

2023 Fall Activity Guide



Member Registration
August 28, 2023 | 9:00 AM

Public Registration
September 5, 2023 | 9:00 AM

Registration Tips

Before Program Registration

- ☉ Become a YMCA Member
- ☉ Set up your YMCA of Regina online account
- ☉ Look up your previous swim lesson level early, so you know which level is next to complete.
- ☉ 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.*
- ☉ If you have **not** had a YMCA Swimming Lesson in the past, or are unsure of the next transition level, you can find more information by visiting our website, scanning the QR code or contacting us prior to registering for a swimming lesson.
- ☉ Use the '**Wish list**' function online to store your preferred lesson(s)/programs prior to registration day



Registration Day

- ☉ Registration opens at 9:00 AM (*Monday, August 28 | Members OR Monday, September 5 | Non-Members*)
- ☉ Move items from your '**Wish list**' to your cart for easy check out
- ☉ Add yourself to the waiting list if your preferred lesson/program time/day is not available, or is full.

GST added to fees where applicable



Visit our website **HERE** to get your on-line member account set up. Manage all of your account functions from the comfort of your home.

regina.ymca.ca/account/



A Member Service Representative can take your registration over the phone, or answer any questions.

(306)757-9622

**Voicemail registrations will NOT be accepted*



A Member Services Representative can help process your registration in person.

5939 Rochdale Blvd.



AQUATICS



Pre-School Lessons 3 months - 5 years

Parent & Tot 1 (Splashers) **Parented Splashers introduces babies 3-18 months to the water. The goal of Splashers is to make children & parents comfortable in the water together, and to learn to splash with their arms & legs.*

Parent & Tot 2 (Bubblers) **Parented We work with parents to introduce children to new movements in the water. Including holding the wall, kicking feet, and blowing bubbles.*

Pre-School 1 (Bobbers) **Parent optional We continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end; children will be comfortable having their face in the water and will have learned basic movements while being supported.*

Pre-School 2 (Floaters) **Parent optional We introduce floating and gliding and continue to practice other movements. Through structured activities and play, children will become comfortable submerging themselves underwater.*

Pre-School 3 (Gliders)
Children will combine kicking with gliding to learn how to propel themselves through the water.

Pre-School 4 (Divers)
Children will combine all the skills they have learned to swim on their front and back unaided for a distance of 10 meters. Children will also learn to jump into and float in deep water unassisted.

Pre-School 5 (Surfers)
We will continue to help children develop front and back swimming skills, and build up to a distance of 15 meters. We will explore fun and creative pool entries.

Pre-School 6 (Jumpers)
We will introduce the front and back crawl, and underwater swimming.

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.



STAR Program

Level 1-6

Develop your skills by improving water sport, safety, and endurance. Swimmers will learn new strokes and explore their leadership skills.

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, and 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 their physical fitness. Successful STAR 6 participants will be able to transition to Bronze Star/Medallion.

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 swimming skill, and 600 meter endurance swim.



Adult Swim Lessons

(See Swim lesson Schedule)

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

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.

Sundays

9:55 am - 10:25 am (10m)

11:10 am - 11:40 am (20m)

September 17, 24 & October 1, 8

October 15, 22, 29 & November 5

Wednesdays

6:45 pm - 7:15 pm (10m)

6:50 pm - 7:20 pm (10m)

7:20 pm - 7:50 pm (10m)

7:25 pm - 7:55 pm

September 20, 27 & October 4, 11

October 18, 25 & November 1, 8

Saturdays

11:25 am - 11:55 am

2:00 pm - 2:30 pm

2:30 pm - 3:00 pm

September 23, 30 & October 7, 14

October 21, 28 & November 4, 18

Cost: \$105.00 (4 lessons)

\$26.25/lesson | Membership required

Aquatic Leadership

Cancellation Policy *(Aquatic Leadership courses)*

- ☉ Cancellations are required seven (7) days prior to the start of the course, and are eligible for a full refund or credit to your YMCA account. *No refund will be given if cancellation is given with less than seven (7) days prior to the program start date.*

Lifesaving Society Bronze Star

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. Includes a 400m fitness challenge workout.

Pre-requisites: no age requirement; swimming ability required; recommend Star 2.

Saturdays

9:15 am - 10:30 am

September 23 - November 18, 2023

January 13 - March 9, 2024

April 13 - June 1, 2024

**Cost: \$107.00/Member |
\$144.25/Non-Member
+GST where applicable**

Lifesaving Society 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. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a pre-requisite for assistant lifeguard training in Bronze Cross. Includes a 400m timed swim within 12 minutes.

Pre-requisites: 13 years of age OR Bronze Star certification. Cost of manual included in fees.

Friday, Saturday & Sunday

6:00 pm - 9:30 pm (Friday), 9:00 am - 6:00 pm (Saturday & Sunday)

January 5-7, 2024

April 5-7, 2024

**Cost: \$160.00/Member |
\$181.50/Non-Member
+GST where applicable**

Lifesaving Society Bronze Cross

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 to 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 advance training in the Society's National Lifeguard award (NLS) and leadership certification programs such as Lifesaving Instructor. Includes a 400 meter timed swim within 11 minutes.

Pre-requisites: Bronze Medallion Certification. This course uses the same manual as Bronze Medallion.

Friday, Saturday & Sunday

5:00 pm - 10:00 pm (Friday), 9:00 am - 6:30 pm (Saturday & Sunday)

March 22-24, 2024

June 21-23, 2024

**Cost: \$126.50/Member |
\$148.50/Non-Member
+GST where applicable**

Aquatic Leadership



LIFESAVING SOCIETY®
The Lifeguarding Experts

Lifesaving Society National Lifeguard Award

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. Candidates develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50m sprint challenge, 50m rescue drill and 400m endurance challenge.

Pre-Requisite: *Minimum 15 years of age, Bronze Cross Certificate (need not be current), Standard First Aid/CPR-C certificate (only accepted from one of the following providers: Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, St. John Ambulance).*

Friday, Saturday & Sunday

5:00 pm - 10:00 pm (Friday), 9:00 am - 6:30 pm (Saturday & Sunday)

June 7 - 9 & June 14 - 16, 2024

**Cost: \$250.00/Member |
\$291.50/Non-Member**
+GST where applicable

Lifesaving Society National Lifeguard Award (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 recert exam before they expire. This exam ensures that all National Lifeguards are remaining at the National Lifeguard standard.

***Note:** As long as you have held a National Lifeguard certification you can attend a recert. However in-between the time of expiration and the recert exam you are not considered certified by the Lifesaving Society.

Please bring most recent certification to the recert.

Friday

5:00 pm - 10:00 pm

March 8, 2024

**Cost: \$68.20/Member |
\$77.00/Non-Member**
+GST where applicable



Lifesaving Society Standard

First Aid CPR-C/AED (Full Course)

The Lifesaving Society Standard First Aid course provides comprehensive training that covers all aspects of First Aid and CPR. This course is Occupational Health and Safety (OH&S) approved in Saskatchewan and Canada.

Saturday & Sunday

9:00 am - 6:00 pm

September 23 - 24, 2023

October 14 - 15, 2023

January 13 - 14, 2024

February 10 - 11, 2024

April 20 - 21, 2024

**Cost: \$152.90/Member |
\$163.90/Non-Member**
+GST where applicable

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, Canadian Ski Patrol, St. John Ambulance.**

Sunday

9:00 am - 6:00 pm

October 1, 2023

December 3, 2023

March 10, 2024

May 5, 2024

**Cost: \$85.25/Member |
\$96.25/Non-Member**
+GST where applicable

How to become a Lifeguard/Swim Instructor

Lifesaving Society Bronze Star

(Recommend Star 2 or
equivalent swimming ability)

Lifesaving Society Bronze Medallion

(Must be 13 years of age OR
Bronze Star certification)

Lifesaving Society Bronze Cross

(Must have completed
Bronze Medallion Course)

Lifeguard

Instructor

Lifesaving Society Standard First Aid/ CPR-C/AED

Certificate accepted from: Lifesaving
Society, Canadian Red Cross, St. John
Ambulance or Canadian Ski Patrol

Lifesaving Society National Lifeguard

(Must be 15 ears of age & must have
completed Bronze Cross and Standard
First Aid/CPR-C/AED)

YMCA Swim Instructor (YSI) or Lifesaving Society Swim for Life Instructor

(Must be 15 years of age)

We are always looking for new
Lifeguards and **Swim Instruc-
tors** to join our team!

If you have the qualifications,
and a drive to provide top notch
aquatic services, contact us today
at careers@regina.ymca.ca

Swimming Lessons

Schedule runs September 17-November 18

**No class on October 9 and November 11*

		Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Age	Level	Sept 17-Nov 5	Sept 18-Nov 13	Sept 19-Nov 7	Sept 20-Nov 8	Sept 21-Nov 9	Sept 23-Nov 18
Preschool Parented 0-3Y	Parent and Tot 1&2	10:30-11:00 am 4:00-4:30 pm 5:10-5:40pm	5:10-5:40 pm	6:15-6:45 pm	5:40-6:10 pm		10:25-10:55 am 12:40-1:10 pm
Preschool 3-5 Y <i>*parent optional*</i>	*Preschool 1 *Preschool 2	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	5:10-5:40 pm 6:20-6:50pm	4:20-4:50 pm 6:15-6:45 pm	5:10-5:40 pm 5:40-6:10 pm 6:35-7:05 pm	9:15-9:45 am 9:50-10:20 am 10:50-11:20 am 11:00-11:30 am 12:00-12:30 pm 1:15-1:45 pm 1:50-2:20 pm
	Preschool 3 Preschool 4	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	4:35-5:05 pm 6:15-6:45 pm	9:50-10:20 am 11:25-11:55 am 1:15-1:45 pm
	Preschool 5 Preschool 6	5:10-5:40 pm	5:05-5:35 pm	5:40-6:10 pm	5:05-5:35 pm	6:50-7:20 pm	10:25-10:55 am
Learn to Swim 6Y+	Otter Seal	10:00-10:30 am 10:25-10:55am 4:35-5:05 pm 5:45-6:15 pm 6:20-6:50 pm	5:40-6:10 pm 6:20-6:50 pm	4:30-5:00 pm 5:05-5:35 pm 5:45-6:15 pm 6:50-7:20 pm	4:55-5:25 pm 6:10-6:40 pm	4:30-5:00 pm 5:20-5:50 pm 7:10-7:40 pm	9:15-9:45 am 12:05-12:35 pm 12:35-1:05 pm 2:00-2:30 pm 2:25-2:55 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 6:55-7:25 pm	4:30-5:00 pm 6:05-6:35 pm	5:05-5:35 pm 5:55-6:25 pm 7:20-7:50 pm	10:20-10:50 am 11:00-11:30 pm 12:40-1:10 pm
Star Program <i>*must have completed Swimmer or equivalent</i>	Star 1 * Star 2	9:10-9:55 5:15-6:00 pm	5:40-6:25 pm	5:40-6:25 pm	4:30-5:15 pm	5:45-6:30 pm	11:00-11:45 am 1:50-2:35 pm
	Star 3 Star 4		6:15-7:00 pm		5:20-6:25 pm	6:30-7:15 pm	9:30-10:15 am 1:10-1:55 pm
Star Leadership	Star 5 Star 6	9:00-9:45 am	7:05-7:50 pm			4:30-5:15 pm	11:50am-12:35pm
Adult Lessons 14Y+	<i>Please see program guide for description</i>	11:10-11:55am (20m all levels)	6:55-7:40 pm (10 m beginner)	6:30-7:15 pm (20 m Intermediate)			



Y YOUTH PROGRAMS



Cancellation Policy *(Single Day Camps & Youth Programs)*

- ☉ Cancellations are required two (2) days prior to the start of the program, and are eligible for a full refund or credit to your YMCA account. *No refund will be given if cancellation is given with less than two (2) days prior to the program start date.*

***Where a program runs daily for a full week Monday-Friday, a cancellation notice of seven (7) days is required.**

Youth Programs

ArtsY Ages 7-11

Curious artists will explore a wide range of artistic endeavours over the course of the session, including: *drawing, painting, and sculpting* - all with a fun twist. Instructor supervision will provide guidance and assistance, and child-centered directives will allow artists to explore personal interests and self-expression.

Fridays

7:00 pm - 8:00 pm

September 22, 29 & October 6, 13 at Northwest YMCA

**Cost: \$34.65/Member |
\$78.75/Non-Member**

Babysitter Training Ages 11 & older

The Babysitter Training Course focuses on childcare planning, and preparation. It will help build leadership and decision-making skills; it will prepare participants for the important job of babysitting.

Monday, Wednesday & Friday

7:00 pm - 9:00 pm

October 23, 25, 27, 2023 at Northwest YMCA

October 30, November 1, 3, 2023 at Northwest YMCA

**Cost: \$45.00/Member |
\$75.00/Non-Member**



Basketball Ages 4 - 11

This program is designed to teach children the fundamental concepts of basketball. Skill development will be blended with fundamental movement skills and the opportunity to practice game play.

Sundays

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

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

September 17, 24 & October 1, 15, 22, 29

**Cost: \$34.65/Member |
\$78.75/Non-Member**

Brain Games Ages 4 - 11

STEAM (Science, Technology, Engineering, Art, Math) 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 skills where it is no challenge to have fun.

Wednesdays

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

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

September 20, 27 & October 4, 11, 18, 25

**Cost: \$34.65/Member |
\$78.75/Non-Member**

Youth Programs

D&D Lite Ages 7-11

In Dungeons and Dragons Lite, children will have the opportunity to learn a simplified version of Dungeons and Dragons to allow them to play to their full fantasy potential! Kids will create characters, battle foes, and challenge their imaginations.

Thursdays

7:00 pm - 8:00 pm

September 21, 28 & October 5, 12, 19, 26 at Northwest YMCA

Cost: \$34.65/Member | \$78.75/Non-Member



Judo Ages 7-13 & 18+

Judo is used for fitness, body awareness, martial art combat, and confidence in oneself. You will need a uniform called a Gi (*females are asked to wear a shirt underneath*) which can be purchased through Sensei. There are 5 major focuses in Judo: throws, hold-downs, supporting techniques, break falls and kata.

Andrew McLead (Judo Sensei) will lead the program; you don't have to be a pro, or even a great athlete to try Judo! *This is a contact sport, additional rules may apply.*

Mondays

6:00 pm - 7:30 pm (Youth ages 7-13)

7:30 pm - 9:00 pm (Adults 18+)

Cost: Additional fees will apply to cover registration with Judo Canada | Membership or Day pass is required

Home Alone Prep Ages 10 & older

The Home Alone Prep Course is a two day course designed to help build a child's self-confidence, sense of responsibility, and decision-making abilities. Activities are interactive in a role-playing environment to simulate real-life experiences.

Tuesday & Thursday

7:00 pm - 9:00 pm

October 17, 19, 2023 at Northwest YMCA

November 14, 16, 2023 at Northwest YMCA

Cost: \$30.00/Member | \$35.00/Non-Member

Y Mind

This FREE program supports people who are experiencing symptoms of mild-to-moderate anxiety or similar feelings.

(No diagnosis required)

Throughout this program, participants will learn & practice evidence based strategies to cope with stress and anxiety.

Wednesdays

6:30 pm - 8:00 pm

September 20-November 1

In-Person at South Albert YMCA

Tuesdays

6:30 pm - 8:00 pm

October 3-November 21

Virtual

Y Mind Teen

Free Mental Wellness Programs

Y Mind is a **FREE** seven-week group program based on **Acceptance and Commitment Therapy (ACT) & Mindfulness**, supporting **teens 13-18 years old**.

IN PERSON group meetings every **Wednesday, September 20 - November 1** from **6:30pm-8:00pm**.
VIRTUAL group meetings every **Tuesday, October 3 - November 21** from **6:30pm-8:00pm**.

- ✓ Facilitated by trained mental health professionals.
- ✓ No diagnosis required to participate.
- ✓ Proven outcomes for participants include reduced anxiety, increased well-being, and increased mindfulness skills.
- ✓ Program participants connect with others who are having similar experiences.

Signing up for Y Mind Teen (*Pre-registration is required)
 Teens can sign up through self-referral by contacting our YMCA Mental Wellness team at:
Janelle.Janzen@regina.ymca.ca or
Brett.Liske@regina.ymca.ca
www.regina.ymca.ca

Youth Camps

Regina

School's Out Day Camps Ages 6 -12

Our camps are structured around active living, and recreation with opportunities for campers to learn new skills, engage their imaginations, and have fun!

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

Professional Development (PD) Days

7:30 am - 5:30 pm

October 10, 2023

November 10, 2023

January 15, 2024

January 19, 2024

March 11, 2024

May 10, 2024

May 17, 2024

June 14, 2024

YMCA Day Camp activities are planned with certain outcomes in mind:

- ***To play and have fun;***
- ***To build positive relationships and feel a sense of community;***
- ***To promote physical activity and well-being;***
- ***To support children's natural curiosity and interests;***
- ***To be challenged or learn something new***

Camps are full of activities!

To ensure your child is prepared for each day, please send the following items in the checklist below:

	Nut-Free lunch and snacks
	Water bottle
	Backpack
	Indoor Shoes
	Swim suit & towel
	Weather appropriate clothing
	A book to read or other quiet time activity



**Cost: \$57.75/Member |
\$68.25/Non-Member**



Youth Leadership & Mental Wellness

Youth Leadership Academy (YLA)

The YLA is a multi-faceted program focusing on being...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.

YLA is broken into **3 streams of service listed below** & we are excited to be working with community partners and Indigenous Leaders to develop a new **YLA Indigenous Mentorship Program (YLA-IGM)**. For more information on this program, and how to get involved please visit the Youth Leadership Academy page on the YMCA of Regina website.

YLA Registered Mentorship **FREE to participate | Registration is required**

This program offers a safe space for participants to develop a greater sense of belonging in the group.

Groups are in-person at the Northwest YMCA.

Group 1 (Grades 4, 5, 6)

Mondays

6:00 pm - 7:00 pm

Group 2 (Grades 7, 8)

Mondays

7:15 pm - 8:15 pm

Group 3 (Grades 9, 10)

Mondays

8:30 pm - 9:30pm

**Group 3 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 (YLA-GM) **FREE to participate | Program referral is required**

This is a 13-week program that provides participants an opportunity to work with a mentor in a small group environment, **it is offered by referral only**. 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 games.

YLA In-School Mentorship (YLA-SM)

By participating in Youth Leadership Programs, youth will:

- 🌀 Gain awareness of how personal actions impact the larger communities
- 🌀 Engage in the community in a positive manner
- 🌀 Demonstrate respect and caring for oneself and others
- 🌀 Have a sense of responsibility to self and others
- 🌀 Gain Integrity
- 🌀 Build a sense of purpose through goals and activities
- 🌀 Build on their ability to both lead and support others in their initiatives.

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

Junior & Senior Boys Empowerment (MOOSE JAW)

This FREE 8-week program will help youth enhance their leadership skills & create new connections while boosting their self-esteem, communication and employment skills.

This program consists of a **Junior Group (Grades 6-8)** and **Senior Group (Grades 9-12)**. Both groups will have an opportunity to participate in physical activities within the community. We will also host guest speakers to create healthy conversations about leadership.

For more information, contact:
Bren Hutchinson, Leadership Development Coordinator
brenden.hutchinson@mjymca.ca





ADULT & COMMUNITY PROGRAMS



YMCA Programs

Adult & Community

Health Connect

Health Connect will aim to improve the navigation of the health care system, increase individual health literacy rates and outcomes through connection to services, health education, and evidence-based programs.

For a full listing of locations and presentations please visit our Health Connect page.

Coffee & Conversation

Join us after Health Connect programs for an informal conversation based on various health and fitness related topics. Learn how to manage your health, navigate health related processes and best practices for aging all while enjoying a cup of coffee with friends.

Forever...in motion

This **FREE** program is an initiative that helps older adults become physically active. The program goal is to improve and/or maintain the health of older adults. Activities include endurance, strength, balance and flexibility activities which may be performed either in sitting or standing positions.

Tuesdays

1:00 pm - 2:00 pm

South Albert YMCA *West entrance

**Cost: FREE drop-in |
limited space available**

Active Aging

This low impact class is designed for those Aged 55+ with the goal of safely improving balance, strength and cardiovascular levels to aid in day-to-day activities. *All fitness levels are welcome.*

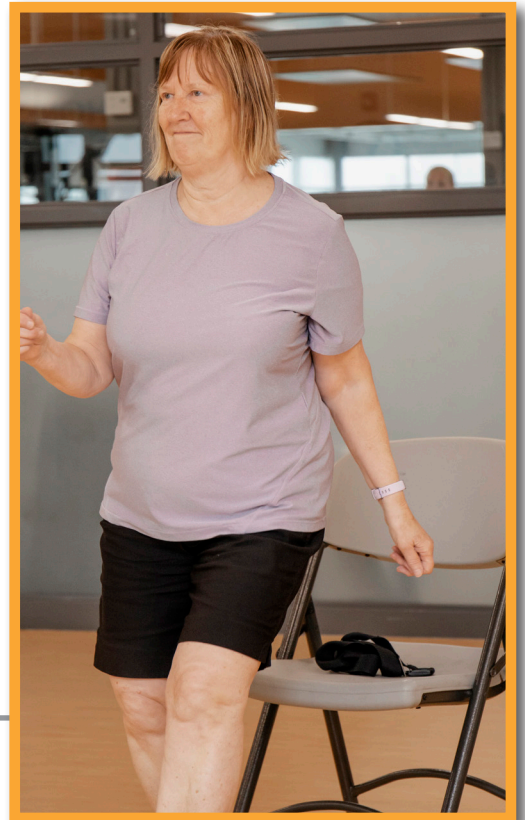
Wednesdays

8:00 am - 8:45 am

Northwest YMCA

Cost: FREE with a Membership or Daypass |

**Financial Assistance is available*



COMING SOON!

**Health Connect is expanding into Moose Jaw.
More information coming soon!**

Thanks to our partners for helping make this program available.



Volunteer Opportunities

Interested in offering Health Connect services? Are you a health professional and interested in sharing your knowledge with others? We want to hear from YOU! Email ashley.florent@regina.ymca.ca

You can help support Health Connect services in other ways! We are looking for Senior volunteers to help with small administrative tasks. *For more information, visit our website.*

YMCA Programs

Adult & Community

Senior Fitness Hour

Come workout during Senior's Fitness Hour and enjoy softer music, decreased traffic, and access to modified equipment.

Weekdays

1:00 pm - 2:00 pm

Ask the Trainer

Every Tuesday during Senior Fitness Hour, one of our personal trainers will be available to help answer any questions, provide basic exercise instruction and support.

Cost: Membership or Daypass



Mental Health First Aid

We will now be offering Mental Health First Aid courses starting in the Fall of 2023!

The YMCA of Regina has identified Mental Health as a priority for the communities we serve.

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem, or in a mental health crisis.

Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.

If you are interested in booking a Mental Health First Aid course for your organization or business, please complete the MHFA Inquiry form by scanning the QR code or visiting the YMCA of Regina website.





COURT SPORTS



YMCA Gymnasium

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](#).

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 Activity Schedule.*

Drop-in Volleyball

The gymnasium can be used for volleyball on the designated dates and times below. Fitness volunteers will facilitate setting up nets and offer advice when available. **Check the online schedule for instructor availability*
Volleyballs are available at the front desk to borrow by providing collateral.

Fridays

6:30 pm - 8:00 pm (No Instructor)

Tuesdays

5:00 pm - 6:30 pm (Highschool Students) **Instructor availability varies*

Tuesdays

6:30 pm - 8:00 pm (Adult) **Instructor availability varies*

**Cost: FREE/Members |
Day Pass/Non-Member**

Drop-in Pickleball *facilitated by fitness volunteers*

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.

All skill levels are welcome, no experience required.

Tuesdays

11:00 am - 1:00 pm

Wednesdays

7:00 pm - 8:30 pm

Fridays

11:00 am - 1:00 pm

**Cost: FREE/Members |
Day Pass/Non-Member**





FITNESS PROGRAMS



Fitness Programs

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 and every 90 days you get a new routine & a new set of goals to work towards.

YThrive Coaching

To book in for a YThrive appointment, visit OR call the Front Desk at (306)757-9622

YThrive has five streams based on familiarity & fitness level:

Begin • Balance • Boost • Flex • Grow



Y THRIVE
BEGIN

New to fitness?
Looking to kick
start the path to
a **HEALTHIER** you?

Join YThrive BEGIN and put a more ACTIVE you in motion. Sign up today for your one-on-one session with one of our fitness experts.

P.S. BEGIN is absolutely FREE!
No additional costs, because you are a valued Y member.

Y@Home+

**FREE for Members*

Y@Home+ is our new virtual YMCA experience, it provides Members with access to YMCA programming and services they can do both at home and at the YMCA.

For more information, or to receive your **FREE** registration code, visit OR call the Front Desk at (306)757-9622

Fitness Age Requirements

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

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

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

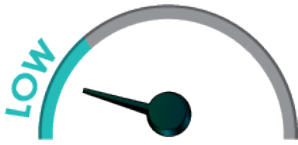
To book in for Equipment Orientation or Free Weight Orientation, visit OR call the Front Desk at (306)757-9622

Fitness Programs

Low Impact classes are great for beginners, or those working out at a gentle pace.

Medium Impact classes start to introduce more activities including weights & cardio.

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



Aquatics

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

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

Shallow Water AquaFit will challenge and improve your muscular and cardiovascular endurance by using the water's resistance.

Deep Water AquaFit 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 is a dynamic, flowing class where 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 uses 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 is an intense, dynamic yoga practice that incorporates resistance training intervals into traditional yoga sequences.

Tai Chi *with Lena 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.



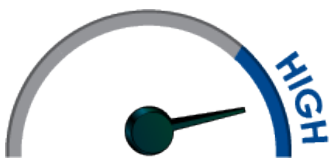
Strength & Cardio

BodyBlast is a full body workout that includes a combination of aerobic and resistance training. This class will accommodate all skill levels.

Core & More is 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 focuses 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 makes cardio fitness FUN by offering a high energy, choreographed class. This class will challenge you with intervals of cardio conditioning and strength training.



Cardio

CycleFit is designed to build cardiovascular strength and burn calories. This indoor cycling class combines fast music with speed and climbing drills.

High Intensity Interval Training (HIIT) helps you get in the ultimate workout! Challenge and improve your cardiovascular and muscular endurance.

Older Adults

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

Gentle Fit is the perfect class if you're just beginning an exercise routine or have a limiting physical condition that requires a more gentle routine.

Active Aging is a low impact class designed for those Ages 55+ with the goal of safely improving balance, strength and cardiovascular levels to aid in day to day activities.

Fitness Training

Fitness Training Programs

Whether you are new to the YMCA or training for your next triathlon, our Personal Trainers will help 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 support along the way.

Personal Training

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

1 to 4 sessions	\$77.20/session
5 to 9 sessions	\$60.70/session
10 to 24 sessions	\$48.00/session
25 to 30 sessions	\$35.10/session

**Plus GST where applicable*

1 to 4 sessions	\$53.50/session
5 to 9 sessions	\$29.80/session
10 to 24 sessions	\$23.70/session
25 to 30 sessions	\$17.90/session

Group Training

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

YMCA Personal Trainers



Ed has a B.Kin with a major in Human Kinetics. Since 2017, he has worked as a personal trainer and has practiced as a Kinesiologist since 2020. He has experience working with a variety of individuals ranging from athletes, to those living with chronic conditions. Ed enjoys learning just as much as he enjoys teaching. He is in Graduate School, conducting research with focus on the effects of fatigue on motor learning in people with Multiple Sclerosis.

Set up a consult!

eduardo.toledo-aldana@regina.ymca.ca



Daniel 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.

Set up a consult!

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 and building strength.

Set up a consult!

josh.pollard@regina.ymca.ca



YMCA MEMBERSHIP



Member Benefits

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

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

Membership Benefits:

- No contracts or cancellation fees*
- FREE swimming lessons for children & adults
- FREE YThrive fitness programming
- FREE Y@Home+
- FREE fitness Equipment Orientations
- Access to swimming pools for lane & family swim
- Hot tub & steam room
- Guest passes for friends/family (*subject to capacity*)
- Early access & discounted registration for programs
- Access to daily/weekly drop-in fitness classes
- Children's, teens, family programs and classes
- Child-minding services during programming
- Multi-Storey play structure and mini-structure
- Drop-in court sports: *Basketball, Volleyball, Pickleball*
- Access to all YMCA's across Canada



Not a Member Yet? Visit a Member Service Staff at the Front Desk & sign up today!



Family Membership
(2 adults over 24 years & all legal dependents)
\$71.49 bi-weekly



Adult Membership (24+)
\$31.49 bi-weekly



Young Adult Membership (19-23)
\$24.49 bi-weekly



Youth Membership (0-18)
\$19.49 bi-weekly

**Yearly or Daily
rates are available**

Locker Rental \$4.15
Towel Service \$5.72

**Prices do not include joiner fee, facility fee or applicable GST*

YMCA Membership

Assisted Membership Program

YMCA of Regina would like all members of the community to take part in its programs and enjoy its 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.

Membership assistance provides consideration of 30-70% reduction of membership fees based on the total households net Income. This income is assessed using the Government of Canada's Low Income Cutoff (LICO)

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.



How to Apply

Visit the front desk and a Membership Services Representative will help you apply. Photo ID, your preferred method of payment, and your most recent Notice of Assessment (NOA) from Canada Revenue is required.

Gather a Notice of Assessment (NOA) showing the net income for each income earner 18 years and older in your household. One NOA is required of each adult even if the total net income is zero.

****NOTE**** Re-assessment is required at the expiry of each Assisted Membership term or at the end of the current taxation year (*whichever comes first*)

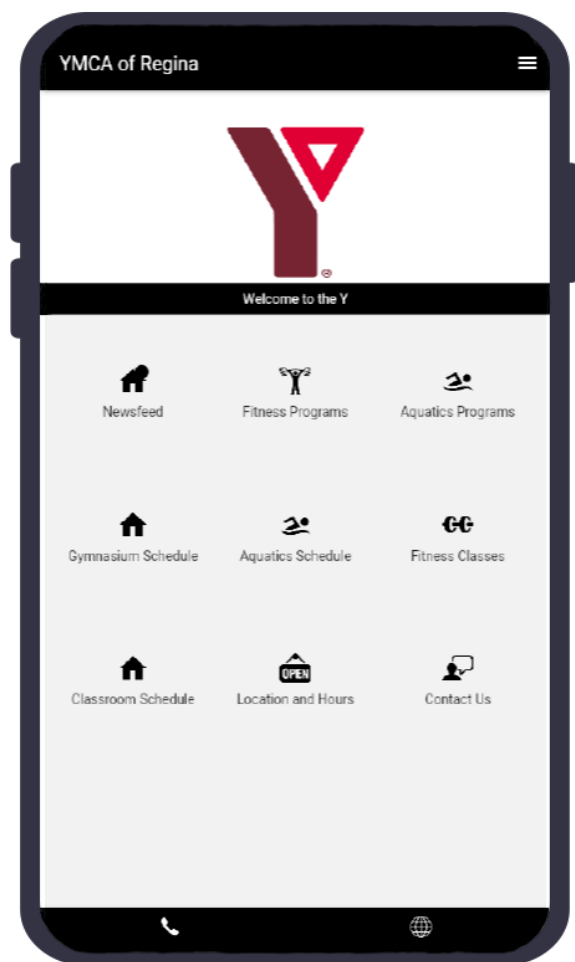
Membership Cancellation Policy

Membership cancellations must be provided in person at **5939 Rochdale Blvd.** to membership services, or in writing to **info@regina.ymca.ca**.

Bi-Weekly membership cancellations require 14 days' notice. No refund for bi-weekly membership payments will be provided. The memberships will cancel at the end of the current prepaid period and members will be allowed to use their pass until the end of the noted bi-weekly term.

Prorated annual membership refunds are provided only where medical or relocation circumstances exist. Facility and joiner fees are non-refundable and will be retained in full. There are no refunds for prepaid term memberships such as *One Month Trials, Day Passes, or 3-Month Financially Assisted Membership* packages.

Download the FREE **YMCA of Regina** app



Stay up to date on program
schedules, news & MORE!

YMCA of Regina

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. Your generous donation will help us to ensure people of all ages are healthier and more productive regardless of their background or financial situation.

How can you help?

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

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

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

Speak with one of our Membership Service Staff about donating today, or visit our website for more information on the impact of your donation regina.ymca.ca/donate

*Charitable Registration Number:
11930 7155 R0001*

Building healthy communities



www.regina.ymca.ca
info@regina.ymca.ca
(306)757-9622

