

## 2026 Winter/Spring Text-Only Leisure Guide

### Registration Information

#### **Regina residents:**

**Tuesday, August 9**

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

#### **Non-residents:**

**Tuesday, August 16**

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

3 Ways to register:

### Online Registration

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

**Make sure you create your online account before registration day!**

### Call 306-777-PLAY (7529)

#### **PlayLine operating hours:**

Monday – Friday: 9 a.m.–8 p.m.

Saturday – Sunday: 9 a.m.–7 p.m.

Statutory holidays: 1:30–3:30 p.m.

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

### Visit a Facility

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

#### **Payment Methods**

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

Occasionally programs and information in this publication are incorrect or subject to change due to unforeseen events or to accommodate an event.

Visit [Regina.ca](http://Regina.ca) or call 306-777-PLAY (7529) for the most up-to-date information.

### Program Cancellations, Withdrawals, Transfers and Late Registrations

#### Cancellations

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

#### Withdrawals

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

#### Transfers

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

#### Late Registrations

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

### Multipurpose Recreational Facilities

#### Neil Balkwill Civic Arts Centre

2420 Elphinstone St.  
306-777-PLAY (7529)  
[balkwillcentre@regina.ca](mailto:balkwillcentre@regina.ca)

##### Facility hours:

Monday – Thursday: 8:30 a.m. - 5 p.m. and 6:30 - 10 p.m.  
Friday – Saturday: 8:30 a.m. - 5 p.m.  
Sunday: 12:30 - 5 p.m.

#### North West Leisure Centre

1127 Arnason St.  
306-777-PLAY (7529)

##### Facility hours:

Monday – Thursday: 8 a.m. - 9:30 p.m.  
Friday: 8 a.m. - 8:30 p.m.  
Saturday – Sunday: 9 a.m. - 8:30 p.m.

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Stat Holidays: 12 - 6 p.m.

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

### **Sandra Schmirler Leisure Centre**

3130 East Woodhams Dr.  
306-777-PLAY (7529)

#### **Facility hours:**

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

- Main pool ranging in depth from .45 to 3 metres
- Pool slides
- Umbrella rain tree
- 1-metre diving board
- Overhead lift available for access into pool
- Chair lift access into all bodies of water
- All-gender/family change room with overhead sling lift and plinth changing table
- Large whirlpool and co-ed dry sauna
- Strength and conditioning area
- Activity room

### **Sportplex**

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

#### **Facility hours:**

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

### **Fieldhouse**

- Impact-absorbing synthetic floor
- Six lane 200-metre oval track
- Four tennis courts

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- Five badminton courts
- Two classrooms
- Wheelchair accessible strength and conditioning area
- All-gender/family change room with overhead lift and plinth changing table

### Lawson Aquatic Centre

- Eight lane 65-metre pool, 28°C
- Chair lift into tot pool and main pool
- Warm toddler pool, 30°C
- Men's and women's dry sauna
- Strength and conditioning area
- 1 and 3-metre diving boards
- 5, 7.5 and 10-metre diving towers
- Whirlpool
- Outdoor suntanning area
- All-gender/family change room with overhead sling lift and plinth changing table

### Drop-in Fitness

#### Drop-in activities and fitness

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

### Admission Prices (plus applicable taxes)

Prices in effect January 1 to December 31, 2026

#### Single admissions

Adult (19-64)	\$7.50
Senior (65+)	\$5.86
Youth (13-18)	\$5.16
Child (2-12)	\$3.52
Family*	\$14.99

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

#### Bulk Admissions (10)

	Base Price
Adult (19-64)	\$67.49
Senior (65+)	\$52.70
Youth (13-18)	\$46.43

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

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

<b>Leisure Passes</b>	One Month	Three Month	Six Month	One Year
Adult (19-64)	\$60.93	\$164.52	\$310.76	\$548.40
Senior (65+)	\$45.70	\$123.39	\$233.05	\$411.28
Youth (13-18)	\$36.56	\$98.70	\$186.44	\$329.00
Child (2-12)	\$27.42	\$74.05	\$139.87	\$246.82
Family*	\$118.82	\$320.82	\$605.99	\$1069.38

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

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### Swimming Lessons

#### Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

### Preschool Aquatics – Lifesaving Swim for Life

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

#### Parent & Tot 1

#### 4–12 months

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

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

#### LAC

81855	Mon	Jan 5-Mar 16	4:55-5:25 p.m.	\$74.50
81987	Sun	Jan 11-Mar 22	9:30-10 a.m.	\$59.60
81989	Mon	Mar 23-Jun 1	4:55-5:25 p.m.	\$67.05
81990	Sun	Apr 19-Jun 7	10:40-11:10 a.m.	\$52.15

#### NWLC

81442	Mon	Jan 5-Mar 16	2:15-2:45 p.m.	\$74.50
81443	Mon	Jan 5-Mar 16	5:10-5:40 p.m.	\$74.50
81492	Tue	Jan 6-Mar 17	4:35-5:05 p.m.	\$74.50
81491	Tue	Jan 6-Mar 17	5:05-5:35 p.m.	\$74.50
81519	Wed	Jan 7-Mar 18	9-9:30 a.m.	\$74.50
81590	Thu	Jan 8-Mar 19	4:35-5:05 p.m.	\$74.50
81645	Sat	Jan 10-Mar 21	12:05-12:35 p.m.	\$74.50
81691	Sun	Jan 11-Mar 22	10:50-11:20 a.m.	\$74.50
81732	Mon	Mar 23-Jun 1	4:35-5:05 p.m.	\$67.05
81721	Mon	Mar 23-Jun 1	5:05-5:35 p.m.	\$67.05
81780	Tue	Mar 24-Jun 2	2:15-2:45 p.m.	\$74.50
81808	Wed	Mar 25-Jun 3	4:35-5:05 p.m.	\$74.50
81956	Sun	Mar 29-May 31	11:15-11:45 a.m.	\$59.60

#### SSLC

81353	Mon	Jan 5-Mar 16	10:45-11:15 a.m.	\$74.50
81352	Mon	Jan 5-Mar 16	4:35-5:05 p.m.	\$74.50
81391	Tue	Jan 6-Mar 17	10:10-10:40 a.m.	\$74.50
81545	Wed	Jan 7-Mar 18	11:40 a.m.-12:10 p.m.	\$74.50
81858	Sat	Jan 10-Mar 21	9:45-10:15 a.m.	\$74.50

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82101	Sun	Jan 11-Mar 22	10:30-11 a.m.	\$74.50
82369	Mon	Mar 23-Jun 1	10:45-11:15 a.m.	\$67.05
82368	Mon	Mar 23-Jun 1	4:35-5:05 p.m.	\$67.05
82291	Wed	Mar 25-Jun 3	11:40 a.m.-12:10 p.m.	\$74.50
82295	Thu	Mar 26-Jun 4	10:10-10:40 a.m.	\$74.50
82553	Sat	Mar 28-Jun 6	10:30-11 a.m.	\$67.05
82485	Sun	Mar 29-May 31	9:45-10:15 a.m.	\$59.60

### Parent & Tot 2 12–24 months

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

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

#### LAC

81993	Tue	Jan 6-Mar 17	6:05-6:35 p.m.	\$74.50
81994	Sat	Jan 10-Mar 21	10:50-11:20 a.m.	\$59.60
81995	Sun	Jan 11-Mar 22	12:15-12:45 p.m.	\$59.60
81991	Mon	Mar 23-Jun 1	5:30-6 p.m.	\$67.05
82001	Sat	Apr 18-Jun 6	10:15-10:45 a.m.	\$52.15
81992	Sun	Apr 19-Jun 7	9:30-10 a.m.	\$52.15

#### NWLC

81444	Mon	Jan 5-Mar 16	5:45-6:15pm p.m.	\$74.50
81493	Tue	Jan 6-Mar 17	2:20-2:50 p.m.	\$74.50
81520	Wed	Jan 7-Mar 18	4:05-4:35 p.m.	\$74.50
81591	Thu	Jan 8-Mar 19	9-9:30 a.m.	\$74.50
81646	Sat	Jan 10-Mar 21	11:15-11:45 a.m.	\$74.50
81722	Mon	Mar 23-Jun 1	5:40-6:10 p.m.	\$67.05
81781	Tue	Mar 24-Jun 2	2:50-3:20 p.m.	\$74.50
81782	Tue	Mar 24-Jun 2	5:10-5:40 p.m.	\$74.50
81809	Wed	Mar 25-Jun 3	9-9:30 a.m.	\$74.50
81837	Thu	Mar 26-Jun 4	4:05-4:35 p.m.	\$74.50
81925	Sat	Mar 28-Jun 6	10:50-11:20 a.m.	\$67.05
81957	Sun	Mar 29-May 31	12:05-12:35 p.m.	\$59.60

#### SSLC

81354	Mon	Jan 5-Mar 16	5:15-5:45 p.m.	\$74.50
81393	Tue	Jan 6-Mar 17	5:30-6 p.m.	\$74.50
81464	Wed	Jan 7-Mar 18	11:10-11:40 a.m.	\$74.50
81463	Wed	Jan 7-Mar 18	5:30-6 p.m.	\$74.50
81550	Thu	Jan 8-Mar 19	5:55-6:25 p.m.	\$74.50
81744	Fri	Jan 9-Mar 20	4-4:30 p.m.	\$74.50
81859	Sat	Jan 10-Mar 21	10:25-10:55 a.m.	\$74.50
81860	Sat	Jan 10-Mar 21	12:45-1:15 p.m.	\$74.50
82102	Sun	Jan 11-Mar 22	9:40-10:10 a.m.	\$74.50
82370	Mon	Mar 23-Jun 1	5:15-5:45 p.m.	\$67.05
82227	Tue	Mar 24-Jun 2	5:55-6:25 p.m.	\$74.50

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82292	Wed	Mar 25-Jun 3	11:10-11:40 a.m.	\$74.50
82263	Wed	Mar 25-Jun 3	4-4:30 p.m.	\$74.50
82296	Thu	Mar 26-Jun 4	5:30-6 p.m.	\$74.50
82437	Fri	Mar 27-Jun 5	5:30-6 p.m.	\$67.05
82554	Sat	Mar 28-Jun 6	9:40-10:10 a.m.	\$67.05
82486	Sun	Mar 29-May 31	10:25-10:55 a.m.	\$59.60
82487	Sun	Mar 29-May 31	12:45-1:15 p.m.	\$59.60

### Parent & Tot 3 24–36 months

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

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

#### LAC

81996	Mon	Jan 5-Mar 16	5:30-6 p.m.	\$74.50
81997	Sat	Jan 10-Mar 21	10:15-10:45 a.m.	\$59.60
81998	Sun	Jan 11-Mar 22	10:40-11:10 a.m.	\$59.60
81999	Tue	Mar 24-Jun 2	6:15-6:45 p.m.	\$74.50
82000	Sat	Apr 18-Jun 6	10:50-11:20 a.m.	\$52.15
82002	Sun	Apr 19-Jun 7	12:15-12:45 p.m.	\$52.15

#### NWLC

81445	Mon	Jan 5-Mar 16	2:50-3:20 p.m.	\$74.50
81446	Mon	Jan 5-Mar 16	4:35-5:05 p.m.	\$74.50
81494	Tue	Jan 6-Mar 17	5:40-6:10 p.m.	\$74.50
81592	Thu	Jan 8-Mar 19	11-11:30 a.m.	\$74.50
81593	Thu	Jan 8-Mar 19	5:45-6:15 p.m.	\$74.50
81618	Fri	Jan 9-Mar 20	5:10-5:40 p.m.	\$74.50
81619	Fri	Jan 9-Mar 20	5:50-6:20 p.m.	\$74.50
81647	Sat	Jan 10-Mar 21	9:15-9:45 a.m.	\$74.50
81648	Sat	Jan 10-Mar 21	9:35-10:05 a.m.	\$74.50
81679	Sat	Jan 10-Mar 21	11:50 a.m.-12:20 p.m.	\$74.50
81693	Sun	Jan 11-Mar 22	11:35 a.m.-12:05 p.m.	\$74.50
81692	Sun	Jan 11-Mar 22	12:35-1:05 p.m.	\$74.50
81723	Mon	Mar 23-Jun 1	2:20-2:50 p.m.	\$67.05
81783	Tue	Mar 24-Jun 2	4:35-5:05 p.m.	\$74.50
81810	Wed	Mar 25-Jun 3	11-11:30 a.m.	\$74.50
81811	Wed	Mar 25-Jun 3	5:45-6:15 p.m.	\$74.50
81838	Thu	Mar 26-Jun 4	9-9:30 a.m.	\$74.50
81907	Fri	Mar 27-Jun 5	5:10-5:40 p.m.	\$67.05
81955	Sat	Mar 28-Jun 6	11:45 a.m.-12:15 p.m.	\$67.05
81926	Sat	Mar 28-Jun 6	12:05-12:35 p.m.	\$67.05
81927	Sat	Mar 28-Jun 6	12:35-1:05 p.m.	\$67.05
81958	Sun	Mar 29-May 31	9:35-10:05 a.m.	\$59.60
81959	Sun	Mar 29-May 31	11:50 a.m.-12:20 p.m.	\$59.60



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### SSLC

81357	Mon	Jan 5-Mar 16	10:05-10:35 a.m.	\$74.50
81355	Mon	Jan 5-Mar 16	4:10-4:40 p.m.	\$74.50
81356	Mon	Jan 5-Mar 16	5:45-6:15 p.m.	\$74.50
81395	Tue	Jan 6-Mar 17	10:40-11:10 a.m.	\$74.50
81394	Tue	Jan 6-Mar 17	4:45-5:15 p.m.	\$74.50
81465	Wed	Jan 7-Mar 18	4-4:30 p.m.	\$74.50
81466	Wed	Jan 7-Mar 18	5:55-6:25 p.m.	\$74.50
81552	Thu	Jan 8-Mar 19	11:10-11:40 a.m.	\$74.50
81551	Thu	Jan 8-Mar 19	4:10-4:40 p.m.	\$74.50
81745	Fri	Jan 9-Mar 20	5:25-5:55 p.m.	\$74.50
82075	Sat	Jan 10-Mar 21	9:10-9:40 a.m.	\$74.50
81861	Sat	Jan 10-Mar 21	11:40 a.m.-12:10 p.m.	\$74.50
81862	Sat	Jan 10-Mar 21	1:30-2 p.m.	\$74.50
82103	Sun	Jan 11-Mar 22	9:10-9:40 a.m.	\$74.50
82104	Sun	Jan 11-Mar 22	11:30 a.m.-12 p.m.	\$74.50
82373	Mon	Mar 23-Jun 1	10:05-10:35 a.m.	\$67.05
82371	Mon	Mar 23-Jun 1	4:10-4:40 p.m.	\$67.05
82372	Mon	Mar 23-Jun 1	5:45-6:15 p.m.	\$67.05
82229	Tue	Mar 24-Jun 2	11:10-11:40 a.m.	\$74.50
82228	Tue	Mar 24-Jun 2	4:10-4:40 p.m.	\$74.50
82264	Wed	Mar 25-Jun 3	5:25-5:55 p.m.	\$74.50
82298	Thu	Mar 26-Jun 4	10:40-11:10 a.m.	\$74.50
82297	Thu	Mar 26-Jun 4	4:45-5:15 p.m.	\$74.50
82438	Fri	Mar 27-Jun 5	4-4:30 p.m.	\$67.05
82439	Fri	Mar 27-Jun 5	5:55-6:25 p.m.	\$67.05
82555	Sat	Mar 28-Jun 6	9:10-9:40 a.m.	\$67.05
82556	Sat	Mar 28-Jun 6	11:30 a.m.-12 p.m.	\$67.05
82616	Sat	Mar 28-Jun 6	1:30-2 p.m.	\$67.05
82489	Sun	Mar 29-May 31	9:10-9:40 a.m.	\$59.60
82488	Sun	Mar 29-May 31	11:40 a.m.-12:10 p.m.	\$59.60

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

### Preschool 1                      3–5 years

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

\*Swimmers should be comfortable entering and moving around the water without parent assistance.

### LAC

82003	Mon	Jan 5-Mar 16	6:15-6:45 p.m.	\$74.50
82004	Wed	Jan 7-Mar 18	6:25-6:55 p.m.	\$74.50

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82005	Thu	Jan 8-Mar 19	6:15-6:45 p.m.	\$67.05
82006	Sat	Jan 10-Mar 21	11:25-11:55 a.m.	\$59.60
82007	Sun	Jan 11-Mar 22	11:15-11:45 a.m.	\$59.60
82008	Mon	Mar 23-Jun 1	6:15-6:45 p.m.	\$67.05
82010	Wed	Mar 25-Jun 3	5:30-6 p.m.	\$74.50
82009	Wed	Mar 25-Jun 3	6:25-6:55 p.m.	\$74.50
82011	Thu	Mar 26-Jun 4	6:15-6:45 p.m.	\$74.50
82012	Sat	Apr 18-Jun 6	11:25-11:55 a.m.	\$52.15
82015	Sun	Apr 19-Jun 7	11:15-11:45 a.m.	\$52.15

### NWLC

81447	Mon	Jan 5-Mar 16	1:35-2:05 p.m.	\$74.50
81448	Mon	Jan 5-Mar 16	4-4:30 p.m.	\$74.50
81449	Mon	Jan 5-Mar 16	5:15-5:45 p.m.	\$74.50
81450	Mon	Jan 5-Mar 16	5:55-6:25 p.m.	\$74.50
81495	Tue	Jan 6-Mar 17	12:50-1:20 p.m.	\$74.50
81496	Tue	Jan 6-Mar 17	3-3:30 p.m.	\$74.50
81498	Tue	Jan 6-Mar 17	5:10-5:40 p.m.	\$74.50
81497	Tue	Jan 6-Mar 17	5:15-5:45 p.m.	\$74.50
81521	Wed	Jan 7-Mar 18	5:50-6:20 p.m.	\$74.50
81595	Thu	Jan 8-Mar 19	4:05-4:35 p.m.	\$74.50
81594	Thu	Jan 8-Mar 19	5:10-5:40 p.m.	\$74.50
81620	Fri	Jan 9-Mar 20	4:40-5:10 p.m.	\$74.50
81649	Sat	Jan 10-Mar 21	9-9:30 a.m.	\$74.50
81650	Sat	Jan 10-Mar 21	9:50-10:20 a.m.	\$74.50
81695	Sun	Jan 11-Mar 22	10:15-10:45 a.m.	\$74.50
81694	Sun	Jan 11-Mar 22	10:10-10:40 a.m.	\$74.50
81735	Mon	Mar 23-Jun 1	12:50-1:20 p.m.	\$67.05
81733	Mon	Mar 23-Jun 1	3-3:30 p.m.	\$67.05
81734	Mon	Mar 23-Jun 1	5:15-5:45 p.m.	\$67.05
81724	Mon	Mar 23-Jun 1	5:45-6:15 p.m.	\$67.05
81784	Tue	Mar 24-Jun 2	1:35-2:05 p.m.	\$74.50
81785	Tue	Mar 24-Jun 2	4-4:30 p.m.	\$74.50
81787	Tue	Mar 24-Jun 2	5:15-5:45 p.m.	\$74.50
81786	Tue	Mar 24-Jun 2	5:55-6:25 p.m.	\$74.50
81813	Wed	Mar 25-Jun 3	4:05-4:35 p.m.	\$74.50
81812	Wed	Mar 25-Jun 3	5:10-5:40 p.m.	\$74.50
81839	Thu	Mar 26-Jun 4	5:50-6:20 p.m.	\$74.50
81908	Fri	Mar 27-Jun 5	4:40-5:10 p.m.	\$67.05
81929	Sat	Mar 28-Jun 6	9:40-10:10 a.m.	\$67.05
81930	Sat	Mar 28-Jun 6	10:10-10:40 a.m.	\$67.05
81928	Sat	Mar 28-Jun 6	10:15-10:45 a.m.	\$67.05
81962	Sun	Mar 29-May 31	9:50-10:20 a.m.	\$59.60
81961	Sun	Mar 29-May 31	10:45-11:15 a.m.	\$59.60
81960	Sun	Mar 29-May 31	1-1:30 p.m.	\$59.60

## 2026 Winter/Spring Text-Only Leisure Guide

### SSLC

81361	Mon	Jan 5-Mar 16	10:10-10:40 a.m.	\$74.50
81360	Mon	Jan 5-Mar 16	11:15-11:45 a.m.	\$74.50
81358	Mon	Jan 5-Mar 16	4:05-4:35 p.m.	\$74.50
81359	Mon	Jan 5-Mar 16	4:55-5:25 p.m.	\$74.50
81396	Tue	Jan 6-Mar 17	5:10-5:40 p.m.	\$74.50
81397	Tue	Jan 6-Mar 17	4:10-4:40 p.m.	\$74.50
81398	Tue	Jan 6-Mar 17	11:15-11:45 a.m.	\$74.50
81467	Wed	Jan 7-Mar 18	4:35-5:05 p.m.	\$74.50
81468	Wed	Jan 7-Mar 18	6-6:30 p.m.	\$74.50
81469	Wed	Jan 7-Mar 18	11:45 a.m.-12:15 p.m.	\$74.50
81553	Thu	Jan 8-Mar 19	4:05-4:35 p.m.	\$74.50
81554	Thu	Jan 8-Mar 19	5:30-6 p.m.	\$74.50
81555	Thu	Jan 8-Mar 19	11:45 a.m.-12:15 p.m.	\$74.50
81746	Fri	Jan 9-Mar 20	5:10-5:40 p.m.	\$74.50
81747	Fri	Jan 9-Mar 20	4:10-4:40 p.m.	\$74.50
81863	Sat	Jan 10-Mar 21	9-9:30 a.m.	\$74.50
81864	Sat	Jan 10-Mar 21	1-1:30 p.m.	\$74.50
81865	Sat	Jan 10-Mar 21	12:15-12:45 p.m.	\$74.50
81866	Sat	Jan 10-Mar 21	2:05-2:35 p.m.	\$74.50
81867	Sat	Jan 10-Mar 21	1:35-2:05 p.m.	\$74.50
82105	Sun	Jan 11-Mar 22	12:50-1:20 p.m.	\$74.50
82106	Sun	Jan 11-Mar 22	10-10:30 a.m.	\$74.50
82107	Sun	Jan 11-Mar 22	10:50-11:20 a.m.	\$74.50
82108	Sun	Jan 11-Mar 22	9:05-9:35 a.m.	\$74.50
82109	Sun	Jan 11-Mar 22	5:35-6:05 p.m.	\$74.50
82377	Mon	Mar 23-Jun 1	10:10-10:40 a.m.	\$67.05
82376	Mon	Mar 23-Jun 1	11:15-11:45 a.m.	\$67.05
82374	Mon	Mar 23-Jun 1	4:05-4:35 p.m.	\$67.05
82375	Mon	Mar 23-Jun 1	4:55-5:25 p.m.	\$67.05
82230	Tue	Mar 24-Jun 2	4:05-4:35 p.m.	\$74.50
82231	Tue	Mar 24-Jun 2	5:30-6 p.m.	\$74.50
82232	Tue	Mar 24-Jun 2	11:45 a.m.-12:15 p.m.	\$74.50
82265	Wed	Mar 25-Jun 3	5:10-5:40 p.m.	\$74.50
82266	Wed	Mar 25-Jun 3	4:10-4:40 p.m.	\$74.50
82293	Wed	Mar 25-Jun 3	11:45 a.m.-12:15 p.m.	\$74.50
82299	Thu	Mar 26-Jun 4	5:10-5:40 p.m.	\$74.50
82300	Thu	Mar 26-Jun 4	4:10-4:40 p.m.	\$74.50
82301	Thu	Mar 26-Jun 4	11:15-11:45 a.m.	\$74.50
82440	Fri	Mar 27-Jun 5	4:35-5:05 p.m.	\$67.05
82441	Fri	Mar 27-Jun 5	6-6:30 p.m.	\$67.05
82560	Sat	Mar 28-Jun 6	9:05-9:35 a.m.	\$67.05
82558	Sat	Mar 28-Jun 6	10-10:30 a.m.	\$67.05
82559	Sat	Mar 28-Jun 6	10:50-11:20 a.m.	\$67.05
82557	Sat	Mar 28-Jun 6	12:50-1:20 p.m.	\$67.05
82618	Sat	Mar 28-Jun 6	1:35-2:05 p.m.	\$67.05
82617	Sat	Mar 28-Jun 6	2:05-2:35 p.m.	\$67.05
82490	Sun	Mar 29-May 31	9-9:30 a.m.	\$59.60

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82492	Sun	Mar 29-May 31	12:15-12:45 p.m.	\$59.60
82491	Sun	Mar 29-May 31	1-1:30 p.m.	\$59.60
82542	Sun	Mar 29-Jun 7	5:35-6:05 p.m.	\$67.05

### Preschool 2                      3–5 years

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

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

#### LAC

82017	Tue	Jan 6-Mar 17	5:30-6 p.m.	\$74.50
82016	Tue	Jan 6-Mar 17	6:40-7:10 p.m.	\$74.50
82018	Wed	Jan 7-Mar 18	5:30-6 p.m.	\$74.50
82019	Thu	Jan 8-Mar 19	6:50-7:20 p.m.	\$67.05
82020	Sat	Jan 10-Mar 21	9:30-10 a.m.	\$59.60
82021	Sun	Jan 11-Mar 22	11:30 a.m.-12 p.m.	\$59.60
82024	Tue	Mar 24-Jun 2	5:30-6 p.m.	\$74.50
82023	Tue	Mar 24-Jun 2	6:50-7:20 p.m.	\$74.50
82025	Thu	Mar 26-Jun 4	5:30-6 p.m.	\$74.50
82026	Sat	Apr 18-Jun 6	9:30-10 a.m.	\$52.15
82027	Sun	Apr 19-Jun 7	10:15-10:45 a.m.	\$52.15

#### NWLC

81451	Mon	Jan 5-Mar 16	1-1:30 p.m.	\$74.50
81452	Mon	Jan 5-Mar 16	5:50-6:20 p.m.	\$74.50
81499	Tue	Jan 6-Mar 17	1:30-2 p.m.	\$74.50
81500	Tue	Jan 6-Mar 17	5:50-6:20 p.m.	\$74.50
81522	Wed	Jan 7-Mar 18	4:35-5:05 p.m.	\$74.50
81548	Wed	Jan 7-Mar 18	5:40-6:10 p.m.	\$74.50
81596	Thu	Jan 8-Mar 19	9:35-10:05 a.m.	\$74.50
81597	Thu	Jan 8-Mar 19	5:10-5:40 p.m.	\$74.50
81598	Thu	Jan 8-Mar 19	6-6:30 p.m.	\$74.50
81621	Fri	Jan 9-Mar 20	4:35-5:05 p.m.	\$74.50
81623	Fri	Jan 9-Mar 20	5:15-5:45 p.m.	\$74.50
81622	Fri	Jan 9-Mar 20	5:45-6:15 p.m.	\$74.50
81651	Sat	Jan 10-Mar 21	11:30 a.m.-12 p.m.	\$74.50
81652	Sat	Jan 10-Mar 21	12:50-1:20 p.m.	\$74.50
81696	Sun	Jan 11-Mar 22	9-9:30 a.m.	\$74.50
81698	Sun	Jan 11-Mar 22	11-11:30 a.m.	\$74.50

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81697	Sun	Jan 11-Mar 22	11:30 a.m.-12 p.m.	\$74.50
81725	Mon	Mar 23-Jun 1	1:30-2 p.m.	\$67.05
81736	Mon	Mar 23-Jun 1	5:50-6:20 p.m.	\$67.05
81788	Tue	Mar 24-Jun 2	1-1:30 p.m.	\$74.50
81789	Tue	Mar 24-Jun 2	5:50-6:20 p.m.	\$74.50
81815	Wed	Mar 25-Jun 3	9:35-10:05 a.m.	\$74.50
81816	Wed	Mar 25-Jun 3	5:10-5:40 p.m.	\$74.50
81814	Wed	Mar 25-Jun 3	6-6:30 p.m.	\$74.50
81840	Thu	Mar 26-Jun 4	4:35-5:05 p.m.	\$74.50
81911	Fri	Mar 27-Jun 5	4:35-5:05 p.m.	\$67.05
81909	Fri	Mar 27-Jun 5	5:15-5:45 p.m.	\$67.05
81910	Fri	Mar 27-Jun 5	5:45-6:15 p.m.	\$67.05
81931	Sat	Mar 28-Jun 6	9-9:30 a.m.	\$67.05
81932	Sat	Mar 28-Jun 6	11:10-11:40 a.m.	\$67.05
81963	Sun	Mar 29-May 31	9-9:30 a.m.	\$59.60
81964	Sun	Mar 29-May 31	11:30 a.m.-12 p.m.	\$59.60

### SSLC

81365	Mon	Jan 5-Mar 16	10:40-11:10 a.m.	\$74.50
81363	Mon	Jan 5-Mar 16	4:35-5:05 p.m.	\$74.50
81364	Mon	Jan 5-Mar 16	5:50-6:20 p.m.	\$74.50
81362	Mon	Jan 5-Mar 16	6:25-6:55 p.m.	\$74.50
81401	Tue	Jan 6-Mar 17	10:05-10:35 a.m.	\$74.50
81402	Tue	Jan 6-Mar 17	11:20-11:50 a.m.	\$74.50
81400	Tue	Jan 6-Mar 17	4:45-5:15 p.m.	\$74.50
81399	Tue	Jan 6-Mar 17	6-6:30 p.m.	\$74.50
81472	Wed	Jan 7-Mar 18	11:05-11:35 a.m.	\$74.50
81470	Wed	Jan 7-Mar 18	4:10-4:40 p.m.	\$74.50
81471	Wed	Jan 7-Mar 18	4:55-5:25 p.m.	\$74.50
81558	Thu	Jan 8-Mar 19	11:05-11:35 a.m.	\$74.50
81557	Thu	Jan 8-Mar 19	4:45-5:15 p.m.	\$74.50
81556	Thu	Jan 8-Mar 19	6-6:30 p.m.	\$74.50
81749	Fri	Jan 9-Mar 20	4:40-5:10 p.m.	\$74.50
81748	Fri	Jan 9-Mar 20	6:05-6:35 p.m.	\$74.50
81869	Sat	Jan 10-Mar 21	9:35-10:05 a.m.	\$74.50
81868	Sat	Jan 10-Mar 21	12:05-12:35 p.m.	\$74.50
81870	Sat	Jan 10-Mar 21	2:50-3:20 p.m.	\$74.50
82110	Sun	Jan 11-Mar 22	9:35-10:05 a.m.	\$74.50
82111	Sun	Jan 11-Mar 22	12:20-12:50 p.m.	\$74.50
82112	Sun	Jan 11-Mar 22	6:10-6:40 p.m.	\$74.50
82381	Mon	Mar 23-Jun 1	10:40-11:10 a.m.	\$67.05
82379	Mon	Mar 23-Jun 1	4:35-5:05 p.m.	\$67.05
82380	Mon	Mar 23-Jun 1	5:50-6:20 p.m.	\$67.05
82378	Mon	Mar 23-Jun 1	6:25-6:55 p.m.	\$67.05
82235	Tue	Mar 24-Jun 2	11:05-11:35 a.m.	\$74.50
82234	Tue	Mar 24-Jun 2	4:45-5:15 p.m.	\$74.50
82233	Tue	Mar 24-Jun 2	6-6:30 p.m.	\$74.50

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82294	Wed	Mar 25-Jun 3	11:05-11:35 a.m.	\$74.50
82268	Wed	Mar 25-Jun 3	4:40-5:10 p.m.	\$74.50
82267	Wed	Mar 25-Jun 3	6:05-6:35 p.m.	\$74.50
82304	Thu	Mar 26-Jun 4	10:05-10:35 a.m.	\$74.50
82305	Thu	Mar 26-Jun 4	11:20-11:50 a.m.	\$74.50
82303	Thu	Mar 26-Jun 4	4:45-5:15 p.m.	\$74.50
82302	Thu	Mar 26-Jun 4	6-6:30 p.m.	\$74.50
82442	Fri	Mar 27-Jun 5	4:10-4:40 p.m.	\$67.05
82443	Fri	Mar 27-Jun 5	4:55-5:25 p.m.	\$67.05
82561	Sat	Mar 28-Jun 6	9:35-10:05 a.m.	\$67.05
82562	Sat	Mar 28-Jun 6	12:20-12:50 p.m.	\$67.05
82619	Sat	Mar 28-Jun 6	2:50-3:20 p.m.	\$67.05
82494	Sun	Mar 29-May 31	9:35-10:05 a.m.	\$59.60
82493	Sun	Mar 29-May 31	12:05-12:35 p.m.	\$59.60
82543	Sun	Mar 29-Jun 7	6:10-6:40 p.m.	\$67.05

### Preschool 3

### 3–5 years

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

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

### LAC

82028	Mon	Jan 5-Mar 16	6:05-6:35 p.m.	\$74.50
82029	Tue	Jan 6-Mar 17	6:15-6:45 p.m.	\$74.50
82030	Wed	Jan 7-Mar 18	5:30-6 p.m.	\$74.50
82031	Wed	Jan 7-Mar 18	7-7:30 p.m.	\$74.50
82032	Thu	Jan 8-Mar 19	5:30-6 p.m.	\$67.05
82060	Sat	Jan 10-Mar 21	11:25-11:55 a.m.	\$59.60
82064	Tue	Mar 24-Jun 2	6:50-7:20 p.m.	\$74.50
82066	Wed	Mar 25-Jun 3	6:15-6:45 p.m.	\$74.50
82068	Thu	Mar 26-Jun 4	6:50-7:20 p.m.	\$74.50
82070	Sat	Apr 18-Jun 6	11:25-11:55 a.m.	\$52.15
82215	Sun	Apr 19-Jun 7	10:05-10:35 a.m.	\$52.15

### NWLC

81453	Mon	Jan 5-Mar 16	4:40-5:10 p.m.	\$74.50
81502	Tue	Jan 6-Mar 17	4-4:30 p.m.	\$74.50
81501	Tue	Jan 6-Mar 17	4:30-5 p.m.	\$74.50
81503	Tue	Jan 6-Mar 17	4:40-5:10 p.m.	\$74.50
81524	Wed	Jan 7-Mar 18	9:35-10:05 a.m.	\$74.50
81523	Wed	Jan 7-Mar 18	5:05-5:35 p.m.	\$74.50
81599	Thu	Jan 8-Mar 19	10:25-10:55 a.m.	\$74.50

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81600	Thu	Jan 8-Mar 19	4-4:30 p.m.	\$74.50
81601	Thu	Jan 8-Mar 19	4:35-5:05 p.m.	\$74.50
81624	Fri	Jan 9-Mar 20	4:05-4:35 p.m.	\$74.50
81653	Sat	Jan 10-Mar 21	10:25-10:55 a.m.	\$74.50
81654	Sat	Jan 10-Mar 21	12:55-1:25 p.m.	\$74.50
81699	Sun	Jan 11-Mar 22	9-9:30 a.m.	\$74.50
81700	Sun	Jan 11-Mar 22	9:40-10:10 a.m.	\$74.50
81738	Mon	Mar 23-Jun 1	4-4:30 p.m.	\$67.05
81726	Mon	Mar 23-Jun 1	4:30-5 p.m.	\$67.05
81737	Mon	Mar 23-Jun 1	5:10-5:40 p.m.	\$67.05
81790	Tue	Mar 24-Jun 2	4:40-5:10 p.m.	\$74.50
81817	Wed	Mar 25-Jun 3	10:25-10:55 a.m.	\$74.50
81818	Wed	Mar 25-Jun 3	4-4:30 p.m.	\$74.50
81841	Thu	Mar 26-Jun 4	9:35-10:05 a.m.	\$74.50
81842	Thu	Mar 26-Jun 4	5:05-5:35 p.m.	\$74.50
81912	Fri	Mar 27-Jun 5	4:05-4:35 p.m.	\$67.05
81933	Sat	Mar 28-Jun 6	9:05-9:35 a.m.	\$67.05
81965	Sun	Mar 29-May 31	10:25-10:55 a.m.	\$59.60
81966	Sun	Mar 29-May 31	12:55-1:25 p.m.	\$59.60

### SSLC

81368	Mon	Jan 5-Mar 16	11:20-11:50 a.m.	\$74.50
81367	Mon	Jan 5-Mar 16	4-4:30 p.m.	\$74.50
81366	Mon	Jan 5-Mar 16	7-7:30 p.m.	\$74.50
81404	Tue	Jan 6-Mar 17	10:45-11:15 a.m.	\$74.50
81405	Tue	Jan 6-Mar 17	5:20-5:50 p.m.	\$74.50
81403	Tue	Jan 6-Mar 17	5:25-5:55 p.m.	\$74.50
81474	Wed	Jan 7-Mar 18	4:45-5:15 p.m.	\$74.50
81560	Thu	Jan 8-Mar 19	11:40 a.m.-12:10 p.m.	\$74.50
81559	Thu	Jan 8-Mar 19	4-4:30 p.m.	\$74.50
81751	Fri	Jan 9-Mar 20	4:05-4:35 p.m.	\$74.50
81750	Fri	Jan 9-Mar 20	5:30-6 p.m.	\$74.50
81872	Sat	Jan 10-Mar 21	10:20-10:50 a.m.	\$74.50
81871	Sat	Jan 10-Mar 21	12:25-12:55 p.m.	\$74.50
81874	Sat	Jan 10-Mar 21	2:15-2:45 p.m.	\$74.50
81873	Sat	Jan 10-Mar 21	2:45-3:15 p.m.	\$74.50
82113	Sun	Jan 11-Mar 22	11:05-11:35 a.m.	\$74.50
82114	Sun	Jan 11-Mar 22	6:10-6:40 p.m.	\$74.50
82384	Mon	Mar 23-Jun 1	11:20-11:50 a.m.	\$67.05
82383	Mon	Mar 23-Jun 1	4-4:30 p.m.	\$67.05
82382	Mon	Mar 23-Jun 1	7-7:30 p.m.	\$67.05
82237	Tue	Mar 24-Jun 2	11:40 a.m.-12:10 p.m.	\$74.50
82236	Tue	Mar 24-Jun 2	4-4:30 p.m.	\$74.50
82270	Wed	Mar 25-Jun 3	4:05-4:35 p.m.	\$74.50
82269	Wed	Mar 25-Jun 3	5:30-6 p.m.	\$74.50
82307	Thu	Mar 26-Jun 4	10:45-11:15 a.m.	\$74.50
82308	Thu	Mar 26-Jun 4	5:20-5:50 p.m.	\$74.50
82306	Thu	Mar 26-Jun 4	5:25-5:55 p.m.	\$74.50

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82444	Fri	Mar 27-Jun 5	4:45-5:15 p.m.	\$67.05
82563	Sat	Mar 28-Jun 6	11:05-11:35 a.m.	\$67.05
82621	Sat	Mar 28-Jun 6	2:15-2:45 p.m.	\$67.05
82620	Sat	Mar 28-Jun 6	2:45-3:15 p.m.	\$67.05
82496	Sun	Mar 29-May 31	10:20-10:50 a.m.	\$59.60
82495	Sun	Mar 29-May 31	12:25-12:55 p.m.	\$59.60
82544	Sun	Mar 29-Jun 7	6:10-6:40 p.m.	\$67.05

### Preschool 4                      3–5 years

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

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

#### LAC

82073	Mon	Jan 5-Mar 16	5:30-6 p.m.	\$74.50
82074	Tue	Jan 6-Mar 17	6:50-7:20 p.m.	\$74.50
82076	Wed	Jan 7-Mar 18	2:50-3:20 p.m.	\$74.50
82078	Thu	Jan 8-Mar 19	6:05-6:35 p.m.	\$67.05
82093	Sat	Jan 10-Mar 21	12:35-1:05 p.m.	\$59.60
82094	Mon	Mar 23-Jun 1	6:05-6:35 p.m.	\$67.05
82095	Mon	Mar 23-Jun 1	6:50-7:20 p.m.	\$67.05
82096	Wed	Mar 25-Jun 3	5:30-6 p.m.	\$74.50
82097	Wed	Mar 25-Jun 3	7-7:30 p.m.	\$74.50
82098	Thu	Mar 26-Jun 4	7-7:30 p.m.	\$74.50
82148	Sat	Apr 18-Jun 6	9:30-10 a.m.	\$52.15
82149	Sat	Apr 18-Jun 6	12:35-1:05 p.m.	\$52.15

#### NWLC

81454	Mon	Jan 5-Mar 16	4-4:30 p.m.	\$74.50
81525	Wed	Jan 7-Mar 18	4-4:30 p.m.	\$74.50
81655	Sat	Jan 10-Mar 21	10:55-11:25 a.m.	\$74.50
81656	Sat	Jan 10-Mar 21	12:20-12:50 p.m.	\$74.50
81791	Tue	Mar 24-Jun 2	4-4:30 p.m.	\$74.50
81843	Thu	Mar 26-Jun 4	4:35-5:05 p.m.	\$74.50
81913	Fri	Mar 27-Jun 5	5:05-5:35 p.m.	\$67.05
81967	Sun	Mar 29-May 31	10:55-11:25 a.m.	\$59.60
81968	Sun	Mar 29-May 31	12:20-12:50 p.m.	\$59.60

#### SSLC

81369	Mon	Jan 5-Mar 16	5:10-5:40 p.m.	\$74.50
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81388	Mon	Jan 5-Mar 16	7-7:30 p.m.	\$74.50
81406	Tue	Jan 6-Mar 17	4:05-4:35 p.m.	\$74.50
81561	Thu	Jan 8-Mar 19	5:30-6 p.m.	\$74.50
81752	Fri	Jan 9-Mar 20	4-4:30 p.m.	\$74.50
81876	Sat	Jan 10-Mar 21	12:50-1:20 p.m.	\$74.50
82115	Sun	Jan 11-Mar 22	11:55 a.m.-12:25 p.m.	\$74.50
82116	Sun	Jan 11-Mar 22	5:40-6:10 p.m.	\$74.50
82385	Mon	Mar 23-Jun 1	5:10-5:40 p.m.	\$67.05
82386	Mon	Mar 23-Jun 1	7-7:30 p.m.	\$67.05
82238	Tue	Mar 24-Jun 2	5:30-6 p.m.	\$74.50
82271	Wed	Mar 25-Jun 3	4-4:30 p.m.	\$74.50
82309	Thu	Mar 26-Jun 4	4:05-4:35 p.m.	\$74.50
82564	Sat	Mar 28-Jun 6	11:55 a.m.-12:25 p.m.	\$67.05
82497	Sun	Mar 29-May 31	12:50-1:20 p.m.	\$59.60
82545	Sun	Mar 29-Jun 7	5:40-6:10 p.m.	\$67.05

### Preschool 5                      3–5 years

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

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

#### LAC

82162	Mon	Jan 5-Mar 16	6:50-7:20 p.m.	\$74.50
82165	Wed	Jan 7-Mar 18	2:15-2:45 p.m.	\$74.50
82169	Wed	Jan 7-Mar 18	6:15-6:45 p.m.	\$74.50
82171	Sat	Jan 10-Mar 21	9:30-10 a.m.	\$59.60
82172	Sun	Jan 11-Mar 22	10:15-10:45 a.m.	\$59.60
82173	Mon	Mar 23-Jun 1	5:30-6 p.m.	\$67.05
82174	Tue	Mar 24-Jun 2	6:15-6:45 p.m.	\$74.50
82175	Wed	Mar 25-Jun 3	2:50-3:20 p.m.	\$74.50
82176	Sun	Apr 19-Jun 7	11:30 a.m.-12 p.m.	\$52.15

#### NWLC

81603	Thu	Jan 8-Mar 19	5:15-5:45 p.m.	\$74.50
81602	Thu	Jan 8-Mar 19	5:45-6:15 p.m.	\$74.50
81658	Sat	Jan 10-Mar 21	10:15-10:45 a.m.	\$74.50
81657	Sat	Jan 10-Mar 21	1-1:30 p.m.	\$74.50
81701	Sun	Jan 11-Mar 22	9:35-10:05 a.m.	\$74.50
81727	Mon	Mar 23-Jun 1	4:40-5:10 p.m.	\$67.05
81819	Wed	Mar 25-Jun 3	5:45-6:15 p.m.	\$74.50
81934	Sat	Mar 28-Jun 6	9:35-10:05 a.m.	\$67.05

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81970	Sun	Mar 29-May 31	10:15-10:45 a.m.	\$59.60
81969	Sun	Mar 29-May 31	1-1:30 p.m.	\$59.60

### SSLC

81753	Fri	Jan 9-Mar 20	6-6:30 p.m.	\$74.50
82092	Sat	Jan 10-Mar 21	9:45-10:15 a.m.	\$74.50
81877	Sat	Jan 10-Mar 21	10:55-11:25 a.m.	\$74.50
82117	Sun	Jan 11-Mar 22	12:55-1:25 p.m.	\$74.50
82118	Sun	Jan 11-Mar 22	6:50-7:20 p.m.	\$74.50
82272	Wed	Mar 25-Jun 3	6-6:30 p.m.	\$74.50
82565	Sat	Mar 28-Jun 6	12:55-1:25 p.m.	\$67.05
82499	Sun	Mar 29-May 31	9:45-10:15 a.m.	\$59.60
82498	Sun	Mar 29-May 31	10:55-11:25 a.m.	\$59.60
82546	Sun	Mar 29-Jun 7	6:50-7:20 p.m.	\$67.05

## Child Aquatics – Lifesaving Swim for Life

### Swimmer 1 5–12 years

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

### LAC

82179	Mon	Jan 5-Mar 16	5:30-6 p.m.	\$74.50
82180	Mon	Jan 5-Mar 16	6:50-7:20 p.m.	\$74.50
82181	Tue	Jan 6-Mar 17	6:15-6:45 p.m.	\$74.50
82191	Wed	Jan 7-Mar 18	1:30-2 p.m.	\$74.50
82194	Wed	Jan 7-Mar 18	5:30-6 p.m.	\$74.50
82192	Wed	Jan 7-Mar 18	7-7:30 p.m.	\$74.50
82195	Thu	Jan 8-Mar 19	7-7:30 p.m.	\$67.05
82196	Sat	Jan 10-Mar 21	10:05-10:35 a.m.	\$59.60
82197	Sat	Jan 10-Mar 21	10:50-11:20 a.m.	\$59.60
82198	Sat	Jan 10-Mar 21	12-12:30 p.m.	\$59.60
82199	Sat	Jan 10-Mar 21	1:30-2 p.m.	\$59.60
82201	Sun	Jan 11-Mar 22	10:05-10:35 a.m.	\$59.60
82200	Sun	Jan 11-Mar 22	10:50-11:20 a.m.	\$59.60
82202	Mon	Mar 23-Jun 1	7-7:30 p.m.	\$67.05
82203	Tue	Mar 24-Jun 2	6:15-6:45 p.m.	\$74.50
82204	Wed	Mar 25-Jun 3	2:15-2:45 p.m.	\$74.50
82206	Wed	Mar 25-Jun 3	5:30-6 p.m.	\$74.50
82205	Wed	Mar 25-Jun 3	7-7:30 p.m.	\$74.50
82207	Thu	Mar 26-Jun 4	6:50-7:20 p.m.	\$74.50
82208	Sat	Apr 18-Jun 6	10:05-10:35 a.m.	\$52.15
82210	Sat	Apr 18-Jun 6	12:35-1:05 p.m.	\$52.15
82211	Sat	Apr 18-Jun 6	1:30-2 p.m.	\$52.15
82213	Sun	Apr 19-Jun 7	10:05-10:35 a.m.	\$52.15
82212	Sun	Apr 19-Jun 7	10:50-11:20 a.m.	\$52.15

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### NWLC

81455	Mon	Jan 5-Mar 16	4:35-5:05 p.m.	\$74.50
81456	Mon	Jan 5-Mar 16	5:10-5:40 p.m.	\$74.50
81504	Tue	Jan 6-Mar 17	4-4:30 p.m.	\$74.50
81505	Tue	Jan 6-Mar 17	5:45-6:15 p.m.	\$74.50
81528	Wed	Jan 7-Mar 18	4:35-5:05 p.m.	\$74.50
81526	Wed	Jan 7-Mar 18	4:40-5:10 p.m.	\$74.50
81527	Wed	Jan 7-Mar 18	5:15-5:45 p.m.	\$74.50
81604	Thu	Jan 8-Mar 19	4-4:30 p.m.	\$74.50
81605	Thu	Jan 8-Mar 19	4:40-5:10 p.m.	\$74.50
81625	Fri	Jan 9-Mar 20	5:45-6:15 p.m.	\$74.50
81659	Sat	Jan 10-Mar 21	9:35-10:05 a.m.	\$74.50
81661	Sat	Jan 10-Mar 21	10:10-10:40 a.m.	\$74.50
81660	Sat	Jan 10-Mar 21	12:15-12:45 p.m.	\$74.50
81662	Sat	Jan 10-Mar 21	12:25-12:55 p.m.	\$74.50
81704	Sun	Jan 11-Mar 22	9:05-9:35 a.m.	\$74.50
81702	Sun	Jan 11-Mar 22	10:45-11:15 a.m.	\$74.50
81705	Sun	Jan 11-Mar 22	10:55-11:25 a.m.	\$74.50
81703	Sun	Jan 11-Mar 22	12-12:30 p.m.	\$74.50
81706	Sun	Jan 11-Mar 22	12:05-12:35 p.m.	\$74.50
81707	Sun	Jan 11-Mar 22	12:30-1pm	\$74.50
81728	Mon	Mar 23-Jun 1	4-4:30 p.m.	\$67.05
81792	Tue	Mar 24-Jun 2	4:35-5:05 p.m.	\$74.50
81793	Tue	Mar 24-Jun 2	5:45-6:15 p.m.	\$74.50
81820	Wed	Mar 25-Jun 3	4-4:30 p.m.	\$74.50
81821	Wed	Mar 25-Jun 3	4:40-5:10 p.m.	\$74.50
81822	Wed	Mar 25-Jun 3	5:15-5:45 p.m.	\$74.50
81846	Thu	Mar 26-Jun 4	4-4:30 p.m.	\$74.50
81844	Thu	Mar 26-Jun 4	4:40-5:10 p.m.	\$74.50
81845	Thu	Mar 26-Jun 4	5:15-5:45 p.m.	\$74.50
81914	Fri	Mar 27-Jun 5	5:45-6:15 p.m.	\$67.05
81915	Fri	Mar 27-Jun 5	5:50-6:20 p.m.	\$67.05
81935	Sat	Mar 28-Jun 6	10:45-11:15 a.m.	\$67.05
81936	Sat	Mar 28-Jun 6	10:55-11:25 a.m.	\$67.05
81937	Sat	Mar 28-Jun 6	12:30-1pm	\$67.05
81938	Sat	Mar 28-Jun 6	1-1:30 p.m.	\$67.05
81971	Sun	Mar 29-May 31	9:35-10:05 a.m.	\$59.60
81972	Sun	Mar 29-May 31	10:10-10:40 a.m.	\$59.60
81974	Sun	Mar 29-May 31	11:45 a.m.-12:15 p.m.	\$59.60
81973	Sun	Mar 29-May 31	12:25-12:55 p.m.	\$59.60

### SSLC

81370	Mon	Jan 5-Mar 16	4:40-5:10 p.m.	\$74.50
81372	Mon	Jan 5-Mar 16	5:10-5:40 p.m.	\$74.50
81371	Mon	Jan 5-Mar 16	5:45-6:15 p.m.	\$74.50
81373	Mon	Jan 5-Mar 16	6:25-6:55 p.m.	\$74.50

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81408	Tue	Jan 6-Mar 17	4:35-5:05 p.m.	\$74.50
81409	Tue	Jan 6-Mar 17	6-6:30 p.m.	\$74.50
81475	Wed	Jan 7-Mar 18	4:05-4:35 p.m.	\$74.50
81476	Wed	Jan 7-Mar 18	4:50-5:20 p.m.	\$74.50
81563	Thu	Jan 8-Mar 19	4:45-5:15 p.m.	\$74.50
81562	Thu	Jan 8-Mar 19	5:20-5:50 p.m.	\$74.50
81756	Fri	Jan 9-Mar 20	4:05-4:35 p.m.	\$74.50
81754	Fri	Jan 9-Mar 20	4:35-5:05 p.m.	\$74.50
81755	Fri	Jan 9-Mar 20	5:55-6:25 p.m.	\$74.50
81878	Sat	Jan 10-Mar 21	9:05-9:35 a.m.	\$74.50
81879	Sat	Jan 10-Mar 21	10:40-11:10 a.m.	\$74.50
81880	Sat	Jan 10-Mar 21	11:05-11:35 a.m.	\$74.50
82072	Sat	Jan 10-Mar 21	12:10-12:40 p.m.	\$74.50
81881	Sat	Jan 10-Mar 21	12:40-1:10 p.m.	\$74.50
81883	Sat	Jan 10-Mar 21	1:40-2:10 p.m.	\$74.50
81882	Sat	Jan 10-Mar 21	2:10-2:40 p.m.	\$74.50
81884	Sat	Jan 10-Mar 21	2:40-3:10 p.m.	\$74.50
82122	Sun	Jan 11-Mar 22	9-9:30 a.m.	\$74.50
82123	Sun	Jan 11-Mar 22	10:15-10:45 a.m.	\$74.50
82119	Sun	Jan 11-Mar 22	11:45 a.m.-12:15 p.m.	\$74.50
82120	Sun	Jan 11-Mar 22	12:30-1pm	\$74.50
82121	Sun	Jan 11-Mar 22	6:15-6:45 p.m.	\$74.50
82218	Sun	Jan 11-Mar 22	6:45-7:15 p.m.	\$74.50
82387	Mon	Mar 23-Jun 1	4:40-5:10 p.m.	\$67.05
82389	Mon	Mar 23-Jun 1	5:10-5:40 p.m.	\$67.05
82388	Mon	Mar 23-Jun 1	5:45-6:15 p.m.	\$67.05
82390	Mon	Mar 23-Jun 1	6:25-6:55 p.m.	\$67.05
82240	Tue	Mar 24-Jun 2	4:45-5:15 p.m.	\$74.50
82239	Tue	Mar 24-Jun 2	5:20-5:50 p.m.	\$74.50
82275	Wed	Mar 25-Jun 3	4:05-4:35 p.m.	\$74.50
82273	Wed	Mar 25-Jun 3	4:35-5:05 p.m.	\$74.50
82274	Wed	Mar 25-Jun 3	5:55-6:25 p.m.	\$74.50
82310	Thu	Mar 26-Jun 4	4:35-5:05 p.m.	\$74.50
82311	Thu	Mar 26-Jun 4	6-6:30 p.m.	\$74.50
82445	Fri	Mar 27-Jun 5	4:05-4:35 p.m.	\$67.05
82446	Fri	Mar 27-Jun 5	4:50-5:20 p.m.	\$67.05
82568	Sat	Mar 28-Jun 6	9-9:30 a.m.	\$67.05
82569	Sat	Mar 28-Jun 6	10:15-10:45 a.m.	\$67.05
82566	Sat	Mar 28-Jun 6	11:45 a.m.-12:15 p.m.	\$67.05
82567	Sat	Mar 28-Jun 6	12:30-1pm	\$67.05
82623	Sat	Mar 28-Jun 6	1:40-2:10 p.m.	\$67.05
82622	Sat	Mar 28-Jun 6	2:10-2:40 p.m.	\$67.05
82624	Sat	Mar 28-Jun 6	2:40-3:10 p.m.	\$67.05
82500	Sun	Mar 29-May 31	9:05-9:35 a.m.	\$59.60
82501	Sun	Mar 29-May 31	10:40-11:10 a.m.	\$59.60
82502	Sun	Mar 29-May 31	11:05-11:35 a.m.	\$59.60
82504	Sun	Mar 29-May 31	12:10-12:40 p.m.	\$59.60
82503	Sun	Mar 29-May 31	12:40-1:10 p.m.	\$59.60
82547	Sun	Mar 29-Jun 7	6:15-6:45 p.m.	\$67.05

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82548 Sun Mar 29-Jun 7 6:45-7:15 p.m. \$67.05

### Youth Swimmer 1 8–14 years

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

#### LAC

82532 Tue Mar 24-Jun 2 6:50-7:20 p.m. \$74.50

#### NWLC

81668 Sat Jan 10-Mar 21 11:45 a.m.-12:15 p.m. \$74.50

81981 Sun Mar 29-May 31 9:05-9:35 a.m. \$59.60

### Swimmer 2 5–12 years

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

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

#### LAC

82328 Mon Jan 5-Mar 16 7-7:30 p.m. \$74.50

82329 Tue Jan 6-Mar 17 6:05-6:35 p.m. \$74.50

82330 Wed Jan 7-Mar 18 5:30-6 p.m. \$74.50

82331 Wed Jan 7-Mar 18 6:50-7:20 p.m. \$74.50

82333 Thu Jan 8-Mar 19 5:30-6 p.m. \$67.05

82332 Thu Jan 8-Mar 19 6:50-7:20 p.m. \$67.05

82334 Sat Jan 10-Mar 21 10:05-10:35 a.m. \$59.60

82335 Sat Jan 10-Mar 21 11:25-11:55 a.m. \$59.60

82336 Sat Jan 10-Mar 21 12:35-1:05 p.m. \$59.60

82337 Sun Jan 11-Mar 22 10:05-10:35 a.m. \$59.60

82338 Sun Jan 11-Mar 22 11-11:30 a.m. \$59.60

82339 Mon Mar 23-Jun 1 5:30-6 p.m. \$67.05

82340 Mon Mar 23-Jun 1 6:40-7:10 p.m. \$67.05

82341 Tue Mar 24-Jun 2 6:05-6:35 p.m. \$74.50

82342 Wed Mar 25-Jun 3 1:30-2 p.m. \$74.50

82343 Wed Mar 25-Jun 3 5:30-6 p.m. \$74.50

82344 Wed Mar 25-Jun 3 6:50-7:20 p.m. \$74.50

82346 Thu Mar 26-Jun 4 5:30-6 p.m. \$74.50

82345 Thu Mar 26-Jun 4 6:50-7:20 p.m. \$74.50

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82348	Sat	Apr 18-Jun 6	10:05-10:35 a.m.	\$52.15
82347	Sat	Apr 18-Jun 6	10:50-11:20 a.m.	\$52.15
82349	Sat	Apr 18-Jun 6	11:25-11:55 a.m.	\$52.15
82350	Sat	Apr 18-Jun 6	12-12:30 p.m.	\$52.15
82351	Sun	Apr 19-Jun 7	11-11:30 a.m.	\$52.15

### NWLC

81457	Mon	Jan 5-Mar 16	4:05-4:35 p.m.	\$74.50
81507	Tue	Jan 6-Mar 17	4:05-4:35 p.m.	\$74.50
81506	Tue	Jan 6-Mar 17	5:10-5:40 p.m.	\$74.50
81530	Wed	Jan 7-Mar 18	4-4:30 p.m.	\$74.50
81531	Wed	Jan 7-Mar 18	5:10-5:40 p.m.	\$74.50
81532	Wed	Jan 7-Mar 18	5:45-6:15 p.m.	\$74.50
81606	Thu	Jan 8-Mar 19	5:10-5:40 p.m.	\$74.50
81626	Fri	Jan 9-Mar 20	4-4:30 p.m.	\$74.50
81627	Fri	Jan 9-Mar 20	4:35-5:05 p.m.	\$74.50
81628	Fri	Jan 9-Mar 20	5:50-6:20 p.m.	\$74.50
81664	Sat	Jan 10-Mar 21	9:05-9:35 a.m.	\$74.50
81663	Sat	Jan 10-Mar 21	11-11:30 a.m.	\$74.50
81708	Sun	Jan 11-Mar 22	12:45-1:15 p.m.	\$74.50
81709	Sun	Jan 11-Mar 22	11:30 a.m.-12 p.m.	\$74.50
81729	Mon	Mar 23-Jun 1	4:05-4:35 p.m.	\$67.05
81739	Mon	Mar 23-Jun 1	5:10-5:40 p.m.	\$67.05
81794	Tue	Mar 24-Jun 2	4:05-4:35 p.m.	\$74.50
81824	Wed	Mar 25-Jun 3	4:35-5:05 p.m.	\$74.50
81823	Wed	Mar 25-Jun 3	5:10-5:40 p.m.	\$74.50
81847	Thu	Mar 26-Jun 4	4-4:30 p.m.	\$74.50
81848	Thu	Mar 26-Jun 4	5:10-5:40 p.m.	\$74.50
81849	Thu	Mar 26-Jun 4	5:45-6:15 p.m.	\$74.50
81916	Fri	Mar 27-Jun 5	4-4:30 p.m.	\$67.05
81918	Fri	Mar 27-Jun 5	4:35-5:05 p.m.	\$67.05
81917	Fri	Mar 27-Jun 5	5:40-6:10 p.m.	\$67.05
81939	Sat	Mar 28-Jun 6	9-9:30 a.m.	\$67.05
81941	Sat	Mar 28-Jun 6	10:20-10:50 a.m.	\$67.05
81940	Sat	Mar 28-Jun 6	11:30 a.m.-12 p.m.	\$67.05
81942	Sat	Mar 28-Jun 6	12:20-12:50 p.m.	\$67.05
81988	Sun	Mar 29-May 31	9:15-9:45 a.m.	\$59.60
81975	Sun	Mar 29-May 31	12:20-12:50 p.m.	\$59.60

### SSLC

81374	Mon	Jan 5-Mar 16	4:05-4:35 p.m.	\$74.50
81375	Mon	Jan 5-Mar 16	6:05-6:35 p.m.	\$74.50
81410	Tue	Jan 6-Mar 17	4:05-4:35 p.m.	\$74.50
81430	Tue	Jan 6-Mar 17	5:40-6:10 p.m.	\$74.50
81478	Wed	Jan 7-Mar 18	4:40-5:10 p.m.	\$74.50
81477	Wed	Jan 7-Mar 18	5:20-5:50 p.m.	\$74.50

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81564	Thu	Jan 8-Mar 19	4-4:30 p.m.	\$74.50
81565	Thu	Jan 8-Mar 19	4:40-5:10 p.m.	\$74.50
81566	Thu	Jan 8-Mar 19	6:05-6:35 p.m.	\$74.50
81757	Fri	Jan 9-Mar 20	4-4:30 p.m.	\$74.50
81758	Fri	Jan 9-Mar 20	4:55-5:25 p.m.	\$74.50
81760	Fri	Jan 9-Mar 20	5:15-5:45 p.m.	\$74.50
81759	Fri	Jan 9-Mar 20	6:05-6:35 p.m.	\$74.50
81887	Sat	Jan 10-Mar 21	9:10-9:40 a.m.	\$74.50
81885	Sat	Jan 10-Mar 21	10:10-10:40 a.m.	\$74.50
81886	Sat	Jan 10-Mar 21	11:35 a.m.-12:05 p.m.	\$74.50
82124	Sun	Jan 11-Mar 22	9:55-10:25 a.m.	\$74.50
82125	Sun	Jan 11-Mar 22	11:05-11:35 a.m.	\$74.50
82127	Sun	Jan 11-Mar 22	12:05-12:35 p.m.	\$74.50
82126	Sun	Jan 11-Mar 22	12:45-1:15 p.m.	\$74.50
82128	Sun	Jan 11-Mar 22	6:45-7:15 p.m.	\$74.50
82391	Mon	Mar 23-Jun 1	4:05-4:35 p.m.	\$67.05
82392	Mon	Mar 23-Jun 1	6:05-6:35 p.m.	\$67.05
82241	Tue	Mar 24-Jun 2	4-4:30 p.m.	\$74.50
82242	Tue	Mar 24-Jun 2	4:40-5:10 p.m.	\$74.50
82243	Tue	Mar 24-Jun 2	6:05-6:35 p.m.	\$74.50
82276	Wed	Mar 25-Jun 3	4-4:30 p.m.	\$74.50
82277	Wed	Mar 25-Jun 3	4:55-5:25 p.m.	\$74.50
82279	Wed	Mar 25-Jun 3	5:15-5:45 p.m.	\$74.50
82278	Wed	Mar 25-Jun 3	6:05-6:35 p.m.	\$74.50
82312	Thu	Mar 26-Jun 4	4:05-4:35 p.m.	\$74.50
82313	Thu	Mar 26-Jun 4	5:40-6:10 p.m.	\$74.50
82448	Fri	Mar 27-Jun 5	4:40-5:10 p.m.	\$67.05
82447	Fri	Mar 27-Jun 5	5:20-5:50 p.m.	\$67.05
82570	Sat	Mar 28-Jun 6	9:55-10:25 a.m.	\$67.05
82571	Sat	Mar 28-Jun 6	11:05-11:35 a.m.	\$67.05
82573	Sat	Mar 28-Jun 6	12:05-12:35 p.m.	\$67.05
82572	Sat	Mar 28-Jun 6	12:45-1:15 p.m.	\$67.05
82507	Sun	Mar 29-May 31	9:10-9:40 a.m.	\$59.60
82505	Sun	Mar 29-May 31	10:10-10:40 a.m.	\$59.60
82506	Sun	Mar 29-May 31	11:35 a.m.-12:05 p.m.	\$59.60
82549	Sun	Mar 29-Jun 7	6:45-7:15 p.m.	\$67.05

### Youth Swimmer 2

### 8–14 years

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

## 2026 Winter/Spring Text-Only Leisure Guide

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

### LAC

82533	Sat	Jan 10-Mar 21	11:15-11:45 a.m.	\$59.60
82534	Sat	Apr 18-Jun 6	11:15-11:45 a.m.	\$52.15

### NWLC

81459	Mon	Jan 5-Mar 16	5:10-5:40 p.m.	\$74.50
81535	Wed	Jan 7-Mar 18	5:10-5:40 p.m.	\$74.50
81797	Tue	Mar 24-Jun 2	5:10-5:40 p.m.	\$74.50
81853	Thu	Mar 26-Jun 4	5:40-6:10 p.m.	\$74.50

### Swimmer 3                      5–12 years

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

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

### LAC

82352	Mon	Jan 5-Mar 16	5:30-6 p.m.	\$74.50
82353	Mon	Jan 5-Mar 16	6:40-7:10 p.m.	\$74.50
82354	Tue	Jan 6-Mar 17	5:30-6 p.m.	\$74.50
82355	Tue	Jan 6-Mar 17	6:40-7:10 p.m.	\$74.50
82356	Wed	Jan 7-Mar 18	6:50-7:20 p.m.	\$74.50
82357	Thu	Jan 8-Mar 19	6:25-6:55 p.m.	\$67.05
82362	Sat	Jan 10-Mar 21	9:30-10 a.m.	\$59.60
82361	Sat	Jan 10-Mar 21	10:40-11:10 a.m.	\$59.60
82363	Sat	Jan 10-Mar 21	12-12:30 p.m.	\$59.60
82364	Sun	Jan 11-Mar 22	9:30-10 a.m.	\$59.60
82365	Sun	Jan 11-Mar 22	11:40 a.m.-12:10 p.m.	\$59.60
82366	Mon	Mar 23-Jun 1	5:40-6:10 p.m.	\$67.05
82403	Mon	Mar 23-Jun 1	6:05-6:35 p.m.	\$67.05
82404	Tue	Mar 24-Jun 2	5:40-6:10 p.m.	\$74.50
82405	Tue	Mar 24-Jun 2	6:40-7:10 p.m.	\$74.50
82406	Wed	Mar 25-Jun 3	6:50-7:20 p.m.	\$74.50
82407	Thu	Mar 26-Jun 4	6:15-6:45 p.m.	\$74.50
82409	Sat	Apr 18-Jun 6	9:30-10 a.m.	\$52.15
82408	Sat	Apr 18-Jun 6	10:40-11:10 a.m.	\$52.15
82410	Sat	Apr 18-Jun 6	12-12:30 p.m.	\$52.15
82411	Sun	Apr 19-Jun 7	9:30-10 a.m.	\$52.15
82412	Sun	Apr 19-Jun 7	11:40 a.m.-12:10 p.m.	\$52.15



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### NWLC

81458	Mon	Jan 5-Mar 16	4:35-5:05 p.m.	\$74.50
81508	Tue	Jan 6-Mar 17	4:35-5:05 p.m.	\$74.50
81534	Wed	Jan 7-Mar 18	4:30-5 p.m.	\$74.50
81533	Wed	Jan 7-Mar 18	5:55-6:25 p.m.	\$74.50
81607	Thu	Jan 8-Mar 19	4:35-5:05 p.m.	\$74.50
81667	Sat	Jan 10-Mar 21	9:40-10:10 a.m.	\$74.50
81666	Sat	Jan 10-Mar 21	11:40 a.m.-12:10 p.m.	\$74.50
81712	Sun	Jan 11-Mar 22	9:05-9:35 a.m.	\$74.50
81713	Sun	Jan 11-Mar 22	9:40-10:10 a.m.	\$74.50
81711	Sun	Jan 11-Mar 22	10:20-10:50 a.m.	\$74.50
81710	Sun	Jan 11-Mar 22	11:25-11:55 a.m.	\$74.50
81730	Mon	Mar 23-Jun 1	4:35-5:05 p.m.	\$67.05
81795	Tue	Mar 24-Jun 2	4:35-5:05 p.m.	\$74.50
81825	Wed	Mar 25-Jun 3	4:35-5:05 p.m.	\$74.50
81851	Thu	Mar 26-Jun 4	4:30-5 p.m.	\$74.50
81850	Thu	Mar 26-Jun 4	5:55-6:25 p.m.	\$74.50
81944	Sat	Mar 28-Jun 6	9:05-9:35 a.m.	\$67.05
81945	Sat	Mar 28-Jun 6	10:15-10:45 a.m.	\$67.05
81946	Sat	Mar 28-Jun 6	11:25-11:55 a.m.	\$67.05
81943	Sat	Mar 28-Jun 6	1-1:30 p.m.	\$67.05
81977	Sun	Mar 29-May 31	9:40-10:10 a.m.	\$59.60
81978	Sun	Mar 29-May 31	11-11:30 a.m.	\$59.60
81976	Sun	Mar 29-May 31	11:45 a.m.-12:15 p.m.	\$59.60

### SSLC

81386	Mon	Jan 5-Mar 16	4:40-5:10 p.m.	\$74.50
81387	Mon	Jan 5-Mar 16	5:15-5:45 p.m.	\$74.50
81377	Mon	Jan 5-Mar 16	5:30-6 p.m.	\$74.50
81411	Tue	Jan 6-Mar 17	4-4:30 p.m.	\$74.50
81413	Tue	Jan 6-Mar 17	4:40-5:10 p.m.	\$74.50
81412	Tue	Jan 6-Mar 17	5:20-5:50 p.m.	\$74.50
81414	Tue	Jan 6-Mar 17	5:55-6:25 p.m.	\$74.50
81480	Wed	Jan 7-Mar 18	5:10-5:40 p.m.	\$74.50
81544	Wed	Jan 7-Mar 18	5:25-5:55 p.m.	\$74.50
81481	Wed	Jan 7-Mar 18	5:50-6:20 p.m.	\$74.50
81543	Wed	Jan 7-Mar 18	5:55-6:25 p.m.	\$74.50
81567	Thu	Jan 8-Mar 19	4:10-4:40 p.m.	\$74.50
81568	Thu	Jan 8-Mar 19	5:20-5:50 p.m.	\$74.50
81741	Thu	Jan 8-Mar 19	6-6:30 p.m.	\$74.50
81762	Fri	Jan 9-Mar 20	4:35-5:05 p.m.	\$74.50
81761	Fri	Jan 9-Mar 20	5:20-5:50 p.m.	\$74.50
81763	Fri	Jan 9-Mar 20	6-6:30 p.m.	\$74.50
81889	Sat	Jan 10-Mar 21	9-9:30 a.m.	\$74.50
81888	Sat	Jan 10-Mar 21	9:35-10:05 a.m.	\$74.50

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82225	Sun	Jan 11-Mar 22	9:05-9:35 a.m.	\$74.50
82129	Sun	Jan 11-Mar 22	9:35-10:05 a.m.	\$74.50
82130	Sun	Jan 11-Mar 22	11:45 a.m.-12:15 p.m.	\$74.50
82131	Sun	Jan 11-Mar 22	5:35-6:05 p.m.	\$74.50
82394	Mon	Mar 23-Jun 1	4:40-5:10 p.m.	\$67.05
82395	Mon	Mar 23-Jun 1	5:15-5:45 p.m.	\$67.05
82393	Mon	Mar 23-Jun 1	5:30-6 p.m.	\$67.05
82244	Tue	Mar 24-Jun 2	4:10-4:40 p.m.	\$74.50
82245	Tue	Mar 24-Jun 2	5:20-5:50 p.m.	\$74.50
82246	Tue	Mar 24-Jun 2	6-6:30 p.m.	\$74.50
82281	Wed	Mar 25-Jun 3	4:35-5:05 p.m.	\$74.50
82280	Wed	Mar 25-Jun 3	5:20-5:50 p.m.	\$74.50
82282	Wed	Mar 25-Jun 3	6-6:30 p.m.	\$74.50
82314	Thu	Mar 26-Jun 4	4-4:30 p.m.	\$74.50
82316	Thu	Mar 26-Jun 4	4:40-5:10 p.m.	\$74.50
82315	Thu	Mar 26-Jun 4	5:20-5:50 p.m.	\$74.50
82317	Thu	Mar 26-Jun 4	5:55-6:25 p.m.	\$74.50
82449	Fri	Mar 27-Jun 5	5:10-5:40 p.m.	\$67.05
82452	Fri	Mar 27-Jun 5	5:25-5:55 p.m.	\$67.05
82450	Fri	Mar 27-Jun 5	5:50-6:20 p.m.	\$67.05
82451	Fri	Mar 27-Jun 5	5:55-6:25 p.m.	\$67.05
82576	Sat	Mar 28-Jun 6	9:05-9:35 a.m.	\$67.05
82574	Sat	Mar 28-Jun 6	9:35-10:05 a.m.	\$67.05
82575	Sat	Mar 28-Jun 6	11:45 a.m.-12:15 p.m.	\$67.05
82509	Sun	Mar 29-May 31	9-9:30 a.m.	\$59.60
82508	Sun	Mar 29-May 31	9:35-10:05 a.m.	\$59.60
82550	Sun	Mar 29-Jun 7	5:35-6:05 p.m.	\$67.05

### Youth Swimmer 3

### 8–14 years

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

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

#### LAC

82536	Tue	Jan 6-Mar 17	6:50-7:20 p.m.	\$74.50
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#### SSLC

82077	Sat	Jan 10-Mar 21	10:10-10:40 a.m.	\$74.50
82139	Sun	Jan 11-Mar 22	10:30-11 a.m.	\$74.50
82584	Sat	Mar 28-Jun 6	10:30-11 a.m.	\$67.05
82517	Sun	Mar 29-May 31	10:10-10:40 a.m.	\$59.60

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### Swimmer 4                      5–12 years

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

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

#### LAC

82413	Mon	Jan 5-Mar 16	5:30-6:10 p.m.	\$81.50
82414	Mon	Jan 5-Mar 16	6:05-6:45 p.m.	\$81.50
82415	Tue	Jan 6-Mar 17	5:30-6:10 p.m.	\$81.50
82416	Wed	Jan 7-Mar 18	5:30-6:10 p.m.	\$81.50
82417	Thu	Jan 8-Mar 19	6:40-7:20 p.m.	\$73.35
82418	Sat	Jan 10-Mar 21	10:40-11:20 a.m.	\$65.20
82419	Sat	Jan 10-Mar 21	12-12:40 p.m.	\$65.20
82420	Sun	Jan 11-Mar 22	9:30-10:10 a.m.	\$65.20
82421	Sun	Jan 11-Mar 22	11:35 a.m.-12:15 p.m.	\$65.20
82422	Mon	Mar 23-Jun 1	5:30-6:10 p.m.	\$73.35
82423	Mon	Mar 23-Jun 1	6:40-7:20 p.m.	\$73.35
82424	Tue	Mar 24-Jun 2	5:30-6:10 p.m.	\$81.50
82425	Wed	Mar 25-Jun 3	5:30-6:10 p.m.	\$81.50
82426	Thu	Mar 26-Jun 4	6:05-6:45 p.m.	\$81.50
82427	Sat	Apr 18-Jun 6	9:30-10:10 a.m.	\$57.05
82428	Sat	Apr 18-Jun 6	10:40-11:20 a.m.	\$57.05
82429	Sat	Apr 18-Jun 6	12:15-12:55 p.m.	\$57.05
82431	Sun	Apr 19-Jun 7	11:50 a.m.-12:30 p.m.	\$57.05
82430	Sun	Apr 19-Jun 7	12:20-1pm	\$57.05

#### NWLC

81509	Tue	Jan 6-Mar 17	5:45-6:25 p.m.	\$81.50
81629	Fri	Jan 9-Mar 20	5:05-5:45 p.m.	\$81.50
81716	Sun	Jan 11-Mar 22	9:35-10:15 a.m.	\$81.50
81715	Sun	Jan 11-Mar 22	12:50-1:30 p.m.	\$81.50
81796	Tue	Mar 24-Jun 2	5:10-5:50 p.m.	\$81.50
81852	Thu	Mar 26-Jun 4	5:10-5:50 p.m.	\$81.50
81947	Sat	Mar 28-Jun 6	9:35-10:15 a.m.	\$73.35
81948	Sat	Mar 28-Jun 6	12:40-1:20 p.m.	\$73.35
81980	Sun	Mar 29-May 31	10:10-10:50 a.m.	\$65.20

#### SSLC

81378	Mon	Jan 5-Mar 16	4:10-4:50 p.m.	\$81.50
81389	Mon	Jan 5-Mar 16	5:50-6:30 p.m.	\$81.50
81415	Tue	Jan 6-Mar 17	4:40-5:20 p.m.	\$81.50

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81416	Tue	Jan 6-Mar 17	5:55-6:35 p.m.	\$81.50
81482	Wed	Jan 7-Mar 18	4:05-4:45 p.m.	\$81.50
81541	Wed	Jan 7-Mar 18	5:10-5:50 p.m.	\$81.50
81569	Thu	Jan 8-Mar 19	4:35-5:15 p.m.	\$81.50
81570	Thu	Jan 8-Mar 19	5:50-6:30 p.m.	\$81.50
81765	Fri	Jan 9-Mar 20	4:35-5:15 p.m.	\$81.50
81766	Fri	Jan 9-Mar 20	5:15-5:55 p.m.	\$81.50
81890	Sat	Jan 10-Mar 21	10:20-11 a.m.	\$81.50
81891	Sat	Jan 10-Mar 21	12:50-1:30 p.m.	\$81.50
82133	Sun	Jan 11-Mar 22	9:15-9:55 a.m.	\$81.50
82134	Sun	Jan 11-Mar 22	11-11:40 a.m.	\$81.50
82132	Sun	Jan 11-Mar 22	12:05-12:45 p.m.	\$81.50
82396	Mon	Mar 23-Jun 1	4:10-4:50 p.m.	\$73.35
82397	Mon	Mar 23-Jun 1	5:50-6:30 p.m.	\$73.35
82247	Tue	Mar 24-Jun 2	4:35-5:15 p.m.	\$81.50
82248	Tue	Mar 24-Jun 2	5:50-6:30 p.m.	\$81.50
82283	Wed	Mar 25-Jun 3	4:35-5:15 p.m.	\$81.50
82284	Wed	Mar 25-Jun 3	5:15-5:55 p.m.	\$81.50
82318	Thu	Mar 26-Jun 4	4:40-5:20 p.m.	\$81.50
82319	Thu	Mar 26-Jun 4	5:55-6:35 p.m.	\$81.50
82453	Fri	Mar 27-Jun 5	4:05-4:45 p.m.	\$73.35
82454	Fri	Mar 27-Jun 5	5:10-5:50 p.m.	\$73.35
82578	Sat	Mar 28-Jun 6	9:15-9:55 a.m.	\$73.35
82579	Sat	Mar 28-Jun 6	11-11:40 a.m.	\$73.35
82577	Sat	Mar 28-Jun 6	12:05-12:45 p.m.	\$73.35
82510	Sun	Mar 29-May 31	10:20-11 a.m.	\$65.20
82511	Sun	Mar 29-May 31	12:50-1:30 p.m.	\$65.20

### **Swimmer 5                      5–12 years**

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

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

### **LAC**

82432	Mon	Jan 5-Mar 16	6:15-6:55 p.m.	\$81.50
82435	Tue	Jan 6-Mar 17	5:30-6:10 p.m.	\$81.50
82463	Wed	Jan 7-Mar 18	6:05-6:45 p.m.	\$81.50
82464	Thu	Jan 8-Mar 19	6:05-6:45 p.m.	\$73.35
82465	Sat	Jan 10-Mar 21	9:30-10:10 a.m.	\$65.20
82466	Sat	Jan 10-Mar 21	12:15-12:55 p.m.	\$65.20
82467	Sun	Jan 11-Mar 22	11:50 a.m.-12:30 p.m.	\$65.20
82468	Mon	Mar 23-Jun 1	5:30-6:10 p.m.	\$73.35
82469	Mon	Mar 23-Jun 1	6:15-6:55 p.m.	\$73.35

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82470	Wed	Mar 25-Jun 3	6:05-6:45 p.m.	\$81.50
82471	Thu	Mar 26-Jun 4	5:30-6:10 p.m.	\$81.50
82472	Sat	Apr 18-Jun 6	10:05-10:45 a.m.	\$57.05
82473	Sat	Apr 18-Jun 6	12:45-1:25 p.m.	\$57.05
82477	Sun	Apr 19-Jun 7	9:30-10:10 a.m.	\$57.05
82478	Sun	Apr 19-Jun 7	11:35 a.m.-12:15 p.m.	\$57.05

### SSLC

81390	Mon	Jan 5-Mar 16	4:05-4:45 p.m.	\$81.50
81417	Tue	Jan 6-Mar 17	5:15-5:55 p.m.	\$81.50
81483	Wed	Jan 7-Mar 18	4:45-5:25 p.m.	\$81.50
81574	Thu	Jan 8-Mar 19	4-4:40 p.m.	\$81.50
81572	Thu	Jan 8-Mar 19	5:15-5:55 p.m.	\$81.50
81573	Thu	Jan 8-Mar 19	5:55-6:35 p.m.	\$81.50
81767	Fri	Jan 9-Mar 20	4:40-5:20 p.m.	\$81.50
81894	Sat	Jan 10-Mar 21	9:40-10:20 a.m.	\$81.50
81893	Sat	Jan 10-Mar 21	11:20 a.m.-12 p.m.	\$81.50
81895	Sat	Jan 10-Mar 21	11:40 a.m.-12:20 p.m.	\$81.50
82135	Sun	Jan 11-Mar 22	10:15-10:55 a.m.	\$81.50
82136	Sun	Jan 11-Mar 22	11:50 a.m.-12:30 p.m.	\$81.50
82398	Mon	Mar 23-Jun 1	4:05-4:45 p.m.	\$73.35
82251	Tue	Mar 24-Jun 2	4-4:40 p.m.	\$81.50
82249	Tue	Mar 24-Jun 2	5:15-5:55 p.m.	\$81.50
82250	Tue	Mar 24-Jun 2	5:55-6:35 p.m.	\$81.50
82285	Wed	Mar 25-Jun 3	4:40-5:20 p.m.	\$81.50
82320	Thu	Mar 26-Jun 4	5:15-5:55 p.m.	\$81.50
82455	Fri	Mar 27-Jun 5	4:45-5:25 p.m.	\$73.35
82580	Sat	Mar 28-Jun 6	10:15-10:55 a.m.	\$73.35
82581	Sat	Mar 28-Jun 6	11:50 a.m.-12:30 p.m.	\$73.35
82513	Sun	Mar 29-May 31	9:40-10:20 a.m.	\$65.20
82512	Sun	Mar 29-May 31	11:20 a.m.-12 p.m.	\$65.20
82514	Sun	Mar 29-May 31	11:40 a.m.-12:20 p.m.	\$65.20

### Youth Swimmer 5

### 8-14 years

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

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

### SSLC

81547	Wed	Jan 7-Mar 18	4:10-4:50 p.m.	\$81.50
82458	Fri	Mar 27-Jun 5	4:10-4:50 p.m.	\$73.35

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### Swimmer 6

5–12 years

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

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

#### LAC

82480	Mon	Jan 5-Mar 16	5:30-6:10 p.m.	\$81.50
82481	Wed	Jan 7-Mar 18	6:05-6:45 p.m.	\$81.50
82482	Thu	Jan 8-Mar 19	5:30-6:10 p.m.	\$73.35
82525	Sat	Jan 10-Mar 21	10:05-10:45 a.m.	\$65.20
82526	Sat	Jan 10-Mar 21	12:45-1:25 p.m.	\$65.20
82527	Sun	Jan 11-Mar 22	12:20-1pm	\$65.20
82528	Tue	Mar 24-Jun 2	5:30-6:10 p.m.	\$81.50
82529	Wed	Mar 25-Jun 3	6:05-6:45 p.m.	\$81.50
82530	Thu	Mar 26-Jun 4	5:30-6:10 p.m.	\$81.50
82531	Sat	Apr 18-Jun 6	12-12:40 p.m.	\$57.05

#### SSLC

81380	Mon	Jan 5-Mar 16	4:45-5:25 p.m.	\$81.50
81418	Tue	Jan 6-Mar 17	4-4:40 p.m.	\$81.50
81485	Wed	Jan 7-Mar 18	4-4:40 p.m.	\$81.50
81484	Wed	Jan 7-Mar 18	5:45-6:25 p.m.	\$81.50
81576	Thu	Jan 8-Mar 19	4:45-5:25 p.m.	\$81.50
81768	Fri	Jan 9-Mar 20	5:50-6:30 p.m.	\$81.50
81897	Sat	Jan 10-Mar 21	9-9:40 a.m.	\$81.50
81896	Sat	Jan 10-Mar 21	12:45-1:25 p.m.	\$81.50
82137	Sun	Jan 11-Mar 22	9:45-10:25 a.m.	\$81.50
82138	Sun	Jan 11-Mar 22	12:30-1:10 p.m.	\$81.50
82399	Mon	Mar 23-Jun 1	4:45-5:25 p.m.	\$73.35
82252	Tue	Mar 24-Jun 2	4:45-5:25 p.m.	\$81.50
82286	Wed	Mar 25-Jun 3	5:50-6:30 p.m.	\$81.50
82321	Thu	Mar 26-Jun 4	4-4:40 p.m.	\$81.50
82457	Fri	Mar 27-Jun 5	4-4:40 p.m.	\$73.35
82456	Fri	Mar 27-Jun 5	5:45-6:25 p.m.	\$73.35
82582	Sat	Mar 28-Jun 6	9:45-10:25 a.m.	\$73.35
82583	Sat	Mar 28-Jun 6	12:30-1:10 p.m.	\$73.35
82516	Sun	Mar 29-May 31	9-9:40 a.m.	\$65.20
82515	Sun	Mar 29-May 31	12:45-1:25 p.m.	\$65.20

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

### Lifesaving Swim Patrol – Rookie Patrol

**8–14 years**

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

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

#### LAC

82625	Mon	Jan 5-Mar 16	6:05-6:55 p.m.	\$95.00
82626	Wed	Jan 7-Mar 18	6:05-6:55 p.m.	\$95.00
82627	Sat	Jan 10-Mar 21	1:10-2 p.m.	\$76.00
82628	Mon	Mar 23-Jun 1	6:15-7:05 p.m.	\$85.50
82629	Wed	Mar 25-Jun 3	5:30-6:20 p.m.	\$95.00
82630	Sat	Apr 18-Jun 6	1:10-2 p.m.	\$66.50

#### SSLC

81381	Mon	Jan 5-Mar 16	4:55-5:45 p.m.	\$95.00
81431	Tue	Jan 6-Mar 17	4-4:50 p.m.	\$95.00
81769	Fri	Jan 9-Mar 20	5:10-6 p.m.	\$95.00
81900	Sat	Jan 10-Mar 21	10:45-11:35 a.m.	\$95.00
82141	Sun	Jan 11-Mar 22	9-9:50 a.m.	\$95.00
82400	Mon	Mar 23-Jun 1	4:55-5:45 p.m.	\$85.50
82287	Wed	Mar 25-Jun 3	5:10-6 p.m.	\$95.00
82323	Thu	Mar 26-Jun 4	4-4:50 p.m.	\$95.00
82586	Sat	Mar 28-Jun 6	9-9:50 a.m.	\$85.50
82518	Sun	Mar 29-May 31	10:45-11:35 a.m.	\$76.00

### Lifesaving Swim Patrol – Ranger Patrol

**8–14 years**

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

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

#### LAC

82593	Mon	Jan 5-Mar 16	6:05-6:55 p.m.	\$95.00
82594	Sat	Jan 10-Mar 21	1:10-2 p.m.	\$76.00
82603	Sun	Jan 11-Mar 22	12:05-12:55 p.m.	\$76.00
82604	Mon	Mar 23-Jun 1	6:05-6:55 p.m.	\$85.50
82605	Sat	Apr 18-Jun 6	1-1:50 p.m.	\$66.50
82606	Sun	Apr 19-Jun 7	12:05-12:55 p.m.	\$66.50

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### SSLC

81419	Tue	Jan 6-Mar 17	4:45-5:35 p.m.	\$95.00
81742	Thu	Jan 8-Mar 19	4:05-4:55 p.m.	\$95.00
82140	Sun	Jan 11-Mar 22	11-11:50 a.m.	\$95.00
82253	Tue	Mar 24-Jun 2	4:05-4:55 p.m.	\$95.00
82322	Thu	Mar 26-Jun 4	4:45-5:35 p.m.	\$95.00
82585	Sat	Mar 28-Jun 6	11-11:50 a.m.	\$85.50

### Lifesaving Swim Patrol – Star Patrol

### 8–14 years

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

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

### LAC

82631	Wed	Jan 7-Mar 18	5:30-6:20 p.m.	\$95.00
82632	Sat	Jan 10-Mar 21	1-1:50 p.m.	\$76.00
82633	Wed	Mar 25-Jun 3	6:05-6:55 p.m.	\$95.00
82634	Sat	Apr 18-Jun 6	1:10-2 p.m.	\$66.50

### SSLC

81420	Tue	Jan 6-Mar 17	5:45-6:35 p.m.	\$95.00
81770	Fri	Jan 9-Mar 20	4-4:50 p.m.	\$95.00
82288	Wed	Mar 25-Jun 3	4-4:50 p.m.	\$95.00
82324	Thu	Mar 26-Jun 4	5:45-6:35 p.m.	\$95.00

## All Ages

### Private Lessons

### 6 years and up

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

### LAC

82648	Mon	Jan 5-Feb 2	7-7:30 p.m.	\$173.00
82655	Wed	Jan 7-Feb 4	6:50-7:20 p.m.	\$173.00
82654	Wed	Jan 7-Feb 4	7-7:30 p.m.	\$173.00
82657	Sun	Jan 11-Feb 8	10:25-10:55 a.m.	\$138.40
82656	Sun	Jan 11-Feb 8	10:40-11:10 a.m.	\$138.40
82649	Mon	Feb 9-Mar 16	7-7:30 p.m.	\$173.00
82659	Wed	Feb 11-Mar 18	6:50-7:20 p.m.	\$173.00



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82658	Wed	Feb 11-Mar 18	7-7:30 p.m.	\$173.00
82672	Sun	Feb 15-Mar 22	10:25-10:55 a.m.	\$138.40
82665	Sun	Feb 15-Mar 22	10:40-11:10 a.m.	\$138.40
82675	Mon	Mar 23-Apr 27	7-7:30 p.m.	\$173.00
82680	Wed	Mar 25-Apr 29	6:50-7:20 p.m.	\$173.00
82678	Wed	Mar 25-Apr 29	7-7:30 p.m.	\$173.00
82684	Sun	Apr 19-May 3	10:25-10:55 a.m.	\$103.80
82682	Sun	Apr 19-May 3	10:40-11:10 a.m.	\$103.80
82677	Mon	May 4-Jun 1	7-7:30 p.m.	\$138.40
82681	Wed	May 6-Jun 3	6:50-7:20 p.m.	\$173.00
82679	Wed	May 6-Jun 3	7-7:30 p.m.	\$173.00
82685	Sun	May 17-Jun 7	10:25-10:55 a.m.	\$138.40
82683	Sun	May 17-Jun 7	10:40-11:10 a.m.	\$138.40

### NWLC

81460	Mon	Jan 5-Feb 2	5:45-6:15 p.m.	\$173.00
81608	Thu	Jan 8-Feb 5	5:45-6:15 p.m.	\$173.00
81632	Fri	Jan 9-Feb 6	4-4:30 p.m.	\$173.00
81634	Fri	Jan 9-Feb 6	4:30-5 p.m.	\$173.00
81630	Fri	Jan 9-Feb 6	5:10-5:40 p.m.	\$173.00
81669	Sat	Jan 10-Feb 7	9-9:30 a.m.	\$173.00
81671	Sat	Jan 10-Feb 7	10:10-10:40 a.m.	\$173.00
81675	Sat	Jan 10-Feb 7	10:45-11:15 a.m.	\$173.00
81673	Sat	Jan 10-Feb 7	12:40-1:10 p.m.	\$173.00
81719	Sun	Jan 11-Feb 8	12:15-12:45 p.m.	\$173.00
81717	Sun	Jan 11-Feb 8	1-1:30 p.m.	\$173.00
82771	Sun	Jan 11-Feb 8	10:15-10:45 a.m.	\$173.00
81461	Mon	Feb 9-Mar 16	5:45-6:15 p.m.	\$173.00
81609	Thu	Feb 12-Mar 19	5:45-6:15 p.m.	\$173.00
81633	Fri	Feb 13-Mar 20	4-4:30 p.m.	\$173.00
81635	Fri	Feb 13-Mar 20	4:30-5 p.m.	\$173.00
81631	Fri	Feb 13-Mar 20	5:10-5:40 p.m.	\$173.00
81670	Sat	Feb 14-Mar 21	9-9:30 a.m.	\$173.00
81672	Sat	Feb 14-Mar 21	10:10-10:40 a.m.	\$173.00
81686	Sat	Feb 14-Mar 21	10:45-11:15 a.m.	\$173.00
81674	Sat	Feb 14-Mar 21	12:40-1:10 p.m.	\$173.00
81720	Sun	Feb 15-Mar 22	12:15-12:45 p.m.	\$173.00
81718	Sun	Feb 15-Mar 22	1-1:30 p.m.	\$173.00
82772	Sun	Feb 15-Mar 22	10:15-10:45 a.m.	\$173.00
81731	Mon	Mar 23-Apr 27	5:45-6:15 p.m.	\$173.00
81798	Tue	Mar 24-Apr 28	5:45-6:15 p.m.	\$173.00
81826	Wed	Mar 25-Apr 29	5:45-6:15 p.m.	\$173.00
81921	Fri	Mar 27-May 1	4-4:30 p.m.	\$138.40
81923	Fri	Mar 27-May 1	4:30-5 p.m.	\$138.40
81919	Fri	Mar 27-May 1	5:10-5:40 p.m.	\$138.40
81953	Sat	Mar 28-May 2	9:40-10:10 a.m.	\$138.40
81951	Sat	Mar 28-May 2	11:30 a.m.-12 p.m.	\$138.40
81949	Sat	Mar 28-May 2	12-12:30 p.m.	\$138.40

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81982	Sun	Mar 29-May 3	9-9:30 a.m.	\$138.40
81984	Sun	Mar 29-May 3	12:40-1:10 p.m.	\$138.40
81740	Mon	May 4-Jun 1	5:45-6:15 p.m.	\$138.40
81799	Tue	May 5-Jun 2	5:45-6:15 p.m.	\$173.00
81827	Wed	May 6-Jun 3	5:45-6:15 p.m.	\$173.00
81922	Fri	May 8-Jun 5	4-4:30 p.m.	\$173.00
81924	Fri	May 8-Jun 5	4:30-5 p.m.	\$173.00
81920	Fri	May 8-Jun 5	5:10-5:40 p.m.	\$173.00
81954	Sat	May 9-Jun 6	9:40-10:10 a.m.	\$173.00
81952	Sat	May 9-Jun 6	11:30 a.m.-12 p.m.	\$173.00
81950	Sat	May 9-Jun 6	12-12:30 p.m.	\$173.00
81983	Sun	May 10-May 31	9-9:30 a.m.	\$138.40
81985	Sun	May 10-May 31	12:40-1:10 p.m.	\$138.40

### SSLC

81383	Mon	Jan 5-Feb 2	4-4:30 p.m.	\$173.00
81382	Mon	Jan 5-Feb 2	5:50-6:20 p.m.	\$173.00
81421	Tue	Jan 6-Feb 3	4:10-4:40 p.m.	\$173.00
81422	Tue	Jan 6-Feb 3	4:55-5:25 p.m.	\$173.00
81423	Tue	Jan 6-Feb 3	6:05-6:35 p.m.	\$173.00
81487	Wed	Jan 7-Feb 4	4-4:30 p.m.	\$173.00
81486	Wed	Jan 7-Feb 4	4:35-5:05 p.m.	\$173.00
81489	Wed	Jan 7-Feb 4	5:15-5:45 p.m.	\$173.00
81488	Wed	Jan 7-Feb 4	6:05-6:35 p.m.	\$173.00
81577	Thu	Jan 8-Feb 5	4:35-5:05 p.m.	\$173.00
81580	Thu	Jan 8-Feb 5	5-5:30 p.m.	\$173.00
81579	Thu	Jan 8-Feb 5	5:20-5:50 p.m.	\$173.00
81578	Thu	Jan 8-Feb 5	6:05-6:35 p.m.	\$173.00
81771	Fri	Jan 9-Feb 6	4:45-5:15 p.m.	\$173.00
81902	Sat	Jan 10-Feb 7	9:15-9:45 a.m.	\$173.00
81903	Sat	Jan 10-Feb 7	9:55-10:25 a.m.	\$173.00
81904	Sat	Jan 10-Feb 7	10:35-11:05 a.m.	\$173.00
81905	Sat	Jan 10-Feb 7	11:20-11:50 a.m.	\$173.00
81906	Sat	Jan 10-Feb 7	12-12:30 p.m.	\$173.00
81901	Sat	Jan 10-Feb 7	12:40-1:10 p.m.	\$173.00
82143	Sun	Jan 11-Feb 8	9-9:30 a.m.	\$173.00
82144	Sun	Jan 11-Feb 8	9:40-10:10 a.m.	\$173.00
82145	Sun	Jan 11-Feb 8	10:15-10:45 a.m.	\$173.00
82146	Sun	Jan 11-Feb 8	10:50-11:20 a.m.	\$173.00
82147	Sun	Jan 11-Feb 8	11:30 a.m.-12 p.m.	\$173.00
82142	Sun	Jan 11-Feb 8	12:40-1:10 p.m.	\$173.00
81385	Mon	Feb 9-Mar 16	4-4:30 p.m.	\$173.00
81384	Mon	Feb 9-Mar 16	5:50-6:20 p.m.	\$173.00
81427	Tue	Feb 10-Mar 17	4:10-4:40 p.m.	\$173.00
81428	Tue	Feb 10-Mar 17	4:55-5:25 p.m.	\$173.00
81429	Tue	Feb 10-Mar 17	6:05-6:35 p.m.	\$173.00
81538	Wed	Feb 11-Mar 18	4-4:30 p.m.	\$173.00
81537	Wed	Feb 11-Mar 18	4:35-5:05 p.m.	\$173.00
81540	Wed	Feb 11-Mar 18	5:15-5:45 p.m.	\$173.00

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81539	Wed	Feb 11-Mar 18	6:05-6:35 p.m.	\$173.00
81687	Thu	Feb 12-Mar 19	4:35-5:05 p.m.	\$173.00
81690	Thu	Feb 12-Mar 19	5-5:30 p.m.	\$173.00
81689	Thu	Feb 12-Mar 19	5:20-5:50 p.m.	\$173.00
81688	Thu	Feb 12-Mar 19	6:05-6:35 p.m.	\$173.00
81854	Fri	Feb 13-Mar 20	4:45-5:15 p.m.	\$173.00
82063	Sat	Feb 14-Mar 21	9:15-9:45 a.m.	\$173.00
82065	Sat	Feb 14-Mar 21	9:55-10:25 a.m.	\$173.00
82067	Sat	Feb 14-Mar 21	10:35-11:05 a.m.	\$173.00
82069	Sat	Feb 14-Mar 21	11:20-11:50 a.m.	\$173.00
82071	Sat	Feb 14-Mar 21	12-12:30 p.m.	\$173.00
82061	Sat	Feb 14-Mar 21	12:40-1:10 p.m.	\$173.00
82220	Sun	Feb 15-Mar 22	9-9:30 a.m.	\$173.00
82221	Sun	Feb 15-Mar 22	9:40-10:10 a.m.	\$173.00
82222	Sun	Feb 15-Mar 22	10:15-10:45 a.m.	\$173.00
82223	Sun	Feb 15-Mar 22	10:50-11:20 a.m.	\$173.00
82224	Sun	Feb 15-Mar 22	11:30 a.m.-12 p.m.	\$173.00
82219	Sun	Feb 15-Mar 22	12:40-1:10 p.m.	\$173.00
82402	Mon	Mar 23-Apr 27	4-4:30 p.m.	\$173.00
82401	Mon	Mar 23-Apr 27	5:50-6:20 p.m.	\$173.00
82254	Tue	Mar 24-Apr 28	4:35-5:05 p.m.	\$173.00
82257	Tue	Mar 24-Apr 28	5-5:30 p.m.	\$173.00
82256	Tue	Mar 24-Apr 28	5:20-5:50 p.m.	\$173.00
82255	Tue	Mar 24-Apr 28	6:05-6:35 p.m.	\$173.00
82289	Wed	Mar 25-Apr 29	4:45-5:15 p.m.	\$173.00
82325	Thu	Mar 26-Apr 30	4:10-4:40 p.m.	\$173.00
82326	Thu	Mar 26-Apr 30	4:55-5:25 p.m.	\$173.00
82327	Thu	Mar 26-Apr 30	6:05-6:35 p.m.	\$173.00
82460	Fri	Mar 27-May 8	4-4:30 p.m.	\$173.00
82459	Fri	Mar 27-May 8	4:35-5:05 p.m.	\$173.00
82462	Fri	Mar 27-May 8	5:15-5:45 p.m.	\$173.00
82461	Fri	Mar 27-May 8	6:05-6:35 p.m.	\$173.00
82588	Sat	Mar 28-May 9	9-9:30 a.m.	\$173.00
82589	Sat	Mar 28-May 9	9:40-10:10 a.m.	\$173.00
82590	Sat	Mar 28-May 9	10:15-10:45 a.m.	\$173.00
82591	Sat	Mar 28-May 9	10:50-11:20 a.m.	\$173.00
82592	Sat	Mar 28-May 9	11:30 a.m.-12 p.m.	\$173.00
82587	Sat	Mar 28-May 9	12:40-1:10 p.m.	\$173.00
82520	Sun	Mar 29-May 10	9:15-9:45 a.m.	\$173.00
82521	Sun	Mar 29-May 10	9:55-10:25 a.m.	\$173.00
82522	Sun	Mar 29-May 10	10:35-11:05 a.m.	\$173.00
82523	Sun	Mar 29-May 10	11:20-11:50 a.m.	\$173.00
82524	Sun	Mar 29-May 10	12-12:30 p.m.	\$173.00
82519	Sun	Mar 29-May 10	12:40-1:10 p.m.	\$173.00
82434	Mon	May 4-Jun 1	4-4:30 p.m.	\$138.40
82433	Mon	May 4-Jun 1	5:50-6:20 p.m.	\$138.40
82258	Tue	May 5-Jun 2	4:35-5:05 p.m.	\$173.00
82261	Tue	May 5-Jun 2	5-5:30 p.m.	\$173.00
82260	Tue	May 5-Jun 2	5:20-5:50 p.m.	\$173.00

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82259	Tue	May 5-Jun 2	6:05-6:35 p.m.	\$173.00
82290	Wed	May 6-Jun 3	4:45-5:15 p.m.	\$173.00
82358	Thu	May 7-Jun 4	4:10-4:40 p.m.	\$173.00
82359	Thu	May 7-Jun 4	4:55-5:25 p.m.	\$173.00
82360	Thu	May 7-Jun 4	6:05-6:35 p.m.	\$173.00
82475	Fri	May 15-Jun 5	4-4:30 p.m.	\$138.40
82474	Fri	May 15-Jun 5	4:35-5:05 p.m.	\$138.40
82479	Fri	May 15-Jun 5	5:15-5:45 p.m.	\$138.40
82476	Fri	May 15-Jun 5	6:05-6:35 p.m.	\$138.40
82608	Sat	May 16-Jun 6	9-9:30 a.m.	\$138.40
82609	Sat	May 16-Jun 6	9:40-10:10 a.m.	\$138.40
82610	Sat	May 16-Jun 6	10:15-10:45 a.m.	\$138.40
82612	Sat	May 16-Jun 6	10:50-11:20 a.m.	\$138.40
82614	Sat	May 16-Jun 6	11:30 a.m.-12 p.m.	\$138.40
82607	Sat	May 16-Jun 6	12:40-1:10 p.m.	\$138.40
82537	Sun	May 17-31	9:15-9:45 a.m.	\$103.80
82538	Sun	May 17-31	9:55-10:25 a.m.	\$103.80
82539	Sun	May 17-31	10:35-11:05 a.m.	\$103.80
82540	Sun	May 17-31	11:20-11:50 a.m.	\$103.80
82541	Sun	May 17-31	12-12:30 p.m.	\$103.80
82535	Sun	May 17-31	12:40-1:10 p.m.	\$103.80

### Adult

#### Adult 1

#### 14 years and up

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

#### LAC

82635	Sun	Jan 11-Mar 22	9:30-10:20 a.m.	\$76.00
82636	Wed	Mar 25-Jun 3	6:05-6:55 p.m.	\$95.00
82637	Thu	Mar 26-Jun 4	6:40-7:30 p.m.	\$95.00

#### NWLC

81589	Thu	Jan 8-Mar 19	8:35-9:25 p.m.	\$95.00
81836	Thu	Mar 26-Jun 4	8:35-9:25 p.m.	\$95.00

#### SSLC

81462	Wed	Jan 7-Mar 18	5:30-6:20 p.m.	\$95.00
81549	Thu	Jan 8-Mar 19	5:05-5:55 p.m.	\$95.00
81856	Sat	Jan 10-Mar 21	9:45-10:35 a.m.	\$95.00

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81857	Sat	Jan 10-Mar 21	11:55 a.m.-12:45 p.m.	\$95.00
82099	Sun	Jan 11-Mar 22	10:10-11 a.m.	\$95.00
82100	Sun	Jan 11-Mar 22	12:35-1:25 p.m.	\$95.00
82226	Tue	Mar 24-Jun 2	5:05-5:55 p.m.	\$95.00
82436	Fri	Mar 27-Jun 5	5:30-6:20 p.m.	\$85.50
82551	Sat	Mar 28-Jun 6	10:10-11 a.m.	\$85.50
82552	Sat	Mar 28-Jun 6	12:35-1:25 p.m.	\$85.50
82483	Sun	Mar 29-May 31	9:45-10:35 a.m.	\$76.00
82484	Sun	Mar 29-May 31	11:55 a.m.-12:45 p.m.	\$76.00

### Adult 2

### 14 years and up

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

### LAC

82638	Wed	Jan 7-Mar 18	6:05-6:55 p.m.	\$95.00
82639	Thu	Jan 8-Mar 19	5:30-6:20 p.m.	\$85.50
82640	Sun	Apr 19-Jun 7	9:30-10:20 a.m.	\$66.50

### SSLC

81351	Mon	Jan 5-Mar 16	5:30-6:20 p.m.	\$95.00
81743	Fri	Jan 9-Mar 20	5:45-6:35 p.m.	\$95.00
82367	Mon	Mar 23-Jun 1	5:30-6:20 p.m.	\$85.50
82262	Wed	Mar 25-Jun 3	5:45-6:35 p.m.	\$95.00

## Aquatic Leadership Courses

### Lifesaving Society Bronze Medallion

### 13 years and up

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

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

### LAC

82699	Fri	Jan 30	5-9 p.m.	\$190.00
	Sat-Sun	Jan 31-Feb 1	7 a.m.-4 p.m.	
82700	Fri	Mar 20	5-9 p.m.	\$190.00
	Sat-Sun	Mar 21-22	7 a.m.-4 p.m.	
82705	Fri	May 22	5-9 p.m.	\$190.00
	Sat-Sun	May 23-24	7 a.m.-4 p.m.	

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### SSLC

82758	Sun	Jan 11-Feb 8	4:30-8:30 p.m.	\$190.00
82765	Sun	Apr 19-May 10	4-9 p.m.	\$190.00

### Lifesaving Society Bronze Cross

### 14 years and up

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. It emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are included. Bronze Cross is a prerequisite for advanced training in the National Lifeguard award. Fee includes a Certification Fee of \$25.00.

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

### LAC

82706	Sat-Sun	Feb 21-22	7 a.m.-4 p.m.	\$165.00
	Sat	Feb 28	7 a.m.-4 p.m.	
82714	Sun	May 24	7 a.m.-4 p.m.	\$165.00
	Sat-Sun	May 30-31	7 a.m.-4 p.m.	
82719	Sun	May 31	7 a.m.-4 p.m.	\$165.00
	Sat-Sun	Jun 6-7	7 a.m.-4 p.m.	

### SSLC

82757	Sun	Feb 15-Mar 22	4:30-9 p.m.	\$165.00
82764	Sun	May 17-Jun 7	3:30-9 p.m.	\$165.00

### Lifesaving Society National Lifeguard

### 15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard. Fee includes Lifesaving Society Manual Fee of \$48.00 and Certification Fee of \$40.00.

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

### LAC

82729	Sat	Apr 4	7 a.m.-4 p.m.	\$300.00
	Tue-Fri	Apr 7-10	7 a.m.-4 p.m.	

### SSLC

82759	Tue-Sat	Feb 17-Feb 21	8 a.m.-5 p.m.	\$300.00
82761	Sun	Apr 19-Jun 7	4-9 p.m.	\$300.00

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### **Lifesaving Swim for Life Instructor**

**15 years and up**

This leadership course provides candidates with the theory, knowledge, skill and practice to teach and certify in the following Lifesaving programs - Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer, and Fitness Swimmer. Fee includes Lifesaving Society Manual Fee of \$81.00 and Certification Fee of \$43.00.

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

#### **LAC**

82726	Tue-Fri	Feb 17-20	9 a.m.-5 p.m.	\$252.00
82731	Sat	Apr 25-May 30	8 a.m.-1:30 p.m.	\$252.00

#### **SSLC**

82760	Sun	Jan 18-Mar 8	4-8 p.m.	\$252.00
82763	Tue-Fri	Apr 7-10	8 a.m.-4 p.m.	\$252.00

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

**12 years and up**

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

#### **NWLC**

82150	Sat-Sun	Jan 24-25	9 a.m.-6 p.m.	\$161.00
82152	Sat-Sun	Mar 14-15	9 a.m.-6 p.m.	\$161.00
82166	Sat-Sun	Apr 25-26	9 a.m.-6 p.m.	\$161.00
82168	Sat-Sun	May 30-31	9 a.m.-6 p.m.	\$161.00

## **Aquatic Recertification Courses**

### **Lifesaving Society National Lifeguard Recertification**

**16 years and up**

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

#### **LAC**

82693	Sat	Jan 10	11 a.m.-4 p.m.	\$80.00
82695	Sun	Feb 8	11 a.m.-4 p.m.	\$80.00
82696	Sat	Feb 28	11 a.m.-4 p.m.	\$80.00
82697	Sun	Mar 22	11 a.m.-4 p.m.	\$80.00
82698	Sun	May 31	11 a.m.-4 p.m.	\$80.00

#### **SSLC**

82762	Sun	May 3	4-9 p.m.	\$80.00
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### Red Cross First Aid/CPR/AED Recertification 15 years and up

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

#### NWLC

82151	Sat	Jan 10	8 a.m.-5 p.m.	\$100.00
82163	Sun	Feb 15	8 a.m.-5 p.m.	\$100.00
82164	Sun	Mar 1	8 a.m.-5 p.m.	\$100.00
82167	Sat	Apr 18	8 a.m.-5 p.m.	\$100.00
82170	Sun	May 17	8 a.m.-5 p.m.	\$100.00

## Registered Adapted

#### Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

mc - mâdawêyatitân centre

NWLC – North West Leisure Centre

SLC – South Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

#### Adapted Programs

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

For all adapted programs, we kindly ask that individuals requiring one-on-one support to please bring an attendant/support person to the program. For more information, email [socialinclusionprograms@regina.ca](mailto:socialinclusionprograms@regina.ca) or call 306-510-2025.

## Adapted Aquatic

### Adapted Leisure Swim <AP> <Free>

Enjoy a relaxing swim in an accessible pool environment designed for individuals with disabilities and their families. The Sandra Schmirler Leisure Centre features a powered ceiling track lift in the change room and on the pool deck (bring your own sling) as well as a manual chair lift on deck. The Northwest Leisure Centre offers a zero-depth entry pool with a ramp and aquatic wheelchair. City of Regina lifeguards will supervise but cannot assist with transfers, lifts, or repositioning. Registration for Adapted Leisure Swim will open 30 days before the scheduled swim dates.

#### NWLC

80892	Sun	Jan 4	6-7:55 p.m.	Free
80893	Sun	Jan 18	6:30-8:25 p.m.	Free
80894	Sun	Feb 1	6:30-8:25 p.m.	Free



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80895	Sun	Feb 15	6:30-8:25 p.m.	Free
80896	Sun	Mar 1	6:30-8:25 p.m.	Free
80897	Sun	Mar 15	6:30-8:25 p.m.	Free
80898	Sun	Mar 29	6:30-8:25 p.m.	Free
80899	Sun	Apr 12	6-7:55 p.m.	Free
80900	Sun	Apr 26	6:30-8:25 p.m.	Free
80901	Sun	May 10	6:30-8:25 p.m.	Free
80902	Sun	May 24	6:30-8:25 p.m.	Free

### SSLC

80881	Sat	Jan 10	6:30-8:25 p.m.	Free
80882	Sat	Jan 24	6:30-8:25 p.m.	Free
80883	Sat	Feb 7	6:30-8:25 p.m.	Free
80884	Sat	Feb 21	6-7:55 p.m.	Free
80885	Sat	Mar 7	6:30-8:25 p.m.	Free
80886	Sat	Mar 21	6:30-8:25 p.m.	Free
80887	Sat	Apr 4	6-7:55 p.m.	Free
80888	Sat	Apr 18	6:30-8:25 p.m.	Free
80889	Sat	May 2	6:30-8:25 p.m.	Free
80890	Sat	May 16	6:30-8:25 p.m.	Free
80891	Sat	May 30	6:30-8:25 p.m.	Free

### Adapted Family Swim Lessons <AP>

### 4 years and up

For children with disabilities who enjoy group settings. Instructors will help participants meet their aquatic needs and goals. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning. A parent or guardian is recommended to be in the water for support.

### NWLC

81434	Mon	Jan 5-Feb 2	4:40-5:10 p.m.	\$84.75
81511	Wed	Jan 7-Feb 4	4:40-5:10 p.m.	\$84.75
81513	Wed	Jan 7-Feb 4	5:50-6:20 p.m.	\$84.75
81581	Thu	Jan 8-Feb 5	4:40-5:10 p.m.	\$84.75
81435	Mon	Feb 9-Mar 16	4:40-5:10 p.m.	\$84.75
81512	Wed	Feb 11-Mar 18	4:40-5:10 p.m.	\$84.75
81514	Wed	Feb 11-Mar 18	5:50-6:20 p.m.	\$84.75
81582	Thu	Feb 12-Mar 19	4:40-5:10 p.m.	\$84.75
81772	Tue	Mar 24-Apr 28	4:40-5:10 p.m.	\$84.75
81800	Wed	Mar 25-Apr 29	4:40-5:10 p.m.	\$84.75

81828	Thu	Mar 26-Apr 30	4:40-5:10 p.m.	\$84.75
81830	Thu	Mar 26-Apr 30	5:50-6:20 p.m.	\$84.75
81773	Tue	May 5-Jun 2	4:40-5:10 p.m.	\$84.75
81801	Wed	May 6-Jun 3	4:40-5:10 p.m.	\$84.75
81829	Thu	May 7-Jun 4	4:40-5:10 p.m.	\$84.75

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81831 Thu May 7-Jun 4 5:50-6:20 p.m. \$84.75

### Adapted Parent & Tot Swim Lessons <AP>

4–48 months

For children with disabilities and their families who enjoy group settings. The program emphasizes in-water interaction between parent and child to develop water-positive attitudes and skills through play. At least one parent/guardian must be in the water per child. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

#### NWLC

81436	Mon	Jan 5-Feb 2	5:50-6:20 p.m.	\$84.75
81515	Wed	Jan 7-Feb 4	5:15-5:45 p.m.	\$84.75
81583	Thu	Jan 8-Feb 5	4:05-4:35 p.m.	\$84.75
81437	Mon	Feb 9-Mar 16	5:50-6:20 p.m.	\$84.75
81516	Wed	Feb 11-Mar 18	5:15-5:45 p.m.	\$84.75
81584	Thu	Feb 12-Mar 19	4:05-4:35 p.m.	\$84.75
81774	Tue	Mar 24-Apr 28	5:50-6:20 p.m.	\$84.75
81802	Wed	Mar 25-Apr 29	4:05-4:35 p.m.	\$84.75
81832	Thu	Mar 26-Apr 30	5:15-5:45 p.m.	\$84.75
81775	Tue	May 5-Jun 2	5:50-6:20 p.m.	\$84.75
81803	Wed	May 6-Jun 3	4:05-4:35 p.m.	\$84.75
81833	Thu	May 7-Jun 4	5:15-5:45 p.m.	\$84.75

### Adapted Swim Lessons <AP>

4 years and up

This 1-on-1 adapted swim lesson is designed for individuals who have disabilities. Instructors will work with participants to support them in meeting their needs and goals. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

#### NWLC

81438	Mon	Jan 5-Feb 2	4:05-4:35 p.m.	\$84.75
81440	Mon	Jan 5-Feb 2	5:15-5:45 p.m.	\$84.75
81517	Wed	Jan 7-Feb 4	4:05-4:35 p.m.	\$84.75
81585	Thu	Jan 8-Feb 5	5:15-5:45 p.m.	\$84.75
81587	Thu	Jan 8-Feb 5	5:50-6:20 p.m.	\$84.75
81439	Mon	Feb 9-Mar 16	4:05-4:35 p.m.	\$84.75
81441	Mon	Feb 9-Mar 16	5:15-5:45 p.m.	\$84.75
81518	Wed	Feb 11-Mar 18	4:05-4:35 p.m.	\$84.75
81586	Thu	Feb 12-Mar 19	5:15-5:45 p.m.	\$84.75
81588	Thu	Feb 12-Mar 19	5:50-6:20 p.m.	\$84.75
81776	Tue	Mar 24-Apr 28	4:05-4:35 p.m.	\$84.75
81778	Tue	Mar 24-Apr 28	5:15-5:45 p.m.	\$84.75
81804	Wed	Mar 25-Apr 29	5:15-5:45 p.m.	\$84.75
81806	Wed	Mar 25-Apr 29	5:50-6:20 p.m.	\$84.75
81834	Thu	Mar 26-Apr 30	4:05-4:35 p.m.	\$84.75
81777	Tue	May 5-Jun 2	4:05-4:35 p.m.	\$84.75
81779	Tue	May 5-Jun 2	5:15-5:45 p.m.	\$84.75
81805	Wed	May 6-Jun 3	5:15-5:45 p.m.	\$84.75

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81807	Wed	May 6-Jun 3	5:50-6:20 p.m.	\$84.75
81835	Thu	May 7-Jun 4	4:05-4:35 p.m.	\$84.75

### Adapted Arts

#### ABI Art Program <AP> <Free>

**18 years and up**

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

#### SLC

80845	Thu	Jan 8-Apr 2	1-2:30 p.m.	Free
80846	Thu	Apr 9-May 28	1-2:30 p.m.	Free

#### Adapted Crafting with Nature <AP> <Free>

**5-13 years**

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy fun and easy crafts using natural items for sensory exploration. Promote fine motor development, socialization, and creativity as we explore natural materials in the neighboring accessible park. Registration is required.

#### SLC

80914	Sun	Jan 4-Feb 8	11:15 a.m.-12:15 p.m.	Free
81279	Sun	Apr 12-May 10	11:15 a.m.-12:15 p.m.	Free

#### Adapted Dance Class <AP> <Free>

**5-13 years**

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

#### mc

80859	Sat	Jan 17-Mar 28	2:15-3:15 p.m.	Free
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#### Adapted Music Program <AP>

3-6 years

#### SLC

80860	Sat	Feb 28-Mar 28	10:15-11 a.m.	\$37.50
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7-14 years

**SLC**

80861 Sat Feb 28-Mar 28 11:15 a.m.-12 p.m. \$37.50

### **Inclusive Dance Class <AP> <Free>**

**6–12 years**

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

**mc**

80858 Sat Jan 17-Mar 28 1-2 p.m. Free

### **Sensory Science Exploration <AP> <Free>**

**6–14 years**

An inclusive program for youth of all abilities! This program offers hands-on scientific experiences with natural materials, encouraging sensory exploration and discovery. Registration is required.

**CRNC**

81316 Sat Jan 10-Feb 7 11 a.m.-12 p.m. Free

81317 Sat Apr 25-May 23 11 a.m.-12 p.m. Free

### **What's Your Style Dance Nights <AP><FREE>**

**17 years and up**

Everyone should have the opportunity to let loose and dance in whatever way the music moves them, regardless of musical taste, dance style or ability. The rush that you feel when you get to close your eyes and move along to your favourite track can be just like magic. The City of Regina is pleased to offer this inclusive dance class in partnership with Astonished! The program is open to everyone but can be adapted to meet the needs of individuals experiencing disability. Instruction will be based on a variety of dance cultures which emphasize enthusiasm, camaraderie and smiles! Please email [socialinclusionprograms@regina.ca](mailto:socialinclusionprograms@regina.ca) to register.

**mc**

80856 Thu Jan 22 7-9 p.m. Free

80857 Thu Apr 23 7-9 p.m. Free

## **Adapted Sport and Fitness**

### **Adapted Adult Strength and Balance <AP>**

**18 years and up**

This introductory class empowers adults with disabilities or those facing recreational barriers, focusing on building core strength, balance, and mobility using various equipment.

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### SSLC

80871	Tue	Jan 6-Feb 10	12:15-1:15 p.m.	\$39.30
80872	Tue	Feb 24-Mar 31	12:15-1:15 p.m.	\$39.30
80873	Tue	Apr 14-May 26	12:15-1:15 p.m.	\$45.85

### Adapted Badminton <AP>

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

8-12 years

#### SLC

80911	Sun	Jan 4-Feb 8	10-11 a.m.	\$48.60
80912	Sun	Feb 22-Mar 29	10-11 a.m.	\$48.60
80913	Sun	Apr 12-May 24	10-11 a.m.	\$56.70

13-18 years

#### SLC

80908	Sun	Jan 4-Feb 8	11:15 a.m.-12:15 p.m.	\$48.60
80909	Sun	Feb 22-Mar 29	11:15 a.m.-12:15 p.m.	\$48.60
80910	Sun	Apr 12-May 24	11:15 a.m.-12:15 p.m.	\$56.70

### Adapted Basketball <AP>

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

5-8 years

#### FLDH

81294	Mon	Jan 5-Mar 2	5:30-6:30 p.m.	\$72.90
81344	Mon	Mar 16-May 4	4:30-5:30 p.m.	\$64.80

6-12 years

#### NWLC

81313	Fri	Jan 9-Feb 13	5:15-6 p.m.	\$48.60
81314	Fri	Feb 27-Mar 27	5:15-6 p.m.	\$40.50
81315	Fri	Apr 10-May 29	5:15-6 p.m.	\$64.80

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### Adapted Dodgeball <AP>

8–10 years

Designed for children with disabilities or who have difficulties with gross motor development. This program aims to foster socialization by encouraging participation in a group setting. Parent or support person participation is encouraged when needed. This fun and energetic course introduces kids to the exciting game of dodgeball! Participants will learn the basic rules, strategies, and teamwork skills needed to play. Through safe and engaging drills, kids will develop their throwing, dodging, and communication skills while enjoying friendly competition. Perfect for beginners looking to have fun and stay active!

#### FLDH

82216	Tue	Jan 13-Mar 10	6:30-7:30 p.m.	\$72.90
82217	Tue	Mar 17-May 5	6:30-7:30 p.m.	\$64.80

### Adapted Floor Hockey <AP>

5–7 years

This program is for children with disabilities or who have difficulties in gross motor development. It introduces basic floor hockey skills and game strategy while teaching teamwork, cooperation, and sportsmanship. This course is a great opportunity for children to improve their skills and have fun.

#### FLDH

81346	Mon	Mar 16-May 4	6-7 p.m.	\$64.80
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### Adapted Soccer <AP>

5-7 years

This program is for children with difficulties in gross motor development. It introduces basic soccer skills and game strategy while teaching teamwork, cooperation, and sportsmanship. It's a great opportunity for children to improve their skills and have fun playing soccer. Parent participation is required.

#### FLDH

81323	Thu	Jan 8-Mar 12	5-6 p.m.	\$72.90
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### Adapted Parent & Tot Sports Jam <AP>

3–5 years

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

#### NWLC

81214	Sun	Jan 11-Feb 8	10-10:45 a.m.	\$40.50
81215	Sun	Feb 22-Mar 29	10-10:45 a.m.	\$40.50
81216	Sun	Apr 12-May 24	10-10:45 a.m.	\$56.70

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### Adapted Sports Jam <AP> 3–5 years

Designed for children who have disabilities or who experience 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.

4-7 years

#### FLDH

81302 Tue Mar 17-May 5 5:30-6:30 p.m. \$64.80

8-13 years

#### NWLC

81217 Sun Jan 11-Feb 8 11-11:45 a.m. \$40.50

81218 Sun Feb 22-Mar 29 11-11:45 a.m. \$40.50

81219 Sun Apr 12-May 24 11-11:45 a.m. \$56.70

### Adapted Pre-Teen Fitness <AP> 10–15 years

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

#### FLDH

81244 Wed Jan 14-Feb 11 5-6 p.m. \$32.75

81245 Wed Feb 25-Apr 1 5-6 p.m. \$39.30

81246 Wed Apr 15-May 27 5-6 p.m. \$45.85

### Adapted Sports Night <AP> 16 years and up

In Partnership with Creative Options Regina, we welcome adults with disabilities to the South Leisure to join in on all the fun Pickleball and other sports have to offer! Registration is required. To register for this program, please email [socialinclusionprograms@regina.ca](mailto:socialinclusionprograms@regina.ca).

#### SLC

81223 Sat Jan 24-Jun 27 4-6 p.m. Free

### Adapted Virtual Chair Yoga <AP> <New!> 18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. Chair yoga provides an opportunity to stretch, tone and relax in a safe comfortable environment. Great for older adults, a recovering body, chronic conditions and beginners to yoga. Expect to maximize tension release and improve your range of motion through correct breathing techniques. This online

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class will require you to have access to Zoom.

### SSLC

80916	Mon	Jan 5-Feb 9	4:15-5:15 p.m.	\$45.90
80917	Mon	Feb 23-Mar 30	4:15-5:15 p.m.	\$45.90
80918	Mon	Apr 13-May 18	4:15-5:15 p.m.	\$45.90

### Walk & Roll Fitness <AP><FREE>

**18 years and up**

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

### FLDH

80867	Tue,Thu	Jan 6-Mar 19	12:30-3 p.m.	\$80.85
80868	Tue,Thu	Mar 24-May 28	12:30-3 p.m.	\$69.30

### Wheelchair Curling – Learn to Play <AP> <FREE> <New!>

**10 years and up**

A free six-week wheelchair curling program for beginners, running at Caledonia Curling Club in Regina. Join us for a six-week Learn to Curl program designed specifically for wheelchair users who want to try curling in a fun, welcoming, and inclusive environment! Whether you're brand new to the sport or have tried it before, this program will help you develop skills, build confidence, and connect with others on the ice. Facilitated by an experienced wheelchair curler. All curling equipment is provided for use during each session. Location is the Caledonia Curling Club, 2225 Sandra Schmirler Way.

### Caledonia Curling Club

80878	Tue	Feb 24-Mar 31	6:45-8:15 p.m.	Free
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## Adapted Social

### Adapted LEGO® Engineers Technic Class <AP><New!>

**12–16 years**

These Young Makers Studio classes create an engaging, hands-on atmosphere where learning comes to life with LEGO® bricks. We believe that people learn best when their senses and curiosity are fully engaged, sparking creativity and problem-solving. In our Early Engineers LEGO® Technic class, students build simple machines and gadgets while exploring real-world science and engineering concepts. Through fun, guided projects, they strengthen fine motor skills, practice following directions, and build confidence while collaborating with peers. This program encourages critical thinking, teamwork, and an



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appreciation for how things work—all while having fun!

### CRNC

80865 Sat Feb 28-Apr 18 11 a.m.-12 p.m. \$15.00

### mc

80863 Wed Jan 7-Feb 11 5:30-6:30 p.m. \$15.00

80864 Wed Apr 22-May 27 5:30-6:30 p.m. \$15.00

### ABI Cribbage <AP><Free>

#### 18 years and up

This Cribbage program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Cribbage program will provide an opportunity for individuals to socialize with peers, engage and develop their fine motor & cognitive skills at their own pace in a supportive environment. The ABI Outreach Team & City of Regina Staff will be present to assist when necessary.

### SLC

80847 Fri Jan 9-Mar 27 1-2:30 p.m. Free

80848 Fri Apr 10-May 29 1-2:30 p.m. Free

### ABI Communication Group <AP><Free>

#### 18 years and up

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

### SLC

80843 Wed Jan 7-Apr 1 1-2:30 p.m. Free

80844 Wed Apr 8-May 27 1-2:30 p.m. Free

### Sensory-Friendly Youth Program <AP><Free>

#### 10–17 years

Join this free, inclusive program for ages 10-17, designed for youth who benefit from a sensory-friendly group setting. It promotes social interaction, physical movement, and creativity through various recreational activities. It's a great opportunity for youth of all abilities to try something new. Registration is required.

### CRNC

80880 Mon Feb 2-Mar 30 6-7:30 p.m. Free

### Evening Adult Social Program <AP><Free>

#### 18 years and up

This program is for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to come together on a bi-weekly basis to try a variety

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of activities that foster socialization, such as instructor-led activities to playing board games and bingo. The activities will be built based on the groups' interests. Outings will be planned on occasion, outings such as Bowling. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals.

### MOC

80879 Fri Feb 13-Apr 24 6-8 p.m. Free

### Short Breaks <AP> <FREE>

### 18 years and up

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

mc	Mon-Thu	Jan 5-Jun 18	2-5 p.m.	Free
MOC	Tue	Jan 6-Jun 16	2-5 p.m.	Free
CRNC	Wed	Jan 7-Jun 17	2-5 p.m.	Free
FLDH	Fri	Jan 9-Jun 19	2-5 p.m.	Free

## Registered Preschool Programs

### Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

## 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

81136	Wed	Jan 14-Mar 4	1-2:30 p.m.	\$145.00
81162	Wed	Apr 15-Jun 3	1-2:30 p.m.	\$145.00

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### 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 teacup garden will be a final project.

#### NBAC

81171	Tue	May 5-26	9-10:30 a.m.	\$70.00
81172	Tue	May 5-26	1-2:30 p.m.	\$70.00

## Recreation

### Surprise Activity and Swim

**3–5 years**

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

82773	Fri	Jan 9-Feb 6	2-3p.m.	\$47.50
82774	Fri	Feb 13-Mar 20	2-3p.m.	\$47.50
82775	Fri	Mar 27-May 1	2-3p.m.	\$38.00
82776	Fri	May 8-Jun 5	2-3p.m.	\$47.50

## Sports

### Parent & Tot Basketball

**3–5 years**

Parents and tots will enjoy learning basic Basketball skills together. Fun developmental games and activities will also be taught in a non-game based and non-competitive environment.

#### FLDH

81639	Wed	Mar 18-May 6	5-6 p.m.	\$64.80
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### Parent & Tot Floor Hockey

**3–5 years**

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

#### FLDH

81288	Mon	Jan 5-Mar 2	4:30-5:30 p.m.	\$72.90
81345	Mon	Mar 16-May 4	5-6 p.m.	\$64.80

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### Parent & Tot Soccer

3–5 years

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

**FLDH**

81300 Tue Jan 6-Feb 24 5:30-6:30 p.m. \$64.80

## Registered Child and Youth Programs

### Legend

FLDH – Fieldhouse

CNC – Cathedral Neighbourhood Centre

CRNC – Core Ritchie Neighbourhood Centre

GNRC – Glencairn Neighbourhood Recreation Centre

MOC – Mitakuyé Owâs'ā

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

SLC – South Leisure Centre

## Fine Arts

### 3D Printing and Design 1

8–12 years

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

**NBAC**

81075 Sat Jan 17-Mar 14 9:30-10:30 a.m. \$95.00

81149 Sat Apr 18-Jun 13 9:30-10:30 a.m. \$95.00

### 3D Printing and Design 2

8–16 years

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

**Prerequisite:** 3D Printing and Design 1 or equivalent experience.

**NBAC**

81076 Sat Jan 17-Mar 14 11 a.m.-12 p.m. \$95.00

81150 Sat Apr 18-Jun 13 11 a.m.-12 p.m. \$95.00

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### **Abstract Art for Teens**

**12–16 years**

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

#### **NBAC**

81225 Sun Jan 18-Mar 15 3-4:30 p.m. \$95.00

### **Adventures in Art for Homeschoolers 1**

**6–8 years**

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

#### **NBAC**

81078 Thu Jan 15-Mar 5 10 a.m.-12 p.m. \$125.00

81152 Thu Apr 16-Jun 4 10 a.m.-12 p.m. \$125.00

### **Adventures in Art for Homeschoolers 2**

**9–13 years**

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

#### **NBAC**

81079 Thu Jan 15-Mar 5 1-3 p.m. \$125.00

81153 Thu Apr 16-Jun 4 1-3 p.m. \$125.00

### **Art Exploration**

**9–13 years**

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

#### **NBAC**

81080 Sat Jan 17-Mar 14 12:30-2:30 p.m. \$125.00

81156 Sat Apr 18-Jun 13 12:30-2:30 p.m. \$125.00

### **Art, Mindfulness and Creativity**

**10–15 years**

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

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to supply their own yoga mat.

### NBAC

81224	Sat	Jan 17-Mar 14	3-4:30 p.m.	\$105.00
81247	Sat	Apr 18-Jun 13	3-4:30 p.m.	\$105.00

### Art Sampler

#### 6–8 years

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

### NBAC

81082	Sat	Jan 17-Mar 14	10 a.m.-12 p.m.	\$125.00
81157	Sat	Apr 18-Jun 13	10 a.m.-12 p.m.	\$125.00

### Comics for Kids

#### 9–13 years

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

### NBAC

81089	Sat	Jan 17-Mar 14	3-4:30 p.m.	\$98.00
81161	Sun	Apr 19-Jun 14	3-4:30 p.m.	\$98.00

### Creative Writing: World of Wonders

#### 14–18 years

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

### NBAC

81137	Sun	Jan 18-Mar 15	3-4:30 p.m.	\$95.00
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### Drawing and Colouring Adventure

#### 6–10 years

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

### NBAC

81226	Sat	Jan 17-Mar 14	11 a.m.-12:30 p.m.	\$98.00
81163	Sat	Apr 18-Jun 13	9-10:30 a.m.	\$98.00

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### Drawing Mythological Creatures

**9–14 years**

Learn to draw creatures and characters from stories around the world- such as hydras, fairies, 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

81092	Sun	Jan 18-Mar 15	1-2:30 p.m.	\$95.00
81164	Sat	Apr 18-Jun 13	1-2:30 p.m.	\$95.00

### Easy Sewing - Fun Felt Friends

**10–15 years**

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

#### NBAC

81165	Sun	Apr 12	1-4 p.m.	\$35.00
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### Fantastic Friends Drawing

**9–14 years**

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

#### NBAC

81168	Sun	Apr 19-Jun 14	1-2:30 p.m.	\$98.00
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### Fantastic Friends: Fairy Tales

**7–10 years**

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

#### NBAC

81094	Sat	Jan 17-Mar 14	1-2:30 p.m.	\$98.00
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### Fantastic Friends: Magical Menagerie!

**8–11 years**

Want to draw a flying mermaid with dragon scales and rainbow fairy wings? How about a purple lion with flippers and a unicorn horn? Use your imagination, or a simple grid technique, to sketch magical creatures for your own menagerie!

#### NBAC

81095	Sun	Jan 11	1-3 p.m.	\$25.00
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### Fantastic Friends: Superhero Smash!

8–11 years

POW! Learn some basic character drawing, a bit of storytelling, then accessorize, colour, and power-up to create your own super team! SMASH!

#### NBAC

81096 Sat Jan 10 1-3 p.m. \$25.00

### Flowers, Food and Fashion

13–18 years

The title of this class says it all, but the potential is endless. You will draw, paint, and create works of art inspired by the diverse potential of flowers, food and fashion as all your senses will be required for this class.

#### NBAC

81249 Sun Apr 19-Jun 14 3-4:30 p.m. \$95.00

### From Oz to Wonderland

10–14 years

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

#### NBAC

81248 Sun Apr 19-Jun 14 1-2:30 p.m. \$95.00

### Inspiring Art for Young Minds!

6–9 years

Designed to be easy to follow, children will embark on a creative journey filled with fun and imagination. With step-by-step instructions and engaging activities, they will learn fundamental drawing techniques such as shading, blending, and creating textures, while exploring a variety of themes including animals, nature, fantasy worlds, and their favorite storybook characters. Get ready for a colorful and enjoyable experience that will ignite their artistic passion!

#### NBAC

81099 Sat Jan 17-Mar 14 1:30-3 p.m. \$98.00

81174 Sat Apr 18-Jun 13 1:30-3 p.m. \$98.00

### Introduction to Air Dry Clay

7–12 years

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

#### NBAC

81100 Sun Jan 18-Mar 15 1-3 p.m. \$135.00

81238 Sun Apr 19-Jun 14 1-3 p.m. \$135.00



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### **Making Pop-ups**

**7–9 years**

Do you want to make your own pop-up book? Learn a few basic pop-up techniques and draw pictures that really move! Take home your own finished pop-up book, plus the skills to make more at home.

#### **NBAC**

81220 Sat Jan 17-Mar 14 10-11 a.m. \$87.00

### **Manga 2**

**9–16 years**

Take your manga and comics drawing to the next level. Improve your human and monster characters with foreshortening and facial expressions, and improve your backgrounds with texture, shading, and special effects. Develop a short comic story and choose your own drawing challenges to focus on. Some previous comics or manga drawing experience required.

#### **NBAC**

81118 Sat Jan 17-Mar 14 12-1:30 p.m. \$95.00

### **Octopus's Garden**

**8–12 years**

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

#### **NBAC**

81227 Sun Jan 18-Mar 15 1-2:30 p.m. \$100.00

### **Perspective Drawing**

**10–15 years**

Learn to draw awesome and realistic 3-D cities, cars, castles, spaceships, room interiors and more using perspective! Sketchbook required.

#### **NBAC**

81221 Sat Jan 17-Mar 14 2-3:30 p.m. \$95.00

### **Roblox Coding for Beginners**

**10–14 years**

Take a vacation away from your Brookhaven home and learn how to create your own Roblox Map or Game using a basic scripting language, Lua, and Roblox Studio. This is a Roblox Coding class for beginners.

#### **NBAC**

81126 Sat Jan 17-Mar 14 1-2 p.m. \$90.00

81199 Sat Apr 18-Jun 13 1-2 p.m. \$90.00

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### **The Funny Pages <New!>**

**14–18 years**

A class for Jokers and Wisecrackers who love to draw, write, and make their friends laugh. Cartoon fans of all abilities will learn the mechanics of comic strips, single panel cartoons and print satire by creating their own in an inclusive group setting. If Snoopy is your favourite superhero, this may be a class for you.

#### **NBAC**

81241 Sat Apr 18-Jun 13 1-3 p.m. \$115.00

### **Watercolour Wonderland**

**14–18 years**

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

#### **NBAC**

81204 Sat Apr 18-Jun 13 3-4:30 p.m. \$100.00

### **World of Crayons, Markers and Pastels**

**6–10 years**

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

#### **NBAC**

81134 Sat Jan 17-Mar 14 9-10:30 a.m. \$98.00

81250 Sat Apr 18-Jun 13 11 a.m.-12:30 p.m. \$98.00

## **Recreation & Life Skills**

### **Indigenous Youth Employment Program**

**14–18 years**

An opportunity for Indigenous youth ages 14–18 to grow leadership and life skills for adulthood. Participants will gain experiences through volunteer work and group activities, all blended with traditional Indigenous teachings. Additionally, participants will receive certification in First Aid CPR-C/AED. By the end of the program, youth will leave with a toolbox of skills, meaningful experiences and a guaranteed interview for a cashier or casual rec worker position for participants over the age of 15. Please note, the First Aid course will be for the first session, Feb 17–18, 9 am to 6 pm. The second session, April 7-8, 9 am to 6 pm, both are held at MOC.

#### **MOC**

80921 Tue,Thu Jan 8-Feb 26 4:30-7:30 p.m. \$80.00

81211 Tue,Thu Mar 3-Apr 23 4-7 p.m. \$80.00

## 2026 Winter/Spring Text-Only Leisure Guide

### Sports

#### Badminton – Kids 5–7 years

This class will teach the basics of Badminton such footwork, overhand and underhand strokes, serving and scoring.

##### FLDH

81280	Sat	Jan 3-Mar 14	1-2 p.m.	\$64.80
81284	Sun	Jan 4-Mar 8	1-2 p.m.	\$64.80
81285	Sun	Jan 4-Mar 8	2-3 p.m.	\$64.80
81303	Wed	Jan 7-Mar 11	5-6 p.m.	\$72.90
81617	Wed	Mar 18-May 6	5-6 p.m.	\$64.80
81340	Sun	Mar 22-May 24	1-2 p.m.	\$72.90
81341	Sun	Mar 22-May 24	2-3 p.m.	\$72.90

##### SLC

81319	Sat	Jan 17-Mar 7	6:30-7:30 p.m.	\$64.80
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##### NWLC

82777	Sat	Jan 3-Feb 21	5-6 p.m.	\$64.80
82779	Sat	Apr 4-May 16	5-6 p.m.	56.70

#### Badminton – Junior 8–12 years

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

##### FLDH

81281	Sat	Jan 3-Mar 14	2-3 p.m.	\$64.80
81282	Sat	Jan 3-Mar 14	5-6 p.m.	\$64.80
81286	Mon	Jan 5-Mar 2	5-6 p.m.	\$72.90
81287	Mon	Jan 5-Mar 2	6-7 p.m.	\$72.90
81297	Tue	Jan 6-Feb 24	5-6 p.m.	\$64.80
81304	Wed	Jan 7-Mar 11	6-7 p.m.	\$72.90
81320	Thu	Jan 8-Mar 12	5-6 p.m.	\$72.90
81326	Fri	Jan 9-Mar 13	5-6 p.m.	\$56.70
81342	Mon	Mar 16-May 4	5-6 p.m.	\$64.80
81343	Mon	Mar 16-May 4	6-7 p.m.	\$64.80
81610	Tue	Mar 17-May 5	5-6 p.m.	\$64.80
81636	Wed	Mar 18-May 6	6-7 p.m.	\$64.80
81644	Thu	Mar 19-May 14	5-6 p.m.	\$64.80
81678	Fri	Mar 20-May 15	5-6 p.m.	\$64.80
81338	Sat	Mar 21-May 23	1-2 p.m.	\$72.90
81339	Sat	Mar 21-May 23	2-3 p.m.	\$72.90
81330	Sat	Mar 21-May 23	5-6 p.m.	\$67.50

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### MOC

81542	Sat	Jan 24-Mar 14	10-11 a.m.	\$64.80
81546	Sat	Jan 24-Mar 14	11 a.m.-12 p.m.	\$64.80

### SLC

81324	Sat	Jan 17-Mar 7	7:30-8:30 p.m.	\$64.80
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### NWLC

82778	Sat	Jan 3-Feb 21	6-7pm	\$64.80
82780	Sat	Apr 4-May 16	6-7pm	\$56.70

### Badminton – Teens

#### 13–15 years

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

### FLDH

81298	Tue	Jan 6-Feb 24	6-7 p.m.	\$64.80
81321	Thu	Jan 8-Mar 12	6-7 p.m.	\$72.90
81611	Tue	Mar 17-May 5	6-7 p.m.	\$64.80
81677	Thu	Mar 19-May 14	6-7 p.m.	\$64.80

### Basketball – Kids

#### 5–7 years

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

### FLDH

81299	Tue	Jan 6-Feb 24	4:45-5:45 p.m.	\$64.80
81305	Wed	Jan 7-Mar 11	4:30-5:30 p.m.	\$72.90
81306	Wed	Jan 7-Mar 11	5:30-6:30 p.m.	\$72.90
81612	Tue	Mar 17-May 5	7:30-8:30 p.m.	\$64.80
81640	Wed	Mar 18-May 6	6-7 p.m.	\$64.80
81681	Fri	Mar 20-May 22	5:30-6:30 p.m.	\$56.70
81682	Fri	Mar 20-May 22	6:30-7:30 p.m.	\$56.70

### Basketball – Advanced

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

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### 8–11 years

#### FLDH

81291	Mon	Jan 5-Mar 2	5-6 p.m.	\$72.90
81311	Wed	Jan 7-Mar 11	6:30-7:30 p.m.	\$72.90
81347	Mon	Mar 16-May 4	5-6 p.m.	\$64.80
81615	Tue	Mar 17-May 5	4:45-5:45 p.m.	\$64.80

### 12–14 years

#### FLDH

81292	Mon	Jan 5-Mar 2	6-7 p.m.	\$72.90
81348	Mon	Mar 16-May 4	6-7 p.m.	\$64.80

### Basketball – Fundamental Development

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

### 8–10 years

#### CRNC

80874	Sat	Jan 10-Feb 28	10-11 a.m.	\$64.80
80919	Sat	Mar 7-Apr 25	10-11 a.m.	\$56.70
81212	Sat	May 9-Jun 27	10-11 a.m.	\$56.70

#### FLDH

81310	Wed	Jan 7-Mar 11	5:30-6:30 p.m.	\$72.90
81334	Sat	Mar 21-May 23	10-11 a.m.	\$56.70

### 11–13 years

#### FLDH

81301	Tue	Jan 6-Feb 24	5:45-6:45 p.m.	\$64.80
81616	Tue	Mar 17-May 5	5:45-6:45 p.m.	\$64.80
81641	Wed	Mar 18-May 6	5-6 p.m.	\$64.80
81335	Sat	Mar 21-May 23	11 a.m.-12 p.m.	\$56.70

#### CRNC

80875	Sat	Jan 10-Feb 28	11 a.m.-12 p.m.	\$64.80
80920	Sat	Mar 7-Apr 25	11 a.m.-12 p.m.	\$56.70
81213	Sat	May 9-Jun 27	11 a.m.-12 p.m.	\$56.70

### Floor Hockey – Kids

This program is for children who are interested in learning and developing floor hockey skills while playing a variety of fun games in a non-competitive environment.

### 5–7 years

#### FLDH

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81307	Wed	Jan 7-Mar 11	4:30-5:30 p.m.	\$72.90
81637	Wed	Mar 18-May 6	4:30-5:30 p.m.	\$64.80

### 8–12 years

#### FLDH

81308	Wed	Jan 7-Mar 11	5:30-6:30 p.m.	\$72.90
81638	Wed	Mar 18-May 6	5:30-6:30 p.m.	\$64.80

### Go Girls Sports Jam

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

### 5–7 years

#### FLDH

81290	Mon	Jan 5-Mar 2	6:30-7:30 p.m.	\$72.90
81332	Sat	Mar 21-May 23	1-2 p.m.	\$56.70

### 8–12 years

#### FLDH

81293	Mon	Jan 5-Mar 2	7:30-8:30 p.m.	\$72.90
81333	Sat	Mar 21-May 23	2-3 p.m.	\$56.70

### Lacrosse – Kids

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

### 5–7 years

#### FLDH

81289	Mon	Jan 5-Mar 2	5:30-6:30 p.m.	\$72.90
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### 8–12 years

#### FLDH

81683	Fri	Mar 20-May 22	6-7 p.m.	\$56.70
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### Pickleball – Intro <New!>

This fun and engaging program is designed for children ages 5-7 or 10-14 who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, to serve, rally, and move safely on the court. Through age-appropriate instruction, and teamwork skills in a supportive, non-competitive environment and enthusiasm!

### Kids

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### 5–7 years

#### CNC

81426 Sat Jan 17-Mar 7 1-2 p.m. \$64.80

### Youth

#### 10-14 years

#### GNRC

81318 Sat Jan 17-Mar 7 3:30-4:30 p.m. \$64.80

### Soccer Kids

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

### 5–7 years

#### FLDH

81309 Wed Jan 7-Mar 11 6:30-7:30 p.m. \$72.90

#### MOC

81510 Thu Jan 15-Mar 5 5:30-6:30 p.m. \$64.80

### 8–12 years

#### FLDH

81684 Fri Mar 20-May 22 5-6 p.m. \$56.70

81312 Wed Jan 7-Mar 11 7:30-8:30 p.m. \$72.90

#### MOC

81536 Thu Jan 15-Mar 5 6:30-7:30 p.m. \$64.80

### Sports Jam

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

### 5–7 years

#### FLDH

81613 Tue Mar 17-May 5 4:30-5:30 p.m. \$64.80

### 8–12 years

#### FLDH

81329 Tue Jan 6-Feb 24 6-7 p.m. \$64.80

81614 Tue Mar 17-May 5 5:30-6:30 p.m. \$64.80

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### Table Tennis – Intro (Junior)

**8–12 years**

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

#### FLDH

81295 Tue Jan 6-Feb 24 6:30-7:30 p.m. \$64.80

### Tennis – Kids & Junior Level 1

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

**8–10 years**

#### FLDH

81642 Wed Mar 18-May 6 6-7 p.m. \$64.80

**11–13 years**

#### FLDH

81643 Wed Mar 18-May 6 7-8 p.m. \$64.80

82209 Fri Mar 20-May 22 6-7 p.m. \$56.70

### Volleyball

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

**7–10 years**

#### FLDH

81336 Sat Mar 21-May 23 4-5 p.m. \$56.70

**11–13 years**

#### FLDH

81337 Sat Mar 21-May 23 5-6 p.m. \$56.70

## Registered Adult Programs

### Legend

FLDH – Fieldhouse

GNRC – Glencairn Neighbourhood Recreation Centre

LAC – Lawson Aquatic Centre



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NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

### MATERIAL FEES

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

## Fine Arts – Digital Media and Design

### 3D Modelling and Printing

**15 years and up**

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

#### NBAC

81074	Thu	Jan 15-Mar 5	7-9 p.m.	\$140.00
81148	Thu	Apr 16-Jun 4	7-9 p.m.	\$140.00

### Beginner Autodesk Fusion 360

**15 years and up**

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

#### NBAC

81085	Mon	Jan 12-Mar 9	7-9 p.m.	\$135.00
81160	Mon	Apr 13-Jun 8	7-9 p.m.	\$135.00

### 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

81143	Mon	Jan 12-Feb 9	7-10 p.m.	\$115.00
81195	Mon	Apr 13-May 11	7-10 p.m.	\$115.00

### 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

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develop your skills and achieve a better understanding of the technical aspects of photography.

**Prerequisite:** Photography 1 or equivalent

### NBAC

81144 Mon Feb 23-Mar 23 7-10 p.m. \$115.00

81196 Mon May 25-Jun 22 7-10 p.m. \$115.00

### Photography with your Cellphone

**15 years and up**

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

### NBAC

81239 Thu Apr 16-Jun 4 7-9 p.m. \$135.00

## Fine Arts – Drawing & Painting

### Acrylic Portraits

**15 years and up**

This class will introduce you to the classic grisaille method of painting a head and shoulders portrait and a more impressionistic way of viewing colour for vibrant skin tones. We will also be discussing how to see and select the colours to be used, methods of achieving texture and more. By the final session you will be working towards completing a head and shoulders portrait of someone you know.

### NBAC

81230 Tue,Wed Mar 10-25 7-9:30 p.m. \$115.00

### Adult Sketchbooking

**15 years and up**

Do you keep a Sketchbook or a Creative Journal? Want to start? This collaborative sketchbook class will help you organize your creative thinking by gaining an understanding of your process and point of view. You will learn how to talk about ideas in a group setting by figuring out where yours come from and what to do when they happen. Open to all drawing abilities and all kinds of makers.

### NBAC

81208 Thu Jan 15-Mar 5 7-9 p.m. \$115.00

### Alcohol Ink

**15 years and up**

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

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experience is required.

### NBAC

81222 Wed Jan 14-Mar 4 7-9 p.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

81243 Wed Apr 15-Jun 3 7-9 p.m. \$140.00

### Composing with Colour 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

81228 Tue,Wed Jan 13-28 7-9:30 p.m. \$115.00

### Creative Sketchbook Drawing 16 years and up

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

### NBAC

81240 Wed Apr 15-Jun 3 7-9:30 p.m. \$170.00

### Expressive Watercolour Techniques 15 years and up

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

### NBAC

81229 Tue,Wed Feb 3-25 7-9:30 p.m. \$115.00

## 2026 Winter/Spring Text-Only Leisure Guide

### 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. Experience in any traditional art media or general drawing skills would be a great asset but not essential.

#### NBAC

81115	Mon	Jan 12-Mar 9	7-10 p.m.	\$165.00
81185	Tue	Apr 14-Jun 2	1-4 p.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

81116	Tue	Jan 13-Mar 3	1-4 p.m.	\$165.00
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### Mixed Media Watercolour Portraits

**15 years and up**

Increase the expressiveness of your watercolour portraits through mixed media methods. We will explore imprinting patterns as backgrounds and will combine watercolour with graphite pencil and oil pastels. Instruction in drawing the human head will also be included for those new to the subject.

#### NBAC

81256	Tue,Wed	Apr 14-29	7-9:30 p.m.	\$115.00
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### 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

81119	Wed	Jan 14-Mar 4	7-10 p.m.	\$165.00
81190	Fri	Apr 17-Jun 5	1-4 p.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

81122	Fri	Jan 2-Mar 27	9-11:30 a.m.	Free
81193	Fri	Apr 10-Jun 26	9-11:30 a.m.	Free

## 2026 Winter/Spring Text-Only Leisure Guide

### 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

81123 Wed Jan 14-Mar 4 9 a.m.-12 p.m. \$165.00

81194 Wed Apr 15-Jun 3 9 a.m.-12 p.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

81128 Fri Jan 16-Mar 6 1-3:30 p.m. \$135.00

81200 Thu Apr 16-Jun 4 7-9:30 p.m. \$135.00

### Watercolour Botanicals

**15 years and up**

Be inspired by nature and learn to paint watercolour plant life you have grown in your own garden or exotic specimens from your holidays.

#### NBAC

81257 Tue,Wed May 12-27 7-9:30 p.m. \$115.00

### 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

81131 Sat Jan 17-Mar 14 9 a.m.-12 p.m. \$165.00

81203 Sat Apr 18-Jun 13 9 a.m.-12 p.m. \$165.00

### Watercolour – Level 2

**15 years and up**

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

#### NBAC

81255 Mon Apr 13-Jun 8 7-10 p.m. \$165.00

## 2026 Winter/Spring Text-Only Leisure Guide

### Fine Arts – Fibre Arts

#### **Fibre Felting Fun      14 years and up**

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

##### **NBAC**

81097	Tue	Jan 13-Mar 3	7-9:30 p.m.	\$155.00
81169	Tue	Apr 14-Jun 2	7-9:30 p.m.	\$155.00

#### **Introduction to Crochet      14 years and up**

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

##### **NBAC**

81102	Tue	Jan 13-Feb 17	7-8 p.m.	\$65.00
81175	Tue	Apr 14-May 19	7-8 p.m.	\$65.00

#### **Introduction to Knitting      14 years and up**

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

##### **NBAC**

81103	Mon	Jan 12-Feb 23	7-8 p.m.	\$65.00
81070	Mon	Apr 13-May 25	7-8 p.m.	\$65.00

#### **Learn to Sew      15 years and up**

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

##### **NBAC**

81117	Sat	Jan 10	10 a.m.-3 p.m.	\$55.00
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## 2026 Winter/Spring Text-Only Leisure Guide

### Learn to Sew a Shoulder Bag

**15 years and up**

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

#### NBAC

81187 Sun Apr 12 1-4 p.m. \$40.00

### Upcycled Denim Slippers

**15 years and up**

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

#### NBAC

81202 Sat Apr 11 10 a.m.-3 p.m. \$55.00

### Upcycled Fabric Teddy Bear

**15 years and up**

Learn how to upcycle your old fabric, jacket or even thrift-store finds into a lovable teddy bear. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of all materials.

#### NBAC

81130 Sat Mar 28 10 a.m.-3 p.m. \$55.00

### 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

81120 Thu Jan 29, Feb 26, Mar 26 7-10 p.m. Free

81191 Thu Apr 23, May 28, Jun 25 7-10 p.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

81129 Fri Jan 2-Mar 27 9-11:30 a.m. Free

81201 Fri Apr 10-Jun 26 9-11:30 a.m. Free

## 2026 Winter/Spring Text-Only Leisure Guide

### Quilting Drop-in <Free>

15 years and up

Join volunteers of Connected Threads Network Inc. when they meet each Thursday morning to make quilts for donation to non-profit and charitable agencies in the community. All levels of experience are welcome, and registration is not necessary.

#### NBAC

81125	Thu	Jan 8-Mar 26	9 a.m.-2 p.m.	Free
81198	Thu	Apr 2-Jun 25	9 a.m.-2 p.m.	Free

## Fine Arts – Jewellery And Metalwork

### Beginner Stained Glass

15 years and up

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

#### NBAC

81087	Mon	Jan 12-Feb 23	1-3:30 p.m.	\$155.00
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### Enameling 1 – Short Course

16 years and up

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

**Prerequisite:** Jewellery 1 or equivalent.

#### NBAC

81232	Thu	Feb 26-Mar 19	7-10 p.m.	\$140.00
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### Enameling Project Class

16 years and up

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

**Prerequisite:** Previous Enameling class or equivalent experience.

#### NBAC

81261	Thu	Apr 16-Jun 4	7-10 p.m.	\$255.00
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### Extended Fine Silver Fusing

16 years and up

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

**Prerequisite:** Jewellery 1.

#### NBAC



## 2026 Winter/Spring Text-Only Leisure Guide

81263 Wed May 20-Jun 24 7-10 p.m. \$190.00

### **Jewellery 1 16 years and up**

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

#### **NBAC**

81106 Tue Jan 13-Mar 3 7-10 p.m. \$270.00

81178 Tue Apr 14-Jun 2 7-10 p.m. \$270.00

### **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**

81235 Tue Jan 13-Mar 3 1-4 p.m. \$230.00

### **Jewellery 3 16 years and up**

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

**Prerequisite:** Jewellery 1 and Jewellery 2.

#### **NBAC**

81262 Tue Apr 14-Jun 2 1-4 p.m. \$230.00

### **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**

81109 Thu Jan 15-Mar 5 1-4 p.m. \$230.00

81180 Thu Apr 16-Jun 4 1-4 p.m. \$230.00

### **Jewellery – Metal Forming 16 years and up**

Students will learn how metal moves and how to create volume from flat sheets. We will explore Fold Forming, Anticlastic and Synclastic forms using Fretz stakes and hammers, as well as corrugation.

**Prerequisite:** Jewellery 1 and Jewellery 2

## 2026 Winter/Spring Text-Only Leisure Guide

### NBAC

81231 Sun Jan 18-Mar 15 1-4 p.m. \$230.00

### Jewellery – Metal Fusing <New>

**16 years and up**

Students will learn various metal fusing techniques to incorporate into their jewellery designs. Learn how to fuse metal together for interesting effects.

**Prerequisite:** Jewellery 1 and Jewellery 2

### NBAC

81188 Sun May 24-Jun 14 1-4 p.m. \$125.00

### Jewellery – Working with Wire <New>

**16 years and up**

Students will learn various wire wrapping techniques. This will include how to wire wrap a stone cabochon, making your own wire beads, and various other wire wrapping techniques to incorporate into jewellery.

### NBAC

81258 Sun Apr 19-May 10 1-4 p.m. \$140.00

### 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

81112 Mon Jan 12-Mar 9 1-4 p.m. \$245.00  
81182 Mon Apr 13-Jun 8 1-4 p.m. \$245.00

### Lampwork Beads 1

**16 years and up**

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

### NBAC

81113 Mon Jan 12-Feb 23 7-10 p.m. \$225.00  
81183 Wed Apr 8-May 13 7-10 p.m. \$225.00

### 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.

## 2026 Winter/Spring Text-Only Leisure Guide

**Prerequisite:** Lampwork Beads 1 or equivalent experience

**NBAC**

81236 Wed Jan 14-Mar 4 7-10 p.m. \$245.00

**Lampwork – Encasing Beads Level 2 <New> 16 years and up**

Building on basics learned in Level 1, refine your skills with more in-depth instruction on decorating techniques, using surface tension and heat control. Learn how to clear-case your designs to add more depth to your beads.

**Prerequisite:** Lampwork Beads 1

**NBAC**

81234 Sat Jan 17-Mar 14 9 a.m.-12 p.m. \$245.00

**Lampwork – Learn Soft Glass Marbles <New> 16 years and up**

Learn how to make soft glass marbles with simple designs under 1-inch in size. Using off-mandrel techniques with punties, we will learn colourful designs for marbles. Students will need to have some understanding of heat control.

**Prerequisite:** Lampwork Beads 1

**NBAC**

81260 Sat Apr 18-Jun 13 9 a.m.-12 p.m. \$245.00

**Lampwork – Make Your Own Frit Workshop 16 years and up**

Students will bring their short glass rod ends and scrap pieces where they will learn two methods for making their own glass frit. They will then create custom colour blends to use on their glass beads. It is a great way to use up short rods and scraps and reduce waste. All glass brought for use in this workshop should be COE 104.

**Prerequisite:** Lampwork Beads 1

**NBAC**

81237 Sat Mar 28 9:30 a.m.-4:30 p.m. \$93.00

**Lampwork – Simple Sculptures 16 years and up**

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

**Prerequisite:** Lampwork 1

**NBAC**

81181 Mon Apr 13-Jun 8 7-10 p.m. \$245.00

## 2026 Winter/Spring Text-Only Leisure Guide

### Fine Arts - Woodworking

#### A Solid Table

**16 years and up**

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

**Prerequisite:** Basic woodworking or instructor's permission.

#### NBAC

81077 Wed Jan 14-Mar 18 7-10 p.m. \$280.00

#### Basic Woodworking

**16 years and up**

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

#### NBAC

81083 Tue Jan 13-Mar 17 7-9:30 p.m. \$235.00

#### Dovetail Box <New>

**16 years and up**

Make a small, dovetailed box using machine methods augmented with handwork. The class will focus on techniques to make accurate and repeatable dovetail joints, and you will also gain experience in accurate stock preparation and surface finishing. A custom lid pull will highlight the individuality of your finished box. A material fee will be paid to the instructor.

**Prerequisite:** Basic woodworking or instructor's permission.

#### NBAC

81267 Sat Jan 17-Mar 21 9 a.m.-12 p.m. \$280.00

#### 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

81170 Tue Apr 14-Jun 2 7-9:30 p.m. \$200.00

## 2026 Winter/Spring Text-Only Leisure Guide

### Hand Tool Woodworking – Sliding Lid Chest

**16 years and up**

Working with hand tools, create a chest that is attractive and has an unusual sliding lid. Explore dado joinery with handsaw, hand plane, chisel and router plane. Beautiful forged nails add an old-world charm to your chest. Fully embrace a hand tool approach or mix in power tools for a hybrid approach. An additional materials fee payable to the instructor will cover the cost of materials. Open to all skill levels.

#### NBAC

81268 Thu Jan 15-Mar 19 7-10 p.m. \$280.00

### Infant Toy Making 16 years and up

Make a wooden dowel and bead baby rattle along with a simple gift box. The class will discuss aesthetic and functional challenges in creating your desired shape (elephant, hippo, frog, hedgehog, submarine, etc.). Learn accurate stock preparation, how to use the bandsaw and drill press and prepare well finished surfaces. Students will also make an item of their choice, such as a small bench or stepping stool, a kid friendly knife for chopping, or other sensory toys. An additional materials fee payable to the instructor will cover the cost of materials. No previous woodworking experience needed.

#### NBAC

81265 Sat Apr 18-Jun 13 9 a.m.-12 p.m. \$230.00

### Introduction to the Wood Lathe: Bowl Turning 16 years and up

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

#### NBAC

82781	Fri	Jan 2	7-9 p.m.	\$205.00
	Sat-Sun	Jan 3-4	9 a.m.-5 p.m.	
81141	Fri	Mar 27	7-9 p.m.	\$205.00
	Sat-Sun	Mar 28-29	9 a.m.-5 p.m.	

### Introduction to the Wood Lathe: Spindle Turning 16 years and up

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

#### NBAC

81104	Fri	Jan 9	7-9 p.m.	\$205.00
	Sat-Sun	Jan 10-11	9 a.m.-5 p.m.	

## 2026 Winter/Spring Text-Only Leisure Guide

### Sharpening Workshop

**16 years and up**

Learn to tune up and sharpen hand planes and cabinet chisels in this hands-on class. You can practice with shop chisels, or work on your own. If you buy a chisel ahead of the class, please discuss with the instructor for advice on what to purchase.

#### NBAC

81146 Sun Feb 8 1-5 p.m. \$65.00

### Wall Display Shelf

**<New>**

**16 years and up**

Imagine an artistic wall shelf with four sections to highlight your treasures. Discover mortise and tenon joinery with handsaw and chisel, along with power tools as preferred. Let your design flow with curves and section spacing to suit your needs. An additional materials fee paid to the instructor will cover all required materials. Open to all skill levels.

#### NBAC

81269 Thu Apr 16-Jun 4 7-10 p.m. \$230.00

### Wood Carving Drop-in <Free>

**15 years and up**

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

#### NBAC

81132 Tue Jan 6-Mar 31 9-11:30 a.m. Free

81205 Tue Apr 7-Jun 30 9-11:30 a.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

81206 Wed Apr 15-Jun 3 7-10 p.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

81133 Mon Jan 12-Mar 23 7-10 p.m. \$280.00

81207 Mon Apr 13-Jun 8 7-10 p.m. \$230.00

## 2026 Winter/Spring Text-Only Leisure Guide

### Aquatic Fitness, Health & Wellness

#### Programming Note

All City of Regina fitness programs in this section require registration online at [Regina.ca/recreation](http://Regina.ca/recreation) or call 306-777-PLAY (7529).

#### Aquacise

#### 14 years and up

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

#### LAC

81432	Tue	Jan 6-Feb 10	6:15-7 p.m.	\$39.30
81433	Thu	Jan 8-Feb 12	6:15-7 p.m.	\$32.35
82014	Tue	Feb 24-Mar 31	6:15-7 p.m.	\$39.30
82013	Thu	Feb 26-Mar 26	6:15-7 p.m.	\$32.75
82178	Tue	Apr 14-May 26	6:15-7 p.m.	\$45.85
82177	Thu	Apr 16-May 28	6:15-7 p.m.	\$45.85

#### NWLC

82034	Mon	Jan 5-Feb 9	8:35-9:20 p.m.	\$39.30
82035	Tue	Jan 6-Feb 10	8:35-9:20 p.m.	\$39.30
82033	Wed	Jan 7-Feb 11	8:35-9:20 p.m.	\$39.30
82037	Mon	Feb 23-Mar 30	8:35-9:20 p.m.	\$39.30
82038	Tue	Feb 24-Mar 31	8:35-9:20 p.m.	\$39.30
82036	Wed	Feb 25-Apr 1	8:35-9:20 p.m.	\$39.30
82080	Mon	Apr 13-May 25	8:35-9:20 p.m.	\$39.30
82081	Tue	Apr 14-May 26	8:35-9:20 p.m.	\$45.85
82079	Wed	Apr 15-May 27	8:35-9:20 p.m.	\$45.85

#### SSLC

82641	Mon	Jan 5-Feb 9	8:30-9:15 p.m.	\$39.30
82650	Tue	Jan 6-Feb 10	8:30-9:15 p.m.	\$39.30
82660	Wed	Jan 7-Feb 11	8:30-9:15 p.m.	\$39.30
82666	Thu	Jan 8-Feb 12	8:30-9:15 p.m.	\$39.30
82686	Mon	Feb 23-Mar 30	8:30-9:15 p.m.	\$39.30
82701	Tue	Feb 24-Mar 31	8:30-9:15 p.m.	\$39.30
82707	Wed	Feb 25-Apr 1	8:30-9:15 p.m.	\$39.30
82720	Thu	Feb 26-Apr 2	8:30-9:15 p.m.	\$39.30
82732	Mon	Apr 13-May 25	8:30-9:15 p.m.	\$39.30
82739	Tue	Apr 14-May 26	8:30-9:15 p.m.	\$45.85
82743	Wed	Apr 15-May 27	8:30-9:15 p.m.	\$45.85
82748	Thu	Apr 16-May 28	8:30-9:15 p.m.	\$45.85

## 2026 Winter/Spring Text-Only Leisure Guide

### 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

82661	Wed	Jan 7-Feb 11	9:15-10 a.m.	\$39.30
82708	Wed	Feb 25-Apr 1	9:15-10 a.m.	\$39.30
82744	Wed	Apr 15-May 27	9:15-10 a.m.	\$45.85

## Land Fitness, Health & Wellness

### Programming Note

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

### Baby & Me Bootcamp

#### 15 years and up

Bring your infant/toddler to this fun and challenging workout. Replenish your tired body with vigor and vitality along with other new parents in this fitness class designed specifically for you. A variety of cardio, strength and core exercises aimed to help restore muscular strength, firm up your body, and improve your energy levels making it easier to run after your little one. This class is suitable for all fitness levels. Babies ages 3 to 18 months can attend.

#### FLDH

81270	Wed	Jan 7-Feb 11	10:45-11:45 a.m.	\$45.90
81271	Thu	Jan 8-Feb 12	10:45-11:45 a.m.	\$38.25
82154	Wed	Feb 25-Apr 1	10:45-11:45 a.m.	\$45.90
82156	Thu	Feb 26-Apr 2	10:45-11:45 a.m.	\$45.90
82182	Wed	Apr 15-May 27	10:45-11:45 a.m.	\$53.55
82183	Thu	Apr 16-May 28	10:45-11:45 a.m.	\$45.90

### Cardio & Tone Interval

#### 15 years and up

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

#### SSLC

82673	Fri	Jan 9-Feb 13	11:45 a.m.-12:45 p.m.	\$39.30
82727	Fri	Feb 27-Mar 27	11:45 a.m.-12:45 p.m.	\$32.75
82754	Fri	Apr 17-May 29	11:45 a.m.-12:45 p.m.	\$45.85



## 2026 Winter/Spring Text-Only Leisure Guide

### Kickboxing

#### 16 years and up

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

#### NWLC

82039	Sun	Jan 11-Feb 15	10-11 a.m.	\$45.90
82040	Sun	Mar 1-29	10-11 a.m.	\$30.60
82082	Sun	Apr 19-May 31	10-11 a.m.	\$53.55

### LiveWell

#### 15 years and up

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

#### FLDH

82597	Mon,Wed	Jan 5-Feb 11	10-11 a.m.	\$104.40
82598	Mon,Wed	Jan 5-Feb 11	11 a.m.-12 p.m.	\$104.40
82599	Tue,Thu	Jan 6-Feb 12	4:30-5:30 p.m.	\$104.40
82600	Tue,Thu	Jan 6-Feb 12	5:30-6:30 p.m.	\$104.40
82712	Mon,Wed	Feb 23-Apr 1	10-11 a.m.	\$104.40
82713	Mon,Wed	Feb 23-Apr 1	11 a.m.-12 p.m.	\$104.40
82601	Tue,Thu	Feb 24-Apr 2	4:30-5:30 p.m.	\$104.40
82602	Tue,Thu	Feb 24-Apr 2	5:30-6:30 p.m.	\$104.40
82715	Mon,Wed	Apr 13-May 27	10-11 a.m.	\$121.80
82716	Mon,Wed	Apr 13-May 27	11 a.m.-12 p.m.	\$121.80
82717	Tue,Thu	Apr 14-May 28	4:30-5:30 p.m.	\$121.80
82718	Tue,Thu	Apr 14-May 28	5:30-6:30 p.m.	\$121.80

### Minds in Motion

A program that combines physical activity, socialization and mental stimulation for those with early symptoms of dementia to enjoy with a family member or friend. Must register in pairs. For more information, contact Heather at 1-800-263-3367, by email at [mindsinmotion@alzheimersk.ca](mailto:mindsinmotion@alzheimersk.ca) or visit [alzheimersk.ca](http://alzheimersk.ca). Must Register in pairs.

#### NWLC

82041	Thu	Jan 22-Mar 26	1:30-3:30 p.m.	\$25.00
82062	Thu	Apr 9-May 28	1:30-3:30 p.m.	\$25.00

### Mobility – Strength, Flexibility & Relaxation

#### 16 years and up

This class is designed to progress through three components that contribute to the proper functioning and mobility of our bodies using a variety of tools. You start with a focus on strength and stability to warm the body up and fine tune our motor control, then incorporate moves and exercises that focus on

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biomechanics and increasing the flexibility of the muscular structure, joints and connective tissues. Class ends with relaxation techniques that help your nervous system relax and prep your body for a restful night of sleep.

### FLDH

81272	Mon	Jan 5-Feb 9	7-8 p.m.	\$45.90
82160	Mon	Feb 23-Mar 30	7-8 p.m.	\$45.90
82184	Mon	Apr 13-May 25	7-8 p.m.	\$53.55

### 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

81273	Thu	Jan 8-Feb 12	6:45-7:45 p.m.	\$32.75
82157	Thu	Feb 26-Apr 2	6:45-7:45 p.m.	\$39.30
82185	Thu	Apr 16-May 28	6:45-7:45 p.m.	\$39.30

### SoulFusion

### 16 years and up

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

### FLDH

81274	Sat	Jan 10-Feb 14	9:45-10:45 a.m.	\$30.60
82158	Sat	Feb 28-Mar 28	9:45-10:45 a.m.	\$30.60
82186	Sat	Apr 18-May 30	9:45-10:45 a.m.	\$45.90

### StepFit

### 16 years and up

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

### SSLC

82642	Mon	Jan 5-Feb 9	5:30-6:30 p.m.	\$39.30
82687	Mon	Feb 23-Mar 30	5:30-6:30 p.m.	\$39.30
82733	Mon	Apr 13-May 25	5:30-6:30 p.m.	\$39.30

### 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.

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### SSLC

82662	Wed	Jan 7-Feb 11	10:30-11:30 a.m.	\$39.30
82709	Wed	Feb 25-Apr 1	10:30-11:30 a.m.	\$39.30
82745	Wed	Apr 15-May 27	10:30-11:30 a.m.	\$45.85

### Stott Pilates <New>

**16 years and up**

Join us for a new program Stott Pilates matwork. It is a core-based exercise program that focuses on movement of the spine, core strength, flexibility and mind-body awareness. Exercises are done on a mat and will be done with or without props. All levels are welcome.

### SSLC

82770	Wed	Jan 7-Feb 11	6:45-7:45 p.m.	\$45.90
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### 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

82651	Tue	Jan 6-Feb 10	6:45-7:45 p.m.	\$39.30
82663	Wed	Jan 7-Feb 11	5:30-6:30 p.m.	\$39.30
82702	Tue	Feb 24-Mar 31	6:45-7:45 p.m.	\$39.30
82710	Wed	Feb 25-Apr 1	5:30-6:30 p.m.	\$39.30
82740	Tue	Apr 14-May 26	6:45-7:45 p.m.	\$45.85
82746	Wed	Apr 15-May 27	5:30-6:30 p.m.	\$45.85

### 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

81275	Sat	Jan 10-Feb 14	9-10 a.m.	\$52.20
82161	Sat	Feb 28-Mar 28	9-10 a.m.	\$43.50
82187	Sat	Apr 18-May 30	9-10 a.m.	\$60.90

### Yoga – Flow

**15 years and up**

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

### NWLC

82048	Mon	Jan 5-Feb 9	7:15-8:15 p.m.	\$45.90
82049	Tue	Jan 6-Feb 10	6-7 p.m.	\$45.90
82050	Mon	Feb 23-Mar 30	7:15-8:15 p.m.	\$45.90

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82051	Tue	Feb 24-Mar 31	6-7 p.m.	\$45.90
82086	Mon	Apr 13-May 25	7:15-8:15 p.m.	\$45.90
82087	Tue	Apr 14-May 26	6-7 p.m.	\$53.55

### SSLC

82644	Mon	Jan 5-Feb 9	8-9 p.m.	\$45.90
82689	Mon	Feb 23-Mar 30	8-9 p.m.	\$45.90
82735	Mon	Apr 13-May 25	8-9 p.m.	\$27.60

### Yoga – Gentle

**15 years and up**

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

### FLDH

81276	Mon	Jan 5-Feb 9	5:45-6:45 p.m.	\$45.90
82159	Mon	Feb 23-Mar 30	5:45-6:45 p.m.	\$45.90
82188	Mon	Apr 13-May 25	5:45-6:45 p.m.	\$53.55

### NWLC

82052	Mon	Jan 5-Feb 9	6-7 p.m.	\$45.90
82053	Wed	Jan 7-Feb 11	6-7 p.m.	\$45.90
82054	Mon	Feb 23-Mar 30	6-7 p.m.	\$45.90
82055	Wed	Feb 25-Apr 1	6-7 p.m.	\$45.90
82088	Mon	Apr 13-May 25	6-7 p.m.	\$45.90
82089	Wed	Apr 15-May 27	6-7 p.m.	\$53.55

### SSLC

82645	Mon	Jan 5-Feb 9	9:15-10:15 a.m.	\$45.90
82646	Mon	Jan 5-Feb 9	10:30-11:30 a.m.	\$45.90
82647	Mon	Jan 5-Feb 9	6:45-7:45 p.m.	\$45.90
82669	Thu	Jan 8-Feb 12	9:15-10:15 a.m.	\$45.90
82668	Thu	Jan 8-Feb 12	11:45 a.m.-12:45 p.m.	\$45.90
82667	Thu	Jan 8-Feb 12	6:45-7:45 p.m.	\$45.90
82674	Fri	Jan 9-Feb 13	10:30-11:30 a.m.	\$45.90
82690	Mon	Feb 23-Mar 30	9:15-10:15 a.m.	\$45.90
82691	Mon	Feb 23-Mar 30	10:30-11:30 a.m.	\$45.90
82692	Mon	Feb 23-Mar 30	6:45-7:45 p.m.	\$45.90
82723	Thu	Feb 26-Apr 2	9:15-10:15 a.m.	\$45.90
82722	Thu	Feb 26-Apr 2	11:45 a.m.-12:45 p.m.	\$45.90
82721	Thu	Feb 26-Apr 2	6:45-7:45 p.m.	\$45.90
82728	Fri	Feb 27-Mar 27	10:30-11:30 a.m.	\$38.25
82736	Mon	Apr 13-May 25	9:15-10:15 a.m.	\$45.90
82737	Mon	Apr 13-May 25	10:30-11:30 a.m.	\$45.90
82738	Mon	Apr 13-May 25	6:45-7:45 p.m.	\$45.90
82751	Thu	Apr 16-May 28	9:15-10:15 a.m.	\$53.55
82750	Thu	Apr 16-May 28	11:45 a.m.-12:45 p.m.	\$53.55

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82749	Thu	Apr 16-May 28	6:45-7:45 p.m.	\$53.55
82755	Fri	Apr 17-May 29	10:30-11:30 a.m.	\$53.55

### 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

81277	Tue	Jan 6-Feb 10	10:30-11:30 a.m.	\$45.90
82153	Tue	Feb 24-Mar 31	10:30-11:30 a.m.	\$45.90
82189	Tue	Apr 14-May 26	10:30-11:30 a.m.	\$53.55

### Yoga – Yin

### 15 years and up

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

#### SSLC

82652	Tue	Jan 6-Feb 10	8-9 p.m.	\$45.90
82703	Tue	Feb 24-Mar 31	8-9 p.m.	\$45.90
82741	Tue	Apr 14-May 26	8-9 p.m.	\$53.55

### 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

81278	Wed	Jan 7-Feb 11	6:45-7:45 p.m.	\$43.50
82155	Wed	Feb 25-Apr 1	6:45-7:45 p.m.	\$52.20
82190	Wed	Apr 15-May 27	6:45-7:45 p.m.	\$60.90

#### SSLC

82670	Thu	Jan 8-Feb 12	8-9 p.m.	\$45.90
82676	Sat	Jan 10-Feb 14	9-10 a.m.	\$45.90
82724	Thu	Feb 26-Apr 2	8-9 p.m.	\$45.90
82730	Sat	Feb 28-Mar 28	9-10 a.m.	\$38.25
82752	Thu	Apr 16-May 28	8-9 p.m.	\$53.55
82756	Sat	Apr 18-May 30	9-10 a.m.	\$53.55

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### Sports

#### Badminton

#### 16 years and up

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

#### FLDH

81283	Sat	Jan 3-Mar 14	6-7:30 p.m.	\$97.20
81327	Fri	Jan 9-Mar 13	6-7:30 p.m.	\$85.95
81680	Fri	Mar 20-May 15	6-7:30 p.m.	\$97.20
81331	Sat	Mar 21-May 23	6-7:30 p.m.	\$109.35

#### Pickleball - Intro

#### 16 years and up

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

#### GNRC

81325	Sat	Jan 17-Mar 7	4:30-5:30 p.m.	\$64.80
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#### Sports Jam - Adult

#### 16 years and up

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

81322	Thu	Jan 8-Mar 12	6-7 p.m.	\$72.90
81328	Thu	Jan 8-Mar 12	7-8 p.m.	\$72.90
82782	Thu	Mar 19-May 14	6-7 p.m.	\$64.80

#### Table Tennis – Intro

#### 16 years and up

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

#### FLDH

81296	Tue	Jan 6-Feb 24	7:30-8:30 p.m.	\$64.80
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#### Tennis – Adult Level 1

#### 16 years and up

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

#### FLDH

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82214 Fri Mar 20-May 22 7-8 p.m. \$56.70

### Registered Older Adult Programs

#### Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

#### Programming Note

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

#### Adapted Adult Strength and Balance <AP>

**18 years and up**

This introductory class empowers adults with disabilities or those facing recreational barriers, focusing on building core strength, balance, and mobility using various equipment.

#### SSLC

80871	Tue	Jan 6-Feb 10	12:15-1:15 p.m.	\$39.30
80872	Tue	Feb 24-Mar 31	12:15-1:15 p.m.	\$39.30
80873	Tue	Apr 14-May 26	12:15-1:15 p.m.	\$45.85

#### Adapted Virtual Chair Yoga <AP> <New!> 18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. Chair yoga provides an opportunity to stretch, tone and relax in a safe comfortable environment. Great for older adults, a recovering body, chronic conditions and beginners to yoga. Expect to maximize tension release and improve your range of motion through correct breathing techniques. This online class will require you to have access to Zoom.

#### SSLC

80916	Mon	Jan 5-Feb 9	4:15-5:15 p.m.	\$45.90
80917	Mon	Feb 23-Mar 30	4:15-5:15 p.m.	\$45.90
80918	Mon	Apr 13-May 18	4:15-5:15 p.m.	\$45.90

#### Yoga – Boomers and Beyond

**30 years and up**

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

#### NWLC

82042	Tue	Jan 6-Feb 10	10:30-11:30 a.m.	\$45.90
82043	Thu	Jan 8-Feb 12	10:30-11:30 a.m.	\$45.90
82044	Tue	Feb 24-Mar 31	10:30-11:30 a.m.	\$45.90
82045	Thu	Feb 26-Apr 2	10:30-11:30 a.m.	\$45.90

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82083	Tue	Apr 14-May 26	10:30-11:30 a.m.	\$53.55
82084	Thu	Apr 16-May 28	10:30-11:30 a.m.	\$53.55

### Yoga – Chair

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

#### SSLC

82643	Mon	Jan 5-Feb 9	11:45 a.m.-12:45 p.m.	\$45.90
82664	Wed	Jan 7-Feb 11	11:45 a.m.-12:45 p.m.	\$45.90
82688	Mon	Feb 23-Mar 30	11:45 a.m.-12:45 p.m.	\$45.90
82711	Wed	Feb 25-Apr 1	11:45 a.m.-12:45 p.m.	\$45.90
82734	Mon	Apr 13-May 25	11:45 a.m.-12:45 p.m.	\$45.90
82747	Wed	Apr 15-May 27	11:45 a.m.-12:45 p.m.	\$53.55

#### NWLC

82046	Wed	Jan 7-Feb 11	1-2 p.m.	\$45.90
82047	Wed	Feb 25-Apr 1	1-2 p.m.	\$45.90
82085	Wed	Apr 15-May 27	1-2 p.m.	\$53.55

### Zumba Gold Fitness

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.

#### NWLC

82058	Mon	Jan 5-Feb 9	9:45-10:45 a.m.	\$45.90
82056	Wed	Jan 7-Feb 11	10:30-11:30 a.m.	\$45.90
82059	Mon	Feb 23-Mar 30	9:45-10:45 a.m.	\$45.90
82057	Wed	Feb 25-Apr 1	10:30-11:30 a.m.	\$45.90
82091	Mon	Apr 13-May 25	9:45-10:45 a.m.	\$45.90
82090	Wed	Apr 15-May 27	10:30-11:30 a.m.	\$53.55

#### SSLC

82653	Tue	Jan 6-Feb 10	10:30-11:30 a.m.	\$45.90
82671	Thu	Jan 8-Feb 12	10:30-11:30 a.m.	\$45.90
82704	Tue	Feb 24-Mar 31	10:30-11:30 a.m.	\$45.90
82725	Thu	Feb 26-Apr 2	10:30-11:30 a.m.	\$45.90
82742	Tue	Apr 14-May 26	10:30-11:30 a.m.	\$53.55
82753	Thu	Apr 16-May 28	10:30-11:30 a.m.	\$53.55