dec 20	9:35-10:05a.m.	\$59.60
80673	Sat	Nov 1-Dec 20	10:10-10:40a.m.	\$59.60
80672	Sat	Nov 1-Dec 20	12:10-12:40p.m.	\$59.60
80670	Sat	Nov 1-Dec 20	12:25-12:55p.m.	\$59.60
80699	Sun	Nov 2-Dec 21	9:40-10:10a.m.	\$59.60
80700	Sun	Nov 2-Dec 21	10:45-11:15a.m.	\$59.60
80701	Sun	Nov 2-Dec 21	10:55-11:25a.m.	\$59.60

SSLC

79551	Tue	Sep 2-Oct 21	4:05-4:35p.m.	\$52.15
79552	Tue	Sep 2-Oct 21	5:20-5:50p.m.	\$52.15
79553	Tue	Sep 2-Oct 21	5:55-6:25p.m.	\$52.15
79589	Wed	Sep 3-Oct 22	4:05-4:35p.m.	\$59.60
79590	Wed	Sep 3-Oct 22	4:50-5:20p.m.	\$59.60
79588	Wed	Sep 3-Oct 22	5:25-5:55p.m.	\$59.60
79591	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60

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79687	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
79686	Thu	Sep 4-Oct 23	4:15-4:45p.m.	\$59.60
79685	Thu	Sep 4-Oct 23	5:20-5:50p.m.	\$59.60
79684	Thu	Sep 4-Oct 23	5:25-5:55p.m.	\$59.60
79688	Thu	Sep 4-Oct 23	5:55-6:25p.m.	\$59.60
79724	Fri	Sep 5-Oct 24	4:05-4:35p.m.	\$59.60
79725	Fri	Sep 5-Oct 24	4:40-5:10p.m.	\$59.60
79777	Sat	Sep 6-Oct 25	9-9:30a.m.	\$59.60
79780	Sat	Sep 6-Oct 25	10:10-10:40a.m.	\$59.60
79782	Sat	Sep 6-Oct 25	10:30-11am	\$59.60
79783	Sat	Sep 6-Oct 25	11:05-11:35a.m.	\$59.60
79778	Sat	Sep 6-Oct 25	11:45a.m.-12:15p.m.	\$59.60
79781	Sat	Sep 6-Oct 25	12:25-12:55p.m.	\$59.60
79779	Sat	Sep 6-Oct 25	12:50-1:20p.m.	\$59.60
79784	Sat	Sep 6-Oct 25	1:30-2p.m.	\$59.60
79786	Sat	Sep 6-Oct 25	2:05-2:35p.m.	\$59.60
79787	Sat	Sep 6-Oct 25	2:15-2:45p.m.	\$59.60
79785	Sat	Sep 6-Oct 25	2:40-3:10p.m.	\$59.60
79844	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
79847	Sun	Sep 7-Oct 26	10:10-10:40a.m.	\$59.60
79849	Sun	Sep 7-Oct 26	10:30-11am	\$59.60
79845	Sun	Sep 7-Oct 26	11:45a.m.-12:15p.m.	\$59.60
79848	Sun	Sep 7-Oct 26	12:25-12:55p.m.	\$59.60
79846	Sun	Sep 7-Oct 26	12:50-1:20p.m.	\$59.60
79850	Sun	Sep 7-Oct 26	5:35-6:05p.m.	\$59.60
79851	Sun	Sep 7-Oct 26	6:50-7:20p.m.	\$59.60
79519	Mon	Sep 8-Oct 20	4:10-4:45p.m.	\$52.15
79521	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
79522	Mon	Sep 8-Oct 20	6:10-6:45p.m.	\$52.15
79520	Mon	Sep 8-Oct 20	6:50-7:25p.m.	\$52.15
79916	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
79917	Mon	Oct 27-Dec 15	4:40-5:10p.m.	\$59.60
79979	Tue	Oct 28-Dec 16	4:05-4:35p.m.	\$52.15
79981	Tue	Oct 28-Dec 16	5:20-5:50p.m.	\$52.15
79982	Tue	Oct 28-Dec 16	5:55-6:25p.m.	\$52.15
80013	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
80012	Wed	Oct 29-Dec 17	4:15-4:45p.m.	\$59.60
80011	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
80010	Wed	Oct 29-Dec 17	5:25-5:55p.m.	\$59.60
80014	Wed	Oct 29-Dec 17	5:55-6:25p.m.	\$59.60
80040	Thu	Oct 30-Dec 18	4:05-4:35p.m.	\$59.60
80041	Thu	Oct 30-Dec 18	4:50-5:20p.m.	\$59.60
80039	Thu	Oct 30-Dec 18	5:25-5:55p.m.	\$59.60
80042	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
80084	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
80083	Fri	Oct 31-Dec 19	4:15-4:45p.m.	\$59.60
80082	Fri	Oct 31-Dec 19	5:20-5:50p.m.	\$59.60

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80081	Fri	Oct 31-Dec 19	5:25-5:55p.m.	\$59.60
80085	Fri	Oct 31-Dec 19	5:55-6:25p.m.	\$59.60
80100	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
80104	Sat	Nov 1-Dec 20	10:10-10:40a.m.	\$59.60
80105	Sat	Nov 1-Dec 20	10:30-11am	\$59.60
80101	Sat	Nov 1-Dec 20	11:45a.m.-12:15p.m.	\$59.60
80103	Sat	Nov 1-Dec 20	12:25-12:55p.m.	\$59.60
80102	Sat	Nov 1-Dec 20	12:50-1:20p.m.	\$59.60
80106	Sat	Nov 1-Dec 20	1:30-2p.m.	\$59.60
80108	Sat	Nov 1-Dec 20	2:05-2:35p.m.	\$59.60
80107	Sat	Nov 1-Dec 20	2:40-3:10p.m.	\$59.60
80448	Sun	Nov 2-Dec 21	9-9:30a.m.	\$59.60
80452	Sun	Nov 2-Dec 21	10:10-10:40a.m.	\$59.60
80453	Sun	Nov 2-Dec 21	10:30-11am	\$59.60
80454	Sun	Nov 2-Dec 21	11:05-11:35a.m.	\$59.60
80449	Sun	Nov 2-Dec 21	11:45a.m.-12:15p.m.	\$59.60
80451	Sun	Nov 2-Dec 21	12:25-12:55p.m.	\$59.60
80450	Sun	Nov 2-Dec 21	12:50-1:20p.m.	\$59.60
80455	Sun	Nov 2-Dec 21	5:35-6:05p.m.	\$59.60
80456	Sun	Nov 2-Dec 21	6:50-7:20p.m.	\$59.60

Youth Swimmer 1 8–14 years

In this level swimmers will work on entering and exiting the water, jumping into deep water wearing a PFD, treading water, submerge and exhale, as well as front and back floats, glides, flutter kick and front crawl wearing a PFD. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

LAC

79470	Mon,Wed	Sep 29-Oct 22	6:50-7:20p.m.	\$52.15
79712	Wed	Oct 29-Dec 17	6:40-7:10p.m.	\$59.60
79932	Sun	Nov 2-Dec 21	11:30a.m.-12:05p.m.	\$52.15

NWLC

80380	Sat	Sep 6-Oct 25	12:30-1p.m.	\$59.60
80413	Sun	Sep 7-Oct 26	11:45a.m.-12:15p.m.	\$59.60
80681	Sat	Nov 1-Dec 20	11:45a.m.-12:15p.m.	\$59.60
80711	Sun	Nov 2-Dec 21	12:20-12:50p.m.	\$59.60

SSLC

79601	Wed	Sep 3-Oct 22	4:50-5:20p.m.	\$59.60
79697	Thu	Sep 4-Oct 23	4:40-5:10p.m.	\$59.60
79739	Fri	Sep 5-Oct 24	5:20-5:50p.m.	\$59.60
79797	Sat	Sep 6-Oct 25	9:55-10:25a.m.	\$59.60
79865	Sun	Sep 7-Oct 26	9:55-10:25a.m.	\$59.60
79532	Mon	Sep 8-Oct 20	5:50-6:25p.m.	\$52.15
79952	Mon	Oct 27-Dec 15	5:20-5:50p.m.	\$59.60

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80024	Wed	Oct 29-Dec 17	4:40-5:10p.m.	\$59.60
80062	Thu	Oct 30-Dec 18	4:50-5:20p.m.	\$59.60
80093	Fri	Oct 31-Dec 19	4:40-5:10p.m.	\$59.60
80127	Sat	Nov 1-Dec 20	9:55-10:25a.m.	\$59.60
80473	Sun	Nov 2-Dec 21	9:55-10:25a.m.	\$59.60

Swimmer 2 5–12 years

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

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

LAC

79471	Mon,Wed	Sep 29-Oct 22	6:15-6:45p.m.	\$52.15
79487	Tue,Thu	Oct 2-23	6:40-7:10p.m.	\$52.15
79752	Mon	Oct 27-Dec 15	5:30-6p.m.	\$59.60
79713	Mon	Oct 27-Dec 15	6:40-7:10p.m.	\$59.60
79745	Tue	Oct 28-Dec 16	6:15-6:45p.m.	\$52.15
79751	Wed	Oct 29-Dec 17	5:30-6p.m.	\$59.60
79750	Wed	Oct 29-Dec 17	6:50-7:20p.m.	\$59.60
79749	Thu	Oct 30-Dec 18	5:30-6p.m.	\$52.15
79940	Sun	Nov 2-Dec 21	10:20-10:55a.m.	\$52.15
79939	Sun	Nov 2-Dec 21	10:50-11:25a.m.	\$52.15

NWLC

80272	Tue	Sep 2-Oct 21	4:05-4:35p.m.	\$52.15
80306	Wed	Sep 3-Oct 22	5:10-5:40p.m.	\$59.60
80330	Thu	Sep 4-Oct 23	4-4:30p.m.	\$59.60
80331	Thu	Sep 4-Oct 23	5:10-5:40p.m.	\$59.60
80332	Thu	Sep 4-Oct 23	5:45-6:15p.m.	\$59.60
80346	Fri	Sep 5-Oct 24	4-4:30p.m.	\$59.60
80347	Fri	Sep 5-Oct 24	5:40-6:10p.m.	\$59.60
80372	Sat	Sep 6-Oct 25	10:15-10:45a.m.	\$59.60
80371	Sat	Sep 6-Oct 25	11:30a.m.-12p.m.	\$59.60
80374	Sat	Sep 6-Oct 25	11:50a.m.-12:20p.m.	\$59.60
80373	Sat	Sep 6-Oct 25	12:20-12:50p.m.	\$59.60
80407	Sun	Sep 7-Oct 26	9:10-9:40a.m.	\$59.60
80408	Sun	Sep 7-Oct 26	12:45-1:15p.m.	\$59.60
80406	Sun	Sep 7-Oct 26	1-1:30p.m.	\$59.60
80221	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
80242	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
80442	Mon	Oct 27-Dec 15	4:05-4:35p.m.	\$59.60
80526	Tue	Oct 28-Dec 16	4-4:30p.m.	\$52.15

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80525	Tue	Oct 28-Dec 16	5:40-6:10p.m.	\$52.15
80555	Wed	Oct 29-Dec 17	4-4:30p.m.	\$59.60
80556	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
80579	Thu	Oct 30-Dec 18	5:10-5:40p.m.	\$59.60
80594	Fri	Oct 31-Dec 19	4-4:30p.m.	\$59.60
80592	Fri	Oct 31-Dec 19	5:10-5:40p.m.	\$59.60
80593	Fri	Oct 31-Dec 19	5:45-6:15p.m.	\$59.60
80674	Sat	Nov 1-Dec 20	9:10-9:40a.m.	\$59.60
80676	Sat	Nov 1-Dec 20	9:40-10:10a.m.	\$59.60
80675	Sat	Nov 1-Dec 20	12:45-1:15p.m.	\$59.60
80702	Sun	Nov 2-Dec 21	10:15-10:45a.m.	\$59.60
80704	Sun	Nov 2-Dec 21	11:30a.m.-12p.m.	\$59.60
80703	Sun	Nov 2-Dec 21	11:50a.m.-12:20p.m.	\$59.60
80705	Sun	Nov 2-Dec 21	12:20-12:50p.m.	\$59.60

SSLC

79554	Tue	Sep 2-Oct 21	4-4:30p.m.	\$52.15
79557	Tue	Sep 2-Oct 21	4:10-4:40p.m.	\$52.15
79555	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
79558	Tue	Sep 2-Oct 21	5:20-5:50p.m.	\$52.15
79556	Tue	Sep 2-Oct 21	5:55-6:25p.m.	\$52.15
79593	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
79594	Wed	Sep 3-Oct 22	5:20-5:50p.m.	\$59.60
79592	Wed	Sep 3-Oct 22	5:55-6:25p.m.	\$59.60
79691	Thu	Sep 4-Oct 23	4:10-4:40p.m.	\$59.60
79689	Thu	Sep 4-Oct 23	4:35-5:05p.m.	\$59.60
79692	Thu	Sep 4-Oct 23	5:20-5:50p.m.	\$59.60
79690	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
79729	Fri	Sep 5-Oct 24	4-4:30p.m.	\$59.60
79726	Fri	Sep 5-Oct 24	4:45-5:15p.m.	\$59.60
79728	Fri	Sep 5-Oct 24	5:15-5:45p.m.	\$59.60
79727	Fri	Sep 5-Oct 24	6-6:30p.m.	\$59.60
79788	Sat	Sep 6-Oct 25	9:50-10:20a.m.	\$59.60
79789	Sat	Sep 6-Oct 25	12:10-12:40p.m.	\$59.60
79852	Sun	Sep 7-Oct 26	9:50-10:20a.m.	\$59.60
79853	Sun	Sep 7-Oct 26	12:10-12:40p.m.	\$59.60
79854	Sun	Sep 7-Oct 26	6:45-7:15p.m.	\$59.60
79525	Mon	Sep 8-Oct 20	4-4:35p.m.	\$52.15
79524	Mon	Sep 8-Oct 20	5:20-5:55p.m.	\$52.15
79523	Mon	Sep 8-Oct 20	5:30-6:05p.m.	\$52.15
79907	Mon	Oct 27-Dec 15	4-4:30p.m.	\$59.60
79904	Mon	Oct 27-Dec 15	4:45-5:15p.m.	\$59.60
79906	Mon	Oct 27-Dec 15	5:15-5:45p.m.	\$59.60
79905	Mon	Oct 27-Dec 15	6-6:30p.m.	\$59.60
79961	Tue	Oct 28-Dec 16	4-4:30p.m.	\$52.15

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79964	Tue	Oct 28-Dec 16	4:10-4:40p.m.	\$52.15
79962	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
79965	Tue	Oct 28-Dec 16	5:20-5:50p.m.	\$52.15
79963	Tue	Oct 28-Dec 16	5:55-6:25p.m.	\$52.15
80004	Wed	Oct 29-Dec 17	4:10-4:40p.m.	\$59.60
80002	Wed	Oct 29-Dec 17	4:35-5:05p.m.	\$59.60
80005	Wed	Oct 29-Dec 17	5:20-5:50p.m.	\$59.60
80003	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
80054	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
80055	Thu	Oct 30-Dec 18	5:20-5:50p.m.	\$59.60
80053	Thu	Oct 30-Dec 18	5:55-6:25p.m.	\$59.60
80075	Fri	Oct 31-Dec 19	4:10-4:40p.m.	\$59.60
80073	Fri	Oct 31-Dec 19	4:35-5:05p.m.	\$59.60
80076	Fri	Oct 31-Dec 19	5:20-5:50p.m.	\$59.60
80074	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
80119	Sat	Nov 1-Dec 20	9:50-10:20a.m.	\$59.60
80120	Sat	Nov 1-Dec 20	12:10-12:40p.m.	\$59.60
80467	Sun	Nov 2-Dec 21	9:50-10:20a.m.	\$59.60
80468	Sun	Nov 2-Dec 21	12:10-12:40p.m.	\$59.60
80469	Sun	Nov 2-Dec 21	6:45-7:15p.m.	\$59.60

Youth Swimmer 2 8–14 years

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

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

LAC

79489	Tue,Thu	Oct 2-23	6:05-6:35p.m.	\$52.15
79941	Sun	Nov 2-Dec 21	12:25-1p.m.	\$52.15

NWLC

80275	Tue	Sep 2-Oct 21	5:45-6:15p.m.	\$52.15
80308	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
80336	Thu	Sep 4-Oct 23	5:40-6:10p.m.	\$59.60
80445	Mon	Oct 27-Dec 15	5:45-6:15p.m.	\$59.60
80581	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
80598	Fri	Oct 31-Dec 19	5:40-6:10p.m.	\$59.60

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SSLC

79602	Wed	Sep 3-Oct 22	4:10-4:40p.m.	\$59.60
79740	Fri	Sep 5-Oct 24	5:25-5:55p.m.	\$59.60
79798	Sat	Sep 6-Oct 25	11:10-11:40a.m.	\$59.60
79866	Sun	Sep 7-Oct 26	11:10-11:40a.m.	\$59.60
79533	Mon	Sep 8-Oct 20	4:50-5:25p.m.	\$52.15
79915	Mon	Oct 27-Dec 15	5:25-5:55p.m.	\$59.60
80063	Thu	Oct 30-Dec 18	4:10-4:40p.m.	\$59.60
80115	Sat	Nov 1-Dec 20	11:10-11:40a.m.	\$59.60
80463	Sun	Nov 2-Dec 21	11:10-11:40a.m.	\$59.60

Swimmer 3 5–12 years

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

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

LAC

79472	Mon,Wed	Sep 29-Oct 22	6:40-7:10p.m.	\$52.15
79488	Tue,Thu	Oct 2-23	6:25-6:55p.m.	\$52.15
79753	Mon	Oct 27-Dec 15	6:15-6:45p.m.	\$59.60
79809	Tue	Oct 28-Dec 16	6:40-7:10p.m.	\$52.15
79754	Wed	Oct 29-Dec 17	6:05-6:35p.m.	\$59.60
79810	Thu	Oct 30-Dec 18	6:25-6:55p.m.	\$52.15
79943	Sun	Nov 2-Dec 21	9:30-10:05a.m.	\$52.15
79942	Sun	Nov 2-Dec 21	11:45a.m.-12:20p.m.	\$52.15

NWLC

80273	Tue	Sep 2-Oct 21	4:35-5:05p.m.	\$52.15
80307	Wed	Sep 3-Oct 22	4:35-5:05p.m.	\$59.60
80334	Thu	Sep 4-Oct 23	4:30-5p.m.	\$59.60
80333	Thu	Sep 4-Oct 23	5:55-6:25p.m.	\$59.60
80348	Fri	Sep 5-Oct 24	4:35-5:05p.m.	\$59.60
80378	Sat	Sep 6-Oct 25	9:05-9:35a.m.	\$59.60
80375	Sat	Sep 6-Oct 25	10:15-10:45a.m.	\$59.60
80377	Sat	Sep 6-Oct 25	10:20-10:50a.m.	\$59.60
80376	Sat	Sep 6-Oct 25	11:25-11:55a.m.	\$59.60
80409	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
80411	Sun	Sep 7-Oct 26	9:40-10:10a.m.	\$59.60
80410	Sun	Sep 7-Oct 26	11:35a.m.-12:05p.m.	\$59.60
80223	Mon	Sep 8-Oct 20	4:40-5:15p.m.	\$52.15
80224	Mon	Sep 8-Oct 20	5:55-6:30p.m.	\$52.15
80443	Mon	Oct 27-Dec 15	4:35-5:05p.m.	\$59.60
80527	Tue	Oct 28-Dec 16	4:35-5:05p.m.	\$52.15
80557	Wed	Oct 29-Dec 17	4:40-5:10p.m.	\$59.60

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80558	Wed	Oct 29-Dec 17	5:55-6:25p.m.	\$59.60
80580	Thu	Oct 30-Dec 18	4:35-5:05p.m.	\$59.60
80595	Fri	Oct 31-Dec 19	4:30-5p.m.	\$59.60
80596	Fri	Oct 31-Dec 19	5:55-6:25p.m.	\$59.60
80677	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60
80678	Sat	Nov 1-Dec 20	11:35a.m.-12:05p.m.	\$59.60
80679	Sat	Nov 1-Dec 20	1-1:30p.m.	\$59.60
80709	Sun	Nov 2-Dec 21	9:05-9:35a.m.	\$59.60
80708	Sun	Nov 2-Dec 21	10:15-10:45a.m.	\$59.60
80707	Sun	Nov 2-Dec 21	10:20-10:50a.m.	\$59.60
80706	Sun	Nov 2-Dec 21	11:25-11:55a.m.	\$59.60

SSLC

79561	Tue	Sep 2-Oct 21	4:10-4:40p.m.	\$52.15
79559	Tue	Sep 2-Oct 21	4:40-5:10p.m.	\$52.15
79560	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
79596	Wed	Sep 3-Oct 22	4-4:30p.m.	\$59.60
79597	Wed	Sep 3-Oct 22	4:45-5:15p.m.	\$59.60
79595	Wed	Sep 3-Oct 22	6-6:30p.m.	\$59.60
79694	Thu	Sep 4-Oct 23	5:25-5:55p.m.	\$59.60
79693	Thu	Sep 4-Oct 23	6-6:30p.m.	\$59.60
79733	Fri	Sep 5-Oct 24	4:10-4:40p.m.	\$59.60
79730	Fri	Sep 5-Oct 24	4:45-5:15p.m.	\$59.60
79732	Fri	Sep 5-Oct 24	5:20-5:50p.m.	\$59.60
79731	Fri	Sep 5-Oct 24	5:55-6:25p.m.	\$59.60
79790	Sat	Sep 6-Oct 25	11:25-11:55a.m.	\$59.60
79791	Sat	Sep 6-Oct 25	11:50a.m.-12:20p.m.	\$59.60
79855	Sun	Sep 7-Oct 26	9-9:30a.m.	\$59.60
79856	Sun	Sep 7-Oct 26	11:50a.m.-12:20p.m.	\$59.60
79857	Sun	Sep 7-Oct 26	6:45-7:15p.m.	\$59.60
79526	Mon	Sep 8-Oct 20	4:10-4:45p.m.	\$52.15
79527	Mon	Sep 8-Oct 20	5:30-6:05p.m.	\$52.15
79938	Mon	Oct 27-Dec 15	4:10-4:40p.m.	\$59.60
79935	Mon	Oct 27-Dec 15	4:45-5:15p.m.	\$59.60
79937	Mon	Oct 27-Dec 15	5:20-5:50p.m.	\$59.60
79936	Mon	Oct 27-Dec 15	5:55-6:25p.m.	\$59.60
79987	Tue	Oct 28-Dec 16	4:10-4:40p.m.	\$52.15
79984	Tue	Oct 28-Dec 16	4:40-5:10p.m.	\$52.15
79985	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
80008	Wed	Oct 29-Dec 17	5:25-5:55p.m.	\$59.60
80007	Wed	Oct 29-Dec 17	6-6:30p.m.	\$59.60
80058	Thu	Oct 30-Dec 18	4-4:30p.m.	\$59.60
80059	Thu	Oct 30-Dec 18	4:45-5:15p.m.	\$59.60
80057	Thu	Oct 30-Dec 18	6-6:30p.m.	\$59.60
80079	Fri	Oct 31-Dec 19	5:25-5:55p.m.	\$59.60
80078	Fri	Oct 31-Dec 19	6-6:30p.m.	\$59.60
80130	Sat	Nov 1-Dec 20	9-9:30a.m.	\$59.60

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80129	Sat	Nov 1-Dec 20	11:50a.m.-12:20p.m.	\$59.60
80486	Sun	Nov 2-Dec 21	11:25-11:55a.m.	\$59.60
80487	Sun	Nov 2-Dec 21	6:45-7:15p.m.	\$59.60

Youth Swimmer 3 8–14 years

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

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

LAC

79877	Tue	Oct 28-Dec 16	6:05-6:35p.m.	\$52.15
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SSLC

79565	Tue	Sep 2-Oct 21	6-6:30p.m.	\$52.15
79698	Thu	Sep 4-Oct 23	4:05-4:35p.m.	\$59.60
79799	Sat	Sep 6-Oct 25	9-9:30a.m.	\$59.60
79977	Tue	Oct 28-Dec 16	6-6:30p.m.	\$52.15
80023	Wed	Oct 29-Dec 17	4:05-4:35p.m.	\$59.60
80092	Fri	Oct 31-Dec 19	4:05-4:35p.m.	\$59.60
80480	Sun	Nov 2-Dec 21	9-9:30a.m.	\$59.60

Swimmer 4 5–12 years

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

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

LAC

79473	Mon,Wed	Sep 29-Oct 22	5:30-6:10p.m.	\$57.05
79490	Tue,Thu	Oct 2-23	5:30-6:10p.m.	\$76.50
79875	Mon	Oct 27-Dec 15	6:05-6:45p.m.	\$65.20
79955	Sun	Nov 2-Dec 21	12:10-12:55p.m.	\$57.05

NWLC

80274	Tue	Sep 2-Oct 21	5:10-5:50p.m.	\$57.05
80335	Thu	Sep 4-Oct 23	5:10-5:50p.m.	\$65.20
80379	Sat	Sep 6-Oct 25	9:35-10:15a.m.	\$65.20

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80412	Sun	Sep 7-Oct 26	10:10-10:50a.m.	\$65.20
80444	Mon	Oct 27-Dec 15	5:10-5:50p.m.	\$65.20
80597	Fri	Oct 31-Dec 19	5:10-5:50p.m.	\$65.20
80680	Sat	Nov 1-Dec 20	10:10-10:50a.m.	\$65.20
80710	Sun	Nov 2-Dec 21	9:35-10:15a.m.	\$65.20

SSLC

79562	Tue	Sep 2-Oct 21	4:40-5:20p.m.	\$57.05
79598	Wed	Sep 3-Oct 22	5:15-5:55p.m.	\$65.20
79695	Thu	Sep 4-Oct 23	5:50-6:30p.m.	\$65.20
79734	Fri	Sep 5-Oct 24	4:35-5:15p.m.	\$65.20
79792	Sat	Sep 6-Oct 25	10:25-11:05a.m.	\$65.20
79793	Sat	Sep 6-Oct 25	12:10-12:50p.m.	\$65.20
79860	Sun	Sep 7-Oct 26	9:45-10:25a.m.	\$65.20
79858	Sun	Sep 7-Oct 26	10:25-11:05a.m.	\$65.20
79859	Sun	Sep 7-Oct 26	11:25a.m.-12:05p.m.	\$65.20
79861	Sun	Sep 7-Oct 26	12:10-12:50p.m.	\$65.20
79529	Mon	Sep 8-Oct 20	4-4:45p.m.	\$57.05
79528	Mon	Sep 8-Oct 20	5:30-6:15p.m.	\$57.05
79948	Mon	Oct 27-Dec 15	4:35-5:15p.m.	\$65.20
79978	Tue	Oct 28-Dec 16	4:40-5:20p.m.	\$57.05
80026	Wed	Oct 29-Dec 17	5:50-6:30p.m.	\$65.20
80047	Thu	Oct 30-Dec 18	5:15-5:55p.m.	\$65.20
80094	Fri	Oct 31-Dec 19	5:50-6:30p.m.	\$65.20
80123	Sat	Nov 1-Dec 20	9:45-10:25a.m.	\$65.20
80121	Sat	Nov 1-Dec 20	10:25-11:05a.m.	\$65.20
80122	Sat	Nov 1-Dec 20	11:25a.m.-12:05p.m.	\$65.20
80124	Sat	Nov 1-Dec 20	12:10-12:50p.m.	\$65.20
80470	Sun	Nov 2-Dec 21	10:25-11:05a.m.	\$65.20
80471	Sun	Nov 2-Dec 21	12:10-12:50p.m.	\$65.20

Youth Swimmer 4

8-14 years

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

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

LAC

79876	Thu	Oct 30-Dec 18	5:30-6:10p.m.	\$52.15
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SSLC

79800	Sat	Sep 6-Oct 25	9:45-10:25a.m.	\$65.20
80491	Sun	Nov 2-Dec 21	9:45-10:25a.m.	\$65.20

Swimmer 5 5–12 years

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

In this level swimmers will work on shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint front and back crawl.

LAC

79474	Mon,Wed	Sep 29-Oct 22	6:05-6:45p.m.	\$57.05
79491	Tue,Thu	Oct 2-23	5:30-6:10p.m.	\$57.05
79811	Mon	Oct 27-Dec 15	1:30-2:10p.m.	\$65.20
79812	Mon	Oct 27-Dec 15	5:30-6:10p.m.	\$65.20
79814	Tue	Oct 28-Dec 16	6:25-7:05p.m.	\$57.05
79813	Wed	Oct 29-Dec 17	5:30-6:10p.m.	\$65.20
79815	Thu	Oct 30-Dec 18	6:05-6:45p.m.	\$57.05
79980	Sun	Nov 2-Dec 21	9:30-10:15a.m.	\$57.05

SSLC

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

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80465	Sun	Nov 2-Dec 21	9:10-9:50a.m.	\$65.20
80464	Sun	Nov 2-Dec 21	12:20-1p.m.	\$65.20

Youth Swimmer 5 8-14 years

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

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

LAC

79816	Mon	Oct 27-Dec 15	6:15-6:55p.m.	\$65.20
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Swimmer 6 5-12 years

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

In this level swimmers will work on stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint breaststroke.

LAC

79475	Mon,Wed	Sep 29-Oct 22	6:25-7:05p.m.	\$57.05
79492	Tue,Thu	Oct 2-23	6:15-6:55p.m.	\$76.50
79874	Mon	Oct 27-Dec 15	5:30-6:10p.m.	\$65.20
79983	Sun	Nov 2-Dec 21	9:30-10:15a.m.	\$57.05

SSLC

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

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Youth Swimmer 6

8-14 years

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

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

LAC

79878 Tue Oct 28-Dec 16 5:30-6:10p.m. \$57.05

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

Lifesaving Swim Patrol – Rookie Patrol

8–14 years

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

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

LAC

79493 Tue,Thu Oct 2-23 5:30-6:20p.m. \$66.50

79882 Wed Oct 29-Dec 17 5:30-6:20p.m. \$76.00

SSLC

79566 Tue Sep 2-Oct 21 5:10-6p.m. \$66.50

79603 Wed Sep 3-Oct 22 4:35-5:25p.m. \$76.00

79802 Sat Sep 6-Oct 25 10:45-11:35a.m. \$76.00

79967 Tue Oct 28-Dec 16 5:10-6p.m. \$66.50

80038 Thu Oct 30-Dec 18 4:35-5:25p.m. \$76.00

80481 Sun Nov 2-Dec 21 10:45-11:35a.m. \$76.00

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Lifesaving Swim Patrol – Ranger Patrol

8–14 years

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

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

LAC

79481	Mon,Wed	Sep 29-Oct 22	5:30-6:20p.m.	\$66.50
79883	Thu	Oct 30-Dec 18	5:30-6:20p.m.	\$76.00
79986	Sun	Nov 2-Dec 21	12-12:55p.m.	\$66.50

SSLC

79801	Sat	Sep 6-Oct 25	10:30-11:20a.m.	\$76.00
79867	Sun	Sep 7-Oct 26	10:45-11:35a.m.	\$76.00
80137	Sat	Nov 1-Dec 20	10:45-11:35a.m.	\$76.00
80474	Sun	Nov 2-Dec 21	10:30-11:20a.m.	\$76.00

Lifesaving Swim Patrol – Star Patrol

8–14 years

Pre-requisite: Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

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

LAC

79879	Mon	Oct 27-Dec 15	6:05-6:55p.m.	\$76.00
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SSLC

79699	Thu	Sep 4-Oct 23	4:35-5:25p.m.	\$76.00
80019	Wed	Oct 29-Dec 17	4:35-5:25p.m.	\$76.00
80089	Fri	Oct 31-Dec 19	4:35-5:25p.m.	\$76.00

All Ages

Private Lessons

6 years and up

Private lessons provide adults and children 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.

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LAC

79494	Tue,Thu	Oct 2-9	6:40-7:10p.m.	\$103.80
79495	Tue,Thu	Oct 2-9	6:50-7:20p.m.	\$103.80
79497	Tue,Thu	Oct 14-23	6:40-7:10p.m.	\$138.40
79496	Tue,Thu	Oct 14-23	6:50-7:20p.m.	\$138.40
79884	Thu	Oct 30-Nov 27	6:05-6:35p.m.	\$138.40
79885	Thu	Oct 30-Nov 27	6:50-7:20p.m.	\$138.40
79944	Sun	Nov 2-23	10:10-10:40a.m.	\$103.80
79945	Sun	Nov 2-23	10:50-11:20a.m.	\$103.80
79887	Thu	Dec 4-18	6:05-6:35p.m.	\$103.80
79886	Thu	Dec 4-18	6:50-7:20p.m.	\$103.80
79947	Sun	Dec 7-21	10:10-10:40a.m.	\$103.80
79946	Sun	Dec 7-21	10:50-11:20a.m.	\$103.80

NWLC

80276	Tue	Sep 2-23	5:10-5:40p.m.	\$138.40
80309	Wed	Sep 3-24	5:45-6:15p.m.	\$138.40
80351	Fri	Sep 5-26	4-4:30p.m.	\$138.40
80353	Fri	Sep 5-26	4:30-5p.m.	\$138.40
80349	Fri	Sep 5-26	5:10-5:40p.m.	\$138.40
80381	Sat	Sep 6-27	9-9:30a.m.	\$138.40
80383	Sat	Sep 6-27	12-12:30p.m.	\$138.40
80385	Sat	Sep 6-27	12:25-12:55p.m.	\$138.40
80387	Sat	Sep 6-27	1-1:30p.m.	\$138.40
80418	Sun	Sep 7-28	9:05-9:35a.m.	\$138.40
80416	Sun	Sep 7-28	10:55-11:25a.m.	\$138.40
80414	Sun	Sep 7-28	12:40-1:10p.m.	\$138.40
80225	Mon	Sep 8-22	4:45-5:15p.m.	\$103.80
80227	Mon	Sep 8-22	6-6:30p.m.	\$103.80
80226	Mon	Sep 29-Oct 20	4:45-5:15p.m.	\$103.80
80228	Mon	Sep 29-Oct 20	6-6:30p.m.	\$103.80
80310	Wed	Oct 1-22	5:45-6:15p.m.	\$138.40
80352	Fri	Oct 3-24	4-4:30p.m.	\$138.40
80354	Fri	Oct 3-24	4:30-5p.m.	\$138.40
80350	Fri	Oct 3-24	5:10-5:40p.m.	\$138.40
80382	Sat	Oct 4-25	9-9:30a.m.	\$138.40
80384	Sat	Oct 4-25	12-12:30p.m.	\$138.40
80386	Sat	Oct 4-25	12:25-12:55p.m.	\$138.40
80388	Sat	Oct 4-25	1-1:30p.m.	\$138.40
80419	Sun	Oct 5-26	9:05-9:35a.m.	\$138.40
80417	Sun	Oct 5-26	10:55-11:25a.m.	\$138.40
80415	Sun	Oct 5-26	12:40-1:10p.m.	\$135.60
80277	Tue	Oct 7-21	5:10-5:40p.m.	\$103.80
80446	Mon	Oct 27-Nov 17	5:10-5:40p.m.	\$138.40
80528	Tue	Oct 28-Nov 18	4-4:30p.m.	\$103.80
80530	Tue	Oct 28-Nov 18	4:30-5p.m.	\$103.80

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80532	Tue	Oct 28-Nov 18	5:10-5:40p.m.	\$103.80
80559	Wed	Oct 29-Nov 19	4:45-5:15p.m.	\$138.40
80561	Wed	Oct 29-Nov 19	6-6:30p.m.	\$138.40
80582	Thu	Oct 30-Nov 20	5:45-6:15p.m.	\$138.40
80686	Sat	Nov 1-22	9:05-9:35a.m.	\$138.40
80682	Sat	Nov 1-22	10:55-11:25a.m.	\$138.40
80684	Sat	Nov 1-22	12:40-1:10p.m.	\$138.40
80718	Sun	Nov 2-23	9-9:30a.m.	\$138.40
80716	Sun	Nov 2-23	12-12:30p.m.	\$138.40
80712	Sun	Nov 2-23	12:25-12:55p.m.	\$138.40
80714	Sun	Nov 2-23	1-1:30p.m.	\$138.40
80447	Mon	Nov 24-Dec 15	5:10-5:40p.m.	\$138.40
80529	Tue	Nov 25-Dec 16	4-4:30p.m.	\$138.40
80531	Tue	Nov 25-Dec 16	4:30-5p.m.	\$138.40
80533	Tue	Nov 25-Dec 16	5:10-5:40p.m.	\$138.40
80560	Wed	Nov 26-Dec 17	4:45-5:15p.m.	\$138.40
80562	Wed	Nov 26-Dec 17	6-6:30p.m.	\$138.40
80583	Thu	Nov 27-Dec 18	5:45-6:15p.m.	\$138.40
80687	Sat	Nov 29-Dec 20	9:05-9:35a.m.	\$138.40
80683	Sat	Nov 29-Dec 20	10:55-11:25a.m.	\$138.40
80685	Sat	Nov 29-Dec 20	12:40-1:10p.m.	\$138.40
80719	Sun	Nov 30-Dec 21	9-9:30a.m.	\$138.40
80717	Sun	Nov 30-Dec 21	12-12:30p.m.	\$138.40
80713	Sun	Nov 30-Dec 21	12:25-12:55p.m.	\$138.40
80715	Sun	Nov 30-Dec 21	1-1:30p.m.	\$138.40

SSLC

79567	Tue	Sep 2-23	4-4:30p.m.	\$138.40
79568	Tue	Sep 2-23	4:50-5:20p.m.	\$138.40
79569	Tue	Sep 2-23	5:25-5:55p.m.	\$138.40
79604	Wed	Sep 3-24	5:10-5:40p.m.	\$138.40
79605	Wed	Sep 3-24	5:25-5:55p.m.	\$138.40
79606	Wed	Sep 3-24	5:55-6:25p.m.	\$138.40
79700	Thu	Sep 4-25	4:50-5:20p.m.	\$138.40
79701	Thu	Sep 4-25	5:55-6:25p.m.	\$138.40
79742	Fri	Sep 5-26	4:10-4:40p.m.	\$138.40
79741	Fri	Sep 5-26	5:20-5:50p.m.	\$138.40
79743	Fri	Sep 5-26	5:55-6:25p.m.	\$138.40
79747	Fri	Sep 5-26	5:55-6:25p.m.	\$138.40
79803	Sat	Sep 6-27	9:10-9:40a.m.	\$138.40
79804	Sat	Sep 6-27	9:45-10:15a.m.	\$138.40
79805	Sat	Sep 6-27	10:20-10:50a.m.	\$138.40
79806	Sat	Sep 6-27	10:55-11:25a.m.	\$138.40
79807	Sat	Sep 6-27	11:30a.m.-12p.m.	\$138.40
79808	Sat	Sep 6-27	12:05-12:35p.m.	\$138.40
79868	Sun	Sep 7-28	9:15-9:45a.m.	\$138.40

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79869	Sun	Sep 7-28	9:50-10:20a.m.	\$138.40
79870	Sun	Sep 7-28	10:25-10:55a.m.	\$138.40
79871	Sun	Sep 7-28	11-11:30a.m.	\$138.40
79872	Sun	Sep 7-28	11:35a.m.-12:05p.m.	\$138.40
79873	Sun	Sep 7-28	12:10-12:40p.m.	\$138.40
79534	Mon	Sep 8-22	6-6:30p.m.	\$103.80
79535	Mon	Sep 8-22	6-6:30p.m.	\$103.80
79536	Mon	Sep 29-Oct 20	6-6:30p.m.	\$103.80
79537	Mon	Sep 29-Oct 20	6-6:30p.m.	\$103.80
79667	Wed	Oct 1-22	5:10-5:40p.m.	\$138.40
79668	Wed	Oct 1-22	5:25-5:55p.m.	\$138.40
79669	Wed	Oct 1-22	5:55-6:25p.m.	\$138.40
79714	Thu	Oct 2-23	4:50-5:20p.m.	\$138.40
79715	Thu	Oct 2-23	5:55-6:25p.m.	\$138.40
79746	Fri	Oct 3-24	4:10-4:40p.m.	\$138.40
79744	Fri	Oct 3-24	5:20-5:50p.m.	\$138.40
79748	Fri	Oct 3-24	5:55-6:25p.m.	\$138.40
79817	Sat	Oct 4-25	9:10-9:40a.m.	\$138.40
79818	Sat	Oct 4-25	9:45-10:15a.m.	\$138.40
79819	Sat	Oct 4-25	10:20-10:50a.m.	\$138.40
79820	Sat	Oct 4-25	10:55-11:25a.m.	\$138.40
79821	Sat	Oct 4-25	11:30a.m.-12p.m.	\$138.40
79822	Sat	Oct 4-25	12:05-12:35p.m.	\$138.40
79889	Sun	Oct 5-26	9:15-9:45a.m.	\$138.40
79892	Sun	Oct 5-26	9:50-10:20a.m.	\$138.40
79893	Sun	Oct 5-26	10:25-10:55a.m.	\$138.40
79894	Sun	Oct 5-26	11-11:30a.m.	\$138.40
79895	Sun	Oct 5-26	11:35a.m.-12:05p.m.	\$138.40
79896	Sun	Oct 5-26	12:10-12:40p.m.	\$138.40
79570	Tue	Oct 7-21	4-4:30p.m.	\$103.80
79571	Tue	Oct 7-21	4:50-5:20p.m.	\$103.80
79572	Tue	Oct 7-21	5:25-5:55p.m.	\$103.80
79956	Mon	Oct 27-Nov 17	4:10-4:40p.m.	\$138.40
79953	Mon	Oct 27-Nov 17	5:20-5:50p.m.	\$138.40
79958	Mon	Oct 27-Nov 17	5:55-6:25p.m.	\$138.40
79993	Tue	Oct 28-Nov 18	4-4:30p.m.	\$103.80
79995	Tue	Oct 28-Nov 18	4:50-5:20p.m.	\$103.80
79996	Tue	Oct 28-Nov 18	5:25-5:55p.m.	\$103.80
80029	Wed	Oct 29-Nov 19	4:50-5:20p.m.	\$138.40
80030	Wed	Oct 29-Nov 19	5:55-6:25p.m.	\$138.40
80064	Thu	Oct 30-Nov 20	5:10-5:40p.m.	\$138.40
80065	Thu	Oct 30-Nov 20	5:25-5:55p.m.	\$138.40
80066	Thu	Oct 30-Nov 20	5:55-6:25p.m.	\$138.40
80096	Fri	Oct 31-Nov 21	4:50-5:20p.m.	\$138.40
80098	Fri	Oct 31-Nov 21	5:55-6:25p.m.	\$138.40
80145	Sat	Nov 1-22	9:15-9:45a.m.	\$138.40
80146	Sat	Nov 1-22	9:50-10:20a.m.	\$138.40

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80147	Sat	Nov 1-22	10:25-10:55a.m.	\$138.40
80148	Sat	Nov 1-22	11-11:30a.m.	\$138.40
80149	Sat	Nov 1-22	11:35a.m.-12:05p.m.	\$138.40
80150	Sat	Nov 1-22	12:10-12:40p.m.	\$138.40
80492	Sun	Nov 2-23	9:10-9:40a.m.	\$138.40
80494	Sun	Nov 2-23	9:45-10:15a.m.	\$138.40
80496	Sun	Nov 2-23	10:20-10:50a.m.	\$138.40
80498	Sun	Nov 2-23	10:55-11:25a.m.	\$138.40
80500	Sun	Nov 2-23	11:30a.m.-12p.m.	\$138.40
80502	Sun	Nov 2-23	12:05-12:35p.m.	\$138.40
79957	Mon	Nov 24-Dec 15	4:10-4:40p.m.	\$138.40
79954	Mon	Nov 24-Dec 15	5:20-5:50p.m.	\$138.40
79959	Mon	Nov 24-Dec 15	5:55-6:25p.m.	\$138.40
79994	Tue	Nov 25-Dec 16	4-4:30p.m.	\$138.40
79997	Tue	Nov 25-Dec 16	4:50-5:20p.m.	\$138.40
79998	Tue	Nov 25-Dec 16	5:25-5:55p.m.	\$138.40
80032	Wed	Nov 26-Dec 17	4:50-5:20p.m.	\$138.40
80031	Wed	Nov 26-Dec 17	5:55-6:25p.m.	\$138.40
80069	Thu	Nov 27-Dec 18	5:10-5:40p.m.	\$138.40
80068	Thu	Nov 27-Dec 18	5:25-5:55p.m.	\$138.40
80067	Thu	Nov 27-Dec 18	5:55-6:25p.m.	\$138.40
80097	Fri	Nov 28-Dec 19	4:50-5:20p.m.	\$138.40
80099	Fri	Nov 28-Dec 19	5:55-6:25p.m.	\$138.40
80151	Sat	Nov 29-Dec 20	9:15-9:45a.m.	\$138.40
80152	Sat	Nov 29-Dec 20	9:50-10:20a.m.	\$138.40
80153	Sat	Nov 29-Dec 20	10:25-10:55a.m.	\$138.40
80154	Sat	Nov 29-Dec 20	11-11:30a.m.	\$138.40
80155	Sat	Nov 29-Dec 20	11:35a.m.-12:05p.m.	\$138.40
80156	Sat	Nov 29-Dec 20	12:10-12:40p.m.	\$138.40
80493	Sun	Nov 30-Dec 21	9:10-9:40a.m.	\$138.40
80495	Sun	Nov 30-Dec 21	9:45-10:15a.m.	\$138.40
80497	Sun	Nov 30-Dec 21	10:20-10:50a.m.	\$138.40
80499	Sun	Nov 30-Dec 21	10:55-11:25a.m.	\$138.40
80501	Sun	Nov 30-Dec 21	11:30a.m.-12p.m.	\$138.40
80503	Sun	Nov 30-Dec 21	12:05-12:35p.m.	\$138.40

Adult

Adult 1

14 years and up

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

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LAC

79480	Mon,Wed	Sep 29-Oct 22	6:05-6:55p.m.	\$66.50
79880	Tue	Oct 28-Dec 16	5:30-6:20p.m.	\$66.50

NWLC

80317	Thu	Sep 4-Oct 23	8:35-9:25p.m.	\$76.00
80563	Thu	Oct 30-Dec 18	8:35-9:25p.m.	\$76.00

SSLC

79538	Tue	Sep 2-Oct 21	5:40-6:30p.m.	\$66.50
79823	Sun	Sep 7-Oct 26	10:30-11:20a.m.	\$76.00
79972	Tue	Oct 28-Dec 16	5:40-6:30p.m.	\$66.50
80128	Sat	Nov 1-Dec 20	10:30-11:20a.m.	\$76.00

Adult 2

14 years and up

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

LAC

79881	Wed	Oct 29-Dec 17	6:05-6:55p.m.	\$76.00
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SSLC

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

Family

Family Swim Lessons

6 years and up

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

LAC

NWLC

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Aquatic Leadership Courses

Lifesaving Society Bronze Star

13 years and up

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

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

LAC

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

Lifesaving Society Bronze Medallion

13 years and up

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

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

LAC

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

SSLC

79900	Sun	Sep 7-28	4-9p.m.	\$190.00
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Lifesaving Society Bronze Cross

14 years and up

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

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

LAC

79501	Sat-Sun	Oct 11-12	7a.m.-4p.m.	\$165.00
	Mon	Oct 13	9a.m.-3p.m.	

SSLC

79899	Sun	Oct 5-26	3:30-9p.m.	\$165.00
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80653	Sun	Nov 2-23	3:30-9p.m.	\$165.00
80654	Sun	Nov 30-Dec 21	3:30-9p.m.	\$165.00

Lifesaving Society National Lifeguard

15 years and up

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

Prerequisite: Minimum 15 years old (by the last day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Standard First aid from one of the four organizations: Canadian Red Cross, Lifesaving Society, Canadian Swim Patrol or St. John Ambulance only (need not be current).

LAC

79499	Fri	Oct 10, Oct 24	5-9p.m.	\$300.00
	Sat-Sun	Oct 11-12, Oct 25-26	7a.m.-4p.m.	

80756	Sat-Wed	Dec 27-31	7a.m.-4p.m.	\$300.00
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SSLC

80655	Sun	Nov 2-Dec 21	3-8p.m.	\$300.00
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Lifesaving Society National Lifeguard Recert

16 years and up

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

LAC

79500	Sun	Oct 26	11a.m.-4p.m.	\$80.00
79890	Sat	Nov 22	11a.m.-4p.m.	\$80.00

SSLC

79897	Sun	Sep 14	4-9p.m.	\$80.00
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Lifesaving Swim for Life Instructor

15 years and up

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

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

LAC

79888	Sat	Nov 1-Dec 20	8a.m.-1:30p.m.	\$252.00
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SSLC

79898	Sun	Sep 7-Oct 19	4-8p.m.	\$252.00
80656	Sat-Tue	Dec 27-30	8a.m.-4p.m.	\$252.00

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Red Cross First Aid/CPR/AED

12 years and up

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

NWLC

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

Aquatic Recertification Courses

Red Cross First Aid/CPR/AED Recertification

15 years and up

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

NWLC

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

Registered Adapted Programs

Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

mc – māmawēyatitân centre

MOC – Mitakuyé Owâs’â Centre

NWLC – North West Leisure Centre

SLC – South 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.

For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-529-8025.

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Adapted Aquatic

Adapted Family Swim Lessons <AP>

4 years and up

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

NWLC

80251	Tue	Sep 2-23	4:40-5:10p.m.	\$69.20
80253	Wed	Sep 3-24	4:40-5:10p.m.	\$69.20
80311	Thu	Sep 4-25	4:40-5:10p.m.	\$69.20
80283	Thu	Sep 4-25	5:50-6:20p.m.	\$69.20
80254	Wed	Oct 1-22	4:40-5:10p.m.	\$69.20
80312	Thu	Oct 2-23	4:40-5:10p.m.	\$69.20
80284	Thu	Oct 2-23	5:50-6:20p.m.	\$69.20
80252	Tue	Oct 7-21	4:40-5:10p.m.	\$51.90
80420	Mon	Oct 27-Nov 17	4:40-5:10p.m.	\$69.20
80422	Mon	Oct 27-Nov 17	5:50-6:20p.m.	\$69.20
80504	Tue	Oct 28-Nov 18	4:40-5:10p.m.	\$51.90
80534	Wed	Oct 29-Nov 19	4:40-5:10p.m.	\$69.20
80421	Mon	Nov 24-Dec 15	4:40-5:10p.m.	\$69.20
80423	Mon	Nov 24-Dec 15	5:50-6:20p.m.	\$69.20
80505	Tue	Nov 25-Dec 16	4:40-5:10p.m.	\$69.20
80535	Wed	Nov 26-Dec 17	4:40-5:10p.m.	\$69.20

Adapted Leisure Swim <AP> <Free Starburst>

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

NWLC

78234	Sun	Sep 14	6:30-8:25p.m.	Free
78235	Sun	Sep 28	6:30-8:25p.m.	Free
79502	Sun	Oct 12	6:30-8:25p.m.	Free
78236	Sun	Oct 26	6:30-8:25p.m.	Free
78237	Sun	Nov 9	6:30-8:25p.m.	Free
78238	Sun	Nov 23	6:30-8:25p.m.	Free
78239	Sun	Dec 7	6:30-8:25p.m.	Free
78240	Sun	Dec 21	6:30-8:25p.m.	Free

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SSLC

78244	Sat	Sep 6	6:30-8:25p.m.	Free
78245	Sat	Sep 20	6:30-8:25p.m.	Free
78246	Sat	Oct 4	6:30-8:25p.m.	Free
78247	Sat	Oct 18	6:30-8:25p.m.	Free
78248	Sat	Nov 1	6:30-8:25p.m.	Free
78249	Sat	Nov 15	6:30-8:25p.m.	Free
78250	Sat	Nov 29	6:30-8:25p.m.	Free
78251	Sat	Dec 13	6:30-8:25p.m.	Free
78252	Sat	Dec 27	6-7:55p.m.	Free

Adapted Parent & Tot Swim Lessons <AP> 4 months-4 years

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

NWLC

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

Adapted Swim Lessons <AP>

4 years and up

This 1-on-1 adapted swim lesson is designed for those that experience disability. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or re position individuals.

NWLC

80279	Tue	Sep 2-23	4:05-4:35p.m.	\$69.20
80281	Tue	Sep 2-23	5:15-5:45p.m.	\$69.20
80287	Wed	Sep 3-24	5:15-5:45p.m.	\$69.20

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

Adapted Arts & Crafts

ABI Art Program <AP> <Free>

18 years and up

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

SLC

78498 Thu Sep 11-Dec 18 1-2:30p.m. Free

Adapted Crafting with Nature <AP>

6-12 years

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy fun and easy crafts using natural items for sensory exploration. Promote fine motor development, socialization, and creativity as we explore natural materials in the neighboring accessible park. Participants needing one-on-one support must bring a support person.

CRNC

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

Adapted Music Program <AP>

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

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3-5 years

SLC

79275 Sat Oct 18-Nov 15 10:15-11am \$37.50

6-12 years

SLC

79276 Sat Oct 18-Nov 15 11:15a.m.-12p.m. \$37.50

Adapted Health and Fitness

Adapted Dance Class <AP> <Free>

5-12 years

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

mc

79270 Sat Sep 6-Nov 29 2:15-3:15p.m. Free

Adapted Adult Strength & Balance <AP>

18 years and up

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

SSLC

79279 Tue Sep 9-Oct 28 12:15-1:15p.m. \$58.00

79280 Tue Nov 4-Dec 16 12:15-1:15p.m. \$43.50

Inclusive Dance Class <AP><FREE>

5-12 years

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

mc

79271 Sat Sep 6-Nov 29 1-2p.m.

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Walk & Roll Fitness <AP>

18 years and up

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

FLDH

78159	Tue,Thu	Sep 2-Oct 30	12:30-3p.m.	\$68.00
78160	Tue,Thu	Nov 4-Dec 18	12:30-3p.m.	\$52.00

What's Your Style Dance Nights <AP> <Free>

17 years and up

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

mc

79263	Thu	Oct 23	7-9p.m.	Free
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Adapted Social

ABI Communication Group <AP> <Free>

18 years and up

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

SLC

78496	Wed	Sep 10-Dec 17	1-2:30p.m.	Free
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ABI Cribbage <AP> <Free>

18 years and up

This Cribbage program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Cribbage program will provide an opportunity for individuals to socialize with peers, engage and develop their

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fine motor & cognitive skills at their own pace in a supportive environment. The ABI Outreach Team & City of Regina Staff will be present to assist when necessary. To register for this program please email socialinclusionprograms@regina.ca.

SLC

78500 Fri Sep 12-Dec 19 1-2:30p.m. Free

Evening Adult Social Program <AP> <Free>

18 years and up

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

MOC

79283 Fri Oct 3-Dec 12 6-8p.m. Free

Sensory-Friendly Youth Program <AP> <Free>

10-17 years

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

CRNC

79277 Mon Oct 6-Nov 24 6-7:30p.m. Free

Short Breaks <AP> <Free>

18 years and up

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

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

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Adapted Sport

Adapted Badminton – Teens <AP>

13-16 years

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

MOC

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

Adapted Basketball – Intro <AP>

6-12 years

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

NWLC

79380	Fri	Sep 12-Oct 17	5:15-6p.m.	\$45.00
80787	Fri	Oct 31-Dec 5	5:15-6p.m.	\$45

Adapted Basketball <AP>

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

5–7 years

FLDH

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

FLDH

79637	Mon	Sep 8-Nov 17	6:30-7:30p.m.	\$75.00
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Adapted Floor Hockey <AP>

5-7 years

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

FLDH

79628	Sat	Sep 6-Nov 1	2-3p.m.	\$67.50
80196	Sat	Nov 8-Dec 27	2-3p.m.	\$37.50

Adapted Parent & Tot Sports Jam <AP>

3-5 years

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

FLDH

79663	Sun	Sep 14-Oct 26	10-10:45a.m.	\$43.50
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Adapted Soccer <AP>

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

5-7 years

FLDH

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

8-12 years

FLDH

79627	Sat	Sep 6-Nov 1	1-2p.m.	\$67.50
80195	Sat	Nov 8-Dec 27	1-2p.m.	\$37.50

Adapted Sports Jam <AP>

6-12 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. The program will provide children with the opportunity to participate in a variety of non-competitive sports and activities for fun and fitness focusing on various sports like

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soccer, floor hockey, basketball and cooperative games. Parent or support person participation is encouraged to assist when needed.

NWLC

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

Registered Preschool Programs

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

Crafty Christmas

3–5 years

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

NBAC

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

Creative Beginnings

4–6 years

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

NBAC

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

Surprise Activity and Swim

3–5 years

Participate in a flexible laid-back class involving a fun, surprise activity and swim! In the first part of the class kids will enjoy crafts, sports, story telling, 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.

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NWLC

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

Sports

Parent & Tot Floor Hockey

3–5 years

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

FLDH

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

3–5 years

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

FLDH

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

Registered Child and Youth Programs

Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

MOC – Mitakuyé Owâs'â Centre

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

3D Printing and Design 1

8–12 years

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

NBAC

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79363 Sat Sep 20-Nov 15 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 3D printers. Students must supply their own laptop or iPad. Prerequisite: 3D Printing and Design 1 or equivalent experience.

NBAC

79364 Sat Sep 20-Nov 15 11a.m.-12p.m. \$95.00

Abstract Art for Teens

12–16 years

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

NBAC

79287 Sun Sep 21-Nov 16 3-4:30p.m. \$95.00

Adventures in Art for Homeschoolers 1

6–8 years

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

NBAC

79356 Thu Sep 18-Nov 6 10a.m.-12p.m. \$125.00

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

79357 Thu Sep 18-Nov 6 1-3p.m. \$125.00

Art Exploration

9-13 years

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

NBAC

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79359 Sat Sep 20-Nov 15 12:30-2:30p.m. \$125.00

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

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

Art Sampler

6–8 years

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

NBAC

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

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

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

Drawing Awesome Monsters

8–12 years

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

NBAC

79297 Sat Sep 20-Nov 22 10-11am \$82.00

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

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

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Drawing Mythological Creatures

9–14 years

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

NBAC

79299 Sun Sep 21-Nov 16 3-4:30p.m. \$95.00

Easy Sewing – Fun Felt Friends

10–14 years

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

NBAC

79301 Sun Sep 7 1-4p.m. \$35.00

Fairy Tale Fun

6–10 years

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

NBAC

79304 Sat Sep 13 3-4:30p.m. \$20.00

Fantastic Friends Drawing

9–14 years

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

NBAC

79305 Sat Sep 20-Nov 15 3-4:30p.m. \$98.00

Fantastic Friends: Character Creation!

9–14 years

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

NBAC

79306 Sat Sep 13 1-2:30p.m. \$20.00

Fantastic Friends: Fairy Tales

7–10 years

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

NBAC

79307 Sun Sep 21-Nov 16 1-2:30p.m. \$98.00

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From Oz to Wonderland **10–14 years**

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

NBAC

79348 Sat Sep 20-Nov 15 1-2:30p.m. \$95.00

Game Design **9–14 years**

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

NBAC

79387 Sat Sep 20-Nov 22 1:30-4p.m. \$135.00

Intro to Air Dry Clay **7-12 years**

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

NBAC

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

Manga 1 **9–14 years**

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

NBAC

79327 Sat Sep 20-Nov 22 11:30a.m.-1p.m. \$95.00

Octopus's Garden **8–12 years**

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

NBAC

79392 Sun Sep 21-Nov 16 1-2:30p.m. \$100.00

One Page Comics for Kids **7–13 years**

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

NBAC

79331 Sun Sep 14 1-3p.m. \$25.00

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Roblox Coding for Beginners

10–14 years

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

NBAC

79365 Sat Sep 20-Nov 15 1-2p.m. \$90.00

World of Paper <New>

10–14 years

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

NBAC

79393 Sat Sep 20-Nov 1 3-4:30p.m. \$90.00

World of Wax Crayons, Markers and Pastels

6–10 years

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

NBAC

79347 Sat Sep 20-Nov 15 9-10:30a.m. \$98.00

Recreation & Life Skills

Indigenous Youth Employment Program

14-18 years

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

MOC

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

Sports

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Badminton

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

Kids

5-7

FLDH

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

NWLC

79382	Sat	Sep 20-Nov 29	4:30-5:30p.m.	\$75.00
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Junior

8-12

FLDH

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

NWLC

79383	Sat	Sep 20-Nov 29	5:30-6:30p.m.	\$75.00
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Badminton – Teens

13-15 yrs

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

FLDH

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

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Basketball – Kids

5–7 years

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

FLDH

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

Basketball Fundamental Development

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

8-10 years

FLDH

79650	Wed	Sep 10-Oct 29	5-6p.m.	\$60.00
79659	Fri	Sep 12-Oct 31	6-7p.m.	\$60.00
80182	Wed	Nov 5-Dec 17	5-6p.m.	\$52.50
80189	Fri	Nov 7-Dec 19	6-7p.m.	\$52.50

CRNC

79438	Sat	Sep 13-Nov 29	10-11am	\$60.00
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11-13 years

FLDH

80183	Wed	Nov 5-Dec 17	6-7p.m.	\$52.50
79651	Wed	Sep 10-Oct 29	6-7p.m.	\$60.00

CRNC

79440	Sat	Sep 13-Nov 29	11a.m.-12p.m.	\$60.00
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Basketball – Advanced

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

8-11 years

FLDH

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

12-14 years

FLDH

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

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

5-7 years

FLDH

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

FLDH

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

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

5-7 years

FLDH

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

FLDH

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

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

5-7 years

FLDH

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

FLDH

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

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

5-7 years

FLDH

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

FLDH

80197	Sat	Nov 8-Dec 27	3-4p.m.	\$37.50
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Soccer

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

5-7 years

FLDH

79644	Tue	Sep 9-Oct 28	4:30-5:30p.m.	\$52.50
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80173	Tue	Nov 4-Dec 16	4:30-5:30p.m.	\$45.00
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MOC

80832	Thu	Sep 11-Nov 13	5:30-6:30p.m.	\$75.00
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8-12 years

FLDH

79645	Tue	Sep 9-Oct 28	5:30-6:30p.m.	\$52.50
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80174	Tue	Nov 4-Dec 16	5:30-6:30p.m.	\$45.00
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80198	Sat	Nov 8-Dec 27	4-5p.m.	\$37.50
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MOC

78680	Thu	Sep 11-Nov 13	6:30-7:30p.m.	\$75.00
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Sports Jam

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

5-7 years

FLDH

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

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FLDH

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

Table Tennis – Intro

8-12 years

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

FLDH

80158 Tue Nov 4-Dec 16 6:30-7:30p.m. \$45.00

80157 Tue Sep 9-Oct 28 6:30-7:30p.m. \$52.50

Tennis

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

Kids

8-10 years

FLDH

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

Junior

11-13 years

FLDH

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

Volleyball

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

7-10 years

FLDH

79661 Fri Sep 12-Oct 31 5-6p.m. \$60.00

80191 Fri Nov 7-Dec 19 5-6p.m. \$52.50

11-13 years

FLDH

79662 Fri Sep 12-Oct 31 6-7p.m. \$60.00

80192 Fri Nov 7-Dec 19 6-7p.m. \$52.50

Registered Adult Programs

Legend

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Text-Only Version

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

MATERIAL FEES

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

Fine Arts – Drawing & Painting

3D Modelling and Printing

15 years and up

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

NBAC

79284 Thu Sep 18-Nov 6 7-9p.m. \$140.00

Acrylic Landscapes <New>

15 years and up

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

NBAC

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

Art Odyssey

15 years and up

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

NBAC

79385 Wed Sep 17-Nov 5 7-9p.m. \$140.00

Beginner Autodesk Fusion 360

15 years and up

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

NBAC

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

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Text-Only Version

Beginner Drawing

15 years and up

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

NBAC

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

Beginner Watercolours

15 years and up

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

NBAC

79395 Wed,Thu Sep 10-25 7-9:30p.m. \$115.00

Creative Sketchbook Drawing <New>

16 years and up

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

NBAC

79404 Wed Sep 17-Nov 5 7-9:30p.m. \$170.00

Drawing for All Levels <New>

15 years and up

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

NBAC

79431 Mon Sep 15-Nov 10 1-4p.m. \$165.00

Graphic Design and Visual Arts <New>

15 years and up

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

City of Regina 2025 Fall Leisure Guide

Text-Only Version

NBAC

79429 Wed Sep 17-Nov 5 7-9p.m. \$140.00

Introduction to Coloured Pencil

15 years and up

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

NBAC

79412 Sun Sep 14 1-4p.m. \$40.00

Landscapes in Acrylic

15 years and up

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

NBAC

79323 Thu Sep 18-Nov 6 7-10p.m. \$165.00

Oil Painting 1

15 years and up

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

NBAC

79352 Wed Sep 17-Nov 5 1-4p.m. \$165.00

Painting and Drawing Drop In <FREE>

14 years and up

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

NBAC

79333 Fri Sep 5-Dec 19 9-11:30a.m.

Painting with Acrylics 3

15 years and up

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

City of Regina 2025 Fall Leisure Guide

Text-Only Version

NBAC

79334 Wed Sep 17-Nov 5 9a.m.-12p.m. \$165.00

Pets in Watercolour

15 years and up

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

NBAC

79335 Wed,Thu Dec 3-18 7-9:30p.m. \$115.00

Sketching the Basics

15 years and up

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

NBAC

79340 Fri Sep 19-Nov 7 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

79344 Sat Sep 20-Nov 15 9a.m.-12p.m. \$165.00

Watercolour – Level 2 <New>

15 years and up

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

NBAC

79384 Mon Sep 15-Nov 10 7-10p.m. \$165.00

City of Regina 2025 Fall Leisure Guide

Text-Only Version

Fine Arts – Fibre Arts

Fibre Felting Fun

14 years and up

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

NBAC

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

Introduction to Crochet

14 years and up

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

NBAC

79310 Tue Sep 16-Oct 28 7-8p.m. \$65.00

Introduction to Knitting

14 years and up

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

NBAC

79311 Mon Sep 15-Oct 27 7-8p.m. \$65.00

Learn to Sew

15 years and up

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

NBAC

79325 Sat Sep 13 10a.m.-3p.m. \$55.00

Learn to Sew a Shoulder Bag

14 years and up

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

NBAC

79326 Sun Sep 7 1-4p.m. \$40.00

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Text-Only Version

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

79332 Thu Sep 25, Oct 23, Nov 27 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

79338 Thu Sep 4-Dec 18 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

79341 Fri Sep 5-Dec 19 9-11:30a.m.

Upcycled Denim Mittens

15 years and up

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

NBAC

79342 Sat Dec 13 10a.m.-3p.m. \$55.00

Upcycled Denim Slippers

15 years and up

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

NBAC

79343 Sat Sep 6 10a.m.-3p.m. \$55.00

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Text-Only Version

Fine Arts – Jewellery And Metalwork

Beginner Stained Glass

15 years and up

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

NBAC

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

Enameling Project Class

16 years and up

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

Prerequisite: Previous Enameling class or equivalent experience.

NBAC

79302	Thu	Sep 18-Nov 6	7-10p.m.	\$260.00
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Extended Fine Silver Fusing

16 years and up

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

Prerequisite: Jewellery 1

NBAC

79303	Wed	Nov 5-Dec 10	7-10p.m.	\$190.00
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Intermediate Stained Glass <New>

15 years and up

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

NBAC

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

15 years and up

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

NBAC

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

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Jewellery 1

16 years and up

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

NBAC

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

Jewellery 3

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

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

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

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

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

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

16 years and up

Students will work with various embellishments to enhance their bead making style. They will then use wire, bead caps, tubing (for coring), and other accessories to create different styles of finished pieces with their beads. Prerequisite: Lampwork Beads 1.

Prerequisite: Lampwork Beads 1.

NBAC

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

16 years and up

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

NBAC

79320 Wed Sep 17-Oct 22 7-10p.m. \$230.00

Lampwork Beads Project Class

16 years and up

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

Prerequisite: Lampwork Beads 1.

NBAC

79319 Mon Sep 15-Nov 10 1-4p.m. \$245.00

Fine Arts – Photography

Photography 1 – Camera Operation

15 years and up

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

NBAC

79336 Mon Sep 15-Oct 20 7-10p.m. \$112.00

Photography 2 – Principles of Photography

15 years and up

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

Prerequisite: Photography 1 or equivalent.

NBAC

79337 Mon Oct 27-Nov 24 7-10p.m. \$112.00

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Photography with Your Cellphone <New> **15 years and up**

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

NBAC

79430	Thu	Sep 18-Nov 6	7-9p.m.	\$135.00
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Fine Arts - Woodworking

Basic Woodworking

16 years and up

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

NBAC

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

Danish Cord Bench <New>

16 years and up

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

NBAC

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

16 years and up

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

NBAC

79389	Fri	Dec 12	7-9p.m.	\$205.00
	Sat-Sun	Dec 13-14	9a.m.-5p.m.	

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Introduction to the Wood Lathe: Spindle Turning

16 years and up

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

NBAC

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

Shaker Six-Board Chest

<New>

16 years and up

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

NBAC

79411	Thu	Sep 18-Nov 20	7-10p.m.	\$280.00
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Wood Carving Drop In <FREE>

14 years and up

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

NBAC

79345	Tue	Sep 2-Dec 30	9-11:30a.m.	
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Wood Project

16 years and up

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

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

NBAC

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

Programming Note

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

Aquacise

14 years and up

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

LAC

79432	Tue	Oct 7-28	6:15-7p.m.	\$23.20
79433	Thu	Oct 2-30	6:15-7p.m.	\$29.00
79435	Tue	Nov 4-Dec 16	6:15-7p.m.	\$34.80
79434	Thu	Nov 13-Dec 18	6:15-7p.m.	\$34.80

NWLC

80750	Tue	Sep 2-Oct 28	8:35-9:20p.m.	\$46.40
80748	Wed	Sep 3-Oct 29	8:35-9:20p.m.	\$52.20
80749	Mon	Sep 8-Oct 27	8:35-9:20p.m.	\$40.60
80752	Mon	Nov 3-Dec 15	8:35-9:20p.m.	\$40.60
80753	Tue	Nov 4-Dec 16	8:35-9:20p.m.	\$34.80
80751	Wed	Nov 5-Dec 17	8:35-9:20p.m.	\$40.60

SSLC

80610	Tue	Sep 2-Oct 28	8:30-9:15p.m.	\$46.40
80614	Wed	Sep 3-Oct 29	8:30-9:15p.m.	\$52.20
80619	Thu	Sep 4-Oct 30	8:30-9:15p.m.	\$52.20
80603	Mon	Sep 8-Oct 27	8:30-9:15p.m.	\$40.60
80628	Mon	Nov 3-Dec 15	8:30-9:15p.m.	\$40.60
80635	Tue	Nov 4-Dec 16	8:30-9:15p.m.	\$34.80
80639	Wed	Nov 5-Dec 17	8:30-9:15p.m.	\$40.60
80644	Thu	Nov 6-Dec 18	8:30-9:15p.m.	\$40.60

Baby & Me Aquacise

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

SSLC

80615	Wed	Sep 3-Oct 29	9:15-10a.m.	\$52.20
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City of Regina 2025 Fall Leisure Guide

Text-Only Version

80640 Wed Nov 5-Dec 17 9:15-10a.m. \$40.60

Land Fitness, Health & Wellness

Programming Note

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

Baby & Me Bootcamp

15 years and up

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

FLDH

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

Cardio & Tone Interval

15 years and up

A mid-intensity cardio with weight training in between using dumbbells, bands or bodyweight with a 2:2 ratio. This is followed by core and stretch exercises.

SSLC

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

LiveWell

15 years and up

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

FLDH

80201	Tue,Thu	Sep 2-Oct 30	4:30-5:30p.m.	\$143.10
80202	Tue,Thu	Sep 2-Oct 30	5:30-6:30p.m.	\$143.10
80199	Mon,Wed	Sep 3-Oct 29	10-11am	\$143.10

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

Minds in Motion

20 years and up

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

Must register in pairs.

NWLC

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

16 years and up

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

FLDH

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

Small Group Fitness Coaching

16 years and up

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

FLDH

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

SoulFusion

16 years and up

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

FLDH

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

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StepFit

16 years and up

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

SSLC

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

Stretch & Tone

15 years and up

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

SSLC

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

Total Body Sculpting

14 years and up

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

SSLC

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

TRX® Group Suspension Training

16 years and up

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

FLDH

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

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Yoga – Boomers and Beyond

30 years and up

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

NWLC

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

Yoga – Flow

15 years and up

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

NWLC

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

SSLC

80606	Mon	Sep 8-Oct 27	8-9p.m.	\$48.30
80631	Mon	Nov 3-Dec 15	8-9p.m.	\$48.30

Yoga – Gentle

15 years and up

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

FLDH

79413	Mon	Sep 8-Oct 27	5:45-6:45p.m.	\$48.30
79414	Mon	Nov 3-Dec 15	5:45-6:45p.m.	\$48.30

NWLC

80740	Wed	Sep 3-Oct 29	6-7p.m.	\$62.10
80739	Mon	Sep 8-Oct 27	6-7p.m.	\$48.30
80746	Mon	Nov 3-Dec 15	6-7p.m.	\$48.30
80747	Wed	Nov 5-Dec 17	6-7p.m.	\$48.30

SSLC

80624	Thu	Sep 4-Oct 30	9:15-10:15a.m.	\$62.10
80621	Thu	Sep 4-Oct 30	11:45a.m.-12:45p.m.	\$62.10
80620	Thu	Sep 4-Oct 30	6:45-7:45p.m.	\$62.10

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80626	Fri	Sep 5-Oct 31	10:30-11:30a.m.	\$62.10
80607	Mon	Sep 8-Oct 27	9:15-10:15a.m.	\$48.30
80608	Mon	Sep 8-Oct 27	10:30-11:30a.m.	\$48.30
80609	Mon	Sep 8-Oct 27	6:45-7:45p.m.	\$48.30
80632	Mon	Nov 3-Dec 15	9:15-10:15a.m.	\$48.30
80633	Mon	Nov 3-Dec 15	10:30-11:30a.m.	\$48.30
80634	Mon	Nov 3-Dec 15	6:45-7:45p.m.	\$48.30
80647	Thu	Nov 6-Dec 18	9:15-10:15a.m.	\$48.30
80646	Thu	Nov 6-Dec 18	11:45a.m.-12:45p.m.	\$48.30
80645	Thu	Nov 6-Dec 18	6:45-7:45p.m.	\$48.30
80651	Fri	Nov 7-Dec 19	10:30-11:30a.m.	\$48.30

Yoga – Hatha

15 years and up

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

FLDH

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

Yoga – Learn to Arm Balance

15 years and up

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

FLDH

79703	Sun	Nov 9-30	9-10:30a.m.	\$41.40
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Yoga – Yin

15 years and up

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

SSLC

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

Zumba Fitness

16 years and up

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

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79419	Wed	Sep 3-Oct 29	6:45-7:45p.m.	\$62.10
79420	Wed	Nov 5-Dec 17	6:45-7:45p.m.	\$48.30

SSLC

80622	Thu	Sep 4-Oct 30	8-9p.m.	\$62.10
80627	Sat	Sep 6-Nov 1	9-10a.m.	\$62.10
80648	Thu	Nov 6-Dec 18	8-9p.m.	\$48.30
80652	Sat	Nov 8-Dec 20	9-10a.m.	\$48.30

Sports

Badminton

16 years and up

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

FLDH

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

Kickboxing

16 years and up

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

NWLC

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

Sports Jam – Adults

16 years and up

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

FLDH

80792	Fri	Sep 12-Oct 24	7-8p.m.	\$52.50
80793	Fri	Nov 7-Dec 19	7-8p.m.	\$52.50

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Table Tennis - Adults

16 years and up

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

80833 Tue Sep 9-Oct 28 7:30-8:30p.m. \$52.50

Tennis – Adult Level 1

16 years and up

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

FLDH

79631 Sat Sep 6-Nov 21 12:15-1:15p.m. \$82.50

Registered Older Adult Programs

Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Programming Note

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

Yoga - Chair

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

NWLC

80736	Wed	Sep 3-Oct 29	1-2p.m.	\$62.10
80743	Wed	Nov 5-Dec 17	1-2p.m.	\$48.30

SSLC

80618	Wed	Sep 3-Oct 29	11:45a.m.-12:45p.m.	\$62.10
80605	Mon	Sep 8-Oct 27	11:45a.m.-12:45p.m.	\$48.30
80630	Mon	Nov 3-Dec 15	11:45a.m.-12:45p.m.	\$48.30
80643	Wed	Nov 5-Dec 17	11:45a.m.-12:45p.m.	\$48,30

Zumba Gold

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

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reggaeton; the exhilarating, easy-to-follow moves; and the invigorating atmosphere.

NWLC

80730	Wed	Sep 3-Oct 29	10:30-11:30a.m.	\$62.10
80732	Mon	Sep 8-Oct 27	9:45-10:45a.m.	\$48.30
80733	Mon	Nov 3-Dec 15	9:45-10:45a.m.	\$48.30
80731	Wed	Nov 5-Dec 17	10:30-11:30a.m.	\$48.30

SSLC

80613	Tue	Sep 2-Oct 28	10:30-11:30a.m.	\$55.20
80623	Thu	Sep 4-Oct 30	10:30-11:30a.m.	\$62.10
80638	Tue	Nov 4-Dec 16	10:30-11:30a.m.	\$41.40
80649	Thu	Nov 6-Dec 18	10:30-11:30a.m.	\$48.30