



2022 Winter Activity Guide



Member Registration	Public Registration
Monday, December 12 9:00 AM	Monday, December 19 9:00 AM

Aquatics

- Aquatic Course Description
- Aquatic Swimming Lesson Schedule
- Aquatic Leadership Courses

Youth Programs

- ArtsY
- Babysitter Training & Home Alone Courses
- Brain Games, Youth Basketball, Skills Lab & Y Fit Kids
- Youth Camps & Winter Break Camp
- Youth Leadership
- Y Mind

Court Sports

- Learn to Play
- Drop in Sports

Fitness Programs

- YThrive
- Personal & Group Training
- Group Fitness Classes
- YMCA Personal Trainers
- Childminding Services
- Member Benefits

Support your YMCA

- Financial Assistance Program
- Donate to the YMCA of Regina

Safety is a priority!

Providing a safe and welcoming environment to our Members, Staff & Volunteers has always been our top priority, and it will continue to be a focus.

What you will find in our facilities:

- Increased cleaning and sanitizing.
- Plexiglass barriers at the front desk.
- Contactless scan-in & payments.
- Clear signage throughout the facilities.

Here's how you can help:

- Members and guests are asked to clean equipment & lockers before/after use. Individual sanitizer bottles and paper towels are provided.
- Members are expected to visit the facility only if they are feeling healthy and not displaying any contagious illness related symptoms.
- Members must pre-book group fitness and aquatic classes
- All pool users must shower with soap & water before entering the pool.
- The YMCA of Regina is a **nut free & scent conscious** facility Please refrain from bringing snacks containing nuts or using scented products during your visit.

Masks are optional, we respect your decision, and ask that you respect others decisions as well



Tips for Registration

- **Look up your previous swim lesson level early so you know which level is next to complete.**
- **Set up your YMCA of Regina online account in advance.**
- **Use the Wish List function online to store your preferred lesson(s) prior to registration day.**
*Note that *Wish List* does not guarantee you a spot, but helps organize your preferred times to make your registration process faster.*
- **Don't forget to add yourself to the waiting list if your preferred lesson time/day is not available or is full.**
- **Registration opens at 9:00 AM for Members on Monday, December 12 & Monday, December 19 for Non-Members.**

An active YMCA membership is required to reserve and participate in swimming lessons. YMCA Members receive one FREE group lesson session per season.

Additional lessons are \$42.00/session

How to Register

On-Line

Visit our website [HERE](https://regina.ymca.ca) to get your on-line member account set-up. Manage all of your account functions from the comfort of your home. Use the Wish List to make registration day a breeze! Is the course you're looking for full? Sign up for the waiting list. Have questions? Contact us: info@regina.ymca.ca

In Person

A Member Service Representative will be happy to help process your registration, visit us at **5939 Rochdale Blvd.**

By Phone

A Member Services Representative can take your registration over the phone, or answer any questions you may have. Call our Front Desk at **(306)757-9622. Registration is not accepted over voicemail.**

Important Information

- Parents are encouraged to be in the water with their children if they require extra assistance.
- Some swimming lessons require a parent to be in the water for the duration of the lesson.
- Participants **MUST** shower with soap and water prior to entering the pool.
- Participants should arrive no earlier than 5 minutes prior to their lessons.
- Parents must sign all children under the age of 12 in and out of swimming lessons.
- The appropriate swim level is determined by previous YMCA lesson completion, and/or the current age of the participant. A swim test may be scheduled to determine a participants level.

Please contact us prior to registering if you have not had a YMCA swimming lesson in the past.

Aquatics



******* The YMCA of Canada has started the process of modernizing the content of the YMCA swim lessons. The changes ensure focus on swimming progressions, safety & lifesaving skills. The changes will also ease students into transitioning to Bronze level lifesaving programs.

PRE-SCHOOL SWIM LESSONS (3 months - 5 years)

Splashers (Parent & Tot 1) **parented*

Splashers is a great way to introduce babies 3-18 months old to the water. Parents get in on the fun by participating with their children. At this early stage, children are still learning about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and to learn to splash with their arms and legs!

Bubblers (Parent & Tot 2) **parented*

The 2nd level of YMCA Preschool Swim Lessons. We work with you to introduce your child to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

Bobbers (Preschool 1) **parent optional*

3rd level of YMCA Preschool Swim Lessons. *Children are encouraged to attend without a parent.* We'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.

Floater (Preschool 2) **parent optional*

The 4th level of YMCA Preschool Swim Lessons, is for children who have completed Bobbers or equivalent. We introduce floating and gliding, and continue to practice other movements. Through structured activities and play, children will become comfortable submerging themselves underwater.

Gliders (Preschool 3)

The 5th level of YMCA Preschool Swim Lessons, is for children who completed Floaters or show an equivalent level of competence. Children will combine kicking with gliding to learn how to propel themselves through the water.

Divers (Preschool 4)

The 6th level of YMCA Preschool Swim Lessons, is for children who completed Gliders or show an equivalent level of skill. Children will combine all the skills they have learned so far to swim on their front and back unaided for a distance of 10 meters. Your child will also learn to jump into and float in deep water unassisted.

Surfers (Preschool 5)

The 7th level of YMCA Preschool Swim Lessons, is for children who have completed Divers or show an equivalent level of competence. We'll continue to help your child develop front and back swimming skills and build up to a distance of 15 meters. And now that your child is comfortable jumping into the water, we'll work on some creative, fun entries.

Jumpers (Preschool 6)

The 8th and final level of YMCA Preschool Swim Lessons, is for children who completed Surfers or show an equivalent skill level. We'll introduce the front and back crawl, as well as underwater swimming. Children at this level will have achieved a foundation of swimming skills and be able to front swim a distance of 25 meters.

YMCA LEARN TO SWIM (6 years - 12 years)

Otter

Otter is the first level in the YMCA's Learn to Swim program. Otters will learn the basics of pool safety, to go underwater and glide on top of the water without assistance.

Seal

Seal is the second level in the YMCA's Learn to Swim program. Seals will learn flutter kicks, and to roll their body from side-to-side for streamlined movements through water. This level also introduces Deep water.

Dolphin

Dolphin is the third level in the YMCA's Learn to Swim program. Dolphins will learn to coordinate their arms, legs and breathing for smooth propulsion during the front and back crawl. Dolphins will also spend more time in Deep water.

Swimmer

Swimmer is the fourth and final level in the YMCA's Learn to Swim program. Swimmers will improve their front and back strokes, endurance, and treading water skills. Swimmers will be able to swim 25 meters.

Changes include:

- Removal of all optional criteria from Otter to Star 6.
- Removal of Star 7 ***Students are encouraged to transition to Bronze Star.**
- Time changes for Star 5/6 to 45 minutes (reduced from 60 minutes)
***Time change will be revisited at the end of the Winter Session.**
- Updating the names of preschool programs. New names are in brackets below. ***In Spring, the names will be used.**
- Updates to the Parent and Tot curriculum will come at a later date.

STAR PROGRAM

Develop your skills by improving water sport and safety skills, as well as endurance. Swimmers will work on learning new strokes and exploring their leadership skills. Participants will learn elementary backstroke, breaststroke, sidestroke, and increase swimming distance to 350 meters by the end of **STAR 4**.

STAR 1: Back whip kick, and 75 meter endurance swim

STAR 2: Front whip kick, eggbeater as surface support, and 100 meter endurance swim

STAR 3: Elementary backstroke, dolphin kick, and 200 meter endurance swim

STAR 4: Breaststroke, sidestroke, & 350 meter endurance swim

STAR LEADERSHIP PROGRAM

Participants will learn how to safely help others who are in trouble in the water, basic first aid, and improve physical fitness. Each level has a component of learning educational and leadership skills.

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

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

ADULT SWIM LESSONS

(See Swim Lesson Schedule for Adult Lessons)

Adult Members age 14+ can enjoy structured group swimming lessons too! Take advantage of one **FREE** swimming lesson session each season with a YMCA Membership.

Adult Beginner Lessons

Participants will use various aids to learn basic swimming skills guided by certified swimming instructors.

Adult Intermediate Lessons

Participants must be comfortable alone in the water. Participants will work on basic stroke development guided by certified swimming instructors.



WATER POLO

Learn to play water polo is an introductory program for all youth ages 6-12 that combines swimming with learning the sport. **Water Polo will return in Spring.**

For more information on water polo, please email:
rwpa.clubrep@gmail.com

Or visit their website at:
www.reginawaterpolo.ca

PRIVATE SWIM LESSONS

One-on-one private swimming lessons are tailored to the individual's needs. From basic skills to competitive swim preparation, our private swimming lessons go above and beyond.

*Private lessons can be booked 4 at a time

Cost: \$100.00 (\$25.00/lesson)

WINTER 1

Sundays 9:30-10:00 AM

January 8, 15, 22, 29

February 5, 12, 25 & March 5

Mondays 4:30-5:00 PM | 5:00 PM-5:30 PM

January 16 & February 6 & February 27

Wednesdays 4:15-4:45 PM | 7:20-7:50 PM

January 11, 18, 25 & February 1

February 8, 15 & March 1, 8

Saturdays 2:30-3:00 PM

January 14, 21, 28 & February 4

February 11, 25 & March 4, 11

WINTER 2

Mondays 6:35-7:05 PM | 7:10-7:40 PM

March 13, 20, 27 & April 3

Saturdays 9:15-9:45 AM | 9:50-10:20 AM

March 18, 25 & April 1, 8

WINTER 1

Lessons run once per week
*no classes February 19 - 25, 2023

		Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Age	Level	January 8 - March 5	January 9 - March 6	January 10 - March 7	January 11 - March 8	January 12 - March 9	January 14 - March 11
Preschool Parented 0-3Y	Splashers Bubblers	9:00-9:30 am 4:00-4:30 pm 5:10-5:40pm	5:10-5:40 pm	5:10-5:40 pm 6:15-6:45 pm	5:25-5:55 pm 6:10-6:40 pm	5:40-6:10 pm	10:40-11:10 am 12:40-1:10 pm
Preschool 3-5 Y *parent optional*	*Bobbers *Floaters	4:05-4:35 pm 5:45-6:15 pm 6:20-6:50 pm	4:30-5:00 pm 5:45-6:15 pm	5:05-5:35 pm 6:20-6:50pm	4:20-4:50 pm 6:40-7:10 pm	4:50-5:20 pm 5:30-6:00 pm 6:20-6:50 pm	9:15-9:45 am 10:55-11:25 am 12:00-12:30 pm 1:15-1:45 pm 1:50-2:20 pm
	Gliders Divers	4:35-5:05 pm 6:05-6:35 pm	4:35-5:05 pm	4:35-5:05 pm	5:30-6:00 pm	4:15-4:45 pm 6:10-6:40 pm	9:50-10:20 am 1:15-1:45 pm
	Surfers Jumpers	5:10-5:40 pm	5:05-5:35 pm	5:40-6:10 pm	4:50-5:20 pm	6:45-7:15 pm	10:25-10:55 am
Learn to Swim 6Y+	Otter Seal	9:00-9:30am 9:30-10:00 am 4:35-5:05 pm 5:45-6:15 pm 6:20-6:50 pm	5:40-6:10 pm 6:25-6:55 pm	4:30-5:00 pm 5:45-6:15 pm 6:55-7:35 pm	4:55-5:25 pm 7:15-7:45 pm	4:20-4:50 pm 5:05-5:35 pm 6:55-7:25 pm	11:15-11:45 am 12:05-12:35 pm 12:35-1:05 pm 1:50-2:20 pm
	Dolphin Swimmer	4:00-4:30 pm 4:40-5:10 pm	6:30-7:00 pm 7:05-7:35 pm	4:30-5:00 pm 5:05-5:35 pm 6:50-7:20 pm	4:15-4:45 pm 6:05-6:35 pm	4:55-5:35 pm 6:20-6:50 pm 7:20-7:50 pm	10:20-10:50 am 12:40-1:10 pm
Star Program *must have completed Swimmer or equivalent	Star 1 * Star 2	10:10-10:55 am 5:15-6:00 pm	5:40-6:25 pm	5:40-6:25 pm	4:50-5:35 pm	5:30-6:15 pm	11:00-11:45 am
	Star 3 Star 4		6:15-7:00 pm		5:40-6:25 pm	6:55-7:40 pm	9:30-10:15 am 1:10-1:55 pm
Star Leadership	Star 5 Star 6	11:00-11:45 am	7:05-7:50 pm			4:15-5:00 pm	11:50am-12:35pm
Adult Lessons 14Y+	Please see program guide for description	10:10-10:55 am (Intermediate) 11:00 11:45 (beginner)	7:00-7:45 pm (Beginner)	6:30-7:15 pm (Intermediate)			



WINTER 2

Lessons run twice per week

		Monday/Wednesday	Tuesday/Thursday
Age	Level	March 13-April 5	March 14-April 6
Preschool Parented 0-3Y	Splashers Bubblers	5:50-6:20 pm	5:40-6:10 pm
Preschool 3-5 Y *parent optional*	*Bobbers *Floaters	4:20-4:50 pm 6:40-7:10 pm	4:50-5:20 pm 6:15-6:45 pm
	Gliders Divers	5:25-5:55 pm 7:00-7:30 pm	4:15-4:45 pm 5:30-6:00 pm
	Surfers Jumpers	4:50-5:20 pm	6:50-7:20 pm
Learn to Swim 6Y+	Otter Seal	5:05-5:35pm 7:15-7:45 pm	4:20-4:50 pm 5:05-5:35 pm 6:50-7:20 pm
	Dolphin Swimmer	4:15-4:45 pm 6:00-6:30pm	4:55-5:35 pm 6:15-6:45 pm
Star Program *must have completed Swimmer or equivalent	Star 1 * Star 2	4:15-5:00 pm	5:25-6:10 pm
	Star 3 Star 4	4:55-5:40 pm	6:05-6:50 pm
Star Leadership	Star 5 Star 6	5:40-6:25 pm	4:15-5:00 pm
Adult Lessons 14Y+	Please see program guide for description		All levels 6:55-7:30pm



LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD

Lifesaving Society National Lifeguard (FULL COURSE)

National Lifeguard is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies including first aid treatment. Participants develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

Pre-requisites: Minimum 15 years of age, Bronze Cross Certificate, Standard First Aid/CPR-C certificate or Aquatic Emergency Care/CPR-C certificate. First Aid/CPR C certifications will only be recognized from the following providers: **Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, St. John Ambulance.**

***Participants must bring proof of Bronze Cross & Standard First Aid certifications. Participants will need a Fox 40 whistle.**

June 9-11, & June 16-18, 2023 (Friday 5:00-10:00 PM, Saturday/Sunday 9:00 AM-6:30 PM)

Cost: \$250.00/Member | \$291.50/Non-Member

Lifesaving Society National Lifeguard (RECERT)

National Lifeguard certification is valid for 24 months (2 years) from the date of the exam. In order to remain current, National Lifeguards must attend an in-person recertification exam before they expire. This exam ensures that all National Lifeguards are remaining at the National Lifeguard standard.

As long as you have held a National Lifeguard certification in the past, you can attend a re-certification. Between the time of expiration and the re-certification exam, you are not considered certified by the Lifesaving Society.

***Please bring your most recent certification to this course.**

Friday, March 10, 2023 (5:00-10:00 PM)

Cost: \$68.20/Member | \$77.00/Non-Member

LIFESAVING SOCIETY STANDARD FIRST AID CPR-C/AED

Lifesaving Society Standard First Aid CPR-C/AED (FULL COURSE)

The Lifesaving Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. This course is Occupational Health and Safety approved in Saskatchewan and in Canada.

January 14/15, March 4/5, or May 13/14, 2023 (Saturday/Sunday 9:00 AM-6:00 PM)

Cost: \$152.90/Member | \$163.90/Non-Member

Lifesaving Society Standard First Aid CPR-C/AED (RECERT)

This one-day course will refresh your first aid skills and update you with any changes from your previous first aid course. You must bring your original certification card. *Original first aid can be expired no more than one year* and must be from one of the following providers:

Lifesaving Society, Canadian Red Cross, St. John Ambulance or Canadian Ski Patrol.

February 12, April 16 or June 11, 2023 (Sunday 9:00 AM-6:00 PM)

Cost: \$85.25/Member | \$96.25/Non-Member

BRONZE AWARDS

Lifesaving Society Bronze Star

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Participants 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. Includes a 400m fitness challenge workout.

Prerequisites: No age requirement, swimming ability required. It is recommended that participants have previously completed **STAR 6** or equivalent.

January 14-March 11, 2023 (Saturdays 9:15-10:30 AM)

Cost: \$101.75/Member | \$137.50/Non-Member

Lifesaving Society Bronze Medallion

Bronze Medallion challenges the participants both mentally and physically. **Judgment, knowledge, skill, & fitness** – the four components of water rescue, form the basis of Bronze Medallion training. Participants 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 assistant lifeguard training in Bronze Cross. Includes a 400 metre timed swim within 12 minutes

Pre-requisites: Minimum 13 years of age OR Bronze Star certification.

March 24-26, 2023 (Friday 6-9:30 PM & Saturday/Sunday 9-6 PM)

Cost: \$160.00/Member | \$181.50/Non-Member

***The cost of a manual is included with this certification.**

Lifesaving Society Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Participants 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. Stroke mechanics and endurance are also included. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard award (NLS) and leadership certification programs such as Lifesaving Instructor. Includes a 400 metre timed swim within 11 minutes.

Pre-requisites: Bronze Medallion certification.

***This course uses the same manual as Bronze Medallion.**

Participants will need a Fox 40 whistle.

March 31-April 2, 2023 (Friday 5-10 PM & Saturday/Sunday 9-6:30 PM)

Cost: \$126.50/Member | \$148.50/Non-Member



Youth Programs



ArtsY

Curious artists will explore a wide range of artistic endeavours over the course of **ArtsY** including drawing, painting, and sculpting - all with a fun twist. Instructor supervision will provide guidance and assistance while the children explore their personal interests and self-expression.

Session 1

Mondays | January 9, 16, 23, 30 & February 6, 13

Ages 4-6 years: 5:40-6:40 PM

Ages 7-11 years: 7:00-8:00 PM

Session 2

Tuesdays | February 28 & March 7, 14, 21, 28 & April 4

Ages 7-11 years: 7:00-8:00 PM

Cost: \$33.00/Member | \$75.00/Non-Member



Babysitter Training

Ages 11 years and older

The **Babysitters Training Course** focuses on child care, planning, and preparation. It will help build leadership and decision-making skills and prepare participants for the important job of babysitting.

Sessions run **Monday, Wednesday & Friday | 7:00-9:00 PM**

Session 1

January 23, 25 & 27

Session 2

February 27, March 1 & 3

Session 3

March 13, 15, 17

Cost: \$40.00/Members | \$70.00 Non-Members



Home Alone Prep Course

Ages 10 years and older

The **Home Alone Preparation Course** is a two day course designed to help build a child's self-confidence, sense of responsibility, and decision-making abilities through a fun and interactive environment of role-playing.

Sessions run **Tuesday & Thursday | 7:00-9:00 PM**

Session 1

January 17 & 19

Session 2

February 14 & 16

Session 3

March 21 & 23

Cost: \$25.00/Members | \$30.00/Non-Members



Brain Games

STEAM aligns with the way children's minds learn and work from a very early age. It promotes curiosity, exploration and play. Hands on projects allow kids to practice critical thinking and problem solving skill where it is no challenge to have fun!

Session 1

Thursdays | January 12, 19, 26 & February 2, 9, 16

Ages 4-6 years: 5:40-6:40 PM

Ages 7-11 years: 7:00-8:00 PM

Session 2

Wednesdays | March 11, 8, 15, 22, 29 & April 5

Ages 7-11 years: 7:00-8:00 PM

Cost: \$33.00/Member | \$75.00/Non-Member



Youth Basketball

This program is designed to teach youth 4-11 years the fundamental concepts of basketball. Skill development will be blended with movement skills, and the opportunity to practice game play.

Session 1

Sundays | January 8, 15, 22, 29 & February 5, 12

Ages 4-6 years: 4:30-5:15 PM

Ages 7-11 years: 5:30-6:30 PM

Session 2

Sundays | February 26 & March 5, 12, 19, 26 & April 2

Ages 4-6 years: 4:30-5:15 PM

Ages 7-11 years: 5:30-6:30 PM

Cost: \$33.00/Members | \$75.00 Non-Members

Skills Lab

This class focuses on team sport movements, and abilities such as coordination, agility, strength, and stamina. Kids will play classic PhysEd games along with sport balls and striking objects.

Session 1

Saturdays | January 14, 21, 28 & February 4, 11, 18

Ages 7-11 years: 10:20-11:20 AM

Session 2

Saturdays | March 4, 11, 18, 25 & April 1, 8

Ages 4-6 years: 10:20-11:20 AM

Cost: \$33.00/Members | \$75.00 Non-Members

Y Fit Kids

Ages 6-11 years old

Whether your child loves sports, or simply loves to move and play, Y Fit Kids will provide children the opportunity to practice a variety of movement through physical activity aiming to develop and grow their skills.

Session 1

Tuesdays | January 10, 17, 24, 31 & February 7, 14

5:30-6:30 PM

Session 2

Thursdays | March 2, 9, 16, 23, 30 & April 6

5:30-6:30 PM

Cost: FREE/Members | Youth Day Pass/Non-Members



The YMCA of Regina **School's Out Day Camps** are offered on all Professional Development (PD) days and weekday school holidays. Camps are open for students from both the public and separate school systems.

While each YMCA day camp is unique in its own way, all camps will include outside and gym activities and games, creative activities, life and social skills activities and nutritional activities.

Camp runs from **7:00 AM to 6:00 PM**, children will participate in a variety of activities including but not limited to arts, crafts, sports, team building activities, outside trips, swimming (*pending availability*), and leadership development. *Lunch & an afternoon snack are provided.*

Cost: \$55.00/Members per camp
\$65.00/Non-Members per camp

Public School Dates

January 16, 2023
February 10, 2023
March 17, 2023
May 1, 2023
June 16, 2023

Catholic School Dates

January 20, 2023
February 10, 2023
March 17, 2023
May 19, 2023
June 16, 2023



Swim Camp

Ages 6-12 years old

Swim Camp is the perfect fit for young swimmers looking to improve their skills. Daily swim instruction is provided by certified instructors based on the YMCA Learning to Swim and Star 1 to Star 4 programs. Campers can earn a full swim level with the week, while having fun & making new friends! Other camp activities include co-operative games, physical activity, creative arts & sciences.

**Please provide current swim level certification upon registration*

Session 1

December 27th - December 30th, 2022 | 9:00 AM-4:30 PM

Session 2

February 21st - February 24th, 2023 | 9:00 AM-4:30 PM

Cost: \$190.00/Members | \$210.00/Non-Members

**Extended supervision is available at a cost of \$25/Members and \$30/Non-Members*



Winter Break Camp

Ages 6-12 years old

Let us keep your kids busy during the Winter Break with fun games, swimming & MORE! Parents can register Campers for single or multiple days.

December 21, 22, 23, 2022 & January 3, 4, 2023 | 7:30 AM-5:30 PM

Cost: \$55.00/Members per day | \$65.00/Non-Members per day

Youth Leadership Academy (YLA)

The YLA is a multi-faceted program that contains sessional youth leadership development programs, with mentorship services. It is **FREE** to join, and is open to a **wide range of ages**. This program offers a safe space for participants to develop a greater sense of belonging amongst the group. After completing a session, youth will be provided with a certificate and recognition for their engagement.

YLA Registered Programming

The 2022/2023 theme is **Uniquely You!** We will draw on the individual strengths and interests of participants providing them with the tools to embrace their unique selves. Participants will work on self-expression & confidence building through art, physical activities, community presentations, excursions and more.

Group 1 (Grades 4, 5, 6) Wednesdays 6-7 pm

Group 2 (Grades 7 & 8) Wednesdays 7:15- 8:15 pm

Group 3 (Grades 9 & 10) Wednesdays 8:30-9:30 pm

Those in grades 9 & 10 will have the opportunity to participate in **Saskatchewan Safety Councils Career & Exploration Program, along with identifying interests in the work field through presentations.*

YLA Group Mentorship ***Now open to children and youth in Grades 1-12**

This is a 13-week program that provides you an opportunity to work with a mentor in a small group environment. Youth are placed in small groups with peers as they work to develop and enhance social skills, self-esteem, self-worth, and resiliency skills. Mentors will lead participants through engaging and interactive games, and curriculum based activities while meeting the unique needs.

YLA Mentorship Services

This service is a combination of 1:1 mentorship and group mentorship, it is offered by **referral only**. If you are interested in the YLA Mentorship Services, please complete the online form on the YMCA of Regina's website under *Youth Leadership Academy*.

If you are interested in learning more about the mentorship programs, please connect with:
Ashley Florent, General Manager of Community Development | ashley.florent@regina.ymca.ca

Y Mind

This program supports people who are experiencing symptoms of mild-to-moderate anxiety or similar feelings (*no diagnosis required*). Throughout this program, participants will learn and practice evidence-based strategies to cope with stress and anxiety led by trained mental health professionals.

By providing individuals the opportunity to connect with other like-minded people, will foster an environment of open discussion and real-life practices.

This FREE seven-week program will run virtually, interested participants will complete an intake interview with a Mental Wellness Facilitator to ensure this program is the right fit.

Y Mind Teen (13-18 years old)

Wednesdays | February 1, 8, 15, 22 & March 1, 8, 15
6:30-8:00 PM

Y Mind Youth (18-30 years old)

Thursdays | February 9, 16, 23 & March 2, 9, 16, 23
6:00-8:30 PM



For more information, or to connect with a YMCA Mental Wellness Facilitator, **scan the QR code** or visit the YMCA of Regina website.

Moose Jaw - Junior & Senior Boys Empowerment Group

This 12-week program will be happening in **MOOSE JAW!**
Stay tuned for more details, coming soon.



**Saskatchewan
Health Authority**

Court Sports



Drop-in Court Sports

The YMCA of Regina offers drop in court sport times for basketball, volleyball, and/or pickleball on a daily basis. To view current court sport drop in times, please visit our online gymnasium schedule [HERE](#).

We ask all participants to ensure they are wearing running shoes in the gymnasium and refrain from consuming food or drinks apart from water. The gym is a shared space; if you are using a portable speaker for music, please ensure the music is appropriate for all ages (*clean edits of explicit songs*) and that all music is kept to a reasonable volume.

Learn to Play Court Sports

Throughout the year, the YMCA of Regina offers structured learn to play clinics for court sports such as basketball, volleyball, and pickleball. Available workshops will be listed in our Program Guide and on our website.

Drop-in Volleyball facilitated by fitness volunteers

The gymnasium can be used for volleyball Friday evenings. Every second week, fitness volunteers will facilitate setting up nets and offer advice. ***See the fitness schedule for when volunteers are present.** Volleyballs are available at the front desk to borrow by providing collateral.

Fridays 5:00- 6:30 PM | *Highschool Students*

Fridays 6:30 PM - 8:00 PM | *Adults*

Cost: FREE/Members |

Non-Members will need to purchase a day pass to access the facility.



Drop-in Pickleball facilitated by fitness volunteers

Join us on Monday nights to learn, and improve your Pickleball skills! Fitness volunteers will teach beginners the basics of the sport, and teach avid players tips and tricks to improve their game.

Wednesdays 7:00 PM - 8:30 PM

All skill levels are welcome, no experience required.

Cost: FREE/Member

Non-Members will need to purchase a day pass to access the facility.



Basketball

The gymnasium can be used for drop-in basketball during open gym times throughout the week.

Basketballs are available at the front desk to borrow by providing collateral.

Cost: FREE/Member

Non-Members will need to purchase a day pass to access the facility.



Fitness programs



IT'S YOUR TIME TO THRIVE



YThrive Fitness Program **FREE for Members*

YThrive gives you the tools so you can spend your time working on you instead of worrying about planning your exercises. Each workout is designed to be 30 - 50 minutes in length, & every 90 days you get a new routine & a new set of goals to work toward.

YThrive has five streams based on your familiarity & fitness level.

- **Begin** gives those new to fitness the skills and confidence to start their fitness journey, stay motivated and reach their goals
- **Balance** helps people looking to lead a more active lifestyle improve their overall health and wellbeing. Get more proficient with your workouts and increase your energy levels.
- **Boost** is for the active exerciser looking to maintain healthy weight or lifestyle. Reduce your risk of health issues and reach your goal body composition.
- **Flex** is for the confident exerciser looking to maximize strength and muscle gain, increase lean body mass, and burn more calories.
- **Grow** is designed for kids aged 10 – 15 looking for fun, movement and to develop new skills.

To book in for a YThrive Coaching session, contact Avery.Lightfoot@regina.ymca.ca OR call (306) 757-9622

Age Requirements for Cardio & Weight Machines/Equipment

Youth 10-13 years may access the cardio and selectorized (pin loaded) equipment independently, upon completing an Equipment Orientation.

Youth 14-15 years may access the weight areas independently upon completing a second orientation.

***Youth outside of these age groups are not permitted in the weight/conditioning areas, but may use other spaces with proper supervision such as the gymnasium and pools.**

To book in for Equipment Orientation or Free Weight Orientation, please visit or call the Front Desk (306)757-9622.

FITNESS TRAINING PROGRAMS

Personal Training

One on one training is a great way to get ongoing support as you strive to reach your health and individual goals. Meeting with a certified Personal Trainer as often as needed will ensure your goals are met.

1 to 4 sessions	\$73.50/session
5 to 9 sessions	\$57.75/session
10 to 24 sessions	\$45.67/session
25 to 30 sessions	\$33.39/session

Group Training

Group Training with your chosen group, and workout time with a certified Personal Trainer. The trainer will provide programs and workouts the meet your group goals.

1 to 4 sessions	\$50.93/session
5 to 9 sessions	\$28.35/session
10 to 24 sessions	\$22.58/session
25 to 30 sessions	\$17.01/session

Youth 10-13 years can...
book a free Equipment Orientation
for access to cardio and selectorized
weight equipment

Youth 14-15 years can...
book a free Equipment Orientation
for access to cardio and free
weight equipment

Adults and Youth 16+ years can...
access all cardio and free weight
equipment without orientation



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

AQUATICS

Ai Chi

Ai Chi uses breathing techniques and resistance training in water to relax and strengthen the body; based on elements of Tai Chi.

Gentle AquaFit

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

Shallow Water AquaFit

Use the water's resistance to your advantage. This class will challenge and improve your muscular and cardiovascular endurance.

Deep Water AquaFit

This class will challenge your cardiovascular endurance by using the water's resistance to your advantage in the deep water pool. Resistance exercises are designed to improve stability, mobility, and endurance.

MIND & BODY

Vinyasa Yoga

In this dynamic, flowing class, participants will link movement to breath during a series of postures to strengthen and build flexibility. This promotes physical stamina and a sense of calm.

Yoga for Every Body

Using classical yoga and other mindful movements, we'll cultivate whole-body strength, length, balance, and resilience to help us move through life with increased ease and comfort.

Yoga Sculpt

An intense, dynamic yoga practice that incorporates resistance training intervals into traditional yoga sequences.

NEW Tai Chi with Lena!

Mondays 7:00-8:00 PM

Tai Chi is an ancient Chinese tradition that today is practiced as graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a non-competitive, self-paced system of gentle physical exercise and stretching.



Medium Impact classes start to introduce more activity including cardio and weights

STRENGTH & CARDIO

BodyBlast

A full body workout including a combination of aerobic and strength conditioning. This class will accommodate all skill levels.

Core & More

A muscular strength workout that focuses on the core, while hitting all muscle groups. This class will cover balance, stability, side and rotational strength.

Functional Strength

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

Step & Strength

This class makes cardio fitness fun by offering a high energy, choreographed class. This class will challenge you with intervals of cardio conditioning and strength training.

OLDER ADULTS

Mobility

This class focuses on improving your range of motion at different joints by using end range movements to help improve strength.

Gentle Fit

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



High Impact classes focus on a higher level of intensity & activity during participation

CARDIO

CycleFit

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 muscular endurance.

**Stay in the know...
Download our FREE app!**



HEALTH CONNECT

Health Connect is a drop-in program & service for anyone **ages 55+**. The program focuses on supporting and improving health literacy in older adults.

Active Aging with Dorothy!

Wednesdays 8:00-9:00 AM

This is a low impact class designed for those 55+ with the goals of safely improving participant strength, balance and cardiovascular level to aid in day-to-day activities.

Coffee & Conversation will

follow the Active Aging Program in the Northwest Lobby.

Wednesdays 9:15-10:00 AM

**YMCA Membership or drop-in fee may be required to participate in some Health Connect programs.*



WHAT A YMCA PERSONAL TRAINER CAN DO FOR YOU...

- They can provide motivation, encouragement and variety
- They ensure that the exercises are done safely and effectively to prevent injury
- They will work to establish realistic goals with you
- They will develop a tailored program that will help you achieve your goals

Whether you are brand new to the YMCA or training for your next triathlon, our trainers will get you where you want to go! One-on-one training is a great way to get on-going support as you strive to reach your health and fitness goals. Our certified, friendly and knowledgeable training staff will design a program to meet your individual needs and provide on-going support along the way.



Ed has a B.Kin and a major in Human Kinetics. Since 2017, Ed has worked as a personal trainer, and has practiced as a Kinesiologist since 2020. He has experience working with individuals from athletes, to those living with chronic conditions.

Ed enjoys learning just as much as he enjoys teaching. He is currently enrolled in Graduate School, focusing on the effects of exercise on motor learning and motor function in people with MS (Multiple Sclerosis)

To set up a consult, contact: eduardo.toledo-aldana@regina.ymca.ca



Daniel is one year away from attaining his Kinesiology Degree. He has a passion for fitness and sport training, and in the short time he has been with the YMCA, he has celebrated many achievements with his clients.

Daniel has an appreciation for sharing his indepth knowledge and putting his education into practice through personalized fitness sessions.

To set up a consult, contact: daniel.caley@regina.ymca.ca



Josh has a B.Kin in Human Kinetics, concentrated in high performance. Josh has always pursued a variety of sports which has lead to his passion of helping others better themselves through fitness and health.

He has been a personal trainer & fitness instructor with the YMCA since 2016. During this time, he has worked with all ages from young athletes to older adults. He continues to share his knowledge and interest in improving human movement, building strength.

To set up a consult, contact: josh.pollard@regina.ymca.ca



Leah has a B.SC in Kinesiology and has instructed fitness classes for the last 12 years. She has dedicated the past 8 years of her career to working with senior populations and adults with intellectual disabilities; her focus has been to help improve the fitness/ability levels of participants through exercise therapy.

Leah has a passion for fitness and strives to inspire and motivate others to be active and make fitness a part of their lifestyle.

To set up a consult, contact: leah.ingold@regina.ymca.ca

CHILD MINDING

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

In our effort to provide a safe environment, we follow a few simple guidelines:

- 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
- 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 the program
- Please note that parents must remain in the facility while using Child Minding

*Child Minding can be booked no more than 24 hours in advance by calling the front desk.

*Children in Child Minding are required to have a **Membership** or a **\$7.35 daily fee** applies.



CHILD MINDING HOURS

Monday to Friday (Daytime) | 9:15 AM - 1:00 PM

Monday to Thursday (Evening) | 5:00 PM - 8:30 PM

Saturday & Sunday (Morning) | 8:00 AM - 11:15 AM

Select Statutory Holidays | CLOSED



At the YMCA, you can try something new, connect with others, & stay healthy in spirit, mind, and body.

Whether your goal is to reduce stress, train for a race or just feel healthier, we're here to help!

Learn about all the different ways to be active at your YMCA.

MEMBERSHIP BENEFITS

- No contracts or cancellation fees*
- FREE swimming lessons for children & adults
- FREE YThrive fitness programming
- Access to swimming pools for lane & family swimming
- Guest passes for friends and family (subject to capacity)
- Early and discounted registration for programs
- Hot tub & steam room
- Access to daily/weekly drop-in fitness classes
- Free fitness orientations to Conditioning Centre & equipment
- Children's and teen classes
- Discounts on summer day camps
- Child minding services during programming
- Multi-storey play structure & mini-structure
- Drop in court sports: Basketball, Pickleball, Volleyball
- Access to all YMCA's across Canada

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. For more information on our **Financially Assisted Membership Program**, visit our website, or connect with the Front Desk.

Building healthy communities

Hours of Operation

Monday-Friday | 5:30 AM - 10:00 PM

Saturday-Sunday | 7:00 AM - 7:00 PM

Select Statutory Holidays | 9:00 AM - 5:00 PM

You can make a real difference



The **YMCA Financial Assistance Program** is supported by YMCA Members like you, committed to making a difference in their community.

Last year, **1397 individuals** were assisted with their membership fees.

These members were able to join arts programs, swimming lessons, and other YMCA programs. When faced with challenges, these kinds of activities raise your quality of life and remind you that you belong.

Please help everyone in our neighborhood enjoy a YMCA experience, because **everyone deserves a chance to realize their full potential.**

How can you help?

By topping up your membership with just \$15 bi-weekly, you can give one person a chance to join our community.

Or, by increasing that gift to \$33 bi-weekly, you can help an entire family find a place to relax, have fun, and learn new things.

Help everyone in our community participate and grow into their best selves by giving a gift today.

Please, speak with one of our Membership Staff about donating today, or visit our website at **regina.ymca.ca/donate**.

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info@regina.ymca.ca