

# 2023 Spring Activity Guide



**Member Registration**  
**April 3, 2023 | 9:00 AM**

**General Public Registration**  
**April 10, 2023 | 9:00 AM**

# Registration Tips

- 👁️ Set up your YMCA of Regina online account in advance
- 👁️ Use the 'Wish list' function online to store your preferred lesson(s)/ programs prior to registration day  
*\*NOTE that Wish List does not guarantee you a spot; it simply helps organize your preferred times to help make your registration process faster.*
- 👁️ Add yourself to the waiting list if your preferred lesson/program time/ day is not available, or is full.
- 👁️ Look up your previous swim lesson level early, so you know which level is next to complete.
- 👁️ Don't wait to sign up to become a YMCA Member!



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/](https://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.**

## Important Aquatic 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/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/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.*
- 👁️ 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.





# 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**.



## Swimming Lessons

### 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.

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

#### Sundays

9:55 - 10:25 am (10m)  
11:10 - 11:40 am (20m)  
April 16, 23, 30 & May 7  
May 14, 21, 28 & June 4

#### Wednesdays (10m only)

6:45 - 7:15 pm | 6:50 - 7:20 pm  
7:20 - 7:50 pm | 7:25 - 7:55 pm  
April 19, 26 & May 3, 10  
May 17, 24, 31 & June 7

#### Saturdays (10m OR 20m)

2:00 - 2:30 pm | 2:30 - 3:00 pm  
April 22, 29 & May 6, 13  
May 20, 27 & June 3, 10

### 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 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.



# Aquatic Leadership

## Lifesaving Society Programs

### Lifesaving Society National Lifeguard (Full Course)

National Lifeguard training develops a sound understanding of lifeguarding principles, good judgement, 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, 50m rescue drill and 400m endurance challenge.*

**Pre-Requisite:** 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 by the following providers: *Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, St. John Ambulance.*

**Friday** 5:00 - 10:00 pm &  
**Saturday/Sunday** 9:00 am - 6:30 pm  
**June 9 - 11 & June 16 - 18**

**Cost:** \$250.00/Member | \$291.50/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 course. You must bring your original certification card. *Original certification can be expired no more than one year prior, and must be from one of the following providers: Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, St. John Ambulance.*

**April 16, Sunday** 9:00 am - 6:00 pm

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

## Bronze Awards

### 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 in preparation for success in Bronze Medallion, and it provides a fun introduction to lifesaving sport. ***Includes a 400m fitness challenge workout.***

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

**Saturdays** 9:15 - 10:30 am  
**April 22 - June 10**

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



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

### 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.

**May 13 - 14, Saturday/Sunday** 9:00 am - 6:00 pm

**Cost:** \$152.00/Member | \$163.90/Non-Member

# Aquatic Schedule

\*No class on Monday, May 22 (Victoria Day)

		Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Age	Level	April 16 - June 4	April 17 - June 12	April 18 - June 6	April 19 - June 7	April 20 - June 8	April 22 - June 10
<b>Preschool Parented 0-3 Y</b>	Parents 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		10:40-11:10 am 12:40-1:10 pm
<b>Preschool 3-5 Y</b> <i>*parent optional*</i>	*Pre-School 1 *Pre-School 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 10:55-11:25 am 12:00-12:30 pm 1:15-1:45 pm 1:50-2:20 pm
	Pre-School 3 Pre-School 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 1:15-1:45 pm
	Pre-School 5 Pre-School 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
<b>Learn to Swim 6Y+</b>	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	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 6:55-7:25 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 12:40-1:10 pm
<b>Star Program</b> <i>*must have completed Swimmer or equivalent</i>	Star 1*	9:10-9:55	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
	Star 2	5:15-6:00 pm					
	Star 3		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
<b>Star Leadership</b>	Star 4						
	Star 5 Star 6	9:00-9:45 am	7:05-7:50 pm			4:30-5:15 pm	11:50am-12:35pm
<b>Adult Lessons 14Y+</b>	Please see program guide for description	10:10-10:55am (20m all levels)	6:55-7:40 pm (10m beginner)	6:30-7:15 pm (20m intermediate)			







# YOUTH PROGRAMS



# Youth Programs

## ArtsY

Curious artists will explore a wide range of artistic endeavours. 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.

**Tuesdays** - April 18, 25 & May 2, 9, 16, 23

**Ages 4-6** 5:40 - 6:40 pm | **Ages 7-11** 7:00 - 8:00 pm

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



## Babysitter Training

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.

**Saturday & Sunday** - April 29 - 30 | 2:00 - 5:00 pm OR **Wednesdays** - June 14, 21, 28 | 7:00 - 9:00 pm

**Cost: \$40.00/Member | \$70.00/Non-Member**

## Brain Games

STEAM (Science, Technology, Engineering, Art, and Math) aligns with the way children's minds learn 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!

**Thursdays** - April 20, 27 & May 4, 11, 18, 25

**Ages 4-6** 5:40 - 6:40 pm | **Ages 7-11** 7:00 - 8:00 pm

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

## Home Alone Prep

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.

**Ages 10 & older**

**Monday & Friday** - April 24, 28 | 7:00 - 9:00 pm

**Monday & Friday** - June 19, 23 | 7:00 - 9:00 pm

**Cost: \$25.00/Member | \$30.00/Non-Member**

## D&D Lite

Children will get the chance to creatively problem solve, act as characters & battle against the forces of evil all through the lens of imagination, pencils, paper, and dice! *This class is a simplified version of Dungeons and Dragons 5th Edition*

**Ages 9 - 13**

**Monday's** - April 17 - May 29 | 7:00 - 8:00 pm

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

## Youth Basketball

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

**Sundays** - April 16, 23, 30 & May 7, 14, 21

**Ages 4-6** 4:30 - 5:15 pm | **Ages 7-11** 5:30 - 6:30 pm

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





# Youth Camps

Regina

## School's Out Day Camp

The YMCA of Regina's Schools Out Day Camps are offered on all Professional Development (PD) Days and weekday school holidays. Camps are open to students from both the Public and Catholic School Systems.

Camp runs from 7:00 AM - 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 pool availability), and leadership development. *\*Lunch & an afternoon snack are provided*

**Cost: \$55.00/Member/Camp | \$65.00/Non-Member/Camp**

### Public School Dates

May 1, 2023

June 16, 2023

### Catholic School Dates

May 19, 2023

June 16, 2023

## Pre-School Summer Camps

*\*Ages 4-5 years old*

### Smart Art

This camp was created to develop a child's inner artist and scientist. Campers will explore a wide range of artistic endeavours including drawing, painting, print-making, and sculpting - all with a fun, scientific twist!

**July 10-14** | 9:00 am - 12:00 pm

**Cost: \$90.00/Member/Camp Week | \$100.00/Non-Member/Camp Week**

### Dino Tykes

*Dinosaur, dinosaur turn around; dinosaur, dinosaur stomp the ground!* Pre-Schoolers are going to **dig** our hands-on science, math, art, games and literacy activities all focused around a dinosaur theme!

**July 24-28** | 9:00 am - 12:00 pm

**Cost: \$90.00/Member/Camp Week | \$100.00/Non-Member/Camp Week**

### Brain Games

STEAM (Science, Technology, Engineering, Art, and 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!

**August 8 - 11** | 9:00 am - 12:00 pm

*\*Camp is not offered on Monday, August 7 (Saskatchewan Day)*

**Cost: \$72.00/Member/Camp Week | \$80.00/Non-Member/Camp Week**

### Mini Fit Kids

This camp is for the 'lil mover. Activities will center around developing healthy living habits in young campers through age-appropriate physical activity and nutritional learning. Fundamental movement and sport skills are practiced through fun-filled games while nutritional activities will get kids exploring how we fuel our bodies.

**August 21-25** | 9:00 am - 12:00 pm

**Cost: \$90.00/Member/Camp Week | \$100.00/Non-Member/Camp Week**





# Youth Camps

Regina

## School Age Summer Camps

*\*Ages 6-12 years old*

### Swim Camp

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

*\*Please provide current swim level upon registration*

**July 3-7 | July 17-21 | July 31 - August 4 | August 14-18** | 9:00 am - 4:30 pm

**Cost: \$245.00/Member/Camp Week | \$271.00/Non-Member/Camp Week**

### Artful Antics

Creativity gets silly! Campers will use the arts as a means of self-expression and creative development; all while getting messy and having fun! Projects will include 2D and 3D visual artworks, drama, music, dance and storytelling.

**July 10-14** | 9:00 am - 4:30 pm

**Cost: \$245.00/Member/Camp Week | \$271.00/Non-Member/Camp Week**

### Skills Lab

This camp encourages youth to explore all sports, and help develop a sense of physical literacy. Focus will be on throwing, catching, jumping, striking, running, kicking, agility, balance and coordination. Games and activities will have participants learning the fundamental movement skills in a setting where we play for fun!

**July 24-28** | 9:00 am - 4:30 pm

**Cost: \$223.00/Member/Camp Week | \$250.00/Non-Member/Camp Week**

### H<sub>2</sub>Oh!

Let's make a splash out of summer! We welcome campers to a fun filled world of water and imagination. Join us for an epic journey learning about life sustaining force through hands on activities and crafts. Be prepared for an immersive experience in an environment created by imagination!

**August 8 - 11** | 9:00 am - 4:30 pm

*\*No camp offered on Monday, August 7 (Saskatchewan Day)*

**Cost: \$178.40/Member/Camp Week | \$200.00/Non-Member/Camp Week**

### Game Squad

Calling all players! This camp will have kids playing all sorts of activities and games! Mix in a healthy dose of non-traditional sports like capture-the-flag and water relays, and we will have a full week of fun in the sun!

**August 21-25** | 9:00 am - 4:30 pm

**Cost: \$223.00/Member/Camp Week | \$250.00/Non-Member/Camp Week**



# Youth Camps

Moose Jaw

## Urban Adventure Outdoor Summer Camp Ages 6-11

*Registration opens Monday, April 24*

*\*\*\*Register by calling Membership Services at (306)757-9622*

Campers will experience the outdoors in Moose Jaw with daily activities structured around a weekly theme! As an added **BONUS**, campers will develop new skills, build confidence, resiliency and create new friendships!



**Colours of Summer!** Be REDy for the colours of the summer! We will explore colours n fun ways: tie dye activities, crafts using campers' favourite colours, painting with water balloons, rainbow relay race in Wakamow Valley & MORE!

*July 3 - 7 | 9:00 am - 4:00 pm*

*Cost: \$125.00/Camp Week*

**Ahoy Matey's!** Follow the treasure map to find X marks the spot. You will find a fun filled week with pirates! We will build our own floating pirate ships, have canoe races, a cannon ball competition at the Kinsmen Pool, a treasure hunt in Wakamow Valley & MORE!

*July 10-14 | 9:00 am - 4:00 pm*

*Cost: \$125.00/Camp Week*

**Wet & Wild!** Soak up the fun at Wet & Wild camp where we will explore all things water! Activities like a slip 'n' slide, water balloon fights, and painting with water colours. This camp includes a visit to the Kinsmen Pool & water balloon archery in Wakamow Valley!

*July 10-14 | 9:00 am - 4:00 pm*

*Cost: \$125.00/Camp Week*

**Barnyard Palooza!** Campers will plant their own crops, visit animals at Free to Be Me Animal Sanctuary & trot on down to the Community Gardens. This week is filled with plenty of farm crafts & games!

*July 31 - August 4 | 9:00 am - 4:00 pm*

*Cost: \$125.00/Camp Week*

**Busy in the City!** We will explore businesses in Moose Jaw: Yara Centre, Kinsmen Swimming Pool, the Public Library & Splash Parks. We will also welcome visitors to camp: Police Officers, Fire Fighters, and EMS.

*August 8 - 11 | 9:00 am - 4:00 pm*

*Cost: \$100.00/Camp Week*

*\*No camp offered on Monday, August 7 (Saskatchewan Day)*

**Animal Planet** Let's go exploring! We will explore different biomes: the jungle, the desert, the tundra, the ocean and pre-historic times of the dinosaurs. We will make safari binoculars, study animal tracks and visit Wakamow Valley to watch for beaver & turtle activity.

*August 14-18 | 9:00 am - 4:00 pm*

*Cost: \$125.00/Camp Week*

**Wet & Wild...the finale!** Continue to soak up more splashtastic fun! Slip 'n' slides, water balloon fights and a visit from Kona Ice for the Farewell to Camp 2023!

*August 21-25 | 9:00 am - 4:00 pm*

*Cost: \$125.00/Camp Week*

# Youth Leadership & Mental Wellness

## 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.

### YLA Registered Programming

*The 2022/2023 theme is Uniquely You! We will draw on individual strengths and interests of participants.*

*Providing them with the tools to embrace their unique selves. Working on self-expression & confidence, and building through art, physical activities, community presentations, excursions & MORE!*

### YLA Group Mentorship

*This is a 13-week program that provides participants an opportunity to work with a mentor in a small group environment. Youth will develop and enhance their social skills, self-esteem, self-worth, and resiliency.*

*Mentors will lead participants through interactive games, and curriculum based games.*

### 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 by scanning the QR code or visiting our website.*



### Y Mind Teen Free Mental Wellness Programs

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

The **2023** program begins **April 27** with **in-person** group meetings every **Thursday** from **6:30pm-8:00 pm**

- ✓ 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](mailto:Janelle.Janzen@regina.ymca.ca) or

[Brett.Liske@regina.ymca.ca](mailto:Brett.Liske@regina.ymca.ca)

[www.regina.ymca.ca](http://www.regina.ymca.ca)

## 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. Y Mind will be held in-person.

**Y Mind Teen** (13-18 years)

**April 27 - June 15**

**Thursdays | 6:30 - 8:00 pm**

## Junior & Senior Boys Empowerment (MOOSE JAW)

This **FREE** 12-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@mjmca.ca](mailto:brenden.hutchinson@mjmca.ca)



**Saskatchewan  
Health Authority**





# ADULT & COMMUNITY PROGRAMS



# YMCA Programs

## Adult & Community

### 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 - 2:00 pm

*Registration is not required (Limited to 15 participants. First come, first serve basis)*

### Health Connect with Dorothy

Health Connect is a drop-in program & service for anyone aged 55+.

Join us for Coffee & Conversation as we connect on various health topics concerning older adults.

**Wednesdays** | 9:15 - 10:00 am

*Registration is not required for Coffee & Conversation*

### Senior's Fitness hour

Come workout during Senior's Fitness hour and enjoy softer music, decreased traffic, and access to modified fitness equipment. \*\*Every Tuesday during Senior's Fitness hour, one of our Personal Trainers will be available for any fitness questions.

**Monday - Friday** | 1:00 - 2:00 pm

**Cost: FREE/Member** | **Non-Members** will need to purchase a day pass to access the facility.

### Perinatal Mood & Anxiety Disorder Support Group (PMAD)



Parenting through Perinatal Mood & Anxiety Disorder can be really difficult and isolation plays a major role in the severity of symptoms. Our weekly support group creates an opportunity to connect with others who have similar lived experiences.

**Our goal during this group is to:**

- Create a safe place to share your feelings and experiences.
- Reduce isolation by connecting with others in the community who have shared experiences.
- Provide validation and encouragement.

**Mondays** | 10:00 am

**FREE Registration is required online** <http://www.rphn.ca/>







# 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](#).

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.

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 - 8:00 pm (No instructor)

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

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

**Cost: FREE/Members** | **Non-Members** will need to purchase a day pass to access the facility.

---

## 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.

**Tuesdays** | 11:00 am - 1:00 pm & **Wednesdays** | 7:00 PM - 8:30 PM & **Fridays** | 11:00 am - 1:00 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.





# 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@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*



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.





# 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.

MODERATE



## 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.

# 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.

### 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.

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

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

## 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](mailto: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](mailto: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](mailto: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



## Financial Assistance

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.

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



Family Membership  
**\$66.49** bi-weekly



Adult Membership (24+)  
**\$28.99** bi-weekly



Young Adult Membership (18-23)  
**\$22.49** bi-weekly



Youth Membership (0-17)  
**\$17.99** bi-weekly

**Yearly or Daily  
rates are available**



# YMCA of Regina

## Building healthy communities

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](https://regina.ymca.ca/donate)

*Charitable Registration Number:  
11930 7155 R0001*



[www.regina.ymca.ca](https://www.regina.ymca.ca)  
[info@regina.ymca.ca](mailto:info@regina.ymca.ca)  
(306)757-9622

