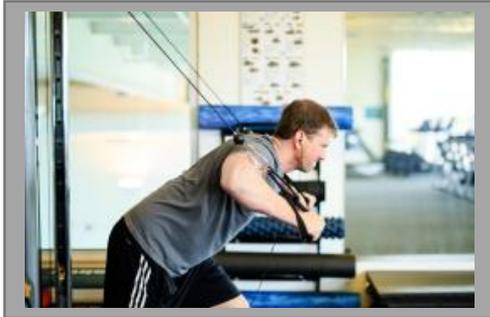




## We need your feedback on our strength and cardio equipment.



We are pleased to share that in response to feedback and comments, new cardio and strength equipment will be on the way for the Northwest and Downtown locations this fall.

To make sure we are meeting your needs and supporting your fitness goals, please take a moment to complete this survey below. Your feedback will support us as we choose and introduce the latest cardio and strength equipment to enhance your YMCA experience. [Click Here To Take The Survey](#)

## Change in Aquatic Schedule



To Our Valued Members,

Effective October 1st 2018 the downtown location will be adjusting swimming pool hours. Throughout the planning process for the upcoming year we considered overall member feedback while weighing out the many competing needs of facility, equipment and program improvement throughout all of our locations.

Choosing to make changes to schedules, including some reduction in hours of availability is never an easy decision, however the changes were selected to provide the least amount of impact to the fewest number of members.

The impact of these changes will allow us to direct resources to much needed repairs and upgrades to our facilities and will additionally allow us to address any unforeseen or urgent needs throughout the year.

Some of these improvements that members requested will include new strength and cardio equipment for the Northwest and Downtown locations, replacing the roof Downtown, patching the squash and racquet ball courts, fixing the Northwest men's change rooms as well as other updates to facility infrastructure. We have also recently updated our childcare centers and outdoor spaces to better serve our childcare families.

These changes did not come without a great deal of consideration and were reviewed by our entire management team. We hope that the improvements these changes will support by providing a safer, cleaner, and more up to date YMCA experience will be a noticeable benefit to you.

We thank you in advance for your patience and understanding during this transition.

## Linea Noels' YMCA Story- Member of the Y

My experience of the YMCA has been lifelong. It began with swimming lessons when I was a scrawny gradeschooler. The instructors created a confident swimmer of me. My next experience with the YMCA was as an onlooker. Both my younger brothers became sponsored members. These were young boys of a single mother living in a tough area of the city; their membership and the lessons they learned about sportsmanship and team playing was crucial in their development.

Later, when my own children were teens, I had a family membership. My daughters and I would stumble to the Y early in the morning after my night shift and before their breakfast. We'd giggle and pretend to work out. On Sundays we were likely at an instructor-led group class. Once in a while, we'd play racquetball. When my fledglings left the nest, I attended many and various group classes: yoga, body blast, cycling, and others. I have had excellent personal trainers and even swim stroke coaches for my triathlon ambitions. I have used the facilities at every YMCA in Regina, and I enjoy that flexibility. I may head to the YMCA lots sometimes in my life or a little at others, but I cannot imagine membership at any other gym; the YMCA offers me so much.



## Michelle Lechner's YMCA Story – Staff



My YMCA story began when I attended Camp Tawasi at six years old, and continuously attended for 10 years. My life's journey took me down another path only to end up back on the Y's doorstep many years later. I applied for the Membership Administrator position in February 2003 and was very excited to start my new career with the YMCA. Through the opportunities, I have played many different roles at the Y from the Membership Administrator to Membership Director and now Director of Support Systems.

Through the years, I have come to see YMCA not only as a job but as my second family. My co-workers as well as the members have been a great support for me through the good and bad times, which I am very grateful for.

In 2006, I participated in the Aquasize class led by Sally Elliot and was motivated to enroll in the Volunteer Fitness Instructor course. No sooner than I could blink, Sally had me subbing and teaching her class for her when she was unable to. I have been teaching this class for 10 years and love every moment of it.

Over the years, the Y has given me the opportunity to develop and grow as a staff member and as a volunteer fitness instructor. I have made many friends through meeting and talking with the members and building good relationships with my fellow co-workers. It is a very positive chapter in my life and I am very fortunate and proud to be a part of the YMCA of Regina.

## PlusOne Mentoring



Looking to get involved? The YMCA Plusone Mentoring program offers an excellent opportunity to make connections while you are already at the Y! The program connects youth with mentors to develop capacity, build new skills, and make a meaningful relationship. Ping pong? Yes! Shoot some hoops? Of course! Make some art? Always! Do things you already enjoy doing, just with a little buddy.

### Upcoming Plusone group events:

September - Art Workshop with artist Josh Goff. Learn new art techniques, and help spruce up the YMCA youth zone.

October - Wacky Sports Tournament: Basketball and soccer with a twist!

November - Cook-off: youth and mentors will create decadent desserts.

Give our Plusone team a text or call to find out more  
Megan (306) 737-1302 or Shruti (306) 551-3354

## Beyond the Bell

Amongst the flurry of activity that the fall brings, the YMCA's Beyond the Bell Program is in full swing. In its 10th year, this program continues to provide students with additional support to keep pace with their grade level and peers to realize academic achievement. Beyond the Bell improves the health and wellness of those involved in all facets by providing swimming lessons to children, memberships to families, and supporting students in finding suitable strategies for working through adversity.

We send a warm 'shout-out' to our partners at Albert Community School and Arcola Community School for being so great to work with. Also, thank you to our sponsors for their investment in this remarkable program: Community Initiatives Fund (CIF), the City of Regina, SaskTel, and the Anonymous Donors.

Follow [@BeyondtheBellRegina](#) on Instagram for a closer look into how we work to change children's lives right here in our community.



## Additional Fees for Membership Payments

In an effort to assist our members through the bi-weekly payment transition and to ensure a less stressful financial process, the YMCA of Regina will waive any unforeseen service charges to the Pre - authorized Chequing Plan (PAC) in September.

## Childcare



Did you know that the YMCA of Regina is the largest provider of licensed childcare in the city? Playing to Learn, our unique early learning curriculum is one of the many reasons YMCA childcare is different. With our dedication to offering high quality, research-based programs that are fun and enriching we continue to support children in spirit, mind, and body.

Through a review of our peers and colleagues from across the country, we wanted to take a moment to say “Thank You!” to our dedicated childcare team on the amazing results this year.

## Happy 20th work anniversary Troy!



Congratulations on achieving this work anniversary with YMCA of Regina! We are so blessed to have you as part of our work family and as a valuable member of our team. We sincerely appreciate your hard work and efforts over the years. Thank you for your many wonderful years of service.

Let's do 20 more years!

## Facility Development

We are working actively behind the scene to enhance your membership experience, and we are happy to share that plans are now in progress to replace the Downtown roof!

Our downtown facility has a new bike rack made possible by a generous bequest from the estate of Richard Moats - a long time YMCA member and bike enthusiast. Our donors and friends of the Y are a treasure to us. Thank you Richard for the generous and thoughtful addition to our Downtown membership.

**Do you have a YMCA story to share? Contact us using the information below.**

**We would love to keep you in the loop through our emails and newsletter. You can sign up for those on our website - <http://regina.ymca.ca/newsletter-sign-up/>**

### Contact Us:

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**Phone: 306-757-9622**

**Fax: 306-525-5508**

**Email: [reg-website@regina.ymca.ca](mailto:reg-website@regina.ymca.ca)**

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