

City of Regina 2024 Summer Leisure Guide

Text-Only Version

Registration Information

Regina residents:

Tuesday, May 14

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

Non-residents:

Thursday, May 14

(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 Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

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

Program Cancellations, Withdrawals, Transfers and Late Registrations

Cancellations

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

Withdrawals

- **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:

May - June

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

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 12:30 - 5 p.m.

Hours may vary according to program needs.

July 2-August 31

Monday – Friday: 8:30 a.m. - 5 p.m.

Tuesday – Thursday: 6 - 10 p.m.

Saturday: 12 - 5 p.m.

Sunday: Closed (Closed July 1, August 5)
Hours may vary according to program needs.

North West Leisure Centre

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

Facility hours:

The North West Leisure Centre will be closed for annual maintenance June 10 - July 2 inclusive.

Monday – Friday: 8 a.m. - 8:30 p.m.

Saturday – Sunday: 12 – 8 p.m.

Stat Holidays: 12 - 6 p.m.

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

Sandra Schmirler Leisure Centre

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

Facility hours:

The Sandra Schmirler Leisure Centre will be closed for annual maintenance July 22 - August 5 inclusive.

June 5 - August 7

Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 12 - 8 p.m.

Stat Holidays: 12 - 6 p.m.

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

Sportplex

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

Facility hours:

Lawson Aquatic Centre will be closed for annual maintenance August 19 - September 8 inclusive. The Strength & Conditioning area will be closed August 19 - 25.
The Fieldhouse will be closed for annual maintenance July 2 - 15.

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

Saturday – Sunday: 7 a.m. - 8 p.m.

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

Fieldhouse

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

Lawson Aquatic Centre

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

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

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.

	Base Price
Bulk Admissions (10)	
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.

	Base Price
Bulk Admissions (20)	
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.

	One Month	Three Month	Six Month	One Year
Leisure Passes				
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

- 74129 Mon-Thu Jun 10-20 4:55-5:25p.m. \$56.00
- 74130 Mon-Fri Jul 8-17 11:45a.m.-12:15p.m. \$56.00
- 74131 Mon-Fri Jul 22-Aug 2 9:45-10:15a.m. \$70.00
- 74132 Mon-Fri Aug 6-16 9-9:30a.m. \$63.00
- 74133 Mon-Thu Aug 6-15 4:55-5:25p.m. \$49.00

North West Leisure Centre

- 73656 Mon-Fri Jul 8-19 4-4:30p.m. \$70.00
- 73679 Mon-Fri Jul 22-Aug 2 9:10-9:40a.m. \$70.00
- 74165 Mon-Fri Aug 19-30 4-4:30p.m. \$70.00
- Sandra Schmirler Leisure Centre 73830 Mon-Fri Jun 10-21 4-4:30p.m. \$70.00
- 73914 Mon-Fri Jun 24-Jul 5 5:30-6p.m. \$63.00
- 73935 Mon-Fri Jul 8-19 11-11:30a.m. \$70.00
- 73936 Mon-Fri Jul 8-19 11:15-11:45a.m. \$70.00

Sandra Schmirler Leisure Centre

- 74012 Mon-Fri Aug 6-16 9:45-10:15a.m. \$63.00
- 74051 Mon-Fri Aug 6-16 5:10-5:40p.m. \$63.00
- 74064 Mon-Fri Aug 19-30 11-11:30a.m. \$70.00
- 74065 Mon-Fri Aug 19-30 11:15-11:45a.m. \$70.00
- 74096 Mon-Fri Aug 19-30 4-4:30p.m. \$70.00

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

- 74137 Mon-Fri Jul 8-17 9-9:30a.m. \$56.00
- 74138 Mon-Thu Jul 8-17 5:55-6:25p.m. \$49.00
- 74139 Mon-Thu Jul 22-Aug 1 6:10-6:40p.m. \$56.00
- 74142 Mon-Thu Aug 6-15 5:55-6:25p.m. \$49.00

North West Leisure Centre

73640 Mon-Fri Jul 8-19 9:35-10:05a.m. \$70.00
73663 Mon-Fri Jul 8-19 5:55-6:25p.m. \$70.00
73675 Mon-Fri Jul 22-Aug 2 9:40-10:10a.m. \$70.00
74134 Mon-Fri Aug 6-16 10:20-10:50a.m. \$63.00
74140 Mon-Fri Aug 6-16 4-4:30p.m. \$63.00
74166 Mon-Fri Aug 19-30 9:35-10:05a.m. \$70.00
74167 Mon-Fri Aug 19-30 5:55-6:25p.m. \$70.00

Sandra Schmirler Leisure Centre

73831 Mon-Fri Jun 10-21 6-6:30p.m. \$70.00
73920 Mon-Fri Jun 24-Jul 5 4:15-4:45p.m. \$63.00
73943 Mon-Fri Jul 8-19 11:05-11:35a.m. \$70.00
73997 Mon-Fri Aug 6-16 10:10-10:40a.m. \$63.00
74017 Mon-Fri Aug 6-16 11:40a.m.-12:10p.m. \$63.00
74031 Mon-Fri Aug 6-16 4-4:30p.m. \$63.00
74032 Mon-Fri Aug 6-16 5:55-6:25p.m. \$63.00
74072 Mon-Fri Aug 19-30 11:05-11:35a.m. \$70.00
74120 Mon-Fri Aug 19-30 6-6:30p.m. \$70.00

Wascana Outdoor Pool

73542 Mon-Fri Aug 6-16 10-10:30a.m. \$63.00

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

74145 Mon-Thu Jun 10-20 5:35-6:05p.m. \$56.00
74146 Mon-Fri Jul 8-17 9:40-10:10a.m. \$56.00
74148 Mon-Thu Jul 8-17 4:55-5:25p.m. \$49.00
74149 Mon-Fri Jul 22-Aug 2 9:10-9:40a.m. \$70.00
74152 Mon-Fri Aug 6-16 10:55-11:25a.m. \$63.00

Massey Outdoor Pool

73436 Mon-Fri Jul 8-19 10:35-11:05a.m. \$70.00

North West Leisure Centre

73653 Mon-Fri Jul 8-19 10:55-11:25a.m. \$70.00
73665 Mon-Fri Jul 8-19 4:35-5:05p.m. \$70.00
73690 Mon-Fri Jul 22-Aug 2 6-6:30p.m. \$70.00

73784 Mon-Fri Aug 6-16 9:45-10:15a.m. \$63.00
74136 Mon-Fri Aug 6-16 11:30a.m.-12p.m. \$63.00
74151 Mon-Fri Aug 6-16 5:45-6:15p.m. \$63.00
74168 Mon-Fri Aug 19-30 10:55-11:25a.m. \$70.00
74169 Mon-Fri Aug 19-30 4:35-5:05p.m. \$70.00

Sandra Schmirler Leisure Centre

73955 Mon-Fri Jul 8-19 9-9:30a.m. \$70.00
73990 Mon-Fri Jul 8-19 4-4:30p.m. \$70.00
74020 Mon-Fri Aug 6-16 10:45-11:15a.m. \$63.00
74083 Mon-Fri Aug 19-30 9-9:30a.m. \$70.00

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.

North West Leisure Centre

73687 Mon-Fri Jul 22-Aug 2 5:20-5:50p.m. \$70.00
73707 Mon-Fri Aug 6-16 4-4:30p.m. \$63.00
73710 Mon-Fri Aug 6-16 9-9:30a.m. \$63.00
74147 Mon-Fri Aug 6-16 4:30-5p.m. \$63.00
74170 Mon-Fri Aug 19-30 9:45-10:15a.m. \$70.00
74171 Mon-Fri Aug 19-30 11:30a.m.-12p.m. \$70.00
74172 Mon-Fri Aug 19-30 4:40-5:10p.m. \$70.00

Sandra Schmirler Leisure Centre

73832 Mon-Fri Jun 10-21 4-4:30p.m. \$70.00
73858 Mon-Fri Jun 10-21 4:35-5:05p.m. \$70.00
73905 Mon-Fri Jun 24-Jul 5 4-4:30p.m. \$63.00
73906 Mon-Fri Jun 24-Jul 5 5:55-6:25p.m. \$63.00
73907 Mon-Fri Jun 24-Jul 5 6-6:30p.m. \$63.00
73944 Mon-Fri Jul 8-19 11:40a.m.-12:10p.m. \$70.00
73978 Mon-Fri Jul 8-19 6-6:30p.m. \$70.00
73979 Mon-Fri Jul 8-19 4:30-5p.m. \$70.00
73980 Mon-Fri Jul 8-19 5:20-5:50p.m. \$70.00
74009 Mon-Fri Aug 6-16 9-9:30a.m. \$63.00
74008 Mon-Fri Aug 6-16 11:45a.m.-12:15p.m. \$63.00
74041 Mon-Fri Aug 6-16 4-4:30p.m. \$63.00
74040 Mon-Fri Aug 6-16 4:30-5p.m. \$63.00
74039 Mon-Fri Aug 6-16 5:55-6:25p.m. \$63.00
74073 Mon-Fri Aug 19-30 11:40a.m.-12:10p.m. \$70.00

74103 Mon-Fri Aug 19-30 4-4:30p.m. \$70.00
74102 Mon-Fri Aug 19-30 4:35-5:05p.m. \$70.00

Wascana Outdoor Pool

73524 Mon-Fri Jul 22-Aug 2 10:35-11:05a.m. \$70.00
73550 Mon-Fri Aug 19-30 10:45-11:15a.m. \$70.00

Preschool 2 3–5 years

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

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

Lawson Aquatic Centre

74153 Mon-Thu Jun 10-20 6:15-6:45p.m. \$56.00
74154 Mon-Fri Jul 8-17 12:20-12:50p.m. \$56.00
74155 Mon-Thu Jul 8-17 5:35-6:05p.m. \$49.00
74156 Mon-Fri Jul 22-Aug 2 10:35-11:05a.m. \$70.00
74157 Mon-Thu Jul 22-Aug 1 5:05-5:35p.m. \$56.00
74158 Mon-Thu Aug 6-15 5:35-6:05p.m. \$49.00
74159 Mon-Fri Jul 8-17 10:10-10:40a.m. \$56.00
74160 Mon-Thu Jul 22-Aug 1 5:40-6:10p.m. \$56.00
74161 Mon-Fri Aug 6-16 9:35-10:05a.m. \$63.00
74162 Mon-Thu Aug 6-15 6:05-6:35p.m. \$49.00
74183 Mon-Thu Jul 22-Aug 1 5-5:30p.m. \$56.00
74184 Mon-Thu Aug 6-15 6:30-7p.m. \$49.00

Massey Outdoor Pool

73435 Mon-Fri Jul 8-19 10-10:30a.m. \$70.00
73448 Mon-Fri Jul 22-Aug 2 11:20-11:50a.m. \$70.00
73423 Mon-Fri Jul 8-19 10-10:30a.m. \$70.00
73446 Mon-Fri Jul 22-Aug 2 10:35-11:05a.m. \$70.00
73427 Mon-Fri Jul 8-19 10:35-11:05a.m. \$70.00
73447 Mon-Fri Jul 22-Aug 2 10:45-11:15a.m. \$70.00
73465 Mon-Fri Aug 6-16 10:45-11:15a.m. \$63.00

North West Leisure Centre

73652 Mon-Fri Jul 8-19 9:45-10:15a.m. \$70.00
73655 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00
73661 Mon-Fri Jul 8-19 4:40-5:10p.m. \$70.00
73676 Mon-Fri Jul 22-Aug 2 10:15-10:45a.m. \$70.00
73672 Mon-Fri Jul 22-Aug 2 10:45-11:15a.m. \$70.00

73686 Mon-Fri Jul 22-Aug 2 4:45-5:15p.m. \$70.00
 73644 Mon-Fri Jul 8-19 9:05-9:35a.m. \$70.00
 73658 Mon-Fri Jul 8-19 5:50-6:20p.m. \$70.00
 73671 Mon-Fri Jul 22-Aug 2 9:05-9:35a.m. \$70.00
 73692 Mon-Fri Jul 22-Aug 2 5:10-5:40p.m. \$70.00
 73704 Mon-Fri Aug 6-16 10:15-10:45a.m. \$63.00
 73708 Mon-Fri Aug 6-16 4:35-5:05p.m. \$63.00
 74144 Mon-Fri Aug 6-16 5:45-6:15p.m. \$63.00
 74173 Mon-Fri Aug 19-30 9:05-9:35a.m. \$70.00
 74174 Mon-Fri Aug 19-30 5:50-6:20p.m. \$70.00
 Sandra Schmirler Leisure Centre 73833 Mon-Fri Jun 10-21 5:10-5:40p.m. \$70.00
 73647 Mon-Fri Jul 8-19 10:50-11:20a.m. \$70.00
 73666 Mon-Fri Jul 8-19 5:10-5:40p.m. \$70.00
 73659 Mon-Fri Jul 8-19 5:15-5:45p.m. \$70.00
 73669 Mon-Fri Jul 22-Aug 2 9-9:30a.m. \$70.00
 73681 Mon-Fri Jul 22-Aug 2 10:20-10:50a.m. \$70.00
 73682 Mon-Fri Jul 22-Aug 2 10:20-10:50a.m. \$70.00
 73699 Mon-Fri Aug 6-16 10:10-10:40a.m. \$63.00
 73709 Mon-Fri Aug 6-16 5:55-6:25p.m. \$63.00
 74175 Mon-Fri Aug 19-30 10:50-11:20a.m. \$70.00
 74176 Mon-Fri Aug 19-30 5:15-5:45p.m. \$70.00
 74178 Mon-Fri Aug 19-30 5:10-5:40p.m. \$70.00

Sandra Schmirler Leisure Centre

3895 Mon-Fri Jun 10-21 6-6:30p.m. \$70.00
 73904 Mon-Fri Jun 24-Jul 5 4-4:30p.m. \$63.00
 73903 Mon-Fri Jun 24-Jul 5 5:20-5:50p.m. \$63.00
 73945 Mon-Fri Jul 8-19 9:35-10:05a.m. \$70.00
 73946 Mon-Fri Jul 8-19 10:40-11:10a.m. \$70.00
 73967 Mon-Fri Jul 8-19 4-4:30p.m. \$70.00
 73968 Mon-Fri Jul 8-19 6-6:30p.m. \$70.00
 73993 Mon-Fri Aug 6-16 9-9:30a.m. \$63.00
 73994 Mon-Fri Aug 6-16 10:20-10:50a.m. \$63.00
 74042 Mon-Fri Aug 6-16 4:45-5:15p.m. \$63.00
 74043 Mon-Fri Aug 6-16 5:20-5:50p.m. \$63.00
 74075 Mon-Fri Aug 19-30 9:35-10:05a.m. \$70.00
 74076 Mon-Fri Aug 19-30 10:40-11:10a.m. \$70.00
 74104 Mon-Fri Aug 19-30 5:10-5:40p.m. \$70.00
 74105 Mon-Fri Aug 19-30 6-6:30p.m. \$70.00
 73834 Mon-Fri Jun 10-21 4-4:30p.m. \$70.00
 73885 Mon-Fri Jun 10-21 5:25-5:55p.m. \$70.00
 73919 Mon-Fri Jun 24-Jul 5 4:05-4:35p.m. \$63.00
 73918 Mon-Fri Jun 24-Jul 5 5:25-5:55p.m. \$63.00
 73941 Mon-Fri Jul 8-19 9:35-10:05a.m. \$70.00
 73940 Mon-Fri Jul 8-19 10:30-11a.m. \$70.00
 73942 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00

73987 Mon-Fri Jul 8- 19 4:45-5:15p.m. \$70.00
 73986 Mon-Fri Jul 8-19 5:25-5:55p.m. \$70.00
 74010 Mon-Fri Aug 6-16 9:35-10:05a.m. \$63.00

Wascana Outdoor Pool

73535 Mon-Fri Aug 6-16 10:55-11:25a.m. \$63.00

Preschool 3

3–5 years

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

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

Lawson Aquatic Centre

74185 Mon-Thu Jun 10-20 6:10-6:40p.m. \$56.00
 74186 Mon-Fri Jul 8-17 11:40a.m.-12:10p.m. \$56.00
 74187 Mon-Thu Jul 8-17 5:45-6:15p.m. \$49.00
 74189 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
 74192 Mon-Fri Aug 6-16 10:10-10:40a.m. \$63.00
 74193 Mon-Thu Aug 6-15 5:45-6:15p.m. \$49.00

North West Leisure Centre

71696	Mon	Jan 8-Mar 18	5:05-5:35p.m.	\$70.00
71697	Tue	Jan 9-Mar 19	4:05-4:35p.m.	\$70.00
71698	Wed	Jan 10-Mar 20	4:10-4:40p.m.	\$70.00
71704	Thu	Jan 11-Mar 21	9-9:30a.m.	\$70.00
71699	Thu	Jan 11-Mar 21	4:40-5:10p.m.	\$70.00
71700	Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
71701	Sat	Jan 13-Mar 23	10:25-10:55a.m.	\$70.00
71702	Sat	Jan 13-Mar 23	12:55-1:25p.m.	\$70.00
71703	Sun	Jan 14-Mar 24	9:05-9:35a.m.	\$70.00
72112	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
72133	Tue	Mar 26-Jun 4	5:05-5:35p.m.	\$70.00
72147	Wed	Mar 27-Jun 5	4:05-4:35p.m.	\$70.00
72184	Thu	Mar 28-Jun 6	9-9:30a.m.	\$70.00
72185	Thu	Mar 28-Jun 6	4:10-4:40p.m.	\$70.00
72236	Fri	Apr 12-Jun 7	4:40-5:10p.m.	\$63.00
72351	Sat	Apr 13-Jun 8	9:05-9:35a.m.	\$63.00
72298	Sun	Apr 14-Jun 2	10:25-10:55a.m.	\$56.00
72300	Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00

Sandra Schmirler Leisure Centre

74011 Mon-Fri Aug 6-16 11:40a.m.-12:10p.m. \$63.00
74046 Mon-Fri Aug 6-16 4:15-4:45p.m. \$63.00
74045 Mon-Fri Aug 6-16 6-6:30p.m. \$63.00
74070 Mon-Fri Aug 19-30 9:35-10:05a.m. \$70.00
74069 Mon-Fri Aug 19-30 10:30-11a.m. \$70.00
74071 Mon-Fri Aug 19-30 11:30a.m.-12p.m. \$70.00
74116 Mon-Fri Aug 19-30 4-4:30p.m. \$70.00
74117 Mon-Fri Aug 19-30 5:25-5:55p.m. \$70.00

Wascana Outdoor Pool

Jul 22-Aug 2 11:20-11:50a.m. \$70.00
73527 Mon-Fri Aug 6-Aug 16 10-10:30a.m. \$63.00

Preschool 4 3–5 years

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.

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.

Massey Outdoor Pool

73455 Mon-Fri Aug 6-16 11:30a.m.-12p.m. \$63.00

North West Leisure Centre

73670 Mon-Fri Jul 22-Aug 2 9:35-10:05a.m. \$70.00
73684 Mon-Fri Jul 22-Aug 2 11:30a.m.-12p.m. \$70.00
73705 Mon-Fri Aug 6-16 11:30a.m.-12p.m. \$63.00
74150 Mon-Fri Aug 6-16 5:10-5:40p.m. \$63.00

Sandra Schmirler Leisure Centre

73923 Mon-Fri Jun 24-Jul 5 4:45-5:15p.m. \$63.00
73956 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00
74002 Mon-Fri Aug 6-16 9:15-9:45a.m. \$63.00
74084 Mon-Fri Aug 19-30 11:30a.m.-12p.m. \$70.00

Wascana Outdoor Pool

73484 Mon-Fri Jul 8-19 11:10-11:40a.m. \$70.00
73510 Mon-Fri Jul 22-Aug 2 10:35-11:05a.m. \$70.00
73541 Mon-Fri Aug 6-16 11:30a.m.-12p.m. \$63.00

Preschool 5 3–5 years

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.

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.

Lawson Aquatic Centre

74196 Mon-Thu Jun 10-20 6:40-7:10p.m. \$56.00
74197 Mon-Fri Jul 8-17 10:15-10:45a.m. \$56.00
74198 Mon-Thu Jul 8-17 6:30-7p.m. \$49.00
74202 Mon-Fri Jul 22-Aug 2 11:10-11:40a.m. \$70.00
74206 Mon-Thu Aug 6-15 5-5:30p.m. \$49.00

Sandra Schmirler Leisure Centre

73953 Mon-Fri Jul 8-19 11:05-11:35a.m. \$70.00
74056 Mon-Fri Aug 6-16 6-6:30p.m. \$63.00
74082 Mon-Fri Aug 19-30 11:05-11:35a.m. \$70.00

Wascana Outdoor Pool

73546 Mon-Fri Aug 19-30 10-10:30a.m. \$70.00

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

74216 Mon-Thu Jun 10-20 5:30-6p.m. \$56.00
74217 Mon-Thu Jun 10-20 6:45-7:15p.m. \$56.00
74218 Mon-Fri Jul 8-17 9:05-9:35a.m. \$56.00
74219 Mon-Thu Jul 8-17 6:15-6:45p.m. \$49.00
74220 Mon-Fri Jul 22-Aug 2 10:40-11:10a.m. \$70.00
74221 Mon-Thu Jul 22-Aug 1 5:15-5:45p.m. \$56.00
74222 Mon-Thu Jul 22-Aug 1 5:50-6:20p.m. \$56.00
74223 Mon-Fri Aug 6-16 9:45-10:15a.m. \$63.00
74224 Mon-Fri Aug 6-16 10:30-11a.m. \$63.00
74225 Mon-Thu Aug 6-15 6:15-6:45p.m. \$49.00
74261 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
74262 Mon-Fri Jul 22-Aug 2 10:35-11:05a.m. \$70.00
74263 Mon-Thu Jul 22-Aug 1 6:15-6:45p.m. \$56.00
74264 Mon-Fri Aug 6-16 10:10-10:40a.m. \$63.00
74265 Mon-Fri Aug 6-16 11:05-11:35a.m. \$63.00

74266 Mon-Thu Aug 6-15 6:10-6:40p.m. \$49.00

Massey Outdoor Pool

73425 Mon-Fri Jul 8-19 10:35-11:05a.m. \$70.00
73431 Mon-Fri Jul 8-19 11:20-11:50a.m. \$70.00
73438 Mon-Fri Jul 22-Aug 2 10:55-11:25a.m. \$70.00
73467 Mon-Fri Aug 6-16 10-10:30a.m. \$63.00
73477 Mon-Fri Aug 19-30 10:35-11:05a.m. \$70.00
73426 Mon-Fri Jul 8-19 10-10:30a.m. \$70.00
73439 Mon-Fri Jul 22-Aug 2 11:30a.m.-12p.m. \$70.00
73444 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
73451 Mon-Fri Jul 22-Aug 2 10:35-11:05a.m. \$70.00
73457 Mon-Fri Aug 6-16 10-10:30a.m. \$63.00

North West Leisure Centre

73639 Mon-Fri Jul 8-19 9-9:30a.m. \$70.00
73645 Mon-Fri Jul 8-19 9:40-10:10a.m. \$70.00
73657 Mon-Fri Jul 8-19 4:35-5:05p.m. \$70.00
73667 Mon-Fri Jul 8-19 5:50-6:20p.m. \$70.00
73668 Mon-Fri Jul 22-Aug 2 9:05-9:35a.m. \$70.00
73688 Mon-Fri Jul 22-Aug 2 5:55-6:25p.m. \$70.00
73702 Mon-Fri Aug 6-16 9:05-9:35a.m. \$63.00
73706 Mon-Fri Aug 6-16 11:25-11:55a.m. \$63.00
74143 Mon-Fri Aug 6-16 5:10-5:40p.m. \$63.00
74209 Mon-Fri Aug 19-30 10:10-10:40a.m. \$70.00
74210 Mon-Fri Aug 19-30 5:50-6:20p.m. \$70.00
74212 Mon-Fri Aug 19-30 4:35-5:05p.m. \$70.00
74213 Mon-Fri Aug 19-30 9:40-10:10a.m. \$70.00
73648 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00
73654 Mon-Fri Jul 8-19 10:20-10:50a.m. \$70.00
73662 Mon-Fri Jul 8-19 5:15-5:45p.m. \$70.00
73677 Mon-Fri Jul 22-Aug 2 10:50-11:20a.m. \$70.00
73680 Mon-Fri Jul 22-Aug 2 9:45-10:15a.m. \$70.00
73689 Mon-Fri Jul 22-Aug 2 4:40-5:10p.m. \$70.00
73703 Mon-Fri Aug 6-16 9:40-10:10a.m. \$63.00
74135 Mon-Fri Aug 6-16 10:55-11:25a.m. \$63.00
74200 Mon-Fri Aug 19-30 4-4:30p.m. \$70.00
74201 Mon-Fri Aug 19-30 5:15-5:45p.m. \$70.00
74203 Mon-Fri Aug 19-30 10:20-10:50a.m. \$70.00
74207 Mon-Fri Aug 19-30 11:30a.m.-12p.m. \$70.00

Sandra Schmirler Leisure Centre

73886 Mon-Fri Jun 10-21 4-4:30p.m. \$70.00
73835 Mon-Fri Jun 10-21 4:35-5:05p.m. \$70.00
73887 Mon-Fri Jun 10-21 4:15-4:45p.m. \$70.00

73888 Mon-Fri Jun 10-21 4:50-5:20p.m. \$70.00
 73912 Mon-Fri Jun 24-Jul 5 4:50-5:20p.m. \$63.00
 73911 Mon-Fri Jun 24-Jul 5 5:10-5:40p.m. \$63.00
 73913 Mon-Fri Jun 24-Jul 5 4:15-4:45p.m. \$63.00
 73934 Mon-Fri Jul 8-19 9-9:30a.m. \$70.00
 73932 Mon-Fri Jul 8-19 10:25-10:55a.m. \$70.00
 73933 Mon-Fri Jul 8-19 11:40a.m.-12:10p.m. \$70.00
 73972 Mon-Fri Jul 8-19 4:05-4:35p.m. \$70.00
 73973 Mon-Fri Jul 8-19 4:50-5:20p.m. \$70.00
 73974 Mon-Fri Jul 8-19 4:40-5:10p.m. \$70.00
 73998 Mon-Fri Aug 6-16 10:45-11:15a.m. \$63.00
 73999 Mon-Fri Aug 6-16 11:10-11:40a.m. \$63.00
 74000 Mon-Fri Aug 6-16 11:20-11:50a.m. \$63.00
 74052 Mon-Fri Aug 6-16 4:45-5:15p.m. \$63.00
 74053 Mon-Fri Aug 6-16 5:25-5:55p.m. \$63.00
 74062 Mon-Fri Aug 19-30 10:25-10:55a.m. \$70.00
 74063 Mon-Fri Aug 19-30 9-9:30a.m. \$70.00
 74074 Mon-Fri Aug 19-30 11:40a.m.-12:10p.m. \$70.00
 74112 Mon-Fri Aug 19-30 4:15-4:45p.m. \$70.00
 74113 Mon-Fri Aug 19-30 4:50-5:20p.m. \$70.00
 74114 Mon-Fri Aug 19-30 4:35-5:05p.m. \$70.00
 74115 Mon-Fri Aug 19-30 5:40-6:10p.m. \$70.00
 73836 Mon-Fri Jun 10-21 5:10-5:40p.m. \$70.00
 73878 Mon-Fri Jun 10-21 4:50-5:20p.m. \$70.00
 73879 Mon-Fri Jun 10-21 5:40-6:10p.m. \$70.00
 73908 Mon-Fri Jun 24-Jul 5 4:35-5:05p.m. \$63.00
 73909 Mon-Fri Jun 24-Jul 5 5:45-6:15p.m. \$63.00
 73910 Mon-Fri Jun 24-Jul 5 4:50-5:20p.m. \$63.00
 73929 Mon-Fri Jul 8-19 9:50-10:20a.m. \$70.00
 73930 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00
 73931 Mon-Fri Jul 8-19 9-9:30a.m. \$70.00
 73976 Mon-Fri Jul 8-19 5:25-5:55p.m. \$70.00
 73977 Mon-Fri Jul 8-19 4:15-4:45p.m. \$70.00
 73995 Mon-Fri Aug 6-16 9:35-10:05a.m. \$63.00
 73996 Mon-Fri Aug 6-16 10:10-10:40a.m. \$63.00
 74035 Mon-Fri Aug 6-16 5:20-5:50p.m. \$63.00
 74036 Mon-Fri Aug 6-16 5:25-5:55p.m. \$63.00
 74037 Mon-Fri Aug 6-16 5:05-5:35p.m. \$63.00
 74038 Mon-Fri Aug 6-16 4:35-5:05p.m. \$63.00
 74059 Mon-Fri Aug 19-30 9:50-10:20a.m. \$70.00
 74060 Mon-Fri Aug 19-30 11:30a.m.-12p.m. \$70.00
 74061 Mon-Fri Aug 19-30 9-9:30a.m. \$70.00
 74108 Mon-Fri Aug 19-30 5:10-5:40p.m. \$70.00
 74109 Mon-Fri Aug 19-30 4:50-5:20p.m. \$70.00

Wascana Outdoor Pool

73522 Mon-Fri Jul 8-19 10:35-11:05a.m. \$70.00
73487 Mon-Fri Jul 8-19 11:20-11:50a.m. \$70.00
73498 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
73506 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
73482 Mon-Fri Aug 6-16 10:45-11:15a.m. \$63.00
73483 Mon-Fri Jul 8-19 10:35-11:05a.m. \$70.00
73489 Mon-Fri Jul 8-19 10:55-11:25a.m. \$70.00

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

74316 Mon-Thu Jun 10-20 6:15-6:45p.m. \$56.00
74317 Mon-Fri Jul 8-17 9:45-10:15a.m. \$56.00
74318 Mon-Fri Aug 6-16 10:30-11a.m. \$63.00

Massey Outdoor Pool

73469 Mon-Fri Aug 6-16 10:35-11:05a.m. \$63.00

North West Leisure Centre

73642 Mon-Fri Jul 22-Aug 2 5:15-5:45p.m. \$70.00
73643 Mon-Fri Jul 8-19 10:45-11:15a.m. \$70.00
74188 Mon-Fri Aug 19-30 10:45-11:15a.m. \$70.00

Sandra Schmirler Leisure Centre

73925 Mon-Fri Jun 24-Jul 5 6-6:30p.m. \$63.00
73954 Mon-Fri Jul 8-19 10:55-11:25a.m. \$70.00
74055 Mon-Fri Aug 6-16 4:50-5:20p.m. \$63.00
74085 Mon-Fri Aug 19-30 10:55-11:25a.m. \$70.00

Wascana Outdoor Pool

73528 Mon-Fri Jul 8-19 10-10:30a.m. \$70.00
73531 Mon-Fri Aug 6-16 10:35-11:05a.m. \$63.00

Swimmer 2 5–12 years

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.

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.

Lawson Aquatic Centre

74256 Mon-Thu Jun 10-20 5:35-6:05p.m. \$56.00
74257 Mon-Thu Jun 10-20 7-7:30p.m. \$56.00
74258 Mon-Fri Jul 8-17 9-9:30a.m. \$56.00
74259 Mon-Fri Jul 8-17 12:15-12:45p.m. \$56.00
74260 Mon-Thu Jul 8-17 6:10-6:40p.m. \$49.00

Wascana Outdoor Pool

73523 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
73503 Mon-Fri Jul 22-Aug 2 10:45-11:15a.m. \$70.00
73547 Mon-Fri Aug 6-16 11:30a.m.-12p.m. \$63.00
73548 Mon-Fri Aug 19-30 10:35-11:05a.m. \$70.00
73554 Mon-Fri Aug 19-30 10:55-11:25a.m. \$70.00

Youth Swimmer 2 8–14 years

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.

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.

Lawson Aquatic Centre

74319 Mon-Fri Jul 8-17 10:10-10:40a.m. \$56.00
74320 Mon-Fri Aug 6-16 11:05-11:35a.m. \$63.00
74322 Mon-Thu Jul 22-Aug 1 6:25-6:55p.m. \$56.00

Massey Outdoor Pool

73433 Mon-Fri Jul 8-19 10:55-11:25a.m. \$70.00
73474 Mon-Fri Aug 19-30 10-10:30a.m. \$70.00

Sandra Schmirler Leisure Centre

73898 Mon-Fri Jun 10-21 4:35-5:05p.m. \$70.00
73988 Mon-Fri Jul 8-19 5:55-6:25p.m. \$70.00
74121 Mon-Fri Aug 19-30 4:35-5:05p.m. \$70.00

Wascana Outdoor Pool

73520 Mon-Fri Jul 8-19 10-10:30a.m. \$70.00
73493 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00
73509 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00

Swimmer 3 5–12 years

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.

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.

Lawson Aquatic Centre

74267 Mon-Thu Jun 10-20 5:30-6p.m. \$56.00
74268 Mon-Fri Jul 8-17 9:10-9:40a.m. \$56.00
74269 Mon-Fri Jul 8-17 9:35-10:05a.m. \$56.00
74270 Mon-Thu Jul 8-17 5:30-6p.m. \$49.00
74271 Mon-Thu Jul 8-17 6:20-6:50p.m. \$49.00
74272 Mon-Fri Jul 22-Aug 2 9:55-10:25a.m. \$70.00
74273 Mon-Fri Jul 22-Aug 2 11:15-11:45a.m. \$70.00
74274 Mon-Thu Jul 22-Aug 1 6:10-6:40p.m. \$56.00
74275 Mon-Thu Jul 22-Aug 1 6:25-6:55p.m. \$56.00
74276 Mon-Fri Aug 6-16 9-9:30a.m. \$63.00
74277 Mon-Fri Aug 6-16 9:35-10:05a.m. \$63.00
74278 Mon-Thu Aug 6-15 5:30-6p.m. \$49.00
74279 Mon-Thu Aug 6-15 6:20-6:50p.m. \$49.00

Massey Outdoor Pool

73430 Mon-Fri Jul 8-19 10:45-11:15a.m. \$70.00
73432 Mon-Fri Jul 8-19 11:30a.m.-12p.m. \$70.00
73440 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
73454 Mon-Fri Aug 6-16 10:55-11:25a.m. \$63.00
73475 Mon-Fri Aug 19-30 10:35-11:05a.m. \$70.00

North West Leisure Centre

73646 Mon-Fri Jul 8-19 10:15-10:45a.m. \$70.00
73660 Mon-Fri Jul 8-19 4:05-4:35p.m. \$70.00
73683 Mon-Fri Jul 22-Aug 2 10:55-11:25a.m. \$70.00
73678 Mon-Fri Jul 22-Aug 2 11:30a.m.-12p.m. \$70.00
73691 Mon-Fri Jul 22-Aug 2 4-4:30p.m. \$70.00
73693 Mon-Fri Jul 22-Aug 2 5:45-6:15p.m. \$70.00
73700 Mon-Fri Aug 6-16 10:45-11:15a.m. \$63.00
74141 Mon-Fri Aug 6-16 4:35-5:05p.m. \$63.00

74191 Mon-Fri Aug 19-30 4:05-4:35p.m. \$70.00
74195 Mon-Fri Aug 19-30 10:15-10:45a.m. \$70.00

Sandra Schmirler Leisure Centre

73837 Mon-Fri Jun 10-21 5:55-6:25p.m. \$70.00
73915 Mon-Fri Jun 24-Jul 5 6-6:30p.m. \$63.00
73916 Mon-Fri Jun 24-Jul 5 4:40-5:10p.m. \$63.00
73937 Mon-Fri Jul 8-19 9:55-10:25a.m. \$70.00
73938 Mon-Fri Jul 8-19 10:10-10:40a.m. \$70.00
73939 Mon-Fri Jul 8-19 9:35-10:05a.m. \$70.00
73983 Mon-Fri Jul 8-19 5:20-5:50p.m. \$70.00
73984 Mon-Fri Jul 8-19 6-6:30p.m. \$70.00
73985 Mon-Fri Jul 8-19 4:05-4:35p.m. \$70.00
74005 Mon-Fri Aug 6-16 10:35-11:05a.m. \$63.00
74006 Mon-Fri Aug 6-16 10:45-11:15a.m. \$63.00
74007 Mon-Fri Aug 6-16 11:20-11:50a.m. \$63.00
74047 Mon-Fri Aug 6-16 6-6:30p.m. \$63.00
74048 Mon-Fri Aug 6-16 4:10-4:40p.m. \$63.00
74049 Mon-Fri Aug 6-16 4:50-5:20p.m. \$63.00
74066 Mon-Fri Aug 19-30 9:55-10:25a.m. \$70.00
74067 Mon-Fri Aug 19-30 10:10-10:40a.m. \$70.00
74068 Mon-Fri Aug 19-30 9:35-10:05a.m. \$70.00
74099 Mon-Fri Aug 19-30 4-4:30p.m. \$70.00
74100 Mon-Fri Aug 19-30 5:25-5:55p.m. \$70.00
74101 Mon-Fri Aug 19-30 6-6:30p.m. \$70.00

Wascana Outdoor Pool

73488 Mon-Fri Jul 8-19 10-10:30a.m. \$70.00
73486 Mon-Fri Jul 8-19 10:45-11:15a.m. \$70.00
73508 Mon-Fri Jul 22-Aug 2 10:55-11:25a.m. \$70.00
73543 Mon-Fri Aug 6-16 10:35-11:05a.m. \$63.00
73536 Mon-Fri Aug 19-30 11:30a.m.-12p.m. \$70.00

Youth Swimmer 3 8–14 years

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.

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.

Lawson Aquatic Centre

74323 Mon-Thu Jun 10-20 6:05-6:35p.m. \$56.00

74325 Mon-Thu Jul 8-17 5-5:30p.m. \$49.00
74327 Mon-Fri Jul 22-Aug 2 10:55-11:25a.m. \$70.00

Massey Outdoor Pool

73453 Mon-Fri Jul 22-Aug 2 10-10:30a.m. \$70.00
73478 Mon-Fri Aug 19-30 10-10:30a.m. \$70.00

Sandra Schmirler Leisure Centre

73899 Mon-Fri Jun 10-21 5:25-5:55p.m. \$70.00
74057 Mon-Fri Aug 6-16 5:45-6:15p.m. \$63.00

Wascana Outdoor Pool

3507 Mon-Fri Jul 22-Aug 2 11:30a.m.-12p.m. \$70.00

Swimmer 4 5–12 years

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.

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.

Sandra Schmirler Leisure Centre

73970 Mon-Fri Jul 8-19 5:50-6:30p.m. \$76.50
74014 Mon-Fri Aug 6-16 9:05-9:45a.m. \$68.85
74013 Mon-Fri Aug 6-16 10:55-11:35a.m. \$68.85
74015 Mon-Fri Aug 6-16 10-10:40a.m. \$68.85
74033 Mon-Fri Aug 6-16 4:35-5:15p.m. \$68.85
74034 Mon-Fri Aug 6-16 4-4:40p.m. \$68.85
74078 Mon-Fri Aug 19-30 9-9:40a.m. \$76.50
74079 Mon-Fri Aug 19-30 10:10-10:50a.m. \$76.50
74097 Mon-Fri Aug 19-30 4:35-5:15p.m. \$76.50
74111 Mon-Fri Aug 19-30 4:55-5:35p.m. \$76.50
74110 Mon-Fri Aug 19-30 5:45-6:25p.m. \$76.50

Wascana Outdoor Pool

73490 Mon-Fri Jul 8-19 10:35-11:15a.m. \$76.50
73499 Mon-Fri Jul 22-Aug 2 10:35-11:15a.m. \$76.50
73537 Mon-Fri Aug 6-16 10-10:40a.m. \$68.85
73551 Mon-Fri Aug 19-30 10-10:40a.m. \$76.50

Youth Swimmer 4 8-14 years

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.

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.

Lawson Aquatic Centre

74328 Mon-Fri Jul 22-Aug 2 10-10:40a.m. \$76.50

Sandra Schmirler Leisure Centre

73992 Mon-Fri Jul 8-19 4-4:40p.m. \$76.50

Swimmer 5 5–12 years

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.

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.

Lawson Aquatic Centre

74281 Mon-Thu Jun 10-20 6:10-6:50p.m. \$61.20

74282 Mon-Fri Jul 8-17 10:45-11:25a.m. \$61.20

74283 Mon-Thu Jul 8-17 6:05-6:45p.m. \$53.55

74284 Mon-Fri Jul 22-Aug 2 9:55-10:35a.m. \$76.50

74285 Mon-Thu Jul 22-Aug 1 5-5:40p.m. \$61.20

74286 Mon-Fri Aug 6-16 10:55-11:35a.m. \$68.85

74287 Mon-Thu Jun 10-20 5:30-6:10p.m. \$61.20

74288 Mon-Fri Jul 8-17 10:50-11:30a.m. \$61.20

74289 Mon-Fri Jul 8-17 11:35a.m.-12:15p.m. \$61.20

74290 Mon-Thu Jul 8-17 5:30-6:10p.m. \$53.55

74291 Mon-Thu Jul 8-17 6:05-6:45p.m. \$53.55

74292 Mon-Fri Jul 22-Aug 2 9:10-9:50a.m. \$76.50

74293 Mon-Fri Jul 22-Aug 2 11:10-11:50a.m. \$76.50

74294 Mon-Thu Jul 22-Aug 1 5:40-6:20p.m. \$61.20

74295 Mon-Fri Aug 6-16 10:10-10:50a.m. \$68.85

74296 Mon-Thu Aug 6-15 5:30-6:10p.m. \$53.55

Massey Outdoor Pool

73429 Mon-Fri Jul 8-19 10-10:40a.m. \$76.50

73437 Mon-Fri Jul 8-19 11:10-11:50a.m. \$76.50
73443 Mon-Fri Jul 22-Aug 2 10-10:40a.m. \$76.50
73464 Mon-Fri Aug 6-16 10-10:40a.m. \$68.85
73424 Mon-Fri Jul 8-19 11:10-11:50a.m. \$76.50
73442 Mon-Fri Jul 22-Aug 2 11:20a.m.-12p.m. \$76.50
73462 Mon-Fri Aug 6-16 10:35-11:15a.m. \$68.85
73466 Mon-Fri Aug 6-16 11:20a.m.-12p.m. \$68.85
73476 Mon-Fri Aug 19-30 11:20a.m.-12p.m. \$76.50

North West Leisure Centre

73651 Mon-Fri Jul 8-19 9-9:40a.m. \$76.50
73685 Mon-Fri Jul 22-Aug 2 4-4:40p.m. \$76.50
73696 Mon-Fri Aug 6-16 9-9:40a.m. \$68.85
73697 Mon-Fri Aug 6-16 5:10-5:50p.m. \$68.85
73701 Mon-Fri Aug 6-16 11:20a.m.-12p.m. \$68.85
74190 Mon-Fri Aug 19-30 9-9:40a.m. \$76.50

Sandra Schmirler Leisure Centre

73838 Mon-Fri Jun 10-21 4:35-5:15p.m. \$76.50
73848 Mon-Fri Jun 10-21 5:45-6:25p.m. \$76.50
73851 Mon-Fri Jun 10-21 4:55-5:35p.m. \$76.50
73900 Mon-Fri Jun 24-Jul 5 4-4:40p.m. \$68.85
73902 Mon-Fri Jun 24-Jul 5 4:50-5:30p.m. \$68.85
73901 Mon-Fri Jun 24-Jul 5 5:15-5:55p.m. \$68.85
73948 Mon-Fri Jul 8-19 9-9:40a.m. \$76.50
73949 Mon-Fri Jul 8-19 10:10-10:50a.m. \$76.50
73969 Mon-Fri Jul 8-19 4:35-5:15p.m. \$76.50
73896 Mon-Fri Jun 10-21 4:10-4:50p.m. \$76.50
73839 Mon-Fri Jun 10-21 5:45-6:25p.m. \$76.50
73917 Mon-Fri Jun 24-Jul 5 4:05-4:45p.m. \$68.85
73947 Mon-Fri Jul 8-19 10:45-11:25a.m. \$76.50
73981 Mon-Fri Jul 8-19 4:35-5:15p.m. \$76.50
73982 Mon-Fri Jul 8-19 5:05-5:45p.m. \$76.50
74001 Mon-Fri Aug 6-16 11:20a.m.-12p.m. \$68.85
74044 Mon-Fri Aug 6-16 5:20-6p.m. \$68.85
74077 Mon-Fri Aug 19-30 10:45-11:25a.m. \$76.50
74107 Mon-Fri Aug 19-30 4:10-4:50p.m. \$76.50
74106 Mon-Fri Aug 19-30 5:45-6:25p.m. \$76.50

Wascana Outdoor Pool

73485 Mon-Fri Jul 8-19 10-10:40a.m. \$76.50
73501 Mon-Fri Jul 22-Aug 2 10-10:40a.m. \$76.50
73533 Mon-Fri Aug 6-16 11:10-11:50a.m. \$68.85
73552 Mon-Fri Aug 19-30 11:20a.m.-12p.m. \$76.50

Swimmer 6 5–12 years

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.

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.

Lawson Aquatic Centre

74297 Mon-Thu Jun 10-20 5:30-6:10p.m. \$61.20
74298 Mon-Fri Jul 8-17 10:55-11:35a.m. \$61.20
74299 Mon-Thu Jul 8-17 5-5:40p.m. \$53.55
74300 Mon-Fri Jul 22-Aug 2 9:05-9:45a.m. \$76.50
74301 Mon-Thu Jul 22-Aug 1 5:05-5:45p.m. \$61.20
74302 Mon-Fri Aug 6-16 9-9:40a.m. \$68.85
74303 Mon-Thu Aug 6-15 5-5:40p.m. \$53.55

Massey Outdoor Pool

73428 Mon-Fri Jul 8-19 11:10-11:50a.m. \$76.50
73441 Mon-Fri Jul 22-Aug 2 10:35-11:15a.m. \$76.50
73459 Mon-Fri Aug 6-16 11:20a.m.-12p.m. \$68.85
73479 Mon-Fri Aug 19-30 11:15-11:55a.m. \$76.50

Sandra Schmirler Leisure Centre

73894 Mon-Fri Jun 10-21 4:05-4:45p.m. \$76.50
73840 Mon-Fri Jun 10-21 5:10-5:50p.m. \$76.50
73927 Mon-Fri Jun 24-Jul 5 5:25-6:05p.m. \$68.85
73928 Mon-Fri Jul 8-19 9:05-9:45a.m. \$76.50
73975 Mon-Fri Jul 8-19 4:40-5:20p.m. \$76.50
74003 Mon-Fri Aug 6-16 9:50-10:30a.m. \$68.85
74004 Mon-Fri Aug 6-16 9-9:40a.m. \$68.85
74054 Mon-Fri Aug 6-16 4:05-4:45p.m. \$68.85
74058 Mon-Fri Aug 19-30 9:05-9:45a.m. \$76.50
74119 Mon-Fri Aug 19-30 4:05-4:45p.m. \$76.50
74118 Mon-Fri Aug 19-30 5:10-5:50p.m. \$76.50

Wascana Outdoor Pool

73492 Mon-Fri Jul 8-19 11:20a.m.-12p.m. \$76.50
73500 Mon-Fri Jul 22-Aug 2 11:20a.m.-12p.m. \$76.50
73553 Mon-Fri Aug 19-30 10-10:40a.m. \$76.50

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

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.

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.

Lawson Aquatic Centre

74304 Mon-Thu Jun 10-20 6:05-6:55p.m. \$70.80

74305 Mon-Fri Jul 22-Aug 2 9-9:50a.m. \$88.50

74306 Mon-Thu Jul 22-Aug 1 5:15-6:05p.m. \$70.80

74307 Mon-Fri Aug 6-16 9:35-10:25a.m. \$79.65

74308 Mon-Thu Aug 6-15 5-5:50p.m. \$61.95

Massey Outdoor Pool

73434 Mon-Fri Jul 8-19 10-10:50a.m. \$88.50

Sandra Schmirler Leisure Centre

73924 Mon-Fri Jun 24-Jul 5 4:35-5:25p.m. \$79.65

73951 Mon-Fri Jul 8-19 9-9:50a.m. \$88.50

Wascana Outdoor Pool

73511 Mon-Fri Jul 22-Aug 2 11:10a.m.-12p.m. \$88.50

73538 Mon-Fri Aug 6-16 11:10a.m.-12p.m. \$79.65

Lifesaving Swim Patrol – Ranger Patrol

8–14 years

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.

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

Lawson Aquatic Centre

74309 Mon-Fri Jul 8-17 10:45-11:35a.m. \$70.80

74310 Mon-Fri Jul 22-Aug 2 9:05-9:55a.m. \$88.50

74311 Mon-Thu Jul 22-Aug 1 5:45-6:35p.m. \$70.80

74312 Mon-Fri Aug 6-16 9-9:50a.m. \$79.65

Massey Outdoor Pool

73449 Mon-Fri Jul 22-Aug 2 10-10:50a.m. \$88.50

Sandra Schmirler Leisure Centre

73897 Mon-Fri Jun 10-21 5:20-6:10p.m. \$88.50

73950 Mon-Fri Jul 8-19 9:45-10:35a.m. \$88.50

73971 Mon-Fri Jul 8-19 5:20-6:10p.m. \$88.50

74018 Mon-Fri Aug 6-16 9:50-10:40a.m. \$79.65

74080 Mon-Fri Aug 19-30 9:45-10:35a.m. \$88.50

74098 Mon-Fri Aug 19-30 5:20-6:10p.m. \$88.50

Wascana Outdoor Pool

73534 Mon-Fri Aug 6-16 10-10:50a.m. \$79.65

73549 Mon-Fri Aug 19-30 11:10a.m.-12p.m. \$88.50

Lifesaving Swim Patrol – Star Patrol

8–14 years

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.

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.

Lawson Aquatic Centre

74313 Mon-Thu Jul 8-17 5-5:50p.m. \$61.95

74314 Mon-Fri Jul 22-Aug 2 9:05-9:55a.m. \$88.50

74315 Mon-Fri Aug 6-16 10:55-11:45a.m. \$79.65

74333 Mon-Thu Jul 22-25 5:35-6:05p.m. \$135.60

74331 Mon-Fri Jul 29-Aug 2 11:15-11:45a.m. \$169.50

74334 Mon-Fri Jul 29-Aug 2 10:20-10:50a.m. \$169.50

74335 Mon-Thu Jul 29-Aug 1 5:35-6:05p.m. \$135.60

74336 Tue-Fri Aug 6-9 9:55-10:25a.m. \$135.60

74337 Tue-Thu Aug 6-8 5:30-6p.m. \$101.70

74338 Mon-Fri Aug 12-16 9:55-10:25a.m. \$169.50

74339 Mon-Thu Aug 12-15 5:30-6p.m. \$135.60

Massey Outdoor Pool

73468 Mon-Fri Aug 6-16 10-10:50a.m. \$79.65

North West Leisure Centre

74382 Mon-Fri Jul 8-12 9-9:30a.m. \$169.50

74391 Mon-Fri Jul 8-12 9:35-10:05a.m. \$169.50

74383 Mon-Fri Jul 22-26 9-9:30a.m. \$169.50

74390 Mon-Fri Jul 22-26 9:35-10:05a.m. \$169.50

74384 Mon-Fri Jul 29-Aug 2 9-9:30a.m. \$169.50

74389 Mon-Fri Jul 29-Aug 2 9:35-10:05a.m. \$169.50

74385 Mon-Fri Aug 12-16 9-9:30a.m. \$169.50
74388 Mon-Fri Aug 12-16 9:35-10:05a.m. \$169.50
74386 Mon-Fri Aug 19-23 9-9:30a.m. \$169.50
74387 Mon-Fri Aug 19-23 9:35-10:05a.m. \$169.50

Sandra Schmirler Leisure Centre

74019 Mon-Fri Aug 6-16 9:05-9:55a.m. \$79.65
74050 Mon-Fri Aug 6-16 5:40-6:30p.m. \$79.65

Wascana Outdoor Pool

73491 Mon-Fri Jul 8-19 10-10:50a.m. \$88.50

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

73760 Mon-Thu Jun 10-13 6:55-7:25p.m. \$135.60
73761 Mon-Thu Jun 17-20 6:55-7:25p.m. \$135.60
73762 Mon-Thu Jun 24-27 5:30-6p.m. \$135.60
73763 Mon-Thu Jun 24-27 5:30-6p.m. \$135.60
73764 Mon-Thu Jun 24-27 5:30-6p.m. \$135.60
73765 Mon-Thu Jun 24-27 5:30-6p.m. \$135.60
73766 Mon-Thu Jun 24-27 5:30-6p.m. \$135.60
73767 Mon-Thu Jun 24-27 5:30-6p.m. \$135.60
73768 Mon-Thu Jun 24-27 6:05-6:35p.m. \$135.60
73769 Mon-Thu Jun 24-27 6:05-6:35p.m. \$135.60
73770 Mon-Thu Jun 24-27 6:05-6:35p.m. \$135.60
73771 Mon-Thu Jun 24-27 6:05-6:35p.m. \$135.60
73772 Mon-Thu Jun 24-27 6:05-6:35p.m. \$135.60
73773 Mon-Thu Jun 24-27 6:05-6:35p.m. \$135.60
73774 Mon-Thu Jun 24-27 6:40-7:10p.m. \$135.60
73775 Mon-Thu Jun 24-27 6:40-7:10p.m. \$135.60
73776 Mon-Thu Jun 24-27 6:40-7:10p.m. \$135.60
73777 Mon-Thu Jun 24-27 6:40-7:10p.m. \$135.60
73778 Mon-Thu Jun 24-27 6:40-7:10p.m. \$135.60
73779 Mon-Thu Jun 24-27 6:40-7:10p.m. \$135.60
73780 Mon-Fri Jul 8-12 9:35-10:05a.m. \$169.50
73781 Mon-Fri Jul 8-12 10:20-10:50a.m. \$169.50
73782 Mon-Fri Jul 15-19 9:35-10:05a.m. \$169.50
73783 Mon-Fri Jul 15-19 10:20-10:50a.m. \$169.50
74332 Mon-Fri Jul 22-26 10:20-10:50a.m. \$169.50
74330 Mon-Fri Jul 22-26 11:15-11:45a.m. \$169.50

Sandra Schmirler Leisure Centre

73957 Mon-Fri Jul 8-12 9-9:30a.m. \$169.50
73959 Mon-Fri Jul 8-12 9:35-10:05a.m. \$169.50
73961 Mon-Fri Jul 8-12 10:10-10:40a.m. \$169.50
73963 Mon-Fri Jul 8-12 10:45-11:15a.m. \$169.50
73965 Mon-Fri Jul 8-12 11:20-11:50a.m. \$169.50
73958 Mon-Fri Jul 15-19 9-9:30a.m. \$169.50
73960 Mon-Fri Jul 15-19 9:35-10:05a.m. \$169.50
73962 Mon-Fri Jul 15-19 10:10-10:40a.m. \$169.50
73964 Mon-Fri Jul 15-19 10:45-11:15a.m. \$169.50
73966 Mon-Fri Jul 15-19 11:20-11:50a.m. \$169.50
74021 Tue-Fri Aug 6-9 9-9:30a.m. \$135.60
74022 Tue-Fri Aug 6-9 9:35-10:05a.m. \$135.60
74023 Tue-Fri Aug 6-9 10:10-10:40a.m. \$135.60
74024 Tue-Fri Aug 6-9 10:45-11:15a.m. \$135.60
74025 Tue-Fri Aug 6-9 11:20-11:50a.m. \$135.60
74026 Mon-Fri Aug 12-16 9-9:30a.m. \$169.50
74027 Mon-Fri Aug 12-16 9:35-10:05a.m. \$169.50
74028 Mon-Fri Aug 12-16 10:10-10:40a.m. \$169.50
74029 Mon-Fri Aug 12-16 10:45-11:15a.m. \$169.50
74030 Mon-Fri Aug 12-16 11:20-11:50a.m. \$169.50
74086 Mon-Fri Aug 19-23 9-9:30a.m. \$169.50
74088 Mon-Fri Aug 19-23 9:35-10:05a.m. \$169.50
74090 Mon-Fri Aug 19-23 10:10-10:40a.m. \$169.50
74092 Mon-Fri Aug 19-23 10:45-11:15a.m. \$169.50
74094 Mon-Fri Aug 19-23 11:20-11:50a.m. \$169.50
74087 Mon-Fri Aug 26-30 9-9:30a.m. \$169.50
74089 Mon-Fri Aug 26-30 9:35-10:05a.m. \$169.50
74091 Mon-Fri Aug 26-30 10:10-10:40a.m. \$169.50
74093 Mon-Fri Aug 26-30 10:45-11:15a.m. \$169.50
74095 Mon-Fri Aug 26-30 11:20-11:50a.m. \$169.50

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

74374 Sun Jul 14 6-7:55pm
74375 Sun Jul 28 6-7:55pm
74376 Sun Aug 11 6-7:55pm
74377 Sun Aug 25 6-7:55pm

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

74343 Mon-Fri Jul 22-Aug 2 10:50-11:40a.m. \$88.50

74345 Mon-Thu Aug 6-15 6:05-6:55p.m. \$61.95

Massey Outdoor Pool

73450 Mon-Fri Jul 22-Aug 2 11:10a.m.-12p.m. \$88.50

73470 Mon-Fri Aug 6-16 11:10a.m.-12p.m. \$79.65

Sandra Schmirler Leisure Centre

73952 Mon-Fri Jul 8-19 10:10-11a.m. \$88.50

73991 Mon-Fri Jul 8-19 5:15-6:05p.m. \$88.50

74081 Mon-Fri Aug 19-30 10:10-11a.m. \$88.50

Wascana Outdoor Pool

73525 Mon-Fri Jul 22-Aug 2 11:10a.m.-12p.m. \$88.50

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.

Massey Outdoor Pool

73452 Mon-Fri Jul 22-Aug 2 11:10a.m.-12p.m. \$88.50

Sandra Schmirler Leisure Centre

73926 Mon-Fri Jun 24-Jul 5 5:30-6:20p.m. \$79.65

74016 Mon-Fri Aug 6-16 10:45-11:35a.m. \$79.65

Wascana Outdoor Pool

73521 Mon-Fri Jul 8-19 11:10a.m.-12p.m. \$88.50

Aquatic Leadership Courses

Lifesaving Society Bronze Medallion

13 years and up

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

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

Lawson Aquatic Centre

74226	Sat/Sun	Jun 9/15	9a.m.-6p.m.	\$190.00
	Sun	Jun 16	9a.m.-1p.m.	

Massey Outdoor Pool

73480	Mon-Fri	Aug 19-23	9a.m.-1p.m.	\$190.00
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Sandra Schmirler Leisure Centre

74124	Sat-Sun	Jul 13-14, 20-21	9a.m.-2p.m.	\$190.00
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Wascana Outdoor Pool

73562	Fri	Jul 5	4-8p.m.	\$190.00
	Sat-Sun	Jul 6-7	9a.m.-6p.m.	

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

74228	Sat/Sun	Jun 16, 22*, 23	8a.m.-5p.m.	\$165.00
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*Please note June 22 class takes place at Sandra Schmirler Leisure Centre.

Massey Outdoor Pool

73481	Mon-Fri	Aug 26-30	9a.m.-1:30p.m.	\$165.00
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Sandra Schmirler Leisure Centre

74122	Sat-Sun	Jun 22-23, 29-30	8a.m.-1:30p.m.	\$165.00
74123	Sat-Sun	Aug 10-11, 17-18	8a.m.-1:30p.m.	\$165.00

Wascana Outdoor Pool

73564	Fri	Jul 19	4-8p.m.	\$165.00
	Sat-Sun	Jul 20-21	9a.m-6p.m.	

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

74245	Mon-Fri	Jul 15-19*	8a.m.-5p.m.	\$300.00
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*Please note July 18 & 19 will take place at Wascana Outdoor Pool.

Sandra Schmirler Leisure Centre

74128	Friday	Aug 16,23	5-9p.m.	\$300.00
	Saturday	Aug 17,24	8a.m.-5p.m.	
	Sunday	Aug 18,25	8a.m.-5p.m.	

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

74252	Tue,Wed,Thu	Aug 6-8	8a.m.-5p.m.	\$252.00
	Fri	Aug 9	8-11a.m.	

Sandra Schmirler Leisure Centre

74125	Sun,Sat	Jun 15, 16,22, 23	8a.m.-4p.m.	\$252.00
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Red Cross First Aid/CPR/AED**12 years and up**

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

North West Leisure Centre

74361	Sun,Sat	Jun 8-9	9a.m.-6p.m.	\$161.00
74362	Sun,Sat	Jul 20-21	9a.m.-6p.m.	\$161.00
74363	Sun,Sat	Aug 17-18	9a.m.-6p.m.	\$161.00

Aquatic Recertification Courses

Lifesaving Society National Lifeguard Recertification and up

16 years

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

Lawson Aquatic Centre

74368	Sun	Jun 2	11a.m.-4p.m.	\$80.00
74373	Sun	Aug 4	11a.m.-4p.m.	\$80.00

Sandra Schmirler Leisure Centre

74126	Sat	Jun 15	9a.m.-2p.m.	\$80.00
74127	Sun	Jul 7	9a.m.-2p.m.	\$80.00

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

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

North West Leisure Centre

74359	Sat	Jun 1	9a.m.-1p.m.	\$90.00
74360	Sun	Jun 2	9a.m.-1p.m.	\$90.00
74364	Sat	Jul 13	9a.m.-1p.m.	\$90.00
74365	Sat	Jul 27	9a.m.-1p.m.	\$90.00
74366	Sat	Aug 3	9a.m.-1p.m.	\$90.00
74367	Sat	Aug 31	9a.m.-1p.m.	\$90.00

Registered Adapted Programs

Adapted programs

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

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

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.

Maple Leaf Outdoor Pool

73871	Sun	Jun 16	10a.m.-12p.m.	Free
73872	Sun	Jun 23	10a.m.-12p.m.	Free
73873	Sun	Jun 30	10a.m.-12p.m.	Free
73874	Sun	Jul 7	10a.m.-12p.m.	Free
73875	Sun	Jul 14	10a.m.-12p.m.	Free
73876	Sun	Jul 21	10a.m.-12p.m.	Free
73877	Sun	Jul 28	10a.m.-12p.m.	Free
73880	Sun	Aug 4	10a.m.-12p.m.	Free
73881	Sun	Aug 11	10a.m.-12p.m.	Free
73882	Sun	Aug 18	10a.m.-12p.m.	Free
73883	Sun	Aug 25	10a.m.-12p.m.	Free
73884	Sun	Sep 1	10a.m.-12p.m.	Free

RP

73843	Fri	Jun 14	10a.m.-12p.m.	Free
73844	Fri	Jun 21	10a.m.-12p.m.	Free
73846	Fri	Jun 28	10a.m.-12p.m.	Free
73847	Fri	Jul 5	10a.m.-12p.m.	Free
73849	Fri	Jul 12	10a.m.-12p.m.	Free
73850	Fri	Jul 19	10a.m.-12p.m.	Free
73852	Fri	Jul 26	10a.m.-12p.m.	Free
73853	Fri	Aug 2	10a.m.-12p.m.	Free
73854	Fri	Aug 9	10a.m.-12p.m.	Free
73855	Fri	Aug 16	10a.m.-12p.m.	Free
73856	Fri	Aug 23	10a.m.-12p.m.	Free
73857	Fri	Aug 30	10a.m.-12p.m.	Free

Wascana Outdoor Pool

73859	Sat	Jun 15	10a.m.-12p.m.	Free
73860	Sat	Jun 22	10a.m.-12p.m.	Free
73861	Sat	Jun 29	10a.m.-12p.m.	Free
73862	Sat	Jul 6	10a.m.-12p.m.	Free
73863	Sat	Jul 13	10a.m.-12p.m.	Free
73864	Sat	Jul 20	10a.m.-12p.m.	Free

73865	Sat	Jul 27	10a.m.-12p.m.	Free
73866	Sat	Aug 3	10a.m.-12p.m.	Free
73867	Sat	Aug 10	10a.m.-12p.m.	Free
73868	Sat	Aug 17	10a.m.-12p.m.	Free
73869	Sat	Aug 24	10a.m.-12p.m.	Free
73870	Sat	Aug 31	10a.m.-12p.m.	Free

North West Leisure Centre

73626	Sun	Jul 7	6-7:55p.m.	Free
73627	Sun	Jul 21	6-7:55p.m.	Free
73625	Sun	Aug 4	6-7:55p.m.	Free
73740	Sun	Aug 18	6-7:55p.m.	Free
73741	Sun	Sep 1	6-7:55p.m.	Free

Sandra Schmirler Leisure Centre

73623	Sat	Jun 15	6-7:55p.m.	Free
73624	Sat	Jun 29	6-7:55p.m.	Free
73628	Sat	Jul 13	6-7:55p.m.	Free
73742	Sat	Aug 10	6-7:55p.m.	Free
73743	Sat	Aug 24	6-7:55p.m.	Free

Adapted Group Swim Lessons <AP>

4-7 years

This adapted swim lesson is designed for children with disabilities and enjoy being in a group setting. Instructors will work with participants to support them in meeting their aquatic 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 and we recommend a parent or guardian be in the water for support.

4-8 years

RP

73577	Sun	Jun 16-Jul 14	10-10:30a.m.	\$56.00
73582	Sun	Jun 16-Jul 14	11:20-11:50a.m.	\$56.00
73585	Sun	Jul 21-Aug 18	10-10:30a.m.	\$56.00
73586	Sun	Jul 21-Aug 18	11:20-11:50a.m.	\$56.00

Wascana Outdoor Pool

73597	Sat	Jun 22-Jul 20	10:45-11:15a.m.	\$56.00
73607	Sat	Jul 27-Aug 24	10:45-11:15a.m.	\$56.00

9-13 years

RP

73583	Sun	Jun 16-Jul 14	10:10-10:40a.m.	\$56.00
73584	Sun	Jun 16-Jul 14	11:20-11:50a.m.	\$56.00
73588	Sun	Jul 21-Aug 18	10:10-10:40a.m.	\$56.00
73590	Sun	Jul 21-Aug 18	11:20-11:50a.m.	\$56.00

Wascana Outdoor Pool

73594	Sat	Jun 22-Jul 20	10:40-11:10a.m.	\$56.00
73604	Sat	Jul 27-Aug 24	10:40-11:10a.m.	\$56.00

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

73649	Mon-Fri	Jul 8-12	11:25-11:55a.m.	\$84.75
73694	Mon-Fri	Jul 22-26	4:35-5:05p.m.	\$84.75
73695	Mon-Fri	Jul 29-Aug 2	4:35-5:05p.m.	\$84.75
74163	Mon-Fri	Aug 19-23	11:25-11:55a.m.	\$84.75
74164	Mon-Fri	Aug 26-30	11:25-11:55a.m.	\$84.75
74240	Mon-Fri	Jul 15-19	4-4:30p.m.	\$84.75
74241	Mon-Fri	Jul 8-12	10:10-10:40a.m.	\$84.75
74244	Mon-Fri	Aug 12-16	9:35-10:05a.m.	\$84.75
74246	Mon-Fri	Aug 6-9	4-4:30p.m.	\$84.75
74247	Mon-Fri	Aug 12-16	4-4:30p.m.	\$84.75
74249	Mon-Fri	Jul 15-19	4:05-4:35p.m.	\$84.75
74250	Mon-Fri	Jul 22-26	4:05-4:35p.m.	\$84.75
74251	Mon-Fri	Jul 22-26	11:20-11:50a.m.	\$84.75
74253	Mon-Fri	Jul 29-Aug 2	11:20-11:50a.m.	\$84.75
74254	Mon-Fri	Aug 19-23	9:05-9:35a.m.	\$84.75
74255	Mon-Fri	Aug 26-30	9:05-9:35a.m.	\$84.75

RP

73578	Sun	Jun 16-Jul 14	10:40-11:10a.m.	\$84.75
73579	Sun	Jun 16-Jul 14	10:45-11:15a.m.	\$84.75
73580	Sun	Jun 16-Jul 14	10:45-11:15a.m.	\$84.75
73581	Sun	Jun 16-Jul 14	10:40-11:10a.m.	\$84.75
73587	Sun	Jul 21-Aug 18	10:40-11:10a.m.	\$84.75
73589	Sun	Jul 21-Aug 18	10:45-11:15a.m.	\$84.75
73591	Sun	Jul 21-Aug 18	10:40-11:10a.m.	\$84.75
73592	Sun	Jul 21-Aug 18	10:45-11:15a.m.	\$84.75

Wascana Outdoor Pool

73593	Sat	Jun 22-Jul 20	10a.m.-10:30a.m.	\$84.75
73595	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75
73596	Sat	Jun 22-Jul 20	10:10-10:40a.m.	\$84.75
73598	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75
73599	Sat	Jun 22-Jul 20	10-10:30a.m.	\$84.75
73600	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75

73601	Sat	Jun 22-Jul 20	10:10-10:40a.m.	\$84.75
73602	Sat	Jun 22-Jul 20	11:20-11:50a.m.	\$84.75
73603	Sat	Jul 27-Aug 24	10-10:30a.m.	\$84.75
73605	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75
73606	Sat	Jul 27-Aug 24	10:10-10:40a.m.	\$84.75
73608	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75
73609	Sat	Jul 27-Aug 24	10-10:30a.m.	\$84.75
73610	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75
73611	Sat	Jul 27-Aug 24	10:10-10:40a.m.	\$84.75
73612	Sat	Jul 27-Aug 24	11:20-11:50a.m.	\$84.75

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

74238	Mon-Fri	Jul 8-12	4-4:30p.m.	\$84.75
73650	Mon-Fri	Jul 15-19	11:25-11:55a.m.	\$84.75
74243	Mon-Fri	Aug 6-9	9:35-10:05a.m.	\$67.80

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

74347 Thu Jun 13-Aug 29 1-2:30p.m. Free

Adapted Art Exploration <AP>

14 years and up

Adapted Art Exploration is an art program designed for people who have a disability. This program will promote fine motor, cognitive, and social skills in a creative atmosphere that provides hands-on opportunities to explore the visual arts. This class will explore the work of various artists and styles throughout history, encouraging everyone in the program to discover new mediums, textures, and skills in creating their own unique pieces of artwork.

Neil Balkwill Civic Arts Centre

73376 Mon-Fri Jul 8-12 1-3p.m. \$80.00

Adapted Music Program <AP> <New>

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.

Mitakuya Owas-a Centre

3-5 years

73630 Sat Jun 8-29 1-1:45p.m. \$32.50

6-12 years

73631 Sat Jun 8-29 2-2:45p.m. \$32.50

Inclusive Dance Class <AP>

5-12 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.

mâmwêyatitân centre

73370 Sat Jun 8-Jul 27 1-2p.m. Free

73371 Sat Jun 8-Jul 27 2:15-3:15p.m. Free

Adapted Health and Fitness

Adapted Nutrition 101: Habits for Healthy Living <AP>

16 years and up

This program is geared towards people who have a disability and are looking to learn about and build life-long nutrition-based healthy habits. Set yourself up for success with professional nutrition-based group education sessions that can be tailored to reach goals on an individual level. The instructor will provide information to the group and work one-on-one to assist everyone in reaching their nutritional goals.

Core Ritchie Neighbourhood Centre

73422 Tue Jun 29-Jul 20 1-2 p.m. \$29.00

Adapted Adult Strength & Balance

16 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

73422 Tue Jun 4-Jul 16 12-12:45p.m. \$50.75

74182 Tue Aug 6-27 12-12:45p.m. \$29.00

Adapted Older Adult Strength & Balance

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.

North West Leisure Centre

73253 Mon Jul 8-29 10:30-11:15a.m. \$29.00

73890 Thu Jul 4-25 10:30-11:15a.m. \$29.00

Adapted Teen Fitness

13-20 years

This introductory-level class is geared towards empowering young teens who have disabilities or teens who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class includes a cardio warm-up activity, a strength training component, and a specialized fitness activity, and finishing each class with a cool-down stretching component.

Fieldhouse

73892 Sun Jul 21-Sep 1 2:30-3:30p.m. \$36.75

Adapted Walk & Roll Fitness 18 years and up

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

Fieldhouse

74371 Tue/Thu Jun 11-27 1-2:30p.m. \$29.00

74372 Tue/Thu Jul 16-Aug 29 1-2:30p.m. \$49.00

Sensory Friendly Mindfulness & Meditation <AP>

16 years and up

Join us in this sensory-friendly space as we immerse ourselves in total relaxation through varying guided meditation techniques led by an instructor. Together we will focus on relaxation and our breathwork in a quiet space with natural lighting. This program has been established for persons experiencing sensory barriers to accessing recreation. All materials for the guided meditations will be available after each class and can be adapted to accommodate any skill level and ability. These sessions will focus on developing relaxation techniques in a fun and engaging way.

Core Ritchie Neighbourhood Centre

73422 Tue Jun 29-Jul 20 2:15-3:15 p.m. Free

Adapted Social

Adapted Craft & Splash <AP>

Designed for children with disabilities, this program will focus on fun and easy activities that promote fine motor development, socialization, and creativity. This free program combines a planned

activity/craft along with a free play portion out in the Wascana Park spray pad (weather pending). Parent/ Support participation is required.

Wascana Outdoor Pool

3-5 years

74369 Sat Jun 29- Jul 20 10-11 a.m. Free

6-10 years

74370 Sat Jun 29- Jul 20 11:15 a.m-12:15 p.m. Free

Adapted ABI Cribbage <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

74349 Fri Jun 14-Aug 30 1-2:30p.m. Free

Adult Community Outing Program <AP>

19 years and up

This program is designed for adults (19+) who have disabilities or for adults who experience barriers to accessing recreation. This bi-weekly program provides an opportunity to get out to explore different spaces, activities, and events happening in Regina. These activities include local sporting events, recreational activities, and social gatherings. The list of the determined locations for the outings will be handed out on the first date at Mitakuyé Owás'a Centre. City of Regina staff will be on site at each location to facilitate the program but are not able to transfer, lift, or reposition individuals. If one-on-one assistance is required, we kindly ask that you bring a support person to assist. Arranging transportation to and from each designated outing will be done independently.

Mitakuya Owas-a Centre

74358 Fri May 17-Aug 16 6-8p.m. Free

Sensory-Friendly Youth Program <AP>

10-17 years

This 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 a variety of recreational activities. This program is a great opportunity for youth of all abilities to try something new. Registration is required and participants must have a Participant Information Form signed by a parent/guardian to attend. The form can be filled out on the first day of the program or found on the City website at regina.ca/freeprograms.

mc

74357 Thu Jun 6-Aug 8 6-8p.m. Free

Adapted Sports

Adapted Basketball – Intro

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 basketball such as passing, shooting, defense, dribbling, and game strategy while also learning about

the values of teamwork, and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning basketball. Parent or support person participation is encouraged when needed.

5-7 years

North West Leisure Centre

73744 Fri Jul 5-Aug 2 5:30-6:15p.m. \$36.25

73747 Fri Aug 9-30 5:30-6:15p.m. \$29.00

Adapted Basketball

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

73819 Sat Jun 15-Aug 17 1-2p.m. \$58.00

8-12 years

Fieldhouse

73735 Tue Jun 11-Aug 13 5:30-6:30p.m. \$58.00

Adapted Soccer

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting.

This program will introduce the basic skills of soccer and game strategy while also learning about 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 and playing soccer Parent or support person participation is encouraged when needed.

Fieldhouse

73734 Tue Jun 11-Aug 13 4:30-5:30p.m. \$58.00

Adapted Sport & Fitness Try-it: Soccer <AP>

9 years and up

Aged 9 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. 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! We kindly ask that individuals requiring one-on-one support/assistance please bring an attendant/support person.

Fieldhouse

73622 Fri May 10 6:30-7:30p.m. Free

Adapted Sports Jam

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

3-6 years

North West Leisure Centre

73748 Sat Jul 6-Aug 3 2:30-3:15p.m. \$36.25

73749 Sat Aug 10-31 2:30-3:15p.m. \$29.00

6-9 years

North West Leisure Centre 73750 Sat Jul 6-Aug 3 3:30-4:15p.m. \$36.25

73751 Sat Aug 10-31 3:30-4:15p.m. \$29.00

8-11 years

Fieldhouse 73820 Sat Jun 15-Aug 17 2-3p.m. \$58.00

Registered Preschool Programs**Fine Arts****Ahoy Preschool Pirates! <NEW>****3-5 years**

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

Neil Balkwill Civic Arts Centre

73471 Mon-Fri Jul 29-Aug 2 9-10:30a.m. \$100.00

73472 Mon-Fri Jul 29-Aug 2 1-2:30p.m. \$100.00

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

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

Neil Balkwill Civic Arts Centre

73386 Mon-Fri Jul 22-26 9-10:30a.m. \$100.00

73387 Mon-Fri Jul 22-26 1-2:30p.m. \$100.00

Craft Circus**3-5 years**

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

Neil Balkwill Civic Arts Centre

73389	Tue-Fri	Aug 6-9	1-2:30p.m.	\$90.00
73456	Mon-Fri	Aug 12-16	9-10:30a.m.	\$100.00
73458	Mon-Fri	Aug 19-23	9-10:30a.m.	\$100.00
73460	Mon-Fri	Jul 8-12	9-10:30a.m.	\$100.00

Craft Circus – Next Steps <NEW>**4-6 years**

For the child that is a little older. This class will continue to explore a wide variety of activities including painting, crafts, music, movement, stories, and some good messy fun.

Neil Balkwill Civic Arts Centre

73461	Mon-Fri	Jul 15-19	9-10:30a.m.	\$100.00
73463	Mon-Fri	Jul 15-19	1-2:30p.m.	\$100.00

Creative Beginnings**4-6 years**

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

Neil Balkwill Civic Arts Centre

73512	Mon-Fri	Jul 8-12	1-2:30p.m.	\$100.00
73513	Mon-Fri	Aug 19-23	1-2:30p.m.	\$100.00

Sports

Parent & Tot Soccer**3-5 years**

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

Fieldhouse

73724	Mon	Jun 10-Aug 19	5:30-6:30p.m.	\$58.00
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Registered Child and Youth Programs

Fine Arts

Abstract Art for Teens

12-16 years

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

Neil Balkwill Civic Arts Centre

73375 Mon-Fri Jul 22-26 1-3p.m. \$90.00

Art Exploration

8-12 years

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

Neil Balkwill Civic Arts Centre

73378 Mon-Fri Jul 15-19 1-3p.m. \$100.00

73379 Mon-Fri Aug 12-16 1-3p.m. \$100.00

73380 Mon-Fri Aug 26-30 1-3p.m. \$100.00

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

73381 Mon-Fri Jul 15-19 10a.m.-12p.m. \$100.00

73382 Mon-Fri Aug 12-16 10a.m.-12p.m. \$100.00

73383 Mon-Fri Aug 26-30 10a.m.-12p.m. \$100.00

Crash Course in Comics and Manga

13-18 years

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

Neil Balkwill Civic Arts Centre

73390 Mon-Fri Jul 22-26 1-2:30p.m. \$75.00

Creative Crafts: Five Days of Paper Crafts

7-13 years

Five days, five unique paper projects. Make movable animals and creatures, suncatchers, pop-up houses, adventure sets, and other fun projects.

Neil Balkwill Civic Arts Centre

73391 Mon-Fri Jul 22-26 3-4:30p.m. \$83.00

Creative Writing: Character and World Building**14-18 years**

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

Neil Balkwill Civic Arts Centre

73392 Mon-Fri Aug 19-23 1-2:30p.m. \$75.00

Discovering Your Visual Vocabulary <NEW>**7-12 years**

This class will create a comfortable space where children feel at ease to express themselves freely, engage children in discussions about their artworks in a group, and learn to see the world from each other.

Neil Balkwill Civic Arts Centre

73517 Mon-Fri Aug 19-23 10a.m.-12p.m. \$100.00

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

73393 Tue-Fri Jul 2-5 10:30a.m.-12p.m. \$59.00

Drawing Fantasy Dragons <NEW>**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

73568 Mon-Fri Jul 8-12 1-3p.m. \$90.00

Dungeons, Dragons and Crafts**10-13 years**

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

Neil Balkwill Civic Arts Centre

73394 Mon-Fri Aug 19-23 3-4:30p.m. \$83.00

Flowers, Food and Fashion**13-18 years**

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

Neil Balkwill Civic Arts Centre

73397 Tue-Fri Jul 2-5 1-3p.m. \$82.00

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 necessary, only enthusiasm.

Neil Balkwill Civic Arts Centre

73398 Mon-Fri Aug 26-30 1-3p.m. \$90.00

Introduction to Block Printing <NEW>**12-16 years**

Are you someone that loves to draw, paint, design, or carve? In this class we combine all four, teaching the cool kids of today the start of the crazy world of printmaking. Using hand, and printing press methods, we will explore the layered world of block printing. There are so many ways this art medium can be explored! All levels are welcome, emphasis on beginner knowledge.

Neil Balkwill Civic Arts Centre

73561 Mon-Fri Jul 15-19 9:30a.m.-12p.m. \$110.00

Introduction to Screen Printing <NEW>**12-18 years**

Posters, tote bags, signage, and more! Come learn the basics of screen printing, and the neat ways you can make art, or simple shirt designs with this method. Using screen printing, we will be exploring different things we can print on, with different things to explore every week! Join the community of screen printing and make some cool things you can show off. All levels welcome.

Neil Balkwill Civic Arts Centre

73563 Mon-Fri Jul 22-26 10a.m.-12p.m. \$100.00

Introduction to Songwriting <NEW>**13-18 years**

Ever thought about turning your thoughts and feelings into songs? It's not just about putting words to music; it's about expressing yourself in the coolest way possible. Learn about the parts of a song, from informative verses and catchy choruses to killer hooks and bridges. Learn to creatively write lyrics and craft melodies in different music styles and try co-writing with others. No musical background necessary. This class will be presented by SaskMusic.

Neil Balkwill Civic Arts Centre

73574 Mon-Fri Aug 12-16 1-3:30p.m. \$85.00

Jewellery for Young Teens**10-14 years**

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

Neil Balkwill Civic Arts Centre

73402 Mon-Fri Jul 15-19 10a.m.-12p.m. \$110.00

Let's Paint**<NEW>****11-15 years**

This class is beginner-friendly for participants who want to learn how to paint. Learning the basics of how to mix colors, skin color, and color matching. Exploring and experimenting with different styles of painting such as abstract, landscape, self-portrait, and using other tools to paint with.

Neil Balkwill Civic Arts Centre

73629 Tue,Wed Jul 30-Aug 21 2-4p.m. \$115.00

Making Spontaneous Images <NEW>**10-18 years**

Artmaking offers young people a different form of emotional expression and communication. The main aim of our sessions is to enable growth, through engagement with the art materials in a safe group and creative space.

Neil Balkwill Civic Arts Centre

73518 Mon-Fri Jul 29-Aug 2 1-3p.m. \$100.00

Needle Felting for Teens <NEW>**13-18 years**

Create a fantastical forest scene in a teacup! Learn how to needle felt three-dimensional objects with 100% wool. Learn to make trees, flowers, mushrooms and more. Let your creativity explore.

Neil Balkwill Civic Arts Centre

73502 Thu,Fri Jun 27-28 3-4:30p.m. \$35.00

Octopus's Garden**8-12 years**

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

Neil Balkwill Civic Arts Centre

73407 Mon-Fri Aug 26-30 10a.m.-12p.m. \$95.00

Oil Pastels for Teens**<NEW>****13-18 years**

Immerse yourself in the vibrant, tactile world of oil pastels. An introduction for beginners exploring this medium for the first time or the seasoned artist looking to hone their skills. Create rich and expressive scenes with endless potential.

Neil Balkwill Civic Arts Centre

73504 Mon-Fri Jul 8-12 3-4:30p.m. \$80.00

Oil Pastels for Teens Workshop <NEW>**13-18 years**

Immerse yourself in the vibrant, tactile world of oil pastels. An introductory workshop for beginners exploring this medium for the first time or the seasoned artist looking to hone their skills. Create rich and expressive scenes with endless potential.

Neil Balkwill Civic Arts Centre

73514 Mon,Tue Jul 29-30 3-4:30p.m. \$30.00

Summer Sketchbooking <NEW>**13-18 years**

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

Neil Balkwill Civic Arts Centre

73519 Mon-Fri Jul 22-26 1-3p.m. \$90.00

Woodworks**12-16 years**

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

Neil Balkwill Civic Arts Centre

73416 Mon-Fri Jul 22-26 1-3:30p.m. \$135.00

Woodworks – Next Level <NEW>**12-16 years**

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

Neil Balkwill Civic Arts Centre

73445 Mon-Fri Aug 12-16 1-3:30p.m. \$135.00

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

73417 Mon-Fri Jul 22-26 10:30a.m.-12p.m. \$78.00

Recreation

Free Children's Summer Program <FREE> Activity Number 73230

5-12 years

Keep your kids active this summer with the Free Children's Summer Program. This supervised and facilitated program offers opportunities to develop and foster life skills, creativity, imagination and positive self-image while promoting an active lifestyle. Children and youth of all abilities welcome. Individuals requiring one-on-one assistance should bring an attendant/support person. Children must be 5 years old by start of the program. Registration is limited to two 1-week sessions per child. Waitlists are available for additional weeks by calling 306-777-PLAY (7529). Full-day, half-day and drop-in programs are available. Find drop-in program information, how to register, and the required Participation Information Form at Regina.ca/freeprograms. Activity Number: 73230

Connaught School

Mon-Fri	Jul 8-12	11:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	11:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	11:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 29-Aug 2	11:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 6-9	11:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	11:30a.m.-4:30p.m.	Free

Glencairn Neighborhood Recreation Centre

Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

Doug Wickenheiser Arena

Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free

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Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

McDermid Community School

Mon-Fri	Jul 8-12	11:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	11:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	11:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 29-Aug 2	11:30a.m.-4:30p.m.	Free

Tue-Fri	Aug 6-9	11:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	11:30a.m.-4:30p.m.	Free

North West Leisure Centre

Mon-Fri	Jul 29-Aug 2	11:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 6-9	11:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	11:30a.m.-4:30p.m.	Free

Rosemont Community School

Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

South Leisure Centre

Mon-Fri	Jul 8-12	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 15-19	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 22-26	9:30a.m.-4:30p.m.	Free
Mon-Fri	Jul 29-Aug 2	9:30a.m.-4:30p.m.	Free
Tue-Fri	Aug 6-9	9:30a.m.-4:30p.m.	Free
Mon-Fri	Aug 12-16	9:30a.m.-4:30p.m.	Free

Sports

Badminton – Junior

8-12 years

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

Fieldhouse

73714	Mon,Wed	Jun 10-Jul 17	5-6p.m.	\$58.00
73715	Mon,Wed	Jun 10-Jul 17	6-7p.m.	\$58.00
73736	Tue,Thu	Jun 11-Jul 18	5-6p.m.	\$58.00
73818	Sat	Jun 15-Aug 17	2-3p.m.	\$58.00

North West Leisure Centre

73801	Sun	Jul 7-Aug 25	10:30-11:30a.m.	\$29.00
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Badminton – Kids

5-7 years

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

Fieldhouse

73817	Sat	Jun 15-Aug 17	1-2p.m.	\$58.00
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North West Leisure Centre

73800 Sun Jul 7-Aug 25 9-10a.m. \$58.00

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

73737	Tue,Thu	Jun 11-Jul 18	6-7p.m.	\$58.00
73821	Sat	Jun 15-Aug 17	5-6p.m.	\$58.00
73810	Fri	Jun 14-Aug 16	5-6p.m.	\$58.00

Basketball – Kids

5-7 years

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

Fieldhouse

73738	Tue	Jun 11-Aug 13	5:30-6:30p.m.	\$58.00
73739	Tue	Jun 11-Aug 13	6:30-7:30p.m.	\$58.00

Basketball Fundamental Development

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

Core Ritchie Neighbourhood Centre

8-10 years

73372	Sat	Jul 6-Aug 31	10-11a.m.	\$58.00
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11-13 years

73373	Sat	Jul 6-Aug 31	11a.m.-12p.m.	\$58.00
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Fieldhouse

8-10 years

73754	Wed	Jun 12-Aug 14	5-6p.m.	\$58.00
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11-14 years

73755	Wed	Jun 12-Aug 14	6-7p.m.	\$58.00
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Mitakuyé Owâs'a Centre

8-10 years

73842 Wed Jul 3-Aug 21 5-6p.m. \$58.00

11-13 years

73845 Wed Jul 3-Aug 21 6-7p.m. \$58.00

North West Leisure Centre**8-10 years**

73805 Sat Jul 13-Aug 24 4:30-5:30p.m. \$58.00

11-13 years

73806 Sat Jul 7-Aug 24 5:45-6:45p.m. \$58.00

Basketball – Advanced

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

Fieldhouse**8-11 years**

73716 Mon Jun 10-Aug 19 5-6p.m. \$58.00

73807 Fri Jun 14-Aug 16 5-6p.m. \$58.00

12-14 years

73722 Mon Jun 10-Aug 19 6-7p.m. \$58.00

73809 Fri Jun 14-Aug 16 6-7p.m. \$58.00

Football – Kids**5-7 years**

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

Fieldhouse

73758 Thu Jun 13-Aug 15 4:30pm \$58.00

She be Ballin' - Girls Basketball

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

7 – 10 years

Fieldhouse

73756 Thu Jul 18-Aug 29 10 -11a.m. \$50.75

11 - 14 years**Fieldhouse**

73757 Thu Jun 18-Aug 29 11a.m.-12p.m. \$50.75

Go Girls Sports Jam

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

5-7 years**Fieldhouse**

73752 Tue Jun 11-Aug 13 5-6p.m. \$58.00

8-12 years**Fieldhouse**

73753 Tue Jun 11-Aug 13 6-7p.m. \$58.00

Lacrosse – Kids 1**8-12 years**

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

Fieldhouse

73759 Thu Jun 13-Aug 15 5:30p.m. \$58.00

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**

73727 Mon Jun 10-Aug 19 6:30-7:30p.m. \$58.00

8-12 years**Mitakuyé Owâs'a Centre**

73829 Tue Jul 2-Aug 20 5-6p.m. \$58.00

5 – 7 years**Mitakuyé Owâs'a Centre**

73841 Tue Jul 2-Aug 20 6-7p.m. \$58.00

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

73921 Fri Jun 14-Aug 16 5:30-6:30p.m. \$58.00

8-12 years

Fieldhouse

73922 Fri Jun 14-Aug 16 6:30-7:30p.m. \$58.00

Summer Sport and Recreation Day Camp

7-11 years

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

Fieldhouse

73823	Mon-Fri	Jul 15-19	8a.m.-4p.m.	\$210.00
73824	Mon-Fri	Jul 22-26	8a.m.-4p.m.	\$210.00
73825	Mon-Fri	Jul 29-Aug 2	8a.m.-4p.m.	\$210.00
73826	Tue-Fri	Aug 6-9	8a.m.-4p.m.	\$168.00
73827	Mon-Fri	Aug 12-16	8a.m.-4p.m.	\$210.00
73828	Mon-Fri	Aug 19-23	8a.m.-4p.m.	\$210.00

Table Tennis – Intro Junior & Teen

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

8-12 years

73729 Mon,Wed Jun 10-Jul 17 6-7p.m. \$58.00

13-15 years

73731 Mon,Wed Jun 10-Jul 17 7-8p.m. \$58.00

Tennis – Kids Level 1

(1/2 Court). 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

8-10 years

73814 Sat Jun 15-Aug 24 10-11a.m. \$65.25

Tennis – Junior Level 1

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

Fieldhouse

11-13 years

73815 Sat Jun 15-Aug 24 11a.m.-12p.m. \$65.25

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

7-10 years

73812 Fri Jun 14-Aug 16 5:30-6:30p.m. \$58.00

11-13 years

73813 Fri Jun 14-Aug 16 6:30-7:30p.m. \$58.00

Registered Adult Programs

Legend

Fieldhouse – Fieldhouse

Lawson Aquatic Centre – Lawson Aquatic Centre

Neil Balkwill Civic Arts Centre – Neil Balkwill Civic Arts Centre

North West Leisure Centre – North West Leisure Centre

Sandra Schmirler Leisure Centre – Sandra Schmirler Leisure Centre

MATERIAL FEES

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

Fine Arts – Drawing & Painting

Acrylic Painting for Landscape and Abstract Expression <NEW> 15 years and up

Learn acrylic painting fundamentals and create your own expressive landscape and abstract works. This class will offer an inviting approach to highly textured and expressive painting techniques through hands-on instruction. These techniques along with developing a strong understanding of art fundamentals and colour theory will allow you the ability to produce expressive landscape and abstract works.

Neil Balkwill Civic Arts Centre

73555 Tue,Wed Jul 23-Aug 7 6:30-9:30p.m. \$125.00

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

73495 Mon-Thu Jun 24-27 7-9p.m. \$91.00

Alcohol Ink Workshop

15 years and up

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

Neil Balkwill Civic Arts Centre

73496 Wed,Thu Jul 31-Aug 1 2:30-4:30p.m. \$55.00

73497 Thu,Fri Aug 22-23 3-4:30p.m. \$40.00

Block Printing Basics <NEW>

15 years and up

Explore the world of carved printmaking multiples, working in layers with linoleum blocks. Using hand and printing press methods, participants will be able to explore their block works with a variety of approaches, leaving the class with a fun portfolio of works. This class is tactile and engaging, a great medium to explore for all. All levels are welcome!

Neil Balkwill Civic Arts Centre

73560 Tue,Thu Jul 30-Aug 22 6:30-9p.m. \$150.00

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

73406 Mon-Fri Jul 15-19 1-4p.m. \$112.00

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

73571 Tue,Wed Jul 2-17 6:30-9:30p.m. \$125.00

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

73420 Mon-Fri Aug 26-30 1-4p.m. \$112.00

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

73409 Fri Jul 5-Aug 30 9-11:30a.m. Free

Painting in the Landscape

15 years and up

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

Neil Balkwill Civic Arts Centre

73410 Mon-Fri Jul 29-Aug 2 9a.m.-12p.m. \$112.00

Painting the Nocturne

16 years and up

Learn to paint night scenes outdoors from life in various locations in Regina. On the first class we will meet at the Neil Balkwill Civic Arts Centre before venturing out. Bring your favourite drawing mediums, watercolours, acrylics, or oils along with all your usual supplies.

Neil Balkwill Civic Arts Centre

73421 Wed,Thu Jun 5-20 7:30-10:30p.m. \$125.00

Plein Air Florals

15 years and up

Learn to paint the structure of the flower from life and how to achieve luminous colour in your choice of medium: watercolour, acrylic, or any sketching materials. We will be painting and sketching outdoors from life, en plein air, inspired by various public floral gardens in Regina! In the event of bad weather, we will have an indoor option and a still life will be set up. Students will meet at the Neil Balkwill Civic Arts Centre at the start of the first class.

Neil Balkwill Civic Arts Centre

73473 Tue,Wed,Thu Aug 13-22 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

73569 Mon-Fri Jul 15-19 1-3:30p.m. \$100.00

Screen Printing <NEW>

15 years and up

Posters, tote bags, signage, and more! Join the ever-growing printmaking community fun whether your approach is for art, or small-business marketing. Come with personal projects, or motivation to start something new! This course will leave you with multiple works, the info to keep creating, and the passion to continue screen printing. All levels are welcome!

Neil Balkwill Civic Arts Centre

73559 Tue,Thu Jul 2-18 6:30-9p.m. \$127.00

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

73412 Mon-Fri Aug 12-16 1-3:30p.m. \$100.00

Summer Plein Air

15 years and up

Bring your favourite art materials, chair, hat, and sunscreen for an outdoor plein air painting and sketching experience. Composition, colour, line, brushstroke and more will be covered in this class. Instruction in graphite pencil, pen, watercolour, pastel, water soluble pencils, acrylic and oil will be

covered.

Neil Balkwill Civic Arts Centre

73413 Mon-Fri Jul 8-12 9a.m.-12p.m. \$112.00

Techniques for Drawing Realistic Hair <NEW> 15 years and up

In this course, students will be introduced to very simple techniques for drawing various types of human hair. With easy-to-digest methods and easy-to-use tools, students with or without prior knowledge or ability in art should be able to capture different hair types and textures realistically.

Neil Balkwill Civic Arts Centre

73566 Mon-Fri Jul 29-Aug 2 10a.m.-12:30p.m. \$100.00

White Charcoal on Black Paper Art <NEW> 15 years and up

This is an exciting course for students to create simplified drawings of various subjects without the stress of having to apply complex techniques. With easy-to-digest methods and easy-to-use tools, students with or without prior knowledge or ability in art should be able to capture different realistic subjects in white charcoal.

Neil Balkwill Civic Arts Centre

73567 Tue,Wed,Thu Aug 6-15 6:30-9p.m. \$112.00

Fine Arts – Fibre Arts

Fibre Felting Fun 14 years and up

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

Neil Balkwill Civic Arts Centre

73494 Mon-Thu Jun 17-20 7-9p.m. \$101.00

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

73408 Thu Jul 25, Aug 22 6:30-9:30p.m. Free

Fine Arts – Jewellery and Metalwork

Anodizing Titanium <NEW>**16 years and up**

Titanium is a hypoallergenic metal that is strong and light and can be anodized with electrical current to produce brilliant and colourful patinas. Students will be introduced to the anodizing process to produce artistic jewellery. Titanium sheet and wire will be provided.

Prerequisite: Jewellery 1 or equivalent

Neil Balkwill Civic Arts Centre

73539 Thu Jun 6-27 7-10p.m. \$180.00

Cold Connections in Jewellery Making <NEW>**16 years and up****up**

In this course students will learn to make imaginative and artistic jewellery by joining metal without soldering- riveting, tab setting and creating faux bezels using the disc-cutter. These methods are essential for jewellers working with either titanium or enameled pieces.

Prerequisite: Jewellery 1 or equivalent

Neil Balkwill Civic Arts Centre

73540 Thu Aug 8-29 6:30-9:30p.m. \$125.00

Jewellery 1**16 years and up**

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

Neil Balkwill Civic Arts Centre

73526 Tue Jul 2-Aug 20 6:30-9:30p.m. \$270.00

Jewellery Bench Basics Workshop <NEW>**16 years and up**

This workshop is for those who have been away from the studio for some time or just want a refresher of basic techniques and commonly used tools in jewellery making. Students should bring their own materials so they can hone their skills with the jewelers' saw, flex shaft rotary tool, various bits, files, and more.

Prerequisite: Jewellery 1

Neil Balkwill Civic Arts Centre

73530 Thu Jul 4-11 6:30-9:30p.m. \$65.00

Jewellery – Casting Exploration <NEW>**16 years and up**

We will explore some of the different types of casting silver. This will include water casting, spaghetti casting and bean casting to create unique designs that you can incorporate into your designs. Each technique will produce a different type of organic result. Students are encouraged to bring their sterling silver scrap and create interesting components for your Jewellery. There will be a limited supply of sterling silver scrap available for purchase in class.

Prerequisite: Jewellery 1 and Jewellery 2

Neil Balkwill Civic Arts Centre

73545 Sat Aug 10-31 1-4p.m. \$125.00

Jewellery Findings Workshop <NEW>**16 years and up**

This workshop will explore the process for creating various findings used in jewellery making. Students will learn how to make and use jump rings, incorporate basic wire wrapping techniques to create bails, clasps and join components to complete various styles of jewellery. A material supplies kit will be available for purchase in class. No experience necessary.

Neil Balkwill Civic Arts Centre

73532 Thu Jul 18-25 6:30-9:30p.m. \$65.00

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

73403 Tue Jul 2-Aug 20 1-4p.m. \$230.00

Jewellery – Viking Knitting Workshop <NEW>**16 years and up**

We will explore creating woven chains and components using this ancient wire weaving technique. There will be a specialized tool and material kit available for purchase in class for approximately \$50.00. It is recommended that you use 24 to 30-gauge copper wire for learning this technique- there will be some wire included in the kit. Students are also encouraged to bring wire with them and there will be some available for purchase.

Neil Balkwill Civic Arts Centre

73544 Sat Jul 6-13 1-4p.m. \$65.00

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

73404 Mon Jul 8-Aug 26 1-4p.m. \$213.00

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

73419 Wed Jul 10-Aug 14 6:30-9:30p.m. \$215.00

Torch Fired Enameling Workshop

16 years and up

Students will learn how to fuse colourful enamels to copper pieces using a studio torch. They will leave the workshop with an array of unique and colourful pieces. The workshop will also cover some specialized techniques such as crackle enamel, as time permits. Enamels will be supplied. Students may bring their own 18 to 24-gauge copper for enameling. The instructor will also have copper blanks for sale.

Prerequisite: Jewellery 1 or Lampwork 1 or equivalent

Neil Balkwill Civic Arts Centre

73529 Sat/Sun Jun 22-23 9:30a.m.-4:30p.m. \$150.00

Fine Arts – Performing Arts

Introduction to Songwriting <NEW>

18 years and up

Songwriting can be a powerful form of self-expression and creativity. Join us as we dive into the art of spinning melodies and lyrics that speak to the soul. From heartfelt verses to catchy choruses, we'll explore song forms and composition, and lead you through the process of writing a song, from inspiration to presentation. Various musical styles will be covered, with time for co-writing. No prior musical experience necessary. This class will be presented by SaskMusic.

Neil Balkwill Civic Arts Centre

73575 Sat Jul 27-Aug 17 1-3:30p.m. \$85.00

Fine Arts - Photography

Introduction to Digital Photography <NEW>

15 years and up

In this introductory photography class, students will gain fundamental knowledge of photography essentials. Through hands-on learning, participants will explore camera functionalities, manual photography techniques, and the adjustment of camera settings to enhance their skills in capturing compelling images. Additionally, students will receive a basic introduction to Photoshop and Camera RAW, empowering them to edit and refine their photographs to achieve desired outcomes.

Neil Balkwill Civic Arts Centre
 73573 Sat Jul 6-Aug 10 1-4p.m. \$125.00

Fine Arts - Woodworking

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

73401 Fri Jun 21 7-9p.m. \$205.00
 Sat/Sun Jun 21/23 9a.m.-5p.m.

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

73415 Tue Jul 2-Aug 27 9-11:30a.m. Free

Aquatic Fitness, Health & Wellness

Programming Note

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

Baby & Me Aquacise

14 years and up

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

Sandra Schmirler Leisure Centre

74231 Wed May 29-Jun 26 9:15-10a.m. \$29.00
 74232 Wed Jul 3-17 8:15-9a.m. \$17.40
 74344 Wed Aug 7-28 8:15-9a.m. \$23.20

Aquacise

14 years and up

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

Lawson Aquatic Centre

73557	Tue	May 28-Jun 25	6:15-7p.m.	\$29.00
73558	Thu	May 30-Jun 27	6:15-7p.m.	\$29.00

North West Leisure Centre

73730	Mon	Jul 8-29	8:35-9:20p.m.	\$34.80
73732	Tue	Jul 9-30	8:35-9:20p.m.	\$40.60
73733	Wed	Jul 3-31	8:35-9:20p.m.	\$40.60

Sandra Schmirler Leisure Centre

74205	Mon	May 27-Jul 15	8:30-9:15p.m.	\$40.60
74227	Tue	May 28-Jul 16	8:30-9:15p.m.	\$46.40
74229	Wed	May 29-Jul 17	8:30-9:15p.m.	\$46.40
74230	Thu	May 30-Jul 18	8:30-9:15p.m.	\$46.40
74329	Mon	Aug 12-26	8:30-9:15p.m.	\$17.40
74340	Tue	Aug 6-27	8:30-9:15p.m.	\$23.20
74351	Wed	Aug 7-28	8:30-9:15p.m.	\$23.20
74355	Thu	Aug 8-29	8:30-9:15p.m.	\$23.20

Land Fitness, Health & Wellness

Programming Note

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

Baby & Me Bootcamp

15 years and up

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

Fieldhouse

73276	Tue	May 28-Jun 25	10:45-11:45a.m.	\$34.50
73329	Tue	Jul 16-Aug 27	10:45-11:45a.m.	\$48.30

73718 Tue Jul 9-30 6-7p.m. \$40.60

Ignite (M)

15 years and up

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

North West Leisure Centre

73713 Mon Jul 8-29 9-10a.m. \$34.80

LiveWell

15 years and up

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

Fieldhouse

73331 Mon/Wed Aug 5-Aug 28 10-11a.m. \$63.60

73334 Tue/Thu Jul 30-Aug 29 5:30-6:30p.m. \$79.50

Mobility – Strength, Flexibility & Relaxation

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

73284 Mon May 27-Jun 24 7-8p.m. \$34.50

Ninja Sweat

18 years and up

User Friendly Bootcamp- Simple fit & fun style! This one-hour class targets the entire body starting with walking intervals on the track, then small weights, abs and toning! Each session finishes with a yoga style stretch. No muscle group will be left behind- trust us! Class is open to all levels of fitness.

Fieldhouse

73285 Wed May 29-Jun 26 5:30-6:30p.m. \$34.50

73337 Wed Jul 17-Aug 28 5:30-6:30p.m. \$48.30

Outdoor Bootcamp**15 years and up**

Join us outdoors for this bootcamp suitable for all fitness levels. This workout will include a variety of cardio, balance, core, agility, speed, strength and endurance exercises.

Sandra Schmirler Leisure Centre

74236	Wed	May 29-Jul 17	5:30-6:30p.m.	\$46.40
74326	Wed	Aug 7-28	5:30-6:30p.m.	\$23.20

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

73286	Thu	May 30-Jun 27	6:45-7:45p.m.	\$34.50
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SoulFusion (M)**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

73287	Sat	Jun 1-29	9:45-10:45a.m.	\$34.50
73339	Sat	Jul 27-Aug 31	9:45-10:45a.m.	\$41.40

STEP**15 years and up**

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

North West Leisure Centre

73721	Tue	Jul 9-30	9-10a.m.	\$23.20
73794	Tue	Aug 6-27	9-10a.m.	\$23.20

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

74194	Mon	May 27-Jul 15	5:30-6:30p.m.	\$40.60
74321	Mon	Aug 12-26	5:30-6:30p.m.	\$17.40

Stretch & Tone**15 years and up**

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

Sandra Schmirler Leisure Centre

74233	Wed	Jul 3- 17	9:30-10:30a.m.	\$17.40
74378	Wed	May 29-June26	10:30-11:30a.m.	\$29.00
74234	Fri	May 31-Jul 19	11:45a.m.-12:45p.m.	\$46.40
74346	Wed	Aug 7-28	9:30-10:30a.m.	\$23.20
74356	Fri	Aug 9-30	11:45a.m.-12:45p.m.	\$23.20

SPRA Aqua Exercise Module**16 years and up**

Many people are turning to the pool environment to enjoy the unique benefits of the water. Learn the properties of water and how exercise in the water differs from land-based exercise. This 20-hour practical course provides considerations required when planning and leading fitness classes for older adults. This course is based on FLC performance standards and guidelines. Topics covered include: use of equipment, pool organization, principles of water, effects on body movement, safety in the water environment and use of music.

Prerequisite: MUST have completed and passed Exercise Theory Module

Lawson Aquatic Centre

73313	Fri	Jun 14	4-9p.m	\$281.25
	Sat/Sun	Jun 15/16	8:30a.m.-5:30p.m.	

SPRA Exercise Theory Module**16 years and up**

Exercise Theory is a prerequisite to all Certification modules and must be completed prior to taking any of the specialty modules. This course will give you the knowledge to proceed to the Certification Modules. You will learn the basic theory behind fitness classes including, leadership, health and fitness, anatomy, physiology, applied mechanics, principles of training, workout design and basic nutrition.

Fieldhouse

73314	Thu/Fri,	Jun 6-7	5 -9p.m.	\$332.75
	Sat/Sun	Jun 8-9	8am-5pm	

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 weights 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

73288	Mon	May 27-Jun 24	12:10-12:55p.m.	\$39.75
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SWAT **15 years and up**

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

North West Leisure Centre

73726	Thu	Jul 4-Aug 1	9-10a.m.	\$29.00
73797	Thu	Aug 8-29	9-10a.m.	\$29.00

Yoga – Gentle**15 years and up**

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

Fieldhouse

73290	Mon	May 27-Jun 24	5:45-6:45p.m.	\$34.50
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North West Leisure Centre

73787	Wed	Jul 3-31	5:45-6:45p.m.	\$29
73793	Wed	Aug 7-28	5:45-6:45p.m.	\$23.20

Sandra Schmirler Leisure Centre

74214	Tue	May 28-Jul 16	9:30-10:30a.m.	\$55.20
74215	Tue	May 28-Jul 16	10:45-11:45a.m.	\$55.20
74239	Thu	May 30-Jul 18	9:30-10:30a.m.	\$55.20
74248	Thu	May 30-Jul 18	10:45-11:45a.m.	\$55.20
74341	Tue	Aug 6-27	9:30-10:30a.m.	\$27.60
74342	Tue	Aug 6-27	10:45-11:45a.m.	\$27.60
74352	Thu	Aug 8-29	9:30-10:30a.m.	\$27.60
74353	Thu	Aug 8-29	10:45-11:45a.m.	\$27.60

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

73291	Tue	May 28-Jun 25	10:30-11:30a.m.	\$39.75
73343	Tue	Jul 16-Aug 27	10:30-11:30a.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

73292 Wed May 29-Jun 26 6:45-7:45p.m. \$39.75
73344 Wed Jul 17-Aug 28 6:45-7:45p.m. \$55.65

Sports

Badminton-Adults

16 years and up

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about 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

73811 Fri Jun 14-Aug 16 6-7:30p.m. \$87.00
73822 Sat Jun 15-Aug 17 6-7:30p.m. \$87.00

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

73816 Sat Jun 15-Aug 24 12:15-1:15p.m. \$65.25

Registered Older Adult Programs

Legend

North West Leisure Centre – North West Leisure Centre
Sandra Schmirler Leisure Centre – Sandra Schmirler Leisure Centre

Programming Note

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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

73788 Mon Aug 12-26 9-10a.m. \$34.80

Sandra Schmirler Leisure Centre

74235 Wed Jul 3-17 10:45-11:45a.m. \$20.70

74379 Wed May 29-Jun 26 11:45a.m. 12:45p.m. \$34.50

74348 Wed Aug 7-28 10:45-11:45a.m. \$27.60

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

73785 Tue Jul 9-30 10:15-11:15a.m. \$23.20

73786 Thu Jul 4-Aug 1 10:15-11:15a.m. \$29

73792 Tue Aug 6-27 10:30-11:30a.m. \$23.20

73798 Thu Aug 8-29 10:30-11:30a.m. \$23.20

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

74235 Wed Jul 3-17 10:45-11:45a.m. \$20.70

74379 Wed May 29-June 26 11:45a.m.-12:45p.m. \$34.50

74348 Wed Aug 7-28 10:45-11:45a.m. \$27.60