

Regina.ca/recreation | 306-777-7529

WHEN DOES REGISTRATION START?

Regina residents: Tuesday, March 8 (beginning at 7 a.m. for this day only)
Non-residents: Thursday, March 10 (beginning at 7 a.m. for this day only)

3 easy ways to register:

1) VISIT A FACILITY

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

2) ONLINE REGISTRATION

- Go to Regina.ca/leisureguide
- Click on Regina Recreation Online
- Sign in or Create an Account
- Search or register for programs
- Use the step-by-step guide to add your preferred classes to your 'wish list' before registration day.

Make sure you create your online account before registration day!

3) Call 306-777-7529

PlayLine operating hours:

- Monday – Friday: 9 a.m. – 8 p.m.
- Saturday – Sunday: 9 a.m. – 7 p.m.
- Statutory holidays: 1:30 – 3:30 p.m.

PROGRAM CANCELLATIONS, WITHDRAWALS, TRANSFERS & LATE REGISTRATIONS

Cancellations

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

Withdrawals

- Withdrawals are permitted up to 12 p.m. on the calendar day following the second class to receive a pro-rated credit or refund.

Transfers

- Subject to availability, you may transfer immediately into another program.

- Pro-rated fees and refunds will be applied between the two programs.

Late Registrations

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

PAYMENT METHODS

Payment online and by phone by credit card only. For those who wish to use cash or debit, a credit may be placed on your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

RECREATION FOR ALL

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

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

ATTENDANT ADMISSION PROGRAM

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

AFFORDABLE ACCESS PROGRAM

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

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

TABLE OF CONTENTS

Rental Information	4
Multipurpose Recreational Facilities.....	6
Admission Prices.....	9
Aquatic Drop-in Activities.....	10
Land Fitness Drop-in Activities.....	12
Swimming Lessons.....	14
Registered Adapted Programs.....	24
Registered Preschool Programs	26

Registered Child & Youth Programs.....	28
Registered Adult Programs	32
Registered Older Adult Programs.....	38
Zone Board & Community Association Programs.....	39

Occasionally programs and information in this publication are incorrect or subject to change due to unforeseen events or to accommodate an event. Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

WHAT'S IN YOUR NEIGHBOURHOOD

Looking to enjoy a healthy, active lifestyle this winter?

Explore What's In Your Neighbourhood!

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

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

Find a list of what's available in your neighbourhood, and more information, including schedules and hours of operation. Visit Regina.ca/neighbourhood and start exploring today!

RENTAL INFORMATION

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

Rent Sports and Leisure Facilities, including:

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

Rent space in Leisure Centres or the Sportplex

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

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

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

NORTH WEST LEISURE CENTRE

306-777-7529

1127 ARNASON STREET

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

NORTH EAST COMMUNITY CENTRE

306-347-8299

160 BROAD STREET

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

UPLANDS COMMUNITY CENTRE

306-949-5137

20 WEEKES CRESCENT

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

ARGYLE PARK COMMUNITY CENTRE

306-543-5653

35 DAVIN CRESCENT

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

SOUTH LEISURE CENTRE

306-777-7031

170 SUNSET DRIVE

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

MAMAWEYATITAN CENTRE

306-777-7033

3355 6TH AVENUE

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

CATHEDRAL NEIGHORHOOD COMMUNITY CENTRE

306-777-7034

2900 13TH AVENUE

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

CORE RITCHIE NEIGHBORHOOD CENTRE

306-777-7080

445 14TH AVENUE

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

EASTVIEW COMMUNITY CENTRE

306-525-4757

615 6TH AVENUE

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

GLENCAIRN NEIGHBORHOOD RECREATION CENTRE

306--777-7747

2626 DEWDNEY AVENUE EAST

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

ARCOLA EAST COMMUNITY CENTRE

306-525-3401

3860 BUCKINGHAM DRIVE EAST

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

MULTIPURPOSE RECREATIONAL FACILITIES

Get fit, get creative, have fun!

Registered programs

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

Drop-in activities and fitness

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

NEIL BALKWILL CIVIC ARTS CENTRE

2420 Elphinstone St.

306-777-PLAY (7529)

balkwillcentre@regina.ca

Facility hours:

Spring: March to June

Monday - Thursday: 8:30 a.m. - 5 p.m. and 7 - 10 p.m.

Friday - Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.

Hours may vary according to program needs.

NORTH WEST LEISURE CENTRE

1127 Arnason St.

306-777-PLAY (7529)

Facility hours:

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

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

Stat Holidays: 12 - 6 p.m.

Amenities include:

- Leisure pool ranging in depth from .20 to 1.5 metres
- Whirlpool
- Pool slides
- Pool is very warm, usually 32°C
- Co-ed dry sauna
- Sundeck
- Aquatic wheel chair
- Pool ramp
- Accessible universal/family change rooms

- Strength and conditioning area
- Multi-purpose gym
- Meeting rooms

SPORTPLEX

1717 Elphinstone St.

306-777-PLAY (7529)

Facility hours:

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

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

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

Fieldhouse amenities include:

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

Lawson Aquatic Centre amenities include:

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

SANDRA SCHMIRLER LEISURE CENTRE

3130 East Woodhams Dr.

306-777-PLAY (7529)

Facility hours:

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

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

Stat Holidays: 12 - 6 p.m.

Sandra Schmirler Leisure Centre amenities include:

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

DROP-IN ACTIVITIES

Qualified Lifeguards Supervise All Swims

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

DROP-IN AQUATICS

ADULT SWIM - A leisure swim for adults 19 and over.

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

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

KEENAGERS (55+) - A water workout followed by a relaxing cooldown.

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

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

LAUGH & SPLASH ADAPTED LEISURE SWIM - ADAPTED PROGRAM - A free family swim open to those who experience disability and their family. Registration required, see page 24 for more details.

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

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

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

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

PLEASE NOTE: There will be no drop-in classes scheduled from April 15-21, 2022 at all major recreation centres.

LAWSON AQUATIC CENTRE AQUATIC FITNESS SCHEDULE

Effective April 25 to June 5, 2022

Aquacise - Workouts are 45 minutes in length

Monday to Friday: 9:30a.m.

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

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

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

LAWSON AQUATIC CENTRE SWIM SCHEDULE
Effective March 21 to June 5, 2022

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

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

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

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

NORTH WEST LEISURE CENTRE AQUATIC FITNESS SCHEDULE
Effective April 25 to June 5, 2022

All workouts are 45 minutes in length.

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

Social Aquacise
Monday to Friday: 12p.m.

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

NORTH WEST LEISURE CENTRE SWIM SCHEDULE
Effective March 21 to June 5, 2022

Leisure Swim
Monday, Wednesday, Thursday, Friday: 6:30-8:25p.m.
Saturday: 1:30-8:25p.m.
Sunday: 3:30-6:30p.m.

Adult Swim

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

Thursday: 8-9a.m. and 8:30-9:30p.m.

Friday: 8-9a.m.

Part of the Pool Swim

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

Swimming Lessons

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

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

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

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

Friday: 3-6:30p.m.

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

Laugh & Splash Adaptive Swim

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

Laugh & Splash Adaptive Swim will run April 10, April 24, May 8, May 22 and June 5.

Women's Only Swim

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

Women's Only Swim will run April 3, May 1, May 15 and May 29.

Hot Tub & Sauna

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

Thursday: 8a.m.-4p.m. and 6:30-9:30p.m.

Friday: 8a.m.-4p.m. and 6:30-8:25p.m.

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

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

Strength & Conditioning Area

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

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

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

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

SANDRA SCHMIRLER LEISURE CENTRE AQUATIC FITNESS SCHEDULE

Effective April 25 to June 5, 2022

Joint Muscular Strength & Endurance

Tuesday and Thursday: 9:10a.m.

Keenagers

Monday and Wednesday: 3p.m.

Friday: 9:10a.m.

Afternoon Aquacise

Tuesday and Thursday: 3p.m.

Aquacise - Workouts are 45 minutes in length
Monday to Wednesday: 8:30p.m.

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

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

SANDRA SCHMIRLER LEISURE CENTRE SWIM SCHEDULE

Effective March 21 to June 5, 2022

Leisure Swim

Tuesday to Thursday: 6:45-8:30p.m.

Friday: 6:45p.m.-9:30p.m.

Saturday: 3:30-8:30p.m.

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

Lane Swim

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

Adult Swim

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

Part of the Pool Swim

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

Laugh & Splash Adapted Leisure Swim

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

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

Hot Tub & On Deck Sauna

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

Saturday: 3:30-8:30p.m.

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

Strength & Conditioning Area

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

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

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

LAND FITNESS & SPORT DROP-IN ACTIVITIES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

FIELDHOUSE LAND FITNESS SCHEDULE
Effective March 21 to June 5, 2022

Stretch & Tone
Monday and Friday: 8:30a.m.

Cycle & Stretch - Workouts are 45 minutes in length
Tuesday and Thursday: 8:30a.m.

Fitness Walking
Wednesday: 8:30a.m.

Group Cycle
Friday: 5:30p.m.
Saturday: 8:30a.m.

Cycle & Core
Tuesday: 5:30p.m.
Friday: 9:30a.m.
Sunday: 8:30a.m.

Cardio Combo - Workouts are 45 minutes in length
Monday: 9:30a.m.

HIIT
Wednesday: 9:30am

Body Blast
Tuesday: 9:30a.m. and 6:45p.m.
Thursday: 9:30a.m. and 5:30p.m.
Saturday: 10a.m.

Yoga-Flow - Workouts are 45 minutes in length
Monday, Wednesday and Friday: 12:10p.m.

Yoga-Gentle - Workouts are 45 minutes in length
Tuesday: 12:10p.m.

Yoga-Yin
Thursday: 12:10p.m.

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

FIELDHOUSE BASKETBALL & ROLLERBLADING SCHEDULE
Effective April 25 to June 5, 2022

Drop-in Basketball (All Ages)
Monday, Wednesday and Friday: 2:15-5p.m.

Rollerblading
Monday and Wednesday: 1-4p.m.
Tuesday and Thursday: 9a.m.-12p.m.
Friday: 1-3:30p.m.

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

NORTH WEST LEISURE CENTRE LAND FITNESS SCHEDULE
Effective April 25 to June 5, 2022

Ignite
Monday: 9a.m.

STEP
Tuesday: 9a.m.

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

SWAT
Thursday: 9a.m.

Yoga Flow
Friday: 9a.m.

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

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

Body Blast
Wednesday: 6p.m.

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

Stretch & Tone - Workouts are 45 minutes in length

Wednesday: 7:15p.m.

Cardio & Sculpt

Thursday: 7:15p.m.

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

NORTH WEST LEISURE CENTRE BASKETBALL & WALKING SCHEDULE

Effective March 21 to June 5, 2022

Drop-in Basketball (All Ages)

Tuesday: 3:30-5:30p.m.

Friday: 3-5p.m.

Walk N'Talk

Tuesday: 12:15-1:15p.m.

STRENGTH & CONDITIONING AREAS

Strength and Conditioning Area Rules

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

FACILITY SCHEDULE

Fieldhouse

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

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

Lawson Aquatic Centre

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

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

North West Leisure Centre

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

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

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

Sandra Schmirler Leisure Centre

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

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

SWIMMING LESSONS

Legend

LAC - Lawson Aquatic Centre

NWLC - North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

RED CROSS SWIM PRESCHOOL

Starfish

4-12 months

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

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

NWLC

63557 Tue Mar 22-May 31 9:35-10:05a.m. \$57.50

63558 Tue Mar 22-May 31 4-4:30p.m. \$57.50

63559 Wed Mar 23-Jun 1 5:50-6:20p.m. \$57.50

63560 Thu Mar 24-Jun 2 11:20-11:50a.m. \$57.50

63561 Sun Mar 27-May 29 12:50-1:20p.m. \$51.75

SSLC

63696 Mon Mar 21-May 30 4-4:30p.m. \$51.75

63978 Tue Mar 22-May 31 11:45a.m.-12:15p.m. \$57.50

63742 Tue Mar 22-May 31 4-4:30p.m. \$57.50

63773 Wed Mar 23-Jun 1 4-4:30p.m. \$57.50

63804 Thu Mar 24-Jun 2 5:25-5:55p.m. \$57.50

63832 Fri Mar 25-Jun 3 4-4:30p.m. \$57.50

63882 Sat Mar 26-Jun 4 1-1:30p.m. \$57.50

63925 Sun Mar 27-May 29 1-1:30p.m. \$51.75

Duck

12-24 months

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

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

LAC

63657 Tue Mar 22-May 31 6:05-6:35p.m. \$51.75

63712 Sat-Sun Apr 23-May 15 10-10:30a.m. \$46.00

NWLC

63510 Mon Mar 21-May 30 2:50-3:20p.m. \$51.75

63511 Mon Mar 21-May 30 5:45-6:15p.m. \$51.75

63512 Tue Mar 22-May 31 11:20-11:50a.m. \$57.50

63513 Thu Mar 24-Jun 2 4:45-5:15p.m. \$57.50

63514 Sat Mar 26-Jun 4 12:50-1:20p.m. \$57.50

63515 Sun Mar 27-May 29 10:15-10:45a.m. \$51.75

SSLC

63687 Mon Mar 21-May 30 5:25-5:55p.m. \$51.75

63732 Tue Mar 22-May 31 5:25-5:55p.m. \$57.50

63764 Wed Mar 23-Jun 1 10:35-11:05a.m. \$57.50

63794 Thu Mar 24-Jun 2 4-4:30p.m. \$57.50

63826 Fri Mar 25-Jun 3 4:50-5:20p.m. \$57.50
63868 Sat Mar 26-Jun 4 10:20-10:50a.m. \$57.50
63916 Sun Mar 27-May 29 10:20-10:50a.m. \$51.75

Sea Turtle

24-36 months

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

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

LAC

63649 Mon Mar 21-May 30 5:35-6:05p.m. \$51.75
63636 Wed Mar 23-Jun 1 7-7:30p.m. \$57.50
63637 Thu Mar 24-Jun 2 6:05-6:35p.m. \$57.50

NWLC

63547 Mon Mar 21-May 30 12:15-12:45p.m. \$51.75
63548 Mon Mar 21-May 30 4:45-5:15p.m. \$51.75
63549 Tue Mar 22-May 31 10:10-10:40a.m. \$57.50
63550 Wed Mar 23-Jun 1 5:15-5:45p.m. \$57.50
63551 Thu Mar 24-Jun 2 5:15-5:45p.m. \$57.50
63552 Fri Mar 25-Jun 3 4-4:30p.m. \$57.50
63553 Sat Mar 26-Jun 4 9:40-10:10a.m. \$57.50
63554 Sat Mar 26-Jun 4 10:50-11:20a.m. \$57.50
63555 Sun Mar 27-May 29 9:40-10:10a.m. \$51.75
63556 Sun Mar 27-May 29 12:20-12:50p.m. \$51.75

SSLC

63977 Mon Mar 21-May 30 10:35-11:05a.m. \$51.75
63740 Tue Mar 22-May 31 4:50-5:20p.m. \$57.50
63979 Wed Mar 23-June 1 10-10:30a.m. \$57.50
63772 Wed Mar 23-Jun 1 5:25-5:55p.m. \$57.50
63803 Thu Mar 24-Jun 2 11:45a.m.-12:15p.m. \$57.50
63802 Thu Mar 24-Jun 2 4:50-5:20p.m. \$57.50
63831 Fri Mar 25-Jun 3 5:25-5:55p.m. \$57.50
63880 Sat Mar 26-Jun 4 11:05-11:35a.m. \$57.50
63881 Sat Mar 26-Jun 4 2:15-2:45p.m. \$57.50
63924 Sun Mar 27-May 29 11:05-11:35a.m. \$51.75

Sea Otter

3-5 years

Swimmers work on their independence and ability to comfortably perform swimming skills within a structured class. Upon completion, swimmers are able to demonstrate their ability to submerge their face in water throughout an unassisted one-meter glide.

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

LAC

63648 Mon Mar 21-May 30 7-7:30p.m. \$51.75
63633 Tue Mar 22-May 31 5:35-6:05p.m. \$57.50
63665 Wed Mar 23-Jun 1 5:35-6:05p.m. \$57.50
63634 Thu Mar 24-Jun 2 5:35-6:05p.m. \$57.50
63635 Sat-Sun Apr 23-May 15 9:20-9:50a.m. \$46.00
63706 Sat-Sun Apr 23-May 15 10:45-11:15a.m. \$46.00

NWLC

63532 Mon Mar 21-May 30 3:25-3:55p.m. \$51.75
63533 Mon Mar 21-May 30 5:15-5:45p.m. \$51.75
63534 Tue Mar 22-May 31 11:55a.m.-12:25p.m. \$57.50
63535 Tue Mar 22-May 31 4:45-5:15p.m. \$57.50
63536 Wed Mar 23-Jun 1 9:45-10:15a.m. \$57.50
63537 Wed Mar 23-Jun 1 5:45-6:15p.m. \$57.50
63538 Thu Mar 24-Jun 2 10:45-11:15a.m. \$57.50
63539 Thu Mar 24-Jun 2 4-4:30p.m. \$57.50
63540 Thu Mar 24-Jun 2 5:50-6:20p.m. \$57.50
63541 Fri Mar 25-Jun 3 4:45-5:15p.m. \$57.50
63542 Fri Mar 25-Jun 3 5:15-5:45p.m. \$57.50
63543 Sat Mar 26-Jun 4 9:10-9:40a.m. \$57.50
63544 Sat Mar 26-Jun 4 12:20-12:50p.m. \$57.50
63545 Sun Mar 27-May 29 10:25-10:55a.m. \$51.75
63546 Sun Mar 27-May 29 10:50-11:20a.m. \$51.75
63570 Sun Mar 27-May 29 12:55-1:25p.m. \$51.75

SSLC

63694 Mon Mar 21-May 30 10:35-11:05a.m. \$51.75
63692 Mon Mar 21-May 30 4:35-5:05p.m. \$51.75
63693 Mon Mar 21-May 30 6:05-6:35p.m. \$51.75
63737 Tue Mar 22-May 31 11:10-11:40a.m. \$57.50
63738 Tue Mar 22-May 31 4:35-5:05p.m. \$57.50
63739 Tue Mar 22-May 31 6:05-6:35p.m. \$57.50
63771 Wed Mar 23-Jun 1 10:35-11:05a.m. \$57.50
63770 Wed Mar 23-Jun 1 4:35-5:05p.m. \$57.50
63769 Wed Mar 23-Jun 1 6:05-6:35p.m. \$57.50
63800 Thu Mar 24-Jun 2 11:10-11:40a.m. \$57.50
63801 Thu Mar 24-Jun 2 4:35-5:05p.m. \$57.50
63799 Thu Mar 24-Jun 2 6:05-6:35p.m. \$57.50
63829 Fri Mar 25-Jun 3 4:35-5:05p.m. \$57.50
63830 Fri Mar 25-Jun 3 6:05-6:35p.m. \$57.50
63874 Sat Mar 26-Jun 4 9:05-9:35a.m. \$57.50
63875 Sat Mar 26-Jun 4 10:55-11:25a.m. \$57.50
63876 Sat Mar 26-Jun 4 12:25-12:55p.m. \$57.50
63877 Sat Mar 26-Jun 4 1-1:30p.m. \$57.50
63878 Sat Mar 26-Jun 4 1:40-2:10p.m. \$57.50
63879 Sat Mar 26-Jun 4 2:50-3:20p.m. \$57.50
63920 Sun Mar 27-May 29 9:05-9:35a.m. \$51.75
63921 Sun Mar 27-May 29 10:55-11:25a.m. \$51.75

63922 Sun Mar 27-May 29 12:25-12:55p.m. \$51.75
63923 Sun Mar 27-May 29 1-1:30p.m. \$51.75
63937 Sun Mar 27-Jun 5 5:30-6p.m. \$57.50

Salamander

3-6 years

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

LAC

63628 Mon Mar 21-May 30 5:30-6p.m. \$51.75
63644 Mon Mar 21-May 30 6:45-7:15p.m. \$51.75
63654 Tue Mar 22-May 31 5:30-6p.m. \$57.50
63655 Tue Mar 22-May 31 6:25-6:55p.m. \$57.50
63629 Wed Mar 23-Jun 1 6:05-6:35p.m. \$57.50
63631 Thu Mar 24-Jun 2 5:30-6p.m. \$57.50
63667 Thu Mar 24-Jun 2 6:25-6:55p.m. \$57.50
63632 Sat-Sun Apr 23-May 15 10:35-11:05a.m. \$46.00
63704 Sat-Sun Apr 23-May 15 11:20-11:50a.m. \$46.00
63705 Sat-Sun Apr 23-May 15 12:30-1p.m. \$46.00

NWLC

63516 Mon Mar 21-May 30 12:50-1:20p.m. \$51.75
63517 Mon Mar 21-May 30 4-4:30p.m. \$51.75
63518 Tue Mar 22-May 31 9-9:30a.m. \$57.50
63519 Tue Mar 22-May 31 5:15-5:45p.m. \$57.50
63520 Tue Mar 22-May 31 5:45-6:15p.m. \$57.50
63521 Wed Mar 23-Jun 1 9:30-10a.m. \$57.50
63522 Wed Mar 23-Jun 1 10:05-10:35a.m. \$57.50
63523 Wed Mar 23-Jun 1 4-4:30p.m. \$57.50
63524 Wed Mar 23-Jun 1 4:45-5:15p.m. \$57.50
63525 Thu Mar 24-Jun 2 5:45-6:15p.m. \$57.50
63526 Fri Mar 25-Jun 3 5:45-6:15p.m. \$57.50
63527 Sat Mar 26-Jun 4 9-9:30a.m. \$57.50
63528 Sat Mar 26-Jun 4 10:15-10:45a.m. \$57.50
63529 Sat Mar 26-Jun 4 11-11:30a.m. \$57.50
63530 Sun Mar 27-May 29 9:35-10:05a.m. \$51.75
63531 Sun Mar 27-May 29 11-11:30a.m. \$51.75

SSLC

63690 Mon Mar 21-May 30 10-10:30a.m. \$51.75
63689 Mon Mar 21-May 30 4:05-4:35p.m. \$51.75
63691 Mon Mar 21-May 30 4:50-5:20p.m. \$51.75
63688 Mon Mar 21-May 30 6:05-6:35p.m. \$51.75
63714 Mon Mar 21-May 30 7-7:30p.m. \$51.75
63734 Tue Mar 22-May 31 11:10-11:40a.m. \$57.50
63736 Tue Mar 22-May 31 11:45a.m.-12:15p.m. \$57.50
63733 Tue Mar 22-May 31 4:05-4:35p.m. \$57.50
63735 Tue Mar 22-May 31 6:05-6:35p.m. \$57.50

63768 Wed Mar 23-Jun 1 10-10:30a.m. \$57.50
 63766 Wed Mar 23-Jun 1 4:05-4:35p.m. \$57.50
 63767 Wed Mar 23-Jun 1 4:50-5:20p.m. \$57.50
 63765 Wed Mar 23-Jun 1 6:05-6:35p.m. \$57.50
 63797 Thu Mar 24-Jun 2 11:10-11:40a.m. \$57.50
 63798 Thu Mar 24-Jun 2 11:45a.m.-12:15p.m. \$57.50
 63796 Thu Mar 24-Jun 2 4:05-4:35p.m. \$57.50
 63795 Thu Mar 24-Jun 2 6:05-6:35p.m. \$57.50
 63828 Fri Mar 25-Jun 3 4:05-4:35p.m. \$57.50
 63827 Fri Mar 25-Jun 3 6:05-6:35p.m. \$57.50
 63869 Sat Mar 26-Jun 4 9:45-10:15a.m. \$57.50
 63870 Sat Mar 26-Jun 4 10:30-11a.m. \$57.50
 63871 Sat Mar 26-Jun 4 11:50a.m.-12:20p.m. \$57.50
 63872 Sat Mar 26-Jun 4 1:40-2:10p.m. \$57.50
 63873 Sat Mar 26-Jun 4 2:15-2:45p.m. \$57.50
 63917 Sun Mar 27-May 29 9:45-10:15a.m. \$51.75
 63918 Sun Mar 27-May 29 10:30-11a.m. \$51.75
 63919 Sun Mar 27-May 29 11:50a.m.-12:20p.m. \$51.75
 63936 Sun Mar 27-Jun 5 6:10-6:40p.m. \$57.50

Sunfish

3-6 years

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

LAC

63661 Wed Mar 23-Jun 1 5:30-6p.m. \$57.50
 63641 Sat-Sun Apr 23-May 15 11:50a.m.-12:20p.m. \$46.00

NWLC

63562 Mon Mar 21-May 30 5:20-5:50p.m. \$51.75
 63563 Wed Mar 23-Jun 1 10:20-10:50a.m. \$57.50
 63564 Wed Mar 23-Jun 1 4:05-4:35p.m. \$57.50
 63565 Thu Mar 24-Jun 2 5:20-5:50p.m. \$57.50
 63566 Sat Mar 26-Jun 4 10:25-10:55a.m. \$57.50
 63567 Sun Mar 27-May 29 12:10-12:40p.m. \$51.75

SSLC

63698 Mon Mar 21-May 30 10-10:30a.m. \$51.75
 63697 Mon Mar 21-May 30 5:10-5:40p.m. \$51.75
 63711 Mon Mar 21-May 30 7-7:30p.m. \$51.75
 63743 Tue Mar 22-May 31 5:10-5:40p.m. \$57.50
 63774 Wed Mar 23-Jun 1 5:10-5:40p.m. \$57.50
 63805 Thu Mar 24-Jun 2 5:10-5:40p.m. \$57.50
 63833 Fri Mar 25-Jun 3 5:10-5:40p.m. \$57.50
 63883 Sat Mar 26-Jun 4 9:50-10:20a.m. \$57.50
 63884 Sat Mar 26-Jun 4 11:30a.m.-12p.m. \$57.50
 63885 Sat Mar 26-Jun 4 12:35-1:05p.m. \$57.50
 63886 Sat Mar 26-Jun 4 1:40-2:10p.m. \$57.50

63926 Sun Mar 27-May 29 9:50-10:20a.m. \$51.75
63927 Sun Mar 27-May 29 11:30a.m.-12p.m. \$51.75
63928 Sun Mar 27-May 29 12:35-1:05p.m. \$51.75
63938 Sun Mar 27-Jun 5 6:45-7:15p.m. \$57.50

Crocodile

3-6 years

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

LAC

63647 Mon Mar 21-May 30 6:05-6:35p.m. \$51.75
63664 Wed Mar 23-Jun 1 6:45-7:15p.m. \$57.50
63627 Sat-Sun Apr 23-May 15 9:15-9:45a.m. \$46.00

NWLC

63507 Mon Mar 21-May 30 4:40-5:10p.m. \$51.75
63508 Thu Mar 24-Jun 2 4:40-5:10p.m. \$57.50
63509 Sat Mar 26-Jun 4 10:15-10:45a.m. \$57.50

SSLC

63686 Mon Mar 21-May 30 4:10-4:40p.m. \$51.75
63763 Wed Mar 23-Jun 1 4:10-4:40p.m. \$57.50
63825 Fri Mar 25-Jun 3 4:10-4:40p.m. \$57.50
63865 Sat Mar 26-Jun 4 9:10-9:40a.m. \$57.50
63866 Sat Mar 26-Jun 4 10:35-11:05a.m. \$57.50
63867 Sat Mar 26-Jun 4 2:50-3:20p.m. \$57.50
63914 Sun Mar 27-May 29 9:10-9:40a.m. \$51.75
63915 Sun Mar 27-May 29 10:35-11:05a.m. \$51.75
63935 Sun Mar 27-Jun 5 6:05-6:35p.m. \$57.50

Whale

3-6 years

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

NWLC

63568 Tue Mar 22-May 31 5:20-5:50p.m. \$57.50
63569 Sat Mar 26-Jun 4 12:10-12:40p.m. \$57.50

SSLC

63744 Tue Mar 22-May 31 4:10-4:40p.m. \$57.50
63806 Thu Mar 24-Jun 2 4:10-4:40p.m. \$57.50
63887 Sat Mar 26-Jun 4 12:25-12:55p.m. \$57.50
63929 Sun Mar 27-May 29 12:25-12:55p.m. \$51.75

RED CROSS SWIM KIDS

Level 1

5-14 years

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

LAC

63656 Tue Mar 22-May 31 6:40-7:10p.m. \$57.50
63663 Wed Mar 23-Jun 1 6:40-7:10p.m. \$57.50
63707 Sat-Sun Apr 23-May 15 10:25-10:55a.m. \$46.00

NWLC

63456 Mon Mar 21-May 30 2:15-2:45p.m. \$51.75
63457 Mon Mar 21-May 30 4:05-4:35p.m. \$51.75
63458 Mon Mar 21-May 30 4:35-5:05p.m. \$51.75
63459 Tue Mar 22-May 31 4:05-4:35p.m. \$57.50
63460 Tue Mar 22-May 31 5:50-6:20p.m. \$57.50
63461 Wed Mar 23-Jun 1 4:40-5:10p.m. \$57.50
63462 Wed Mar 23-Jun 1 5:20-5:50p.m. \$57.50
63463 Wed Mar 23-Jun 1 5:50-6:20p.m. \$57.50
63464 Thu Mar 24-Jun 2 4:05-4:35p.m. \$57.50
63465 Fri Mar 25-Jun 3 4:05-4:35p.m. \$57.50
63466 Fri Mar 25-Jun 3 5:15-5:45p.m. \$57.50
63467 Sat Mar 26-Jun 4 9:05-9:35a.m. \$57.50
63468 Sat Mar 26-Jun 4 9:35-10:05a.m. \$57.50
63469 Sat Mar 26-Jun 4 11:45a.m.-12:15p.m. \$57.50
63470 Sun Mar 27-May 29 10:15-10:45a.m. \$51.75
63471 Sun Mar 27-May 29 11:25-11:55a.m. \$51.75

SSLC

63674 Mon Mar 21-May 30 5:25-5:55p.m. \$51.75
63713 Mon Mar 21-May 30 7:35-8:05p.m. \$51.75
63720 Tue Mar 22-May 31 5:25-5:55p.m. \$57.50
63751 Wed Mar 23-Jun 1 5:25-5:55p.m. \$57.50
63782 Thu Mar 24-Jun 2 5:25-5:55p.m. \$57.50
63813 Fri Mar 25-Jun 3 5:25-5:55p.m. \$57.50
63846 Sat Mar 26-Jun 4 9:45-10:15a.m. \$57.50
63845 Sat Mar 26-Jun 4 11:10-11:40a.m. \$57.50
63844 Sat Mar 26-Jun 4 1-1:30p.m. \$57.50
63847 Sat Mar 26-Jun 4 2:15-2:45p.m. \$57.50
63895 Sun Mar 27-May 29 9:45-10:15a.m. \$51.75
63896 Sun Mar 27-May 29 11:10-11:40a.m. \$51.75
63897 Sun Mar 27-May 29 1-1:30p.m. \$51.75
63933 Sun Mar 27-Jun 5 6:40-7:10p.m. \$57.50
63939 Sun Mar 27-Jun 5 7:20-7:50p.m. \$57.50

Level 2

5-14 years

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

swimmers will be able to swim 10 metres continuously.

LAC

63645 Mon Mar 21-May 30 5:30-6p.m. \$51.75
63599 Wed Mar 23-Jun 1 5:30-6p.m. \$57.50
63669 Thu Mar 24-Jun 2 6:40-7:10p.m. \$57.50
63710 Sat-Sun Apr 23-May 15 9:50-10:20a.m. \$46.00

NWLC

63472 Mon Mar 21-May 30 4:10-4:40p.m. \$51.75
63473 Mon Mar 21-May 30 5:50-6:20p.m. \$51.75
63474 Tue Mar 22-May 31 4:35-5:05p.m. \$57.50
63475 Wed Mar 23-Jun 1 4:35-5:05p.m. \$57.50
63476 Wed Mar 23-Jun 1 5:10-5:40p.m. \$57.50
63477 Thu Mar 24-Jun 2 4:35-5:05p.m. \$57.50
63478 Fri Mar 25-Jun 3 4:10-4:40p.m. \$57.50
63479 Fri Mar 25-Jun 3 4:40-5:10p.m. \$57.50
63480 Fri Mar 25-Jun 3 5:50-6:20p.m. \$57.50
63481 Sat Mar 26-Jun 4 10:55-11:25a.m. \$57.50
63482 Sat Mar 26-Jun 4 11:25-11:55a.m. \$57.50
63483 Sun Mar 27-May 29 10:55-11:25a.m. \$51.75
63484 Sun Mar 27-May 29 11:45a.m.-12:15p.m. \$51.75

SSLC

63675 Mon Mar 21-May 30 4:50-5:20p.m. \$51.75
63716 Mon Mar 21-May 30 7:35-8:05p.m. \$51.75
63722 Tue Mar 22-May 31 4:50-5:20p.m. \$57.50
63752 Wed Mar 23-Jun 1 4:50-5:20p.m. \$57.50
63784 Thu Mar 24-Jun 2 4:50-5:20p.m. \$57.50
63814 Fri Mar 25-Jun 3 4:50-5:20p.m. \$57.50
63850 Sat Mar 26-Jun 4 9:15-9:45a.m. \$57.50
63848 Sat Mar 26-Jun 4 11:20-11:50a.m. \$57.50
63849 Sat Mar 26-Jun 4 12-12:30p.m. \$57.50
63851 Sat Mar 26-Jun 4 2:50-3:20p.m. \$57.50
63899 Sun Mar 27-May 29 9:15-9:45a.m. \$51.75
63900 Sun Mar 27-May 29 11:20-11:50a.m. \$51.75
63901 Sun Mar 27-May 29 12-12:30p.m. \$51.75
63940 Sun Mar 27-Jun 5 5:35-6:05p.m. \$57.50
63934 Sun Mar 27-Jun 5 7:15-7:45p.m. \$57.50

Level 3

5-14 years

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

LAC

63600 Mon Mar 21-May 30 6:10-6:40p.m. \$51.75
63643 Mon Mar 21-May 30 6:40-7:10p.m. \$51.75

63650 Tue Mar 22-May 31 5:30-6p.m. \$57.50
 63601 Tue Mar 22-May 31 6:10-6:40p.m. \$57.50
 63662 Wed Mar 23-Jun 1 6:30-7p.m. \$57.50
 63603 Thu Mar 24-Jun 2 5:30-6p.m. \$57.50
 63602 Thu Mar 24-Jun 2 6:10-6:40p.m. \$57.50
 63604 Sat-Sun Apr 23-May 15 10:10-10:40a.m. \$46.00
 63605 Sat-Sun Apr 23-May 15 11:55a.m.-12:25p.m. \$46.00
 63702 Sat-Sun Apr 23-May 15 12:25-12:55p.m. \$46.00

NWLC

63485 Mon Mar 21-May 30 5:10-5:40p.m. \$51.75
 63486 Tue Mar 22-May 31 4:10-4:40p.m. \$57.50
 63487 Tue Mar 22-May 31 4:40-5:10p.m. \$57.50
 63488 Thu Mar 24-Jun 2 5:10-5:40p.m. \$57.50
 63489 Fri Mar 25-Jun 3 5:20-5:50p.m. \$57.50
 63490 Sat Mar 26-Jun 4 9:45-10:15a.m. \$57.50
 63491 Sat Mar 26-Jun 4 11:30a.m.-12p.m. \$57.50
 63492 Sun Mar 27-May 29 11:30a.m.-12p.m. \$51.75
 63493 Sun Mar 27-May 29 12:15-12:45p.m. \$51.75

SSLC

63677 Mon Mar 21-May 30 4-4:30p.m. \$51.75
 63676 Mon Mar 21-May 30 5:30-6p.m. \$51.75
 63678 Mon Mar 21-May 30 6-6:30p.m. \$51.75
 63723 Tue Mar 22-May 31 4-4:30p.m. \$57.50
 63724 Tue Mar 22-May 31 6-6:30p.m. \$57.50
 63755 Wed Mar 23-Jun 1 4-4:30p.m. \$57.50
 63754 Wed Mar 23-Jun 1 5:30-6p.m. \$57.50
 63753 Wed Mar 23-Jun 1 6-6:30p.m. \$57.50
 63785 Thu Mar 24-Jun 2 4-4:30p.m. \$57.50
 63786 Thu Mar 24-Jun 2 6-6:30p.m. \$57.50
 63817 Fri Mar 25-Jun 3 4-4:30p.m. \$57.50
 63815 Fri Mar 25-Jun 3 5:30-6p.m. \$57.50
 63816 Fri Mar 25-Jun 3 6-6:30p.m. \$57.50
 63853 Sat Mar 26-Jun 4 9:55-10:25a.m. \$57.50
 63852 Sat Mar 26-Jun 4 11:15-11:45a.m. \$57.50
 63854 Sat Mar 26-Jun 4 12:45-1:15p.m. \$57.50
 63903 Sun Mar 27-May 29 9:55-10:25a.m. \$51.75
 63902 Sun Mar 27-May 29 11:15-11:45a.m. \$51.75
 63904 Sun Mar 27-May 29 12:45-1:15p.m. \$51.75

Level 4

5-14 years

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

LAC

63606 Mon Mar 21-May 30 5:30-6p.m. \$51.75

63642 Mon Mar 21-May 30 6:30-7p.m. \$51.75
 63607 Tue Mar 22-May 31 6:05-6:35p.m. \$57.50
 63651 Tue Mar 22-May 31 7-7:30p.m. \$57.50
 63658 Wed Mar 23-Jun 1 5:30-6p.m. \$57.50
 63659 Wed Mar 23-Jun 1 6:10-6:40p.m. \$57.50
 63609 Thu Mar 24-Jun 2 6:05-6:35p.m. \$57.50
 63666 Thu Mar 24-Jun 2 7-7:30p.m. \$57.50
 63610 Sat-Sun Apr 23-May 15 10:15-10:45a.m. \$46.00
 63611 Sat-Sun Apr 23-May 15 11:10-11:40a.m. \$46.00

NWLC

63494 Tue Mar 22-May 31 5:10-5:40p.m. \$57.50
 63495 Wed Mar 23-Jun 1 4:10-4:40p.m. \$57.50
 63496 Thu Mar 24-Jun 2 4:10-4:40p.m. \$57.50
 63497 Fri Mar 25-Jun 3 5:10-5:40p.m. \$57.50
 63498 Sat Mar 26-Jun 4 12:15-12:45p.m. \$57.50
 63499 Sun Mar 27-May 29 9:45-10:15a.m. \$51.75

SSLC

63679 Mon Mar 21-May 30 4:45-5:15p.m. \$51.75
 63680 Mon Mar 21-May 30 6-6:30p.m. \$51.75
 63725 Tue Mar 22-May 31 4:45-5:15p.m. \$57.50
 63727 Tue Mar 22-May 31 5:30-6p.m. \$57.50
 63726 Tue Mar 22-May 31 6-6:30p.m. \$57.50
 63756 Wed Mar 23-Jun 1 4:45-5:15p.m. \$57.50
 63757 Wed Mar 23-Jun 1 6-6:30p.m. \$57.50
 63787 Thu Mar 24-Jun 2 4:45-5:15p.m. \$57.50
 63789 Thu Mar 24-Jun 2 5:30-6p.m. \$57.50
 63788 Thu Mar 24-Jun 2 6-6:30p.m. \$57.50
 63819 Fri Mar 25-Jun 3 4:45-5:15p.m. \$57.50
 63818 Fri Mar 25-Jun 3 6-6:30p.m. \$57.50
 63855 Sat Mar 26-Jun 4 9:10-9:40a.m. \$57.50
 63856 Sat Mar 26-Jun 4 10:20-10:50a.m. \$57.50
 63857 Sat Mar 26-Jun 4 11:40a.m.-12:10p.m. \$57.50
 63905 Sun Mar 27-May 29 9:10-9:40a.m. \$51.75
 63906 Sun Mar 27-May 29 10:20-10:50a.m. \$51.75
 63907 Sun Mar 27-May 29 11:40a.m.-12:10p.m. \$51.75

Level 5

5-14 years

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

LAC

63614 Wed Mar 23-Jun 1 6:05-6:45p.m. \$62.50
 63615 Thu Mar 24-Jun 2 5:35-6:15p.m. \$62.50
 63668 Thu Mar 24-Jun 2 6:40-7:20p.m. \$62.50
 63616 Sat-Sun Apr 23-May 15 11:10-11:50a.m. \$50.00
 63617 Sat-Sun Apr 23-May 15 12:15-12:55p.m. \$50.00

NWLC

63500 Mon Mar 21-May 30 5:55-6:35p.m. \$56.25
63501 Wed Mar 23-Jun 1 5:55-6:35p.m. \$62.50
63502 Fri Mar 25-Jun 3 5:55-6:35p.m. \$62.50
63503 Sat Mar 26-Jun 4 12:50-1:30p.m. \$62.50

SSLC

63681 Mon Mar 21-May 30 4:40-5:20p.m. \$56.25
63729 Tue Mar 22-May 31 4:05-4:45p.m. \$62.50
63728 Tue Mar 22-May 31 4:40-5:20p.m. \$62.50
63758 Wed Mar 23-Jun 1 5:20-6p.m. \$62.50
63791 Thu Mar 24-Jun 2 4:05-4:45p.m. \$62.50
63790 Thu Mar 24-Jun 2 4:40-5:20p.m. \$62.50
63820 Fri Mar 25-Jun 3 4:05-4:45p.m. \$62.50
63821 Fri Mar 25-Jun 3 5:20-6p.m. \$62.50
63858 Sat Mar 26-Jun 4 9:40-10:20a.m. \$62.50
63859 Sat Mar 26-Jun 4 12-12:40p.m. \$62.50
63908 Sun Mar 27-May 29 9:40-10:20a.m. \$56.25
63909 Sun Mar 27-May 29 12-12:40p.m. \$56.25

Level 6

5-14 years

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

LAC

63618 Tue Mar 22-May 31 5:30-6:10p.m. \$56.25
63652 Tue Mar 22-May 31 6:40-7:20p.m. \$56.25
63619 Sat-Sun Apr 23-May 15 9:15-9:55a.m. \$50.00
63703 Sat-Sun Apr 23-May 15 12:15-12:55p.m. \$50.00

NWLC

63504 Tue Mar 22-May 31 5:55-6:35p.m. \$62.50
63505 Thu Mar 24-Jun 2 5:55-6:35p.m. \$62.50
63506 Sun Mar 27-May 29 12:50-1:30p.m. \$56.25

SSLC

63682 Mon Mar 21-May 30 4:05-4:45p.m. \$56.25
63683 Mon Mar 21-May 30 5:20-6p.m. \$56.25
63730 Tue Mar 22-May 31 5:20-6p.m. \$62.50
63760 Wed Mar 23-Jun 1 4:05-4:45p.m. \$62.50
63759 Wed Mar 23-Jun 1 4:40-5:20p.m. \$62.50
63792 Thu Mar 24-Jun 2 5:20-6p.m. \$62.50
63822 Fri Mar 25-Jun 3 4:40-5:20p.m. \$62.50
63860 Sat Mar 26-Jun 4 9:50-10:30a.m. \$62.50
63861 Sat Mar 26-Jun 4 11:15-11:55a.m. \$62.50
63910 Sun Mar 27-May 29 9:50-10:30a.m. \$56.25
63911 Sun Mar 27-May 29 11:15-11:55a.m. \$56.25

Level 7

6-14 years

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

LAC

63969 Mon Mar 21-May 30 6:05-6:55p.m. \$65.25

63620 Wed Mar 23-Jun 1 5:35-6:25p.m. \$72.50

SSLC

63684 Mon Mar 21-May 30 4:35-5:25p.m. \$65.25

63761 Wed Mar 23-Jun 1 4:35-5:25p.m. \$72.50

63823 Fri Mar 25-Jun 3 4:35-5:25p.m. \$72.50

63862 Sat Mar 26-Jun 4 9-9:50a.m. \$72.50

63912 Sun Mar 27-May 29 12:05-12:55p.m. \$65.25

Level 8

6-14 years

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

LAC

63646 Mon Mar 21-May 30 5:35-6:25p.m. \$65.25

63670 Thu Mar 24-Jun 2 5:30-6:20p.m. \$72.50

63622 Sat-Sun Apr 23-May 15 9:55-10:45a.m. \$58.00

SSLC

63731 Tue Mar 22-May 31 4:35-5:25p.m. \$72.50

63793 Thu Mar 24-Jun 2 4:35-5:25p.m. \$72.50

63863 Sat Mar 26-Jun 4 12:05-12:55p.m. \$72.50

63913 Sun Mar 27-May 29 10:20-11:10a.m. \$65.25

Level 9

7-14 years

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

LAC

63653 Tue Mar 22-May 31 5:30-6:20p.m. \$72.50

63623 Wed Mar 23-Jun 1 5:30-6:20p.m. \$72.50

63624 Sat-Sun Apr 23-May 15 9:20-10:10a.m. \$58.00

SSLC

63685 Mon Mar 21-May 30 5:45-6:35p.m. \$65.25
63762 Wed Mar 23-Jun 1 5:45-6:35p.m. \$72.50
63824 Fri Mar 25-Jun 3 5:45-6:35p.m. \$72.50
63864 Sat Mar 26-Jun 4 10:20-11:10a.m. \$72.50

Level 10

7-14 years

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

LAC

63598 Mon Mar 21-May 30 6:05-6:55p.m. \$65.25
63708 Sat-Sun Apr 23-May 15 10:25-11:15a.m. \$58.00
63709 Sat-Sun Apr 23-May 15 11:45a.m.-12:35p.m. \$58.00

SSLC

63721 Tue Mar 22-May 31 5:45-6:35p.m. \$72.50
63783 Thu Mar 24-Jun 2 5:45-6:35p.m. \$72.50
63898 Sun Mar 27-May 29 9-9:50a.m. \$65.25

Private Lessons

6 years and up

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

LAC

63582 Tue Mar 22-Apr 12 6:20-6:50p.m. \$114.00
63584 Tue Mar 22-Apr 12 6:45-7:15p.m. \$114.00
63588 Thu Mar 24-Apr 14 6:20-6:50p.m. \$114.00
63586 Thu Mar 24-Apr 14 6:45-7:15p.m. \$114.00
63583 Tue Apr 26-May 24 6:20-6:50p.m. \$142.50
63585 Tue Apr 26-May 24 6:45-7:15p.m. \$142.50
63589 Thu Apr 28-May 26 6:20-6:50p.m. \$142.50
63587 Thu Apr 28-May 26 6:45-7:15p.m. \$142.50

NWLC

63423 Mon Mar 21-Apr 25 1:25-1:55p.m. \$142.50
63425 Mon Mar 21-Apr 25 4:35-5:05p.m. \$142.50
63427 Mon Mar 21-Apr 25 5:50-6:20p.m. \$142.50
63429 Tue Mar 22-Apr 26 4:35-5:05p.m. \$142.50
63431 Tue Mar 22-Apr 26 5:50-6:20p.m. \$142.50
63433 Wed Mar 23-Apr 27 10:40-11:10a.m. \$142.50
63435 Wed Mar 23-Apr 27 4:35-5:05p.m. \$142.50
63437 Wed Mar 23-Apr 27 5:15-5:45p.m. \$142.50
63439 Thu Mar 24-Apr 28 4:35-5:05p.m. \$142.50

63441 Fri Mar 25-Apr 8 4:35-5:05p.m. \$85.50
 63443 Fri Mar 25-Apr 8 5:50-6:20p.m. \$85.50
 63442 Fri Apr 22-May 6 4:35-5:05p.m. \$85.50
 63444 Fri Apr 22-May 6 5:50-6:20p.m. \$85.50
 63424 Mon May 2-May 30 1:25-1:55p.m. \$114.00
 63426 Mon May 2-May 30 4:35-5:05p.m. \$114.00
 63428 Mon May 2-May 30 5:50-6:20p.m. \$114.00
 63430 Tue May 3-May 31 4:35-5:05p.m. \$142.50
 63432 Tue May 3-May 31 5:50-6:20p.m. \$142.50
 63434 Wed May 4-Jun 1 10:40-11:10a.m. \$142.50
 63436 Wed May 4-Jun 1 4:35-5:05p.m. \$142.50
 63438 Wed May 4-Jun 1 5:15-5:45p.m. \$142.50
 63440 Thu May 5-Jun 2 4:35-5:05p.m. \$142.50
 63573 Fri May 13-Jun 3 4:35-5:05p.m. \$114.00
 63574 Fri May 13-Jun 3 5:50-6:20p.m. \$114.00

SSLC

63673 Mon Mar 21-Apr 11 4:15-4:45p.m. \$114.00
 63672 Mon Mar 21-Apr 11 6-6:30p.m. \$114.00
 63719 Tue Mar 22-Apr 26 4:15-4:45p.m. \$142.50
 63718 Tue Mar 22-Apr 26 6-6:30p.m. \$142.50
 63750 Wed Mar 23-Apr 27 4:15-4:45p.m. \$142.50
 63749 Wed Mar 23-Apr 27 6-6:30p.m. \$142.50
 63781 Thu Mar 24-Apr 28 4:15-4:45p.m. \$142.50
 63780 Thu Mar 24-Apr 28 6-6:30p.m. \$142.50
 63811 Fri Mar 25-Apr 8 4:15-4:45p.m. \$85.50
 63812 Fri Mar 25-Apr 8 6-6:30p.m. \$85.50
 63842 Sat Mar 26-Apr 30 9:15-9:45a.m. \$142.50
 63843 Sat Mar 26-Apr 30 11:55a.m.-12:25p.m. \$142.50
 63893 Sun Mar 27-May 1 9:15-9:45a.m. \$142.50
 63894 Sun Mar 27-May 1 11:55a.m.-12:25p.m. \$142.50
 63836 Fri Apr 22-May 6 4:15-4:45p.m. \$85.50
 63838 Fri Apr 22-May 6 6-6:30p.m. \$85.50
 63701 Mon Apr 25-May 30 4:15-4:45p.m. \$142.50
 63700 Mon Apr 25-May 30 6-6:30p.m. \$142.50
 63747 Tue May 3-May 31 4:15-4:45p.m. \$142.50
 63746 Tue May 3-May 31 6-6:30 p.m. \$142.50
 63778 Wed May 4-Jun 1 4:15-4:45p.m. \$142.50
 63777 Wed May 4-Jun 1 6-6:30p.m. \$142.50
 63809 Thu May 5-Jun 2 4:15-4:45p.m. \$142.50
 63808 Thu May 5-Jun 2 6-6:30p.m. \$142.50
 63889 Sat May 7-Jun 4 9:15-9:45a.m. \$142.50
 63890 Sat May 7-Jun 4 11:55a.m.-12:25p.m. \$142.50
 63931 Sun May 8-May 29 9:15-9:45a.m. \$114.00
 63932 Sun May 8-May 29 11:55a.m.-12:25p.m. \$114.00
 63837 Fri May 13-Jun 3 4:15-4:45p.m. \$114.00
 63839 Fri May 13-Jun 3 6-6:30p.m. \$114.00

Women's Only Swim
 14 years and up

An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. All swims are supervised by an allfemale staff. Cost: General admission or free with a leisure pass.

NWLC

61849 Sun Apr 3 6:30-8:30p.m.
61850 Sun May 1 6:30-8:30p.m.
61851 Sun May 15 6:30-8:30p.m.
61852 Sun May 29 6:30-8:30p.m.

Aqua Adults Levels 1/2

14 years and up

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

SSLC

63840 Sat Mar 26-Jun 4 12:30-1:10p.m. \$62.50
63891 Sun Mar 27-May 29 12:30-1:10p.m. \$56.25

Aqua Adults Levels 2/3

15 years and up

This class will maintain or increase your fitness level through stroke improvement in a distance swimming setting.

LAC

63715 Sat-Sun Apr 23-May 15 10:50-11:30a.m. \$50.00

Adult Learn to Swim

14 years and up

Geared towards beginners, the objective of this class is to develop or increase students' comfort in the water. This is achieved through basic flotation, movement, breathing skills and to develop one or more swimming strokes.

NWLC

63416 Thu Mar 24-Jun 2 8:35-9:15p.m. \$62.50
63417 Sun Mar 27-May 29 9-9:40a.m. \$56.25

Older Adult Learn to Swim

45 years and up

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

NWLC

63422 Wed Mar 23-Jun 1 9-9:40 a.m. \$62.50

Family Swim Lessons

6 years and up

Family Swim Lessons are a fun way for family members to "get their toes wet" by

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

NWLC

63418 Tue Mar 22-Apr 26 5:15-5:45p.m. \$142.50
63420 Thu Mar 24-Apr 28 5:50-6:20p.m. \$142.50
63419 Tue May 3-May 31 5:15-5:45p.m. \$142.50
63421 Thu May 5-Jun 2 5:50-6:20p.m. \$142.50

SSLC

63671 Mon Mar 21-Apr 11 5:25-5:55p.m. \$114.00
63717 Tue Mar 22-Apr 26 5:25-5:55p.m. \$142.50
63748 Wed Mar 23-Apr 27 5:25-5:55p.m. \$142.50
63779 Thu Mar 24-Apr 28 5:25-5:55p.m. \$142.50
63810 Fri Mar 25-Apr 8 5:25-5:55p.m. \$85.50
63841 Sat Mar 26-Apr 30 10:45-11:15a.m. \$142.50
63892 Sun Mar 27-May 1 10:45-11:15a.m. \$142.50
63834 Fri Apr 22-May 6 5:25-5:55p.m. \$85.50
63699 Mon Apr 25-May 30 5:25-5:55p.m. \$142.50
63745 Tue May 3-May 31 5:25-5:55p.m. \$142.50
63776 Wed May 4-Jun 1 5:25-5:55p.m. \$142.50
63807 Thu May 5-Jun 2 5:25-5:55p.m. \$142.50
63888 Sat May 7-Jun 4 10:45-11:15a.m. \$142.50
63930 Sun May 8-May 29 10:45-11:15a.m. \$114.00
63835 Fri May 13-Jun 3 5:25-5:55p.m. \$114.00

AQUATIC LEADERSHIP COURSES

Lifesaving Society Bronze Medallion

13 years and up

This course teaches lifesavers complex water rescue skills. Lifesavers develop stroke efficiency and endurance in a timed swim. Candidates also gain certification in CPR-A and AED.

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

Recommended Swim Level: Red Cross Swim Kids Level 10.

LAC

62110 Tue-Fri Apr 19-Apr 22 10a.m.-4p.m. \$179.00

SSLC

63942 Sun Mar 27-May 1 5-9p.m. \$179.00

Lifesaving Society Bronze Cross

14 years and up

This course is designed for lifesavers who want the challenge of more advanced

training, including an introduction to safe supervision in aquatic facilities. Candidates also gain certification in CPR-C and AED. Bronze Cross is required for all Lifesaving Society advanced training programs including National Lifeguard and Instructor certification.

Prerequisite: Lifesaving Society Bronze Medallion

LAC

62111 Sat-Sun Apr 30-May 14 9a.m.-6p.m. \$140.00

SSLC

63943 Tue-Sat Apr 19-Apr 23 9a.m.-2p.m. \$140.00

63941 Sun May 8-Jun 5 5-9:30p.m. \$140.00

Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. Fee does not include manuals.

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

LAC

62112 Fri May 27 5-9p.m.

Sat-Sun May 28-May 29 9a.m.-6p.m.

Fri Jun 3 5-9p.m.

Sat-Sun Jun 4-Jun 5 9a.m.-6p.m.

\$270.00

SSLC

63944 Sun Mar 27-Jun 5 5:30-9:30p.m. \$270.00

Red Cross First Aid/CPR/AED

12 years and up

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

NWLC

62082 Sat-Sun Apr 2-Apr 3 9a.m.-6p.m. \$146.00

62083 Sat-Sun May 14-May 15 9a.m.-6p.m. \$146.00

AQUATIC RECERTIFICATION COURSES

Lifesaving Society National Lifeguard Recertification

16 years and up

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

LAC

62113 Sun Apr 24 11a.m.-4p.m. \$67.00

62114 Sun May 29 11a.m.-4p.m. \$67.00

Red Cross First Aid/CPR/AED Blended Recertification
15 years and up

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

NWLC

62084 Sat Apr 23 9a.m.-1p.m. \$90.00

62085 Sun May 29 9a.m.-1p.m. \$90.00

REGISTERED ADAPTED PROGRAMS

Legend

FLDH - Fieldhouse

NWLC - North West Leisure Centre

SSLC - Sandra Schmirler Leisure Centre

ADAPTABLE PROGRAMS

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

AQUATIC ADAPTED PROGRAMS

Laugh & Splash Family Leisure Swim

FREE

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

NWLC

61010 Sun Mar 27 6:30-8:30p.m. Free

61011 Sun Apr 10 6:30-8:30p.m. Free

61012 Sun Apr 24 6:30-8:30p.m. Free

61013 Sun May 8 6:30-8:30p.m. Free

61014 Sun May 22 6:30-8:30p.m. Free

61015 Sun Jun 5 6:30-8:30p.m. Free

SSLC

61001 Sat Apr 2 6:30-8:30p.m. Free
61002 Sat Apr 30 6:30-8:30p.m. Free
61003 Sat May 14 6:30-8:30p.m. Free
61004 Sat May 28 6:30-8:30p.m. Free

Red Cross Adapted Group Lessons

4-8 years

This Red Cross Swim Adapted lesson is designed for those that experience disability but enjoy being in a group setting. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or re-position individuals and we recommend a parent or guardian be in the water for support. For more information, please email socialinclusionprograms@regina.ca or call 306-541-5006 /306-777-7047.

NWLC

NWLC 63445 Sun Mar 27-May 29 9-9:30a.m. \$51.75

New: Red Cross Swim Adapted Lessons

4 years and up

This 1-on-1 Red Cross Swim Adapted lesson is designed for those that experience disability. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or re-position individuals. For more information, please email socialinclusionprograms@regina.ca or call 306-541-5006 / 306-777-7047.

NWLC

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

ADAPTED SPORT PROGRAMS

Enhanced Sports Jam

8-12 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. The program will provide children with the opportunity to participate in a variety of non-competitive sports and activities for fun and fitness focusing on various sports like soccer, floor hockey, basketball, and cooperative games. Parent participation is encouraged to assist when needed.

FLDH

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

Enhanced Track & Field

7-11 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. The program will provide children with the opportunity to participate in a variety of non-competitive sports and activities for fun and fitness focusing on various sports like soccer, floor hockey, basketball, and cooperative games. Parent participation is encouraged to assist when needed.

FLDH

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

Short Breaks

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

REGISTERED PRESCHOOL PROGRAMS

Legend

FLDH - Fieldhouse

NBAC - Neil Balkwill Civic Arts Centre

NWLC - Northwest Leisure Centre

PRESCHOOL 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.

NBAC

61957 Wed Apr 20-Jun 8 1-2:30p.m. \$110.00

Garden Surprises

3-5 years

Using our courtyard as well as the studio preschoolers and Kinders will explore spring and garden activities! Projects will range from making items for your garden such as wind chimes, bird feeders, and wind spinners to bringing gardens indoors

with sun catchers, and paper and rock gardens. A fairy tea cup garden will be a final project.

NBAC

61967 Tue May 3-May 24 9-10:30a.m. \$64.00

61968 Tue May 3-May 24 1-2:30p.m. \$64.00

PRESCHOOL RECREATION

Surprise Activity & Swim

3-5 years

Participate in a flexible laid-back class involving a fun, surprise activity and swim! In the first part of the class kids will enjoy either crafts, sports, storytelling, activities and games. Each day will be a surprise! While the second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

NWLC

62089 Fri Mar 25-Apr 29 2:30-3:35p.m. \$50.00

62090 Fri May 6-Jun 3 2:30-3:35p.m. \$50.00

PRESCHOOL SPORTS

Parent & Tot Football

3-5 years

Bond with your child over football. Parents and players will learn various football skills, basic movement skills and have fun playing football together.

FLDH

62108 Fri Apr 29-Jun 3 5:30-6:30p.m. \$39.00

Parent & Tot Soccer

3-5 years

Parents and tots enjoy learning soccer skills together. In a non-game based environment this program will teach the basic skills of soccer and incorporate fun games into each and every class.

FLDH

62102 Sun May 1-Jun 5 1-2p.m. \$39.00

Parent & Tot Sports Jam

3-5 years

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

FLDH

63575 Mon Apr 25-May 30 4:30-5:30p.m. \$39.00

NWLC

62080 Thu Apr 28-Jun 2 5:15-6:15p.m. \$39.00

REGISTERED CHILD AND YOUTH PROGRAMS

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

CHILD AND YOUTH FINE ARTS

Acrylics for Teens

12-16 years

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

NBAC

62027 Wed Apr 20-Jun 8 7-8:30p.m. \$95.00

Adventures in Art for Homeschoolers 1

5-8 years

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

NBAC

61945 Thu Apr 21-Jun 9 10a.m.-12p.m. \$120.00

Adventures in Art for Homeschoolers 2

9-13 years

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

NBAC

61946 Thu Apr 21-Jun 9 1-3p.m. \$120.00

Art Exploration

8-12 years

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

NBAC

61950 Sat Apr 23-Jun 18 1-3p.m. \$120.00

Art Sampler

6-9 years

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

NBAC

61951 Sat Apr 23-Jun 18 10a.m.-12p.m. \$120.00

Comics for Kids

8-13 years

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

NBAC

61956 Sun Apr 24-Jun 19 1-2:30p.m. \$98.00

Drawing 1 for Children

6-9 years

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

NBAC

61959 Sat Apr 23-Jun 18 9-10:30a.m. \$95.00

Drawing and Colouring Adventure

6-10 years

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

NBAC

61960 Sun Apr 24-Jun 19 1-2:30p.m. \$98.00

NEW: Drawing Comics Action

11-15 years

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

NBAC

62035 Sat Apr 23-Jun 18 11:30a.m.-1p.m. \$95.00

Drawing Mythological Creatures

9-14 years

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

NBAC

61961 Sat Apr 23-Jun 18 1-2:30p.m. \$95.00

Fantastic Friends Drawing

9-14 years

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

NBAC

61965 Sun Apr 24-Jun 19 3-4:30p.m. \$98.00

Fantasy and Science Fiction Art

12-16 years

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

NBAC

62040 Sun Apr 24-Jun 19 3-4:30p.m. \$95.00

Game Design

9-14 years

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

NBAC

62031 Sat Apr 23-Jun 18 2-4p.m. \$115.00

Improv for Young Teens

12-15 years

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

NBAC

61971 Sun Apr 24-Jun 19 1-2p.m. \$82.00

NEW: Making Pop-Up Books

7-9 years

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

NBAC

62034 Sat Apr 23-Jun 18 10-11a.m. \$87.00

Watercolour Wonderland

14-18 years

Explore the use of watercolour paints in creating whimsical worlds combining imagination and elements from real life.

NBAC

61996 Sat Apr 23-Jun 18 3-4:30p.m. \$100.00

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

62039 Sat Apr 23-Jun 18 11a.m.-12:30p.m. \$98.00

CHILD AND YOUTH SPORTS

Badminton - Junior 1

10-12 years

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

FLDH

62093 Tue/Thu Apr 26-Jun 2 4:30-5:30p.m. \$78.00

NWLC

62078 Sun May 1-Jun 5 10:30-11:30a.m. \$39.00

Badminton - Kids

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

5-7 years

FLDH

62094 Mon/Wed Apr 25-Jun 1 5:30-6:30p.m. \$78.00

8-10 years

FLDH

62095 Mon/Wed Apr 25-Jun 1 4:30-5:30p.m. \$78.00

NWLC

62079 Sun May 1-Jun 5 9:15-10:15a.m. \$39.00

Basketball – Kids

5-7 years

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

FLDH

62096 Sun May 1-Jun 5 12-1p.m. \$39.00

Basketball Fundamental Development

8-12 years

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

FLDH

62097 Sun May 1-Jun 5 2-3p.m. \$39.00

Adapted Program: Enhanced Sports Jam

8-12 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. The program will provide children with the opportunity to participate in a variety of non-competitive sports and activities for fun and fitness focusing on various sports like soccer, floor hockey, basketball, and cooperative games. Parent participation is encouraged to assist when needed.

FLDH

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

Adapted Program: Enhanced Track & Field

7-11 years

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

FLDH

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

Football – Kids

5-7 years

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

FLDH

62107 Fri Apr 29-Jun 3 6:30-7:30p.m. \$39.00

Go Girl Sports Jam

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

5-7 years

FLDH

62100 Sat Apr 30-Jun 4 4-5p.m. \$32.50

8-12 years

FLDH

62099 Sat Apr 30-Jun 4 3-4p.m. \$32.50

Kids on the Run

10-14 years

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

FLDH

62101 Sun May 1-Jun 5 9:30-10:45a.m. \$39.00

Soccer

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

5-7 years

FLDH

63576 Tue Apr 26-May 31 4:30-5:30p.m. \$39.00

8-12 years

FLDH

63577 Tue Apr 26-May 31 5:30-6:30p.m. \$39.00

Sports Jam

5-7 years

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

FLDH

62103 Mon Apr 25-May 30 5:30-6:30p.m. \$39.00

NWLC

62081 Mon Apr 25-May 30 7-8p.m. \$32.50

Track & Field - Intro

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

7-11 years

FLDH

62104 Sat Apr 30-Jun 4 9:30-10:30a.m. \$32.50

12-15 years

FLDH

62105 Sat Apr 30-Jun 4 10:30a.m.-12p.m. \$32.50

DANCE NIGHT

April 28, 2022

Thursday nights at māmawēyatitân centre

3355 6th Ave

7-9 p.m.

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

Everyone should have the opportunity to let loose and dance in whatever way the music moves them, regardless of musical taste, dance style or ability. The City of Regina is pleased to offer this inclusive dance class in partnership with Astonished! It is open to everyone, but adapted to meet the needs of individuals experiencing disability. Instruction will be based on a variety of dance culture, which emphasizes enthusiasm, camaraderie and smiles! The best part? It's FREE! For more information visit Regina.ca/inclusiveprograms or to register please call 306-550-4514

REGISTERED ADULT PROGRAMS

MATERIAL FEES

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

Legend

FLDH - Fieldhouse

LAC - Lawson Aquatic Centre

NBAC - Neil Balkwill Civic Arts Centre

NWLC - North West Leisure Centre

SSLC - Sandra Schmirler Leisure Centre

ADULT FINE ARTS PROGRAMS - DRAWING & PAINTING

Alternative Drawing

15 years and up

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

NBAC

62000 Mon Apr 25-Jun 20 7-9:30p.m. \$145.00

Art Odyssey

15 years and up

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

NBAC

62002 Wed Apr 20-Jun 8 7-9p.m. \$140.00

Beginner Watercolours

15 years and up

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

NBAC

62028 Wed-Thu Apr 6-Apr 21 9a.m.-12p.m. \$125.00

Colour Schemes

15 years and up

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

NBAC

62029 Mon-Fri May 2-May 6 9a.m.-12p.m. \$112.00

Comics Illustration

15 years and up

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

NBAC

62030 Wed Apr 20-Jun 8 7-9p.m. \$115.00

Figure Drawing

16 years and up

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

NBAC

62001 Wed Apr 20-Jun 8 7-9:30p.m. \$180.00

Landscapes in Acrylic

15 years and up

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

NBAC

61982 Mon Apr 25-Jun 20 7-10p.m. \$165.00

Landscapes in Watercolour

15 years and up

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

NBAC

61983 Fri Apr 22-Jun 10 1-4p.m. \$165.00

Oil Painting 1

15 years and up

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

NBAC

61986 Tue Apr 19-Jun 7 7-10p.m. \$165.00

Painting and Drawing Drop-In

FREE

14 years and up

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

NBAC

61939 Fri Apr 1-Jun 24 9-11:30a.m. Free

Painting with Acrylics 3

15 years and up

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

professional guidance with students' progress and will oversee friendly, constructive group critique so all can benefit.

NBAC

61987 Wed Apr 20-Jun 8 9a.m.-12p.m. \$165.00

Sketching the Basics

15 years and up

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

NBAC

61994 Thu Apr 21-Jun 9 7-9:30p.m. \$135.00

Watercolour - Level 1

15 years and up

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

NBAC

61995 Sat Apr 23-Jun 18 9a.m.-12p.m. \$165.00

ADULT FINE ARTS PROGRAMS - FIBRE ARTS

NEW: Fabric Shopping Bag

15 years and up

Plastic shopping bags will be eliminated. Learn how to make your own fabric shopping bag that easily folds into a convenient storage pouch that can be carried with you wherever you go. Makes a great gift! Previous sewing machine experience would be an asset but not essential. Students will supply their own sewing machine, and materials. A list of materials will be provided on registration receipt.

NBAC

62038 Tue Apr 19 7-9p.m. \$30.00

Open Fibre Night

FREE

14 years and up

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

NBAC

61938 Thu Apr 28, May 26, Jun 23 7-10p.m. Free

Quilting Drop In

FREE

15 years and up

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

NBAC

61940 Thu Apr 7-Jun 30 9a.m.-2p.m. Free

Stitch-In

FREE

15 years and up

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

NBAC

61941 Fri Apr 1-Jun 24 9-11:30a.m. Free

Upcycled Denim Shoulder Bag

15 years and up

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

NBAC

62037 Sat Apr 9 10a.m.-3p.m. \$55.00

Upcycled Denim Slippers

15 years and up

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

NBAC

62036 Sat Apr 2 10a.m.-3p.m. \$55.00

ADULT FINE ARTS PROGRAMS - JEWELLERY

Chasing and Repoussé

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

62003 Thu Apr 21-Jun 16 1-4p.m. \$250.00

Extended Fine Silver Fusing

16 years and up

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

Prerequisite: Jewellery 1.

NBAC

62018 Sat Apr 23-Jun 4 9a.m.-12p.m. \$188.00

Jewellery 1

16 years and up

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

NBAC

61975 Tue Apr 19-Jun 14 7-10p.m. \$290.00

Jewellery 2

16 years and up

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

Prerequisite: Jewellery 1.

NBAC

61976 Thu Apr 21-Jun 16 7-10p.m. \$250.00

Jewellery Project

16 years and up

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

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

61978 Tue Apr 19-Jun 14 1-4p.m. \$250.00

NEW: Lampwork – Advanced Bead Designs

16 years and up

This class will focus on learning advanced bead designs incorporating techniques such encasing, murrini making and application, surface embellishments and designs.

Prerequisite: Lampwork Beads 1 or equivalent previous experience.

NBAC

62023 Mon Apr 25-Jun 20 7-10p.m. \$245.00

Lampwork Bead Project Class

16 years and up

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

Prerequisite: Lampwork Beads 1.

NBAC

61979 Sun Apr 24-Jun 26 1-4p.m. \$265.00

Lampwork Beads 1 Short Course

16 years and up

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

NBAC

61980 Wed Apr 6-Apr 27 7-10p.m. \$160.00

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.

NBAC

62004 Wed May 4-Jun 22 7-10p.m. \$245.00

ADULT FINE ARTS PROGRAMS - PHOTOGRAPHY

Photography 1 – Camera Operation

15 years and up

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

NBAC

61990 Mon Apr 11-May 16 7-10p.m. \$112.00

61991 Mon May 30-Jun 27 7-10p.m. \$112.00

Photography 2 – Principles of Photography

15 years and up

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

better understanding of the technical aspects of photography.
Prerequisite: Photography 1 or equivalent.

NBAC

61992 Wed Apr 13-May 11 7-10p.m. \$112.00

61993 Wed May 18-Jun 15 7-10p.m. \$112.00

ADULT FINE ARTS PROGRAMS - THEATRE ARTS

Improv for Adults

15 years and up

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

NBAC

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

ADULT FINE ARTS PROGRAMS - WOODWORKING

Garden Furniture

16 years and up

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

NBAC

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

Introductory Bowl Turning

16 years and up

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

NBAC

60898

Fri Apr 8 7-9p.m.

Sat-Sun Apr 9-Apr 10 9a.m.-5p.m.

\$205.00

Introductory Wood Turning

16 years and up

This introduction to spindle turning (turning between centres, as distinct from bowl turning) will include safety instruction, wood selection, use of the tools and

sharpening. Students will practice different cuts (beading, coves, cylinders, tenons, etc.) and produce finished pieces. Register early!

NBAC

60871

Fri Apr 1 7-9p.m.

Sat-Sun Apr 2-Apr 3 9a.m.-5p.m.

\$205.00

NEW: Small Box

16 years and up

Learn how to construct a small box for storing various items. The class will emphasize the skills needed for accurate stock preparation, joinery, floating panel lid, surface finishing, as well as discussion of aesthetic and functional challenges. This course will run 10 weeks. An additional materials fee payable to the instructor will cover the cost of materials used in assigned project.

Prerequisite: Basic woodworking or instructor's permission.

NBAC

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

Wood Carving Drop In

FREE

14 years and up

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

NBAC 60888

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

Wood Finishing

16 years and up

This course covers proper sanding, applying oil, shellac, wax and varnish finishes, and hand-rubbing processes for high quality finishes. Wood colouring methods will include bleaching, wood dyes, chemical stains and making your own pigment stains. Students prepare sample sets of the various finishes and processes. Materials will be supplied by the instructor at a cost of approximately \$45 per student.

Registrations will not be accepted after the first class.

NBAC

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

Wood Project

16 years and up

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

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

NBAC

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

ADULT AQUATIC FITNESS, HEALTH & WELLNESS PROGRAMS

Programming Note

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

Aquacise

14 years and up

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

LAC

62087 Tue Apr 26-May 31 6:15-7p.m. \$33.00

62088 Thu Apr 28-Jun 2 6:15-7p.m. \$33.00

NWLC

62044 (M) Mon Apr 25-May 30 11-11:45a.m. \$27.50

62047 Mon Apr 25-May 30 8:35-9:20p.m. \$27.50

62045 (M) Tue Apr 26-May 31 11-11:45a.m. \$33.00

62048 Tue Apr 26-May 31 8:35-9:20p.m. \$33.00

62046 (M) Wed Apr 27-Jun 1 11-11:45a.m. \$33.00

62049 Wed Apr 27-Jun 1 8:35-9:20p.m. \$33.00

SSLC

63946 Mon Apr 25-May 30 8:30-9:15p.m. \$27.50

63952 Tue Apr 26-May 31 8:30-9:15p.m. \$33.00

63956 Wed Apr 27-Jun 1 8:30-9:15p.m. \$33.00

Baby & Me Aquacise

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

SSLC

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

Deep Water Workout

14 years and up

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

SSLC

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

Social Aquacise (M)

14 years and up

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

NWLC

62060 Mon Apr 25-May 30 12-12:45p.m. \$27.50
62061 Tue Apr 26-May 31 12-12:45p.m. \$33.00
62062 Wed Apr 27-Jun 1 12-12:45p.m. \$33.00
62063 Thu Apr 28-Jun 2 12-12:45p.m. \$33.00
62064 Fri Apr 29-Jun 3 12-12:45p.m. \$33.00

ADULT LAND FITNESS, HEALTH & WELLNESS PROGRAMS

Programming Note

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

20/20/20

16 years and up

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

SSLC

63945 Mon Apr 25-May 30 5:30-6:30p.m. \$27.50

Abs & Arms (M)

15 years and up

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

NWLC

62043 Tue Apr 26-May 31 7:15-8p.m. \$33.00

Baby & Me Boot Camp

15 years and up

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

FLDH

62005 Tue Apr 26-May 31 10:30-11:30a.m. \$39.00

62006 Thu Apr 28-Jun 2 10:30-11:30a.m. \$32.50

NWLC

62050 M Wed Apr 27-Jun 1 10:30-11:30a.m. \$33.00

Body Blast (M)

15 years and up

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

NWLC

62051 Wed Apr 27-Jun 1 6-7p.m. \$33.00

Cardio & Sculpt (M)

15 years and up

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

NWLC

62052 Thu Apr 28-Jun 2 7:15-8:15p.m. \$33.00

Cardio Combo (M)

15 years and up

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

NWLC

62053 Tue Apr 26-May 31 6-7p.m. \$33.00

62054 Sat Apr 30-Jun 4 9-10a.m. \$33.00

FUNctional Fit

15 years and up

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

NWLC

62055 Tue Apr 26-May 31 10:30-11:30a.m. \$33.00

Glutes Galore, Core & More! (M)

15 years and up

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

NWLC

62056 Mon Apr 25-May 30 6-6:45p.m. \$27.50

62057 Sat Apr 30-Jun 4 10:15-11a.m. \$33.00

HIIT (High Intensity Interval Training) (M)

15 years and up

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

NWLC

62058 Wed Apr 27-Jun 1 9-9:45a.m. \$33.00

Ignite (M)

15 years and up

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

NWLC

62059 Mon Apr 25-May 30 9-10a.m. \$27.50

Small Group Fitness Coaching

16 years and up

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

FLDH

62008 Thu Apr 28-Jun 2 6:45-7:45p.m. \$45.50

SoulFusion

16 years and up

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

FLDH

62009 Sat Apr 30-Jun 4 9:45-10:45a.m. \$32.50

STEP Cross Training (M)

15 years and up

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

NWLC

62065 Tue Apr 26-May 31 9-10a.m. \$33.00

Stretch & Tone

15 years and up

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

NWLC

62066 (M) Wed Apr 27-Jun 1 7:15-8p.m. \$33.00

SSLC

63958 Wed Apr 27-Jun 1 10:30-11:30a.m. \$33.00

63966 Fri Apr 29-Jun 3 11:45a.m.-12:45p.m. \$33.00

SWAT (M)

15 years and up

Join the SWAT team! Enjoy a workout program that incorporates steps, weights,

aerobics, and TRX for a complete body workout.

NWLC

62067 Thu Apr 28-Jun 2 9-10a.m. \$33.00

Total Body Sculpting

14 years and up

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

SSLC

63953 Tue Apr 26-May 31 6:45-7:45p.m. \$33.00

63959 Wed Apr 27-Jun 1 5:30-6:30p.m. \$33.00

TRX® Suspension Training – Strong Core

13 years and up

Targeting muscles that give you core stability, this functional exercise program integrates a variety of equipment including the TRX suspension trainer to improve mobility and build strength and endurance.

FLDH

62010 Mon Apr 25-May 30 6:45-7:30p.m. \$45.00

TRX® Group Suspension Training

16 years and up

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

FLDH

61114 Wed Apr 27-Jun 1 6-7a.m. \$45.00

62011 Wed Apr 27-Jun 1 5:30-6:30p.m. \$45.00

Yoga – Flow

15 years and up

Invigorating yoga flow increases physical strength through alignment, balance and flexibility. Regular practice will see improvements in balance, focus, flexibility and strength with a renewed awareness of body alignment. Previous yoga experience is required.

NWLC

62070 (M) Mon Apr 25-May 30 7:30-8:30p.m. \$32.50

62071 (M) Tue Apr 26-May 31 6-7p.m. \$39.00

62072 (M) Thu Apr 28-Jun 2 6-7p.m. \$39.00

62073 (M) Fri Apr 29-Jun 3 9-10a.m. \$39.00

SSLC

63948 Mon Apr 25-May 30 8-9p.m. \$32.50

Yoga – Gentle

16 years and up

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

FLDH

62013 Mon Apr 25-May 30 5:45-6:45p.m. \$32.50

62014 Thu Apr 28-Jun 2 10:30-11:30a.m. \$39.00

NWLC

62075 Mon Apr 25-May 30 10:15-11:15a.m. \$32.50

62076 Mon Apr 25-May 30 6:15-7:15p.m. \$39.00

Yoga – Gentle (Youth and Up)

8 years and up

Join this fun all-levels and all-ages yoga class. This class blends balance, strength and flexibility in a family-friendly environment. Children 8-16 must have a parent registered.

NWLC

61229 Wed Jan 5-Feb 16 5:45-6:45p.m. \$45.50

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

62077 Wed Apr 27-Jun 1 7-8p.m. \$39.00

SSLC

63949 Mon Apr 25-May 30 9:15-10:15a.m. \$32.50

63950 Mon Apr 25-May 30 10:30-11:30a.m. \$32.50

63981 Mon Apr 25-May 30 6:45-7:45p.m. \$32.50

63963 Thu Apr 28-Jun 2 11:45a.m.-12:45p.m. \$39.00

63962 Thu Apr 28-Jun 2 6:45-7:45p.m. \$39.00

63967 Fri Apr 29-Jun 3 9:15-10:15a.m. \$39.00

63968 Fri Apr 29-Jun 3 10:30-11:30a.m. \$39.00

Yoga – Gentle (Youth and Up)

8 years and up

Join this fun all-levels and all-ages yoga class. This class blends balance, strength and flexibility in a family-friendly environment. Children 8-16 must have a parent registered.

NWLC

62074 Wed Apr 27-Jun 1 5:45-6:45p.m. \$39.00

Yoga – Hatha

15 years and up

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

FLDH

62015 Tue Apr 26-May 31 10:30-11:30a.m. \$39.00

Yoga – Parent and Teen
15 years and up

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

SSLC

63954 Tue Apr 26-May 31 8-9p.m. \$39.00

Zumba Fitness

16 years and up

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

FLDH

62017 Wed Apr 27-Jun 1 6:45-7:45p.m. \$39.00

SSLC

63964 Thu Apr 28-Jun 2 8-9p.m. \$39.00

REGISTERED OLDER ADULT PROGRAMS

Programming Note

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

Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

OLDER ADULT LAND FITNESS, HEALTH & WELLNESS PROGRAMS

Adapted Program: 20/20/20

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

NWLC

62041 Mon Apr 25-May 30 10:30-11:30a.m. \$27.50

62042 Thu Apr 28-Jun 2 10:30-11:30a.m. \$33.00

SSLC

63945 Mon Apr 25-May 30 5:30-6:30p.m. \$27.50

Minds in Motion

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

NWLC

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

Yoga - Boomers and Beyond

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

NWLC

62068 Tue Apr 26-May 31 10:15-11:15a.m. \$39.00

62069 Thu Apr 28-Jun 2 10:15-11:15a.m. \$39.00

Yoga - Chair

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

SSLC

63947 Mon Apr 25-May 30 11:45a.m.-12:45p.m. \$32.50

63960 Wed Apr 27-Jun 1 11:45a.m.-12:45p.m. \$39.00

Zumba Gold

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

SSLC

63955 Tue Apr 26-May 31 10:30-11:30a.m. \$39.00

63965 Thu Apr 28-Jun 2 10:30-11:30a.m. \$39.00

ZONE BOARD & COMMUNITY ASSOCIATION PROGRAMS

There are many community programs listed in this guide. These programs offer something for people of all ages, interests and abilities. The community programs listed in the following pages are offered by Community Associations, Zone Boards and their affiliates. These are not City of Regina programs.

HOW TO REGISTER FOR COMMUNITY PROGRAMS

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

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

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

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