

City of Regina 2026 Summer Leisure Guide

Text-Only Version

Registration Information

Verified Regina residents:

Tuesday, May 12

(beginning at 7 a.m.)

Non-residents and non-verified Regina residents:

Thursday, May 19

(beginning at 7 a.m.)

3 Ways to register:

Online Registration

- Go to 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 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:

May - June

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

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 12:30 - 5 p.m.

Hours may vary according to program needs.

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June 29-August 29

Monday – Friday: 8:30 a.m. - 5 p.m.

Tuesday – Thursday: 6 - 10 p.m.

Saturday: 12 - 5 p.m.

Sunday: Closed

(Closed July 1, August 3)

Hours may vary according to program needs.

North West Leisure Centre

1127 Arnason St.

306-777-PLAY (7529)

Facility hours:

The North West Leisure Centre will be closed for annual maintenance June 8 to 21 inclusive.

Monday – Friday: 8 a.m. - 8:30 p.m.

Saturday – Sunday: 12 – 8 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:

The Sandra Schmirler Leisure Centre will be closed for annual maintenance August 17 to September 13 inclusive.

June 5 - August 7

Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 12 - 8 p.m.

Stat Holidays: 12 - 6 p.m.

- Main pool ranging in depth from .45 to 3 metres
- Pool slides

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- 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

Sportplex

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

Facility hours:

Lawson Aquatic Centre will be closed for annual maintenance July 27 to August 16 inclusive. The Lawson Strength & Conditioning area will remain open.
The Fieldhouse will be closed for annual maintenance June 22 to 28 inclusive.

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

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Equipment to Support Access

Fieldhouse (1717 Elphinstone St.)

- Wheelchair accessible weight machines, recumbent steppers, hand bikes and rope trainer
- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table

Lawson Aquatic Centre (1717 Elphinstone St.)

- Chair lift access into main pool
- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table

North West Leisure Centre (1127 Arnason St.)

- Ramp and aquatic wheelchairs for access into pool
- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table, located on pool deck

Sandra Schmirler Leisure Centre (3130 Woodhams Drive)

- All-gender or family changeroom with shower, overhead sling lift and adjustable height adult change table
- Aquatic wheelchair available
- Overhead sling lift to access main pool

Core Ritchie Neighbourhood Centre (445 14th Avenue)

- All-gender or family washroom with shower, overhead sling lift and adjustable height adult change table
- Aquatic wheelchair available

Glencairn Neighbourhood Centre (2727 Dewdney Avenue East)

- All-gender or family washroom with shower, overhead sling lift and adjustable height adult change table, which is accessible from indoors and outdoors

Mitakuyé Owâs'ā Centre (1770 Halifax St.)

- All-gender or family washroom with curb-free shower, aquatic wheelchair, overhead sling lift, and adjustable height adult change table
- Elevator access to second floor

Wascana Outdoor Pool (2400 Wascana Drive)

- Individual all-gender change rooms and toilet stalls
- All-gender changeroom with shower, overhead sling lift and adjustable height adult change table
- Sling lift access into all pools

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- Ramps into all pools (entry depth 0 m)
- Aquatic wheelchairs and walker available

Maple Leaf Outdoor Pool (1101 14th Avenue)

- Individual all-gender change rooms and toilet stalls
- All-gender changeroom with shower, overhead sling lift and adjustable height adult change table
- Sling lift to access pool and aquatic wheelchair
- Beach entry option into pool (entry depth 0 m)
- Aquatic wheelchair available

Regent Outdoor Pool (3600 McKinley Avenue)

- All-gender changeroom with overhead sling lift and adjustable height adult change table
- Ramp access into pool
- Aquatic wheelchair available

Outdoor Pools

See all outdoor pool schedules and information at Regina.ca/outdoorpools.

Massey Pool
 100 Massey Rd.
 306-777-7377
 opens June 11 – subject to change

Regent Pool
 3600 McKinley Ave.
 306-777-7376
 opens June 11 – subject to change

Buffalo Meadows Pool
 1401 Montague St.
 306-777-7375
 Admission is free
 opens June 11 – subject to change

Maple Leaf Pool
 1104 14th Ave.
 306-777-7374
 Admission is free
 opens June 11 – subject to change

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Wascana Pool
2400 Wascana Dr.
306-777-PLAY (7529)
opens June 4 – subject to change

Spray Pads

Spray Pads are a great water play experience and an easy way to cool off all summer long! Open daily from 9 a.m. to 8 p.m. starting May 22 to mid-September (weather permitting). Visit Regina.ca/SprayPads for more information.

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.

Kinsmen Park South – closed for renovations. Reopening in Summer 2026
Westgate Ave. and Kings Rd.

Parkridge Park
7th Ave. and Wadey Cres.

Varsity Park
Phillip Rd. and Pederson Cres.

Gocki Park

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

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.

Admission Prices (plus applicable taxes)

Single admissions

Adult (25-64)	\$7.50
Senior (65+)	\$5.86
Youth (13-18)	\$5.16
Child (2-12)	\$3.52
Family*	\$14.99

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

	Base Price
Bulk Admissions (10)	
Adult (25-64)	\$67.49
Senior (65+)	\$52.70
Youth (13-18)	\$46.43

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Child (2-12) \$31.64
 Family* \$134.88

*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)	\$60.93	\$164.52	\$310.76	\$548.40
Senior (65+)	\$45.70	\$123.39	\$233.05	\$411.28
Youth (13-18)	\$36.56	\$98.71	\$186.44	\$329.00
Child (2-12)	\$27.42	\$74.05	\$139.87	\$246.82
Family*	\$118.82	\$320.82	\$605.99	\$1069.38

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

Swimming Lessons

Legend

- LAC – Lawson Aquatic Centre
- MOP – Massey Outdoor Pool
- NWLC – North West Leisure Centre
- ROP – Regent Outdoor Pool
- SSLC – Sandra Schmirler Leisure Centre
- WOP – Wascana Outdoor Pool

Preschool Aquatics – Lifesaving Swim for Life

<text box>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.<text box>

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 floats, back floats, and float wearing PFDs.

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

LAC

83918 Mon-Thu Jun 8-18 5:05-5:35p.m. \$63.20

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83919	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
83920	Mon-Fri	Aug 17-28	9:55-10:25a.m.	\$79.00

MOP

82998	Mon-Fri	Jul 20-31	11:10-11:40a.m.	\$79.00
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NWLC

83645	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
83646	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
83689	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
83732	Mon-Fri	Aug 4-14	9:10-9:40a.m.	\$71.10
83785	Mon-Fri	Aug 17-28	5:55-6:25p.m.	\$79.00

SSLC

83362	Mon-Fri	Jun 8-19	6:05-6:35p.m.	\$79.00
83526	Mon-Fri	Jun 22-Jul 3	5:45-6:15p.m.	\$71.10
83488	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
83489	Mon-Fri	Jul 6-17	5:35-6:05p.m.	\$79.00
83421	Mon-Fri	Jul 20-31	10:20-10:50a.m.	\$79.00
83391	Mon-Fri	Jul 20-31	6:05-6:35p.m.	\$79.00
83631	Mon-Fri	Aug 4-14	10:15-10:45a.m.	\$71.10
83632	Mon-Fri	Aug 4-14	5:45-6:15p.m.	\$71.10

WOP

83099	Mon-Thu	Aug 4-13	11:30a.m.-12p.m.	\$55.30
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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 object 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

83921	Mon-Thu	Jun 22-Jul 2	5:45-6:15p.m.	\$55.30
83922	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
83923	Mon-Fri	Aug 17-28	10:30-11a.m.	\$79.00

MOP

83021	Mon-Fri	Aug 4-14	10:35-11:05a.m.	\$71.10
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83039	Mon-Fri	Aug 17-28	11:30a.m.-12p.m.	\$79.00
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NWLC

83549	Mon-Fri	Jun 22-Jul 3	5:55-6:25p.m.	\$71.10
83647	Mon-Fri	Jul 6-17	9:40-10:10a.m.	\$79.00
83678	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
83690	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00
83733	Mon-Fri	Aug 4-14	9:40-10:10a.m.	\$71.10
83734	Mon-Fri	Aug 4-14	6-6:30p.m.	\$71.10
83786	Mon-Fri	Aug 17-28	9:35-10:05a.m.	\$79.00

SSLC

83359	Mon-Fri	Jun 8-19	5:30-6p.m.	\$79.00
83520	Mon-Fri	Jun 22-3	4:40-5:10p.m.	\$71.10
83498	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
83499	Mon-Fri	Jul 6-17	4:45-5:15p.m.	\$79.00
83417	Mon-Fri	Jul 20-31	11:20-11:50a.m.	\$79.00
83388	Mon-Fri	Jul 20-31	5:30-6p.m.	\$79.00
83613	Mon-Fri	Aug 4-14	9:45-10:15a.m.	\$71.10
83630	Mon-Fri	Aug 4-14	11:40a.m.-12:10p.m.	\$71.10
83614	Mon-Fri	Aug 4-14	4:40-5:10p.m.	\$71.10

WOP

83094	Mon-Thu	Aug 4-13	10-10:30a.m.	\$55.30
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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

83924	Mon-Thu	Jun 8-18	6:30-7p.m.	\$63.20
83925	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
83926	Mon-Thu	Jul 6-16	5:35-6:05p.m.	\$63.20
83927	Mon-Thu	Aug 17-27	6:30-7p.m.	\$63.20

NWLC

83550	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
83648	Mon-Fri	Jul 6-17	5:45-6:15p.m.	\$79.00
83691	Mon-Fri	Jul 20-31	10:55-11:25a.m.	\$79.00
83692	Mon-Fri	Jul 20-31	5:55-6:25p.m.	\$79.00
83735	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10
83787	Mon-Fri	Aug 17-28	10:55-11:25a.m.	\$79.00

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83788	Mon-Fri	Aug 17-28	4-4:30p.m.	\$79.00
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SSLC

83355	Mon-Fri	Jun 8-19	4:35-5:05p.m.	\$79.00
83518	Mon-Fri	Jun 22-Jul 3	4:05-4:35p.m.	\$71.10
83493	Mon-Fri	Jul 6-17	11:45a.m.-12:15p.m.	\$79.00
83494	Mon-Fri	Jul 6-17	9:10-9:40a.m.	\$79.00
83495	Mon-Fri	Jul 6-17	4:10-4:40p.m.	\$79.00
83384	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00
83418	Mon-Fri	Jul 20-31	9:55-10:25a.m.	\$79.00
83540	Mon-Fri	Aug 4-14	9:10-9:40a.m.	\$71.10
83564	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10
83565	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10

WOP

83068	Mon-Thu	Jul 20-30	11:20-11:50a.m.	\$63.20
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<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. *Swimmers should be comfortable entering and moving around the water without parent assistance.

LAC

83928	Mon-Thu	Jun 8-18	5:50-6:20p.m.	\$63.20
83929	Mon-Thu	Jun 22-Jul 2	5:10-5:40p.m.	\$55.30
83930	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
83931	Mon-Thu	Jul 6-16	5-5:30p.m.	\$63.20
83933	Mon-Fri	Aug 17-28	9:05-9:35a.m.	\$79.00
83932	Mon-Fri	Aug 17-28	11:05-11:35a.m.	\$79.00
83934	Mon-Thu	Aug 17-27	4:55-5:25p.m.	\$63.20

MOP

82949	Mon-Fri	Jul 6-17	9:50-10:20a.m.	\$79.00
82994	Mon-Fri	Jul 20-31	11:15-11:45a.m.	\$79.00
83027	Mon-Fri	Aug 17-28	11:15-11:45a.m.	\$79.00

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NWLC

83551	Mon-Fri	Jun 22-Jul 3	4:40-5:10p.m.	\$71.10
83649	Mon-Fri	Jul 6-17	9:05-9:35a.m.	\$79.00
83650	Mon-Fri	Jul 6-17	10:10-10:40a.m.	\$79.00
83651	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
83652	Mon-Fri	Jul 6-17	5:15-5:45p.m.	\$79.00
83693	Mon-Fri	Jul 20-31	9:45-10:15a.m.	\$79.00
83694	Mon-Fri	Jul 20-31	11:30a.m.-12p.m.	\$79.00
83695	Mon-Fri	Jul 20-31	4:40-5:10p.m.	\$79.00
83737	Mon-Fri	Aug 4-14	9:10-9:40a.m.	\$71.10
83736	Mon-Fri	Aug 4-14	10:15-10:45a.m.	\$71.10
83738	Mon-Fri	Aug 4-14	4:45-5:15p.m.	\$71.10
83789	Mon-Fri	Aug 17-28	9:45-10:15a.m.	\$79.00
83790	Mon-Fri	Aug 17-28	11:30a.m.-12p.m.	\$79.00
83791	Mon-Fri	Aug 17-28	4:40-5:10p.m.	\$79.00

SSLC

83336	Mon-Fri	Jun 8-19	4-4:30p.m.	\$79.00
83500	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
83521	Mon-Fri	Jun 22-Jul 3	5:15-5:45p.m.	\$71.10
83459	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
83460	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
83461	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
83462	Mon-Fri	Jul 6-17	5:25-5:55p.m.	\$79.00
83463	Mon-Fri	Jul 6-17	6-6:30p.m.	\$79.00
83423	Mon-Fri	Jul 20-31	9:50-10:20a.m.	\$79.00
83422	Mon-Fri	Jul 20-31	10:55-11:25a.m.	\$79.00
83424	Mon-Fri	Jul 20-31	11:40a.m.-12:10p.m.	\$79.00
83365	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
83527	Mon-Fri	Aug 4-14	9-9:30a.m.	\$71.10
83528	Mon-Fri	Aug 4-14	10:35-11:05a.m.	\$71.10
83529	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10
83530	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10

WOP

83062	Mon-Thu	Jul 6-16	11:20-11:50a.m.	\$63.20
83083	Mon-Thu	Jul 20-30	10:35-11:05a.m.	\$63.20

Preschool 2 3-5 years

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

LAC

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83935	Mon-Thu	Jun 8-18	6:30-7p.m.	\$63.20
83936	Mon-Thu	Jun 22-Jul 2	6:20-6:50p.m.	\$55.30
83937	Mon-Fri	Jul 6-17	10:15-10:45a.m.	\$79.00
83938	Mon-Thu	Jul 6-16	5:50-6:20p.m.	\$63.20
83939	Mon-Fri	Aug 17-28	10:35-11:05a.m.	\$79.00
83940	Mon-Thu	Aug 17-27	5:30-6p.m.	\$63.20

MOP

82954	Mon-Fri	Jul 6-17	10:35-11:05a.m.	\$79.00
82988	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
83012	Mon-Fri	Aug 4-14	10:40-11:10a.m.	\$71.10

NWLC

83552	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
83654	Mon-Fri	Jul 6-17	10:50-11:20a.m.	\$79.00
83653	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
83655	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
83656	Mon-Fri	Jul 6-17	5:45-6:15p.m.	\$79.00
83696	Mon-Fri	Jul 20-31	10:10-10:40a.m.	\$79.00
83697	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
83698	Mon-Fri	Jul 20-31	5:10-5:40p.m.	\$79.00
83699	Mon-Fri	Jul 20-31	5:50-6:20p.m.	\$79.00
83739	Mon-Fri	Aug 4-14	10:50-11:20a.m.	\$71.10
83740	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10
83741	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10
83792	Mon-Fri	Aug 17-28	10:10-10:40a.m.	\$79.00
83793	Mon-Fri	Aug 17-28	5:50-6:20p.m.	\$79.00

SSLC

83338	Mon-Fri	Jun 8-19	4:05-4:35p.m.	\$79.00
83337	Mon-Fri	Jun 8-19	4:35-5:05p.m.	\$79.00
83339	Mon-Fri	Jun 8-19	6-6:30p.m.	\$79.00
83506	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
83517	Mon-Fri	Jun 22-Jul 3	5:15-5:45p.m.	\$71.10
83505	Mon-Fri	Jun 22-Jul 3	6:05-6:35p.m.	\$71.10
83438	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00
83439	Mon-Fri	Jul 6-17	11:20-11:50a.m.	\$79.00
83440	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
83394	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
83396	Mon-Fri	Jul 20-31	10:30-11a.m.	\$79.00
83395	Mon-Fri	Jul 20-31	11:50a.m.-12:20p.m.	\$79.00
83368	Mon-Fri	Jul 20-31	4:05-4:35p.m.	\$79.00
83366	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00

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83367	Mon-Fri	Jul 20-31	6-6:30p.m.	\$79.00
83602	Mon-Fri	Aug 4-14	9:35-10:05a.m.	\$71.10
83601	Mon-Fri	Aug 4-14	11a.m.-11:30a.m.	\$71.10
83598	Mon-Fri	Aug 4-14	11:40a.m.-12:10p.m.	\$71.10
83604	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10
83636	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10
83603	Mon-Fri	Aug 4-14	6:05-6:35p.m.	\$71.10

WOP

83058	Mon-Thu	Jul 6-16	10:55-11:25a.m.	\$63.20
83082	Mon-Thu	Jul 20-30	10-10:30a.m.	\$63.20
83089	Mon-Thu	Aug 4-13	10:55-11:25a.m.	\$55.30

Preschool 3 3-5 years

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

LAC

83941	Mon-Thu	Jun 8-18	5:05-5:35p.m.	\$63.20
83942	Mon-Thu	Jun 22-Jul 2	6:30-7p.m.	\$55.30
83943	Mon-Thu	Jul 6-16	5:10-5:40p.m.	\$63.20
83944	Mon-Thu	Jul 6-16	6:30-7p.m.	\$63.20
83945	Mon-Fri	Aug 17-28	9:15-9:45a.m.	\$79.00
83946	Mon-Thu	Aug 17-27	5:55-6:25p.m.	\$63.20

MOP

82967	Mon-Fri	Jul 6-17	9:55-10:25a.m.	\$79.00
82989	Mon-Fri	Jul 20-31	11:20-11:50a.m.	\$79.00
83020	Mon-Fri	Aug 4-14	10-10:30a.m.	\$71.10
83031	Mon-Fri	Aug 17-28	10:35-11:05a.m.	\$79.00

NWLC

83553	Mon-Fri	Jun 22-Jul 3	5:10-5:40p.m.	\$71.10
83657	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
83658	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00
83701	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00
83700	Mon-Fri	Jul 20-31	10:50-11:20a.m.	\$79.00
83742	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
83743	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10
83795	Mon-Fri	Aug 17-28	9:35-10:05a.m.	\$79.00
83794	Mon-Fri	Aug 17-28	10:50-11:20a.m.	\$79.00
83796	Mon-Fri	Aug 17-28	5:10-5:40p.m.	\$79.00

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SSLC

83351	Mon-Fri	Jun 8-19	4:50-5:20p.m.	\$79.00
83350	Mon-Fri	Jun 8-19	5:55-6:25p.m.	\$79.00
83519	Mon-Fri	Jun 22-Jul 3	4:05-4:35p.m.	\$71.10
83484	Mon-Fri	Jul 6-17	9:05-9:35a.m.	\$79.00
83485	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
83487	Mon-Fri	Jul 6-17	4:45-5:15p.m.	\$79.00
83486	Mon-Fri	Jul 6-17	5:50-6:20p.m.	\$79.00
83416	Mon-Fri	Jul 20-31	9:05-9:35a.m.	\$79.00
83415	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
83379	Mon-Fri	Jul 20-31	4:10-4:40p.m.	\$79.00
83378	Mon-Fri	Jul 20-31	5:55-6:25p.m.	\$79.00
83628	Mon-Fri	Aug 4-14	9:40-10:10a.m.	\$71.10
83629	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10

WOP

83055	Mon-Thu	Jul 6-16	10:45-11:15a.m.	\$63.20
83071	Mon-Thu	Jul 20-30	11:30a.m.-12p.m.	\$63.20
83085	Mon-Thu	Aug 4-13	10-10:30a.m.	\$55.30

Preschool 4 3-5 years

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

LAC

83947	Mon-Thu	Jun 8-18	5:35-6:05p.m.	\$63.20
83948	Mon-Thu	Jun 22-Jul 2	5:50-6:20p.m.	\$55.30
83949	Mon-Fri	Jul 6-17	9:40-10:10a.m.	\$79.00
83950	Mon-Thu	Jul 6-16	6:25-6:55p.m.	\$63.20
83951	Mon-Fri	Aug 17-28	9:45-10:15a.m.	\$79.00
83952	Mon-Thu	Aug 17-27	5:05-5:35p.m.	\$63.20

MOP

82956	Mon-Fri	Jul 6-17	9:10-9:40a.m.	\$79.00
82995	Mon-Fri	Jul 20-31	9:15-9:45a.m.	\$79.00
83004	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10

NWLC

83659	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00
83744	Mon-Fri	Aug 4-14	9:45-10:15a.m.	\$71.10
83745	Mon-Fri	Aug 4-14	5:20-5:50p.m.	\$71.10

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SSLC

83358	Mon-Fri	Jun 8-19	4:55-5:25p.m.	\$79.00
83513	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
83441	Mon-Fri	Jul 6-17	10:10-10:40a.m.	\$79.00
83442	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
83443	Mon-Fri	Jul 6-17	5:25-5:55p.m.	\$79.00
83414	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00
83387	Mon-Fri	Jul 20-31	4:55-5:25p.m.	\$79.00
83611	Mon-Fri	Aug 4-14	9:05-9:35a.m.	\$71.10
83612	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10

WOP

83053	Mon-Thu	Jul 6-16	11:10-11:40a.m.	\$63.20
83076	Mon-Thu	Jul 20-30	10:35-11:05a.m.	\$63.20
83093	Mon-Thu	Aug 4-13	11:30a.m.-12p.m.	\$55.30

Preschool 5 3-5 years

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

LAC

83953	Mon-Thu	Jun 22-Jul 2	5:05-5:35p.m.	\$55.30
83954	Mon-Fri	Jul 6-17	11:05-11:35a.m.	\$79.00
83955	Mon-Fri	Aug 17-28	11:05-11:35a.m.	\$79.00

MOP

82963	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
82991	Mon-Fri	Jul 20-31	9:55-10:25a.m.	\$79.00
83034	Mon-Fri	Aug 17-28	9:15-9:45a.m.	\$79.00
83026	Mon-Fri	Aug 17-28	10:35-11:05a.m.	\$79.00

NWLC

83660	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
83746	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10

SSLC

83360	Mon-Fri	Jun 8-19	4:05-4:35p.m.	\$79.00
83523	Mon-Fri	Jun 22-Jul 3	5:05-5:35p.m.	\$71.10

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83491	Mon-Fri	Jul 6-17	11:10-11:40a.m.	\$79.00
83492	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00
83426	Mon-Fri	Jul 20-31	10:25-10:55a.m.	\$79.00
83389	Mon-Fri	Jul 20-31	4:05-4:35p.m.	\$79.00
83607	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
83608	Mon-Fri	Aug 4-14	5:05-5:35p.m.	\$71.10

WOP

83064	Mon-Thu	Jul 6-16	10:35-11:05a.m.	\$63.20
83079	Mon-Thu	Jul 20-30	11:30a.m.-12p.m.	\$63.20

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

83957	Mon-Thu	Jun 8-18	5-5:30p.m.	\$63.20
83956	Mon-Thu	Jun 8-18	5:40-6:10p.m.	\$63.20
83958	Mon-Thu	Jun 22-Jul 2	5-5:30p.m.	\$55.30
83959	Mon-Fri	Jul 6-17	9:05-9:35a.m.	\$79.00
83961	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
83960	Mon-Fri	Jul 6-17	11:10-11:40a.m.	\$79.00
83962	Mon-Thu	Jul 6-16	5:55-6:25p.m.	\$63.20
83963	Mon-Thu	Jul 6-16	6:10-6:40p.m.	\$63.20
83965	Mon-Fri	Aug 17-28	9-9:30a.m.	\$79.00
83964	Mon-Fri	Aug 17-28	10:30-11a.m.	\$79.00
83966	Mon-Thu	Aug 17-27	5:05-5:35p.m.	\$63.20
83967	Mon-Thu	Aug 17-27	5:40-6:10p.m.	\$63.20

NWLC

83555	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
83554	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
83661	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
83662	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
83663	Mon-Fri	Jul 6-17	5:10-5:40p.m.	\$79.00
83702	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
83705	Mon-Fri	Jul 20-31	9:40-10:10a.m.	\$79.00
83703	Mon-Fri	Jul 20-31	10:10-10:40a.m.	\$79.00
83704	Mon-Fri	Jul 20-31	11:25-11:55a.m.	\$79.00
83706	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00
83747	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
83748	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10
83749	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10
83750	Mon-Fri	Aug 4-14	5:45-6:15p.m.	\$71.10

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83797	Mon-Fri	Aug 17-28	9-9:30a.m.	\$79.00
83800	Mon-Fri	Aug 17-28	9:40-10:10a.m.	\$79.00
83798	Mon-Fri	Aug 17-28	10:10-10:40a.m.	\$79.00
83799	Mon-Fri	Aug 17-28	11:20-11:50a.m.	\$79.00
83802	Mon-Fri	Aug 17-28	4-4:30p.m.	\$79.00
83803	Mon-Fri	Aug 17-28	4:35-5:05p.m.	\$79.00
83801	Mon-Fri	Aug 17-28	5:50-6:20p.m.	\$79.00

SSLC

83348	Mon-Fri	Jun 8-19	5:10-5:40p.m.	\$79.00
83347	Mon-Fri	Jun 8-19	5:20-5:50p.m.	\$79.00
83349	Mon-Fri	Jun 8-19	5:50-6:20p.m.	\$79.00
83508	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
83507	Mon-Fri	Jun 22-Jul 3	5:10-5:40p.m.	\$71.10
83509	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
83432	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
83433	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00
83434	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
83435	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
83436	Mon-Fri	Jul 6-17	5:20-5:50p.m.	\$79.00
83437	Mon-Fri	Jul 6-17	6-6:30p.m.	\$79.00
83411	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
83410	Mon-Fri	Jul 20-31	11:40a.m.-12:10p.m.	\$79.00
83376	Mon-Fri	Jul 20-31	5:10-5:40p.m.	\$79.00
83375	Mon-Fri	Jul 20-31	5:20-5:50p.m.	\$79.00
83377	Mon-Fri	Jul 20-31	5:50-6:20p.m.	\$79.00
83536	Mon-Fri	Aug 4-14	9-9:30a.m.	\$71.10
83534	Mon-Fri	Aug 4-14	10:20-10:50a.m.	\$71.10
83535	Mon-Fri	Aug 4-14	11:35a.m.-12:05p.m.	\$71.10
83537	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10
83538	Mon-Fri	Aug 4-14	5:10-5:40p.m.	\$71.10
83539	Mon-Fri	Aug 4-14	5:50-6:20p.m.	\$71.10

MOP

82966	Mon-Fri	Jul 6-17	9:15-9:45a.m.	\$79.00
82950	Mon-Fri	Jul 6-17	10:25-10:55a.m.	\$79.00
82972	Mon-Fri	Jul 20-31	10:55-11:25a.m.	\$79.00
83019	Mon-Fri	Aug 4-14	9:15-9:45a.m.	\$71.10
83017	Mon-Fri	Aug 4-14	10:35-11:05a.m.	\$71.10
83040	Mon-Fri	Aug 17-28	10:55-11:25a.m.	\$79.00

WOP

83056	Mon-Thu	Jul 6-16	11:20-11:50a.m.	\$63.20
83066	Mon-Thu	Jul 20-30	10-10:30a.m.	\$63.20
83092	Mon-Thu	Aug 4-13	10-10:30a.m.	\$55.30

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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

84021	Mon-Thu	Jun 8-18	6:25-6:55p.m.	\$63.20
84022	Mon-Thu	Jun 22-Jul 2	6:25-6:55p.m.	\$55.30

MOP

82986	Mon-Fri	Jul 20-31	9:15-9:45a.m.	\$79.00
83038	Mon-Fri	Aug 17-28	11:20-11:50a.m.	\$79.00

NWLC

83717	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
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WOP

83051	Mon-Thu	Jul 6-16	10-10:30a.m.	\$63.20
83086	Mon-Thu	Aug 4-13	10:35-11:05a.m.	\$55.30

Swimmer 2**5-12 years**

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

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.

LAC

83969	Mon-Thu	Jun 8-18	5-5:30p.m.	\$63.20
83968	Mon-Thu	Jun 8-18	6:25-6:55p.m.	\$63.20
83970	Mon-Thu	Jun 22-Jul 2	5-5:30p.m.	\$55.30
83971	Mon-Thu	Jun 22-Jul 2	6:20-6:50p.m.	\$55.30
83974	Mon-Fri	Jul 6-17	9:10-9:40a.m.	\$79.00
83972	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
83973	Mon-Fri	Jul 6-17	10:30-11a.m.	\$79.00
83975	Mon-Thu	Jul 6-16	5-5:30p.m.	\$63.20
83977	Mon-Fri	Aug 17-28	9:50-10:20a.m.	\$79.00
83976	Mon-Fri	Aug 17-28	11:10-11:40a.m.	\$79.00

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83978	Mon-Thu	Aug 17-27	5-5:30p.m.	\$63.20
83979	Mon-Thu	Aug 17-27	6:20-6:50p.m.	\$63.20

MOP

82953	Mon-Fri	Jul 6-17	10-10:30a.m.	\$79.00
82969	Mon-Fri	Jul 6-17	11:15-11:45a.m.	\$79.00
82997	Mon-Fri	Jul 20-31	10:35-11:05a.m.	\$79.00
83006	Mon-Fri	Aug 4-14	10-10:30a.m.	\$71.10

NWLC

83556	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
83557	Mon-Fri	Jun 22-Jul 3	5:15-5:45p.m.	\$71.10
83664	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
83665	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00
83666	Mon-Fri	Jul 6-17	4-4:30p.m.	\$79.00
83708	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
83707	Mon-Fri	Jul 20-31	10:20-10:50a.m.	\$79.00
83710	Mon-Fri	Jul 20-31	4:35-5:05p.m.	\$79.00
83709	Mon-Fri	Jul 20-31	5:15-5:45p.m.	\$79.00
83751	Mon-Fri	Aug 4-14	9:45-10:15a.m.	\$71.10
83754	Mon-Fri	Aug 4-14	4:05-4:35p.m.	\$71.10
83753	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10
83752	Mon-Fri	Aug 4-14	5:55-6:25p.m.	\$71.10
83806	Mon-Fri	Aug 17-28	9-9:30a.m.	\$79.00
83804	Mon-Fri	Aug 17-28	10:20-10:50a.m.	\$79.00
83805	Mon-Fri	Aug 17-28	11:25-11:55a.m.	\$79.00
83807	Mon-Fri	Aug 17-28	5:15-5:45p.m.	\$79.00

SSLC

83352	Mon-Fri	Jun 8-19	4-4:30p.m.	\$79.00
83354	Mon-Fri	Jun 8-19	4:40-5:10p.m.	\$79.00
83353	Mon-Fri	Jun 8-19	6:05-6:35p.m.	\$79.00
83516	Mon-Fri	Jun 22-Jul 3	4:40-5:10p.m.	\$71.10
83515	Mon-Fri	Jun 22-Jul 3	5:55-6:25p.m.	\$71.10
83472	Mon-Fri	Jul 6-17	9:35-10:05a.m.	\$79.00
83474	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
83473	Mon-Fri	Jul 6-17	10:55-11:25a.m.	\$79.00
83476	Mon-Fri	Jul 6-17	4:05-4:35p.m.	\$79.00
83475	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
83397	Mon-Fri	Jul 20-31	9:35-10:05a.m.	\$79.00
83398	Mon-Fri	Jul 20-31	11:30a.m.-12p.m.	\$79.00
83381	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
83383	Mon-Fri	Jul 20-31	4:40-5:10p.m.	\$79.00
83382	Mon-Fri	Jul 20-31	6:05-6:35p.m.	\$79.00

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**Prices do not include GST (where applicable) or the online processing fee; both added at checkout.

83618	Mon-Fri	Aug 4-14	9:50-10:20a.m.	\$71.10
83619	Mon-Fri	Aug 4-14	11:25-11:55a.m.	\$71.10
83621	Mon-Fri	Aug 4-14	4:40-5:10p.m.	\$71.10
83620	Mon-Fri	Aug 4-14	5:55-6:25p.m.	\$71.10

WOP

83052	Mon-Thu	Jul 6-16	10:35-11:05a.m.	\$63.20
83070	Mon-Thu	Jul 20-30	10:45-11:15a.m.	\$63.20
83098	Mon-Thu	Aug 4-13	10:45-11:15a.m.	\$55.30
83170	Mon-Thu	Aug 17-27	10:40-11:10a.m.	\$63.20

Youth Swimmer 2

8-14 years

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

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.

LAC

84023	Mon-Thu	Jun 22-Jul 2	5:40-6:10p.m.	\$55.30
84024	Mon-Thu	Jul 6-16	6:30-7p.m.	\$63.20

MOP

82990	Mon-Fri	Jul 20-31	9:15-9:45a.m.	\$79.00
83010	Mon-Fri	Aug 4-14	9:15-9:45a.m.	\$71.10
83025	Mon-Fri	Aug 17-28	10-10:30a.m.	\$79.00

NWLC

83760	Mon-Fri	Aug 4-14	5:15-5:45p.m.	\$71.10
83812	Mon-Fri	Aug 17-28	10:45-11:15a.m.	\$79.00

WOP

83059	Mon-Thu	Jul 6-16	11:30a.m.-12p.m.	\$63.20
83075	Mon-Thu	Jul 20-30	10-10:30a.m.	\$63.20

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Swimmer 3 5-12 years

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

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.

LAC

83980	Mon-Thu	Jun 8-18	5:55-6:25p.m.	\$63.20
83981	Mon-Thu	Jun 22-Jul 2	5:10-5:40p.m.	\$55.30
83982	Mon-Thu	Jun 22-Jul 2	6:30-7p.m.	\$55.30
83983	Mon-Fri	Jul 6-17	10:20-10:50a.m.	\$79.00
83984	Mon-Thu	Jul 6-16	5:05-5:35p.m.	\$63.20
83985	Mon-Thu	Jul 6-16	5:35-6:05p.m.	\$63.20
83987	Mon-Fri	Aug 17-28	9:40-10:10a.m.	\$79.00
83986	Mon-Fri	Aug 17-28	11:15-11:45a.m.	\$79.00
83988	Mon-Thu	Aug 17-27	5-5:30p.m.	\$63.20

MOP

82957	Mon-Fri	Jul 6-17	9:45-10:15a.m.	\$79.00
82983	Mon-Fri	Jul 20-31	10-10:30a.m.	\$79.00
83014	Mon-Fri	Aug 4-14	9:15-9:45a.m.	\$71.10
83044	Mon-Fri	Aug 17-28	10-10:30a.m.	\$79.00

NWLC

83558	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
83667	Mon-Fri	Jul 6-17	10:15-10:45a.m.	\$79.00
83668	Mon-Fri	Jul 6-17	10:45-11:15a.m.	\$79.00
83669	Mon-Fri	Jul 6-17	4:35-5:05p.m.	\$79.00
83711	Mon-Fri	Jul 20-31	10:15-10:45a.m.	\$79.00
83712	Mon-Fri	Jul 20-31	10:45-11:15a.m.	\$79.00
83713	Mon-Fri	Jul 20-31	4:05-4:35p.m.	\$79.00
83714	Mon-Fri	Jul 20-31	5:15-5:45p.m.	\$79.00
83756	Mon-Fri	Aug 4-14	9:05-9:35a.m.	\$71.10
83758	Mon-Fri	Aug 4-14	11:30a.m.-12p.m.	\$71.10
83755	Mon-Fri	Aug 4-14	4:40-5:10p.m.	\$71.10
83757	Mon-Fri	Aug 4-14	5:50-6:20p.m.	\$71.10
83808	Mon-Fri	Aug 17-28	10:15-10:45a.m.	\$79.00
83809	Mon-Fri	Aug 17-28	10:45-11:15a.m.	\$79.00
83810	Mon-Fri	Aug 17-28	4:35-5:05p.m.	\$79.00

SSLC

83343	Mon-Fri	Jun 8-19	4-4:30p.m.	\$79.00
83344	Mon-Fri	Jun 8-19	4:40-5:10p.m.	\$79.00
83345	Mon-Fri	Jun 8-19	5:25-5:55p.m.	\$79.00

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**Prices do not include GST (where applicable) or the online processing fee; both added at checkout.

83342	Mon-Fri	Jun 8-19	5:55-6:25p.m.	\$79.00
83502	Mon-Fri	Jun 22-Jul 3	4-4:30p.m.	\$71.10
83501	Mon-Fri	Jun 22-Jul 3	4:35-5:05p.m.	\$71.10
83503	Mon-Fri	Jun 22-Jul 3	5:50-6:20p.m.	\$71.10
83465	Mon-Fri	Jul 6-17	9-9:30a.m.	\$79.00
83466	Mon-Fri	Jul 6-17	10-10:30a.m.	\$79.00
83464	Mon-Fri	Jul 6-17	10:45-11:15a.m.	\$79.00
83467	Mon-Fri	Jul 6-17	11:30a.m.-12p.m.	\$79.00
83469	Mon-Fri	Jul 6-17	4:05-4:35p.m.	\$79.00
83470	Mon-Fri	Jul 6-17	4:50-5:20p.m.	\$79.00
83471	Mon-Fri	Jul 6-17	5:20-5:50p.m.	\$79.00
83468	Mon-Fri	Jul 6-17	5:55-6:25p.m.	\$79.00
83412	Mon-Fri	Jul 20-31	9-9:30a.m.	\$79.00
83413	Mon-Fri	Jul 20-31	11:05-11:35a.m.	\$79.00
83372	Mon-Fri	Jul 20-31	4-4:30p.m.	\$79.00
83380	Mon-Fri	Jul 20-31	4:40-5:10p.m.	\$79.00
83373	Mon-Fri	Jul 20-31	5:25-5:55p.m.	\$79.00
83371	Mon-Fri	Jul 20-31	5:55-6:25p.m.	\$79.00
83623	Mon-Fri	Aug 4-14	9:05-9:35a.m.	\$71.10
83622	Mon-Fri	Aug 4-14	10:25-10:55a.m.	\$71.10
83625	Mon-Fri	Aug 4-14	4-4:30p.m.	\$71.10
83624	Mon-Fri	Aug 4-14	4:35-5:05p.m.	\$71.10
83626	Mon-Fri	Aug 4-14	5:50-6:20p.m.	\$71.10

WOP

83060	Mon-Thu	Jul 6-16	10-10:30a.m.	\$63.20
83078	Mon-Thu	Jul 20-30	10:45-11:15a.m.	\$63.20
83095	Mon-Thu	Aug 4-13	10:35-11:05a.m.	\$55.30
83171	Mon-Thu	Aug 17-27	10:40-11:10a.m.	\$63.20

Youth Swimmer 3 8-14 years

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

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.

LAC

84025	Mon-Fri	Jul 6-17	9:15-9:45a.m.	\$79.00
84026	Mon-Fri	Aug 17-28	9:10-9:40a.m.	\$79.00
84027	Mon-Thu	Aug 17-27	6:25-6:55p.m.	\$63.20

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MOP

82996	Mon-Fri	Jul 20-31	10-10:30a.m.	\$79.00
83003	Mon-Fri	Aug 4-14	10:55-11:25a.m.	\$71.10

WOP

83063	Mon-Thu	Jul 6-16	10-10:30a.m.	\$63.20
83090	Mon-Thu	Aug 4-13	11:30a.m.-12p.m.	\$55.30

Swimmer 4 5-12 years

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

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.

LAC

83989	Mon-Thu	Jun 8-18	5:40-6:20p.m.	\$69.60
83990	Mon-Thu	Jun 22-Jul 2	5:45-6:25p.m.	\$60.90
83991	Mon-Fri	Jul 6-17	9-9:40a.m.	\$87.00
83992	Mon-Fri	Jul 6-17	9:50-10:30a.m.	\$87.00
83993	Mon-Thu	Jul 6-16	5:45-6:25p.m.	\$69.60
83994	Mon-Thu	Aug 17-27	6:20-7p.m.	\$69.60

MOP

82961	Mon-Fri	Jul 6-17	9:10-9:50a.m.	\$87.00
82968	Mon-Fri	Jul 6-17	10:30-11:10a.m.	\$87.00
82987	Mon-Fri	Jul 20-31	9:55-10:35a.m.	\$87.00
82985	Mon-Fri	Jul 20-31	11:20a.m.-12p.m.	\$87.00
83011	Mon-Fri	Aug 4-14	9:55-10:35a.m.	\$78.30
83022	Mon-Fri	Aug 4-14	11:10-11:50a.m.	\$78.30
83045	Mon-Fri	Aug 17-28	10:35-11:15a.m.	\$87.00

NWLC

83670	Mon-Fri	Jul 6-17	9-9:40a.m.	\$87.00
83671	Mon-Fri	Jul 6-17	5:50-6:30p.m.	\$87.00
83715	Mon-Fri	Jul 20-31	9-9:40a.m.	\$87.00
83716	Mon-Fri	Jul 20-31	11:20a.m.-12p.m.	\$87.00
83759	Mon-Fri	Aug 4-14	4-4:40p.m.	\$78.30
83811	Mon-Fri	Aug 17-28	9-9:40a.m.	\$87.00

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SSLC

83346	Mon-Fri	Jun 8-19	4:35-5:15p.m.	\$87.00
83511	Mon-Fri	Jun 22-Jul 3	4:55-5:35p.m.	\$78.30
83510	Mon-Fri	Jun 22-Jul 3	5:50-6:30p.m.	\$78.30
83444	Mon-Fri	Jul 6-17	10:45-11:25a.m.	\$87.00
83446	Mon-Fri	Jul 6-17	4:40-5:20p.m.	\$87.00
83445	Mon-Fri	Jul 6-17	5:55-6:35p.m.	\$87.00
83420	Mon-Fri	Jul 20-31	9:35-10:15a.m.	\$87.00
83419	Mon-Fri	Jul 20-31	10:30-11:10a.m.	\$87.00
83374	Mon-Fri	Jul 20-31	4:35-5:15p.m.	\$87.00
83592	Mon-Fri	Aug 4-14	9-9:40a.m.	\$78.30
83593	Mon-Fri	Aug 4-14	11:10-11:50a.m.	\$78.30
83595	Mon-Fri	Aug 4-14	4:55-5:35p.m.	\$78.30
83594	Mon-Fri	Aug 4-14	5:50-6:30p.m.	\$78.30

WOP

83091	Mon-Thu	Aug 4-13	10:40-11:20a.m.	\$60.90
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Youth Swimmer 4**8-14 years**

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

*Must be 8-14 years of age to enroll

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.

LAC

84028	Mon-Fri	Jul 6-17	10:50-11:30a.m.	\$87.00
84029	Mon-Fri	Aug 17-28	11-11:40a.m.	\$87.00
84030	Mon-Thu	Aug 17-27	5:40-6:20p.m.	\$69.60

MOP

84082	Mon-Fri	Aug 17-28	11:15-11:55a.m.	\$87.00
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WOP

83061	Mon-Thu	Jul 6-16	10:35-11:15a.m.	\$69.60
83172	Mon-Thu	Aug 17-27	10:35-11:15a.m.	\$69.60

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Swimmer 5 5-12 years

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

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.

LAC

83995	Mon-Thu	Jun 8-18	5:05-5:45p.m.	\$69.60
83996	Mon-Thu	Jun 22-Jul 2	5:05-5:45p.m.	\$60.90
83997	Mon-Fri	Aug 17-28	9:05-9:45a.m.	\$87.00
83998	Mon-Fri	Aug 17-28	10:25-11:05a.m.	\$87.00
84000	Mon-Thu	Aug 17-27	5:35-6:15p.m.	\$69.60
83999	Mon-Thu	Aug 17-27	6:15-6:55p.m.	\$69.60

MOP

82952	Mon-Fri	Jul 6-17	9:15-9:55a.m.	\$87.00
82951	Mon-Fri	Jul 6-17	11-11:40a.m.	\$87.00
82982	Mon-Fri	Jul 20-31	9:15-9:55a.m.	\$87.00
83013	Mon-Fri	Aug 4-14	11:20a.m.-12p.m.	\$78.30
83028	Mon-Fri	Aug 17-28	9:15-9:55a.m.	\$87.00
83035	Mon-Fri	Aug 17-28	10-10:40a.m.	\$87.00

SSLC

83341	Mon-Fri	Jun 8-19	4:05-4:45p.m.	\$87.00
83340	Mon-Fri	Jun 8-19	5:10-5:50p.m.	\$87.00
83514	Mon-Fri	Jun 22-Jul 3	5:10-5:50p.m.	\$78.30
83481	Mon-Fri	Jul 6-17	9-9:40a.m.	\$87.00
83483	Mon-Fri	Jul 6-17	4-4:40p.m.	\$87.00
83482	Mon-Fri	Jul 6-17	5:10-5:50p.m.	\$87.00
83425	Mon-Fri	Jul 20-31	9:05-9:45a.m.	\$87.00
83370	Mon-Fri	Jul 20-31	4:05-4:45p.m.	\$87.00
83369	Mon-Fri	Jul 20-31	5:10-5:50p.m.	\$87.00
83531	Mon-Fri	Aug 4-14	9:35-10:15a.m.	\$78.30
83532	Mon-Fri	Aug 4-14	10:55-11:35a.m.	\$78.30
83533	Mon-Fri	Aug 4-14	5:10-5:50p.m.	\$78.30

WOP

83054	Mon-Thu	Jul 6-16	10-10:40a.m.	\$69.60
83069	Mon-Thu	Jul 20-30	10-10:40a.m.	\$69.60
83087	Mon-Thu	Aug 4-13	11:10-11:50a.m.	\$60.90

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Youth Swimmer 5**8-14 years**

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

*Must be 8-14 years of age to enroll

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.

WOP

83097	Mon-Thu	Aug 4-13	10-10:40a.m.	\$60.90
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Swimmer 6**5-12 years**

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

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.

LAC

84001	Mon-Thu	Jun 8-18	6:15-6:55p.m.	\$69.60
84002	Mon-Thu	Jun 22-Jul 2	6:15-6:55p.m.	\$60.90
84003	Mon-Fri	Aug 17-28	9:50-10:30a.m.	\$87.00
84004	Mon-Fri	Aug 17-28	10:15-10:55a.m.	\$87.00
84005	Mon-Thu	Aug 17-27	5:35-6:15p.m.	\$69.60

MOP

82955	Mon-Fri	Jul 6-17	11:10-11:50a.m.	\$87.00
83033	Mon-Fri	Jul 20-31	9:15-9:55a.m.	\$87.00
82984	Mon-Fri	Jul 20-31	10:35-11:15a.m.	\$87.00
83005	Mon-Fri	Aug 4-14	9:15-9:55a.m.	\$78.30
83009	Mon-Fri	Aug 4-14	11:20a.m.-12p.m.	\$78.30
83024	Mon-Fri	Aug 17-28	9:15-9:55a.m.	\$87.00

SSLC

83356	Mon-Fri	Jun 8-19	5:45-6:25p.m.	\$87.00
83525	Mon-Fri	Jun 22-Jul 3	4:10-4:50p.m.	\$78.30
83477	Mon-Fri	Jul 6-17	10:10-10:50a.m.	\$87.00
83478	Mon-Fri	Jul 6-17	11:10-11:50a.m.	\$87.00
83479	Mon-Fri	Jul 6-17	4:05-4:45p.m.	\$87.00
83480	Mon-Fri	Jul 6-17	5:55-6:35p.m.	\$87.00
83428	Mon-Fri	Jul 20-31	9:45-10:25a.m.	\$87.00
83427	Mon-Fri	Jul 20-31	11:10-11:50a.m.	\$87.00

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**Prices do not include GST (where applicable) or the online processing fee; both added at checkout.

83385	Mon-Fri	Jul 20-31	5:45-6:25p.m.	\$87.00
83616	Mon-Fri	Aug 4-14	9:05-9:45a.m.	\$78.30
83617	Mon-Fri	Aug 4-14	4:10-4:50p.m.	\$78.30

WOP

83067	Mon-Thu	Jul 20-30	10:35-11:15a.m.	\$69.60
83173	Mon-Thu	Aug 17-27	10:35-11:15a.m.	\$69.60

<text box>**Swim Patrol:** The Swim Patrol Program provides enriched training for those ready to go beyond learn 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

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

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl.

LAC

84006	Mon-Thu	Jun 8-18	5-5:50p.m.	\$82.00
84007	Mon-Thu	Jun 22-Jul 2	5:35-6:25p.m.	\$71.75
84008	Mon-Fri	Aug 17-28	9:35-10:25a.m.	\$102.50

MOP

82962	Mon-Fri	Jul 6-17	10-10:50a.m.	\$102.50
83041	Mon-Fri	Aug 17-28	10-10:50a.m.	\$102.50

SSLC

83504	Mon-Fri	Jun 22-Jul 3	5:10-6p.m.	\$92.25
83429	Mon-Fri	Jul 20-31	9-9:50a.m.	\$102.50
83635	Mon-Fri	Aug 4-14	5:10-6p.m.	\$92.25

WOP

83077	Mon-Thu	Jul 20-30	11:10a.m.-12p.m.	\$82.00
83096	Mon-Thu	Aug 4-13	11:10a.m.-12p.m.	\$71.75

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Lifesaving Swim Patrol – Ranger Patrol**8-14 years**

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

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts.

LAC

84009	Mon-Thu	Jun 8-18	6:10-7p.m.	\$82.00
84010	Mon-Fri	Aug 17-28	11:10a.m.-12p.m.	\$102.50
84011	Mon-Thu	Aug 17-27	5-5:50p.m.	\$82.00

MOP

82971	Mon-Fri	Jul 20-31	10-10:50a.m.	\$102.50
83043	Mon-Fri	Aug 17-28	9:05-9:55a.m.	\$102.50

SSLC

83522	Mon-Fri	Jun 22-Jul 3	4:10-5p.m.	\$92.25
83399	Mon-Fri	Jul 20-31	10:10-11a.m.	\$102.50
83609	Mon-Fri	Aug 4-14	10:55-11:45a.m.	\$92.25
83610	Mon-Fri	Aug 4-14	4:10-5p.m.	\$92.25

WOP

83065	Mon-Thu	Jul 6-16	11:10a.m.-12p.m.	\$82.00
83088	Mon-Thu	Aug 4-13	10-10:50a.m.	\$71.75

Lifesaving Swim Patrol – Star Patrol**8-14 years**

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

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

LAC

84012	Mon-Thu	Jun 8-18	5:35-6:25p.m.	\$82.00
84013	Mon-Fri	Aug 17-28	9-9:50a.m.	\$102.50

MOP

83002	Mon-Fri	Aug 4-14	9:55-10:45a.m.	\$92.25
83042	Mon-Fri	Aug 17-28	9:05-9:55a.m.	\$102.50

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**Prices do not include GST (where applicable) or the online processing fee; both added at checkout.

SSLC

83357	Mon-Fri	Jun 8-19	4-4:50p.m.	\$102.50
83496	Mon-Fri	Jul 6-17	9:05-9:55a.m.	\$102.50
83497	Mon-Fri	Jul 6-17	4:40-5:30p.m.	\$102.50
83386	Mon-Fri	Jul 20-31	4-4:50p.m.	\$102.50
83431	Mon-Fri	Jul 20-31	11-11:50a.m.	\$102.50
83615	Mon-Fri	Aug 4-14	9:40-10:30a.m.	\$92.25

All Ages**Private Lessons****6 years and up**

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

LAC

84031	Mon-Fri	Jul 20-24	9-9:30a.m.	\$176.50
84032	Mon-Fri	Jul 20-24	9-9:30a.m.	\$176.50
84033	Mon-Fri	Jul 20-24	9:10-9:40a.m.	\$176.50
84034	Mon-Fri	Jul 20-24	9:10-9:40a.m.	\$176.50
84035	Mon-Fri	Jul 20-24	9:20-9:50a.m.	\$176.50
84036	Mon-Fri	Jul 20-24	9:20-9:50a.m.	\$176.50
84037	Mon-Fri	Jul 20-24	9:35-10:05a.m.	\$176.50
84038	Mon-Fri	Jul 20-24	9:35-10:05a.m.	\$176.50
84039	Mon-Fri	Jul 20-24	9:45-10:15a.m.	\$176.50
84040	Mon-Fri	Jul 20-24	9:45-10:15a.m.	\$176.50
84041	Mon-Fri	Jul 20-24	9:55-10:25a.m.	\$176.50
84042	Mon-Fri	Jul 20-24	9:55-10:25a.m.	\$176.50
84043	Mon-Fri	Jul 20-24	10:10-10:40a.m.	\$176.50
84044	Mon-Fri	Jul 20-24	10:10-10:40a.m.	\$176.50
84045	Mon-Fri	Jul 20-24	10:20-10:50a.m.	\$176.50
84046	Mon-Fri	Jul 20-24	10:20-10:50a.m.	\$176.50
84047	Mon-Fri	Jul 20-24	10:30-11a.m.	\$176.50
84048	Mon-Fri	Jul 20-24	10:30-11a.m.	\$176.50
84049	Mon-Fri	Jul 20-24	10:45-11:15a.m.	\$176.50
84050	Mon-Fri	Jul 20-24	10:45-11:15a.m.	\$176.50
84051	Mon-Fri	Jul 20-24	10:55-11:25a.m.	\$176.50
84052	Mon-Fri	Jul 20-24	10:55-11:25a.m.	\$176.50
84053	Mon-Fri	Jul 20-24	11:05-11:35a.m.	\$176.50
84054	Mon-Fri	Jul 20-24	11:05-11:35a.m.	\$176.50
84055	Mon-Thu	Jul 20-23	5-5:30p.m.	\$141.20
84056	Mon-Thu	Jul 20-23	5-5:30p.m.	\$141.20

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84057	Mon-Thu	Jul 20-23	5:05-5:35p.m.	\$141.20
84058	Mon-Thu	Jul 20-23	5:05-5:35p.m.	\$141.20
84059	Mon-Thu	Jul 20-23	5:10-5:40p.m.	\$141.20
84060	Mon-Thu	Jul 20-23	5:10-5:40p.m.	\$141.20
84061	Mon-Thu	Jul 20-23	5:35-6:05p.m.	\$141.20
84062	Mon-Thu	Jul 20-23	5:35-6:05p.m.	\$141.20
84063	Mon-Thu	Jul 20-23	5:40-6:10p.m.	\$141.20
84064	Mon-Thu	Jul 20-23	5:40-6:10p.m.	\$141.20
84065	Mon-Thu	Jul 20-23	5:45-6:15p.m.	\$141.20
84066	Mon-Thu	Jul 20-23	5:45-6:15p.m.	\$141.20
84067	Mon-Thu	Jul 20-23	6:10-6:40p.m.	\$141.20
84068	Mon-Thu	Jul 20-23	6:10-6:40p.m.	\$141.20
84069	Mon-Thu	Jul 20-23	6:15-6:45p.m.	\$141.20
84070	Mon-Thu	Jul 20-23	6:15-6:45p.m.	\$141.20
84071	Mon-Thu	Jul 20-23	6:20-6:50p.m.	\$141.20
84072	Mon-Thu	Jul 20-23	6:20-6:50p.m.	\$141.20

MOP

82947	Mon-Fri	Jul 6-10	9:15-9:45a.m.	\$176.50
82958	Mon-Fri	Jul 6-10	10:20-10:50a.m.	\$176.50
82964	Mon-Fri	Jul 6-10	11:30a.m.-12p.m.	\$176.50
82948	Mon-Fri	Jul 13-17	9:15-9:45a.m.	\$176.50
82959	Mon-Fri	Jul 13-17	10:20-10:50a.m.	\$176.50
82965	Mon-Fri	Jul 13-17	11:30a.m.-12p.m.	\$176.50
82992	Mon-Fri	Jul 20-24	10:30-11a.m.	\$176.50
82973	Mon-Fri	Jul 20-24	11:30a.m.-12p.m.	\$176.50
82993	Mon-Fri	Jul 27-31	10:30-11a.m.	\$176.50
82974	Mon-Fri	Jul 27-31	11:30a.m.-12p.m.	\$176.50
83000	Mon-Fri	Aug 4-7	9:15-9:45a.m.	\$141.20
83015	Mon-Fri	Aug 4-7	10-10:30a.m.	\$141.20
83007	Mon-Fri	Aug 4-7	10:35-11:05a.m.	\$141.20
83001	Mon-Fri	Aug 10-14	9:15-9:45a.m.	\$176.50
83016	Mon-Fri	Aug 10-14	10-10:30a.m.	\$176.50
83008	Mon-Fri	Aug 10-14	10:35-11:05a.m.	\$176.50
83029	Mon-Fri	Aug 17-21	10-10:30a.m.	\$176.50
83036	Mon-Fri	Aug 17-21	10:45-11:15a.m.	\$176.50
83046	Mon-Fri	Aug 17-21	11:20-11:50a.m.	\$176.50
83030	Mon-Fri	Aug 24-28	10-10:30a.m.	\$176.50
83037	Mon-Fri	Aug 24-28	10:45-11:15a.m.	\$176.50
83047	Mon-Fri	Aug 24-28	11:20-11:50a.m.	\$176.50

NWLC

83561	Mon-Fri	Jun 22-26	4:05-4:35p.m.	\$176.50
83559	Mon-Fri	Jun 22-26	5:15-5:45p.m.	\$176.50
83562	Mon-Fri	Jun 29-Jul 3	4:05-4:35p.m.	\$141.20
83560	Mon-Fri	Jun 29-Jul 3	5:15-5:45p.m.	\$141.20
83687	Mon-Fri	Jul 6-10	10:10-10:40a.m.	\$176.50

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83672	Mon-Fri	Jul 6-10	11:30a.m.-12p.m.	\$176.50
83674	Mon-Fri	Jul 6-10	4-4:30p.m.	\$176.50
83676	Mon-Fri	Jul 6-10	5:55-6:25p.m.	\$176.50
83688	Mon-Fri	Jul 13-17	10:10-10:40a.m.	\$176.50
83673	Mon-Fri	Jul 13-17	11:30a.m.-12p.m.	\$176.50
83675	Mon-Fri	Jul 13-17	4-4:30p.m.	\$176.50
83677	Mon-Fri	Jul 13-17	5:55-6:25p.m.	\$176.50
83718	Mon-Fri	Jul 20-24	9:05-9:35a.m.	\$176.50
83720	Mon-Fri	Jul 20-24	11:30a.m.-12p.m.	\$176.50
83722	Mon-Fri	Jul 20-24	5:45-6:15p.m.	\$176.50
83719	Mon-Fri	Jul 27-31	9:05-9:35a.m.	\$176.50
83721	Mon-Fri	Jul 27-31	11:30a.m.-12p.m.	\$176.50
83723	Mon-Fri	Jul 27-31	5:45-6:15p.m.	\$176.50
83761	Tue-Fri	Aug 4-7	9-9:30a.m.	\$141.20
83763	Tue-Fri	Aug 4-7	4:40-5:10p.m.	\$141.20
83765	Tue-Fri	Aug 4-7	5:10-5:40p.m.	\$141.20
83762	Mon-Fri	Aug 10-14	9-9:30a.m.	\$176.50
83764	Mon-Fri	Aug 10-14	4:40-5:10p.m.	\$176.50
83766	Mon-Fri	Aug 10-14	5:10-5:40p.m.	\$176.50
83813	Mon-Fri	Aug 17-21	9:05-9:35a.m.	\$176.50
83815	Mon-Fri	Aug 17-21	11:30a.m.-12p.m.	\$176.50
83819	Mon-Fri	Aug 17-21	4:05-4:35p.m.	\$176.50
83817	Mon-Fri	Aug 17-21	5:15-5:45p.m.	\$176.50
83814	Mon-Fri	Aug 24-28	9:05-9:35a.m.	\$176.50
83816	Mon-Fri	Aug 24-28	11:30a.m.-12p.m.	\$176.50
83820	Mon-Fri	Aug 24-28	4:05-4:35p.m.	\$176.50
83818	Mon-Fri	Aug 24-28	5:15-5:45p.m.	\$176.50

SSLC

83363	Mon-Fri	Jun 8-12	5:15-5:45p.m.	\$176.50
83364	Mon-Fri	Jun 15-19	5:15-5:45p.m.	\$176.50
83455	Mon-Fri	Jul 6-10	9:45-10:15a.m.	\$176.50
83449	Mon-Fri	Jul 6-10	10:10-10:40a.m.	\$176.50
83453	Mon-Fri	Jul 6-10	10:20-10:50a.m.	\$176.50
83451	Mon-Fri	Jul 6-10	10:55-11:25a.m.	\$176.50
83447	Mon-Fri	Jul 6-10	11:30a.m.-12p.m.	\$176.50
83457	Mon-Fri	Jul 6-10	6:05-6:35p.m.	\$176.50
83456	Mon-Fri	Jul 13-17	9:45-10:15a.m.	\$176.50
83450	Mon-Fri	Jul 13-17	10:10-10:40a.m.	\$176.50
83454	Mon-Fri	Jul 13-17	10:20-10:50a.m.	\$176.50
83452	Mon-Fri	Jul 13-17	10:55-11:25a.m.	\$176.50
83448	Mon-Fri	Jul 13-17	11:30a.m.-12p.m.	\$176.50
83458	Mon-Fri	Jul 13-17	6:05-6:35p.m.	\$176.50
83408	Mon-Fri	Jul 20-24	9:10-9:40a.m.	\$176.50
83406	Mon-Fri	Jul 20-24	9:40-10:10a.m.	\$176.50
83402	Mon-Fri	Jul 20-24	10:10-10:40a.m.	\$176.50
83400	Mon-Fri	Jul 20-24	11:05-11:35a.m.	\$176.50

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83404	Mon-Fri	Jul 20-24	11:15-11:45a.m.	\$176.50
83392	Mon-Fri	Jul 20-24	5:15-5:45p.m.	\$176.50
83409	Mon-Fri	Jul 27-31	9:10-9:40a.m.	\$176.50
83407	Mon-Fri	Jul 27-31	9:40-10:10a.m.	\$176.50
83403	Mon-Fri	Jul 27-31	10:10-10:40a.m.	\$176.50
83401	Mon-Fri	Jul 27-31	11:05-11:35a.m.	\$176.50
83405	Mon-Fri	Jul 27-31	11:15-11:45a.m.	\$176.50
83393	Mon-Fri	Jul 27-31	5:15-5:45p.m.	\$176.50
83583	Tue-Fri	Aug 4-7	9:45-10:15a.m.	\$141.20
83577	Tue-Fri	Aug 4-7	10:20-10:50a.m.	\$141.20
83633	Tue-Fri	Aug 4-7	10:50-11:20a.m.	\$141.20
83588	Tue-Fri	Aug 4-7	11:05-11:35a.m.	\$141.20
83572	Tue-Fri	Aug 4-7	11:30a.m.-12p.m.	\$141.20
83586	Mon-Fri	Aug 10-14	9:45-10:15a.m.	\$176.50
83580	Mon-Fri	Aug 10-14	10:20-10:50a.m.	\$176.50
83634	Mon-Fri	Aug 10-14	10:50-11:20a.m.	\$176.50
83590	Mon-Fri	Aug 10-14	11:05-11:35a.m.	\$176.50
83573	Mon-Fri	Aug 10-14	11:30a.m.-12p.m.	\$176.50

WOP

83080	Mon-Thu	Jul 20-23	10-10:30a.m.	\$141.20
83081	Mon-Thu	Jul 27-30	10-10:30a.m.	\$141.20
83156	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
83158	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
83162	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
83166	Mon-Thu	Aug 17-20	10-10:30a.m.	\$141.20
83160	Mon-Thu	Aug 17-20	11:15-11:45a.m.	\$141.20
83164	Mon-Thu	Aug 17-20	11:15-11:45a.m.	\$141.20
83168	Mon-Thu	Aug 17-20	11:25-11:55a.m.	\$141.20
84083	Mon-Thu	Aug 17-20	11:25-11:55a.m.	\$141.20
83157	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
83159	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
83163	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
83167	Mon-Thu	Aug 24-27	10-10:30a.m.	\$141.20
83161	Mon-Thu	Aug 24-27	11:15-11:45a.m.	\$141.20
83165	Mon-Thu	Aug 24-27	11:15-11:45a.m.	\$141.20
83074	Mon-Thu	Aug 24-27	11:25-11:55a.m.	\$141.20
83169	Mon-Thu	Aug 24-27	11:25-11:55a.m.	\$141.20

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

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smooth recognizable strokes. In Adult 1 swimmers learn jumping into deep water, treading water, submerging and exhaling as well as front and back floats, glides, flutter kick, whip kick in vertical position, and front/back crawl 15m.

LAC

84014	Mon-Fri	Jul 6-17	9:35-10:25a.m.	\$102.50
84015	Mon-Fri	Jul 6-17	10:55-11:45a.m.	\$102.50
84016	Mon-Thu	Jul 6-16	5-5:50p.m.	\$82.00
84017	Mon-Fri	Aug 17-28	10:20-11:10a.m.	\$102.50
84018	Mon-Thu	Aug 17-27	6:05-6:55p.m.	\$82.00

MOP

82960	Mon-Fri	Jul 6-17	10:55-11:45a.m.	\$102.50
83018	Mon-Fri	Aug 4-14	11:10a.m.-12p.m.	\$92.25

SSLC

83361	Mon-Fri	Jun 8-19	5:15-6:05p.m.	\$102.50
83490	Mon-Fri	Jul 6-17	9:40-10:30a.m.	\$102.50
83390	Mon-Fri	Jul 20-31	5:15-6:05p.m.	\$102.50
83627	Mon-Fri	Aug 4-14	10:10-11a.m.	\$92.25

Adult 2

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 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

84019	Mon-Thu	Jun 22-Jul 2	5:35-6:25p.m.	\$71.75
84020	Mon-Thu	Jul 6-16	6:10-7p.m.	\$82.00

SSLC

83524	Mon-Fri	Jun 22-Jul 3	5:40-6:30p.m.	\$92.25
83430	Mon-Fri	Jul 20-31	10:15-11:05a.m.	\$102.50
83637	Mon-Fri	Aug 4-14	5:40-6:30p.m.	\$92.25

WOP

83057	Mon-Thu	Jul 6-16	10-10:50a.m.	\$82.00
83084	Mon-Thu	Jul 20-30	11:10a.m.-12p.m.	\$82.00

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Aquatic Leadership Courses

Lifesaving Society Bronze Medallion

13 years and up

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for the assistant lifeguard training in Bronze Cross. Price includes a manual fee (\$45.00) and certification fee (\$25.00).

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

LAC

84097	Mon-Fri	Jul 20-24	9a.m.-1p.m.	\$190.00
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SSLC

84084	Fri	Jun 19	5-9p.m.	\$190.00
	Sat-Sun	Jun 20-21	8a.m.-5 p.m.	

84085	Sat-Sun	Aug 8-16	8a.m.-1p.m.	\$190.00
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Lifesaving Society Bronze Cross

14 years and up

This course is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Candidates also gain certification in CPR-C and AED. Bronze Cross is required for all Lifesaving Society advanced training programs including National Lifeguard and Instructor certification. Price includes a certification fee (\$25.00).

Prerequisites: Lifesaving Society Bronze Medallion (need not be current)

LAC

84098	Mon-Fri	Aug 24-28	11:30a.m.-4p.m.	\$165.00
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SSLC

84088	Sat-Sun	Jul 18-26	8a.m.-1:30p.m.	\$165.00
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Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. 100% attendance required.

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Prerequisite: Minimum 15 years old (on the first 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). Includes manual fee (\$48.00) and certification fee (\$40.00).

SSLC

84086	Fri	Jul 24,31	5-9p.m.	\$300.00
	Sat-Sun	Jul 25-Aug 2	8a.m.-5 p.m.	

WOP

84095	Mon-Fri	Jul 6-10	10a.m.-7p.m.	\$300.00
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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. Includes a manual fee (\$81.00) and certification fee (\$43.00).

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

LAC

84096	Mon-Fri	Jul 20-24	8:30a.m.-2p.m.	\$252.00
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SSLC

84089	Sat-Tue	Jun 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 Automated External Defibrillation (AED).

NWLC

83830	Sat-Sun	Jul 11-12	9a.m.-6p.m.	\$161.00
83832	Sat-Sun	Jul 25-26	9a.m.-6p.m.	\$161.00
83833	Sat-Sun	Aug 29-30	9a.m.-6p.m.	\$161.00

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Aquatic Recertification Courses

Lifesaving Society National Lifeguard Recertification and up

16 years

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

LAC

84093	Sun	Jun 21	11a.m.-4p.m.	\$80.00
84094	Sat	Aug 22	11a.m.-4p.m.	\$80.00

SSLC

84087	Sun	Jul 26	8a.m.-1p.m.	\$80.00
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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

83839	Sat	Jun 27	8a.m.-5p.m.	\$100.00
83831	Sat	Jul 4	8a.m.-5p.m.	\$100.00
83834	Sun	Aug 9	8a.m.-5p.m.	\$100.00
83840	Sat	Aug 22	8a.m.-5p.m.	\$100.00

Registered Adapted Programs <purple>

Legend

CGAC – Canada Games Athletic Complex
 CRNC – Core Ritchie Neighborhood Centre
 GRNC – Glencairn Neighborhood Centre
 mc – māmawēyatitān centre
 MLOP – Maple Leaf Outdoor Pool
 MOC – Mitakuyé Owâs'a Centre
 NWLC – North West Leisure Centre
 SSLC – Sandra Schmirler Leisure Centre
 SLC – South Leisure Centre
 ROP – Regent Outdoor Pool
 WOP – Wascana Outdoor Pool

Adapted Programs

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

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For all adapted programs, we kindly ask that individuals requiring one-on-one support bring an attendant, or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895).

Aquatic

Adapted Leisure Swim <AP> <Free>

All Ages

Enjoy a relaxing swim in a sensory-friendly accessible pool environment designed for individuals with disabilities and their families. The Adapted Leisure Swim expands outdoors this summer at the following outdoor pool locations: Regent, Maple Leaf and Wascana. Registration is required. Life jackets are available at each facility in all sizes. Please note: Registration for the Adapted Leisure Swim will be made available monthly. Registration for the upcoming dates will open 30 days before the scheduled swim date.

MLOP

84102	Sat	Jun 20	10a.m.-12p.m.
82851	Sat	Jun 27	10a.m.-12p.m.
82852	Sat	Jul 4	10a.m.-12p.m.
82853	Sat	Jul 11	10a.m.-12p.m.
82854	Sat	Jul 18	10a.m.-12p.m.
82855	Sat	Jul 25	10a.m.-12p.m.
82856	Sat	Aug 1	10a.m.-12p.m.
82857	Sat	Aug 8	10a.m.-12p.m.
82858	Sat	Aug 15	10a.m.-12p.m.
82859	Sat	Aug 22	10a.m.-12p.m.
82860	Sat	Aug 29	10a.m.-12p.m.

ROP

82861	Fri	Jun 26	10a.m.-12p.m.
82862	Fri	Jul 3	10a.m.-12p.m.
82863	Fri	Jul 10	10a.m.-12p.m.
82864	Fri	Jul 17	10a.m.-12p.m.
82865	Fri	Jul 24	10a.m.-12p.m.
82866	Fri	Jul 31	10a.m.-12p.m.
82867	Fri	Aug 7	10a.m.-12p.m.
82868	Fri	Aug 14	10a.m.-12p.m.
82869	Fri	Aug 21	10a.m.-12p.m.
82870	Fri	Aug 28	10a.m.-12p.m.

WOP

82871	Sun	Jun 28	10a.m.-12p.m.
82872	Sun	Jul 5	10a.m.-12p.m.

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82873	Sun	Jul 1	10a.m.-12p.m.
82874	Sun	Jul 19	10a.m.-12p.m.
82875	Sun	Jul 26	10a.m.-12p.m.
82876	Sun	Aug 2	10a.m.-12p.m.
82877	Sun	Aug 9	10a.m.-12p.m.
82878	Sun	Aug 16	10a.m.-12p.m.
82879	Sun	Aug 23	10a.m.-12p.m.
82880	Sun	Aug 30	10a.m.-12p.m.

NWLC

82927	Sun	Jun 7	6:30-8:25p.m.
82928	Sun	Jul 5	6-7:55p.m.
82929	Sun	Jul 19	6-7:55p.m.
82930	Sun	Aug 2	6-7:55p.m.
82931	Sun	Aug 16	6-7:55p.m.
82932	Sun	Aug 30	6-7:55p.m.

SSLC

82918	Sat	Jun 13	6-7:55p.m.
82919	Sat	Jun 27	6-7:55p.m.
82920	Sat	Jul 11	6-7:55p.m.
82921	Sat	Jul 25	6-7:55p.m.
82922	Sat	Aug 8	6-7:55p.m.

Parent & Tot Adapted Swim Lessons <AP> 3 years

Ages 4 months to

This private adapted swim lesson is designed for toddlers with disabilities and their family members/supports. Instructors will work with participants to support them in meeting their aquatic 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/support participant is required to be in the water per toddler. City of Regina staff are present to facilitate the lessons, but are not able to transfer or lift individuals.

ROP

83175	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20
83187	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20

WOP

83198	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
83213	Sat	Aug 8-29	10:40-11:10a.m.	\$72.20

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Adapted Swim Lessons <AP>

Ages 4 and up

This one-on-one adapted swim lesson is designed for individuals with disabilities, and is available to all ages. Swim instructors will work with participants to adapt swim skills to individual needs and goals. Please note: City of Regina staff are not able to assist with transfers and lifts.

NWLC

83545	Mon-Fri	Jun 22-26	4:40-5:10p.m.	\$90.25
83547	Mon-Fri	Jun 22-26	5:55-6:25p.m.	\$90.25
83546	Mon-Fri	Jun 29-Jul 3	4:40-5:10p.m.	\$72.20
83548	Mon-Fri	Jun 29-Jul 3	5:55-6:25p.m.	\$72.20
83683	Mon-Fri	Jul 6-10	10:45-11:15a.m.	\$90.25
83685	Mon-Fri	Jul 6-10	11:20-11:50a.m.	\$90.25
83684	Mon-Fri	Jul 13-17	10:45-11:15a.m.	\$90.25
83686	Mon-Fri	Jul 13-17	11:20-11:50a.m.	\$90.25
83724	Mon-Fri	Jul 20-24	4-4:30p.m.	\$90.25
83726	Mon-Fri	Jul 20-24	4:35-5:05p.m.	\$90.25
83725	Mon-Fri	Jul 27-31	4-4:30p.m.	\$90.25
83727	Mon-Fri	Jul 27-31	4:35-5:05p.m.	\$90.25
83772	Tue-Fri	Aug 4-7	9:35-10:05a.m.	\$72.20
83773	Tue-Fri	Aug 4-7	11:20-11:50a.m.	\$72.20
83774	Mon-Fri	Aug 10-14	9:35-10:05a.m.	\$90.25
83775	Mon-Fri	Aug 10-14	11:20-11:50a.m.	\$90.25
83780	Mon-Fri	Aug 17-21	4:40-5:10p.m.	\$90.25
83782	Mon-Fri	Aug 17-21	5:55-6:25p.m.	\$90.25
83781	Mon-Fri	Aug 24-28	4:40-5:10p.m.	\$90.25
83783	Mon-Fri	Aug 24-28	5:55-6:25p.m.	\$90.25

ROP

83174	Sun	Jul 5-26	10-10:30a.m.	\$72.20
83177	Sun	Jul 5-26	10-10:30a.m.	\$72.20
83180	Sun	Jul 5-26	10-10:30a.m.	\$72.20
83183	Sun	Jul 5-26	10-10:30a.m.	\$72.20
83178	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20
83181	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20
83184	Sun	Jul 5-26	10:40-11:10a.m.	\$72.20
83176	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20
83179	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20
83182	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20
83185	Sun	Jul 5-26	11:20-11:50a.m.	\$72.20
83186	Sun	Aug 9-30	10-10:30a.m.	\$72.20
83189	Sun	Aug 9-30	10-10:30a.m.	\$72.20
83192	Sun	Aug 9-30	10-10:30a.m.	\$72.20
83194	Sun	Aug 9-30	10-10:30a.m.	\$72.20
83190	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20

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83195	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20
84100	Sun	Aug 9-30	10:40-11:10a.m.	\$72.20
83188	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20
83191	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20
83193	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20
83196	Sun	Aug 9-30	11:20-11:50a.m.	\$72.20

WOP

83197	Sat	Jul 4-25	10-10:30a.m.	\$72.20
83200	Sat	Jul 4-25	10-10:30a.m.	\$72.20
83203	Sat	Jul 4-25	10-10:30a.m.	\$72.20
83206	Sat	Jul 4-25	10-10:30a.m.	\$72.20
83201	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
83204	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
83207	Sat	Jul 4-25	10:40-11:10a.m.	\$72.20
83199	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
83202	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
83205	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
83208	Sat	Jul 4-25	11:20-11:50a.m.	\$72.20
83209	Sat	Aug 8-29	10-10:30a.m.	\$72.20
83210	Sat	Aug 8-29	10-10:30a.m.	\$72.20
83211	Sat	Aug 8-29	10-10:30a.m.	\$72.20
83212	Sat	Aug 8-29	10-10:30a.m.	\$72.20
83214	Sat	Aug 8-29	10:40-11:10a.m.	\$72.20
83215	Sat	Aug 8-29	10:40-11:10a.m.	\$72.20
83216	Sat	Aug 8-29	10:40-11:10a.m.	\$72.20
83217	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20
83218	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20
83219	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20
83220	Sat	Aug 8-29	11:20-11:50a.m.	\$72.20

<insert text box> We kindly ask that individuals requiring one-on-one support bring an attendant, or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895).

Adapted Family Swim Lessons <AP>

For individuals who have a disability and their family members. Instructors will work with participants who want to learn swimming skills and water safety together. Instructors will work with each family (up to 4 members per class) to support them in meeting their goals. Please note: City of Regina staff are not able to assist with transfers and lifts.

NWLC

83541	Mon-Fri	Jun 22-26	4-4:30p.m.	\$90.25
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83543	Mon-Fri	Jun 22-26	5:20-5:50p.m.	\$90.25
83542	Mon-Fri	Jun 29-Jul 3	4-4:30p.m.	\$72.20
83544	Mon-Fri	Jun 29-Jul 3	5:20-5:50p.m.	\$72.20
83679	Mon-Fri	Jul 6-10	9-9:30a.m.	\$90.25
83681	Mon-Fri	Jul 6-10	9:35-10:05a.m.	\$90.25
83680	Mon-Fri	Jul 13-17	9-9:30a.m.	\$90.25
83682	Mon-Fri	Jul 13-17	9:35-10:05a.m.	\$90.25
83728	Mon-Fri	Jul 20-24	5:10-5:40p.m.	\$90.25
83730	Mon-Fri	Jul 20-24	5:50-6:20p.m.	\$90.25
83729	Mon-Fri	Jul 27-31	5:10-5:40p.m.	\$90.25
83731	Mon-Fri	Jul 27-31	5:50-6:20p.m.	\$90.25
83768	Tue-Fri	Aug 4-7	10:10-10:40a.m.	\$72.20
83769	Tue-Fri	Aug 4-7	10:45-11:15a.m.	\$72.20
83770	Mon-Fri	Aug 10-14	10:10-10:40a.m.	\$90.25
83771	Mon-Fri	Aug 10-14	10:45-11:15a.m.	\$90.25
83776	Mon-Fri	Aug 17-21	4-4:30p.m.	\$90.25
83778	Mon-Fri	Aug 17-21	5:20-5:50p.m.	\$90.25
83777	Mon-Fri	Aug 24-28	4-4:30p.m.	\$90.25
83779	Mon-Fri	Aug 24-28	5:20-5:50p.m.	\$90.25

Arts & Crafts

Adapted ABI Art <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. Participants are welcome to bring in creative projects of their own or may use the supplies provided.

SLC

82832 Thu Jun 11-Aug 27 1-2:30p.m.

Adapted Around the World Décor <AP> <Free>

10-14 years

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy making a variety of internationally inspired crafts for use around your home and snack on a different food from a corner of the globe each week. The last class will be an opportunity to finish up anything that hasn't been finished and to show off all your home decor. This class helps promote fine motor development, socialization, and creativity as we explore new materials and have fun. Please contact us regarding any allergies (email socialinclusionprograms@regina.ca or call 306-510-2025) ahead of time.

SLC

83224 Tue,Thu Jul 14-Aug 6 10a.m.-12p.m.

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Sensory Science Exploration <AP> <Free>

6-14 years

Get ready to explore, experiment, and have fun with science! This sensory-friendly program is designed for youth with sensory needs, and activities can be adapted to each participant's comfort level. Participants will dive into hands-on, tactile science experiences using natural materials that encourage curiosity, sensory exploration, and creative discovery. It's the perfect space for youth to squish, pour, mix, investigate, and enjoy science in a supportive group setting.

CRNC

82841 Mon Jul 6-Aug 10 6-7:30p.m.

Health & Fitness

Adult Strength & Balance <AP>

18 years and up

This beginner-friendly class is designed for adults who want to improve confidence, core strength, and stability in a supportive environment. Movements can be adapted to suit a wide range of abilities, making it a great fit for older adults and anyone who benefits from modifications. Each session includes guided exercises to enhance balance and mobility, along with a fun bonus activity each week. A variety of equipment will be used, and adaptations can be made.

SSLC

82939	Tue	Jun 2-30	12:15-1:15p.m.	\$36.50
82940	Tue	Jul 7-Aug 11	12:15-1:15p.m.	\$43.80

Adapted Pre-Teen Fitness <AP>

10-13 years

This introductory-level class aims to empower pre-teens who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class includes a cardio warm-up activity, a strength training component, a specialized fitness activity, and finishes each class with a cool-down stretching component. Each class will utilize a variety of equipment and bonus activities from week to week.

FLDH

83267	Mon-Fri	Jul 20-24	2-3p.m.	\$43.75
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Adapted Teen Gym Orientation <AP>

13-16 years

This introductory-level class aims to empower teens who have disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class will show teens gym etiquette, how to safely exercise and use fitness equipment.

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FLDH
 83268 Mon-Thu Jul 20-23 3-4p.m. \$29.20

NWLC
 83269 Tue-Fri Aug 4-7 3-4p.m. \$29.20

SSLC
 83270 Mon-Thu Jul 27-30 3-4p.m. \$29.20

Walk & Roll Fitness <AP>

18 years and up

Walk & Roll is a relaxed, supportive exercise program that is ideal for older adults, those in recovery or managing chronic conditions, and adults with disabilities. Participants will utilize the walking track and exercise equipment, and are encouraged to lead their own exercise routines. City of Regina staff are on site to provide a welcoming, safe environment and to offer assistance when needed. The focus is on staying active, building confidence, and socialization. Participants are welcome to meet for regular coffee and social time after exercising.

FLDH
 82944 Tue,Thu Jun 2-Aug 27 11:30a.m.-2p.m. \$99.60
 82945 Wed Jun 3-Aug 26 11:30a.m.-2p.m. \$45.65

Virtual Chair Yoga <AP>

18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering folks to participate from wherever is comfortable and convenient for themselves. Chair yoga offers simple stretches and strengthening movements that support flexibility, balance, and relaxation. With guided breathing and slow, steady motions, you'll ease tension and improve your range of motion. This online class will require you to have access to Teams.

SSLC
 82941 Mon Jun 29-Jul 27 4:15-5:15p.m. \$33.60

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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.

SLC

82831 Wed Jun 10-Aug 26 1-2:30p.m.

Adapted 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 fine motor & cognitive skills at their own pace in a supportive environment. To register for this program please email socialinclusionprograms@regina.ca or call 306-510-2025.

SLC

82833 Fri Jun 12-Aug 28 1-2:30p.m.

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 group interest. Outings will be planned on occasion. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals. Participants will need to arrange their own transportation.

MOC

82907 Fri Jul 3-Aug 28 6-8p.m.

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 strives to respond to the needs of individuals and their families, providing 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, Hope's Home, Inclusion Regina, and 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.

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mc	Mon-Thu	Jul 6-Aug 27	2-5p.m.
MOC	Tue	Jul 7-Aug 25	2-5p.m.
CRNC	Wed	Jul 8-Aug 26	2-5p.m.
FLDH	Fri	Jul 10-Aug 28	2-5p.m.

Sports

Adapted Badminton <AP>

This beginner program is designed for people with disabilities who want to participate in a group setting. Participants will explore the fundamentals of badminton, including footwork, serving and returning, net and back shots, scoring, and other introductory skills. The focus is on enjoying the game while building confidence, social connections, and positive skills such as teamwork, cooperation, and sportsmanship. Activities can be adapted to individual needs and abilities.

8-12 years

SLC

82883 Sun Jun 14-Jul 26 10-11a.m. \$61.25

13-18 years

SLC

82884 Sun Jun 14-Jul 26 11:15a.m.-12:15p.m. \$61.25

16-30 years

CRNC

82887 Sat Jun 20-Jul 18 1:15-2:15p.m. \$43.75

82888 Sat Jul 25-Aug 22 1:15-2:15p.m. \$43.75

Adapted Basketball <AP>

8-12 years

This beginner program is designed for youth with disabilities who want to participate in a group setting. Participants will explore the fundamentals of basketball, including passing, shooting, dribbling, defense, and basic game play. The focus is on having fun, building confidence, and developing positive skills such as teamwork, cooperation, and sportsmanship—all while enjoying the game. Activities can be adapted to individual needs and abilities.

NWLC

82911 Fri Jun 26-Jul 24 5:15-6p.m. \$43.75

82913 Fri Jul 31-Aug 28 5:15-6p.m. \$43.75

Adapted Dodgeball <AP>

5-12 years

This beginner program is designed for youth with disabilities who want to stay active in a fun, supportive group setting. Activities are adapted to individual needs as kids learn simple rules, safe

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throwing, dodging techniques, and teamwork strategies. Through energetic drills and friendly games, participants build coordination and confidence while having a blast!

CRNC

82905 Sat Jun 20-Jul 18 12:15-1:15p.m. \$43.75

82906 Sat Jul 25-Aug 22 12:15-1:15p.m. \$43.75

Adapted Sports Night <AP> <Free>

16 years and up

In Partnership with Creative Options Regina, we welcome adults with disabilities to the South Leisure Centre to join in on all the fun Pickleball and other sports have to offer! Registration is required. Dates include June 13 & 27, July 11 & 25, Aug 22. To register for this program, please email socialinclusionprograms@regina.ca.

SLC

82839 Sat Jun 13-Aug 22 4-6p.m.

<insert text box> We kindly ask that individuals requiring one-on-one support bring an attendant, or contact the Inclusion Support Service to inquire about a one-on-one City Leisure Companion. (inclusionssupport@regina.ca or call 639-590-8895).

Adapted Soccer <AP>

5-7 years

This beginner program is designed for children 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 the basic skills of soccer and game strategy. This program focuses on fun while teaching teamwork, cooperation, and sportsmanship. Participants needing one-on-one support are encouraged to bring a support person.

FLDH

83865 Tue Jun 2-Jul 14 5-6p.m. \$52.50

Adapted Parent & Tot Sport Jam <AP>

3-6 years

This beginner program is designed for toddlers with disabilities and their caregivers to play together while exploring skills in soccer, basketball, and floor hockey. In a non-competitive, play focused environment, families enjoy simple skill building activities that support motor development, confidence, and connection. Parent participation is required.

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NWLC

82976	Sun	Jun 28-Jul 26	9:45-10:30a.m.	\$43.75
82977	Sun	Aug 2-30	9:45-10:30a.m.	\$43.75

Adapted Sports Jam <AP>

Designed for children and teens with disabilities, participants will enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. In a non-competitive environment, this program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class.

FLDH

6-10 years

83297	Mon-Fri	Jul 13-17	2-3p.m.	\$43.75
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10-14 years

83300	Tue-Fri	Aug 4-7	1:30-2:30p.m.	\$35.00
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CGAC

9-13 years

83293	Mon-Thu	Jul 20-23	10-11a.m.	\$35.00
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NWLC

8-13 years

82978	Sun	Jun 28-Jul 26	10:45-11:30a.m.	\$43.75
82979	Sun	Aug 2-30	10:45-11:30a.m.	\$43.75

14-19 years

82980	Sun	Jun 28-Jul 26	11:45-11:46a.m.	\$43.75
82981	Sun	Aug 2-30	11:45-11:46a.m.	\$43.75

Registered Preschool Programs<orange>

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

Fine Arts

Ahoy Preschool Pirates!

3-5 years

Enjoy a week of pirate crafts, stories and activities geared to 3–5-year-old children. Bring your imagination and adventurous spirits. Could there be a treasure at the end of the week?

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NBAC

83101	Mon-Fri	Jul 27-31	9-10:30a.m.	\$100.00
83102	Mon-Fri	Jul 27-31	1-2:30p.m.	\$100.00

Calling All Royalty!**3-5 years**

This class will appeal to all princesses, knights and other members of a royal family. Using literacy connections this class for preschoolers and kinders will paint, color, cut and construct from castles to crowns to dragons. Fairy tales and the students' imaginations will be the basis of the completed projects.

NBAC

83263	Mon-Fri	Jul 6-10	9-10:30a.m.	\$103.00
83264	Mon-Fri	Jul 6-10	1-2:30p.m.	\$103.00

Craft Circus**3-5 years**

Children enjoy a wide variety of arts and crafts including crafts, activities, stories, and some good messy fun.

NBAC

83112	Mon-Fri	Aug 10-14	9-10:30a.m.	\$100.00
83113	Mon-Fri	Aug 17-21	9-10:30a.m.	\$100.00

Creative Beginnings**4-6 years**

This class is packed with all things creative! We will read stories, play 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 and encourage imagination and play.

NBAC

83117	Mon-Fri	Aug 17-21	1-2:30p.m.	\$110.00
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Sports**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

83847	Mon	Jun 1-Jul 13	5:30-6:30p.m.	\$52.50
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Registered Child And Youth Programs <red>

Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

MOC – Mitakuyé Owâs'ā

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

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

83100 Mon-Fri Jul 20-24 1-3p.m. \$90.00

Art and Story 1

8-13 years

This is more than an art class. It is a low-pressure, supportive space where every child's unique story is honored, fostering confidence and emotional well-being through the joy of the creative process. Through a blend of narrative play and mixed-media art including clay, watercolour, and collage - students will learn to externalize their feelings, build resilience, and develop creative problem-solving skills.

NBAC

83279 Mon-Fri Jul 20-24 1-3p.m. \$100.00

Art and Story 2

12-16 years

Whether you are an experienced artist or just a beginner, this is a space to decompress, experiment, and find your visual voice without the judgment of grades or perfection. We will use mixed media, street art styles, and zine-making to explore everything from the masks we wear to the internal landscapes no one else sees. Come for the art, stay for the headspace, and have fun!

NBAC

83280 Mon-Fri Aug 24-28 1-3p.m. \$100.00

Art Camp Explorers

8-12 years

Come and explore your creativity with drawing, painting, cartooning, paper maché, printmaking and many more exciting techniques.

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NBAC

83266	Mon-Fri	Jul 6-10	1-4p.m.	\$125.00
83265	Mon-Fri	Jul 20-24	9a.m.-12p.m.	\$125.00

Art Exploration**8-12 years**

Explore the work of various artists and styles throughout history then create your own unique artwork. Learn about perspective drawing and experiment with pencil, watercolour pencil, oil and chalk pastel, and acrylic painting. You will also learn colour theory through blending and devising a colour wheel.

NBAC

83105	Mon-Fri	Jul 13-17	1-3p.m.	\$100.00
83106	Mon-Fri	Aug 10-14	1-3p.m.	\$100.00
83273	Mon-Fri	Aug 24-28	1-3p.m.	\$100.00

Art Sampler**6-9 years**

Drawing, watercolour, tempera, sculpture, chalk, and oil pastels, try them all and more in our fun-filled, lighthearted class! This is the perfect class for young, budding artists to create a lifelong passion and solid foundation for visual art.

NBAC

83108	Mon-Fri	Jul 13-17	10a.m.-12p.m.	\$100.00
83109	Mon-Fri	Aug 10-14	10a.m.-12p.m.	\$100.00
83272	Mon-Fri	Aug 24-28	10a.m.-12p.m.	\$100.00

Crash Course in Comics and Manga**13-18 years**

Learn the secrets of great comics in this one-week crash course and go home with your very own comic.

NBAC

83115	Mon-Fri	Aug 10-14	1-2:30p.m.	\$75.00
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Creative Writing: Character and World Building**14-18 years**

Whether you dream of writing a novel, drawing a manga, or scripting your own video game, this course will teach you how to create an original world, cast of characters, and an engaging story.

NBAC

83119	Mon-Fri	Aug 10-14	3-4:30p.m.	\$75.00
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Drawing and Colouring Adventure

6-10 years

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

NBAC

83121 Mon-Fri Aug 24-28 10:30a.m.-12p.m. \$78.00

Dungeons, Dragons and Crafts

10-13 years

Make all the items you need to play a tabletop roleplaying game, create some monsters in your own fun world, and play with your classmates through a short adventure. Learn to make landscape and building tiles, a basic character sheet, paper character and monster game pieces, and folded 3D paper objects.

NBAC

83122 Mon-Fri Jul 20-24 1-2:30p.m. \$83.00

Fantasy Crafts

9-13 years

Make a different fantasy-themed craft each day, from flying dragons and magical hand puppets to your own enchanted tunnel books.

NBAC

83278 Mon-Fri Jul 27-31 1-3p.m. \$98.00

Game Design Using Scratch Coding

8-12 years

Young Makers Studio - Game Design uses Scratch coding to learn basic block coding and logical thinking. This program is designed for students 8+. Students develop coding and problem-solving skills and learn to create various fun video games. All materials and equipment will be supplied.

NBAC

83334 Mon-Fri Jul 13-17 1-2:30p.m. \$75.00

Jewellery for Young Teens

10-14 years

Come and learn how to make fun and funky jewellery using hemp, beads, wire, copper, and brass. A materials fee is included in the cost of registration.

NBAC

83127 Mon-Fri Jul 27-31 10a.m.-12p.m. \$110.00

83128 Mon-Fri Aug 10-14 10a.m.-12p.m. \$110.00

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Lego Engineering Makers

6-10 years

This is the program for your LEGO lovers. Young Makers Studio - Lego Engineering Makers is geared for ages 6+ where students will build various Lego models using our proprietary kits. Students will move through stations building various models using power functions to make their models move to building Art Mosaic models using 1x1 Lego bricks. We also have our 3D and Flat structure models. All materials and equipment will be supplied.

NBAC

83335 Mon-Fri Aug 17-21 9a.m.-12p.m. \$130.00

Lego Robotics and Coding

9-13 years

Young Makers Studio - Lego Robotics and Coding uses the Premier LEGO Spike Prime program which is designed for students ages 9+. Students will build Lego robotic models, then use the Lego Spike Prime coding platform to code and move the Lego models. Spike Prime uses block coding and python coding. All materials and equipment will be supplied.

NBAC

83332 Mon-Fri Jul 13-17 9a.m.-12p.m. \$115.00
83333 Mon-Fri Aug 17-21 1-4p.m. \$115.00

Mandala Art

9-12 years

Unleash creativity and mindfulness! In this engaging and relaxing class, young artists will explore the beauty of mandalas through patterns, colors, and symmetry. They will learn step-by-step techniques to create their own stunning mandala designs while developing focus, patience, and artistic skills. Perfect for beginners and experienced artists alike, this class encourages self-expression and a sense of calm through art. Join us for a fun and inspiring journey into the world of mandalas!

NBAC

83134 Mon-Fri Aug 10-14 1-3p.m. \$100.00
83135 Mon-Fri Aug 17-21 1-3p.m. \$100.00

Inclusive Mixed Media Art Workshops

5-12 years

This program is designed for youth with disabilities, but all abilities are welcome. An art workshop series crafted for people with disabilities who want to develop their artistic abilities in a welcoming, inclusive space. Classes are adapted to accommodate a range of sensory needs and skill levels with the instructor. Accessible materials and individualized assistance helps participants engage fully with creative projects such as ceramics, painting, collage, and more.

CRNC

83330 Sat Jul 4-25 11a.m.-12p.m.

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Octopus's Garden

8-12 years

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

NBAC

83137 Tue-Fri Aug 4-7 1-3p.m. \$87.00

Woodworks

12-16 years

Learn wood shop safety and the use of hand tools as well as some of the power equipment to make a small wall shelf. The decorative details of the shelf will be an opportunity for individual creative expression.

NBAC

83146 Mon-Fri Jul 6-10 1:30-4p.m. \$145.00

Woodworks – Next Level

12-16 years

Participants will revisit their skills of wood shop safety and the use of hand tools as well as some of the power equipment to make a box in the form of a traditional Japanese toolbox. Recommended for participants who have attended the Woodworks wall shelf class or who have familiarity with the use of woodworking tools.

NBAC

83147 Mon-Fri Jul 13-17 1:30-4p.m. \$155.00

World of Crayons, Markers and Pastels

6-10 years

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

NBAC

83148 Tue-Fri Aug 4-7 10:30a.m.-12p.m. \$59.00

Recreation

Free Children's Summer Program <FREE>

5-12 years

Keep your kids active this summer with supervised play activities that build creativity, imagination and positive self-image. The Free Children's Summer Program offers leader-facilitated play opportunities that develop and foster life skills, creativity, imagination and positive self-image, while also promoting a physical, active lifestyle. The program welcomes children and youth of all abilities. Children registering must be 5 years old by start of program.

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We kindly ask that individuals requiring one-on-one support bring an attendant, or contact the Inclusion Support Service to inquire about a 1 on 1 City Leisure Companion (inclusionsupport@regina.ca or call 639-590-8895). Children will only be able to register for two 1-week sessions. Should you wish to be put on a wait list for additional weeks please call the City of Regina Playline. After you have registered online or by phone, please fill out a Participation Information Form, which can be found online and return it to your location on the first day your child attends program. If you wish to register your child after a session has started, please contact the City of Regina Playline at 306-777-7529 to see if there is any remaining availability. In the event of unforeseen circumstances, please confirm the site status at Regina.ca/freeprograms.

All Free Children's Summer Program registrations must be completed under the 2026 Free Children's Summer Program Activity Package (#82901).

Pre-Registration required.

Argyle North Community Association – 35 Davin Crescent

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

Glencairn Neighborhood Recreation Centre – 2626 Dewdney Avenue E.

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

Doug Wickenheiser Arena – 1127 Arnason St.

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

École Harbour Landing School – 4419 James Hill Rd.

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.

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Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

mâdawêyatitân centre – 3355 6th Ave.

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

Mitakuyé Owâs'â Centre – 1770 Halifax St.

Mon-Fri	Jul 6-10	12:30-4:30p.m.
Mon-Fri	Jul 13-17	12:30-4:30p.m.
Mon-Fri	Jul 20-24	12:30-4:30p.m.
Mon-Fri	Jul 27-31	12:30-4:30p.m.
Tue-Fri	Aug 4-7	12:30-4:30p.m.
Mon-Thur	Aug 10-13	12:30-4:30p.m.

Rosemont Community School – 841 Horace St.

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

South Leisure Centre – 170 Sunset Dr.

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

Uplands Community Centre – 20 Weekes Cres.

Mon-Thu	Jul 6-9	9:30a.m.-4:30p.m.
Mon-Thu	Jul 13-16	9:30a.m.-4:30p.m.
Mon-Thu	Jul 20-23	9:30a.m.-4:30p.m.
Mon-Thu	Jul 27-30	9:30a.m.-4:30p.m.
Tue-Thu	Aug 4-6	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

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École Wascana Plains School – 5125 E. Green Brooks Way

Mon-Fri	Jul 6-10	9:30a.m.-4:30p.m.
Mon-Fri	Jul 13-17	9:30a.m.-4:30p.m.
Mon-Fri	Jul 20-24	9:30a.m.-4:30p.m.
Mon-Fri	Jul 27-31	9:30a.m.-4:30p.m.
Tue-Fri	Aug 4-7	9:30a.m.-4:30p.m.
Mon-Thu	Aug 10-13	9:30a.m.-4:30p.m.

Sports

Badminton

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

5-7 years

FLDH

83841	Sun	May 31-Jul 12	1-2p.m.	\$52.50
83912	Sat	Jun 6-Jul 18	1-2p.m.	\$52.50
83913	Sat	Jun 6-Jul 18	2-3p.m.	\$52.50

NWLC

84090	Sat	Jun 6-Jul 25	5-6p.m.	\$52.50
84091	Sat	Jun 6-Jul 25	6-7p.m.	\$60.00

8-12 years

FLDH

83842	Sun	May 31-Jul 12	2-3p.m.	\$52.50
83843	Mon	Jun 1-Jul 13	5-6p.m.	\$52.50
83844	Mon	Jun 1-Jul 13	6-7p.m.	\$52.50
83863	Tue	Jun 2-Jul 14	5-6p.m.	\$52.50
83882	Wed	Jun 3-Jul 15	5-6p.m.	\$43.75
83886	Wed	Jun 3-Jul 15	6-7p.m.	\$43.75
83893	Thu	Jun 4-Jul 16	5-6p.m.	\$52.50
83902	Fri	Jun 5-Jul 17	5-6p.m.	\$52.50

MOC

83639	Sat	Jul 4-Aug 22	10-11a.m.	\$70.00
83640	Sat	Jul 4-Aug 22	11a.m.-12p.m.	\$70.00

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Badminton – Teens

13-15 years

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

FLDH

83864 Tue Jun 2-Jul 14 6-7p.m. \$52.50

83894 Thu Jun 4-Jul 16 6-7p.m. \$52.50

Baseball – Kids

8-11 years

Through this program children will learn basic basketball skills and rules. Drill, teamwork, and scrimmages are also included in its sessions.

FLDH

83869 Tue Jun 2-Jul 14 6-7p.m. \$52.50

Basketball – Kids

5-7 years

Through this program children will learn basic basketball skills and rules in a fun, non-competitive environment. Drills, teamwork, and scrimmages are also included.

FLDH

83873 Tue Jun 2-Jul 14 4:30-5:30p.m. \$52.50

83875 Tue Jun 2-Jul 14 5:30-6:30p.m. \$52.50

Basketball Fundamental Development

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

CRNC

8-10 years

82881 Sat Jul 4-Aug 22 10-11a.m. \$56.70

11-13 years

82882 Sat Jul 4-Aug 22 11a.m.-12p.m. \$56.70

FLDH

8-10 years

83895 Thu Jun 4-Jul 16 6:30-7:30p.m. \$52.50

83898 Thu Jun 4-Jul 16 6:30-7:30p.m. \$52.50

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11-13 years

83899 Thu Jun 4-Jul 16 7:30-8:30p.m. \$52.50

Basketball – Advanced

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

FLDH

8-11 years

83845 Mon Jun 1-Jul 13 5-6p.m. \$52.50

83887 Wed Jun 3-Jul 15 5-6p.m. \$43.72

12-14 years

83846 Mon Jun 1-Jul 13 6-7p.m. \$52.50

83892 Wed Jun 3-Jul 15 6-7p.m. \$43.72

Dodgeball – Kids

This fun and energetic course introduces kids to the exciting game of Dodgeball! Participants will learn the basic rules, strategies, and teamwork skills needed to play. Through safe and engaging drills, kids will develop their throwing, dodging, and communication skills while enjoying friendly competition. Perfect for beginners looking to have fun and stay active!

FLDH

5-7 years

83908 Fri Jun 5-Jul 17 5-6p.m. \$52.50

8-12 years

83904 Fri Jun 5-Jul 17 6-7p.m. \$52.50

Football – Kids

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

FLDH

5-7 years

83896 Thu Jun 4-Jul 16 5-6p.m. \$52.50

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Go Girls Sports Jam

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

FLDH

5-7 years

83876 Tue Jun 2-Jul 14 5-6p.m. \$52.50

8-12 years

83877 Tue Jun 2-Jul 14 6-7p.m. \$52.50

Lacrosse – Kids

8-12 years

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

FLDH

83897 Thu Jun 4-Jul 16 6-7p.m. \$52.50

Pickleball – Intro

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

5-7 years

CNC

83643 Sat Jul 11-Aug 29 1-2p.m. \$61.25

10-15 years

GNRC

83048 Sat Jul 4-Aug 22 1-2p.m. \$70.00

Soccer – Kids

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

5-7 years

FLDH

83848 Mon Jun 1-Jul 13 6:30-7:30p.m. \$52.50

83914 Sat Jun 6-Jul 18 2-3p.m. \$52.50

MOC

83641 Thu Jul 2-Aug 20 5:30-6:30p.m. \$70.00

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8-12 years**FLDH**

83915 Sat Jun 6-Jul 18 3-4p.m. \$52.50

MOC

83642 Thu Jul 2-Aug 20 6:30-7:30p.m. \$70.00

Sports Jam

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

FLDH**5-7 years**

83906 Fri Jun 5-Jul 17 5:30-6:30p.m. \$52.50

8-12 years

83907 Fri Jun 5-Jul 17 6:30-7:30p.m. \$52.50

Summer Sport and Recreation Day Camp**7-11 years**

Spend a whole week at the Fieldhouse and learn how to play a new sport! Participants will be exposed to a variety of activities including yoga, fitness classes and swimming. Participants will also receive instruction from a qualified sport instructor on a specific sport. This is great for participants that want to improve their skill in a sport or are wanting to learn a new sport.

FLDH

84073	Mon-Fri	Jul 6-10	8a.m.-4p.m.	\$210.00
84074	Mon-Fri	Jul 13-17	8a.m.-4p.m.	\$210.00
84075	Mon-Fri	Jul 20-24	8a.m.-4p.m.	\$210.00
84076	Mon-Fri	Jul 27-31	8a.m.-4p.m.	\$210.00
84077	Tues-Fri	Aug 4-7	8a.m.-4p.m.	\$168.00
84078	Mon-Fri	Aug 10-14	8a.m.-4p.m.	\$210.00
84079	Mon-Fri	Aug 17-21	8a.m.-4p.m.	\$210.00
84080	Mon-Fri	Aug 24-28	8a.m.-4p.m.	\$210.00

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

83900 Tue Jun 2-Jul 14 6-7p.m. \$52.50

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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.

FLDH

Kids Level 1

8-10 years

83909 Sat Jun 6-Jul 18 10-11a.m. \$52.50

Junior Level 1

11-13 years

83910 Sat Jun 6-Jul 18 11a.m.-12p.m. \$52.50

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.

FLDH

Elementary

7-10 years

83916 Sat Jun 6-Jul 18 4:30-5:30p.m. \$52.50

Skill Development

11-13 years

83917 Sat Jun 6-Jul 18 5:30-6:30p.m. \$52.50

Registered Adult Programs

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

WOP – Wascana Outdoor Pool

MATERIAL FEES

*A 50 per cent surcharge applies to non-resident and non-verified Regina resident registrations and will be added at checkout. See Regina.ca/Verify for details.

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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

Alcohol Ink

14 years and up

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

NBAC

83328 Mon-Fri Jul 6-10 1-2:30p.m. \$90.00

Alcohol Ink Workshop

14 years and up

What are alcohol inks and why are they so popular? This workshop will introduce you to this incredibly dynamic art medium that lends itself beautifully to abstract art, creates stunning detail and strikingly bold colours. No previous experience necessary.

NBAC

83103 Thu-Fri Jun 25-26 2:30-4:30p.m. \$60.00

83104 Wed-Thu Jul 29-30 2:30-4:30p.m. \$60.00

Beginner Acrylics

15 years and up

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

NBAC

83286 Wed,Thu Jun 10-25 7-9:30p.m. \$115.00

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

83283 Tue-Thu Aug 11-20 7-9:30p.m. \$115.00

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Beginner Watercolour

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

83284 Tue-Thu Jul 14-23 7-9:30p.m. \$115.00

Drawing Your Pets

15 years and up

Learn to sketch your pets beginning with basic geometric shapes, then building detail and movement from those basics. Starting with basic shapes in perspective will allow you to be able to turn your pet. Instruction on shading and textures to represent hair will also be covered.

NBAC

83287 Mon-Fri Aug 17-21 1-4p.m. \$115.00

Landscapes in Watercolour

15 years and up

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

NBAC

83132 Mon-Fri Jul 20-24 1-4p.m. \$115.00

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

83277 Mon-Fri Aug 24-28 1-4p.m. \$115.00

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

83141 Fri Jul 3-Aug 28 9-11:30a.m.

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Painting in the Landscape

15 years and up

This is an opportunity to learn the joys of creating art outdoors in acrylic or your medium of choice. You will learn the skills of seeing and depicting the essence of the surrounding landscape through traditional plein air techniques. This class will focus on colour, composition, light, value, and gestural painting techniques that will bring life to your landscapes.

NBAC

83142 Mon-Fri Jul 6-10 9a.m.-12p.m. \$115.00

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

83285 Mon-Fri Jul 13-17 9a.m.-12p.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

83276 Mon-Fri Aug 10-14 1-3:30p.m. \$100.00

Zentangle and Op Art

14 years and up

Master the meditative Zentangle method to create mind-bending optical illusions. Learn shading and repetitive patterning techniques that transform simple, hand drawn designs into 3D masterpieces. No experience required.

NBAC

83271 Mon-Fri Jul 6-10 3-4:30p.m. \$80.00

Zine Workshop

15 years and up

Unleash your creativity and dive into the exciting world of zines! This workshop will allow you to create your own mini magazine: a unique space for your thoughts, art, and passions. Whether you're a seasoned artist or a beginner, you'll discover the power of self-publishing and the joy of DIY creation. We'll explore the history and diverse world of zines: from punk rock manifestos to personal narratives, discover the boundless possibilities of this independent medium and tell your story!

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NBAC
83149 Mon-Tue Jul 27-28 3-4:30p.m. \$45.00

Fine Arts – Fibre Arts

Fibre Felting Fun

14 years and up

An introduction to fibre felting for beginners. Learn to needle felt a whimsical three-dimensional scene, "paint" with wool and wet felt flowers, bowls, and soap.

NBAC
83151 Mon-Fri Jun 15-19 3-4:30p.m. \$95.00

Open Fibre Night <Free>

14 years and up

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

NBAC
83140 Thu Jul 23, Aug 27 6:30-9:30p.m.

Fine Arts – Jewellery and Metalwork

Enameling 1: Short Course

16 years and up

Students will learn to create jewellery by fusing colourful enamels to copper pieces. The emphasis in this class is on kiln firing, but additional methods are discussed. Several specialized enameling techniques are covered, such as sgraffito, stenciling, basse taille and crackle. Students will leave the class with an array of unique and colourful pieces.

Prerequisite: Jewellery 1 or equivalent.

NBAC
83274 Thu Jun 11-Jul 2 7-10p.m. \$145.00

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 \$20, paid at the time of registration, will cover the cost of enamel.

Prerequisite: Previous Enameling class or equivalent experience.

NBAC

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83123 Tue Aug 4-25 1-4p.m. \$140.00

Jewellery 1

16 years and up

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

NBAC

83126 Tue Jul 7-Aug 25 6:30-9:30p.m. \$270.00

Jewellery Project

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

83153 Tue Jul 7-28 1-4p.m. \$125.00

83275 Thu Aug 6-27 6:30-9:30p.m. \$125.00

Lampwork Beads 1

16 years and up

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

NBAC

83131 Wed Jul 8-Aug 12 6:30-9:30p.m. \$215.00

Lampwork Bead Project Class

16 years and up

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

Prerequisite: Lampwork Beads 1.

NBAC

83129 Wed Jul 8-29 1-4p.m. \$133.00

83130 Wed Aug 5-26 1-4p.m. \$133.00

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New Methods in Copper Tooling

15 years and up

This class covers new methods for copper tooling. We will cover how to make your own templates, create your own designs, use tools to raise and sink the copper, add a patina, flame paint with butane kitchen torches and methods of mounting and finishing your art piece. Some materials and tools will be included.

NBAC

83327	Mon-Fri	Jul 13-17	1-4p.m.	\$120.00
83329	Mon-Fri	Aug 17-21	9a.m.-12p.m.	\$120.00

Fine Arts – Performing Arts

Group Singing Class

18 years and up

Singing is one of the most natural and joyful ways to express ourselves. Whether you have always wanted to sing but didn't know where to start, or you are looking to build confidence in a supportive group setting, this class is designed to help you take that first step. We will explore the foundations of singing in a welcoming environment, and touch on a variety of vocal topics to give you awareness and practical tools, without diving deeply into advanced technique. This class is presented by SaskMusic.

NBAC

83282	Tue	Aug 4-25	7-9p.m.	\$85.00
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Fine Arts - Woodworking

Asian Influenced Bench

16 years and up

An intermediate class, each student will build a two-seat bench suitable for interior or exterior use. Made with thick timbers of Western Red Cedar, its sweeping curves reflect the grace of Asian architecture. The class will include stock preparation, lamination and extensive bandsaw use with cutting jigs for forming the curves of both the seat and the slab legs. Materials extra.
Prerequisite: Completion of NBAC Basic woodworking class or instructor's permission.

NBAC

83150	Tue,Wed,Thu	Aug 11-27	6:30-9:30p.m.	\$250.00
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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

83262	Fri	Jun 26	7-9p.m.	\$210.00
	Sat-Sun	Jun 27-28	9 a.m.-5p.m.	

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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

83145 Tue Jul 7-Aug 25 9-11:30a.m.

Aquatic Fitness, Health and Wellness

Programming Note

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

Baby & Me Aquacise**14 years and up**

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

SSLC

83850	Wed	Jun 3-24	9:15-10a.m.	\$29.20
83888	Wed	Jul 8-Aug 12	8:15-9a.m.	\$43.80

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

83881	Tue	Jun 2-23	6:15-7pm	\$29.20
83880	Thu	Jun 4-25	6:15-7p.m.	\$29.20

SSLC

83821	Mon	Jun 1-29	8:30-9:15p.m.	\$36.50
83835	Tue	Jun 2-30	8:30-9:15p.m.	\$36.50
83849	Wed	Jun 3-24	8:30-9:15p.m.	\$29.20
83855	Thu	Jun 4-25	8:30-9:15p.m.	\$29.20
83885	Thu	Jul 2-Aug 13	8:30-9:15p.m.	\$51.10
83866	Mon	Jul 6-Aug 10	8:30-9:15p.m.	\$36.50

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83878	Tue	Jul 7-Aug 11	8:30-9:15p.m.	\$43.80
83884	Wed	Jul 8-Aug 12	8:30-9:15p.m.	\$43.80

WOP

83050	Mon	Jul 6-27	6:00-6:45pm	\$29.20
83317	Mon	Aug 10-31	6:00-6:45pm	\$29.20

Land Fitness, Health & Wellness

Programming Note

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

Baby & Me Bootcamp

15 years and up

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

FLDH

83239	Wed	Jun 3-17	10:45-11:45a.m.	\$25.20
83240	Thu	Jun 4-18	10:45-11:45a.m.	\$25.20
83308	Wed	Jul 8-Jul 29	10:45-11:45a.m.	\$33.60
83309	Thu	Jul 9-Jul 30	10:45-11:45a.m.	\$33.60
83318	Wed	Aug 5-Sep 2	10:45-11:45a.m.	\$42.00
83319	Thu	Aug 6-Sep 3	10:45-11:45a.m.	\$42.00

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

83861	Fri	Jun 5-26	11:45a.m.-12:45p.m.	\$29.20
83891	Fri	Jul 3-Aug 14	11:45a.m.-12:45p.m.	\$51.10

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. It is personal training within a group

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training atmosphere.

FLDH

83289	Tue,Thu	Jun 2-25	10:30-11:30a.m.	\$75.60
83290	Tue,Thu	Jun 2-25	11:30a.m.-12:30p.m.	\$75.60
83291	Tue,Thu	Jun 2-25	4:30-5:30p.m.	\$75.60
83292	Tue,Thu	Jun 2-25	5:30-6:30p.m.	\$75.60
83288	Sat	Jun 6-27	10:30-11:30a.m.	\$37.80
83312	Tue,Thu	Jul 7-Jul 30	10:30-11:30a.m.	\$75.60
83313	Tue,Thu	Jul 7-Jul 30	11:30a.m.-12:30p.m.	\$75.60
83310	Tue,Thu	Jul 7-Jul 30	4:30-5:30p.m.	\$75.60
83311	Tue,Thu	Jul 7-Jul 30	5:30-6:30p.m.	\$75.60
83322	Tue,Thu	Aug 4-Sep 3	10:30-11:30a.m.	\$94.50
83323	Tue,Thu	Aug 4-Sep 3	11:30a.m.-12:30p.m.	\$94.50
83320	Tue,Thu	Aug 4-Sep 3	4:30-5:30p.m.	\$94.50
83321	Tue,Thu	Aug 4-Sep 3	5:30-6:30p.m.	\$94.50

Mobility – Strength, Flexibility & Relaxation

16 years and up

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

FLDH

83241	Mon	Jun 1-15	7:00-8:00pm	\$25.20
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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

83242	Thu	Jun 4-18	6:45-7:45p.m.	\$25.20
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SoulFusion

16 years and up

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

FLDH

83243	Sat	Jun 6-20	9:45-10:45a.m.	\$25.20
83314	Sat	Jul 11-Aug 1	9:45-10:45a.m.	\$33.60
83324	Sat	Aug 8-Sep 5	9:45-10:45a.m.	\$42.00

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Stretch & Tone**15 years and up**

Designed to enhance flexibility, body awareness and alignment 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

83852	Wed	Jun 3-24	10:30-11:30a.m.	\$29.20
83889	Wed	Jul 8-Aug 12	10:30-11:30a.m.	\$43.80

Total Body Sculpting**16 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

83836	Tue	Jun 2-30	6:45-7:45p.m.	\$36.50
83853	Wed	Jun 3-24	5:30-6:30p.m.	\$29.20

TRX® Group Suspension Training**14 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

83244	Sat	Jun 6-20	9-10a.m.	\$28.35
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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.

SSLC

83823	Mon	Jun 1-29	8-9p.m.	\$42.00
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Yoga–Gentle**15 years and up**

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

FLDH

83245	Mon	Jun 1-15	5:45-6:45p.m.	\$25.20
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NWLC

83872	Wed	Jun 24-Jul 29	6-7p.m.	\$50.40
83883	Wed	Aug 5-26	6-7p.m.	\$33.60

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SSLC

83824	Mon	Jun 1-29	9:15-10:15a.m.	\$42.00
83825	Mon	Jun 1-29	10:30-11:30a.m.	\$42.00
83826	Mon	Jun 1-29	6:45-7:45p.m.	\$42.00
83858	Thu	Jun 4-25	9:15-10:15a.m.	\$33.60
83857	Thu	Jun 4-25	11:45a.m.-12:45p.m.	\$33.60
83856	Thu	Jun 4-25	6:45-7:45p.m.	\$33.60
83862	Fri	Jun 5-26	10:30-11:30a.m.	\$33.60
83868	Mon	Jul 6-Aug 10	10:30-11:30a.m.	\$42.00

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

83246	Tue	Jun 2-16	10:30-11:30a.m.	\$25.20
83315	Tue	Jul 7-Jul 28	10:30-11:30a.m.	\$33.60
83325	Tue	Aug 4-Sep 1	10:30-11:30a.m.	\$42.00

Yoga-Learn to Arm Balance

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

84104	Sun	Aug 9-30	10:00-11:30a.m.	\$50.40
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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

83837	Tue	Jun 2-30	8-9p.m.	\$42.00
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**Prices do not include GST (where applicable) or the online processing fee; both added at checkout.

Zumba® Fitness

16 years and up

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

FLDH

83247	Wed	Jun 3-17	6:45-7:45p.m.	\$25.20
83316	Wed	Jul 8-29	6:45-7:45p.m.	\$33.60
83326	Wed	Aug 5-Sep 2	6:45-7:45p.m.	\$42.00

SSLC

83859	Thu	Jun 4-25	8-9p.m.	\$33.60
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Sports

Badminton – Adults

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 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

83903	Fri	Jun 5-Jul 17	6-7:30p.m.	\$78.75
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Pickleball (Intro) – Adults

16 years and up

This fun and welcoming program is designed for adults aged 16 and up who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, serve, rally, score and move safely on the court. With guidance from an instructor, players will build confidence, improve coordination, and develop a solid understanding of the game in a supportive, inclusive, and noncompetitive environment.

GNRC

83049	Sat	Jul 4-Aug 22	2-3p.m.	\$70.00
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SLC

83784	Sun	Jun 14-Jul 26	5-6p.m.	\$56.70
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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!

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FLDH
83905 Fri Jun 5-Jul 17 7-8p.m. \$52.50

Table Tennis (Intro) – Adults

16 years and up

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

FLDH

83901 Tue Jun 2-Jul 14 7-8p.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

83911 Sat Jun 6-Jul 18 12:15-1:15p.m. \$52.50

Registered Older Adult Programs

Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Adult Strength & Balance <AP>

18 years and up

This beginner-friendly class is designed for adults who want to improve confidence, core strength, and stability in a supportive environment. Movements can be adapted to suit a wide range of abilities, making it a great fit for older adults and anyone who benefits from modifications. Each session includes guided exercises to enhance balance and mobility, along with a fun bonus activity each week. A variety of equipment will be used, and adaptations can be made.

SSLC

82939 Tue Jun 2-30 12:15-1:15p.m. \$36.50

82940 Tue Jul 7-Aug 11 12:15-1:15p.m. \$43.80

Pickleball – (Intro)

55 years and up

This fun and welcoming program is designed for adults aged 55 and up who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, serve, rally, score and move safely on the court. With guidance from an instructor, players will build confidence, improve coordination, and develop a solid understanding of the game in a supportive, inclusive, and noncompetitive environment.

*A 50 per cent surcharge applies to non-resident and non-verified Regina resident registrations and will be added at checkout. See Regina.ca/Verify for details.

**Prices do not include GST (where applicable) or the online processing fee; both added at checkout.

SLC

83767	Sun	Jun 14-Jul 26	4-5p.m.	\$56.70
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Yoga - Boomers and Beyond

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

NWLC

83870	Tue	Jun 23-Jul 28	10:30-11:30a.m.	\$50.40
83871	Thu	Jun 25-Jul 30	10:30-11:30a.m.	\$50.40
83874	Tue	Aug 4-25	10:30-11:30a.m.	\$33.60
83879	Thu	Aug 6-27	10:30-11:30a.m.	\$33.60

Yoga - Chair

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

SSLC

83822	Mon	Jun 1-29	11:45a.m.-12:45p.m.	\$42.00
83854	Wed	Jun 3-24	11:45a.m.-12:45p.m.	\$33.60
83867	Mon	Jul 6-Aug 10	11:45a.m.-12:45p.m.	\$42.00
83890	Wed	Jul 8-Aug 12	11:45a.m.-12:45p.m.	\$50.40

Zumba Gold

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

SSLC

83838	Tue	Jun 2-30	10:30-11:30a.m.	\$42.00
83860	Thu	Jun 4-25	10:30-11:30a.m.	\$33.60

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