NEW PROGRAMS OFFERED!
Try Altered Books - Turn a favourite hard covered book into a personal work of art.

BRING YOUR CHILD TO:
Yoga-Child - Children ages 8-12 can bring an adult along to this fun all-levels yoga class.
Be Safe. Make Space.
Keep 2 metres apart at all times.

Smile and Wave.
Skip the handshakes and high-fives.

Caring is not Sharing.
Pens, phones and food are only for yourself.

Wash your Hands.
Practice good hand hygiene frequently and clean shared items.

Regina.ca/covid19
Register today!

Pre-registration is recommended for all activities at any Major Recreation Centre. This includes leisure swim, lane swim, drop-in fitness classes and strength and conditioning times.

3 easy ways to register:

ONLINE
- Visit Regina.ca/recreation
- Sign in or create an account if you are a new user
  - If you’re a new user, click Forgot Password and enter your email address. Your login information will be sent to the provided email address.

PHONE
- Call the PlayLine at 306-777-PLAY (7529)

IN PERSON
- Visit one of our Major Recreation Facilities to register at the information desk

You can book up to three days in advance by registering at Regina.ca/recreation. Some activities have a limit on the number of times per week you can pre-register, however additional times may be available by calling the individual centres.
REGISTRATION

WHEN DOES REGISTRATION START?

Regina residents:
Tuesday, August 11
(beginning at 7 a.m. for this day only)

Non-residents:
Thursday, August 13
(beginning at 7 a.m. for this day only)

easy ways to register

1 ONLINE REGISTRATION
• Go to Regina.ca/leisureguide
• Click on the Regina Recreation Online
• Sign in or Create an Account
• Search or register for programs

Make sure you create your online account before registration day!

2 Call 306-777-PLAY (7529)
TTY – 306-777-7140
(for persons who are deaf and/or hard of hearing)
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.

Information in this publication may change due to public health orders made by the Saskatchewan Health Authority for COVID-19.
Visit Regina.ca/COVID19 for the most updated information.

Upcoming Leisure Guide
The next Leisure Guide will be available for viewing on Friday, October 2 for programs that start between October 26 and December 31.

Registration Dates:
Regina residents: Tuesday, October 6
Non-residents: Thursday, October 8

PROGRAM REFUNDS, WITHDRAWALS OR TRANSFERS
You may transfer immediately into another program, subject to availability. Withdrawals are permitted up to 12 p.m. on the calendar day following the second class to receive a pro-rated credit or refund*. After this date, only participants who are moving away from Regina or have a medical reason may withdraw for a pro-rated credit or refund.
Call 306-777-PLAY (7529), visit a major facility or visit Regina.ca for full refund policy. *Fees apply.

LATE REGISTRATION
Late registrations for programs will be accepted whenever possible. Customers registering late will pay a pro-rated fee for the program.
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Occasionally programs and information in this publication are incorrect, subject to change, or cancelled due to unforeseen events or to accommodate an event. Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.
What’s in Your Neighbourhood?

**CENTRAL ZONE**

**Major Facilities**

1. Sportplex – Fieldhouse and Lawson Aquatic Centre – 1717 Elphinstone St.
2. Neil Balkwill Civic Arts Centre – 2420 Elphinstone St.
3. Co-operators Centre – 1700 Elphinstone St.

**Outdoor Pools**

1. Dewdney Pool
2. Maple Leaf Pool
3. Wascana Pool

**Arenas**

1. Al Ritchie – 2230 Lindsay St.

Neighbourhood & Community Centres

1. mâmawêyatitân centre – 3355 6th Ave.
2. Cathedral Neighbourhood Centre – 2900 13th Ave.
3. Core Ritchie Neighbourhood Centre – 445 14th Ave.
4. Eastview Community Centre – 615 6th Ave.
5. Regina Senior Citizen’s Centre – 2134 Winnipeg St.
6. Regina Senior Citizen’s Centre – 2404 Elphinstone St.

**Accessible Playgrounds**

1. Gocki Optimist Playground – 2230 Lindsay St.
2. Pasqua and 7th Park – 1301 Pasqua St.
3. Candy Cane Playground – Wascana Park
5. Dewdney Pool Park – 3355 8th Ave.

**Outdoor Tennis Courts**

1. Balfour Collegiate (3) – 1245 College Ave.
2. Eastview Park – 4th Ave. & Broder St.

**Outdoor Basketball Courts**

1. Kitchener School (1) – 840 Athol St.
2. Sacred Heart School (1) – 1314 Elphinstone St.
3. Sportplex (1) – 1717 Elphinstone St.
4. Estevan School (1) – 2401 Retallack St.
5. Thomson School (1) – 2033 Toronto St.
6. Albert School (1) – 1340 Robinson St.
7. Gocki Outdoor Rink (1) – 2201 Edgar St.

**Off-Leash Dog Areas**

1. Cathy Lauritsen Memorial Off-Leash Dog Park – 2110 Forget St.

**Outdoor Pools**

1. Dewdney Pool
2. Maple Leaf Pool
3. Wascana Pool

**Lawn Bowling Greens**


**Outdoor Summer Fun**

The City of Regina has several playgrounds that are accessible to all children.

*Fully Accessible - All elements of the play equipment are accessible by all people regardless of ability.

Accessible - Some play elements are accessible by all people.

For more information, visit Regina.ca/parks or call 306-777-7000.

Seasonal off-leash areas are located within outdoor boarded rinks throughout the City of Regina. These areas are a great place for dogs to exercise, play and socialize.

Seasonal areas are open May 1 – September 30 from 4 – 11 p.m. on school days and 6 a.m. – 11 p.m. on non-school days.

For more information, visit Regina.ca/dogparks or call 306-777-7000.
EAST ZONE

Major Facilities
1. Sandra Schmirler Leisure Centre – 3130 East Woodhams Dr.
2. Canada Games Athletic Complex at Douglas Park – 3025 McDonald St.

Arenas
1. Clarence Mahon – 130 Brotherton Ave.

Neighbourhood Centres
1. Glencairn Recreation Centre – 2626 Dewdney Ave. E
2. Arcola East Community Centre – 3860 Buckingham Dr. E

Outdoor Fall Fun

Accessible Playgrounds
1. Sandra Schmirler Leisure Centre Play Space – 3130 E Woodhams Dr.
2. Coleman Park – 220 Fines Dr.
4. Parkridge Park – 1243 Rossie Dr.
5. Woodland Grove Park – 3507 Arbor Grove Dr.
6. Wascana View Park – 3025 Wascana Circle

Cricket Pitches
7. Douglas Park – Assiniboine Ave. E

Disc Golf Course
8. Douglas Park – McDonald St.

Off-Leash Dog Areas

Outdoor Tennis Courts (**Pickleball lines**)
11. Douglas Park (6) – Assiniboine Ave. E*
13. Gardiner Park (3) – Gardiner Park Dr. & Wagman Dr.*

Outdoor Basketball Courts
14. Ecole St. Andrew School (1) – 621 Douglas Ave. E
15. Douglas Park School (1) – 635 Douglas Ave. E
17. Wilfred Walker School (1) – 2102 Wagman Dr. E
18. Dr. Ferguson School (1) – 117 Brotherton Ave.

Spray Pads
19. Glen Elm Park – Bond St. & 9th Ave.
20. Queen Elizabeth Jubilee Park – McKay St. & 18th Ave.
22. Varsity Park – Phillip Rd. & Pederson Cres.
23. Sandra Schmirler Leisure Centre – 3130 E Woodhams Dr.

Spray pads are a fun and easy way to cool off in hot weather. These interactive play areas with unique water spraying features provide children with a great outdoor play experience – no swimming skills required!

There are 15 spray pads located throughout the City of Regina, open daily 9 a.m. – 8 p.m. until September 13 (weather permitting).

For more information, call 306-777-7000 or visit Regina.ca/spraypads.
WHAT’S IN YOUR NEIGHBOURHOOD

SOUTH ZONE

Outdoor Pools

1. Massey Pool – Closed for the season

Arenas

1. Optimist Arena – 222 Sunset Dr.

Neighbourhood Centres

1. South Leisure Centre – 170 Sunset Dr.

Outdoor Fall Fun

Accessible Playgrounds

1) Realtors Park – 170 Sunset Dr.*
2) McKenna Park – 5033 Padwick Rd.*

Off-Leash Dog Areas

3) Mike Badham Park – 2606 Grant Rd. – (Seasonal)

Outdoor Tennis Courts (*Pickleball lines)

4) LeBoldus High School (2) – 2330 25th Ave.
5) Realtors Park (2) – Sunset Dr. & Argyle St.*
17) Lakeview Par 3 (6) – 3100 Kings Rd.*

Outdoor Basketball Courts

6) Dr. Perry School (1) – 93 Lincoln Dr.
7) Marion McVeety School (1) – 38 Turgeon Cres.
8) Fairchild Park (1) – 5350 Aerodrome Rd.
9) Lakeview School (1) – 3100 20th Ave.
10) Sheldon Williams (2) – 2601 Coronation St.
11) St. Matthew School (1) – 4710 Castle Rd.

Parks and Picnic Sites

12) Kinsmen Park South – Kings Rd. & Assiniboine Ave.
13) Kiwanis Waterfall Garden Park – Regina Ave. & Elphinstone St.

Skateboard Parks

14) Norseman Park – Fairchild Rd. & Beacon Dr.

Spray Pads

15) Kinsmen Park South – Westgate Ave. & Kings Rd.
16) South Leisure Centre – 170 Sunset Dr.

Be sure to obtain a permit to ensure you have access to your preferred park or picnic site for your special event. 2021 requests will be accepted beginning Tuesday, September 1, 2020.

For booking information, contact the Central Scheduling office at 306-777-7529 or email centralscheduling@regina.ca
WEST ZONE

Major Facilities
1. North West Leisure Centre – 1127 Arnason St.

Arenas
2. Doug Wickenheiser – 1127 Arnason St.

Outdoor Fall Fun

Accessible Playgrounds
1) Rick Hansen Optimist Playground – 1010 McCarthy Blvd.
2) Al Pickard Park – 343 N Pickard St.
3) Lakeridge Park – 1225 Harrison Way
4) McNab Park – 4802 11th Ave.
5) NorthWest Leisure Centre – 1127 Arnason St.

Cricket Pitches
6) Grassick Park – Dewdney Ave. & Horace St.
7) Sharp Park – Dewdney Ave. & Courtney St.

Off-Leash Dog Areas
8) Rosemont School Park – 5310 4th Ave. (Seasonal)
9) Westhill – 8045 kestral Dr. (Seasonal)
10) Rochdale Park – 1127 N Arnason St. (Seasonal)

Outdoor Tennis Courts (Pickleball lines)
12) Martin Collegiate (2) – 1100 Mcintosh St.
13) WH Ford Park (3) 1100 Mcintosh St. & 480 Rink Ave.
14) Lakewood (2) – 6024 Whelan Dr.

Outdoor Basketball Courts
16) Ruth M. Buck School (1) – 6330 7th Ave. N
17) St. Joan of Arc (1) – 10 Dempsey Ave.
18) St. Mary School (1) – 140 Mcintosh St. N
19) Ecole Centennial (1) – 6903 Dalgliesh Dr.
20) Dieppe School (1) – 145 Dorothy St.
21) MacNeill School – 6215 Whelan Dr.
22) Lakeridge Sports Park (2) – 5451 Rochdale Blvd.

Parks and Picnic Sites
23) A.E. Wilson Park – Dorothy St. & Duncan Cres.
24) Grassick Park – Dewdney Ave. & Horace St.
25) Lakewood Park – Wellband Dr.
26) Rick Hansen Park – McCarthy Blvd. & 4th Ave.

Skateboard Parks
27) Lakeridge Skate Park – 5255 Rochdale Blvd.

Spray Pads
29) Maple Ridge Park – Maple Ridge Dr.
30) Rick Hansen Optimist Playground – 1010 McCarthy Blvd.
31) North West Leisure Centre – 1127 Arnason St.
NORTH ZONE

Outdoor Pools

🌟 Regent Pool – 3600 McKinley Ave.

Arenas

1 Wheat City Kinsmen – 560 Elphinstone St.
2 Jack Staples – 444 Broad St. N

Neighbourhood Centres

1 North East Community Centre – 160 Broad St.
2 Uplands Community Centre – 20 Weekes Cres.
3 Argyle Park Community Centre – 35 Davin Cres.

Outdoor Fall Fun ♦️

Accessible Playgrounds

1) Stan Oxelgren Park – 126 Sangster Blvd.
2) Lorimer Park – 19 Lorimer Cres.

Off-Leash Dog Areas

3) M.J. Coldwell Park – 115 Fairview Rd. (Seasonal)

Outdoor Tennis Courts (*Pickleball lines)

4) Thom Collegiate (2) – 265 Argyle St. N
5) North East Park (2) – 2202 8th Ave. N®
6) Mount Pleasant (2) – 750 Winnipeg St. N®

Outdoor Basketball Courts

7) Imperial School (1) – 200 Broad St.
8) Regent Pool Park (1) – 3600 McKinley Ave.
9) St. Timothy School (1) – 280 Sangster Blvd.
10) St. Peter School (1) – 150 Argyle St.

Skateboard Parks

11) Imperial Park Skate Pod – 200 Broad St. N

Spray Pads

12) Imperial Park – Rose St. & 3rd Ave. N

Most facilities are booked through Central Scheduling, however Neighbourhood Centres, Outdoor Pools, the Sportplex, Sandra Schmirler Leisure Centre and North West Leisure Centre are booked by contacting the facility itself. To book one of our multipurpose recreational facilities, visit Regina.ca or call 306-777-7529 to be directed to the facility of your choice.

To book an athletic field, ball diamond or arena, contact Central Scheduling at 306-777-7529 or email centralscheduling@regina.ca
If you are planning a cultural or sporting event, community program, meeting, wedding, birthday party, or other special event, the City of Regina offers a wide variety of facility rentals located throughout the city. The facilities have many amenities to choose from and can accommodate groups from 3 to 300.

Due to public health orders made by the Saskatchewan Health Authority for COVID-19 (coronavirus), capacity restrictions are in effect. Please contact the centre for information and updates.

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

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

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

### Neighbourhood & Community Centres – Phone the recreation centre for more information or to book.

<table>
<thead>
<tr>
<th></th>
<th>NORTH/ WEST</th>
<th>SOUTH</th>
<th>CENTRAL</th>
<th>EAST</th>
</tr>
</thead>
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<tr>
<td>Multi Purpose Gym</td>
<td>●</td>
<td>2</td>
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<tr>
<td>(Up to 300)</td>
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<tr>
<td>Multi Purpose Gym</td>
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<td>●</td>
</tr>
<tr>
<td>(Up to 150)</td>
<td></td>
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<td>Multi Purpose Gym</td>
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<tr>
<td>(Up to 75)</td>
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<tr>
<td>Large Meeting Room</td>
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<td>●</td>
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<tr>
<td>(Up to 100)</td>
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<tr>
<td>Meeting Room</td>
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<td>2</td>
<td>2</td>
<td>10</td>
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<tr>
<td>(Up to 40)</td>
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<tr>
<td>Board Room</td>
<td>●</td>
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<tr>
<td>(Up to 20)</td>
<td></td>
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</tr>
<tr>
<td>Games Room</td>
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<td>●</td>
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</tr>
<tr>
<td>Craft Room</td>
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<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Dance Studio</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Kitchen</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Lounge</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td>Showers/Change Room</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>
Recreation for All

Our programs and buildings are open to everyone.

ACCESSIBLE PLAYGROUNDS

The City of Regina has several playgrounds that are accessible to all children. These are shown on the maps in the “What’s in Your Neighbourhood” section of this guide starting on page 6.

For more information on accessible elements and park amenities, visit Regina.ca.

ACCESSIBLE POOLS

The Sandra Schmirler Leisure Centre is equipped with two overhead lifts. The lifts are located in the accessible/family change room, and on the pool deck.

Please note that staff are not trained in Transferring Lifting and Repositioning (TLR) and patrons who require assistance must bring a support person to help transfer, lift or reposition. City of Regina staff can assist with operating the lift, guiding the patron to the pool, and holding the patron in the water while the caregiver enters the pool. Patrons are asked to bring their own transfer sheets.

For more information on accessibility at pools, see page 14.

MOBILITY ASSISTIVE GOLF CART

The mobility assistive golf cart is an individual rider cart with accessible features such as hand controls and a pivoting seat with a harness and hydraulic system. The adjustable seat allows the individual to raise the chair so that they are in a semi-standing position.

The mobility assistive golf cart is housed at the Lakeview Par 3 Golf Course. There is no rental fee associated with the cart to those who require the consistent use of a seated mobility device. If you require any other information or would like to receive an orientation on the accessible golf cart, call 306-540-3884 or email socialinclusionprograms@regina.ca.
Get fit, get creative, have fun!

Registered programs
Each of our multipurpose recreational facilities offer awesome registered programs to suit every interest and skill level. Swimming lessons, fine arts, fitness classes and sports programs! Check out these great registered programs starting on page 22 of this guide.

Pre-registered fun and fitness
Just looking for fun or fitness for the day? No problem! We offer Pre-registered fun and fitness for lane swim, leisure swim, drop-in fitness and use of the strength and conditioning areas. Check out these programs starting on page 16 of this guide.

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

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

OUTDOOR POOLS
Regent Pool  
3600 McKinley Ave.  
Open 8 a.m. - 8 p.m. daily  
306-777-7376
Massey Pool  
Closed for the season
Dewdney Pool  
Closed for the season
Massey Pool  
Closed for the season
Maple Leaf Pool  
Closed for the renovations
Wascana Pool  
Closed for the renovations
MULTIPURPOSE RECREATIONAL FACILITIES

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

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

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

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

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

The Fieldhouse will be closed until September 13 for annual maintenance.

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

Lawson Aquatic Centre
- Eight lane 65 metre pool, 28°C • Chair lift • Warm toddler pool, 30°C
- Men’s and women’s dry sauna • Strength and conditioning area
- 1 and 3 metre diving boards • 5, 7.5 and 10 metre diving towers
- Whirlpool • Outdoor suntanning area

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

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

- Main pool ranging in depth from .45 to 3 metres
- Pool slides • Umbrella rain tree • 1-metre diving board
  - Accessible overhead lift
- Accessible gender/family change rooms
- Large whirlpool and co-ed dry sauna
- Strength and conditioning area • Activity room
Unlimited access to 12 facilities: 8 City Arenas, 1 Outdoor Pool, 2 Leisure Centres and the Sportplex.

Leisure Passes (GST Included):

<table>
<thead>
<tr>
<th></th>
<th>One-Month</th>
<th>Three-Month</th>
<th>Six-Month</th>
<th>One-Year</th>
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<tbody>
<tr>
<td>Adult (25-64)</td>
<td>$56.85</td>
<td>$154.75</td>
<td>$292.80</td>
<td>$516.60</td>
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<tr>
<td>Senior (65+)</td>
<td>$42.30</td>
<td>$114.70</td>
<td>$217.10</td>
<td>$381.90</td>
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<tr>
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<td>$114.70</td>
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<td>Youth (13-18)</td>
<td>$34.50</td>
<td>$92.40</td>
<td>$175.90</td>
<td>$309.50</td>
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<tr>
<td>Child (2-12)</td>
<td>$27.85</td>
<td>$72.35</td>
<td>$138.05</td>
<td>$242.70</td>
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<tr>
<td>Family*</td>
<td>$14.00</td>
<td>$126.00</td>
<td>$238.00</td>
<td>$1,010.95</td>
</tr>
</tbody>
</table>

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

Active people have an active pass!

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

Access to many pre-registered (formerly drop-in) classes and activities...
Customize your own personalized fitness schedule by pre-registering for a lane swim, leisure swim, drop-in fitness and use of the strength and conditioning areas, or book one of our indoor badminton or tennis courts.

Fun for the whole family...
Unlimited access to 12 facilities: 8 City Arenas, 1 Outdoor Pool, 2 Leisure Centres and the Sportplex.
AQUATICS

Information in this publication may change due to public health orders made by the Saskatchewan Health Authority for COVID-19 (coronavirus). Visit Regina.ca/COVID19 for the most updated information.

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

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

AQUA KICKBOXING - This high-energy sport incorporates various elements of martial arts, boxing and traditional aqua size.

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

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

JOINT MUSCULAR STRENGTH AND ENDURANCE - A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.

KEENAGERS (55+) - A water workout followed by leisure time to swim or relax in the whirlpool.

LANE SWIM - Lane swimming in a roped-off, designated area of the pool.

LAUGH & SPLASH [AP] [FREE] ADAPTED LEISURE SWIM - A free family swim open to those who experience disability and their family. Registration required, see page 37 for more details.

LEISURE SWIM - Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities. Take advantage of any available areas of the pool, including spray structures, slides and diving boards.

PARENT & PRESCHOOL SWIM - A special time for parents and children five years of age and under to enjoy. Swim toys and flotation mats are available for use.

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

SOCIAL AQUACISE - A class for seniors to socialize in the water and enjoy a workout facilitated by an instructor.

WOMEN ONLY SWIM - An open time for girls and women to enjoy the pool. Boys four years of age and under can join you.

*Availability of pool amenities such as slides, diving boards and spray structures vary by facility. Please refer to page 14 for more information.

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

Pre-registration is recommended for all Major Recreation Centre activities. Register online at Regina.ca/recreation or call 306-777-PLAY (7529).

- This includes leisure and lane swims, drop-in fitness classes and strength and conditioning areas.
- Pre-registration ensures access to the maximum number of residents, ensures social distancing and allows for enhanced cleaning.

Qualified Lifeguards Supervise All Swims

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

Lawson Aquatic Centre

SWIM SCHEDULE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registered Lane Swim</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>5:30a.m.-9:30p.m.</td>
<td>7a.m.-8p.m.</td>
<td>7a.m.-8p.m.</td>
</tr>
<tr>
<td>Registered Leisure Swim</td>
<td>8-9:30p.m.</td>
<td>8-9:30p.m.</td>
<td>8-9:30p.m.</td>
<td>8-9:30p.m.</td>
<td>8-9:30p.m.</td>
<td>2-5:30p.m.</td>
<td>12-2p.m. 2:30-4:30p.m.</td>
</tr>
<tr>
<td>Sauna</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
</tbody>
</table>

*To guarantee your spot, registration is recommended.* • Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at Regina.ca • Sauna is currently closed due to recommendations from Saskatchewan Health Authority.

North West Leisure Centre

AQUATIC FITNESS

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00a.m.</td>
<td>Aquacise</td>
<td>Aquacise</td>
<td>Aquacise</td>
<td>Social Aquacise</td>
<td>Social Aquacise</td>
<td>Social Aquacise</td>
<td>Social Aquacise</td>
</tr>
<tr>
<td>12:00p.m.</td>
<td>Social Aquacise</td>
<td>Social Aquacise</td>
<td>Aquacise</td>
<td>Social Aquacise</td>
<td>Social Aquacise</td>
<td>Social Aquacise</td>
<td>Aquacise</td>
</tr>
<tr>
<td>8:35p.m.</td>
<td>Aquacise</td>
<td>Aquacise</td>
<td>Aquacise</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*To guarantee your spot, registration is recommended.* • Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at Regina.ca

SWIM SCHEDULE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lane Swim</td>
<td>8-9a.m.</td>
<td>8-9a.m.</td>
<td>8-9a.m.</td>
<td>8-9a.m.</td>
<td>8-9a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Tub &amp; Sauna</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Part of the Pool Swim</td>
<td>9:15a.m.-1p.m.</td>
<td>9:15a.m.-1p.m.</td>
<td>9:15a.m.-1p.m.</td>
<td>9:15a.m.-1p.m.</td>
<td>9:15a.m.-1p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Leisure Swim</td>
<td>1-5:45p.m.</td>
<td>1-5:45p.m.</td>
<td>1-5:45p.m.</td>
<td>1-5:45p.m.</td>
<td>1-5:45p.m.</td>
<td>1:30-8:30p.m.</td>
<td>1:30-8:30p.m.</td>
</tr>
<tr>
<td>Adult Swim</td>
<td>8:35-9:25p.m.</td>
<td>8:35-9:25p.m.</td>
<td>8:35-9:25p.m.</td>
<td>8:35-9:25p.m.</td>
<td>8:35-9:25p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td><em>Parent &amp; Preschool Swim</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12-1:30p.m.</td>
<td></td>
<td>12-1:30p.m.</td>
</tr>
<tr>
<td><strong>Laugh &amp; Splash Adaptive Swim</strong></td>
<td>9:30-11:30a.m.</td>
<td>9:30-11:30a.m.</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td><em><strong>Women’s Only Swim</strong></em></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30-11:30a.m.</td>
</tr>
</tbody>
</table>

*Schedule may be adjusted due to program/facility needs • All classes are subject to change or cancellation  
• Please check the monthly changes & cancellations at Regina.ca
• Sauna and hot tub are currently closed due to recommendations from Saskatchewan Health Authority.
*Parent & Preschool Swim will run Sep 5, Sep 6, Sep 19, Sep 20, Oct 3, Oct 4, Oct 17 and Oct 18
**Laugh & Splash Adaptive Swim will run Sep 6, Sep 20, Oct 4, and Oct 18
***Women’s Only Swim will run Sep 5, Sep 19, Oct 3, and Oct 17
### AQUATIC FITNESS

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30 a.m.</td>
<td>Joint Muscular Strength &amp; Endurance</td>
<td>Baby &amp; Me Aquacise</td>
<td>Joint Muscular Strength &amp; Endurance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 p.m.</td>
<td>Keenagers</td>
<td>Aquacise</td>
<td>Keenagers</td>
<td>Aquacise</td>
<td>Keenagers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:30 p.m.</td>
<td>Aquacise</td>
<td>Aqua Kickboxing</td>
<td>Aquacise</td>
<td>Aqua Kickboxing</td>
<td>Deep Water Workout</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Schedule may be adjusted due to program/facility needs • All classes are subject to change or cancellation

**Facility Schedule**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lane Swim</td>
<td>7-8:45 a.m.</td>
<td>7-8:45 a.m.</td>
<td>7-8:45 a.m.</td>
<td>7-8:45 a.m.</td>
<td>7-8:45 a.m.</td>
<td>7-8:45 a.m.</td>
<td>11:30 a.m.-1 p.m.</td>
<td></td>
</tr>
<tr>
<td>Hot Tub &amp; On Deck Sauna</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Part of the Pool Swim</td>
<td>9a.m.-3:45 p.m.</td>
<td>9a.m.-3:45 p.m.</td>
<td>9a.m.-3:45 p.m.</td>
<td>9a.m.-3:45 p.m.</td>
<td>9a.m.-3:45 p.m.</td>
<td>9a.m.-3:45 p.m.</td>
<td>9a.m.-3:45 p.m.</td>
<td></td>
</tr>
<tr>
<td>Leisure Swim</td>
<td>6:45-8:25 p.m.</td>
<td>6:45-8:25 p.m.</td>
<td>6:45-8:25 p.m.</td>
<td>6:45-8:25 p.m.</td>
<td>6:45-8:25 p.m.</td>
<td>1:30-8:25 p.m.</td>
<td>1:30-8:25 p.m.</td>
<td></td>
</tr>
<tr>
<td>Adult Swim</td>
<td>8:25-9:25 p.m.</td>
<td>8:25-9:25 p.m.</td>
<td>8:25-9:25 p.m.</td>
<td>8:25-9:25 p.m.</td>
<td>8:25-9:25 p.m.</td>
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</tr>
</tbody>
</table>

* Schedule may be adjusted due to program/facility needs • All classes are subject to change or cancellation

**LAND FITNESS & SPORT**

All drop-in fitness classes are to be registered. Register online at Regina.ca/recreation or call 306-777-PLAY (7529). Refer to page 39 for available programs.

**ABS & ARMS** - A class designed to work your abs and arms with various equipment and routines.

**BODY BLAST** - A total body muscular strength and endurance workout using various strength equipment adaptable to all levels.

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

**EVOLVE BOOTCAMP** - A variety of workouts incorporating cardio, balance, core, agility, speed, strength, and endurance exercise.

**GLUTES GALORE, CORE & MORE!** - A glute and core conditioning workout that will strengthen your hips, back, butt and belly with the use of bands, dumbbells, balls, and gliders.

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

**IGNITE** - A fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. This class is suitable for all levels.

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

**STRETCH & TONE** - A beginner/moderate level strength and stretching class.

**SWAT** - A workout program that incorporates steps, weights, aerobics and TRX for a complete total body workout.
North West Leisure Centre

**LAND FITNESS**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9a.m.</td>
<td>Ignite</td>
<td>HIIT*</td>
<td>STEP Cross Training</td>
<td>SWAT</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>10a.m.</td>
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</tr>
<tr>
<td>11:15a.m.</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6p.m.</td>
<td>Evolve Boot-camp*</td>
<td>Ignite</td>
<td>Body Blast</td>
<td>Cardio &amp; Sculpt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:15p.m.</td>
<td>Glute Galore, Core &amp; More!*</td>
<td>Abs and Arms*</td>
<td>Stretch &amp; Tone</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Most workouts are one hour long unless indicated: (*) 45 minutes. • All classes are subject to change/cancellation.
• Schedule may be adjusted due to program/facility needs • Please check the monthly changes & cancelations at Regina.ca

**STRENGTH & CONDITIONING**

Strength and Conditioning Area Rules

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

Access to the strength and conditioning areas are to be pre-registered. Register online at Regina.ca/recreation or call 306-777-PLAY (7529).

**FACILITY SCHEDULE**

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

*The Fieldhouse will be closed until September 13 for annual maintenance.
• Strength and Conditioning area is limited to one-hour visits.
**RECreate YQR**  **FREE**  Grades K-8
RECreate YQR is an inclusive, free after school registered program for kids grade K-8 of all abilities. Kids can play, learn, and keep active in an environment that develops and fosters creativity and positive self-image. Participants must have a Participant Information Form signed by a parent/guardian to attend. Form can be found on the City website: regina.ca/recreateyqr

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cathedral Neighbourhood Centre</td>
<td>Mon-Fri</td>
<td>Sep 14-Oct 30</td>
<td>3:30-5:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Core Ritchie Neighbourhood Centre</td>
<td>Mon-Fri</td>
<td>Sep 14-Oct 30</td>
<td>3:30-5:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Glencairn Neighbourhood Centre</td>
<td>Mon-Fri</td>
<td>Sep 14-Oct 30</td>
<td>3:30-5:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>South Leisure Centre</td>
<td>Mon-Fri</td>
<td>Sep 14-Oct 30</td>
<td>3:30-5:30p.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Dates</th>
<th>Times</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>Argyle North Community Centre</td>
<td>Sep 30-Nov 4</td>
<td>6:30-8:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Eastview Community Centre</td>
<td>Sep 30-Nov 4</td>
<td>6:30-8:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Glencairn Neighborhood Recreation Centre</td>
<td>Sep 29-Nov 3</td>
<td>6:30-8:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Harbour Landing School</td>
<td>Oct 1-Nov 5</td>
<td>6:30-8:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>McDermid Community School</td>
<td>Sep 29-Nov 3</td>
<td>6:30-8:30p.m.</td>
<td>Free</td>
</tr>
<tr>
<td>Regina Huda School</td>
<td>Sep 30-Nov 4</td>
<td>6:30-8:30p.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Laugh & Splash**  **FREE**  **AP**  Family Leisure Swim
Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons experiencing disabilities and their family members. The Sandra Schmirler Leisure Centre is home to a roof tracking system and powered lift in the accessible/family change room, and a lift system in the pool area for easier transferring of individuals to and from the pool. The North West Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on site to supervise the program, but are not able to transfer, lift, or reposition individuals. We kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-777-7047.

<table>
<thead>
<tr>
<th>Library</th>
<th>Date</th>
<th>Time</th>
<th>Free</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSLC</td>
<td>Sat</td>
<td>Sep 12</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Sep 12</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Sep 26</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Sep 26</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Sep 26</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Sep 26</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Oct 10</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Oct 10</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Oct 10</td>
<td>10-11:30a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Oct 24</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Oct 24</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sat</td>
<td>Oct 24</td>
<td>10-11:30a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Sep 6</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Sep 6</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Sep 6</td>
<td>10-11:30a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Sep 20</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Sep 20</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Sep 20</td>
<td>10-11:30a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Oct 4</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Oct 4</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Oct 4</td>
<td>10-11:30a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Oct 18</td>
<td>9:30-11a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Oct 18</td>
<td>9:45-11:15a.m.</td>
</tr>
<tr>
<td></td>
<td>Sun</td>
<td>Oct 18</td>
<td>10-11:30a.m.</td>
</tr>
</tbody>
</table>
Rent the North West Leisure Centre!

Looking to host a birthday party or family get together with your closest friends?

Look no further! You can rent the pool all to yourself and two City of Regina lifeguards will supervise this swim.


Host a Birthday Party or family get together!

Women Only Swim

Saturdays from 9:30 - 11:30 a.m.

September 5 | September 19 | October 3 | October 17

North West Leisure Centre

Regina.ca/recreation or call 306-777-PLAY (7529).

A time just for women and girls to enjoy the pool

Come to the North West Leisure Centre Saturday mornings for a swim supervised by female staff. Feel free to be yourself and to enjoy the pool. Boys 4 years old and under can join you.
Sea Otter
3-5 years
Swimmers work on their independence and ability to comfortably perform swimming skills within a structured class. Upon completion, swimmers are able to demonstrate their ability to submerge their face in water throughout an unassisted one-meter glide.

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

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

### Sea Turtle
24-36 months
Babies and their caregivers work on rhythmic breathing, moving forward and backward, front/back float with recovery, and shallow water entries and exits.

### Schedule

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Days</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Price</th>
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</tbody>
</table>

Information in this publication may change due to public health orders made by the Saskatchewan Health Authority for COVID-19 (coronavirus). Visit Regina.ca/COVID19 for the most updated information.
Salamander
3-6 years
Swimmers work on improving their front/back floats, jumping into chest-deep water unassisted and kicking is added to the swimmer’s front and back glide. Upon completion of this level, swimmers will be able to swim two metres.

LAC 19759 Mon-Thu Aug 31-Sep 10 6-6:30p.m. $40.25
19510 Mon-Thu Sep 14-Sep 24 6:40-7:10p.m. $46.00
19496 Mon-Thu Sep 28-Oct 8 6-6:30p.m. $46.00
19575 Mon-Thu Oct 13-Oct 22 6:40-7:10p.m. $40.25

NWLC 19195 Mon-Fri Aug 31-Sep 11 6-6:30p.m. $51.75
19199 Mon-Fri Aug 31-Sep 11 7:15-7:45p.m. $51.75
19200 Mon-Fri Sep 14-Sep 25 6:45-7:15p.m. $57.50
19291 Mon-Fri Sep 14-Sep 25 7:45-8:15p.m. $57.50
19292 Mon-Fri Sep 28-Oct 9 6-6:30p.m. $57.50
19293 Mon-Fri Sep 28-Oct 9 7:15-7:45p.m. $57.50
19294 Mon-Fri Oct 13-Oct 23 7:15-7:45p.m. $51.75
19295 Mon-Fri Oct 13-Oct 23 7:45-8:15p.m. $51.75

SSLC 19220 Mon-Fri Aug 31-Sep 11 4-4:30p.m. $51.75
19230 Mon-Fri Aug 31-Sep 11 6-6:30p.m. $51.75
19249 Mon-Fri Sep 14-Sep 25 4-4:30p.m. $57.50
19252 Mon-Fri Sep 14-Sep 25 6-6:30p.m. $57.50
19276 Mon-Fri Sep 28-Oct 9 4-4:30p.m. $57.50
19278 Mon-Fri Sep 28-Oct 9 6-6:30p.m. $57.50
19355 Mon-Fri Oct 13-Oct 23 4-4:30p.m. $51.75
19358 Mon-Fri Oct 13-Oct 23 6-6:30p.m. $51.75

Crocodile
3-6 years
Swimmers further develop their front/back glide with kick, and front/back swim. Upon completion of this level, swimmers will be able to jump into deep water, swim with a personal flotation device in deep water, and swim 10 metres continuously.

LAC 19508 Mon-Thu Sep 14-Sep 24 6-6:30p.m. $46.00
19574 Mon-Thu Oct 13-Oct 22 6-6:30p.m. $40.25

NWLC 19194 Mon-Fri Sep 14-Sep 25 7:15-7:45p.m. $57.50
19318 Mon-Fri Sep 28-Oct 9 6:05-6:35p.m. $57.50

SSLC 19216 Mon-Fri Aug 31-Sep 11 5:15-5:45p.m. $51.75
19247 Mon-Fri Sep 14-Sep 25 5:15-5:45p.m. $57.50
19275 Mon-Fri Sep 28-Oct 9 5:15-5:45p.m. $57.50
19353 Mon-Fri Oct 13-Oct 23 5:15-5:45p.m. $51.75

Whale
3-6 years
Swimmers learn the sitting dive and increase the distance of their front/back glide with kick, and front/back swim. Upon completion of this level, swimmers will be able to swim 15 metres continuously.

NWLC 19198 Mon-Fri Aug 31-Sep 11 7:20-7:50p.m. $51.75
19321 Mon-Fri Oct 13-Oct 23 6:05-6:35p.m. $51.75

Sunfish
3-6 years
Swimmers work on kicking and performing front/back glides. Upon completion of this level, swimmers are able to enter deep water safely, float in deep water, swim with a personal flotation device, and swim five metres continuously.

LAC 19501 Mon-Thu Aug 31-Sep 10 7:10-7:40p.m. $40.25
19567 Mon-Thu Sep 28-Oct 8 7:10-7:40p.m. $46.00

NWLC 19197 Mon-Fri Aug 31-Sep 11 7:45-8:15p.m. $51.75
19311 Mon-Fri Sep 14-Sep 25 6:30-7:00p.m. $57.50
19312 Mon-Fri Sep 28-Oct 9 6:35-7:05p.m. $57.50

SSLC 19226 Mon-Fri Aug 31-Sep 11 4:30-5p.m. $51.75
19258 Mon-Fri Sep 14-Sep 25 4:30-5p.m. $57.50
19285 Mon-Fri Sep 28-Oct 9 4:30-5p.m. $57.50
19364 Mon-Fri Oct 13-Oct 23 4:30-5p.m. $57.50
RED CROSS SWIM KIDS

Level 1 5-14 years
Swimmers develop their front/back float, front/back glide, assisted flutter kick, and shallow water entries and exits. Upon completion, swimmers will be able to swim five metres.

<table>
<thead>
<tr>
<th>NWLC</th>
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<th>Date</th>
<th>Time</th>
<th>Price</th>
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SSL C 19202 Mon-Fri Aug 31-Sep 11 4:45-5:15p.m. $51.75
19259 Mon-Fri Sep 14-Sep 25 4:05-4:35p.m. $57.50
19235 Mon-Fri Sep 14-Sep 25 4:45-5:15p.m. $57.50
19264 Mon-Fri Sep 28-Oct 9 4:45-5:15p.m. $57.50
19340 Mon-Fri Oct 13-Oct 23 4:45-5:15p.m. $51.75

Level 2 5-14 years
Swimmers learn how to perform a front/back glide with flutter kick, further develop their front swim, and complete deep-water assisted activities. Upon completion, swimmers will be able to swim 10 metres continuously.

<table>
<thead>
<tr>
<th>NWLC</th>
<th>Mon-Fri</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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SSL C 19207 Mon-Fri Aug 31-Sep 11 4:05-4:35p.m. $51.75
19206 Mon-Fri Aug 31-Sep 11 5:20-5:50p.m. $51.75
19239 Mon-Fri Sep 14-Sep 25 4:05-4:35p.m. $57.50
19238 Mon-Fri Sep 14-Sep 25 5:20-5:50p.m. $57.50
19268 Mon-Fri Sep 28-Oct 9 4:05-4:35p.m. $57.50
19267 Mon-Fri Sep 28-Oct 9 5:20-5:50p.m. $57.50
19345 Mon-Fri Oct 13-Oct 23 4:05-4:35p.m. $51.75
19343 Mon-Fri Oct 13-Oct 23 5:20-5:50p.m. $51.75

Level 3 5-14 years
Swimmers increase the distance of their front/back glide with flutter kick, wear a personal flotation device in deep water, and float in deep water. Upon completion, swimmers will be able to perform the flutter kick unassisted, and swim 15 metres continuously.

<table>
<thead>
<tr>
<th>NWLC</th>
<th>Mon-Fri</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
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<tr>
<td>19190</td>
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SSL C 19207 Mon-Fri Aug 31-Sep 11 4:05-4:35p.m. $51.75
19206 Mon-Fri Aug 31-Sep 11 5:20-5:50p.m. $51.75
19239 Mon-Fri Sep 14-Sep 25 4:05-4:35p.m. $57.50
19238 Mon-Fri Sep 14-Sep 25 5:20-5:50p.m. $57.50
19268 Mon-Fri Sep 28-Oct 9 4:05-4:35p.m. $57.50
19267 Mon-Fri Sep 28-Oct 9 5:20-5:50p.m. $57.50
19345 Mon-Fri Oct 13-Oct 23 4:05-4:35p.m. $51.75
19343 Mon-Fri Oct 13-Oct 23 5:20-5:50p.m. $51.75
Level 4
Swimmers learn the back swim with shoulder roll, front crawl (10m), and are introduced to sculling. Swimmers will also work on their flutter kick on back and performing a kneeling dive. Upon completion, swimmers will be able to swim 25 metres continuously.

Level 5
Swimmers further develop their front crawl (15m), and learn the back crawl (15m), whip kick on back, stride dive and treading water. Upon completion, swimmers will be able to perform head-first sculling on back, and swim 50 metres continuously.

Level 6
Swimmers increase the distance of their front/back crawl (25m) and elementary back stroke (25m). Swimmers will learn the breaststroke (15m) and the eggbeater/tread water technique. Upon completion, swimmers will be able to perform a feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

Level 7
Swimmers increase the distance of their front/back crawl (75m) and elementary back stroke (25m). Swimmers will learn the breaststroke (25m). Swimmers will learn the front scull, how to perform whip and dolphin kicks on front, and stride entry. Upon completion, swimmers will be able to swim 150 metres continuously.

Level 8
Red Cross Swim Kids - Level 8 At least 6 but less than 15 Swimmers increase the distance of their front/back crawl (75m) and elementary back stroke (25m). Swimmers will learn the breaststroke (15m) and the eggbeater/tread water technique. Upon completion, swimmers will be able to perform a feet-first surface dive and standing shallow dive, and swim 300 metres continuously.

Level 9
Swimmers increase the distance of their front/back crawl (100m), elementary back stroke (50m), breaststroke (25m) and learn the sidestroke kick. Upon completion, swimmers will be able to perform a head-first surface dive and swim 400 metres continuously.

Level 10
Swimmers increase the distance of their front/back crawl (100m), elementary back stroke (50m) and breaststroke (50m). Swimmers will learn the sidestroke (25m), vertical dolphin kick, and how to perform feet and head-first surface dives with underwater swim. Upon completion, swimmers will be able to swim 500 metres continuously.

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**Regina.ca**
### ADULT

#### Aqua Adults Levels 1/2

<table>
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<th>Date/Time</th>
<th>Duration</th>
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</table>

This class develops or increases the swimmers’ comfort level in the water through basic flotation, movement and breathing skills. Swimmers focus on developing one or more swimming strokes, working toward proficiency and increased endurance.

### AQUATIC LEADERSHIP COURSES

#### Lifesaving Society National Lifeguard

<table>
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<th>Course Code</th>
<th>Date/Time</th>
<th>Duration</th>
<th>Cost</th>
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<td>LAC 19765</td>
<td>Sat-Mon</td>
<td>Oct 10-Oct 12, 10a.m.-7p.m.</td>
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National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. Fee does not include manuals.

**Prerequisite:** Must be 16 years of age and certified in Lifesaving Society Bronze Cross, Standard First Aid with CPR-C and AED or Aquatic Emergency Care with CPR-C and AED.

### Red Cross First Aid/CPR/AED

<table>
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<th>Course Code</th>
<th>Date/Time</th>
<th>Duration</th>
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<td>NWLC 19178</td>
<td>Sat</td>
<td>Sep 19, 9a.m.-6p.m.</td>
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<td>19182</td>
<td>Sun</td>
<td>Oct 4, 9a.m.-6p.m.</td>
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This course certifies the candidate in Red Cross Standard First Aid CPR-C and AED. This blended option offers an on-line portion plus a classroom portion to be flexible to meet the various needs of course participants. On-line portion must be completed prior to the in-class components.

### Red Cross Water Safety Instructor (WSI) Course

<table>
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<th>Course Code</th>
<th>Date/Time</th>
<th>Duration</th>
<th>Cost</th>
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<td>Sat</td>
<td>Sep 19, 8a.m.-1p.m.</td>
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<td>22052</td>
<td>Sun</td>
<td>Sep 27, 8a.m.-1p.m.</td>
<td>$76.00</td>
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</table>

The WSI Course is designed to provide candidates with the proper knowledge and skills to teach swimming and water safety while promoting water-safe attitudes in, on, and around the water. This course will include you with instructional knowledge and theories on topics including teaching methods, learning styles, swimming skills, communication, safety supervision, injury prevention, and feedback.

The course will include 4 parts: a WSI Skills Evaluation, WSI Online, WSI Teaching Experience, and WSI Classroom and Pool components. For further clarification on the specific dates and times of the course, visit Regina.ca or call 306-777-PLAY (7529).

### AQUATIC RECERTIFICATION COURSES

#### Lifesaving Society National Lifeguard Recertification

<table>
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<th>Duration</th>
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<tr>
<td>LAC 19763</td>
<td>Sun</td>
<td>Sep 13, 12-5p.m.</td>
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<td>19764</td>
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<td>11a.m.-4p.m.</td>
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Precertification/recertification of the Lifesaving Society’s National Lifeguard award.

#### Red Cross First Aid/CPR/AED Recertification

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<th>Course Code</th>
<th>Date/Time</th>
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<th>Cost</th>
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<td>NWLC 19177</td>
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<td>9a.m.-1p.m.</td>
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Recertification of the Red Cross Standard First Aid, CPR and AED course. This blended option offers an online portion plus a classroom portion to be flexible to meet the various needs of course participants. Online portion must be completed prior to the in-class components.

#### Red Cross Water Safety Instructor (WSI) Recertification

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td>SSLC 22051</td>
<td>Sat</td>
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<tr>
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<td>$76.00</td>
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Recertification of the Red Cross Water Safety Instructor course.
How to Become a Lifeguard/Swimming Instructor??

Swim Kids 10
Recommended

Red Cross Assistant Lifeguard Course
- Must have completed Swim Kids 10
- Minimum 12 years old

OR

Bronze Medallion Course
- Must have completed Bronze Star OR minimum or 13 years old

Standard First Aid/CPR C & AED Course
City of Regina accepts this award from: Red Cross, St. John’s or Lifesaving Society for job applications and future courses

Bronze Cross Course
- Must have completed Bronze Medallion

Red Cross Lifeguard Course
- Must have completed Assistant Lifeguard and Standard First Aid/CPR C & AED.
- Minimum 15 years old

OR

Standard First Aid/CPR C & AED Course
City of Regina accepts this award from: Red Cross, St. John’s or Lifesaving Society for job applications and future courses

Bronze Cross Course
- Must have completed Bronze Medallion

Bronze Medallion Course
- Must have completed Bronze Star OR minimum or 13 years old

OR

National Lifeguard Award
- Must have completed Bronze Cross Course AND Standard First Aid/CPR C & AED.
- Minimum 16 years old

Water Safety Instructor Course (WSI)
- Must have completed Swim Kids 10 AND minimum of 15 years old

Visit Regina.ca or call 306-777-7401 for more information on becoming a City of Regina Lifeguard or Instructor.
Legend
NWLC - North West Leisure Centre  
SSLC - Sandra Schmirler Leisure Centre

ADAPTED PROGRAMS
City of Regina programs are open to everyone. Persons with disabilities or specific needs are encouraged to participate in programs listed throughout this guide. Programs in this section are intended to be used as steppingstones to inclusion and focus on individuals’ unique needs. When registering for a program, inform City staff of any inclusive strategies you may need to participate. Participants who may need assistance during the program are required to bring an attendant.

Information in this publication may change due to public health orders made by the Saskatchewan Health Authority for COVID-19 (coronavirus). Visit Regina.ca/COVID19 for the most updated information.

AQUATIC
Laugh & Splash  
Family Leisure Swim
Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons experiencing disabilities and their family members. The Sandra Schmirler Leisure Centre is home to a roof tracking system and powered lift in the accessible/family change room, and a lift system in the pool area for easier transferring of individuals to and from the pool. The North West Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on site to supervise the program, but are not able to transfer, lift, or reposition individuals. We kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-777-7047.

SSLC 19444 Sat Sep 12 9:30-11:15a.m. Free
19445 Sat Sep 12 9:45-11:15a.m. Free

19446 Sat Sep 12 10-11:30a.m. Free
19447 Sat Sep 26 9:30-11a.m. Free
19448 Sat Sep 26 9:45-11:15a.m. Free
19449 Sat Sep 26 10-11:30a.m. Free
19450 Sat Oct 10 9:30-11a.m. Free
19451 Sat Oct 10 9:45-11:15a.m. Free
19452 Sat Oct 10 10-11:30a.m. Free
19453 Sat Oct 24 9:30-11a.m. Free
19454 Sat Oct 24 9:45-11:15a.m. Free
19455 Sat Oct 24 10-11:30a.m. Free

NWLC 19135 Mon Aug 31-Oct 19 10:30-11:30a.m. $33.00
19153 Thu Sep 3-Oct 22 10:30-11:30a.m. $38.50

FITNESS, HEALTH & WELLNESS

20/20/20  
17-39 years
This class is designed for older adults or those with mobility issues. This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs for stability.

SSLC 19135 Mon Aug 31-Oct 19 10:30-11:30a.m. $33.00
19153 Thu Sep 3-Oct 22 10:30-11:30a.m. $38.50
REGISTERED PRESCHOOL PROGRAMS

Legend

NBAC – Neil Balkwill Civic Arts Centre

Information in this publication may change due to public health orders made by the Saskatchewan Health Authority for COVID-19 (coronavirus). Visit Regina.ca/COVID19 for the most updated information.

FINE ARTS

Creative Beginnings 4-6 years
This class is packed with all things creative! We will read stories, play both indoor and outdoor games, sing songs, play musical instruments, dance, paint, do sensory play, color, improv acting, study live nature, draw, you name it! Activities are geared to assist with the development of motor skills, encourage imagination and play.

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>19054</td>
<td>Wed</td>
<td>Sep 23-Nov 18</td>
<td>1:2:30p.m.</td>
</tr>
</tbody>
</table>

Spooky Fall Fun 3-5 years
Preschoolers can celebrate the season of fall with this class. The four sessions will focus on fall crafts and activities as well as Halloween art and fun. The class will conclude on the final day with costumes and slimy fun!

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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</thead>
<tbody>
<tr>
<td>19085</td>
<td>Tue</td>
<td>Oct 6-Oct 27</td>
<td>9-10:30a.m.</td>
</tr>
<tr>
<td>19097</td>
<td>Tue</td>
<td>Oct 6-Oct 27</td>
<td>1:30-3p.m.</td>
</tr>
</tbody>
</table>
MyTime

The MyTime program is a free and inclusive registered program for youth ages 10 – 14. MyTime is designed to create fun group activities for youth of all abilities, including ‘Minute to Win It’ games, swimming and Trivia Nights.

The program will run from September 28 to November 6 for the fall from 6:30 to 8:30 p.m. at various locations throughout the week. There will be no program on October 12.

<table>
<thead>
<tr>
<th>Sites:</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Leisure Centre</td>
</tr>
<tr>
<td>170 Sunset Drive</td>
</tr>
<tr>
<td>Cathedral Neighbourhood Centre</td>
</tr>
<tr>
<td>2900 13th Avenue</td>
</tr>
<tr>
<td>Glencairn Neighbourhood Centre</td>
</tr>
<tr>
<td>2626 Dewdney Avenue East</td>
</tr>
<tr>
<td>Core Ritchie Neighbourhood Centre</td>
</tr>
<tr>
<td>445 14th Avenue</td>
</tr>
</tbody>
</table>

Monday – Friday
3:30 - 5:30 p.m.

RECreate YQR is an inclusive, free after school registered program for kids grade K-8 of all abilities. Kids can play, learn and keep active in an environment that develops and fosters creativity and positive self-image.

The program will run September 14 to October 30 for the fall. No program on October 12.

Register online at Regina.ca/recreateyqr or call 306-777-7529. Refer to page 33 for program details.

Register online at Regina.ca/mytime or call 306-777-7529. Refer to page 33 for program details.
<table>
<thead>
<tr>
<th>Program</th>
<th>Age Range</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abstracting Organic Forms</td>
<td>10-14 yrs</td>
<td>Learn how to abstract organic forms using a variety of mediums. We will start by exploring shape or form through sketching, then create a series of drawings in pencil, chalk, oil pastel, and watercolour pencil. Then transfer the image onto canvas to paint with acrylic paint and gel gloss medium. Learn about colour theory, blending, and creating texture with gel gloss medium.</td>
<td>NBAC 19040 Sun Sep 27-Nov 22 3-4:30p.m. $105.00</td>
</tr>
<tr>
<td>Adventures in Art for Homeschoolers 1</td>
<td>5-8 yrs</td>
<td>This course has been designed for, but not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor!</td>
<td>NBAC 19108 Thu Sep 24-Nov 12 10a.m.-12p.m. $120.00</td>
</tr>
<tr>
<td>Adventures in Art for Homeschoolers 2</td>
<td>9-13 yrs</td>
<td>This course has been designed for, but is not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor! Note this is level 2 and subject matter will be more advanced.</td>
<td>NBAC 19109 Thu Sep 24-Nov 12 1-3p.m. $120.00</td>
</tr>
<tr>
<td>Art Exploration</td>
<td>8-12 yrs</td>
<td>Explore the work of various artists and styles throughout history then create your own unique artworks. 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.</td>
<td>NBAC 19043 Sat Sep 26-Nov 21 11:30a.m.-1:30p.m. $120.00</td>
</tr>
</tbody>
</table>

### FINE ARTS

<table>
<thead>
<tr>
<th>Program</th>
<th>Age Range</th>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
</table>
| 3D Printing and Design 1        | 8-12 yrs  | Do you want to learn how to create your very own 3D design and print it too? If 3D printing and designing interests you, then come join this awesome class. Learn how to design and print your very own ideas - anything you can think of we will help make a reality with our 3D printer. Students must supply their own laptop or iPad. | NBAC 19038 Sat Sep 26-Nov 21 10-11a.m. $95.00  
NBAC 19094 Sat Sep 26-Nov 21 11:30a.m.-12:30p.m. $95.00 |
| 3D Printing and Design 2        | 8-16 yrs  | Do you want to continue to learn more about 3D printing and design? This class will teach you new design skills and more hands-on work with the 3D printers. Students must supply their own laptop. **Prerequisite:** 3D Printing and Design or equivalent experience.                                                                                                            | NBAC 19095 Sun Sep 27-Nov 22 1:30-2:30p.m. $95.00  
NBAC 19096 Sun Sep 27-Nov 22 3-4p.m. $95.00 |

### Legend

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

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

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19046</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>9-11a.m.</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>19053</td>
<td>Sun</td>
<td>Sep 27-Nov 22</td>
<td>1-2:30p.m.</td>
</tr>
</tbody>
</table>

### Digital Drawing
Practice digital drawing techniques including using layers, drawing in perspective, using references and cell shading to create depth, mood, lighting effects, and textures. We’ll create and colour original digital drawings and prepare drawings on paper for digital ink and coloring. Familiarity with your own digital drawing hardware and software is required.

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19120</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>10:30a.m.-12p.m.</td>
</tr>
<tr>
<td>19055</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>9-10:30a.m.</td>
</tr>
<tr>
<td>19123</td>
<td>Sun</td>
<td>Sep 27-Nov 22</td>
<td>1-2:30p.m.</td>
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</table>

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

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>19117</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>12:30-1:30p.m.</td>
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<tr>
<td>19100</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>2-4p.m.</td>
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</tbody>
</table>

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

<table>
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<th>NBAC</th>
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<th>Price</th>
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<tbody>
<tr>
<td>19056</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>11a.m.-12:30p.m.</td>
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</table>

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

<table>
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<th>NBAC</th>
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<th>Price</th>
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<tr>
<td>19110</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>2-4p.m.</td>
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</table>

### Drawing Mythological Creatures Advanced
An advanced level of drawing dragons, dryads, druids, and the Krakens! Learn better techniques in developing artworks with greater dynamic shading, texture, perspective, and composition. Prepare to create creatures with exciting backgrounds over longer classes and on larger paper. Level 1 is not required.

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19126</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>1-2p.m.</td>
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### Fairy Tale Fun
Learn basic story telling elements and write your own fairy tale. Create a story and have the chance to share it with some new friends!

<table>
<thead>
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<th>NBAC</th>
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<th>Price</th>
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<tbody>
<tr>
<td>19058</td>
<td>Sat</td>
<td>Sep 19</td>
<td>1-2:30 p.m.</td>
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</table>

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

<table>
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<th>NBAC</th>
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<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19059</td>
<td>Sun</td>
<td>Sep 27-Nov 22</td>
<td>3-4:30p.m.</td>
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</tbody>
</table>

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

<table>
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<th>NBAC</th>
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<tbody>
<tr>
<td>19060</td>
<td>Sat</td>
<td>Sep 12</td>
<td>12:30-2p.m.</td>
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</table>

### Fantastic Friends: Superhero Smash!
POW! Learn some basic figure drawing, then accessorize, colour, and power-up to create your own super team! SMASH!

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<th>NBAC</th>
<th>Date</th>
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<tbody>
<tr>
<td>19132</td>
<td>Sat</td>
<td>Sep 19</td>
<td>3-4:30p.m.</td>
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</table>

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

<table>
<thead>
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<th>NBAC</th>
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<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19061</td>
<td>Sun</td>
<td>Sep 27-Nov 22</td>
<td>3-4:30p.m.</td>
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</table>

### Fun Felt Friends 1
Hand-sew an adorable animal character with colourful felt and embroidery thread. You will learn the basic stitches and how to use a pattern.

<table>
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<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>19131</td>
<td>Sat</td>
<td>Dec 12</td>
<td>12:30-3:30p.m.</td>
</tr>
</tbody>
</table>

### Funny Fairy Tales
Come listen to funny fairy tales and devise your own story! You will learn how to create a story using simple story line structure, draw your own characters, and discover the techniques of perspective to create a unique illustrated backdrop.

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19100</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>2-3:30p.m.</td>
</tr>
</tbody>
</table>

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

<table>
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<th>NBAC</th>
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<tbody>
<tr>
<td>19126</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>1-2p.m.</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>NBAC</th>
<th>Date</th>
<th>Time</th>
<th>Price</th>
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<tbody>
<tr>
<td>19063</td>
<td>Sat</td>
<td>Sep 26-Nov 21</td>
<td>2:30-3:30p.m.</td>
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</tbody>
</table>
Manga 2  
12-16 years
Take your manga and comics drawing to the next level. Improve your human and monster characters with foreshortening and facial expressions, and improve your backgrounds with texture, shading, and special effects. Develop a short comic story and choose your own drawing challenges to focus on. Some previous comics or manga drawing experience required.

NBAC 19116 Sat  Sep 26-Nov 21  2-3:30p.m.  $95.00

Mythological Creatures, Landscape and Story  
8-12 years
Create your own mythological creatures in a landscape inspired by the work of Vincent Van Gogh. Through drawing and painting, you will explore Van Gogh’s style and learn about colour theory and perspective. Devise your own creative mythological story to go along with your landscape.

NBAC 19071 Sun  Sep 27-Nov 22  1-2:30p.m.  $105.00

One Page Comics for Kids  
NEW  
7-13 years
Learn how to create your own 8-page comic books from one sheet of paper! These books can later be unfolded for photocopying and shared with friends!

NBAC 19134 Sat  Sep 12  2:30-4:30p.m.  $28.00

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

NBAC 19091 Sat  Sep 26-Nov 21  2-3:30p.m.  $98.00

Yoga - Child
Connect with your child in a relaxing and fun way! Children ages 8-12 can bring an adult along to this fun all-levels yoga class. This class blends balance, strength, and flexibility in a family-friendly environment. The class is designed for a one adult to child ratio and both participants must register.

NWLC 19155 Wed  Sep 2-Oct 21  6-7p.m.  $22.00

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

NWLC 19152 Mon  Aug 31-Oct 19  7-8p.m.  $39.00

SSLCC 19373 Tue  Sep 1-Oct 20  8-9p.m.  $52.00

RECREATION
RECreate YQR  
Grades K-8
RECreate YQR is an inclusive, free after school registered program for kids grade K-6 of all abilities. Kids can play, learn, and keep active in an environment that develops and fosters creativity and positive self-image. Participants must have a Participant Information Form signed by a parent/guardian to attend. Form can be found on the City website: Regina.ca/recreateyqr

Cathedral Neighbourhood Centre
19509 Mon-Fri  Sep 14-Oct 30  3:30-5:30p.m.  Free

Core Ritchie Neighbourhood Centre
19464 Mon-Fri  Sep 14-Oct 30  3:30-5:30p.m.  Free

Glencairn Neighbourhood Centre
19548 Mon-Fri  Sep 14-Oct 30  3:30-5:30p.m.  Free

South Leisure Centre
19544 Mon-Fri  Sep 14-Oct 30  3:30-5:30p.m.  Free

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

Argyle North Community Centre
19607 Wed  Sep 30-Nov 4  6:30-8:30p.m.  Free

19608 Fri  Oct 2-Nov 6  6:30-8:30p.m.  Free

Eastview Community Centre
19606 Wed  Sep 30-Nov 4  6:30-8:30p.m.  Free

Glencairn Neighborhood Recreation Centre
19595 Tue  Sep 29-Nov 3  6:30-8:30p.m.  Free

19596 Thu  Oct 1-Nov 5  6:30-8:30p.m.  Free

Harbour Landing School
19599 Thu  Oct 1-Nov 5  6:30-8:30p.m.  Free

McDermid Community School
19601 Tue  Sep 29-Nov 3  6:30-8:30p.m.  Free

19600 Thu  Oct 1-Nov 5  6:30-8:30p.m.  Free

Regina Huda School
19602 Wed  Sep 30-Nov 4  6:30-8:30p.m.  Free

Rosemont School
19597 Tue  Sep 29-Nov 3  6:30-8:30p.m.  Free

19598 Thu  Oct 1-Nov 5  6:30-8:30p.m.  Free
REGISTERED ADULT PROGRAMS

Legend
FH - Fieldhouse
LAC - Lawson Aquatic Centre
NBAC - Neil Balkwill Civic Arts Centre
NWLC - North West Leisure Centre
SSLC - Sandra Schmirler Leisure Centre

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

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FINE ARTS – DIGITAL MEDIA & PHOTOGRAPHY

**Photography 1 - Camera Operation**
Learn to operate your camera by exploring its mechanics, modes, menus, functions, optics, metering system and creative controls. Emphasis is on exploring the fundamental principles of photography and analyzing variables that control image quality, exposure, and white balance.

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>19078</td>
<td>Mon, Sep 21-Oct 26</td>
<td>7-10p.m.</td>
<td>$112.00</td>
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<tr>
<td></td>
<td>19079</td>
<td>Wed, Sep 23-Oct 21</td>
<td>7-10p.m.</td>
<td>$112.00</td>
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</table>

**Photography 2 - Principles of Photography**
Develop your understanding of the principles of photography, intricacies of camera operation and variables that control image quality, exposure, and white balance. Emphasis is on using your camera’s creative controls to explore depth of field and motion. Participate in photographic assignments to develop your skills and achieve a better understanding of the technical aspects of photography.

Prerequisite: Photography 1 or equivalent.

<table>
<thead>
<tr>
<th>Location</th>
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<th>Time</th>
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<tbody>
<tr>
<td>NBAC</td>
<td>19081</td>
<td>Wed, Oct 28-Dec 2</td>
<td>7-10p.m.</td>
<td>$112.00</td>
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<tr>
<td></td>
<td>19080</td>
<td>Mon, Nov 2-Nov 30</td>
<td>7-10p.m.</td>
<td>$112.00</td>
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</table>

FINE ARTS – DRAWING & PAINTING

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>19041</td>
<td>Tue, Sep 22-Nov 10</td>
<td>7-9:30p.m.</td>
<td>$165.00</td>
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<tr>
<td></td>
<td>19042</td>
<td>Tue, Sep 22-Nov 10</td>
<td>1-3:30p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

**Altered Books**
Turn a favourite hard covered book into a personal work of art or tribute to someone - this can be a pet, friend, or family member! Discover various techniques for turning a book into a 3D work of art through collage, painting, use of found text, carving and more!

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>19115</td>
<td>Tue/Wed/Thu, Dec 8-Dec 17</td>
<td>1-3p.m.</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

**Animals and Landscapes in Art**
Animals be they small, large, beautiful, dangerous, microscopic, or extinct, have long fascinated artists who often use them as the focus of their art practice. This class will look at animals in art from a historical and technical standpoint as students will create works from a realistic and abstract approach. Beginner and experienced artists are all welcome.

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>19122</td>
<td>Mon, Sep 21-Nov 16</td>
<td>1-4p.m.</td>
<td>$165.00</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Course Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC</td>
<td>19112</td>
<td>Mon-Wed, Oct 26-Nov 4</td>
<td>10a.m.-12p.m.</td>
<td>$100.00</td>
</tr>
</tbody>
</table>
Painting and Drawing  
 Learn to draw people in action, objects in perspective, and pages of comics story. Practice the fundamentals of comics illustration, including posing the body, hands, and face, drawing clothing and backgrounds, shading and texture, and visual storytelling.

NBAC 19075  Fri  Sep 11-Dec 18  9-11:30a.m.  Free

Introduction to Drawing  
 Learn the basics of drawing. This class will cover drawing materials and techniques, such as shading, blending, cross hatching, contour drawing, and so much more.

NBAC 19105  Thu  Sep 24-Nov 12  7-9:30p.m.  $135.00

Figure Drawing  
 Enjoy the art of drawing the human figure with a live model. Instruction begins with classic, formal approaches to anatomy and accurate representation, and will then lead into expressive and experimental creations. This relaxed class is open to all levels of experience. Cost for models are included in the materials fee paid at time of registration.

NBAC 19062  Wed  Sep 23-Nov 18  7-9:30p.m.  $160.00

Functional Papier-Mâché  
 Papier-mâché can be used to make beautiful, functional artwork, such as lampshades, bowls, and masks. In this class we’ll learn the basics of this craft and go through functional projects step by step.

NBAC 19128  Thu  Sep 24-Nov 12  7-9p.m.  $123.00

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

NBAC 19111  Fri  Sep 25-Nov 13  1-4 p.m.  $165.00

Landscapes in Watercolour  
 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. Previous experience in any traditional art media or general drawing skills would be a great asset but not essential.

NBAC 19069  Tue  Sep 22-Nov 10  7-10p.m.  $165.00

Mixed Media Drawing and Painting on Paper  
 Explore new ways of combining various mediums and techniques on paper. Combine drawings, collages and paintings with encaustic molten wax and gel mediums. You will also learn various ways of preserving, mounting, and framing finished works on paper.

NBAC 19107  Wed  Sep 23-Nov 18  1-4p.m.  $200.00

Oil Painting 1  
 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 19072  Wed  Sep 23-Nov 18  7-10p.m.  $165.00
**Hydraulic Die Forming**  
16 years and up  
D The techniques introduced in this course address three-dimensional  
metal forming. Students will learn how to make acrylic “puffing” dies,  
embossing dies, and conforming dies. We will be working with dead  
soft copper and silver. Other materials for die making will be available  
purchase in class. Die forming will extend the possibilities of what one  
can make and opens new avenues of exploration.  
**Prerequisite:** Jewellery 1 and Jewellery 2  

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19068</td>
<td>Mon</td>
<td>Sep 21-Nov 30</td>
<td>7-10p.m.</td>
<td>$295.00</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19065</td>
<td>Thu</td>
<td>Sep 24-Nov 19</td>
<td>7-10p.m.</td>
<td>$290.00</td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
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<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19066</td>
<td>Tue</td>
<td>Sep 22-Nov 17</td>
<td>7-10p.m.</td>
<td>$250.00</td>
</tr>
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</table>

**Jewellery Project**  
16 years and up  
Work on the jewellery projects of your choice, with the instructor’s  
anal assistance and advice as required.  
**Prerequisite:** Jewellery 1 and Jewellery 2.  

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
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<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19067</td>
<td>Tue</td>
<td>Sep 22-Nov 17</td>
<td>1-4p.m.</td>
<td>$250.00</td>
</tr>
</tbody>
</table>

**Lampwork Beads 2**  
16 years and up  
Refine your skills with more in-depth instruction on how to clear case  
your designs to add more depth to your beads, and how to make  
hollow beads.  
**Prerequisite:** Lampwork Beads 1 or equivalent experience  

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
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<tr>
<td>NBAC 19098</td>
<td>Wed</td>
<td>Sep 23-Nov 18</td>
<td>7-10p.m.</td>
<td>$245.00</td>
</tr>
</tbody>
</table>

**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  

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>NBAC 19068</td>
<td>Mon</td>
<td>Sep 21-Nov 30</td>
<td>7-10p.m.</td>
<td>$295.00</td>
</tr>
</tbody>
</table>

**Lathe, Metal Inlays and Reticulation**  
16 years and up  
Students will be introduced to the metal lathe, and machining beads  
out of different metals. Learn how to do various metal inlay techniques  
including appliqueing different coloured metals together using wire,  
rod, tubing, and sheet. Demonstrations include fusing metals and  
reticulation, creating interesting surfaces to incorporate into jewellery  
pieces. Some materials will be available for purchase in class.  
Students will be responsible for supplying their own metals, to be  
discussed in first class.  
**Prerequisite:** Jewellery 1 and Jewellery 2  

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>NBAC 19103</td>
<td>Sun</td>
<td>Sep 27-Nov 29</td>
<td>1-4p.m.</td>
<td>$250.00</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>NBAC 19114</td>
<td>Thu-Fri</td>
<td>Oct 8-Oct 23</td>
<td>9a.m.-12p.m.</td>
<td>$125.00</td>
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</tbody>
</table>

**Extended Fine Silver Fusing**  
16 years and up  
Students will learn the basics of Fine Silver Fusing along with project  
ideas including texturing, fused chain, shapes, and inclusion of cubic  
zirconia beads.  
**Prerequisite:** Jewellery 1  

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
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</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19057</td>
<td>Sat</td>
<td>Sep 26-Nov 7</td>
<td>9a.m.-12p.m.</td>
<td>$188.00</td>
</tr>
</tbody>
</table>
**FINE ARTS – THEATRICAL**

**Improv for Adults**
15 years and up

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19125</td>
<td>Sun</td>
<td>Sep 27-Nov 22</td>
<td></td>
<td>1:30-3:30p.m.</td>
<td>$115.00</td>
</tr>
</tbody>
</table>

**FINE ARTS – WOODWORKING**

**Basic Woodworking**
16 years and up

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
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<th>End Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>NBAC 19047</td>
<td>Tue</td>
<td>Sep 22-Nov 24</td>
<td></td>
<td>7-9:30p.m.</td>
<td>$280.00</td>
</tr>
</tbody>
</table>

**Intermediate Woodworking**
16 years and up

A class for those who have taken basic woodworking or have experience with the table saw. Learn about laminating material and accurate stock preparation with the jointer and planer. Also learn to make mortise and tenon and lap dovetail joints with the table saw and router. Each student makes a workbench. An additional fee of approximately $115 to $145 will cover the cost of materials.

**Prerequisite:** Basic woodworking or instructor’s permission

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19092</td>
<td>Wed</td>
<td>Sep 23-Dec 2</td>
<td></td>
<td>7-10p.m.</td>
<td>$280.00</td>
</tr>
</tbody>
</table>

**Introductory Bowl Turning**
16 years and up

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>NBAC 19064</td>
<td>Fri</td>
<td>Sep 18-Sep 19-Sep 20</td>
<td></td>
<td>7-9p.m.</td>
<td>$205.00</td>
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<tr>
<td>NBAC 19093</td>
<td>Fri</td>
<td>Dec 11-Dec 12-Dec 13</td>
<td></td>
<td>7-9p.m.</td>
<td>$205.00</td>
</tr>
</tbody>
</table>

**Wood Carving Drop In**
Free

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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
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<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>NBAC 19089</td>
<td>Tue</td>
<td>Sep 8-Dec 22</td>
<td>9-11:30a.m.</td>
<td>Free</td>
</tr>
</tbody>
</table>

**Wood Project**
16 years and up

Work on a project of your choice, with the instructor’s advice and assistance as required. Prerequisite: completion of at least one previous Neil Balkwill woodworking class or instructor’s permission.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Day</th>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>NBAC 19090</td>
<td>Mon</td>
<td>Sep 21-Nov 30</td>
<td>7-10p.m.</td>
<td>$280.00</td>
</tr>
</tbody>
</table>

**AQUATIC FITNESS, HEALTH & WELLNESS**

**Drop-In Programs**

Classes marked with D are also open to fitness membership pass holders and drop-in participants if space is available. With health, safety, and the Saskatchewan Health Authority requirements in mind, the City encourages all patrons to pre-register ahead of time either online at Regina.ca/recreation or call 306-777-PLAY (7529).

**Aquacise**
14 years and up

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

<table>
<thead>
<tr>
<th>Pool Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>LAC 19541</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td></td>
<td>10-10:45a.m.</td>
<td>$33.00</td>
</tr>
<tr>
<td>19542</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td></td>
<td>10-10:45a.m.</td>
<td>$44.00</td>
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<tr>
<td>19543</td>
<td>Fri</td>
<td>Sep 4-Oct 23</td>
<td></td>
<td>10-10:45a.m.</td>
<td>$44.00</td>
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<tr>
<td>NWLC 19137</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td></td>
<td>8:35-9:20p.m.</td>
<td>$33.00</td>
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<tr>
<td>19154</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td></td>
<td>8:35-9:20p.m.</td>
<td>$44.00</td>
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<tr>
<td>SSLC 19368</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td></td>
<td>8:30-9:15p.m.</td>
<td>$33.00</td>
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<tr>
<td>19367</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td></td>
<td>8:30-9:15p.m.</td>
<td>$44.00</td>
</tr>
</tbody>
</table>

**Aquatic Kickboxing**
15 years and up

Aquatic kickboxing is a dynamic, high energy sport that incorporates various elements of martial arts, boxing and traditional Aquacise. This class boosts endurance, fights fat and provides empowering self-defence skills.

<table>
<thead>
<tr>
<th>Pool Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSLC 19369</td>
<td>Tue</td>
<td>Sep 1-Oct 20</td>
<td></td>
<td>8:30-9:15p.m.</td>
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<tr>
<td>19370</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td></td>
<td>8:30-9:15p.m.</td>
<td>$44.00</td>
</tr>
</tbody>
</table>

**Baby & Me Aquacise**

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

<table>
<thead>
<tr>
<th>Pool Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSLC 19371</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td></td>
<td>9:30-10:15a.m.</td>
<td>$44.00</td>
</tr>
</tbody>
</table>

**Deep Water Workout**
14 years and up

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

<table>
<thead>
<tr>
<th>Pool Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
<th>Fee</th>
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<tbody>
<tr>
<td>LAC 19549</td>
<td>Tue</td>
<td>Sep 1-Oct 20</td>
<td></td>
<td>12-12:45p.m.</td>
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<tr>
<td>19550</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td></td>
<td>12-12:45p.m.</td>
<td>$44.00</td>
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<tr>
<td>SSLC 19372</td>
<td>Fri</td>
<td>Sep 4-Oct 23</td>
<td></td>
<td>8:30-9:15p.m.</td>
<td>$44.00</td>
</tr>
</tbody>
</table>

**Social Aquacise**
14 years and up

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

<table>
<thead>
<tr>
<th>Pool Code</th>
<th>Day</th>
<th>Start Date</th>
<th>End Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>NWLC 19161</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td></td>
<td>12-12:45p.m.</td>
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<tr>
<td>19165</td>
<td>Tue</td>
<td>Sep 1-Oct 20</td>
<td></td>
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<td>19166</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td></td>
<td>12-12:45p.m.</td>
<td>$44.00</td>
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<td>19172</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td></td>
<td>12-12:45p.m.</td>
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<td>19173</td>
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<td>Sep 4-Oct 23</td>
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<td>12-12:45p.m.</td>
<td>$44.00</td>
</tr>
</tbody>
</table>
## LAND FITNESS, HEALTH & WELLNESS

### Drop-In Programs

Classes marked with ⓦ are also open to fitness membership pass holders and drop-in participants if space is available. With health, safety, and the Saskatchewan Health Authority requirements in mind, the City encourages all patrons to register ahead of time either online at Regina.ca/recreation or call 306-777-PLAY (7529).

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

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Age Group</th>
<th>Description</th>
<th>NWLC/ FH/ SSLC</th>
<th>Start Date/ Duration</th>
<th>Time/ Duration</th>
<th>Fee</th>
</tr>
</thead>
</table>
| **Abs & Arms**               | 15 years and up| A 45-minute class designed to work your abs and arms with various equipment and routines. Exercises will target both areas and more.  
NWLC 19167 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19167 | Tue Sep 1-Oct 13 | 7:15-8p.m. | $27.50 |
| **Body Blast**               | 16 years and up| Join this heart pumping, calorie burning, muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.  
NWLC 19174 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19174 | Wed Sep 2-Oct 14 | 6-7p.m. | $38.50 |
| **Cardio Sculpt**            | 16 years and up| A beginner/intermediate level class that will introduce you to cycle, cardio intervals, step, kickboxing and sculpting using dumbbells.  
NWLC 19170 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19170 | Thu Sep 3-Oct 15 | 6-7p.m. | $38.50 |
| **Cycle & Stretch**          | 16 years and up| A beginner/intermediate level class combining half an hour of cycling and 15 minutes of yoga stretches.  
FH 19563 Mon Aug 31-Oct 19 7:15-8p.m. | FH 19563 | Thu Sep 24-Oct 22 | 8:30-9:15a.m. | $27.50 |
| **Evolve Bootcamp**          | 15 years and up| Watch yourself evolve in this challenging bootcamp suitable for all levels. This class varies weekly and incorporates cardio, balance, core, agility, speed, strength, and endurance exercises.  
FH 19555 Mon Aug 31-Oct 19 7:15-8p.m. | FH 19555 | Mon Sep 28-Oct 19 | 12:10-12:55p.m. | $16.50 |
| **Group Cycle**              | 16 years and up| A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.  
FH 19561 Mon Aug 31-Oct 19 7:15-8p.m. | FH 19561 | Tue Sep 29-Oct 20 | 5:30-6:30p.m. | $22.00 |
| **HIIT**                     | 16 years and up| High Intensity Interval Training (HIIT) combines intervals of cardio mixed with weight training. Get ready for an action-based calorie burning workout! Suitable for all fitness levels.  
FH 19557 Mon Aug 31-Oct 19 7:15-8p.m. | FH 19557 | Wed Sep 30-Oct 21 | 9:30-10:30a.m. | $22.00 |
| **Ignite**                   | 15 years and up| Ignite your metabolism with this fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.  
NWLC 19139 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19139 | Mon Sep 1-Oct 13 | 9-10a.m. | $33.00 |
| **Minds in Motion**          | 20 years and up| A program that combines physical activity, socialization and mental stimulation for people living with early-mid stage Alzheimer’s disease, or other dementias, to enjoy with a family or community care partner.  
NWLC 19141 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19141 | Thu Oct 1-Dec 10 | 1:30-3:30p.m. | $30.00 |
| **Step Cross Training**      | 15 years and up| A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.  
NWLC 19168 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19168 | Wed Sep 2-Oct 14 | 9-10a.m. | $38.50 |
| **Stretch &Tone**            | 16 years and up| This beginner/intermediate level class focuses on flexibility and muscular strengthening with dumbbells. Designed to enhance flexibility, body awareness and alignment to relax and reduce muscle tension and stress. Use of hand weights for muscle toning.  
FH 19560 Mon Aug 31-Oct 19 7:15-8p.m. | FH 19560 | Fri Oct 2-Oct 23 | 8:30-9:30a.m. | $22.00 |
| **FUNctional Fit**           |               | This class focuses on undoing what occurs naturally during the aging process and throughout daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.  
NWLC 19151 Mon Aug 31-Oct 19 7:15-8p.m. | NWLC 19151 | Tue Sep 1-Oct 13 | 10:30-11:30a.m. | $38.50 |

**Prices shown do not include tax. Where applicable, GST will be added.**
## SWAT
15 years and up
Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

<table>
<thead>
<tr>
<th>NWLC</th>
<th>19169</th>
<th>Thu</th>
<th>Sep 3-Oct 15</th>
<th>9-10a.m.</th>
<th>$38.50</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>SSLC</th>
<th>19376</th>
<th>Tue</th>
<th>Sep 1-Oct 20</th>
<th>6:45-7:45p.m.</th>
<th>$44.00</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>NWLC</th>
<th>19142</th>
<th>Mon</th>
<th>Aug 31-Oct 19</th>
<th>10:15-11:15a.m.</th>
<th>$39.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>19146</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td>10:15-11:15a.m.</td>
<td>$52.00</td>
<td></td>
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<tr>
<td>SSLC</td>
<td>19378</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td>8-9p.m.</td>
<td>$39.00</td>
</tr>
<tr>
<td>19381</td>
<td>Fri</td>
<td>Sep 4-Oct 23</td>
<td>11:45a.m.-12:45p.m.</td>
<td>$52.00</td>
<td></td>
</tr>
</tbody>
</table>

## Yoga - Flow
16 years and up
A flow class blending balance, strength, and flexibility. Basic yoga postures, breathing and relaxation techniques will leave you feeling stronger, more flexible, balanced, and relaxed.

<table>
<thead>
<tr>
<th>FH</th>
<th>19551</th>
<th>Wed</th>
<th>Sep 23-Oct 21</th>
<th>12:10-12:55p.m.</th>
<th>$32.50</th>
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</thead>
<tbody>
<tr>
<td>19554</td>
<td>Fri</td>
<td>Oct 2-Oct 23</td>
<td>12:10-12:55p.m.</td>
<td>$26.00</td>
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</tr>
<tr>
<td>NWLC</td>
<td>19144</td>
<td>Tue</td>
<td>Sep 1-Oct 20</td>
<td>6:30-7:30p.m.</td>
<td>$52.00</td>
</tr>
<tr>
<td>19156</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td>6:30-7:30p.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19157</td>
<td>Fri</td>
<td>Sep 4-Oct 23</td>
<td>9-10a.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19158</td>
<td>Sat</td>
<td>Sep 5-Oct 24</td>
<td>10-11a.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>SSLC</td>
<td>19378</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td>8-9p.m.</td>
<td>$39.00</td>
</tr>
</tbody>
</table>

## Yoga - Gentle
16 years and up
A gentle yoga class that blends balance, strength, and flexibility.

<table>
<thead>
<tr>
<th>NWLC</th>
<th>19145</th>
<th>Mon</th>
<th>Aug 31-Oct 19</th>
<th>8:15-9:15p.m.</th>
<th>$39.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>19147</td>
<td>Tue</td>
<td>Sep 1-Oct 20</td>
<td>10:15-11:15a.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19148</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td>7:15-8:15p.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19149</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td>10:15-11:15a.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19150</td>
<td>Sun</td>
<td>Sep 6-Oct 25</td>
<td>11:15-12:15p.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>SSLC</td>
<td>19379</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td>9:15-10:15a.m.</td>
<td>$39.00</td>
</tr>
<tr>
<td>19380</td>
<td>Mon</td>
<td>Aug 31-Oct 19</td>
<td>10:30-11:30a.m.</td>
<td>$39.00</td>
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<tr>
<td>19382</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td>6:45-7:45p.m.</td>
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<td></td>
</tr>
<tr>
<td>19384</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td>11:45a.m.-12:45p.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19381</td>
<td>Fri</td>
<td>Sep 4-Oct 23</td>
<td>9:15-10:15a.m.</td>
<td>$52.00</td>
<td></td>
</tr>
<tr>
<td>19383</td>
<td>Fri</td>
<td>Sep 4-Oct 23</td>
<td>10:30-11:30a.m.</td>
<td>$52.00</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>SSLC</th>
<th>19385</th>
<th>Mon</th>
<th>Aug 31-Oct 19</th>
<th>6:45-7:45p.m.</th>
<th>$39.00</th>
</tr>
</thead>
</table>

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

<table>
<thead>
<tr>
<th>NWLC</th>
<th>19152</th>
<th>Mon</th>
<th>Aug 31-Oct 19</th>
<th>7-8p.m.</th>
<th>$39.00</th>
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<tbody>
<tr>
<td>SSLC</td>
<td>19373</td>
<td>Tue</td>
<td>Sep 1-Oct 20</td>
<td>8-9p.m.</td>
<td>$52.00</td>
</tr>
</tbody>
</table>

## Zumba Fitness
16 years and up
Ditch the workout and join the party! Zumba classes feature exotic rhythms set to high-energy Latin and international beats.

| SSLC | 19386 | Thu | Sep 3-Oct 22 | 8-9p.m. | $52.00 |
### Registered Older Adult Programs

#### Legend
- NWLC - North West Leisure Centre
- SSLC - Sandra Schmirler Leisure Centre

Information in this publication may change due to public health orders made by the Saskatchewan Health Authority for COVID-19 (coronavirus). Visit Regina.ca/COVID19 for the most updated information.

#### Land Fitness, Health & Wellness

**20/20/20 AP**

This class is designed for older adults or those with mobility issues. This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs for stability.

<table>
<thead>
<tr>
<th>NWLC</th>
<th>19135</th>
<th>Mon</th>
<th>Aug 31-Oct 19</th>
<th>10:30-11:30a.m.</th>
<th>$33.00</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>19153</td>
<td>Thu</td>
<td>Sep 3-Oct 22</td>
<td>10:30-11:30a.m.</td>
<td>$38.50</td>
</tr>
</tbody>
</table>

**Minds in Motion**

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

| NWLC  | 19141 | Thu | Oct 1-Dec 10  | 1:30-3:30p.m.  | $30.00 |

### Yoga - Boomers and Beyond

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

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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19146</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td>10:15-11:15a.m.</td>
<td>$52.00</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>SSLC</th>
<th>19398</th>
<th>Mon</th>
<th>Aug 31-Oct 19</th>
<th>11:45a.m.-12:45p.m.</th>
<th>$39.00</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19377</td>
<td>Wed</td>
<td>Sep 2-Oct 21</td>
<td>11:45a.m.-12:45p.m.</td>
<td>$52.00</td>
</tr>
</tbody>
</table>

### 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  | 19387  | Tue  | Sep 1-Oct 20  | 12-1p.m.  | $52.00 |

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306-777-PLAY (7529)
Due to public health orders made by the Saskatchewan Health Authority for COVID-19, community programs with the Community Associations, Zone Boards and their affiliates are being finalized and will be available for you to enjoy at a later date.

Please visit Regina.ca/recreation for updates on August 17.

Central Zone
Loreen Anderson
landerso@regina.ca
306-777-7322
Tawna Ranalli
tranalli@regina.ca
306-777-7363

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

North & West Zones
Tawna Ranalli
tranalli@regina.ca
306-777-7363