



**Member
Registration**

Wednesday February 24th
9:00am

**Non-Member
Registration**

Wednesday March 3rd
9:00am

**WINTER ACTIVITIES FOR
EVERYONE**

**20/21
WINTER PROGRAM GUIDE**

What's Inside this Guide?

AQUATICS

Aquatic Course Descriptions
Aquatics Schedule

FITNESS PROGRAMS

Drop-in Fitness Classes
Personal and Group Training
Members Only Workshops (NEW)

YOUTH PROGRAMS

School's Out Day Camps
Child Minding
Home Alone Preparation Course
Babysitter's Course

How to Register

ON-LINE: Visit our website [here](#) to get your account set-up to use on-line registration for all our programs and manage your membership.

BY PHONE: A member services representative can take your registration over the phone. Call our front desk at 306-757-9622 to register.

IN-PERSON: Visit member services at the Front Desk. A member services representative will be happy to process your registration.

WHEN TO REGISTER: Programs fill quickly. Registering on or shortly after the registration opening date will increase your chances of getting into your preferred program(s).

Not a member yet? Join today and receive all these great benefits!

- Access to all YMCA's across Canada while traveling
- An abundance of Cardio and Weight Training equipment
- Drop-in Fitness Classes
- Free swimming lessons for children and adults
- Access to swimming pools for Lane and Family Swim time
- 18' Climbing Wall
- Free Child Minding services for children with memberships
- Multi-storey play structure
- Complementary equipment and free weight orientations to help get you started
- Financial assistance is available for membership fees for those who qualify

Hours of Operation

Monday through Friday - 6:00am - 10:00pm
Saturday and Sunday - 8:00am - 10:00pm

Address

5939 Rochdale Blvd

For All Inquiries

306-757-9622
info@regina.ymca.ca

Want more information? Stop by for a tour?

A facility tour is a great way to learn more about YMCA memberships, programs, services and facilities. Drop by for a tour today!

Keeping you and your family safe

Providing a safe and welcoming environment to our guests, staff and volunteers has always been our top priority. To help ensure we are doing our part to help stop the spread of COVID-19, here is what you can expect when visiting our facility:

- Plexiglass Barriers and Signage
- Health questionnaire
- All staff are required to wear masks
- Contactless Scan-in
- Increased training and safety protocols
- Increased cleaning protocols and facility checks
- Facility reconfigured for better social distancing
- Proper signage and instructions throughout the facility
- Increased hand sanitization stations

Here is what you need to know before visiting our facility:

Health and Fitness:

- Access to use our facility is by pre-booking only
- Masks must be worn at all times within our facility by anyone over 2 years of age. Masks do not need to be worn while actively participating in Aquatic activities
- Bring your own water bottle
- Members will be expected to maintain social distancing while using the facilities
- Members are expected to clean equipment and lockers before and after use. Individual spray bottles for members to keep during the entire workout
- Members are expected to follow directional signage and posted instructions
- Members are expected to only visit the facility if they are healthy
- Locker rooms/showers are available but we please ask you to arrive dressed appropriately to work out
- No working in between sets, no supersets - no alternating between pieces of equipment
- There will be reduced capacity for equipment and programs based on up to date social distancing requirements

Aquatics:

- Large and small pools have individual capacities. First come first serve for the pools
- Members must have a cleansing shower before entering the pool.
- Showers are available in the change rooms. Please do not use the shower on the pool deck
- Members must pre-book their spot to attend the pool. Pre-booking either the pool OR the conditioning centre, please do not book both. Members must either choose the pool or conditioning centre per visit
- The hot tub has a capacity of 6 and is on a first come first serve basis.
- Members can visit the conditioning centre and use the hot tub if capacity allows in the same time block
- Snorkels are not permitted
- Goggles will not be available
- Bring your own equipment where possible. Limited amounts of pool equipment will be available for use

We know that information and requirements can change quickly so please visit our website or download our YMCA app to keep up to date on any changes to these policies.



AQUATICS

NEW PROCEDURES FOR THIS YEAR

- All preschool levels and Otter/Seal will require a parent or guardian (at least 16 years of age in the water). (** if deemed safe by instructor, participants of Otter or Seal may be able to participate with no parent. Parents should expect to be in the water for at least 4 classes**. This does not apply to preschool classes, parents will attend all 8 lessons)
- Only one parent will be permitted to attend with participants or drop off students who do not require parent participation
- Participants (and parents) will need to shower prior to coming out for lessons
- Participants and parents will sit in designated areas or go directly to lesson meeting spot
- Participants will arrive no earlier than 5 minutes for their lessons
- Participants will be encouraged to bring their own life-jackets or pool toys when required
- Parents will be assisting their children with all skills when needed.
- Parents must stay with in arms reach of their child and stay with the class/instructor for the duration of the class
- For Youth Learn to Swim Otter/Seal, Parents are optional depending on the ability of the student
- Space for parents/spectators to remain on deck is limited and will be on a first come first serve basis

COURSE DESCRIPTIONS

Lil' Dippers Program - Parented Lessons

Orient preschoolers and the adults who accompany them to a wide range of water activities, while setting a foundation for swimming which is a critical life skill.

Splashers, Bubblers, Bobbers Age: 3M-5Y

Learn how to be safe and have fun in the aquatic environment with your young child. They will work to grow their comfort and confidence to thrive and prepare for their independent swim lessons.

Bobbers: Bobs and floats assisted, hold wall, kick and blow bubbles.

Floater: Front and back floats, bobs unassisted.

Gliders: Front/side/back glides, deep water skills, accessing EMS.

Divers: Kicking on front and back for 5m, surface support 10 seconds, boating safety.

Surfers: Surface support for 30 seconds, front and back swim 15m, ice safety.

Dippers: 25m swim, introduction to throwing assists.

Learn to Swim Program (6Y+) - Parented

Otter: Front and back glides, submersion.

Seal: Using flutter kick and rolling the body from side to side for streamlined movement through water.

Learn to Swim Program (6Y+)

Build positive values, a love for the water, and orient individuals age six and over to fundamental swim skills. Your beginner level swimmer will learn foundational swimming skills that will be applied throughout their future aquatics activities.

Dolphin: Coordinating arms, legs and breathing for smooth propulsion during front and back crawl.

Swimmer: Front and back crawl stroke standards, treading water for 1 minute and 25m endurance swim.

Star Program

Develop the individual, improving swim ability, developing water sport and safety skills, as well as endurance, developing new strokes and exploring leadership skills. Your continuing swimmer will learn elementary backstroke, breaststroke, sidestroke and increase their swimming distance to 350 metres by the end of Star 4. The optional items give your child opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

Star 1: Whip kick on their back, and 75m endurance swim.

Star 2: Whip kick on their front, eggbeater as surface support and 100m endurance swim.

Star 3: Elementary backstroke, dolphin kick, and 200m endurance swim.

Star 4: Breaststroke, sidestroke, and 350 m endurance swim.

Star Leadership Program

Your competent and confident swimmer will build on their strong aquatic skills to learn to safely help others who are in trouble in the water, basic first aid skills, and to improve their physical fitness.

Star 5: Butterfly, throwing a buoyant aid to a swimmer, create and teach a water game, and 500m endurance swim.

Star 6: First aid, towing someone to safety, demonstrate how to teach a skill, and 600m endurance swim.

Star 7: First aid, teach someone a skill using effective feedback, and 400m in 12 minutes endurance swim.

Adult Swim Lessons (Returning April 2021)

Adults will work independently at their ability with the guidance of an instructor. This class is great for beginners and intermediates alike.

Adult Beginner: Participants must register with a partner.

Participants will assist each other to learn basic swimming skills with the direction of the swimming instructor

Adult Intermediate: Participants must be comfortable on their own in the water, working on basic stroke development

Private: Working one on one with an instructor children will be able to have lessons tailored to their individual needs. Dependant on skill level, a guardian (16+) may be required to be in the water to assist. Contact the Aquatics Director to register.

Family Swim Lessons

Family lessons will be customized to meet the goals of your family in categories such as beginner, stroke work or lifesaving skills.

Participants must have a family membership and will register with a max of 5 members. Add least one member must be an adult, 16+ years of age.

Water polo (Returning April 2021)

Learn to play water polo - introductory program for boys and girls ages 6-12 that combines swimming with learning water polo

Class capacities are greatly reduced due to health guidelines.

Register early to ensure spaces are available.

Aquatics Leadership Program Descriptions

Bronze Star: The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

Prerequisites: None.

Course cost: Members \$93.00, Non-Members \$126.00

Bronze Medallion: Bronze Medallion challenges the candidate both mentally and physically. Judgment, 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. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Prerequisites: minimum 13 years of age or Bronze Star.

Course cost: Members \$145.00, Non-Members \$165. Cost includes manual (\$40 value)

Bronze Cross: The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisites: Bronze Medallion.

Course cost: Members \$114.00, Non-Members \$135.00

National Lifeguard -16y+: Advance your YMCA aquatic leadership to a peak level. This 40 hour program builds on the skills, knowledge and values taught in Lifesaving awards. To participate in this program, you need to have completed the Bronze Cross Award and Standard First Aid with CPR Level C.

Course cost: Members \$215.00, Non-Members \$265.00. Cost includes the manual (\$40 value).

Recertification cost: Members \$62.00, Non-members \$70.00 You must bring your most recent certificate card with you.

First Aid: This two day course meets the OH&S requirements for Standard First Aid and CPR-C. Topics covered are use of an AED, environmental emergencies, head and back trauma, treatment of blocked airways and circulatory emergencies. Please wear comfortable clothes.

Course cost: Members \$139.00, Non-Members \$149.00

First Aid Recert: This one day course will refresh your first aid skills and update you with any changes since your previous first aid course. You must bring your original first aid card to be re-certified. **Original first aid card cannot be more than 1 year past expiry date to qualify for re-certification.**

Course cost: Members \$77.50, Non-Members \$87.50

Aquatics Lessons

		Monday and Wednesday	Tuesday and Thursday
Age	Level	March 15th to April 7th	March 16th to April 8th
Lil' Dippers (0-3Y) Parented	Splashers/Bubblers	4:50-5:30 pm	4:55-5:25 pm
Lil' Dippers (3-5 Y) Parented	Bobbers/Floaters	5:25 – 5:55 pm	5:25 – 5:55 pm
	Gliders/Divers	6:05-6:35 pm	6:05-6:35 pm
	Surfers/Dippers	6:45-7:15 pm	4:15-4:45 pm
Learn to Swim (6Y+) (Otter/Seal Parented)	Otter/Seal	4:15-4:45 pm	6:45-7:15 pm
	Dolphin/Swimmer	4:20-4:50 pm 5:50 - 6:20 pm	5:35-6:05 pm
Star Program <i>*must have completed Swimmer Level</i>	Star 1/2	5:00-5:45 pm	4:30-5:15 pm 6:15-7:00 pm
	Star 3/4	5:30-6:15 pm	5:25-6:10 pm
	Star 5/6/7	4:15-5:15 pm	4:15-5:15 pm
Family Lessons	Please see program guide for description		6:20-7:05 pm (20M)

Please call the Aquatics Director to register for Private Lessons 306.757.9622 ext. 354
Members receive 1 free set of group lessons per session. Addition lessons are \$42.00 per class.

Aquatics Leadership Courses

Bronze Medallion		Price: Member \$145.00 Public \$165.00 (Cost includes manual)
Date	Day and Time	
March 26-28th	Friday 6:00-9:00 pm Saturday and Sunday 9:00am - 6:00pm	
National Lifeguard—Recertification		Price: Member \$62.00 Public \$70.00
Date	Day and Time	
March 5th	Friday 5:00 pm-10:00 pm	



YOUTH PROGRAMS



ArtsY

For ages - 6-9 Years

Saturdays, 11:35am-12:20pm

Starts March 6th

This program is designed to excite the curious artist. Children will explore a wide range of artistic endeavors over the course of the session including drawing, painting, and sculpting – all with a fun twist. Individual workstations and materials will be utilized to support participant health and safety. Instructor supervision will provide guidance and assistance when appropriate, however, child-centered directives will allow participants to explore personal interests and self-expression.

Program Fee \$35.00 Members, \$95.00 Non-Members



Dance FUNdamentals I - For ages 6-8 Years

Tuesdays, 5:10-6:00pm

Starts March 9th

Dance FUNdamentals II - For ages 9-12 Years

Tuesday, 6:20-7:20pm

Starts March 9th

This recreational program will introduce young movers to the FUNdamentals of dance and creative movement. Kids will explore basic ballet and jazz technique combined with musicality, stability and locomotion exercises. All classes will incorporate warm-up and cool-down activities to enhance strength and flexibility. Each style of dance will be explored in two, three-week blocks. No previous dance experience or training required -- just a desire to move and have fun!

Program Fee \$35.00 Members, \$95.00 Non-Members



Swim Camp - For ages 6-12 Years

April 5-9, 2021

Swim instruction is provided by certified instructors based on the YMCA Learn to Swim and Star 1-4 Programs. Campers can earn a full swim level within the week while having fun and making new friends! Other camp activities include outdoor activities, co-operative games, and creative arts. Please provide current swim level certification upon registration.

Program Fee \$220.00 Members, \$245.00 Non-Members

Everyone deserves some ME time!

It's not easy for families with young children to find the time to exercise. The YMCA child minding program makes it possible for families to stay active together.

We provide a fun and safe environment where your children, 6 weeks to 10 years old, are cared for by our staff team of dedicated individuals who are committed to the growth of children through positive and creative play while you participate in our various YMCA programs.

CHILD MINDING HOURS (EFFECTIVE FEBRUARY 22nd)

Monday to Friday Daytime – **9:45am – 1:15pm**

Monday to Thursday Evening – **5:00pm – 8:30pm**

Saturday & Sunday Morning – **8:00am – 11:15am**

HEALTH & SAFETY:

Each child who comes to child minding is important. In our effort to provide a safe environment, we follow a few simple guidelines:

- All children over the age of 2 will be required to wear a mask while attending child minding
- All youth programming staff follow a detailed sanitizing and disinfecting system to ensure all toys and equipment in Child Minding spaces are safely taken care of
- YMCA staff members will be equipped with masks
- Our booking system ensures low staff to child ratios
- YMCA of Regina is a nut-free organization and adheres to a total nut-free policy. No personal snacks or toys are allowed in the program, but bottled formula and water bottles will be permitted.
- Parents and caregivers must assess their children daily for symptoms of the common cold, influenza, COVID-19 or other infectious diseases before sending them to child minding. Children who are ill are not permitted to attend program
- Please note that parents must remain in the facility while using Child Minding

To register your child for any of the available time blocks, please stop by or call the front desk at 306-757-9622.

Our staff will be happy to assist you with enrolling!

SCHOOL'S OUT DAY CAMP

Let your children join us for some fun as we introduce them to positive opportunities and develop their potential!

Our School's Out Day Camps are offered on all professional development days and weekday school holidays. Camps are open for students from both the public and separate school systems.

Camp time runs from 7:00 am to 6:00 pm and children will participate in a variety of activities including but not limited to arts, crafts, sports, team building activities, out trips, swimming, and leadership development. Lunch and an afternoon snack will be provided to our campers.

Cost

Member — \$45.00/day
Non-member — \$55.00/day

Registration can be done in person at the front desk of the YMCA, or by telephone. Payment is due at time of registration to secure a spot.

For current available dates and times, visit our website for more information.

BABYSITTER'S COURSE

Prepare yourself for the important job of babysitting. This training course is focused on child care, planning and preparation to be a babysitter. You will be certified through Saskatchewan Safety Council. You must be 11 years old at the time of registration. To register, please call our front desk at 306-757-9622.

Cost

Member - \$40
Non-member - \$70

Dates

April 12th, 14th and 16th
7:00 pm to 9:00 pm

HOME ALONE PREPARATION COURSE

This certificate program will help build your child's self confidence, sense of responsibility and decision making abilities through a fun and interactive environment of role play and discussions.

This program is open to children ages 10 and older. To register, please call the front desk at 306-757-9622.

Cost

Member - \$25
Non-member - \$30

Dates

March 9th and 11th
March 23th and 25th
April 6th and 8th
7:00pm to 9:00pm



FITNESS PROGRAMS

"The Truth about Carbs" WORKSHOP

March 25th
5:45 – 6:45 PM

Whether you love them or hate them, carbohydrates are an essential part of our diet.

This seminar will debunk the myths about carbs and how they play an important role within health and fitness.

Participants will learn

- The health benefits of carbohydrates in your body.
- Understand the difference between "good" carbs and "bad" carbs
- Discover ways to modify your diet for optimal health and fitness benefits.

Ever wanted to learn how to do a pistol squat?

Take this 75-minute workshop to breakdown everything from strength progressions to mobility programming that will allow you to go from a simple air squat to developing some single leg strength!

Pistol Squats can help build both lower body and core strength through a full range of motion (also known as functional training).

This exercise will help to build solid glutes, quads, hamstrings, hip adductors, calves, and core muscles.

Pistol Squat WORKSHOP

April 7th
7:15 – 8:30 PM

Registration for these workshops are limited to 8 participants per session and are for YMCA of Regina Members Only.



Low Impact classes are great for beginners or those who want to work out at a gentler pace

AQUATICS

Ai Chi

A water based Tai Chi class with slow and controlled movements.

Gentle AquaFit

If you have a limiting physical condition that requires a gentler routine, or you're just beginning an exercise routine, this is the perfect class for you. With a combination of low impact cardiovascular aerobics, Gentle AquaFit targets large muscle groups in order to build endurance and muscle strength in the shallow depth of the pool.

Shallow Water AquaFit

Use the water's resistance to your advantage. This class will challenge your muscular and cardiovascular endurance while improving balance, stability and flexibility.

Deep Water AquaFit

Using the water's resistance to your advantage in the deep-water pool will challenge your cardiovascular endurance and resistance exercises designed to improve your stability, mobility and endurance. This low joint impact makes this class perfect for those with injuries, limitations, or just wanting to cross-train.

MIND AND BODY

Barre (NEW)

Barre class is a full-body workout inspired by aspects of ballet, yoga, and Pilates. The class will consist of light resistance, high repetitions targeting specific muscle groups throughout the body. The class is focused primarily on developing muscular endurance.

Yoga

Find your strength as you de-stress in this calming class. You will improve your flexibility, strength, balance and body awareness through a series of breathing exercises and poses.

Mobility

A class focused on improving range of motion at different joints by use of end range movements to improve strength and flexibility.



These classes start to introduce more activity including cardio and weights

STRENGTH / CARDIO

BodyBlast

A full body workout including a mix of aerobic and strength work. This class will accommodate all skill levels and use a variety of training methods

GentleFit

If you have a limiting physical condition that requires a gentler routine, or you're just beginning an exercise routine, this is the perfect class for you.

Abs/Core

A muscular strength workout that focuses on the core. Covers balance, stability, side strength, rotational strength, and abdominal and back strength.

Functional Strength

This class will focus on strength with an emphasis on form/detail of movement. A slower moving but challenging class, breaking down every portion of movement.

Yoga Sculpt

An intense, dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences.



Classes focus on a high level of intensity and activity during participation

Cycle Fit

Designed to build cardiovascular strength and burn calories, this indoor cycling class combines fast music with speed and climbing drills.

HIIT (High Intensity Interval Training)

Get the ultimate workout with HIIT! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance.



Get the most out of your workout

TRAINING PROGRAMS

Equipment Orientation (10Y+)

Join us in a small group setting for an hour of learning and knowledge of how to utilize our cardio and selectorized weight machines. Youth 10 - 15 must complete this orientation to be able to use the Conditioning Center. Classes available throughout the week. Free for members. Please see Front Desk for dates & times.

Free Weight Orientation (12Y+)

Our Personal Trainer will take an hour to show you some basic movement patterns and techniques. At the end, you can take away a small standard exercise circuit to do on your own. Youth 12-15 must complete this orientation to be able to use the Free Weights area. Classes available throughout the week. Free for members. Please see Front Desk for dates & times.

Personal Training

One on one training is a great way to get ongoing support as you strive to reach your health and individual needs, meeting with you as often as needed to ensure your goals are met.

1 to 4 Sessions	\$70.00 per session
5 to 9 Sessions	\$55.00 per session
10 to 24 Sessions	\$43.50 per session
25 to 30 Sessions	\$31.80 per session

Group Training (2 and 3 people)

Access Group Training by setting up your own group and workout time with a Personal Trainer. The trainer will provide programs and workouts to meet your group goals. To attend Group Training sessions, you must have an active membership to the YMCA. Before taking on any of our Personal or Group Training options, members must meet with one of our Personal Trainers for a free consultation.

1 to 4 Sessions	\$48.50 per session
5 to 9 Sessions	\$27.00 per session
10 to 24 Sessions	\$21.50 per session
25 to 30 Sessions	\$16.20 per person

DOWNLOAD THE YMCA APP



Check drop-in schedules



View online program guides



Receive news & event updates

GET IT FREE
Search "YMCA of Regina" on Google Play or the App Store





**YMCA of
Regina**

How can you help?

By making a donation, you not only making an investment in the lives of the children, youth and families - you are building **healthier communities.**

Donate in person or online at regina.ymca.ca/donate

FINANCIAL ASSISTANCE FOR MEMBERSHIP

YMCA of Regina would like all members of the community to take part in its programs and enjoy it's services regardless of economic circumstance. Financial Assistance is available for those who feel they would benefit from joining the YMCA but are financially unable, not unwilling, to pay the full general membership fees.

STRONG KIDS CAMPAIGN

Our Financial Assistance Program is supported by dollars raised annually through our Strong Kids Campaign. It is through the generosity of our YMCA family and friends that everyone can have a YMCA experience.

There are children, teens and young adults in every community who, with your help, will be healthier today and more productive tomorrow. By giving today, you can help our kids build a better community for the future. Every kid deserves a chance to realize their full potential.

All around us we see the images of children in need. These come in many forms – from food, clothing and shelter, to guidance and support. Whatever the needs, the YMCA is committed to improving the lives of the children and their families in our communities by providing safe places, caring and trained staff, and programs that teach life skills. Whether it's a place to go after school for a helping hand with homework, a place to learn leadership skills, or a place for the family to play and connect, the YMCA is there.



YMCA of Regina

Health, Fitness and Aquatics Centre

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