



Spring ACTIVITY GUIDE 2021

Member Registration

Wednesday April 14th
9:00am

Public Registration

Wednesday April 21st
9:00am

What's Inside this Guide?

AQUATICS

Aquatic Course Descriptions
Aquatics Schedule

YOUTH PROGRAMS

ArtsY
Skills Lab
Y-Fit Kids
YMCA Youth Leadership Academy
Home Alone Preparation Course
Babysitter's Course
Child Minding

FITNESS PROGRAMS

Drop-in Fitness Classes
Personal and Group Training

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: 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
- Free equipment and weight orientations to help get you started
- Financial assistance is available for membership fees for those who qualify

Want more information?

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

Provide 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
- Contactless Scan-in
- Increased training and safety protocols
- Increased cleaning protocols and facility checks
- 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
- Member must pre-book their spot to attend the pool. Pre-booking either the pool OR the conditioning centre, please do not book both
- 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

IMPORTANT INFORMATION - AQUATICS

- 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 within 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
- Class capacities are greatly reduced due to health guidelines
- Register early to ensure there are spaces available

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

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

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

Bronze Star

April 29th - June 17th - Thursdays 7:00 - 8:15 PM

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 \$92.50, Non-Members \$125.00

Please Note: A current YMCA membership is required to reserve and participate in swimming lessons

		Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Age	Level	April 26-June 21	April 27-June 15	April 28-June 16	April 29-June 17	May 1-June 19	May 2-June 20
Lil' Dippers 0-3Y - Parented	Splashers Bubblers	5:35-6:05pm	9:00-9:30 am 10:20-10:50 am 5:35-6:05 pm	5:00-5:30 pm	4:20-4:50 pm	10:35-11:05 am 1:40-2:10 pm	11:45am-12:15 pm 3:20-3:50 pm
Lil' Dippers 3-5 Y - Parented	Bobbers Floaters	4:15-4:45pm	9:40-10:10 am 4:55-5:25 pm	5:40-6:10 pm	5:40-6:10 pm	9:15-9:45 am 11:15-11:45 am	11:05-11:35 am 1:20-1:50 pm
	Gliders Divers	6:15-6:45 pm	4:15-4:45 pm 6:55-7:25 pm	6:20-6:50 pm	5:00-5:30 pm	9:55-10:25 am 12:20-12:50 pm	12:25-12:55 pm 2:40-3:10 pm
	Surfers Dippers	4:55-5:25 pm	6:15-6:45 pm	4:20-4:50 pm	6:20-6:50 pm	1:00-1:30 pm	2:00-2:30 pm
Learn to Swim 6Y+ (Otter/Seal - Parented)	Otter Seal	4:20-4:50 pm 5:05-5:35 pm 6:55-7:25 pm	4:20-4:50 pm 5:05-5:35 pm	4:30-5:00 pm 5:50-6:20 pm	6:25-6:55 pm	10:10-10:40 am 11:30am-12:00 pm	11:00-11:30 am 1:15-1:45 pm 1:50-2:20 pm
	Dolphin Swimmer	4:25-4:55 pm 5:00-5:30 pm 5:45-6:15 pm	4:25-4:55 pm 5:00-5:30 pm 5:45-6:15 pm	5:10-5:40 pm	4:30-5:00 pm 6:05-6:35 pm	9:30-10:00 am 11:50 am-12:20 pm	12:35-1:05 pm 1:10-1:40 pm 1:55-2:25 pm
Star Program *must have completed Swimmer	Star 1 *	5:40-6:25 pm	5:40-6:25 pm	5:15-6:00 pm	5:30-6:15 pm	10:25-11:10 am	12:05-12:50 pm
	Star 2					12:30-1:15 pm	2:30-3:15 pm
	Star 3 Star 4	6:25-7:10 pm	6:40-7:25 pm	4:15-5:00 pm	5:10-5:55 pm	10:50-11:35 am	11:40-12:25 pm
	Star 5 Star 6 Star 7				4:15-5:15 pm	9:15-10:15 am	2:35-3:35 pm
Adult Lessons (14Y+)	See previous page for full program description	6:45-7:30 pm (20M)	9:00-9:45 am (20M)		7:00-7:45 pm (10M)		11:05-11:50am (20M)
Family Lessons	See previous page for full program description		6:25-7:10 pm (20M)			12:10-12:55 pm (20M)	
Water Polo	See previous page for full program description					1:15-1:45 pm 1:50-2:20 pm	

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.
Please note: No Classes on May 24th

YOUTH PROGRAMS





ArtsY - For Ages 10-12

Saturdays, 11:35am-12:20pm

May 1st to June 19th

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 while allowing participants to explore personal interests and self-expression.

Cost: \$45.00 Members, \$95.00 Non-Members



Skills Lab - For Ages 8 - 10

Saturdays 12:40 - 1:40pm

May 1st to June 19th, 2021

This class focuses on team sport movements and abilities such as coordination, agility, strength, and stamina. Kids will get the chance to play classic PE games along with various sport balls and striking objects.

Cost: \$45.00 Members, \$95.00 Non-Members



Y-Fit Kids - For Ages 5 - 7

Saturdays 11:40am-12:25pm

May 1st to June 19th, 2021

Whether your child loves sport or simply loves to move and play, this class will provide children the opportunity to practice a wide variety of movement skills.

Cost: \$45.00 Members, \$95.00 Non-Members



YMCA Youth Leadership Academy (VIRTUAL)

Wednesdays - April 28th to June 16th

Grades 4 to 6 - 5:45- 6:30pm Grades 7 & 8 - 6:45- 7:30pm

This program will explore themes of identity and personal leadership. It challenges youth to step out of their current comfort zones and into a new (virtual) realm of understanding. Youth will be provided with a new and fun experiences, while learning about themselves, gaining confidence and being part of new community.

Weekly participants will receive an email, with that week's theme as well as things to watch and do.

This program is **FREE** to participate in. At the end of the program, youth receive a Certificate of completion.

Register online or with the YMCA Front Desk any time after April 5.

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

May 24th, 26th and 28th

June 14th, 16th, and 18th

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

May 4th and 6th

May 18th and 20th

June 8th and 10th

Everyone deserves some ME time!

It is not easy for families with young children to find time to exercise. The YMCA child minding program makes it possible for families to stay active together. Our goal is to provide an effective, and most importantly, safe environment for all our participants and families to enjoy!

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 YMCA programs.

CHILD MINDING HOURS

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

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

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

FITNESS PROGRAMS





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.

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.

MIND AND BODY

Barre

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.

Vinyasa Yoga

In this class, participants will link movement with their breath, the class is a dynamic, flowing practice which leads you through a balanced series of postures to strengthen and build flexibility, promoting physical stamina and a sense of calm.

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

5939 Rochdale Blvd

Regina, SK S4X 2P9

p. (306)757-9622

e. info@regina.ymca.ca

w. regina.ymca.ca

Hours of Operation

Monday through Friday

6:00am - 10:00pm

Saturday and Sunday

8:00am - 6:00pm