

City of Regina 2024 Fall Leisure Guide

Text-Only Version

Registration Information

Regina residents:

Tuesday, August 13

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

Non-residents:

Thursday, August 15

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

3 Ways to register:

Online Registration

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

Make sure you create your online account before registration day!

Call 306-777-PLAY (7529)

PlayLine operating hours:

Monday – Friday: 9 a.m.–8 p.m.

Saturday – Sunday: 9 a.m.–7 p.m.

Statutory holidays: 1:30–3:30 p.m.

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

Visit a Facility

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

Payment Methods

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

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

Transfers

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

Late Registrations

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

Multipurpose Recreational Facilities

Neil Balkwill Civic Arts Centre

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

Facility hours:

September 1-December 30

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: 1 - 5 p.m.

North West Leisure Centre

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

Facility hours:

Monday – Thursday: 8 a.m. - 9:30 p.m.

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

Saturday – Sunday: 9 a.m. - 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

- Leisure pool ranging in depth from .20 to 1.5 metres
- Whirlpool
- Pool slides • Pool is very warm, usually 32°C
- Co-ed dry sauna
- Sundeck
- Aquatic 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.

Lawson Aquatic Centre will be closed for annual maintenance August 19 - September 8 inclusive. The Strength & Conditioning area will be closed August 19 - 25.

Fieldhouse

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

Lawson Aquatic Centre

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

Outdoor Pools

Massey Pool

100 Massey Rd.
306-777-7377
*opens June 13

Regent Pool

3600 McKinley Ave.
306-777-7376
*opens June 13

Buffalo Meadows Pool

1401 Montague St.
306-777-7375
Admission is free
*opens June 13

Maple Leaf Pool

1104 14th Ave.
306-777-7374
Admission is free
*opens June 13

Wascana Pool

2400 Wascana Dr.
306-777-PLAY (7529)
*opens June 6

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

Spray Pads

Imperial Park

Rose St. and 3rd Ave. N

Kinsmen Park North

Pasqua St. and 2nd Ave.

Rosemont Park

Grace St. and 6th Ave.

Maple Ridge Park

Maple Ridge Dr.

Glen Elm Park

Bond St. and 9th Ave.
McKay St. and 18th Ave.

Rick Hansen Optimist Playground

1010 McCarthy Blvd.

Kinsmen Park South

Westgate Ave. and Kings Rd.

Parkridge Park

7th Ave. and Wadey Cres.

Varsity Park

Phillip Rd. and Pederson Cres.

Gocki Park

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

Sandra Schmirler Leisure Centre

3130 East Woodhams Dr.

South Leisure Centre

170 Sunset Dr.

North West Leisure Centre

1127 Arnason St.

Wascana Pool

2400 Wascana Dr

Māmowimīwēyitamōwin Park

3750 McKinley Ave.

Drop-in Fitness

Drop-in activities and fitness

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

Admission Prices (plus applicable taxes)

Single admissions

Adult (25-64)	\$6.98
Senior (65+)	\$5.41
Young Adult (19-24)	\$5.41
Youth (13-18)	\$4.73
Child (2-12)	\$3.15
Family*	\$13.96

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

Bulk Admissions (10)	Base Price
Adult (25-64)	62.82

Senior (65+)	48.69
Young Adult (19-24)	48.69
Youth (13-18)	42.57
Child (2-12)	28.35
Family*	125.64

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

Bulk Admissions (20)	Base Price
Adult (25-64)	118.66
Senior (65+)	91.97
Young Adult (19-24)	91.97
Youth (13-18)	80.41
Child (2-12)	53.55
Family*	237.32

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

Leisure Passes	One Month	Three Month	Six Month	One Year
Adult (25-64)	56.88	153.58	290.09	511.92
Senior (65+)	42.66	115.18	217.57	383.94
Young Adult (19-24)	42.66	115.18	217.57	383.94
Youth (13-18)	34.13	92.15	174.06	307.17
Child (2-12)	25.6	69.12	130.56	230.4
Family*	110.92	299.48	565.69	998.28

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

Swimming Lessons

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.

Lawson Aquatic Centre

75114 Tue Sep 10-Oct 29 4:55-5:25p.m. \$56.00
75115 Sat Sep 14-Nov 2 9:30-10a.m. \$49.00
75116 Sat Sep 14-Nov 2 12:30-1p.m. \$49.00
75117 Sun Sep 15-Nov 3 10:45-11:15a.m. \$49.00
75119 Wed Nov 6-Dec 18 4:55-5:25p.m. \$49.00
75120 Sun Nov 10-Dec 22 11:45a.m.-12:20p.m. \$49.00

North West Leisure Centre

74441 Tue Sep 3-Oct 29 2:15-2:45p.m. \$63.00
75174 Wed Sep 4-Oct 30 4:35-5:05p.m. \$63.00
75175 Thu Sep 5-Oct 31 9-9:30a.m. \$63.00
75817 Mon Sep 9-Oct 28 5:10-5:45p.m. \$49.00
75890 Mon Nov 4-Dec 16 5:10-5:45p.m. \$49.00
75532 Tue Nov 5-Dec 17 2:15-2:45p.m. \$49.00
75534 Tue Nov 5-Dec 17 5:15-5:45p.m. \$49.00
75537 Wed Nov 6-Dec 18 5:15-5:45p.m. \$49.00
75540 Thu Nov 7-Dec 19 9-9:30a.m. \$49.00
75541 Thu Nov 7-Dec 19 4:35-5:05p.m. \$49.00
75542 Sun Nov 10-Dec 22 10:20-10:50a.m. \$49.00

Sandra Schmirler Leisure Centre

74795 Tue Sep 3-Oct 29 11:05-11:35a.m. \$63.00
74794 Tue Sep 3-Oct 29 4:45-5:15p.m. \$63.00
74855 Wed Sep 4-Oct 30 10:50-11:20a.m. \$63.00
74854 Wed Sep 4-Oct 30 6-6:30p.m. \$63.00
74986 Thu Sep 5-Oct 31 5:25-5:55p.m. \$63.00
75142 Fri Sep 6-Nov 1 4:45-5:15p.m. \$63.00
75273 Sat Sep 7-Nov 2 11:10-11:40a.m. \$63.00
75274 Sat Sep 7-Nov 2 1:30-2p.m. \$63.00
75445 Sun Sep 8-Nov 3 11:10-11:40a.m. \$63.00
74756 Mon Sep 9-Oct 28 10:40-11:15a.m. \$49.00
74755 Mon Sep 9-Oct 28 4:50-5:25p.m. \$49.00
75533 Mon Nov 4-Dec 16 10:40-11:15a.m. \$49.00
75531 Mon Nov 4-Dec 16 4:50-5:25p.m. \$49.00
75562 Tue Nov 5-Dec 17 10:50-11:20a.m. \$49.00
75560 Tue Nov 5-Dec 17 6-6:30p.m. \$49.00
75671 Wed Nov 6-Dec 18 11:05-11:35a.m. \$49.00
75670 Wed Nov 6-Dec 18 4:45-5:15p.m. \$49.00
75706 Thu Nov 7-Dec 19 4:45-5:15p.m. \$49.00
75735 Fri Nov 8-Dec 20 5:25-5:55p.m. \$49.00
75771 Sat Nov 9-Dec 21 11:10-11:40a.m. \$49.00
75772 Sat Nov 9-Dec 21 1:30-2p.m. \$49.00
75847 Sun Nov 10-Dec 22 11:10-11:40a.m. \$49.00

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.

Lawson Aquatic Centre

75126 Sat Sep 14-Nov 2 10:40-11:10a.m. \$49.00
75127 Sun Sep 15-Nov 3 11:35a.m.-12:05p.m. \$49.00
75129 Tue Nov 5-Dec 17 5:30-6p.m. \$49.00

75131 Wed Nov 6-Dec 18 6:05-6:35p.m. \$49.00

North West Leisure Centre 74442 Tue Sep 3-Oct 29 2:50-3:20p.m. \$63.00

74443 Tue Sep 3-Oct 29 5:10-5:40p.m. \$63.00
74899 Wed Sep 4-Oct 30 9-9:30a.m. \$63.00
74900 Thu Sep 5-Oct 31 4:05-4:35p.m. \$63.00
74901 Sat Sep 7-Nov 2 10:50-11:20a.m. \$63.00
74902 Sun Sep 8-Nov 3 11:45a.m.-12:15p.m. \$63.00
74903 Sun Sep 8-Nov 3 12:05-12:35p.m. \$63.00
75818 Mon Sep 9-Oct 28 2:20-2:55p.m. \$49.00
75819 Mon Sep 9-Oct 28 5:50-6:25p.m. \$49.00
75891 Mon Nov 4-Dec 16 5:50-6:25p.m. \$49.00
75543 Tue Nov 5-Dec 17 2:50-3:20p.m. \$49.00
75544 Tue Nov 5-Dec 17 5:50-6:20p.m. \$49.00
75546 Wed Nov 6-Dec 18 9-9:30a.m. \$49.00
75549 Wed Nov 6-Dec 18 5:10-5:40p.m. \$49.00
75552 Fri Nov 8-Dec 20 4:05-4:35p.m. \$49.00
75553 Sat Nov 9-Dec 21 12:05-12:35p.m. \$49.00
75555 Sat Nov 9-Dec 21 11:15-11:45a.m. \$49.00
75561 Sun Nov 10-Dec 22 10:50-11:20a.m. \$49.00

Sandra Schmirler Leisure Centre

74774 Tue Sep 3-Oct 29 4:05-4:35p.m. \$63.00
74773 Tue Sep 3-Oct 29 5:10-5:40p.m. \$63.00
74862 Wed Sep 4-Oct 30 11:25-11:55a.m. \$63.00
74861 Wed Sep 4-Oct 30 4:10-4:40p.m. \$63.00
74969 Thu Sep 5-Oct 31 11-11:30a.m. \$63.00
74968 Thu Sep 5-Oct 31 4:50-5:20p.m. \$63.00
75161 Sat Sep 7-Nov 2 9:35-10:05a.m. \$63.00
75162 Sat Sep 7-Nov 2 12:10-12:40p.m. \$63.00
75163 Sat Sep 7-Nov 2 2:50-3:20p.m. \$63.00
75371 Sun Sep 8-Nov 3 9:35-10:05a.m. \$63.00
75372 Sun Sep 8-Nov 3 12:10-12:40p.m. \$63.00
74746 Mon Sep 9-Oct 28 4:40-5:15p.m. \$49.00
75514 Mon Nov 4-Dec 16 4:40-5:15p.m. \$49.00
75569 Tue Nov 5-Dec 17 11:25-11:55a.m. \$49.00
75568 Tue Nov 5-Dec 17 4:10-4:40p.m. \$49.00
75644 Wed Nov 6-Dec 18 4:05-4:35p.m. \$49.00
75642 Wed Nov 6-Dec 18 5:10-5:40p.m. \$49.00
75708 Thu Nov 7-Dec 19 11:30a.m.-12p.m. \$49.00
75732 Fri Nov 8-Dec 20 4:50-5:20p.m. \$49.00
75753 Sat Nov 9-Dec 21 9:35-10:05a.m. \$49.00
75754 Sat Nov 9-Dec 21 12:10-12:40p.m. \$49.00
75755 Sat Nov 9-Dec 21 2:40-3:10p.m. \$49.00
75832 Sun Nov 10-Dec 22 9:35-10:05a.m. \$49.00
75833 Sun Nov 10-Dec 22 12:10-12:40p.m. \$49.00

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.

Lawson Aquatic Centre

75133 Wed Sep 11-Oct 30 6:45-7:15p.m. \$56.00
75134 Sat Sep 14-Nov 2 1:25-1:55p.m. \$49.00
75138 Sun Sep 14-Nov 2 1:25-1:55p.m. \$49.00
75480 Sun Nov 10-Dec 22 10:55-11:30a.m. \$49.00
75481 Sun Nov 10-Dec 22 12:30-1:05p.m. \$49.00

North West Leisure Centre

74842 Tue Sep 3-Oct 29 4:35-5:05p.m. \$63.00
74845 Wed Sep 4-Oct 30 11-11:30a.m. \$63.00
74844 Wed Sep 4-Oct 30 5:45-6:15p.m. \$63.00
74846 Fri Sep 6-Nov 1 5:10-5:40p.m. \$63.00
74848 Sat Sep 7-Nov 2 12:35-1:05p.m. \$63.00
74849 Sat Sep 7-Nov 2 12:40-1:10p.m. \$63.00
74869 Sun Sep 8-Nov 3 9:35-10:05a.m. \$63.00
74868 Sun Sep 8-Nov 3 11:50a.m.-12:20p.m. \$63.00
75567 Tue Nov 5-Dec 17 5:55-6:25p.m. \$49.00
75573 Wed Nov 6-Dec 18 11-11:30a.m. \$49.00
75574 Wed Nov 6-Dec 18 4:35-5:05p.m. \$49.00
75576 Thu Nov 7-Dec 19 5:45-6:15p.m. \$49.00
75580 Sat Nov 9-Dec 21 9:35-10:05a.m. \$49.00
75581 Sat Nov 9-Dec 21 11:50a.m.-12:20p.m. \$49.00
75583 Sun Nov 10-Dec 22 11:55a.m.-12:25p.m. \$49.00
75582 Sun Nov 10-Dec 22 12:35-1:05p.m. \$49.00

Sandra Schmirler Leisure Centre 74772 Tue Sep 3-Oct 29 11:40a.m.-12:10p.m. \$63.00
74771 Tue Sep 3-Oct 29 6-6:30p.m. \$63.00
74864 Wed Sep 4-Oct 30 4:45-5:15p.m. \$63.00
75299 Sat Sep 7-Nov 2 10:15-10:45a.m. \$63.00
75297 Sat Sep 7-Nov 2 12:45-1:15p.m. \$63.00
75302 Sat Sep 7-Nov 2 1:40-2:10p.m. \$63.00
75443 Sun Sep 8-Nov 3 10:15-10:45a.m. \$63.00
75442 Sun Sep 8-Nov 3 12:45-1:15p.m. \$63.00
74748 Mon Sep 9-Oct 28 11:20-11:55a.m. \$49.00
74747 Mon Sep 9-Oct 28 5:20-5:55p.m. \$49.00
75517 Mon Nov 4-Dec 16 11:20-11:55a.m. \$49.00
75516 Mon Nov 4-Dec 16 5:20-5:55p.m. \$49.00
75570 Tue Nov 5-Dec 17 4:45-5:15p.m. \$49.00
75639 Wed Nov 6-Dec 18 11:40a.m.-12:10p.m. \$49.00
75638 Wed Nov 6-Dec 18 6-6:30p.m. \$49.00
75783 Sat Nov 9-Dec 21 10:15-10:45a.m. \$49.00
75782 Sat Nov 9-Dec 21 12:45-1:15p.m. \$49.00
75859 Sun Nov 10-Dec 22 10:15-10:45a.m. \$49.00
75858 Sun Nov 10-Dec 22 12:45-1:15p.m. \$49.00

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.

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.

Lawson Aquatic Centre
75176 Tue Sep 10-Oct 29 5:35-6:05p.m. \$56.00
75179 Wed Sep 11-Oct 30 5:35-6:05p.m. \$56.00
75182 Sat Sep 14-Nov 2 10:05-10:35a.m. \$49.00
75184 Sat Sep 14-Nov 2 12:30-1p.m. \$49.00
75185 Sun Sep 15-Nov 3 9:35-10:05a.m. \$49.00
75186 Sun Sep 15-Nov 3 10:10-10:40a.m. \$49.00
75189 Sun Sep 15-Nov 3 11:30a.m.-12p.m. \$49.00
75220 Mon Nov 4-Dec 16 6:30-7:05p.m. \$49.00
75221 Tue Nov 5-Dec 17 6:50-7:20p.m. \$49.00
75222 Wed Nov 6-Dec 18 6:40-7:10p.m. \$49.00
75223 Sun Nov 10-Dec 22 9:35-10:10a.m. \$49.00

North West Leisure Centre
74438 Tue Sep 3-Oct 29 1:35-2:05p.m. \$63.00
74439 Tue Sep 3-Oct 29 4-4:30p.m. \$63.00
74448 Tue Sep 3-Oct 29 5:15-5:45p.m. \$63.00
74440 Tue Sep 3-Oct 29 5:55-6:25p.m. \$63.00

74994 Wed Sep 4-Oct 30 4:05-4:35p.m. \$63.00
74993 Wed Sep 4-Oct 30 5:10-5:40p.m. \$63.00
74995 Thu Sep 5-Oct 31 5:50-6:20p.m. \$63.00
74997 Fri Sep 6-Nov 1 4:40-5:10p.m. \$63.00
75000 Sat Sep 7-Nov 2 9:40-10:10a.m. \$63.00
74998 Sat Sep 7-Nov 2 10:10-10:40a.m. \$63.00
75003 Sun Sep 8-Nov 3 9:50-10:20a.m. \$63.00
75022 Sun Sep 8-Nov 3 10:45-11:15a.m. \$63.00
75820 Mon Sep 9-Oct 28 12:50-1:25p.m. \$49.00
75821 Mon Sep 9-Oct 28 3-3:35p.m. \$49.00
75824 Mon Sep 9-Oct 28 4:10-4:45p.m. \$49.00
75823 Mon Sep 9-Oct 28 5:30-6:05p.m. \$49.00
75892 Mon Nov 4-Dec 16 12:50-1:25p.m. \$49.00
75894 Mon Nov 4-Dec 16 4:10-4:45p.m. \$49.00
75893 Mon Nov 4-Dec 16 5:30-6:05p.m. \$49.00
75591 Tue Nov 5-Dec 17 1:35-2:05p.m. \$49.00
75594 Tue Nov 5-Dec 17 4:05-4:35p.m. \$49.00
75592 Tue Nov 5-Dec 17 5:10-5:40p.m. \$45.00
75596 Wed Nov 6-Dec 18 4-4:30p.m. \$49.00
75598 Wed Nov 6-Dec 18 5:55-6:25p.m. \$49.00
75603 Thu Nov 7-Dec 19 4:05-4:35p.m. \$49.00
75600 Thu Nov 7-Dec 19 5:10-5:40p.m. \$49.00
75605 Fri Nov 8-Dec 20 5:50-6:20p.m. \$49.00
75609 Sat Nov 9-Dec 21 9:50-10:20a.m. \$49.00
75612 Sat Nov 9-Dec 21 10:45-11:15a.m. \$49.00
75614 Sun Nov 10-Dec 22 9:40-10:10a.m. \$49.00
75613 Sun Nov 10-Dec 22 10:10-10:40a.m. \$49.00

Sandra Schmirler Leisure Centre

74779 Tue Sep 3-Oct 29 11:40a.m.-12:10p.m. \$63.00
74777 Tue Sep 3-Oct 29 5:25-5:55p.m. \$63.00
74778 Tue Sep 3-Oct 29 6-6:30p.m. \$63.00
74808 Wed Sep 4-Oct 30 10:15-10:45a.m. \$63.00
74809 Wed Sep 4-Oct 30 11:25-11:55a.m. \$63.00
74804 Wed Sep 4-Oct 30 4-4:30p.m. \$63.00
74807 Wed Sep 4-Oct 30 5:25-5:55p.m. \$63.00
74805 Wed Sep 4-Oct 30 6-6:30p.m. \$63.00
74952 Thu Sep 5-Oct 31 11:35a.m.-12:05p.m. \$63.00
74904 Thu Sep 5-Oct 31 4-4:30p.m. \$63.00
74951 Thu Sep 5-Oct 31 4:45-5:15p.m. \$63.00
74906 Thu Sep 5-Oct 31 5:15-5:45p.m. \$63.00
75130 Fri Sep 6-Nov 1 4:05-4:35p.m. \$63.00
75128 Fri Sep 6-Nov 1 4:40-5:10p.m. \$63.00
75132 Fri Sep 6-Nov 1 6-6:30p.m. \$63.00
75280 Sat Sep 7-Nov 2 9:05-9:35a.m. \$63.00
75278 Sat Sep 7-Nov 2 9:35-10:05a.m. \$63.00
75282 Sat Sep 7-Nov 2 10:50-11:20a.m. \$63.00
75283 Sat Sep 7-Nov 2 1-1:30p.m. \$63.00
75284 Sat Sep 7-Nov 2 2:05-2:35p.m. \$63.00
75285 Sat Sep 7-Nov 2 2:15-2:45p.m. \$63.00
75436 Sun Sep 8-Nov 3 9:05-9:35a.m. \$63.00
75435 Sun Sep 8-Nov 3 9:35-10:05a.m. \$63.00
75437 Sun Sep 8-Nov 3 10:50-11:20a.m. \$63.00
75438 Sun Sep 8-Nov 3 1-1:30p.m. \$63.00
75439 Sun Sep 8-Nov 3 6:10-6:40p.m. \$63.00
74757 Mon Sep 9-Oct 28 10-10:35a.m. \$49.00
74758 Mon Sep 9-Oct 28 11:20-11:55a.m. \$49.00
74745 Mon Sep 9-Oct 28 4-4:35p.m. \$49.00
74744 Mon Sep 9-Oct 28 6:10-6:45p.m. \$49.00
75512 Mon Nov 4-Dec 16 10-10:35a.m. \$49.00
75513 Mon Nov 4-Dec 16 11:20-11:55a.m. \$49.00
75510 Mon Nov 4-Dec 16 4-4:35p.m. \$49.00
75509 Mon Nov 4-Dec 16 6:10-6:45p.m. \$49.00
75550 Tue Nov 5-Dec 17 10:15-10:45a.m. \$49.00
75551 Tue Nov 5-Dec 17 11:25-11:55a.m. \$49.00
75545 Tue Nov 5-Dec 17 4-4:30p.m. \$49.00
75548 Tue Nov 5-Dec 17 5:25-5:55p.m. \$49.00
75547 Tue Nov 5-Dec 17 6-6:30p.m. \$49.00
75649 Wed Nov 6-Dec 18 11:40a.m.-12:10p.m. \$49.00

75206 Sat Sep 7-Nov 2 11:20-11:50a.m. \$63.00
 75208 Sun Sep 8-Nov 3 11:30a.m.-12p.m. \$63.00
 75825 Mon Sep 9-Oct 28 1:30-2:05p.m. \$49.00
 75826 Mon Sep 9-Oct 28 5:15-5:50p.m. \$49.00
 75827 Mon Sep 9-Oct 28 5-5:35p.m. \$49.00
 75895 Mon Nov 4-Dec 16 1:30-2:05p.m. \$49.00
 75904 Mon Nov 4-Dec 16 5-5:35p.m. \$49.00
 75896 Mon Nov 4-Dec 16 5:15-5:50p.m. \$49.00
 75624 Tue Nov 5-Dec 17 2-2:30p.m. \$49.00
 75625 Tue Nov 5-Dec 17 4:40-5:10p.m. \$49.00
 75626 Tue Nov 5-Dec 17 4:45-5:15p.m. \$49.00
 75627 Wed Nov 6-Dec 18 9:35-10:05a.m. \$49.00
 75630 Wed Nov 6-Dec 18 5:50-6:20p.m. \$49.00
 75633 Thu Nov 7-Dec 19 5:10-5:40p.m. \$49.00
 75634 Thu Nov 7-Dec 19 6-6:30p.m. \$49.00
 75637 Fri Nov 8-Dec 20 4:35-5:05p.m. \$49.00
 75640 Sat Nov 9-Dec 21 11:30a.m.-12p.m. \$49.00
 75641 Sun Nov 10-Dec 22 9-9:30a.m. \$49.00
 75643 Sun Nov 10-Dec 22 11:20-11:50a.m. \$49.00

Sandra Schmirler Leisure Centre

74797 Tue Sep 3-Oct 29 11:05-11:35a.m. \$63.00
 74796 Tue Sep 3-Oct 29 4:45-5:15p.m. \$63.00
 74858 Wed Sep 4-Oct 30 10:50-11:20a.m. \$63.00
 74857 Wed Sep 4-Oct 30 4:40-5:10p.m. \$63.00
 75014 Thu Sep 5-Oct 31 11:35a.m.-12:05p.m. \$63.00
 75013 Thu Sep 5-Oct 31 4:10-4:40p.m. \$63.00
 75106 Fri Sep 6-Nov 1 4:05-4:35p.m. \$63.00
 75109 Fri Sep 6-Nov 1 5:20-5:50p.m. \$63.00
 75113 Fri Sep 6-Nov 1 5:55-6:25p.m. \$63.00
 75164 Sat Sep 7-Nov 2 10:10-10:40a.m. \$63.00
 75165 Sat Sep 7-Nov 2 11:45a.m.-12:15p.m. \$63.00
 75166 Sat Sep 7-Nov 2 2:40-3:10p.m. \$63.00
 75167 Sat Sep 7-Nov 2 2:50-3:20p.m. \$63.00
 75373 Sun Sep 8-Nov 3 10:10-10:40a.m. \$63.00
 75374 Sun Sep 8-Nov 3 11:45a.m.-12:15p.m. \$63.00
 75377 Sun Sep 8-Nov 3 6:10-6:40p.m. \$63.00
 75380 Sun Sep 8-Nov 3 5:35-6:05p.m. \$63.00
 74751 Mon Sep 9-Oct 28 10-10:35a.m. \$49.00
 74749 Mon Sep 9-Oct 28 4:05-4:40p.m. \$49.00
 74750 Mon Sep 9-Oct 28 5:35-6:10p.m. \$49.00
 75520 Mon Nov 4-Dec 16 10-10:35a.m. \$49.00
 75521 Mon Nov 4-Dec 16 10:40-11:15a.m. \$49.00
 75518 Mon Nov 4-Dec 16 4:05-4:40p.m. \$49.00
 75519 Mon Nov 4-Dec 16 5:35-6:10p.m. \$49.00
 75564 Tue Nov 5-Dec 17 10:50-11:20a.m. \$49.00
 75563 Tue Nov 5-Dec 17 4:40-5:10p.m. \$49.00
 75673 Wed Nov 6-Dec 18 11:05-11:35a.m. \$49.00
 75672 Wed Nov 6-Dec 18 4:45-5:15p.m. \$49.00
 75692 Thu Nov 7-Dec 19 11:35a.m.-12:05p.m. \$49.00
 75689 Thu Nov 7-Dec 19 4:05-4:35p.m. \$49.00
 75690 Thu Nov 7-Dec 19 5:20-5:50p.m. \$49.00
 75691 Thu Nov 7-Dec 19 5:55-6:25p.m. \$49.00
 75740 Fri Nov 8-Dec 20 4:10-4:40p.m. \$49.00
 75756 Sat Nov 9-Dec 21 10:10-10:40a.m. \$49.00
 75757 Sat Nov 9-Dec 21 11:45a.m.-12:15p.m. \$49.00
 75759 Sat Nov 9-Dec 21 1:35-2:05p.m. \$49.00
 75758 Sat Nov 9-Dec 21 2:05-2:35p.m. \$49.00
 75834 Sun Nov 10-Dec 22 10:10-10:40a.m. \$49.00
 75835 Sun Nov 10-Dec 22 11:45a.m.-12:15p.m. \$49.00
 75837 Sun Nov 10-Dec 22 5:35-6:05p.m. \$49.00
 75836 Sun Nov 10-Dec 22 6:10-6:40p.m. \$49.00

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.

Lawson Aquatic Centre

75207 Wed Sep 11-Oct 30 5:35-6:05p.m. \$56.00
75209 Thu Sep 12-Oct 31 5:35-6:05p.m. \$56.00
75210 Sat Sep 14-Nov 2 12:05-12:35p.m. \$49.00
75238 Mon Nov 4-Dec 16 5:30-6:05p.m. \$49.00
75244 Thu Nov 7-Dec 19 5:35-6:05p.m. \$49.00
75246 Sun Nov 10-Dec 22 10:25-11a.m. \$49.00

North West Leisure Centre

74814 Tue Sep 3-Oct 29 4-4:30p.m. \$63.00
74836 Tue Sep 3-Oct 29 5:45-6:15p.m. \$63.00
75214 Thu Sep 5-Oct 31 4-4:30p.m. \$63.00
74818 Thu Sep 5-Oct 31 5:10-5:40p.m. \$63.00
74820 Sun Sep 8-Nov 3 9-9:30a.m. \$63.00
74821 Sun Sep 8-Nov 3 10:55-11:25a.m. \$63.00
75889 Mon Sep 9-Oct 28 5:45-6:20p.m. \$49.00
75907 Mon Nov 4-Dec 16 2:20-2:55p.m. \$49.00
75906 Mon Nov 4-Dec 16 5:45-6:20p.m. \$49.00
75664 Thu Nov 7-Dec 19 5:45-6:15p.m. \$49.00
75665 Fri Nov 8-Dec 20 4-4:30p.m. \$49.00
76021 Sat Nov 9-Dec 21 10:55-11:25a.m. \$49.00

Sandra Schmirler Leisure Centre

74878 Wed Sep 4-Oct 30 4:15-4:45p.m. \$63.00
74967 Thu Sep 5-Oct 31 4:45-5:15p.m. \$63.00
75307 Sat Sep 7-Nov 2 9:40-10:10a.m. \$63.00
75444 Sun Sep 8-Nov 3 9:40-10:10a.m. \$63.00
75454 Sun Sep 8-Nov 3 5:40-6:10p.m. \$63.00
75579 Tue Nov 5-Dec 17 4:15-4:45p.m. \$49.00
75731 Fri Nov 8-Dec 20 4:45-5:15p.m. \$49.00
75784 Sat Nov 9-Dec 21 9:40-10:10a.m. \$49.00
75860 Sun Nov 10-Dec 22 9:40-10:10a.m. \$49.00
75861 Sun Nov 10-Dec 22 5:40-6:10p.m. \$49.00

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.

Lawson Aquatic Centre

75211 Sat Sep 14-Nov 2 10:10-10:40a.m. \$49.00
75212 Sun Sep 15-Nov 3 10:10-10:40a.m. \$49.00
75213 Sun Sep 15-Nov 3 10:25-10:55a.m. \$49.00
75250 Mon Nov 4-Dec 16 6:10-6:45p.m. \$49.00
75252 Tue Nov 5-Dec 17 6:05-6:35p.m. \$49.00
75253 Wed Nov 6-Dec 18 5:30-6p.m. \$49.00
75254 Sun Nov 10-Dec 22 11:35a.m.-12:10p.m. \$49.00

North West Leisure Centre

75215 Thu Sep 5-Oct 31 5:40-6:10p.m. \$63.00
75216 Fri Sep 6-Nov 1 4:05-4:35p.m. \$63.00
75217 Sun Sep 8-Nov 3 10:15-10:45a.m. \$63.00
76026 Tue Nov 5-Dec 17 5:20-5:50p.m. \$49.00
76027 Thu Nov 7-Dec 19 4:35-5:05p.m. \$49.00

76025 Fri Nov 8-Dec 20 5:40-6:10p.m. \$49.00
76024 Sat Nov 9-Dec 21 10:15-10:45a.m. \$49.00

Sandra Schmirler Leisure Centre
74981 Thu Sep 5-Oct 31 6-6:30p.m. \$63.00
75453 Sun Sep 8-Nov 3 11:05-11:35a.m. \$63.00
75733 Fri Nov 8-Dec 20 6-6:30p.m. \$49.00
75790 Sat Nov 9-Dec 21 11:05-11:35a.m. \$49.00

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.

Lawson Aquatic Centre
75263 Tue Sep 10-Oct 29 5:30-6p.m. \$56.00
75264 Tue Sep 10-Oct 29 6:25-6:55p.m. \$56.00
75266 Wed Sep 11-Oct 30 1:30-2p.m. \$56.00
75267 Wed Sep 11-Oct 30 5:30-6p.m. \$56.00
75270 Wed Sep 11-Oct 30 6:10-6:40p.m. \$56.00
75272 Thu Sep 12-Oct 31 6:55-7:25p.m. \$56.00
75276 Sat Sep 14-Nov 2 9:35-10:05a.m. \$49.00
75279 Sat Sep 14-Nov 2 12:50-1:20p.m. \$49.00
75281 Sun Sep 15-Nov 3 11-11:30a.m. \$49.00
75286 Mon Nov 4-Dec 16 5:35-6:10p.m. \$49.00
75287 Mon Nov 4-Dec 16 6:50-7:25p.m. \$49.00
75288 Tue Nov 5-Dec 17 5:30-6p.m. \$49.00
75289 Tue Nov 5-Dec 17 6:40-7:10p.m. \$49.00
75291 Wed Nov 6-Dec 18 5:30-6p.m. \$49.00
75292 Wed Nov 6-Dec 18 6:55-7:25p.m. \$49.00
75293 Thu Nov 7-Dec 19 5:35-6:05p.m. \$49.00
75294 Sun Nov 10-Dec 22 11:05-11:40a.m. \$49.00

North West Leisure Centre
74444 Tue Sep 3-Oct 29 4:35-5:05p.m. \$63.00
74445 Tue Sep 3-Oct 29 5:45-6:15p.m. \$63.00
74908 Wed Sep 4-Oct 30 4-4:30p.m. \$63.00
74910 Wed Sep 4-Oct 30 4:40-5:10p.m. \$63.00
74909 Wed Sep 4-Oct 30 5:45-6:15p.m. \$63.00
74913 Thu Sep 5-Oct 31 4:35-5:05p.m. \$63.00
74911 Thu Sep 5-Oct 31 4:40-5:10p.m. \$63.00
74912 Thu Sep 5-Oct 31 5:15-5:45p.m. \$63.00
74917 Fri Sep 6-Nov 1 5:05-5:35p.m. \$63.00
74916 Fri Sep 6-Nov 1 5:45-6:15p.m. \$63.00
74919 Sat Sep 7-Nov 2 9:35-10:05a.m. \$63.00
74922 Sat Sep 7-Nov 2 9:40-10:10a.m. \$63.00
74920 Sat Sep 7-Nov 2 10:45-11:15a.m. \$63.00
74924 Sat Sep 7-Nov 2 10:55-11:25a.m. \$63.00
74925 Sat Sep 7-Nov 2 12:30-1p.m. \$63.00
74927 Sun Sep 8-Nov 3 9:35-10:05a.m. \$63.00
74928 Sun Sep 8-Nov 3 10:10-10:40a.m. \$63.00
74929 Sun Sep 8-Nov 3 11:45a.m.-12:15p.m. \$63.00
74931 Sun Sep 8-Nov 3 12:25-12:55p.m. \$63.00
74930 Sun Sep 8-Nov 3 12:35-1:05p.m. \$63.00
74933 Sun Sep 8-Nov 3 1-1:30p.m. \$63.00
75829 Mon Sep 9-Oct 28 4-4:35p.m. \$49.00
75908 Mon Nov 4-Dec 16 4-4:35p.m. \$49.00
75219 Tue Nov 5-Dec 17 4-4:30p.m. \$49.00
75228 Tue Nov 5-Dec 17 5:15-5:45p.m. \$49.00
75229 Tue Nov 5-Dec 17 5:50-6:20p.m. \$49.00
75233 Wed Nov 6-Dec 18 4:35-5:05p.m. \$49.00
75234 Wed Nov 6-Dec 18 5:45-6:15p.m. \$49.00
75236 Thu Nov 7-Dec 19 4-4:30p.m. \$49.00
75239 Thu Nov 7-Dec 19 4:40-5:10p.m. \$49.00

75237 Thu Nov 7-Dec 19 5:45-6:15p.m. \$49.00
75241 Fri Nov 8-Dec 20 4:40-5:10p.m. \$49.00
75242 Fri Nov 8-Dec 20 4:35-5:05p.m. \$49.00
75243 Fri Nov 8-Dec 20 5:15-5:45p.m. \$49.00
75245 Sat Nov 9-Dec 21 9:35-10:05a.m. \$49.00
75249 Sat Nov 9-Dec 21 10:10-10:40a.m. \$49.00
75251 Sat Nov 9-Dec 21 11:45a.m.-12:15p.m. \$49.00
75255 Sat Nov 9-Dec 21 12:25-12:55p.m. \$49.00
75248 Sat Nov 9-Dec 21 12:35-1:05p.m. \$49.00
75256 Sat Nov 9-Dec 21 1-1:30p.m. \$49.00
75257 Sun Nov 10-Dec 22 9:35-10:05a.m. \$49.00
75258 Sun Nov 10-Dec 22 9:40-10:10a.m. \$49.00
75262 Sun Nov 10-Dec 22 10:45-11:15a.m. \$49.00
75259 Sun Nov 10-Dec 22 10:55-11:25a.m. \$49.00
75260 Sun Nov 10-Dec 22 12:30-1p.m. \$49.00

Sandra Schmirler Leisure Centre

74782 Tue Sep 3-Oct 29 4:05-4:35p.m. \$63.00
74783 Tue Sep 3-Oct 29 5:20-5:50p.m. \$63.00
74784 Tue Sep 3-Oct 29 5:55-6:25p.m. \$63.00
74851 Wed Sep 4-Oct 30 4:05-4:35p.m. \$63.00
74852 Wed Sep 4-Oct 30 4:50-5:20p.m. \$63.00
74850 Wed Sep 4-Oct 30 5:25-5:55p.m. \$63.00
74853 Wed Sep 4-Oct 30 6-6:30p.m. \$63.00
74964 Thu Sep 5-Oct 31 4:15-4:45p.m. \$63.00
74965 Thu Sep 5-Oct 31 4-4:30p.m. \$63.00
74963 Thu Sep 5-Oct 31 5:20-5:50p.m. \$63.00
74966 Thu Sep 5-Oct 31 5:55-6:25p.m. \$63.00
74962 Thu Sep 5-Oct 31 6-6:30p.m. \$63.00
75121 Fri Sep 6-Nov 1 4:05-4:35p.m. \$63.00
75124 Fri Sep 6-Nov 1 4:40-5:10p.m. \$63.00
75150 Sat Sep 7-Nov 2 9-9:30a.m. \$63.00
75153 Sat Sep 7-Nov 2 10:10-10:40a.m. \$63.00
75155 Sat Sep 7-Nov 2 10:30-11a.m. \$63.00
75156 Sat Sep 7-Nov 2 11:05-11:35a.m. \$63.00
75151 Sat Sep 7-Nov 2 11:45a.m.-12:15p.m. \$63.00
75154 Sat Sep 7-Nov 2 12:25-12:55p.m. \$63.00
75152 Sat Sep 7-Nov 2 12:50-1:20p.m. \$63.00
75157 Sat Sep 7-Nov 2 1:30-2p.m. \$63.00
75159 Sat Sep 7-Nov 2 2:05-2:35p.m. \$63.00
75160 Sat Sep 7-Nov 2 2:15-2:45p.m. \$63.00
75158 Sat Sep 7-Nov 2 2:40-3:10p.m. \$63.00
75359 Sun Sep 8-Nov 3 9-9:30a.m. \$63.00
75364 Sun Sep 8-Nov 3 10:10-10:40a.m. \$63.00
75368 Sun Sep 8-Nov 3 10:30-11a.m. \$63.00
75360 Sun Sep 8-Nov 3 11:45a.m.-12:15p.m. \$63.00
75366 Sun Sep 8-Nov 3 12:25-12:55p.m. \$63.00
75362 Sun Sep 8-Nov 3 12:50-1:20p.m. \$63.00
75369 Sun Sep 8-Nov 3 5:35-6:05p.m. \$63.00
75370 Sun Sep 8-Nov 3 6:50-7:20p.m. \$63.00
74736 Mon Sep 9-Oct 28 4:10-4:45p.m. \$49.00
74738 Mon Sep 9-Oct 28 4:40-5:15p.m. \$49.00
74739 Mon Sep 9-Oct 28 6:10-6:45p.m. \$49.00
74737 Mon Sep 9-Oct 28 6:50-7:25p.m. \$49.00
75496 Mon Nov 4-Dec 16 4:10-4:45p.m. \$49.00
75498 Mon Nov 4-Dec 16 4:40-5:15p.m. \$49.00
75500 Mon Nov 4-Dec 16 6:10-6:45p.m. \$49.00
75497 Mon Nov 4-Dec 16 6:50-7:25p.m. \$49.00
75557 Tue Nov 5-Dec 17 4:05-4:35p.m. \$49.00
75558 Tue Nov 5-Dec 17 4:50-5:20p.m. \$49.00
75556 Tue Nov 5-Dec 17 5:25-5:55p.m. \$49.00
75559 Tue Nov 5-Dec 17 6-6:30p.m. \$49.00
75656 Wed Nov 6-Dec 18 4:05-4:35p.m. \$49.00
75657 Wed Nov 6-Dec 18 5:20-5:50p.m. \$49.00
75659 Wed Nov 6-Dec 18 5:55-6:25p.m. \$49.00
75694 Thu Nov 7-Dec 19 4:05-4:35p.m. \$49.00
75695 Thu Nov 7-Dec 19 4:40-5:10p.m. \$49.00
75729 Fri Nov 8-Dec 20 4-4:30p.m. \$49.00
75728 Fri Nov 8-Dec 20 4:15-4:45p.m. \$49.00

75727 Fri Nov 8-Dec 20 5:20-5:50p.m. \$49.00
 75726 Fri Nov 8-Dec 20 5:25-5:55p.m. \$49.00
 75730 Fri Nov 8-Dec 20 5:55-6:25p.m. \$49.00
 75745 Sat Nov 9-Dec 21 9-9:30a.m. \$49.00
 75748 Sat Nov 9-Dec 21 10:10-10:40a.m. \$49.00
 75750 Sat Nov 9-Dec 21 10:30-11a.m. \$49.00
 75746 Sat Nov 9-Dec 21 11:45a.m.-12:15p.m. \$49.00
 75749 Sat Nov 9-Dec 21 12:25-12:55p.m. \$49.00
 75747 Sat Nov 9-Dec 21 12:50-1:20p.m. \$49.00
 75751 Sat Nov 9-Dec 21 1:30-2p.m. \$49.00
 75752 Sat Nov 9-Dec 21 2:05-2:35p.m. \$49.00
 75811 Sun Nov 10-Dec 22 9-9:30a.m. \$49.00
 75854 Sun Nov 10-Dec 22 10:10-10:40a.m. \$49.00
 75815 Sun Nov 10-Dec 22 10:30-11a.m. \$49.00
 75855 Sun Nov 10-Dec 22 11:05-11:35a.m. \$49.00
 75812 Sun Nov 10-Dec 22 11:45a.m.-12:15p.m. \$49.00
 75814 Sun Nov 10-Dec 22 12:25-12:55p.m. \$49.00
 75813 Sun Nov 10-Dec 22 12:50-1:20p.m. \$49.00
 75816 Sun Nov 10-Dec 22 5:35-6:05p.m. \$49.00
 75822 Sun Nov 10-Dec 22 6:50-7:20p.m. \$49.00

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.

Lawson Aquatic Centre

75522 Tue Sep 10-Oct 29 6:55-7:25p.m. \$56.00
 75524 Wed Sep 11-Oct 30 5:35-6:05p.m. \$56.00
 75525 Thu Sep 12-Oct 31 7-7:30p.m. \$56.00
 75526 Sat Sep 14-Nov 2 10:20-10:50a.m. \$49.00
 75527 Thu Nov 5-Dec 17 6:55-7:25p.m. \$49.00
 75528 Sun Nov 10-Dec 22 10:55-11:30a.m. \$49.00

North West Leisure Centre

75955 Sun Sep 8-Nov 3 9:05-9:35a.m. \$63.00
 75957 Sat Nov 9-Dec 21 5:10-5:40p.m. \$49.00
 75958 Sun Nov 10-Dec 22 10:15-10:45a.m. \$49.00

Sandra Schmirler Leisure Centre

74896 Wed Sep 4-Oct 30 4:50-5:20p.m. \$63.00
 75010 Thu Sep 5-Oct 31 4:40-5:10p.m. \$63.00
 75143 Fri Sep 6-Nov 1 5:20-5:50p.m. \$63.00
 75314 Sat Sep 7-Nov 2 9:55-10:25a.m. \$63.00
 75446 Sun Sep 8-Nov 3 9:55-10:25a.m. \$63.00
 74735 Mon Sep 9-Oct 28 5:50-6:25p.m. \$49.00
 75494 Mon Nov 4-Dec 16 5:50-6:25p.m. \$49.00
 75607 Tue Nov 5-Dec 17 4:50-5:20p.m. \$49.00
 75707 Thu Nov 7-Dec 19 5:20-5:50p.m. \$49.00
 75738 Fri Nov 8-Dec 20 4:40-5:10p.m. \$49.00
 75785 Sat Nov 9-Dec 21 9:55-10:25a.m. \$49.00
 75865 Sun Nov 10-Dec 22 9:55-10:25a.m. \$49.00

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.

Lawson Aquatic Centre

75300 Tue Sep 10-Oct 29 6:10-6:40p.m. \$56.00
75304 Tue Sep 10-Oct 29 6:20-6:50p.m. \$56.00
75305 Tue Sep 10-Oct 29 6:50-7:20p.m. \$56.00
75306 Wed Sep 11-Oct 30 2:05-2:35p.m. \$56.00
75308 Wed Sep 11-Oct 30 6:40-7:10p.m. \$56.00
75309 Thu Sep 11-Oct 30 6:25-6:55p.m. \$56.00
75311 Sat Sep 14-Nov 2 9:30-10a.m. \$49.00
75313 Sat Sep 14-Nov 2 10:40-11:10a.m. \$49.00
75315 Sat Sep 14-Nov 2 12:40-1:10p.m. \$49.00
75316 Sun Sep 15-Nov 3 10:45-11:15a.m. \$49.00
75319 Mon Nov 4-Dec 16 6:10-6:45p.m. \$49.00
75321 Mon Nov 4-Dec 16 6:45-7:20p.m. \$49.00
75326 Tue Nov 5-Dec 17 6:10-6:40p.m. \$49.00
75328 Wed Nov 6-Dec 18 6:40-7:10p.m. \$49.00
75329 Wed Nov 6-Dec 18 7-7:30p.m. \$49.00
75331 Thu Nov 7-Dec 19 6:25-6:55p.m. \$49.00
75335 Sun Nov 10-Dec 22 10:15-10:50a.m. \$49.00
75339 Sun Nov 10-Dec 22 11:30a.m.-12:05p.m. \$49.00

North West Leisure Centre

74446 Tue Sep 3-Oct 29 4:05-4:35p.m. \$63.00
74936 Wed Sep 4-Oct 30 5:10-5:40p.m. \$63.00
74988 Wed Sep 4-Oct 30 5:45-6:15p.m. \$63.00
74937 Thu Sep 5-Oct 31 4-4:30p.m. \$63.00
74938 Thu Sep 5-Oct 31 5:45-6:15p.m. \$63.00
74939 Fri Sep 6-Nov 1 4-4:30p.m. \$63.00
74941 Fri Sep 6-Nov 1 4:35-5:05p.m. \$63.00
74944 Sat Sep 7-Nov 2 11:30a.m.-12p.m. \$63.00
74946 Sat Sep 7-Nov 2 12-12:30p.m. \$63.00
74948 Sun Sep 8-Nov 3 11-11:30p.m. \$63.00
74947 Sun Sep 8-Nov 3 12:20-12:50p.m. \$63.00
75830 Mon Sep 9-Oct 28 4:45-5:20p.m. \$49.00
75909 Mon Nov 4-Dec 16 4:45-5:20p.m. \$49.00
75269 Tue Nov 5-Dec 17 4:35-5:05p.m. \$49.00
75295 Wed Nov 6-Dec 18 4:05-4:35p.m. \$49.00
75296 Thu Nov 7-Dec 19 5:10-5:40p.m. \$49.00
75298 Fri Nov 8-Dec 20 4-4:30p.m. \$49.00
75301 Fri Nov 8-Dec 20 5:10-5:40p.m. \$49.00
75303 Fri Nov 8-Dec 20 5:45-6:15p.m. \$49.00
75317 Sat Nov 9-Dec 21 11-11:30a.m. \$49.00
75320 Sat Nov 9-Dec 21 12:20-12:50p.m. \$49.00
75565 Sun Nov 10-Dec 22 11:30a.m.-12p.m. \$49.00
75322 Sun Nov 10-Dec 22 12-12:30p.m. \$49.00

Sandra Schmirler Leisure Centre

74764 Tue Sep 3-Oct 29 4-4:30p.m. \$63.00
74767 Tue Sep 3-Oct 29 4:10-4:40p.m. \$63.00
74765 Tue Sep 3-Oct 29 4:35-5:05p.m. \$63.00
74768 Tue Sep 3-Oct 29 5:20-5:50p.m. \$63.00
74766 Tue Sep 3-Oct 29 5:55-6:25p.m. \$63.00
74875 Wed Sep 4-Oct 30 4:35-5:05p.m. \$63.00
74876 Wed Sep 4-Oct 30 5:20-5:50p.m. \$63.00
74873 Wed Sep 4-Oct 30 5:55-6:25p.m. \$63.00
74956 Thu Sep 5-Oct 31 4:10-4:40p.m. \$63.00
74953 Thu Sep 5-Oct 31 4:35-5:05p.m. \$63.00
74957 Thu Sep 5-Oct 31 5:20-5:50p.m. \$63.00
74955 Thu Sep 5-Oct 31 6-6:30p.m. \$63.00
75078 Fri Sep 6-Nov 1 4-4:30p.m. \$63.00
75075 Fri Sep 6-Nov 1 4:45-5:15p.m. \$63.00
75077 Fri Sep 6-Nov 1 5:15-5:45p.m. \$63.00
75076 Fri Sep 6-Nov 1 6-6:30p.m. \$63.00
75172 Sat Sep 7-Nov 2 9:50-10:20a.m. \$63.00

75173 Sat Sep 7-Nov 2 12:10-12:40p.m. \$63.00
 75414 Sun Sep 8-Nov 3 9:50-10:20a.m. \$63.00
 75416 Sun Sep 8-Nov 3 12:10-12:40p.m. \$63.00
 75417 Sun Sep 8-Nov 3 6:45-7:15p.m. \$63.00
 74743 Mon Sep 9-Oct 28 4-4:35p.m. \$49.00
 74742 Mon Sep 9-Oct 28 5:20-5:55p.m. \$49.00
 74741 Mon Sep 9-Oct 28 5:30-6:05p.m. \$49.00
 75508 Mon Nov 4-Dec 16 4-4:35p.m. \$49.00
 75507 Mon Nov 4-Dec 16 5:20-5:55p.m. \$49.00
 75504 Mon Nov 4-Dec 16 5:30-6:05p.m. \$49.00
 75577 Tue Nov 5-Dec 17 4:35-5:05p.m. \$49.00
 75578 Tue Nov 5-Dec 17 5:20-5:50p.m. \$49.00
 75575 Tue Nov 5-Dec 17 5:55-6:25p.m. \$49.00
 75623 Wed Nov 6-Dec 18 4-4:30p.m. \$49.00
 75631 Wed Nov 6-Dec 18 4:10-4:40p.m. \$49.00
 75628 Wed Nov 6-Dec 18 4:35-5:05p.m. \$49.00
 75632 Wed Nov 6-Dec 18 5:20-5:50p.m. \$49.00
 75629 Wed Nov 6-Dec 18 5:55-6:25p.m. \$49.00
 75686 Thu Nov 7-Dec 19 4-4:30p.m. \$49.00
 75683 Thu Nov 7-Dec 19 4:45-5:15p.m. \$49.00
 75685 Thu Nov 7-Dec 19 5:15-5:45p.m. \$49.00
 75684 Thu Nov 7-Dec 19 6-6:30p.m. \$49.00
 75720 Fri Nov 8-Dec 20 4:10-4:40p.m. \$49.00
 75718 Fri Nov 8-Dec 20 4:35-5:05p.m. \$49.00
 75721 Fri Nov 8-Dec 20 5:20-5:50p.m. \$49.00
 75719 Fri Nov 8-Dec 20 6-6:30p.m. \$49.00
 75765 Sat Nov 9-Dec 21 9:50-10:20a.m. \$49.00
 75766 Sat Nov 9-Dec 21 12:10-12:40p.m. \$49.00
 75842 Sun Nov 10-Dec 22 9:50-10:20a.m. \$49.00
 75843 Sun Nov 10-Dec 22 12:10-12:40p.m. \$49.00
 75844 Sun Nov 10-Dec 22 6:45-7:15p.m. \$49.00

Youth Swimmer 2 8–14 years

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

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

Lawson Aquatic Centre

75584 Wed Sep 11-Oct 30 6:55-7:25p.m. \$56.00
 75585 Sat Sep 14-Nov 2 10:50-11:20a.m. \$49.00
 75586 Sun Sep 15-Nov 3 10:50-11:20a.m. \$49.00
 75587 Thu Nov 7-Dec 19 7-7:30p.m. \$49.00
 75588 Sun Nov 10-Dec 22 11-11:35a.m. \$49.00

North West Leisure Centre

74837 Tue Sep 3-Oct 29 5:10-5:40p.m. \$63.00
 74839 Fri Sep 6-Nov 1 5:40-6:10p.m. \$63.00
 74840 Sat Sep 7-Nov 2 9-9:30a.m. \$63.00
 75956 Wed Nov 6-Dec 18 5:10-5:40p.m. \$49.00
 75959 Sun Nov 10-Dec 22 9-9:30a.m. \$49.00

Sandra Schmirler Leisure Centre

74897 Wed Sep 4-Oct 30 4:10-4:40p.m. \$63.00
 75118 Fri Sep 6-Nov 1 5:25-5:55p.m. \$63.00
 75168 Sat Sep 7-Nov 2 11:10-11:40a.m. \$63.00
 75412 Sun Sep 8-Nov 3 11:10-11:40a.m. \$63.00
 74740 Mon Sep 9-Oct 28 4:50-5:25p.m. \$49.00
 75502 Mon Nov 4-Dec 16 4:50-5:25p.m. \$49.00
 75611 Tue Nov 5-Dec 17 4:10-4:40p.m. \$49.00

75693 Thu Nov 7-Dec 19 5:25-5:55p.m. \$49.00
75760 Sat Nov 9-Dec 21 11:10-11:40a.m. \$49.00
75838 Sun Nov 10-Dec 22 11:10-11:40a.m. \$49.00

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.

Lawson Aquatic Centre

75355 Wed Sep 11-Oct 30 2:40-3:10p.m. \$56.00
75356 Wed Sep 11-Oct 30 6:25-6:55p.m. \$56.00
75357 Wed Sep 11-Oct 30 6:45-7:15p.m. \$56.00
75358 Thu Sep 12-Oct 31 6:15-6:45p.m. \$56.00
75361 Sat Sep 14-Nov 2 10:05-10:35a.m. \$49.00
75363 Sat Sep 14-Nov 2 10:50-11:20a.m. \$49.00
75365 Sat Sep 14-Nov 2 11:15-11:45a.m. \$49.00
75367 Sun Sep 15-Nov 3 11:30a.m.-12p.m. \$49.00
75375 Mon Nov 4-Dec 16 5:30-6:05p.m. \$49.00
75376 Mon Nov 4-Dec 16 6:45-7:20p.m. \$49.00
75379 Tue Nov 5-Dec 17 5:30-6p.m. \$49.00
75381 Tue Nov 5-Dec 17 6:45-7:15p.m. \$49.00
75383 Wed Nov 6-Dec 18 5:35-6:05p.m. \$49.00
75385 Wed Nov 6-Dec 18 6:05-6:35p.m. \$49.00
75387 Thu Nov 7-Dec 19 6:15-6:45p.m. \$49.00
75388 Sun Nov 10-Dec 22 10:20-10:55a.m. \$49.00

North West Leisure Centre

74823 Tue Sep 3-Oct 29 4:35-5:05p.m. \$63.00
74824 Wed Sep 4-Oct 30 4:35-5:05p.m. \$63.00
74827 Thu Sep 5-Oct 31 4:30-5p.m. \$63.00
74826 Thu Sep 5-Oct 31 5:55-6:25p.m. \$63.00
74830 Sat Sep 7-Nov 2 9:05-9:35a.m. \$63.00
75218 Sat Sep 7-Nov 2 10:15-10:45a.m. \$63.00
74828 Sat Sep 7-Nov 2 11:25-11:55a.m. \$63.00
74833 Sun Sep 8-Nov 3 9:40-10:10a.m. \$63.00
74832 Sun Sep 8-Nov 3 12-12:30p.m. \$63.00
75323 Tue Nov 5-Dec 17 5:45-6:15p.m. \$49.00
75332 Wed Nov 6-Dec 18 4:35-5:05p.m. \$49.00
75334 Thu Nov 7-Dec 19 4:35-5:05p.m. \$49.00
75341 Fri Nov 8-Dec 20 4:30-5p.m. \$49.00
75337 Fri Nov 8-Dec 20 5:55-6:25p.m. \$49.00
75348 Sat Nov 9-Dec 21 9:40-10:10a.m. \$49.00
75345 Sat Nov 9-Dec 21 12-12:30p.m. \$49.00
75353 Sun Nov 10-Dec 22 9:05-9:35a.m. \$49.00
75354 Sun Nov 10-Dec 22 10:15-10:45a.m. \$49.00
75352 Sun Nov 10-Dec 22 11:25-11:55a.m. \$49.00

Sandra Schmirler Leisure Centre

74787 Tue Sep 3-Oct 29 4:10-4:40p.m. \$63.00
74785 Tue Sep 3-Oct 29 4:40-5:10p.m. \$63.00
74786 Tue Sep 3-Oct 29 6-6:30p.m. \$63.00
74883 Wed Sep 4-Oct 30 4-4:30p.m. \$63.00
74884 Wed Sep 4-Oct 30 4:45-5:15p.m. \$63.00
74881 Wed Sep 4-Oct 30 6-6:30p.m. \$63.00
74960 Thu Sep 5-Oct 31 5:25-5:55p.m. \$63.00
74959 Thu Sep 5-Oct 31 6-6:30p.m. \$63.00
75139 Fri Sep 6-Nov 1 4:10-4:40p.m. \$63.00
75135 Fri Sep 6-Nov 1 4:45-5:15p.m. \$63.00
75137 Fri Sep 6-Nov 1 5:20-5:50p.m. \$63.00
75136 Fri Sep 6-Nov 1 5:55-6:25p.m. \$63.00
75310 Sat Sep 7-Nov 2 11:25-11:55a.m. \$63.00

75312 Sat Sep 7-Nov 2 11:50a.m.-12:20p.m. \$63.00
 75432 Sun Sep 8-Nov 3 9-9:30a.m. \$63.00
 75433 Sun Sep 8-Nov 3 11:50a.m.-12:20p.m. \$63.00
 75434 Sun Sep 8-Nov 3 6:45-7:15p.m. \$63.00
 74753 Mon Sep 9-Oct 28 4:10-4:45p.m. \$49.00
 74754 Mon Sep 9-Oct 28 5:30-6:05p.m. \$49.00
 75529 Mon Nov 4-Dec 16 4:10-4:45p.m. \$49.00
 75530 Mon Nov 4-Dec 16 5:30-6:05p.m. \$49.00
 75597 Tue Nov 5-Dec 17 4-4:30p.m. \$49.00
 75599 Tue Nov 5-Dec 17 4:45-5:15p.m. \$49.00
 75595 Tue Nov 5-Dec 17 6-6:30p.m. \$49.00
 75668 Wed Nov 6-Dec 18 4:10-4:40p.m. \$49.00
 75666 Wed Nov 6-Dec 18 4:40-5:10p.m. \$49.00
 75667 Wed Nov 6-Dec 18 6-6:30p.m. \$49.00
 75703 Thu Nov 7-Dec 19 4:10-4:40p.m. \$49.00
 75700 Thu Nov 7-Dec 19 4:45-5:15p.m. \$49.00
 75702 Thu Nov 7-Dec 19 5:20-5:50p.m. \$49.00
 75701 Thu Nov 7-Dec 19 5:55-6:25p.m. \$49.00
 75724 Fri Nov 8-Dec 20 5:25-5:55p.m. \$49.00
 75723 Fri Nov 8-Dec 20 6-6:30p.m. \$49.00
 75773 Sat Nov 9-Dec 21 9-9:30a.m. \$49.00
 75774 Sat Nov 9-Dec 21 11:50a.m.-12:20p.m. \$49.00
 75862 Sun Nov 10-Dec 22 11:25-11:55a.m. \$49.00
 75863 Sun Nov 10-Dec 22 11:50a.m.-12:20p.m. \$49.00
 75864 Sun Nov 10-Dec 22 6:45-7:15p.m. \$49.00

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.

Lawson Aquatic Centre

75589 Sat Sep 14-Nov 2 11:25-11:55a.m. \$49.00
 75590 Sun Sep 15-Nov 3 10:15-10:45a.m. \$49.00
 75593 Tue Nov 5-Dec 17 6:05-6:35p.m. \$49.00

Sandra Schmirler Leisure Centre

74780 Tue Sep 3-Oct 29 6-6:30p.m. \$63.00
 75007 Thu Sep 5-Oct 31 4:05-4:35p.m. \$63.00
 75275 Sat Sep 7-Nov 2 9-9:30a.m. \$63.00
 75650 Wed Nov 6-Dec 18 6-6:30p.m. \$49.00
 75737 Fri Nov 8-Dec 20 4:05-4:35p.m. \$49.00
 75848 Sun Nov 10-Dec 22 9-9:30a.m. \$49.00

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.

Lawson Aquatic Centre

75392 Mon Sep 9-Oct 28 1:30-2:15p.m. \$53.55

75395 Sat Sep 14-Nov 2 9:35-10:15a.m. \$53.55
75396 Sun Sep 15-Nov 3 11:45a.m.-12:25p.m. \$53.55
75397 Sun Sep 15-Nov 3 12:05-12:45p.m. \$53.55
75398 Mon Nov 4-Dec 16 6:25-7:10p.m. \$53.55
75399 Tue Nov 5-Dec 17 6:05-6:45p.m. \$53.55
75401 Tue Nov 5-Dec 17 6:30-7:10p.m. \$53.55
75402 Wed Nov 6-Dec 18 6:10-6:50p.m. \$53.55
75403 Sun Nov 10-Dec 22 9:30-10:15a.m. \$53.55
75393 Wed Sep 11-Oct 30 5:30-6:10p.m. \$61.20
75394 Wed Sep 11-Oct 30 6:10-6:50p.m. \$61.20

North West Leisure Centre

74877 Tue Sep 3-Oct 29 5:10-5:50p.m. \$68.85
74879 Wed Sep 4-Oct 30 5:15-5:55p.m. \$68.85
74989 Wed Sep 4-Oct 30 5:45-6:25p.m. \$68.85
74880 Thu Sep 5-Oct 31 5:10-5:50p.m. \$68.85
74882 Fri Sep 6-Nov 1 5:50-6:30p.m. \$68.85
74886 Sat Sep 7-Nov 2 9:35-10:15a.m. \$68.85
74885 Sat Sep 7-Nov 2 12:40-1:20p.m. \$68.85
74889 Sun Sep 8-Nov 3 10:10-10:50a.m. \$68.85
75831 Mon Sep 9-Oct 28 4:15-5p.m. \$53.55
75910 Mon Nov 4-Dec 16 4:15-5p.m. \$53.55
75378 Tue Nov 5-Dec 17 4:30-5:10p.m. \$53.55
75382 Wed Nov 6-Dec 18 5:10-5:50p.m. \$53.55
75384 Thu Nov 7-Dec 19 5:15-5:55p.m. \$53.55
75386 Fri Nov 8-Dec 20 5:10-5:50p.m. \$53.55
75389 Sat Nov 9-Dec 21 10:10-10:50a.m. \$53.55
75390 Sun Nov 10-Dec 22 9:35-10:15a.m. \$53.55
75391 Sun Nov 10-Dec 22 12:40-1:20p.m. \$53.55

Sandra Schmirler Leisure Centre

74781 Tue Sep 3-Oct 29 4:40-5:20p.m. \$68.85
74860 Wed Sep 4-Oct 30 5:15-5:55p.m. \$68.85
75012 Thu Sep 5-Oct 31 5:50-6:30p.m. \$68.85
75140 Fri Sep 6-Nov 1 4:35-5:15p.m. \$68.85
75265 Sat Sep 7-Nov 2 10:25-11:05a.m. \$68.85
75268 Sat Sep 7-Nov 2 12:10-12:50p.m. \$68.85
75428 Sun Sep 8-Nov 3 9:45-10:25a.m. \$68.85
75424 Sun Sep 8-Nov 3 10:25-11:05a.m. \$68.85
75427 Sun Sep 8-Nov 3 11:25a.m.-12:05p.m. \$68.85
75430 Sun Sep 8-Nov 3 12:10-12:50p.m. \$68.85
74733 Mon Sep 9-Oct 28 4-4:45p.m. \$53.55
74732 Mon Sep 9-Oct 28 5:30-6:15p.m. \$53.55
75491 Mon Nov 4-Dec 16 4-4:45p.m. \$53.55
75489 Mon Nov 4-Dec 16 5:30-6:15p.m. \$53.55
75566 Tue Nov 5-Dec 17 5:15-5:55p.m. \$53.55
75653 Wed Nov 6-Dec 18 4:40-5:20p.m. \$53.55
75704 Thu Nov 7-Dec 19 4:35-5:15p.m. \$53.55
75739 Fri Nov 8-Dec 20 5:50-6:30p.m. \$53.55
75769 Sat Nov 9-Dec 21 9:45-10:25a.m. \$53.55
75767 Sat Nov 9-Dec 21 10:25-11:05a.m. \$53.55
75768 Sat Nov 9-Dec 21 11:25a.m.-12:05p.m. \$53.55
75770 Sat Nov 9-Dec 21 12:10-12:50p.m. \$53.55
75845 Sun Nov 10-Dec 22 10:25-11:05a.m. \$53.55
75846 Sun Nov 10-Dec 22 12:10-12:50p.m. \$53.55

Youth Swimmer 4 8-14 years

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

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.

Sandra Schmirler Leisure Centre
75330 Sat Sep 7-Nov 2 9:45-10:25a.m. \$68.85
75870 Sun Nov 10-Dec 22 9:45-10:25a.m. \$53.55

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.

Lawson Aquatic Centre
75406 Mon Sep 9-Oct 28 2:20-3:05p.m. \$61.20
75409 Tue Sep 10-Oct 29 6:05-6:45p.m. \$61.20
75410 Thu Sep 12-Oct 31 5:30-6:10p.m. \$61.20
75415 Sat Sep 14-Nov 2 9:30-10:10a.m. \$53.55
75418 Sat Sep 14-Nov 2 12:05-12:45p.m. \$53.55
75419 Sun Sep 15-Nov 3 9:40-10:20a.m. \$53.55
75421 Mon Nov 4-Dec 16 5:35-6:20p.m. \$53.55
75423 Tue Nov 5-Dec 17 6:30-7:10p.m. \$53.55
75425 Wed Nov 6-Dec 18 5:35-6:15p.m. \$53.55
75426 Thu Nov 7-Dec 19 6:10-6:50p.m. \$53.55
75429 Sun Nov 10-Dec 22 9:30-10:15a.m. \$53.55
75431 Sun Nov 10-Dec 22 12:15-1p.m. \$53.55

Sandra Schmirler Leisure Centre
74776 Tue Sep 3-Oct 29 4:05-4:45p.m. \$68.85
74895 Wed Sep 4-Oct 30 4:05-4:45p.m. \$68.85
74961 Thu Sep 5-Oct 31 4:05-4:45p.m. \$68.85
75043 Fri Sep 6-Nov 1 4-4:40p.m. \$68.85
75044 Fri Sep 6-Nov 1 4:40-5:20p.m. \$68.85
75053 Fri Sep 6-Nov 1 5:50-6:30p.m. \$68.85
75170 Sat Sep 7-Nov 2 9:10-9:50a.m. \$68.85
75169 Sat Sep 7-Nov 2 12:20-1p.m. \$68.85
75407 Sun Sep 8-Nov 3 9:10-9:50a.m. \$68.85
75405 Sun Sep 8-Nov 3 12:20-1p.m. \$68.85
74729 Mon Sep 9-Oct 28 4-4:45p.m. \$53.55
75485 Mon Nov 4-Dec 16 4-4:45p.m. \$53.55
75604 Tue Nov 5-Dec 17 4:05-4:45p.m. \$53.55
75646 Wed Nov 6-Dec 18 4:05-4:45p.m. \$53.55
75680 Thu Nov 7-Dec 19 4-4:40p.m. \$53.55
75681 Thu Nov 7-Dec 19 4:40-5:20p.m. \$53.55
75682 Thu Nov 7-Dec 19 5:50-6:30p.m. \$53.55
75725 Fri Nov 8-Dec 20 4:05-4:45p.m. \$53.55
75763 Sat Nov 9-Dec 21 9:10-9:50a.m. \$53.55
75762 Sat Nov 9-Dec 21 12:20-1p.m. \$53.55
75840 Sun Nov 10-Dec 22 9:10-9:50a.m. \$53.55
75839 Sun Nov 10-Dec 22 12:20-1p.m. \$53.55

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.

Lawson Aquatic Centre

75449 Mon Sep 9-Oct 28 3:10-3:55p.m. \$53.55
75452 Tue Sep 10-Oct 29 5:35-6:15p.m. \$61.20
75469 Thu Sep 12-Oct 31 6:10-6:50p.m. \$61.20
75470 Sat Sep 14-Nov 2 9:35-10:15a.m. \$53.55
75471 Sat Sep 14-Nov 2 1:15-1:55p.m. \$53.55
75472 Sun Sep 15-Nov 3 9:30-10:10a.m. \$53.55
75474 Mon Nov 4-Dec 16 6:15-7p.m. \$53.55
75475 Wed Nov 6-Dec 18 6:20-7p.m. \$53.55
75476 Thu Nov 7-Dec 19 5:30-6:10p.m. \$53.55
75478 Sun Nov 10-Dec 22 11:40a.m.-12:25p.m. \$53.55

Sandra Schmirler Leisure Centre

74793 Tue Sep 3-Oct 29 5:15-5:55p.m. \$68.85
74894 Wed Sep 4-Oct 30 5:45-6:25p.m. \$68.85
75141 Fri Sep 6-Nov 1 5:15-5:55p.m. \$68.85
75171 Sat Sep 7-Nov 2 9:05-9:45a.m. \$68.85
75411 Sun Sep 8-Nov 3 9:05-9:45a.m. \$68.85
74752 Mon Sep 9-Oct 28 4:45-5:30p.m. \$53.55
75523 Mon Nov 4-Dec 16 4:45-5:30p.m. \$53.55
75601 Tue Nov 5-Dec 17 5:45-6:25p.m. \$53.55
75669 Wed Nov 6-Dec 18 5:15-5:55p.m. \$53.55
75705 Thu Nov 7-Dec 19 5:15-5:55p.m. \$53.55
75764 Sat Nov 9-Dec 21 9:05-9:45a.m. \$53.55
75841 Sun Nov 10-Dec 22 9:05-9:45a.m. \$53.55

Swim Patrol– Lifesaving Swim for Life

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.

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.

Lawson Aquatic Centre

75482 Mon Sep 9-Oct 28 5:30-6:30p.m. \$61.95
75483 Thu Sep 12-Oct 31 5:30-6:20p.m. \$70.80
75622 Sat Sep 14-Nov 2 1:05-1:55p.m. \$61.95
75484 Sun Sep 15-Nov 3 12:05-12:55p.m. \$61.95
75490 Tue Nov 5-Dec 17 5:35-6:25p.m. \$61.95
75487 Thu Nov 7-Dec 19 5:30-6:20p.m. \$61.95

Sandra Schmirler Leisure Centre
74770 Tue Sep 3-Oct 29 5:10-6p.m. \$79.65
74810 Wed Sep 4-Oct 30 4:35-5:25p.m. \$79.65
75290 Sat Sep 7-Nov 2 10:45-11:35a.m. \$79.65
75554 Tue Nov 5-Dec 17 4:35-5:25p.m. \$61.95
75636 Wed Nov 6-Dec 18 5:10-6p.m. \$61.95
75856 Sun Nov 10-Dec 22 10:45-11:35a.m. \$61.95

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.

Lawson Aquatic Centre
75493 Mon Sep 9-Oct 28 6:05-7:05p.m. \$61.95
75495 Wed Sep 11-Oct 30 6:15-7:05p.m. \$70.80
75499 Sat Sep 14-Nov 2 12:40-1:40p.m. \$61.95
75501 Mon Nov 4-Dec 16 5:30-6:25p.m. \$61.95
75503 Tue Nov 5-Dec 17 5:35-6:30p.m. \$61.95

Sandra Schmirler Leisure Centre
75318 Sat Sep 7-Nov 2 10:30-11:20a.m. \$79.65
75441 Sun Sep 8-Nov 3 10:45-11:35a.m. \$79.65
75781 Sat Nov 9-Dec 21 10:45-11:35a.m. \$61.95
75866 Sun Nov 10-Dec 22 10:30-11:20a.m. \$61.95

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.

Lawson Aquatic Centre
75505 Tue Sep 10-Oct 29 5:30-6:20p.m. \$70.80
75506 Wed Sep 11-Oct 30 5:30-6:20p.m. \$70.80
75511 Sat Sep 14-Nov 2 1:05-1:55p.m. \$61.95
75515 Sun Nov 10-Dec 22 12:05-1p.m. \$61.95

Sandra Schmirler Leisure Centre
74984 Thu Sep 5-Oct 31 4:35-5:25p.m. \$79.65
75734 Fri Nov 8-Dec 20 4:35-5:25p.m. \$61.95

All Ages Aquatics

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.

Lawson Aquatic Centre
75042 Mon Sep 9-23 5:30-6p.m. \$101.70
75045 Mon Sep 9-23 5:30-6p.m. \$101.70
75046 Mon Sep 9-23 5:30-6p.m. \$101.70

75047 Mon Sep 9-23 6:05-6:35p.m. \$101.70
 75048 Mon Sep 9-23 6:05-6:35p.m. \$101.70
 75049 Mon Sep 9-23 6:35-7:05p.m. \$101.70
 75050 Mon Sep 9-23 6:40-7:10p.m. \$101.70
 75051 Mon Sep 9-23 6:40-7:10p.m. \$101.70
 75052 Wed Sep 11-Oct 2 6:10-6:40p.m. \$135.60
 75054 Thu Sep 12-Oct 3 6:10-6:40p.m. \$135.60
 75055 Sat Sep 14-28 10:15-10:45a.m. \$101.70
 75056 Sat Sep 14-28 11:55a.m.-12:25p.m. \$101.70
 75057 Sat Sep 14-28 12:05-12:35p.m. \$101.70
 75058 Sat Sep 14-28 12:50-1:20p.m. \$101.70
 75059 Sat Sep 14-28 1:25-1:55p.m. \$101.70
 75060 Mon Oct 7-28 5:30-6p.m. \$101.70
 75061 Mon Oct 7-28 5:30-6p.m. \$101.70
 75062 Mon Oct 7-28 5:30-6p.m. \$101.70
 75063 Mon Oct 7-28 6:05-6:35p.m. \$101.70
 75064 Mon Oct 7-28 6:05-6:35p.m. \$101.70
 75065 Mon Oct 7-28 6:35-7:05p.m. \$101.70
 75066 Mon Oct 7-28 6:40-7:10p.m. \$101.70
 75067 Mon Oct 7-28 6:40-7:10p.m. \$101.70
 75068 Wed Oct 9-30 6:10-6:40p.m. \$135.60
 75069 Thu Oct 10-31 6:10-6:40p.m. \$135.60
 75070 Sat Oct 12-Nov 2 10:15-10:45a.m. \$135.60
 75071 Sat Oct 12-Nov 2 11:55a.m.-12:25p.m. \$135.60
 75072 Sat Oct 12-Nov 2 12:05-12:35p.m. \$135.60
 75073 Sat Oct 12-Nov 2 12:50-1:20p.m. \$135.60
 75074 Sat Oct 12-Nov 2 1:25-1:55p.m. \$135.60
 75079 Mon Nov 4-25 6:10-6:40p.m. \$101.70
 75080 Wed Nov 6-27 5:30-6p.m. \$135.60
 75081 Wed Nov 6-27 6:05-6:35p.m. \$135.60
 75082 Sat Nov 9-Dec 21 9:30-10a.m. \$169.50
 75083 Sat Nov 9-Dec 21 9:30-10a.m. \$169.50
 75084 Sat Nov 9-Dec 21 9:30-10a.m. \$169.50
 75085 Sat Nov 9-Dec 21 9:30-10a.m. \$169.50
 75087 Sat Nov 9-Dec 21 10:05-10:35a.m. \$169.50
 75088 Sat Nov 9-Dec 21 10:05-10:35a.m. \$169.50
 75089 Sat Nov 9-Dec 21 10:05-10:35a.m. \$169.50
 75090 Sat Nov 9-Dec 21 10:05-10:35a.m. \$169.50
 75091 Sat Nov 9-Dec 21 10:40-11:10a.m. \$169.50
 75092 Sat Nov 9-Dec 21 10:40-11:10a.m. \$169.50
 75093 Sat Nov 9-Dec 21 10:40-11:10a.m. \$169.50
 75094 Sat Nov 9-Dec 21 10:40-11:10a.m. \$169.50
 75095 Sat Nov 9-Dec 21 11:15-11:45a.m. \$169.50
 75096 Sat Nov 9-Dec 21 11:15-11:45a.m. \$169.50
 75097 Sat Nov 9-Dec 21 11:15-11:45a.m. \$169.50
 75098 Sat Nov 9-Dec 21 11:15-11:45a.m. \$169.50
 75099 Sat Nov 9-Dec 21 12:05-12:35p.m. \$169.50
 75100 Sat Nov 9-Dec 21 12:05-12:35p.m. \$169.50
 75101 Sat Nov 9-Dec 21 12:05-12:35p.m. \$169.50
 75102 Sat Nov 9-Dec 21 12:05-12:35p.m. \$169.50
 75103 Sat Nov 9-Dec 21 12:40-1:10p.m. \$169.50
 75104 Sat Nov 9-Dec 21 12:40-1:10p.m. \$169.50
 75105 Sat Nov 9-Dec 21 12:40-1:10p.m. \$169.50
 75107 Sat Nov 9-Dec 21 12:40-1:10p.m. \$169.50
 75108 Sat Nov 9-Dec 21 1:15-1:45p.m. \$169.50
 75110 Sat Nov 9-Dec 21 1:15-1:45p.m. \$169.50
 75111 Sat Nov 9-Dec 21 1:15-1:45p.m. \$169.50
 75112 Sat Nov 9-Dec 21 1:15-1:45p.m. \$169.50
 75125 Wed Dec 4-18 6:05-6:35p.m. \$101.70
 75123 Wed Dec 4-18 6:10-6:40p.m. \$101.70
 75122 Mon Dec 9-23 6:10-6:40p.m. \$101.70

North West Leisure Centre

75915 Fri Sep 6-Oct 4 4:30-5p.m. \$169.50
 75916 Fri Sep 6-Oct 4 5:10-5:40p.m. \$169.50
 75917 Sat Sep 7-Oct 5 1-1:30p.m. \$169.50
 75923 Sun Sep 8-Oct 6 12:40-1:10p.m. \$169.50
 75924 Fri Oct 11-Nov 1 4:30-5p.m. \$135.60
 75925 Fri Oct 11-Nov 1 5:10-5:40p.m. \$135.60

75926 Sat Oct 12-Nov 2 1-1:30p.m. \$135.60
75927 Sun Oct 13-Nov 3 12:40-1:10p.m. \$135.60
75941 Mon Nov 4-25 3-3:30p.m. \$101.70
75928 Tue Nov 5-26 4:10-4:40p.m. \$135.60
75929 Wed Nov 6-27 4-4:30p.m. \$135.60
75930 Wed Nov 6-27 5:45-6:15p.m. \$135.60
75936 Sat Nov 9-30 9-9:30a.m. \$135.60
75937 Sat Nov 9-30 9-9:30a.m. \$135.60
75938 Sat Nov 9-30 12:40-1:10p.m. \$135.60
75940 Sun Nov 10-Dec 1 12:35-1:05p.m. \$135.60
75939 Sun Nov 10-Dec 1 1-1:30p.m. \$135.60
75942 Mon Dec 2-16 3-3:30p.m. \$101.70
75943 Tue Dec 3-17 4:10-4:40p.m. \$101.70
75944 Wed Dec 4-18 4-4:30p.m. \$101.70
75945 Wed Dec 4-18 5:45-6:15p.m. \$101.70
75949 Sat Dec 7-21 9-9:30a.m. \$101.70
75950 Sat Dec 7-21 9-9:30a.m. \$101.70
75951 Sat Dec 7-21 12:40-1:10p.m. \$101.70
75953 Sun Dec 8-22 12:35-1:05p.m. \$101.70
75954 Sun Dec 8-22 1-1:30p.m. \$101.70

Sandra Schmirler Leisure Centre

74798 Tue Sep 3-24 4-4:30p.m. \$135.60
74799 Tue Sep 3-24 4:50-5:20p.m. \$135.60
74800 Tue Sep 3-24 5:25-5:55p.m. \$135.60
74887 Wed Sep 4-25 5:10-5:40p.m. \$135.60
74888 Wed Sep 4-25 5:25-5:55p.m. \$135.60
74890 Wed Sep 4-25 5:55-6:25p.m. \$135.60
75016 Thu Sep 5-26 4:50-5:20p.m. \$135.60
75017 Thu Sep 5-26 5:55-6:25p.m. \$135.60
75145 Fri Sep 6-27 4:10-4:40p.m. \$135.60
75144 Fri Sep 6-27 5:20-5:50p.m. \$135.60
75146 Fri Sep 6-27 5:55-6:25p.m. \$135.60
75333 Sat Sep 7-28 9:10-9:40a.m. \$135.60
75336 Sat Sep 7-28 9:45-10:15a.m. \$135.60
75338 Sat Sep 7-28 10:20-10:50a.m. \$135.60
75340 Sat Sep 7-28 10:55-11:25a.m. \$135.60
75342 Sat Sep 7-28 11:30a.m.-12p.m. \$135.60
75343 Sat Sep 7-28 12:05-12:35p.m. \$135.60
75455 Sun Sep 8-29 9:15-9:45a.m. \$135.60
75456 Sun Sep 8-29 9:50-10:20a.m. \$135.60
75457 Sun Sep 8-29 10:25-10:55a.m. \$135.60
75458 Sun Sep 8-29 11-11:30a.m. \$135.60
75459 Sun Sep 8-29 11:35a.m.-12:05p.m. \$135.60
75460 Sun Sep 8-29 12:10-12:40p.m. \$135.60
74760 Mon Sep 9-23 6-6:30p.m. \$101.70
74761 Mon Sep 9-23 6-6:30p.m. \$101.70
74801 Tue Oct 1-29 4-4:30p.m. \$169.50
74802 Tue Oct 1-29 4:50-5:20p.m. \$169.50
74803 Tue Oct 1-29 5:25-5:55p.m. \$169.50
74891 Wed Oct 2-30 5:10-5:40p.m. \$169.50
74892 Wed Oct 2-30 5:25-5:55p.m. \$169.50
74893 Wed Oct 2-30 5:55-6:25p.m. \$169.50
75018 Thu Oct 3-31 4:50-5:20p.m. \$169.50
75019 Thu Oct 3-31 5:55-6:25p.m. \$169.50
75148 Fri Oct 4-Nov 1 4:10-4:40p.m. \$169.50
75149 Fri Oct 4-Nov 1 5:20-5:50p.m. \$169.50
75147 Fri Oct 4-Nov 1 5:55-6:25p.m. \$169.50
75344 Sat Oct 5-Nov 2 9:10-9:40a.m. \$169.50
75346 Sat Oct 5-Nov 2 9:45-10:15a.m. \$169.50
75347 Sat Oct 5-Nov 2 10:20-10:50a.m. \$169.50
75349 Sat Oct 5-Nov 2 10:55-11:25a.m. \$169.50
75350 Sat Oct 5-Nov 2 11:30a.m.-12p.m. \$169.50
75351 Sat Oct 5-Nov 2 12:05-12:35p.m. \$169.50
75461 Sun Oct 6-Nov 3 9:15-9:45a.m. \$169.50
75462 Sun Oct 6-Nov 3 9:50-10:20a.m. \$169.50
75463 Sun Oct 6-Nov 3 10:25-10:55a.m. \$169.50
75464 Sun Oct 6-Nov 3 11-11:30a.m. \$169.50
75465 Sun Oct 6-Nov 3 11:35a.m.-12:05p.m. \$169.50

75466 Sun Oct 6-Nov 3 12:10-12:40p.m. \$169.50
 74762 Mon Oct 7-28 6-6:30p.m. \$101.70
 74763 Mon Oct 7-28 6-6:30p.m. \$101.70
 75535 Mon Nov 4-25 6-6:30p.m. \$101.70
 75536 Mon Nov 4-25 6-6:30p.m. \$101.70
 75615 Tue Nov 5-26 5:10-5:40p.m. \$135.60
 75616 Tue Nov 5-26 5:25-5:55p.m. \$135.60
 75618 Tue Nov 5-26 5:55-6:25p.m. \$135.60
 75674 Wed Nov 6-27 4-4:30p.m. \$135.60
 75675 Wed Nov 6-27 4:50-5:20p.m. \$135.60
 75676 Wed Nov 6-27 5:25-5:55p.m. \$135.60
 75709 Thu Nov 7-28 5:20-5:50p.m. \$135.60
 75710 Thu Nov 7-28 4:10-4:40p.m. \$135.60
 75711 Thu Nov 7-28 5:55-6:25p.m. \$135.60
 75741 Fri Nov 8-29 4:50-5:20p.m. \$135.60
 75742 Fri Nov 8-29 5:55-6:25p.m. \$135.60
 75791 Sat Nov 9-30 9:15-9:45a.m. \$135.60
 75792 Sat Nov 9-30 9:50-10:20a.m. \$135.60
 75793 Sat Nov 9-30 10:25-10:55a.m. \$135.60
 75794 Sat Nov 9-30 11-11:30a.m. \$135.60
 75795 Sat Nov 9-30 11:35a.m.-12:05p.m. \$135.60
 75796 Sat Nov 9-30 12:10-12:40p.m. \$135.60
 75871 Sun Nov 10-Dec 1 9:10-9:40a.m. \$135.60
 75872 Sun Nov 10-Dec 1 9:45-10:15a.m. \$135.60
 75873 Sun Nov 10-Dec 1 10:20-10:50a.m. \$135.60
 75874 Sun Nov 10-Dec 1 10:55-11:25a.m. \$135.60
 75875 Sun Nov 10-Dec 1 11:30a.m.-12p.m. \$135.60
 75876 Sun Nov 10-Dec 1 12:05-12:35p.m. \$135.60
 75538 Mon Dec 2-16 6-6:30p.m. \$101.70
 75539 Mon Dec 2-16 6-6:30p.m. \$101.70
 75619 Tue Dec 3-17 5:10-5:40p.m. \$101.70
 75620 Tue Dec 3-17 5:25-5:55p.m. \$101.70
 75621 Tue Dec 3-17 5:55-6:25p.m. \$101.70
 75677 Wed Dec 4-18 4-4:30p.m. \$101.70
 75678 Wed Dec 4-18 4:40-5:10p.m. \$101.70
 75679 Wed Dec 4-18 5:25-5:55p.m. \$101.70
 75712 Thu Dec 5-19 5:20-5:50p.m. \$101.70
 75713 Thu Dec 5-19 4:10-4:40p.m. \$101.70
 75714 Thu Dec 5-19 5:55-6:25p.m. \$101.70
 75743 Fri Dec 6-20 4:50-5:20p.m. \$101.70
 75744 Fri Dec 6-20 5:55-6:25p.m. \$101.70
 75797 Sat Dec 7-21 9:15-9:45a.m. \$101.70
 75798 Sat Dec 7-21 9:50-10:20a.m. \$101.70
 75799 Sat Dec 7-21 10:25-10:55a.m. \$101.70
 75800 Sat Dec 7-21 11-11:30a.m. \$101.70
 75801 Sat Dec 7-21 11:35a.m.-12:05p.m. \$101.70
 75802 Sat Dec 7-21 12:10-12:40p.m. \$101.70
 75877 Sun Dec 8-22 9:10-9:40a.m. \$101.70
 75878 Sun Dec 8-22 9:45-10:15a.m. \$101.70
 75879 Sun Dec 8-22 10:20-10:50a.m. \$101.70
 75880 Sun Dec 8-22 10:55-11:25a.m. \$101.70
 75881 Sun Dec 8-22 11:30a.m.-12p.m. \$101.70
 75882 Sun Dec 8-22 12:05-12:35p.m. \$101.70

Women's Only Swim

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

Cost: General admission or free with a leisure pass.

North West Leisure Centre

76090 Sun Sep 8 6:30-7:55p.m.

76091 Sun Sep 22 6:30-7:55p.m.

76092 Sun Oct 6 6:30-7:55p.m.

76093 Sun Oct 20 6:30-7:55p.m.

76094 Sun Nov 3 6:30-7:55p.m.

76095 Sun Nov 17 6:30-7:55p.m.
76096 Sun Dec 1 6:30-7:55p.m.
76097 Sun Dec 15 6:30-7:55p.m.

Adult Aquatics

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.

Lawson Aquatic Centre

75602 Sat Sep 14-Nov 2 10:55-11:45a.m. \$61.95
75606 Sat Sep 14-Nov 2 11:55a.m.-12:45p.m. \$61.95
75608 Wed Nov 6-Dec 18 6:05-6:55p.m. \$61.95
75610 Thu Nov 7-Dec 19 6:10-7p.m. \$61.95

North West Leisure Centre

74898 Tue Sep 3-Oct 29 8:35-9:25p.m. \$79.65

Sandra Schmirler Leisure Centre 74775 Tue Sep 3-Oct 29 5:15-6:05p.m. \$79.65

75447 Sun Sep 8-Nov 3 10:30-11:20a.m. \$79.65
75645 Wed Nov 6-Dec 18 5:40-6:30p.m. \$61.95
75786 Sat Nov 9-Dec 21 10:30-11:20a.m. \$61.95

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.

Lawson Aquatic Centre

75617 Sat Sep 14-Nov 2 10:20-11:10a.m. \$61.95

Sandra Schmirler Leisure Centre

74958 Thu Sep 5-Oct 31 5:10-6p.m. \$79.65
74734 Mon Sep 9-Oct 28 4:50-5:45p.m. \$61.95
75492 Mon Nov 4-Dec 16 4:50-5:45p.m. \$61.95
75722 Fri Nov 8-Dec 20 5:10-6p.m. \$61.95

Family Aquatics

Family Swim Lessons

6 years and up

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

North West Leisure Centre

76011 Sat Sep 7-Oct 5 12-12:30p.m. \$87.25
76013 Sun Sep 8-Oct 6 9:15-9:45a.m. \$87.25

76012 Sat Oct 12-Nov 2 12-12:30p.m. \$69.80
76014 Sun Oct 13-Nov 3 9:15-9:45a.m. \$69.80
76022 Sat Nov 9-Dec 7 9:15-9:45a.m. \$87.25
76020 Sun Nov 10-Dec 1 12-12:30p.m. \$69.80

Aquatic Leadership Courses

Lifesaving Society Bronze Star

13 years and up

Candidates develop problem solving and decision-making skills as individuals and with partners. Candidates learn adult CPR, water smart confidence and the lifesaving skills necessary to be their own personal lifeguard. *Fee includes Lifesaving Society \$45.00 Manual Fee and \$25.00 Certification Fee

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

Lawson Aquatic Centre
74644 Mon Sep 9-Oct 21 5:15-7:30p.m. \$190.00

Lifesaving Society Bronze Medallion

13 years and up

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

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

Lawson Aquatic Centre

74645
Fri Sep 20 5:30-9:30p.m.
Sat-Sun Sep 21-22 9a.m.-6p.m.
\$190.00

74646
Fri Nov 22 5:30-9:30p.m.
Sat-Sun Nov 23-24 9a.m.-6p.m.
\$190.00

74975
Fri Dec 27 5:30-9:30p.m.
Sat-Sun Dec 28-29 9a.m.-6p.m.
\$190.00
Sandra Schmirler Leisure Centre
75468 Sun Sep 8-29 3:30-8:30p.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.

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

Lawson Aquatic Centre
74935

Sat Oct 12, 19 9a.m.-6p.m.

Sun Oct 20 9a.m.-6p.m.

\$165.00

Sandra Schmirler Leisure Centre

75473 Sun Oct 6-Nov 3 4:30-9p.m. \$165.00

75885 Sun Nov 10-Dec 22 5:30-9p.m. \$165.00

75886 Fri-Mon Dec 27-30 9a.m.-2:30p.m. \$165.00

Lifesaving Society National Lifeguard

15 years and up

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

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

Lawson Aquatic Centre
74607

Fri Oct 25, Nov 1 5:30-9:30p.m.

Sat-Sun Oct 26-27, Nov 2-3 9a.m.-6p.m.

\$300.00

Sandra Schmirler Leisure Centre

75883 Sun Nov 10-Dec 22 2:30-8:30p.m. \$300.00

75884

Mon-Tue Dec 30-31 9a.m.-6p.m.

Thu-Sat Jan 2-4 9a.m.-6p.m.

\$300.00

Lifesaving Swim for Life Instructor

15 years and up

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

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

Lawson Aquatic Centre
74973
Mon Nov 11 9a.m.-6p.m.
Fri Nov 15 5-9p.m.
Sat-Sun Nov 16-17 9a.m.-6p.m.
\$252.00

74974
Thu-Sat Jan 2-Jan 4 9a.m.-6p.m.
Sun Jan 5 9a.m.-1p.m.
\$252.00

Sandra Schmirler Leisure Centre
75467 Sun Sep 8-Oct 6 3-8:30p.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.

North West Leisure Centre
75803 Sat-Sun Sep 21-22 9a.m.-6p.m. \$161.00
75804 Sat-Sun Oct 19-20 9a.m.-6p.m. \$161.00
75805 Sat-Sun Nov 16-17 9a.m.-6p.m. \$161.00
75806 Sat-Sun Dec 7-8 9a.m.-6p.m. \$161.00

Aquatic Recertification Courses

Red Cross First Aid/CPR/AED-Blended Recertification 15 years and up
This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED. This blended option offers an online portion plus a classroom portion to be flexible to meet the various needs of course participants. Online portion must be completed prior to the in-class components.

North West Leisure Centre
75807 Sat Sep 14 1-5p.m. \$90.00
75808 Sat Oct 12 1-5p.m. \$90.00
75809 Sat Nov 9 1-5p.m. \$90.00
75810 Sat Dec 14 9a.m.-1p.m. \$90.00

Registered Adapted Programs

Adapted programs

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

For all adapted programs, we kindly ask that participants requiring one-on-one support please bring an attendant/support to the program. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Aquatic

Adapted Leisure Swim <AP> <Free>

Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons who have disabilities and their family members. The Sandra Schmirler Leisure Centre is home to a powered ceiling track lift in the accessible/family change room, and a ceiling lift system in the pool area for transferring individuals to and from the pool. The Northwest Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on-site to supervise the program but are not able to transfer, lift, or reposition individuals.

North West Leisure Centre

74566 Sun Sep 15 6:30-8:25p.m. Free
74567 Sun Sep 29 6:30-8:25p.m. Free
74568 Sun Oct 13 6:30-8:25p.m. Free
74569 Sun Oct 27 6:30-8:25p.m. Free
74570 Sun Nov 10 6:30-8:25p.m. Free
74571 Sun Nov 24 6:30-8:25p.m. Free
74572 Sun Dec 8 6:30-8:25p.m. Free
74573 Sun Dec 22 6:30-8:25p.m. Free

Sandra Schmirler Leisure Centre

74557 Sat Sep 7 6:30-8:25p.m. Free
74558 Sat Sep 21 6:30-8:25p.m. Free
74559 Sat Oct 5 6:30-8:25p.m. Free
74560 Sat Oct 19 6:30-8:25p.m. Free
74561 Sat Nov 2 6:30-8:25p.m. Free
74562 Sat Nov 16 6:30-8:25p.m. Free
74563 Sat Nov 30 6:30-8:25p.m. Free
74564 Sat Dec 14 6:30-8:25p.m. Free
74565 Sat Dec 28 6-7:55p.m. Free

Adapted Parent & Tot Swim Lessons <AP>

4-48 months

This adapted swim lesson is designed for children with disabilities and their family members/ supports who enjoy being in a group setting. Instructors will work with participants to support them in meeting their needs and goals. The Parent & Tot program structures in-water interaction between parent/support and child to stress the importance of play in developing water-positive attitudes and skills. A minimum of 1 parent/guardian participant is required to be in the water per child. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

North West Leisure Centre

76028 Tue Sep 3-Oct 29 5:55-6:25p.m. \$63.00
76029 Tue Nov 5-Dec 17 5:10-5:40p.m. \$49.00
76030 Thu Nov 7-Dec 19 5:10-5:40p.m. \$49.00
76037 Thu Nov 7-Dec 19 4:35-5:05p.m. \$49.00

Adapted Swim Lessons <AP>

4 years and up

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

North West Leisure Centre

75967 Tue Sep 3-Oct 1 4:10-4:40p.m. \$84.75
 75968 Tue Sep 3-Oct 1 5:20-5:50p.m. \$84.75
 75969 Fri Sep 6-Oct 4 4-4:30p.m. \$84.75
 75970 Sat Sep 7-Oct 5 10:20-10:50a.m. \$84.75
 75971 Sat Sep 7-Oct 5 12:35-1:05p.m. \$84.75
 75972 Sun Sep 8-Oct 6 9-9:30a.m. \$84.75
 75977 Tue Oct 8-29 4:10-4:40p.m. \$67.80
 75978 Tue Oct 8-29 5:20-5:50p.m. \$67.80
 75979 Fri Oct 11-Nov 1 4-4:30p.m. \$67.80
 75980 Sat Oct 12-Nov 2 10:20-10:50a.m. \$67.80
 75981 Sat Oct 12-Nov 2 12:35-1:05p.m. \$67.80
 75982 Sun Oct 13-Nov 3 9-9:30a.m. \$67.80
 75987 Tue Nov 5-26 4-4:30p.m. \$67.80
 75992 Tue Nov 5-26 4:35-5:05p.m. \$67.80
 75988 Wed Nov 6-27 4-4:30p.m. \$67.80
 75991 Wed Nov 6-27 5:45-6:15p.m. \$67.80
 75989 Thu Nov 7-28 4-4:30p.m. \$67.80
 75990 Thu Nov 7-28 5:45-6:15p.m. \$67.80

Adapted Family Swim Lessons <AP>

This adapted swim lesson is established for persons who have disabilities, and their family members/supports. Instructors will work with participants to support them in meeting their needs and goals. One family of up to 4 members per class. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

North West Leisure Centre

76032 Tue Sep 3-Oct 1 4:45-5:15p.m. \$84.75
 75985 Mon Sep 9-23 5:55-6:25p.m. \$50.85
 75986 Mon Oct 7-28 5:55-6:25p.m. \$50.85
 76033 Tue Oct 8-29 4:45-5:15p.m. \$67.80
 75983 Mon Nov 4-25 5:55-6:25p.m. \$50.85
 76034 Tue Nov 5-26 5:45-6:15p.m. \$67.80
 76035 Wed Nov 6-27 5:10-5:40p.m. \$67.80
 76036 Thu Nov 7-28 4:35-5:05p.m. \$67.80

North West Leisure Centre

75984 Mon Dec 2-16 5:55-6:25p.m. \$50.85
 75993 Tue Dec 3-17 4-4:30p.m. \$50.85
 75994 Tue Dec 3-17 4:35-5:05p.m. \$50.85
 76038 Tue Dec 3-17 5:45-6:15p.m. \$50.85
 76039 Wed Dec 4-18 5:10-5:40p.m. \$50.85
 75995 Wed Dec 4-18 4-4:30p.m. \$50.85
 75996 Wed Dec 4-18 5:45-6:15p.m. \$50.85
 75998 Thu Dec 5-19 4-4:30p.m. \$50.85
 76040 Thu Dec 5-19 4:35-5:05p.m. \$50.85
 75997 Thu Dec 5-19 5:45-6:15p.m. \$50.85

For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendance/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Fine Arts

ABI Art Program <AP> <New> <Free>

18+ Years

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 74551 Thu Sep 12-Dec 19 1-2:30p.m. Free

Adapted Crafting with Nature <AP> <New> 6-12 years

Designed for children with disabilities, however, all abilities are welcome. This program will focus on fun and easy crafts that incorporate natural items for sensory exploration. This program will promote fine motor development, socialization, and creativity as we explore natural materials found on-site in the neighboring accessible park.

Core Ritchie Neighbourhood Centre 74703 Sat Sep 14-Oct 19 10:30-11:30a.m. Free

Adapted Dance Class <AP> <Free> 6-12 years

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

mamaweyatitan centre 74707 Sat Sep 21-Nov 30 2:15-3:15p.m. Free

Inclusive Dance Class <AP> <Free> 5-11 years

Join this dance class for smiles, fun, and something new! This free class is inclusive and open to all abilities. This program is adapted to meet the diverse needs of children and youth who have disabilities. Instruction is based on a variety of dance culture and movement skills, emphasizing enthusiasm, fun and friendship through the arts with an instructor from Listen to Dis! This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina.

mamaweyatitan centre 74706 Sat Sep 21-Nov 30 1-2p.m. Free

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

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 adapted to meet the needs of individuals experiencing disability. Instruction will be based on a variety of dance culture which emphasizes enthusiasm, camaraderie and smiles! The best part? It's

FREE! Email socialinclusionprograms@regina.ca for registration.

mamaweyatitan centre 74578 Thu Oct 24 7-9p.m. Free

Adapted Music Program <AP>

This music program is designed for children and youth with disabilities. This program is led by a certified Music Therapist who will focus on everyone's strengths to create a fun and safe sensory experience that fosters fine motor development while promoting socialization.

3-6 years

Mitakuye Owas'a 74940 Sat Oct 19-Nov 30 1-1:45p.m. \$39.00

6-12 years

Mitakuye Owas'a 74909 Sat Oct 19-Nov 30 2-2:45p.m. \$39.00

Adapted Health and Fitness

Adapted Walk & Roll AP 18 years and up Fitness

The Adapted Walk and Roll Fitness is for adults experiencing disability(s) or 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 as they relate 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 located in the facility after the program to socialize in a comfortable and safe environment.

Fieldhouse

74642 Tue,Thu Sep 3-Oct 31 12:30-3p.m. \$63.00

74643 Tue,Thu Nov 5-Dec 19 12:30-3p.m. \$49.00

20/20/20 AP

This class is designed for older adults or those with mobility issues.

This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs for stability.

North West Leisure Centre

74618 Wed Sep 4-Oct 30 10:30-11:30a.m. \$52.20

74619 Thu Sep 5-Oct 31 10:30-11:30a.m. \$52.20

74615 Mon Sep 9-Oct 28 10:30-11:30a.m. \$34.80

74616 Mon Nov 4-Dec 16 10:30-11:30a.m. \$29.00

74617 Wed Nov 6-Dec 18 10:30-11:30a.m. \$40.60

74620 Thu Nov 7-Dec 19 10:30-11:30a.m. \$40.60

Adapted Adult Strength & Balance AP 18 years and up

This introductory-level class is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation.

This class will utilize the strengths of the group to build core strength while improving balance and mobility. Each class will utilize a variety of equipment and incorporate a bonus activity each week.

Sandra Schmirler Leisure Centre

75027 Tue Sep 3-Oct 29 12:15-1:15p.m. \$65.25
75029 Tue Nov 5-Dec 17 12:15-1:15p.m. \$50.75

Adapted Teen Boxing Fitness AP 12-18 years

This introductory-level boxing fitness session is geared towards empowering teens who have disabilities or who experience barriers to accessing recreation. This class is led by a certified instructor who will utilize the strengths of the group to assist in improving mobility and endurance. Join us to learn something new and the benefits of boxing, no experience is necessary.

Fieldhouse
75400 Wed Sep 11-Oct 16 5:30-6:30p.m. \$43.50

Adapted Adult Boxing Fitness AP 18 years and up

This introductory-level boxing fitness session is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. This class is led by a certified instructor who will utilize the strengths of the group to assist in improving mobility and endurance. Join us to learn something new and the benefits of boxing, no experience is necessary.

Fieldhouse
75400 Wed Sep 11-Oct 16 5:30-6:30p.m. \$43.50

Adapted Social

Sensory Friendly Youth Program *FREE* AP 10-17 years

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

mamawayatitan centre
74728 Thu Oct 10-Dec 12 6-8p.m. Free

Build & Go Program *FREE* AP 13-21 years

The Build & Go program is aimed towards teens & young adults of all abilities. In this program, we will use a variety of Lego-inspired building activities that foster team-building skills & socialization. The GO part of this program is driven by a love for Pokémon GO, where the group will work independently and as a team to catch Pokémon. This program is a great opportunity to make new friends in a creative and sensory-friendly environment.

mamawayatitan centre 74847 Wed Sep 25-Oct 30 6-7:30p.m. Free

Evening Adult Social Program AP 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 to try a variety of activities that foster socialization, such as instructor led activities to playing board games and bingo. The activities will be built based on the group's interests. City of Regina staff will be on site to facilitate the program but are not able to transfer, lift, or reposition individuals.

Mitakuye Owas'a 76042 Fri Sep 27-Dec 6 6-8p.m. Free

ABI Cribbage *FREE* AP 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. We kindly ask that individuals requiring one-on-one support/assistance please bring an attendant/support person. To register for this program please email socialinclusionprograms@regina.ca
SLC
74552 Fri Sep 13-Dec 20 1-2:30p.m. Free

Short Breaks *FREE AP 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 socialinclusionprograms@regina.ca or contact Kathy at kathy@inclusionregina.ca.

Adapted Sports

Adapted Basketball AP

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

5-7 years

Fieldhouse 74792 Mon Sep 9-Nov 18 5:30-6:30p.m. \$60.00
North West Leisure Centre 74585 Fri Sep 13-Oct 18 6-6:45p.m. \$43.50
74590 Fri Nov 8-Dec 13 6-6:45p.m. \$43.50

Adapted Floor Hockey AP

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

5-7 years

Fieldhouse 74870 Sat Sep 7-Nov 2 2-3p.m. \$60.00
75020 Sat Nov 9-Dec 28 2-3p.m. \$45.00

Adapted Soccer- Intro AP 5-12 years

Designed for children with disabilities or who have difficulties with gross motor development. This program will foster socialization by encouraging participation in a group setting. This program will introduce the basic skills of soccer such as passing, kicking, defending, 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 the basics of Soccer. Parent or support person participation is encouraged when needed.

5-7 years

Fieldhouse 74816 Tue Sep 10-Oct 29 5:30-6:30p.m. \$60.00

74977 Tue Nov 5-Dec 17 5:30-6:30p.m. \$52.50

8-12 years

Fieldhouse 74867 Sat Sep 7-Nov 2 1-2p.m. \$60.00

75015 Sat Nov 9-Dec 28 1-2p.m. \$45.00

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 nongame-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.

North West Leisure Centre

74583 Sun Sep 15-Oct 27 10-10:45a.m. \$43.50

74591 Sun Nov 10-Dec 15 10-10:45a.m. \$43.50

Adapted Sport and Fitness Try it Days AP 9 years and up

This once-a-month free program is designed for persons with disabilities and their families/ supports to enjoy a variety of adapted sports & fitness sessions. Join us for 60 minutes of fun, led by an instructor who will create a safe and comfortable environment to facilitate participation in introductory-level sessions focused on leisure education and fun for all!

Bashminton: Join us for this adapted version of badminton. Using an oversized and lightweight racket, try something new as we focus on fun and volley around the bashminton birdies.
Fieldhouse 76099 Fri Sep 20 6:30-7:30p.m. Free

Soccer: Join us for this session as we dive into learning basic soccer skills. With a focus on fun and inclusion for all adaptations can be made to suit the diverse abilities of all who attend.
Fieldhouse 76101 Fri Oct 18 6:30-7:30p.m. Free

Basketball: Join us for this session as we dive into learning introductory level basketball skills. With a focus on fun and inclusion for all adaptations can be made to suit the diverse abilities of all who attend.

Fieldhouse 76102 Fri Nov 15 6:30-7:30p.m. Free

Reindeer Games: Join us for an inclusive holiday-themed try-it session as we combine a variety of fun sport activities. Participants are encouraged to wear their favourite holiday-themed attire as we focus on socialization and fun!

Fieldhouse 76100 Fri Dec 20 6:30-7:30p.m. Free

Adapted Sports Jam AP 6-12 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. Parents and tots enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. In a nongame-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.

North West Leisure Centre

74584 Sun Sep 15-Oct 27 11-11:45a.m. \$43.50

74592 Sun Nov 10-Dec 15 11-11:45a.m. \$43.50

For all adapted programs, we kindly ask that participants requiring one-on-one support please bring an attendant/ support to the program. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Registered Preschool Programs

Fine Arts

Crafty Christmas 3-5 years

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

Neil Balkwill Civic Arts Centre
74504 Tue Nov 26-Dec 17 9-10:30a.m. \$83.00
74505 Tue Nov 26-Dec 17 1-2:30p.m. \$83.00

Creative Beginnings 4-6 years

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

Neil Balkwill Civic Arts Centre 74506 Wed Sep 18-Nov 6 1-2:30p.m. \$110.00

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 either crafts, sports, story telling, activities and games. Each day will be a surprise! While the second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

North West Leisure Centre
76004 Fri Sep 6-Oct 4 2:30-3:35p.m. \$44.25
76010 Fri Oct 11-Nov 1 2:30-3:35p.m. \$35.40
76015 Fri Nov 8-29 2:30-3:35p.m. \$35.40
76016 Fri Dec 6-20 2:30-3:35p.m. \$26.55

Sports

Parent & Tot Floor Hockey 3-5 years

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

Fieldhouse
74790 Mon Sep 9-Nov 18 4:30-5:30p.m. \$60.00

Parent & Tot Soccer 3-5 years

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

Fieldhouse

74815 Tue Sep 10-Oct 29 4:30-5:30p.m. \$60.00

74976 Tue Nov 5-Dec 17 4:30-5:30p.m. \$52.50

Registered Child and Youth Programs

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 interest 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 laptops or iPad.

Neil Balkwill Civic Arts Centre 74482 Sat Sep 21-Nov 16 9:30-10:30a.m. \$95.00

3D Printing and Design 2 8-16 years

Do you want to continue to learn more about 3D printing and design? This class will teach you new design skills and more hands-on work with the 3D printers. Students must supply their own laptop or iPad.
Prerequisite: 3D Printing and Design 1 or equivalent experience.

Neil Balkwill Civic Arts Centre 74483 Sat Sep 21-Nov 16 11a.m.-12p.m. \$95.00

Abstract Art for Teens 12-16 years

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

Neil Balkwill Civic Arts Centre 74494 Sun Sep 22-Nov 17 3-4:30p.m. \$95.00

Adventures in Art for Homeschoolers 1 6-8 years

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

Neil Balkwill Civic Arts Centre 74495 Thu Sep 19-Nov 7 10a.m.-12p.m. \$125.00

Adventures in Art for Homeschoolers 2 9-13 years

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

Neil Balkwill Civic Arts Centre 74496 Thu Sep 19-Nov 7 1-3p.m. \$125.00

Art Exploration 8-12 years

Explore the work of various artists and styles throughout history then create your own unique artworks. Learn about perspective

drawing and experiment with pencil, watercolour pencil, oil and chalk pastel, and acrylic painting. You will also learn colour theory through blending and devising a colour wheel.

Neil Balkwill Civic Arts Centre 74497 Sat Sep 21-Nov 16 12:30-2:30p.m. \$125.00

Art, Mindfulness and Creativity 10-15 years

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

Neil Balkwill Civic Arts Centre 74500 Sat Sep 21-Nov 16 3-4:30p.m. \$105.00

Art Sampler 6-9 years

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

Neil Balkwill Civic Arts Centre 74499 Sat Sep 21-Nov 16 10a.m.-12p.m. \$125.00

Beginner Arduino 12-16 years

Unlock the exciting world of electronics and programming with this introduction to Arduino, a course designed specifically for youth. This hands-on, beginner-friendly course will take you on a journey into the heart of microcontrollers, sensors, and creative problem-solving.

Neil Balkwill Civic Arts Centre 74486 Tue Sep 17-Nov 5 7-9p.m. \$120.00

Comics for Kids 8-13 years

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

Neil Balkwill Civic Arts Centre 74503 Sun Sep 22-Nov 17 3-4:30p.m. \$98.00

Drawing Awesome Monsters 8-12 years

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

Neil Balkwill Civic Arts Centre 74508 Sat Sep 21-Nov 16 10-11:30a.m. \$95.00

Drawing and Colouring Adventure 6-10 years

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

Neil Balkwill Civic Arts Centre 74507 Sat Sep 21-Nov 16 9-10:30a.m. \$98.00

Drawing Fantasy Dragons 12-16 years

Bring fantasy dragons to life in your sketchbook with various drawing techniques. In this class we will be covering drawing fundamentals such as structure, gesture, form, anatomy, lighting, and texture. We will also be taking inspiration from animal references to create unique dragons of our own design.

Neil Balkwill Civic Arts Centre 74579 Wed Sep 25-Nov 13 7-8:30p.m. \$95.00

Drawing Mythological Creatures 9-14 years

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

Neil Balkwill Civic Arts Centre 74510 Sat Sep 21-Nov 16 3-4:30p.m. \$95.00

Easy Sewing – Fun Felt Friends 10-14 years

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

Neil Balkwill Civic Arts Centre 74519 Sun Dec 8 1-4p.m. \$35.00

Fairy Tale Fun 6-10 years

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

Neil Balkwill Civic Arts Centre 74513 Sat Sep 14 3-4:30p.m. \$20.00

Fantastic Friends Drawing 9-14 years

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

Neil Balkwill Civic Arts Centre 74514 Sun Sep 22-Nov 17 1-2:30p.m. \$98.00

Fantastic Friends: Character Creation! 9-14 years

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

Neil Balkwill Civic Arts Centre 74515 Sat Sep 14 1-2:30p.m. \$20.00

Fantastic Friends: Fairy Tales 7-10 years

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

Neil Balkwill Civic Arts Centre 74612 Sat Sep 21-Nov 16 1-2:30p.m. \$98.00

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.

Neil Balkwill Civic Arts Centre 74518 Sat Sep 21-Nov 16 11a.m.-12:30p.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!

Neil Balkwill Civic Arts Centre 74520 Sat Sep 21-Nov 16 1-2:30p.m. \$98.00

Manga 1 9-14 years

This class starts manga comic artists off with the basics. Explore line drawing with a pencil or pen and learn the basics of drawing figures,

faces, and perspective. Then turn your sketches into inked drawings and finally into a finished comic book page. Sketchbook required.

Neil Balkwill Civic Arts Centre 74606 Sat Sep 21-Nov 16 12-1:30p.m. \$95.00

Manga Studio 13-16 years

Want to take your manga drawing to the next level? The trick is to draw manga. It helps to have dedicated studio time, the support of an instructor, and the company of other manga artists! Create your own graphic novel, from story to inks, page after page. Some comic drawing experience is required.

Neil Balkwill Civic Arts Centre 74529 Sat Sep 21-Nov 16 2-4p.m. \$115.00

Mask Making Adventures 8-13 years

Unlock your child's creative potential with this mask making class. In this easily accessible, hands-on program, students are encouraged to explore their creativity as they design and decorate their masks. Whether they aspire to become a mythical creature, a superhero, or invent something entirely unique, this class will provide an excellent canvas for their imagination to flourish.

Neil Balkwill Civic Arts Centre 74608 Sat Sep 21-Nov 16 3-4:30p.m. \$103.00

One Page Comics for Kids 7-13 years

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

Neil Balkwill Civic Arts Centre 74532 Sun Sep 15 1-3p.m. \$25.00

Roblox Coding for Beginners 10-14 years

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

Neil Balkwill Civic Arts Centre 74484 Sat Sep 21-Nov 16 1-2p.m. \$90.00

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.

Neil Balkwill Civic Arts Centre 74548 Sun Sep 22-Nov 17 1-2:30p.m. \$98.00

Recreation & Life Skills

Indigenous Youth Employment Program 14-18 years

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

Mitakuye Owasa 74574 Tue,Thu Oct 8-Nov 21 4-7p.m. \$75.00

Sports

Badminton – Kids 5-7 years

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

Fieldhouse

74945 Sat Sep 7-Oct 26 1-2p.m. \$60.00
74950 Sat Sep 7-Nov 26 2-3p.m. \$60.00
74918 Wed Sep 11-Oct 30 5-6p.m. \$60.00
75032 Wed Nov 6-Dec 18 5-6p.m. \$52.50
75039 Sat Nov 9-Dec 28 1-2p.m. \$45.00
75040 Sat Nov 9-Dec 28 2-3p.m. \$45.00

North West Leisure Centre 75197 Sat Sep 21-Nov 30 4:30-5:30p.m. \$75.00

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 review a variety of skills each week.

Mitakuye Owas'a

75240 Sat Sep 28-Nov 30 10-11a.m. \$67.50
75247 Sat Sep 28-Nov 30 11a.m.-12p.m. \$67.50

Fieldhouse

74905 Mon Sep 9-Nov 18 5-6p.m. \$60.00
74907 Mon Sep 9-Nov 18 6-7p.m. \$60.00
74914 Tue Sep 10-Oct 29 5-6p.m. \$60.00
74921 Wed Sep 11-Oct 30 6-7p.m. \$60.00
74923 Thu Sep 12-Oct 31 5-6p.m. \$60.00
74932 Fri Sep 13-Nov 1 5-6p.m. \$60.00
75028 Tue Nov 5-Dec 17 5-6p.m. \$52.50
75035 Wed Nov 6-Dec 18 6-7p.m. \$52.50
75036 Thu Nov 7-Dec 19 5-6p.m. \$52.50

North West Leisure Centre

75188 Sat Sep 21-Nov 30 5:30-6:30p.m. \$75.00

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.

Fieldhouse

74954 Sat Sep 7-Oct 26 5-6p.m. \$60.00
74915 Tue Sep 10-Oct 29 6-7p.m. \$60.00
74926 Thu Sep 12-Oct 31 6-7p.m. \$60.00
75030 Tue Nov 5-Dec 17 6-7p.m. \$52.50
75037 Thu Nov 7-Dec 19 6-7p.m. \$52.50

Basketball – Kids 5-7 years

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

Fieldhouse

74825 Tue Sep 10-Oct 29 7:30-8:30p.m. \$60.00
74843 Fri Sep 13-Nov 1 5-6p.m. \$60.00
74856 Fri Sep 13-Nov 1 6-7p.m. \$60.00
74982 Tue Nov 5-Dec 17 7:30-8:30p.m. \$52.50
75006 Fri Nov 8-Dec 20 5-6p.m. \$52.50
75008 Fri Nov 8-Dec 20 6-7p.m. \$52.00

Basketball Fundamental

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

8-10 years

Fieldhouse

74829 Wed Sep 11-Oct 30 5-6p.m. \$60.00

74838 Fri Sep 13-Nov 1 5:30-6:30p.m. \$60.00

74991 Wed Nov 6-Dec 18 5-6p.m. \$52.50

75002 Fri Nov 8-Dec 20 5:30-6:30p.m. \$52.50

Core Ritchie Neighbourhood Centre

74725 Sat Sep 21-Oct 19 10-11a.m. \$37.50

74726 Sat Sep 21-Oct 19 11a.m.-12p.m. \$37.50

74788 Sat Nov 2-Dec 7 10-11a.m. \$45.00

74789 Sat Nov 2-Dec 7 11a.m.-12p.m. \$45.00

11-13 years

Fieldhouse

74831 Wed Sep 11-Oct 30 6-7p.m. \$60.00

74992 Wed Nov 6-Dec 18 6-7p.m. \$52.50

Basketball – Advanced

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

Prerequisite: Knowledge of basic basketball skills such as dribbling, passing & shooting.

8-11 years

Fieldhouse

74811 Mon Sep 9-Dec 2 6:30-7:30p.m. \$75.00

74841 Fri Sep 13-Nov 1 6:30-7:30p.m. \$60.00

75004 Fri Nov 8-Dec 20 6:30-7:30p.m. \$52.50

12-14 years

Fieldhouse

74812 Mon Sep 9-Dec 2 7:30-8:30p.m. \$75.00

Floor Hockey – Kids

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

5-7 years

Fieldhouse

74834 Wed Sep 11-Oct 30 4:30-5:30p.m. \$60.00

8-12 years

Fieldhouse

74835 Wed Sep 11-Oct 30 5:30-6:30p.m. \$60.00

Football – Kids

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

5-7 years

Fieldhouse 74996 Wed Nov 6-Dec 18 5:30-6:30p.m. \$52.50

8-12 years

Fieldhouse 74999 Wed Nov 6-Dec 18 6:30-7:30p.m. \$52.50

Go Girl Sports Jam

Girls only! Participate in a variety of non-competitive sports and

activities for fun and fitness. This program will focus on a different activity or sport every day such as soccer, badminton, and track & field. Taught by a female instructor.

5-7 years

Fieldhouse 74971 Mon Nov 4-Dec 23 4:30-5:30p.m. \$52.50

8-12 years

Fieldhouse 74972 Mon Nov 4-Dec 23 5:30-6:30p.m. \$52.50

Lawson Aquatic Centrerosse – Kids

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

5-7 years

Fieldhouse 74791 Mon Sep 9-Nov 18 5:30-6:30p.m. \$60.00

8-12 years

Fieldhouse 75021 Sat Nov 9-Dec 28 3-4p.m. \$45.00

Soccer – Kids

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

5-7 years

Fieldhouse

74817 Tue Sep 10-Oct 29 4:30-5:30p.m. \$60.00

74978 Tue Nov 5-Dec 17 4:30-5:30p.m. \$52.50

Mitakuye Owas'a 75261 Thu Sep 26-Nov 28 5:30-6:30p.m. \$75.00

8-12 years

Fieldhouse

74819 Tue Sep 10-Oct 29 5:30-6:30p.m. \$60.00

74979 Tue Nov 5-Dec 17 5:30-6:30p.m. \$52.50

75023 Sat Nov 9-Dec 28 4-5p.m. \$45.00

Mitakuye Owas'a 75271 Thu Sep 26-Nov 28 6:30-7:30p.m. \$75.00

Sports Jam

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

5-7 years

Fieldhouse 74985 Wed Nov 6-Dec 18 4:30-5:30p.m. \$52.50

8-12 years

Fieldhouse 74990 Wed Nov 6-Dec 18 5:30-6:30p.m. \$52.50

Table Tennis – Intro 8-12 years

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

Fieldhouse

74822 Tue Sep 10-Oct 29 6:30-7:30p.m. \$60.00

74980 Tue Nov 5-Dec 17 6:30-7:30p.m. \$52.50

Tennis Kids – Level 1 8-10 years

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.

Fieldhouse 74871 Sat Sep 7-Nov 16 10-11a.m. \$90.00

Tennis Junior – Level 1 11-13 years

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.

Fieldhouse 74872 Sat Sep 7-Nov 16 11a.m.-12p.m. \$90.00

Volleyball – Elementary 7-10 years

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.

Fieldhouse

74859 Fri Sep 13-Nov 1 5-6p.m. \$52.50

75009 Fri Nov 8-Dec 20 5-6p.m. \$52.50

Volleyball – Skill Development 11-13 years

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.

Fieldhouse

74863 Fri Sep 13-Nov 1 6-7p.m. \$52.50

75011 Fri Nov 8-Dec 20 6-7p.m. \$52.50

Registered Adult Programs

MATERIAL FEES

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

Fine Arts – Drawing & Painting

3D Modelling and Printing 15 years and up

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

Neil Balkwill Civic Arts Centre 74485 Thu Sep 19-Nov 7 7-9p.m. \$140.00

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 experience is required.

Neil Balkwill Civic Arts Centre 74668 Wed Sep 18-Nov 6 7-9p.m. \$145.00

Beginner Drawing 15 years and up

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

Neil Balkwill Civic Arts Centre 74502 Wed, Thu Oct 9-24 9a.m.-12p.m. \$125.00

Drawing Theory and Practice *NEW* 15 years and up

Explore drawing and art theory from masters past and present. Establish sound drawing technique and appreciate value, perspective, proportion, and composition. You will learn the how and why of drawing. Beginners and advanced students are welcome.

Neil Balkwill Civic Arts Centre 74611 Mon Sep 16-Nov 25 1-4p.m. \$165.00

Landscape Painting 1 *NEW* 15 years and up

This class will explore the fundamentals of painting landscapes with acrylic paint. We will be painting from photo reference and study sketching, composition, lighting, and how to paint with a limited palette.

Neil Balkwill Civic Arts Centre 74580 Thu Sep 19-Nov 7 7-10p.m. \$165.00

Landscapes in Acrylic 15 years and up

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

Neil Balkwill Civic Arts Centre 74527 Fri Sep 20-Nov 8 1-4p.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.

Neil Balkwill Civic Arts Centre 74528 Mon Sep 16-Nov 25 7-10p.m. \$165.00

Mastering Coloured Pencil 15 years and up

Learn how to create intense, detailed and realistic coloured pencil drawings. Students should have prior drawing experience.

Neil Balkwill Civic Arts Centre 74610 Wed Sep 18-Nov 6 1-3p.m. \$125.00

Mixed Media Watercolour Portraits *NEW* 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.

Neil Balkwill Civic Arts Centre 74605 Wed, Thu Nov 6-Nov 21 9a.m.-12p.m. \$125.00

New Approaches to Drawing 16 years and up

Starting with the basics of line, shape and form, you will explore new ways of drawing objects, live models and from nature. Discover new methods of drawing with traditional and non-traditional drawing materials. Get creative with the marks you make and the materials you use to learn some new approaches to drawing. The cost for models is included in the materials fee paid at time of registration.

Neil Balkwill Civic Arts Centre 74530 Wed Sep 18-Nov 6 7-9:30p.m. \$170.00

Oil Painting 1 15 years and up

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

Neil Balkwill Civic Arts Centre 74531 Wed Sep 18-Nov 6 1-4p.m. \$165.00

Painting and Drawing Drop-in *FREE 14 years and up*

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

Neil Balkwill Civic Arts Centre 74534 Fri Sep 6-Dec 27 9-11:30a.m. Free

Painting with Acrylics 3 *15 years and up*

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

Neil Balkwill Civic Arts Centre 74536 Wed Sep 18-Nov 6 9a.m.-12p.m. \$165.00

Painting Shake Up *NEW 15 years and up*

For those who have never painted before, or who have painted for a long time and are feeling stuck. Learn to paint beyond the brush and canvas. Each class will be a fun challenge that will inspire new ways to use the palette. If you are stuck in a traditionalist rut or you have wanted to try painting but have been too intimidated to pick up a brush- this is the class for you! No experience necessary, all are welcome!

Neil Balkwill Civic Arts Centre 74723 Mon Sep 16-Nov 25 1-3p.m. \$135.00

Pets in Watercolour *15 years and up*

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

Neil Balkwill Civic Arts Centre 74550 Wed, Thu Dec 4-19 9a.m.-12p.m. \$125.00

Portrait Drawing 1 *NEW 15 years and up*

This class we will cover the fundamentals of drawing portraits from photo reference and imagination. Topics will include proportion, structure, form, lighting, and the study of individual facial features.

Neil Balkwill Civic Arts Centre 74581 Mon Sep 16-Nov 25 7-9:30p.m. \$135.00

Regina Doorways, Arches and Flower Boxes *15 years and up*

This will be a form of plein air painting class with a focus on the beautiful architectural elements of doorways, arches, and window boxes in our city. Classes will explore various locations in and around the Cathedral, Lakeview and downtown areas. Our first meeting will begin at the Neil Balkwill Civic Arts Centre. Sketching, watercolour and acrylic mediums are welcome.

Neil Balkwill Civic Arts Centre 74549 Mon-Fri Sep 9-13 9a.m.-12p.m. \$112.00

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.

Neil Balkwill Civic Arts Centre 74542 Tue Sep 17-Nov 5 7-9:30p.m. \$135.00

Watercolour – Level 1 15 years and up

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

Neil Balkwill Civic Arts Centre 74545 Sat Sep 21-Nov 16 9a.m.-12p.m. \$165.00

Fine Arts – Fibre Arts

Fibre Felting Fun 14 years and up

An introduction to fibre felting for beginners. Learn all about processing raw wool, carding, roving, dying, felt "painting", wet and needle felting. Create felt pieces of art as well as whimsical creatures.

Neil Balkwill Civic Arts Centre 74517 Tue Sep 17-Nov 5 7-9:30p.m. \$155.00

Introduction to Crochet 14 years and up

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

Neil Balkwill Civic Arts Centre 74487 Tue Sep 17-Oct 22 7-8p.m. \$65.00

Introduction to Knitting 14 years and up

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

Neil Balkwill Civic Arts Centre 74488 Mon Sep 16-Nov 4 7-8p.m. \$65.00

Learn to Sew 15 years and up

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

Neil Balkwill Civic Arts Centre 74489 Sat Sep 14 10a.m.-3p.m. \$55.00

Learn to Sew a Shoulder Bag *NEW* 14 years and up

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

Neil Balkwill Civic Arts Centre 74689 Sun Sep 15 1-4p.m. \$40.00

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.

Neil Balkwill Civic Arts Centre

74533 Thu Sep 26, Oct 24, Nov 28
7-10p.m. Free

Quilting Drop In *FREE* 15 years and up

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

Neil Balkwill Civic Arts Centre 74541 Thu Sep 5-Dec 19 9a.m.-2p.m. Free

Stitch-In *FREE* 15 years and up

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

Neil Balkwill Civic Arts Centre 74543 Fri Sep 6-Dec 27 9-11:30a.m. Free

Upcycled Denim Mittens 15 years and up

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

Neil Balkwill Civic Arts Centre 74491 Sat Dec 14 10a.m.-3p.m. \$55.00

Upcycled Denim Slippers 15 years and up

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

Neil Balkwill Civic Arts Centre 74490 Sat Sep 7 10a.m.-3p.m. \$55.00

Fine Arts – Jewellery and Metalwork

Enameling Project Class *NEW* 16 years and up

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

Prerequisite: Previous Enameling class or equivalent experience.

Neil Balkwill Civic Arts Centre 74695 Thu Sep 19-Nov 7 7-10p.m. \$260.00

Extended Fine Silver Fusing 16 years and up

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

Prerequisite: Jewellery 1

Neil Balkwill Civic Arts Centre 74690 Wed Nov 6-Dec 11 7-10p.m. \$190.00

Introduction to Stained Glass 15 years and up

Learn how to make your own sun catchers and other colourful creations while being introduced to some of the basic skills and techniques of stained glass work.

Neil Balkwill Civic Arts Centre 74722 Sat, Sun Sep 7,8 12:30-4p.m. \$105.00

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 will create a pierced pendant, a band ring, and projects of your choice. Come explore the world of metal arts!

Neil Balkwill Civic Arts Centre 74523 Tue Sep 17-Nov 5 7-10p.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.

Neil Balkwill Civic Arts Centre 74693 Thu Sep 19-Nov 7 1-4p.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.

Neil Balkwill Civic Arts Centre 74524 Tue Sep 17-Nov 5 1-4p.m. \$230.00

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.

Neil Balkwill Civic Arts Centre 74525 Wed Sep 18-Oct 23 7-10p.m. \$230.00

Lampwork Beads 2 16 years and up

Refine your skills with more in-depth instruction on how to clear case your designs to add more depth to your beads, and how to make hollow beads.

Prerequisite: Lampwork Beads 1 or equivalent experience.

Neil Balkwill Civic Arts Centre 74526 Sat Sep 21-Nov 16 9a.m.-12p.m. \$245.00

Lampwork Bead Project Class 16 years and up

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

Prerequisite: Lampwork Beads 1

Neil Balkwill Civic Arts Centre 74692 Mon Sep 16-Nov 25 1-4p.m. \$245.00

Lampwork – Enhanced Style and Finishing 16 years and up

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

Prerequisite: Lampwork Beads 1

Neil Balkwill Civic Arts Centre 74694 Mon Sep 16-Nov 25 7-10p.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

Neil Balkwill Civic Arts Centre 74691 Sat Dec 7 9:30a.m.-4:30p.m. \$95.00

Sand Casting Jewellery **16 years and up**

Sand casting is a low-tech way to cast your own solid jewellery pieces without the use of big equipment using sand as the mold. Students will learn how to pour molten sterling silver metal into molds to create unique shapes such as rings, pendants, and chain links. Students are encouraged to bring some scrap silver and purchased casting grain- to be discussed in first class.

Prerequisite: Jewellery 1 and Jewellery 2.

Neil Balkwill Civic Arts Centre 74696 Sun Sep 22-Nov 17 1-4p.m. \$255.00

Fine Arts – Photography

Fine Arts - Photography

Photography 1 – Camera Operation **15 years and up**

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

Neil Balkwill Civic Arts Centre
74538 Wed Sep 18-Oct 16 7-10p.m. \$112.00
74537 Mon Oct 7-Nov 18 7-10p.m. \$112.00

Photography 2 – Principles of Photography **15 years and up**

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

Prerequisite: Photography 1 or equivalent.

Neil Balkwill Civic Arts Centre 74540 Wed Oct 23-Nov 20 7-10p.m. \$112.00

Fine Arts - Woodworking

Asian Influenced Bench **16 years and up**

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

Prerequisite: Completion of Neil Balkwill Civic Arts Centre Basic woodworking class or

instructor's permission.

Neil Balkwill Civic Arts Centre 74698 Fri Sep 20-Nov 22 1-4p.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.

Neil Balkwill Civic Arts Centre 74501 Tue Sep 17-Nov 19 7-9:30p.m. \$235.00

Bowl Turning *NEW* 16 years and up

Instructor Dale Lowe will guide students through the development of attractive bowl and vessel forms, creating visual details, and effective sanding and finishing techniques. Working with dry wood supplied by the instructor, students will produce fully finished work. An intermediate/advanced level class, students need to have taken an introductory bowl turning class and have a good general knowledge of sharpening and safety. A material fee will be paid to the instructor.

Prerequisite: previous bowl turning class

Neil Balkwill Civic Arts Centre 74715 Sat, Sun Dec 14,15 9a.m.-5p.m. \$160.00

Contemporary Wall Shelf *NEW* 16 years and up

Build a wall hanging shelf with sleek tapered and curved sides flowing inward as they rise. Learn to make a bent and tapered lamination with shop sawn veneers and using bending forms and the vacuum bag. Joinery will be slip tenons with the Domino tool. The shelf can be configured as open shelves, or with an option to add a veneered panel door or drawers later. This is an intermediate/advanced level class. A material fee will be paid to the instructor.

Prerequisite: previous Balkwill Centre wood class or instructor's Permission

Neil Balkwill Civic Arts Centre 74704 Sat Sep 21-Nov 30 9a.m.-12p.m. \$280.00

Grow Your Ideas *NEW* 16 years and up

Ideas: how do you get them? How do you develop them? Make them work? Build them? A practical approach to developing project designs, students may be at different stages in their own work but need to have basic woodworking experience. Come with something you would like to try. With the instructor's help and class discussions, work through the process using sketching, model building and Mitakuye Owas'akups. Move to the next stage on your creative woodworking path.

Neil Balkwill Civic Arts Centre 74702 Wed Sep 18-Nov 6 7-10p.m. \$230.00

Hand Tool Woodworking: Sliding Lid Chest *NEW* 16 years and up

Working with hand tools, build an attractive medium-sized storage chest with an unusual type of sliding lid. Discover the handsaw and bench hook, hand plane, chisel, router plane and hand-powered drill. Assemble your chest with a hand cut housing dado and classic forged nails that hold tenaciously and look great! A material fee to be paid to the instructor will cover the cost of all materials. An introductory class, no experience needed.

Neil Balkwill Civic Arts Centre 74708 Thu Sep 19-Nov 21 7-10p.m. \$280.00

Introductory Bowl Turning 16 years and up

This introduction to bowl turning will include safety instruction, wood selection and orientation, and the use and sharpening of bowl gouges and relevant tools. Students will practice turning techniques

to produce finished pieces. Both green and dry wood turning will be covered. A fee for materials used will be paid to the instructor in the first class.

Neil Balkwill Civic Arts Centre
74522 Fri Sep 13 7-9p.m.
Sat-Sun Sep 14-15 9a.m.-5p.m.
\$205.00

Introductory Wood Turning 16 years and up

This introduction to spindle turning (turning between centres, as distinct from bowl turning) will include safety instruction, wood selection, use of tools, and sharpening. Students will practice different cuts (beading, coves, cylinders, tenons, etc.) and produce finished pieces. Register early!

Neil Balkwill Civic Arts Centre
74582
Fri Sep 6 7-9p.m.
Sat-Sun Sep 7-8 9a.m.-5p.m.
\$205.00

Wood Carving Drop In *FREE* 14 years and up

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

Neil Balkwill Civic Arts Centre 74546 Tue Sep 3-Dec 17 9-11:30a.m. Free

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.

Neil Balkwill Civic Arts Centre 74547 Mon Sep 16-Dec 9 7-10p.m. \$280.00

Aquatic Fitness, Health & Wellness

Aquacise 14 years and up

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

Lawson Aquatic Centre
76075 Tue Sep 3-Oct 29 6:15-7p.m. \$40.60
76076 Thu Sep 5-Oct 31 6:15-7p.m. \$46.40
76077 Tue Nov 5-Dec 17 6:15-7p.m. \$40.60
76078 Tue Nov 7-Dec 19 6:15-7p.m. \$34.80

North West Leisure Centre
74684 Tue Sep 3-Oct 29 8:35-9:20p.m. \$62.10
74669 Wed Sep 4-Oct 30 8:35-9:20p.m. \$62.10
74687 Mon Sep 9-Oct 28 8:35-9:20p.m. \$55.20
74685 Mon Nov 4-Dec 16 8:35-9:20p.m. \$48.30
74688 Tue Nov 5-Dec 17 8:35-9:20p.m. \$48.30
74670 Wed Nov 6-Dec 18 8:35-9:20p.m. \$48.30

Sandra Schmirler Leisure Centre
75911 Tue Sep 3-Oct 29 8:30-9:15p.m. \$52.20
75918 Wed Sep 4-Oct 30 8:30-9:15p.m. \$52.20
75931 Thu Sep 5-Oct 31 8:30-9:15p.m. \$52.20
75897 Mon Sep 9-Oct 28 8:30-9:15p.m. \$34.80
75960 Mon Nov 4-Dec 16 8:30-9:15p.m. \$34.80
75973 Tue Nov 5-Dec 17 8:30-9:15p.m. \$40.60
75999 Wed Nov 6-Dec 18 8:30-9:15p.m. \$40.60
76005 Thu Nov 7-Dec 19 8:30-9:15p.m. \$40.60

Baby & Me Aquacise

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

Sandra Schmirler Leisure Centre
75919 Wed Sep 4-Oct 30 9:15-10a.m. \$52.20
76000 Wed Nov 6-Dec 18 9:15-10a.m. \$40.60

Land Fitness, Health & Wellness

Baby & Me Bootcamp

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.

Fieldhouse
74466 Tue Sep 3-Oct 29 10:45-11:45a.m. \$62.10
74467 Thu Sep 5-Oct 31 10:45-11:45a.m. \$62.10
74671 Tue Nov 5-Dec 17 10:45-11:45a.m. \$48.30
74672 Thu Nov 7-Dec 19 10:45-11:45a.m. \$48.30

Cardio & Tone Interval 15 years and up

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

Sandra Schmirler Leisure Centre
75946 Fri Sep 6-Nov 1 11:45a.m.-12:45p.m.\$52.20
76017 Fri Nov 8-Dec 20 11:45a.m.-12:45p.m.\$40.60

Fresh Air Fitness and Zen 15 years and up

Dress appropriately for a fresh outdoor walk around the lake in Rochdale Park, located behind the North West Leisure Centre. This is followed by an indoor gentle yoga stretch. All participants of any fitness level are welcome. In the event of inclement weather, the outdoor walk will take place at Lawson Aquatic Centre in the North West Leisure Centre Gym.

North West Leisure Centre
74666 Fri Sep 6-Nov 1 9-10a.m. \$46.40
74667 Fri Nov 8-Dec 20 9-10a.m. \$40.60

LiveWell 30 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.

Fieldhouse
74469 Mon,Wed Sep 9-Oct 30 10-11a.m. \$111.30
74470 Mon,Wed Sep 9-Oct 30 11a.m.-12p.m. \$111.30
74471 Tue,Thu Sep 10-Oct 31 5:30-6:30p.m. \$127.20
74673 Mon,Wed Nov 4-Dec 18 10-11a.m. \$103.35
74710 Mon,Wed Nov 4-Dec 18 11a.m.-12p.m. \$103.35

74711 Tue,Thu Nov 5-Dec 19 5:30-6:30p.m. \$111.30

Mobility – Strength, Flexibility & Relaxation 16 years and up

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

Fieldhouse

74472 Mon Sep 9-Oct 30 7-8p.m. \$48.30

74676 Mon Nov 4-Dec 16 7-8p.m. \$48.30

Small Group Fitness Coaching 16 years and up

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

Fieldhouse

74473 Thu Sep 5-Oct 31 6:45-7:45p.m. \$62.10

74677 Thu Nov 7-Dec 19 6:45-7:45p.m. \$41.40

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.

Fieldhouse

74474 Sat Sep 7-Nov 2 9:45-10:45a.m. \$55.20

74678 Sat Nov 9-Dec 21 9:45-10:45a.m. \$48.30

Steel Mace & Mobility 13 years and up

Your chance to learn about an ancient form of cardio and resistance training that has incredible physical benefits! Steel Mace is an off-set weighted tool that is available in various weight from 5lbs and up. Perfect for any fitness level as it is easily modified and adaptable. The benefits of the rotational use and engagement of stabilizing muscles is incredibly beneficial in many facets of fitness/athletics, physical health and longevity.

Fieldhouse

74475 Mon Sep 9-Oct 28 12:10-12:55p.m. \$55.65

74679 Mon Nov 4-Dec 16 12:10-12:55p.m. \$47.70

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.

Sandra Schmirler Leisure Centre 75898 Mon Sep 9-Oct 28 5:30-6:30p.m. \$34.80

75961 Mon Nov 4-Dec 16 5:30-6:30p.m. \$34.80

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.

Sandra Schmirler Leisure Centre

75920 Wed Sep 4-Oct 30 10:30-11:30a.m. \$52.20

76001 Wed Nov 6-Dec 18 10:30-11:30a.m. \$40.60

Total Body Sculpting 14 years and up

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

Sandra Schmirler Leisure Centre
75912 Tue Sep 3-Oct 29 6:45-7:45p.m. \$52.20
75921 Wed Sep 4-Oct 30 5:30-6:30p.m. \$52.20
75974 Tue Nov 5-Dec 17 6:45-7:45p.m. \$40.60
76002 Wed Nov 6-Dec 18 5:30-6:30p.m. \$40.60

TRX® Group Suspension Training 16 years and up

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

Fieldhouse
74476 Wed Sep 4-Oct 30 5:30-6:30p.m. \$71.55
74680 Wed Nov 6-Dec 18 5:30-6:30p.m. \$55.65

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.

North West Leisure Centre
74632 Tue Sep 3-Oct 29 10:30-11:30a.m. \$55.20
74633 Thu Sep 5-Oct 31 10:30-11:30a.m. \$55.20
74635 Tue Nov 5-Dec 17 10:30-11:30a.m. \$48.30
74634 Thu Nov 7-Dec 19 10:30-11:30a.m. \$48.30

Yoga – Flow 15 years and up

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

North West Leisure Centre
74630 Tue Sep 3-Oct 29 6-7p.m. \$48.30
74628 Mon Sep 9-Oct 28 7:15-8:15p.m. \$34.50
74629 Mon Nov 4-Dec 16 7:15-8:15p.m. \$41.40
74631 Tue Nov 5-Dec 17 6-7p.m. \$48.30

Sandra Schmirler Leisure Centre
75900 Mon Sep 9-Oct 28 8-9p.m. \$41.40
75963 Mon Nov 4-Dec 16 8-9p.m. \$41.40

Yoga – Gentle 15 years and up

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

Fieldhouse
74477 Mon Sep 9-Oct 28 5:45-6:45p.m. \$48.30
74681 Mon Nov 4-Dec 16 5:45-6:45p.m. \$41.40

North West Leisure Centre
74625 Wed Sep 4-Oct 30 5:45-6:45p.m. \$55.20
74624 Mon Sep 9-Oct 28 6-7p.m. \$34.50
74626 Mon Nov 4-Dec 16 6-7p.m. \$41.40
74627 Wed Nov 6-Dec 18 5:45-6:45p.m. \$48.30

Sandra Schmirler Leisure Centre
75933 Thu Sep 5-Oct 31 11:45a.m.-12:45p.m. \$62.10

75932 Thu Sep 5-Oct 31 6:45-7:45p.m. \$62.10
75947 Fri Sep 6-Nov 1 9:15-10:15a.m. \$62.10
75948 Fri Sep 6-Nov 1 10:30-11:30a.m. \$62.10
75901 Mon Sep 9-Oct 28 9:15-10:15a.m. \$41.40
75902 Mon Sep 9-Oct 28 10:30-11:30a.m. \$41.40
75903 Mon Sep 9-Oct 28 6:45-7:45p.m. \$41.40
75964 Mon Nov 4-Dec 16 9:15-10:15a.m. \$41.40
75965 Mon Nov 4-Dec 16 10:30-11:30a.m. \$41.40
75966 Mon Nov 4-Dec 16 6:45-7:45p.m. \$41.40
76007 Thu Nov 7-Dec 19 11:45a.m.-12:45p.m. \$48.30
76006 Thu Nov 7-Dec 19 6:45-7:45p.m. \$48.30
76018 Fri Nov 8-Dec 20 9:15-10:15a.m. \$48.30
76019 Fri Nov 8-Dec 20 10:30-11:30a.m. \$48.30

Yoga – Hatha 15 years and up

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

Fieldhouse

74478 Tue Sep 3-Oct 29 10:30-11:30a.m. \$62.10
74682 Tue Nov 5-Dec 17 10:30-11:30a.m. \$48.30

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.

Sandra Schmirler Leisure Centre

75913 Tue Sep 3-Oct 29 8-9p.m. \$62.10
75975 Tue Nov 5-Dec 17 8-9p.m. \$48.30

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.

Fieldhouse

74479 Wed Sep 4-Oct 30 6:45-7:45p.m. \$71.55
74683 Wed Nov 6-Dec 18 6:45-7:45p.m. \$55.65

Sandra Schmirler Leisure Centre

75934 Thu Sep 5-Oct 31 8-9p.m. \$62.10
75952 Sat Sep 7-Nov 2 9-10a.m. \$62.10
76008 Thu Nov 7-Dec 19 8-9p.m. \$48.30
76023 Sat Nov 9-Dec 21 9-10a.m. \$48.30

Sports

Badminton 16 years and up

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

Fieldhouse

74970 Sat Sep 7-Oct 26 6-7:30p.m. \$90.00
74934 Fri Sep 13-Nov 1 6-7:30p.m. \$90.00
75038 Fri Nov 8-Dec 20 6-7:30p.m. \$78.75
75041 Sat Nov 9-Dec 28 6-7:30p.m. \$67.50

Tennis – Adult Level 1 16 years and up

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

Fieldhouse 74874 Sat Sep 7-Nov 23 12:15-1:15p.m. \$90.00

Registered Older Adult Programs

Yoga – Chair

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

Sandra Schmirler Leisure Centre

75922 Wed Sep 4-Oct 30 11:45a.m.-12:45p.m. \$62.10
75899 Mon Sep 9-Oct 28 11:45a.m.-12:45p.m. \$41.40
75962 Mon Nov 4-Dec 16 11:45a.m.-12:45p.m. \$41.40
76003 Wed Nov 6-Dec 18 11:45a.m.-12:45p.m. \$48.30

North West Leisure Centre

74636 Wed Sep 4-Oct 30 1-2p.m. \$55.20
74637 Wed Nov 6-Dec 18 1-2p.m. \$48.30

Zumba Gold

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

Sandra Schmirler Leisure Centre

75914 Tue Sep 3-Oct 29 10:30-11:30a.m. \$62.10
75935 Thu Sep 5-Oct 31 10:30-11:30a.m. \$62.10
75976 Tue Nov 5-Dec 17 10:30-11:30a.m. \$48.30
76009 Thu Nov 7-Dec 19 10:30-11:30a.m. \$48.30

North West Leisure Centre

74638 Wed Sep 4-Oct 30 10:30-11:30a.m. \$62.10
74639 Wed Nov 6-Dec 18 10:30-11:30a.m. \$48.30