



2024 Fall Activity Guide



Member Registration
September 3, 2024 | 9:00 AM

Public Registration
September 9, 2024 | 9:00 AM

Registration Tips

Before Program Registration

- 🎯 Become a YMCA Member! *Swimming lessons require the participant to hold an active membership.*
- 🎯 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.
- 🎯 Swim levels are determined by previous YMCA lesson completion, and/or the current age of the participant.
- 🎯 If you have not had a YMCA Swimming Lesson in the past, or are unsure of the next level, you can find more information by visiting our website, scanning the QR code or contacting us prior to registering.
- 🎯 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 (Tuesday, September 3 | Members OR Monday, September 9 | 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. *We ask members to please only waitlist for one alternate day/time.*



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

regina.ymca.ca/account/



A Member Services Representative can help process your registration when you visit in-person.

5939 Rochdale Blvd.

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**For more programs details, visit our website or
contact a Member Service Representative.**



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

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 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 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 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 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.



****NEW**** Family Swim Lessons

Please note that at least one adult must be registered in Family Lessons.

Family Lessons - Pre School

Children ages 0-5 years and their parent/guardians. In this option, the parents are not actively learning to swim, but rather assisting their little ones in their development. Up to 2 adults and 3 children may register in this activity.

Family Lessons - Learn to Swim

Up to 3 children ages 6+ will learn with up to 2 adults. This program will focus on basic swimming skills for all participants, including the swim to survive standard of roll into deep water, treading water for 1 minute and swimming 50m.

Swim Lessons

Adult Swim Lessons

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

Learn to swim (LTS) - Learn breath control, weight transfer and start working on floating and gliding.

Swimming 1 (SW1) - Building on learn to swim skills. Front, back, and side glides for 10-15 meters, introduction to deep water

Swimming 2 (SW2) - Comfortable in deep water, treading water, surface dives, and front and back crawl.

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

10:15-10:45 am (10M)

10:45-11:15 am (10M)

September 15, 22, 29,

October 6

OR

October 13, 20, 27,

November 3

Wednesdays

7:00-7:30 pm

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

September 18, 25,

October 2, 9

OR

October 16, 23, 30,

November 6

Saturdays

10:25-10:55 am

11:30 am-12:00 pm

11:35 am-12:05 pm

2:45-3:15 pm

September 21, 28,

October 5, 12

OR

October 19, 26,

November 2, 9

Cost: \$110.25 (4 lessons) | \$137.80 (5 lessons)
\$27.56/lesson + GST where applicable | Membership required

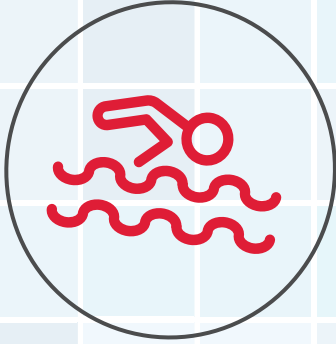
Swim Lesson Schedule

Schedule runs September 15 - November 18
 *No lessons October 14 & November 11

		Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Age	Level	Sept 15-Nov 3	Sept 16-Nov 18	Sept 17-Nov 5	Sept 18-Nov 6	Sept 19-Nov 7	Sept 21-Nov 9
Preschool Parented 0-3Y	Parent and Tot 1&2	9:05-9:35am 4:00-4:30pm 5:10-5:40pm	5:40-6:10pm	6:15-6:45pm	5:35-6:05pm		9:50-10:20am 11:00-11:30am 1:40-2:10pm
Preschool 3-5 Y <i>*parent optional*</i>	*Preschool 1 *Preschool 2	9:40-10:10am 4:00-4:30pm 5:45-6:15pm 6:20-6:50pm	4:30-5:00pm 5:00-5:30pm 5:40-6:10pm 6:15-6:45pm	5:10-5:40pm 6:20-6:50pm	4:30-5:00pm 6:10-6:40pm	5:10-5:40pm 5:40-6:10pm 6:35-7:05pm	9:15-9:45am 9:50-10:20am 11:00-11:30am 1:05-1:35pm 2:15-2:45pm
	Preschool 3 Preschool 4	4:35-5:05pm 5:45-6:15pm	4:30-5:00pm 5:00-5:30pm	4:35-5:05pm	5:35-6:05pm	4:35-5:05pm 6:15-6:45pm	9:15-9:45am 10:25-10:55am 1:40-2:10pm
	Preschool 5 Preschool 6	5:10-5:40pm	5:00-5:30pm	5:40-6:10pm	5:00-5:30pm	6:50-7:20pm	9:50-10:20am 11:35am-12:05pm
Learn to Swim 6Y+	Otter Seal	9:00-9:30 am 10:15-10:45am 10:45-11:15am 4:35-5:05pm 6:20-6:50pm	4:30-5:00pm 5:40-6:10pm 6:20-6:50pm 6:50-7:20pm	4:30-5:00pm 5:05-5:35pm 5:45-6:15pm 6:50-7:20pm	5:00-5:30pm 6:45-7:15pm	4:30-5:00pm 5:20-5:50pm 7:10-7:40pm	9:15-9:45am 10:25-10:55am 11:00-11:30am 1:05-1:35pm
	Dolphin Swimmer	11:20-11:50am 4:00-4:30pm 4:50-5:20pm 6:15-6:45pm	6:30-7:00pm 7:05-7:35pm	4:30-5:00pm 5:05-5:35pm 6:55-7:25pm	4:30-5:00pm 6:10-6:40pm 6:45-7:15pm	5:05-5:35pm 5:55-6:25pm 7:20-7:50pm	10:05-10:35am 10:55-11:25am 11:35am-12:05pm 1:05-1:35pm
Star Program <i>*must have completed Swimmer or equivalent</i>	Star 1* Star 2	9:30-10:10am 4:00-4:45pm 5:25-6:10pm	5:40-6:25pm	5:40-6:25pm	4:30-5:15pm 6:10-6:55pm	5:45-6:30pm	9:15-10:00am 10:40-11:25am 12:15-1:00pm
	Star 3 Star 4	5:25-6:10pm	6:15-7:00pm		5:20-6:55pm	6:30-7:15pm	9:15-10:00am 11:30am-12:15pm 2:30-3:15pm
Star Leadership	Star 5 Star 6	4:35-5:20pm	7:05-7:50pm			4:30-5:15pm	10:05-10:50am
Family Swim Lessons	Please see program guide for description						12:15-1:00pm 1:40-2:25pm 2:15pm-3:00pm
Adult Lessons 14Y+	Please see program guide for description	SW1&2 (20m) 11:20am-12:05pm SW1 &2(20m) 6:15-6:50 pm	LTS (10m) 6:55-7:40pm	Adult SW1 &2 6:30-7:15pm			



How to become a Lifeguard/Swim Instructor



Lifesaving Society Bronze Star

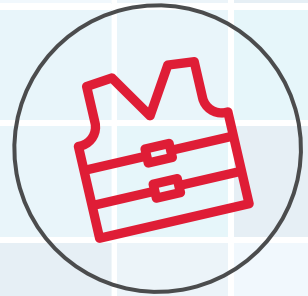
(Recommend Star 2 or equivalent swimming ability)

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



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

(Must be 15 years of age)

Lifesaving Society National Lifeguard


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

We are always looking for new **Lifeguards** and **Swim Instructors** 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

Aquatic Leadership



LIFESAVING SOCIETY®
The Lifeguarding Experts

 Cancellations are required seven (7) days prior to the start of an Aquatic Leadership course, and are eligible for a full refund or credit to your YMCA account.

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 21, 22

Cost: \$152.90/Member |

\$163.90/Non-Member

+Taxes where applicable

RECERTIFICATION

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.

**Note: Original first aid certification can be expired for 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

September 29 OR October 27

Cost: \$85.25/Member |

\$96.25/Non-Member

+Taxes where applicable





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.

Sundays

9:00 am - 10:15 am

September 15 - November 3

**Cost: \$107.00/Member |
\$144.25/Non-Member**
+Taxes 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 certification.

Friday, Saturday & Sunday

6:00 pm - 9:30 pm (Friday)

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

September 27 - 29

**Cost: \$168.00/Member |
\$193.00/Non-Member**
+Taxes 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 pre-requisite 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)

November 8 - 10

**Cost: \$132.00/Member |
\$157.00/Non-Member**
+Taxes where applicable



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.*

Dates - To Be Determined

**Cost: \$250.00/Member |
\$291.50/Non-Member**
+Taxes 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 the expiration. 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 your most recent certification to the recert.

Friday

5:00 pm - 10:00 pm

September 6, 2024

(registration for this class only will be August 26 for Members and September 1 for Public)

OR March 7, 2025

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

Lifesaving Society Lifesaving Instructor

This leadership course provides candidates with the theory, knowledge, skills and practice to teach and certify in the following Lifesaving Society programs and awards: Canadian Swim Patrol, CPR and AED; Bronze Star, Bronze Medallion, Bronze Cross. Mentorship is required to become an examiner for Medallion and Cross.

Pre-Requisites : *Must be a Swim for Life Instructor*

Thursday, Friday, Saturday & Sunday

5:30 pm - 9:30 pm (Thursday & Friday)


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

October 3 - 6

**Cost: \$250.00/Member |
\$275.00/Non-Member**
+Taxes where applicable

CHILD & YOUTH PROGRAMS



 Cancellations for Youth Programs are required two (2) 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 two (2) days prior to the program start date.*Where a program runs for a full week Monday-Friday, a cancellation notice of seven (7) days is required.

Child & Youth Programs

Babysitter Training (Regina) *Ages 11 & up*

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

7:15 pm - 9:15 pm

October 7, 9, 11 OR November 4, 6, 8

**Cost: \$50.00/Member |
\$80.00/Non-Member**

Brain Games (Regina) *Ages 4-6*

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.

Tuesdays

5:30 pm - 6:30 pm

September 17, 24, October 1, 8, 15, 22, 29, November 5

**Cost: \$55.00/Member |
\$150.00/Non-Member**

Boys Empowerment (Moose Jaw)

This FREE 12-week program supported by the Saskatchewan Health Authority will help youth enhance leadership skills & create new connections while boosting self-esteem, communication and employment skills. Program participants will have an opportunity to participate in physical activities within the community. There will also be guest speakers to create healthy conversations about leadership.



**Saskatchewan
Health Authority**

For more information, contact:

Bren Hutchinson, Director of Youth Services | brenden.hutchinson@mjymca.ca

D&D Lite (Regina) *Ages 9-13*

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 19, 26, October 3, 10, 17, 24,

& November 7, 14, 21, 28

**Cost: \$55.00/Member |
\$150.00/Non-Member**

***No programming on October 31**

Child & Youth Programs

First Tee Golf (Regina) *Ages 7-12*

This program provides basic information on learning the game of golf as a lifelong health and fitness activity. Each lesson emphasizes skills, concepts, and the First Tee Nine Core Values: *honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, courtesy, and judgment.* <https://firstteecanada.ca>



Sundays

10:30 - 11:30 pm

September 15, 22, 29, October 6, 13, 20, 27, November 3

**Cost: FREE/Member |
\$150.00/Non-Member**

Home Alone Prep (Regina) *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. These activities and discussions will help prepare your child for situations where they are home alone.

Tuesday & Thursday

7:15 pm - 9:15 pm

October 15, 17 OR November 12, 14

**Cost: \$35.00 Member |
\$40.00/Non-Member**

HOMEBASE

For Youth  By Youth

HOMEBASE (Moose Jaw)

HOMEBASE Hubs are safe, welcoming and inclusive spaces, designed for youth, by youth. They are a trusted and reliable point of access to a range of service and supports, all provided at no cost. Hubs operate extended hours, including evenings, and weekends. Services are available in-person, by walk-in or by appointment or virtually. Information, services and programming are available online, at homebasesask.ca

For more information, contact:

Jill Lesuk, Director of HOMEBASE Moose Jaw | jill.lesuk@mjymca.ca

Child & Youth Programs

Mentorship Services (Regina & Moose Jaw) *Ages 6-18*

The YMCA provides Mentorship Services throughout the year in both Moose Jaw (Shared Services Mentorship) and Regina (Beyond the Bell Mentorship).

The program is designed to address the needs of school-aged children and youth ages 6 - 18 years. The youth that are referred to the programs demonstrates both persistent behaviour, emotional or social struggles. The youth often have difficulty with peer relationships and/or have barriers to making friends, as well as lacking a connection in some way to the community or an existing support network.

Mentorship Services are provided in schools and within YMCA locations. Youth must be referred by a partnering agency to participate.

For more information, contact:

Bren Hutchinson, Director of Youth Services | brenden.hutchinson@mjymca.ca



Sci-Blast (Regina) *Ages 7-12*

A FREE program to encourage youth to develop an interest in science through fun and engaging projects. Participants will partake in hands-on activities and experiments to explore many science-based fields, such as chemistry, biology, and physics.

Wednesdays

5:30 - 6:15 pm

September 18, 25,
& October 2, 9, 16, 23, 30,
& November 6, 13, 20

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

Sport Conditioning (Regina) *Ages 10-14*

Participants will learn general exercise principles, even if you don't play a sport! Develop strength, coordination, speed and agility!

Tuesdays

6:30 pm - 7:30 pm

September - October

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



Child & Youth Programs

Y Mind Teen (Regina & Moose Jaw) *Ages 13-18*

This program supports teens 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.

Y Mind Youth (Regina & Moose Jaw) *Ages 18-30*

This program supports teens 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.



Please watch our Facebook & Website for upcoming program dates and locations.

For more information, visit our website and complete the information form. Our Mental Wellness Facilitators will get back to you right away!

Interested participants will complete an intake interview with a Mental Wellness Facilitator to ensure this program is the right fit for you.



Child & Youth Programs

Youth Basketball (Regina) *Ages 4-12*

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

Sundays (4 - 6 years)

4:30 pm - 5:15 pm

Sundays (7 - 12 years)

5:30 pm - 6:30 pm

September 15, 22, 29, October 6, 13, 20, 27, November 3

Cost: \$55.00/Member | \$150.00/Non-Members



YTime Art Club (Regina) *Ages 6-12*

Curious artists will explore a wide range of artistic endeavors 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.

Tuesdays (10 - 12 years)

7:00 pm - 8:00 pm

September 17, 24, October 1, 8, 15, 22, 29, November 5

Wednesdays (6 - 9 years)

5:30 pm - 6:30 pm

September 18, 25, October 2, 9, 16, 23, 30, November 6

Cost: \$55.00/Member | \$150.00/Non-Members

DAY CAMPS



Day Camps Regina

School Year Day Camps *Ages 5-12*

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

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

7:30 am - 5:30 pm

2024

September 27
September 30
October 21
November 8

2025

January 13
January 20
March 10
March 17
May 15
May 16
June 13

Cost per Day:

\$57.75/Member |

\$68.25/Non-Member

Swim Camp *Ages 6-12*

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 Learn to Swim and Star 1-4 programs. Campers can earn a full swim level within the week, while having fun and making new friends! Other camp activities include co-operative games, outdoor activities and creative arts.

Please provide current swim level upon registration.

Swim Camp (February 18-21, 2025)

9:00 am - 4:30 pm

Extended Supervision: 7:30 am - 9:00 am & 4:30 pm - 5:30 pm

\$30.00/Member | \$34.30/Non-Member

Cost : \$220.00/Member |

\$244.00/Non-Member

Swim Camp (April 21-25, 2025)

9:00 am - 4:30 pm

Extended Supervision: 7:30 am - 9:00 am & 4:30 pm - 5:30 pm

\$37.50/Member | \$43.00/Non-Member

Cost : \$275.00/Member |

\$305.00/Non-Member

ADULT & COMMUNITY PROGRAMS



YMCA Programs Adult & Community

Health Connect programming is made possible thanks to support from Saskatchewan Blue Cross.



Health Connect

Aims 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 older adults 55+

Program sponsorship is available to those who are interested in attending our Health Connect programs, but are unable to cover the cost of a Membership or drop-in fees.

For more information, contact:

Ashley Florent, General Manager of Community Development
ashley.florent@regina.ymca.ca

Additional Health Connect Coffee & Conversations will take place in the community. Please watch the events calendar linked below for upcoming details!

regina.ymca.ca/events/



Health Connect - Active Aging (Regina | Northwest YMCA)

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 at Northwest YMCA

Cost: FREE |

Membership or Day pass is required

Coffee & Conversation will follow the program. You do not need to attend Active Aging to attend Coffee & Conversation.

Coffee & Conversation (Regina | Northwest YMCA)

Join us after Active Aging 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.

YMCA Programs Adult & Community

Health Connect - Forever...in Motion (Regina | South YMCA)

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 South YMCA, 3801 B Albert Street*West entrance
1:00 pm - 2:00 pm

Cost: FREE |

Drop-in, limited space available

Senior Fitness Hour

Come workout during Senior's Fitness Hour and enjoy softer music, decreased traffic, and access to modified equipment. **Our Fitness Director (Janelle) will be available daily during the hour to answer any fitness questions and address your concerns.**

Weekdays (During the 2024/2025 school year, excluding statutory holidays)
1:00 pm - 2:00 pm

Membership or Day Pass is required

Perinatal Mood & Anxiety Disorder (Regina | South YMCA) 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.

Mondays | 10:00 am - 12:00 pm

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



Mental Health First Aid

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](#).

Membership or Day Pass is required



Drop-in Basketball

Basketball drop-in is ongoing throughout the week. Check 'Open Gym' times on the schedule.

****NEW**** Drop-in Badminton

The gymnasium can be used for drop-in badminton on the designated dates and times below.

Mondays | 11:00 am - 1:00 pm

Wednesdays | 6:45 pm - 8:00 pm

Fridays | 6:00 pm - 7:30 pm

Drop-in Pickleball

Learn, and improve your Pickleball skills! *All skill levels are welcome, no experience required.*

Mondays | 11:00 am - 1:00 pm

Tuesdays | 11:00 am - 1:00 pm

Fridays | 11:00 am - 1:00 pm

Volleyball

The gymnasium can be used for facilitated & drop-in volleyball on the designated dates and times below. *Volleyballs are available at the front desk to borrow by providing collateral.*

Tuesdays (*Facilitated - Starting November 12*)

Grades 7 - 9 5:00 pm - 6:15 pm

Grades 10+ Competitive 6:30 pm - 8:30 pm

Fridays (*No Instructor*) | 6:00 pm - 7:30 pm

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.

FITNESS PROGRAMS



Fitness Programs

Judo

Judo is a Traditional Martial Art that was created by the founder Jigorō Kanō, who was a Japanese educator and 'sensei' (coach) who trained in Ju-Jitsu. Judo was the first martial art to become an official Olympic sport.

For full class descriptions, and information on uniform and club fees, visit: <https://www.shinmurajudo.ca/>

Mondays 5:00 pm - 9:00 pm

Thursdays 6:00 pm - 9:00 pm

- 5-5:45 pm FUNdamentals Judo Parent & Child (MONDAYS ONLY)
- 6-7:15 pm FUNdamentals (beginner youth 6-12 years)
- 6-7:15 pm Pre-Comp Youth (9-12 years)
- 6-7:15 pm Recreational Adults
- 7:30-9:00 pm Competitive Teen/Adult

**Fees for club, uniform and belt ceremony are paid/owed directly to Shinmura Judo. The YMCA does not facilitate fee collection or provide refunds*



Members can
try Judo &
Olympic
Weight Lifting
for FREE for
1 month!

Olympic Weightlifting

These classes cover the basics of the two Olympic lifts (Snatch, Clean and Jerk) as well as strength and mobility training. Olympic lifts work the triple extension movement, kinetic chain, synchronized them to produce a dynamic movement. **For full class descriptions and club fees, visit <https://www.shinmurajudo.ca/weightlifting>.**

Mondays

- Introduction to Olympic Weight Lifting 6:00 pm - 7:30 pm
- Judokats Weightlifting Club 7:30 pm - 9:00 pm

Thursdays

- Judokats Weightlifting Club 6:00 pm - 9:00 pm

Fitness Programs

Fitness Age Requirements

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.

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

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



****NEW** Drop-In Fitness Classes**

Check the fitness class schedule [here](#) for up-to-date class times or download the YMCA of Regina App from the App Store!

Drop-In Sport Conditioning *Ages 10-14*

Learn general exercise principles, even if you don't play a sport! Develop strength, coordination, speed & agility!

30 Minute POWER FIT

Learn total body exercises for a complete higher intensity workout in 30 minutes. Sport and power style lifts. Efficient and effective for any age!

Early Spin Class (6:00 AM) Starting September 18th

Step & Strength

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

Yoga Asana

Through the practice of yoga and other mindful movements that all profoundly contribute to our capacity to live and age with greater ease. We'll incorporate meditative attention, traditional yoga asana (postures), and movements. These practices are suitable for anyone who feels the aches, pains, and stiffness of daily life and will include practices to use on and off the mat.

Fitness Programs

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.

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 & 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.

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

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	\$81.05/session
5 to 9 sessions	\$63.74/session
10 to 24 sessions	\$50.40/session
25 to 30 sessions	\$36.85/session

**Plus taxes where applicable*

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	\$56.18/session
5 to 9 sessions	\$31.30/session
10 to 24 sessions	\$24.90/session
25 to 30 sessions	\$18.80/session

**Plus taxes where applicable*



****NEW** Nutrition Coaching** *Ages 19+*

Work with an ISSA Certified Nutritionist for 12 weeks to help build habits and make dietary lifestyle changes in order to achieve your personal health and fitness goals. Nutrition counseling includes an in-depth, in-person initial assessment with goal setting, mid-point and final consultation, PLUS weekly check-ins via email.

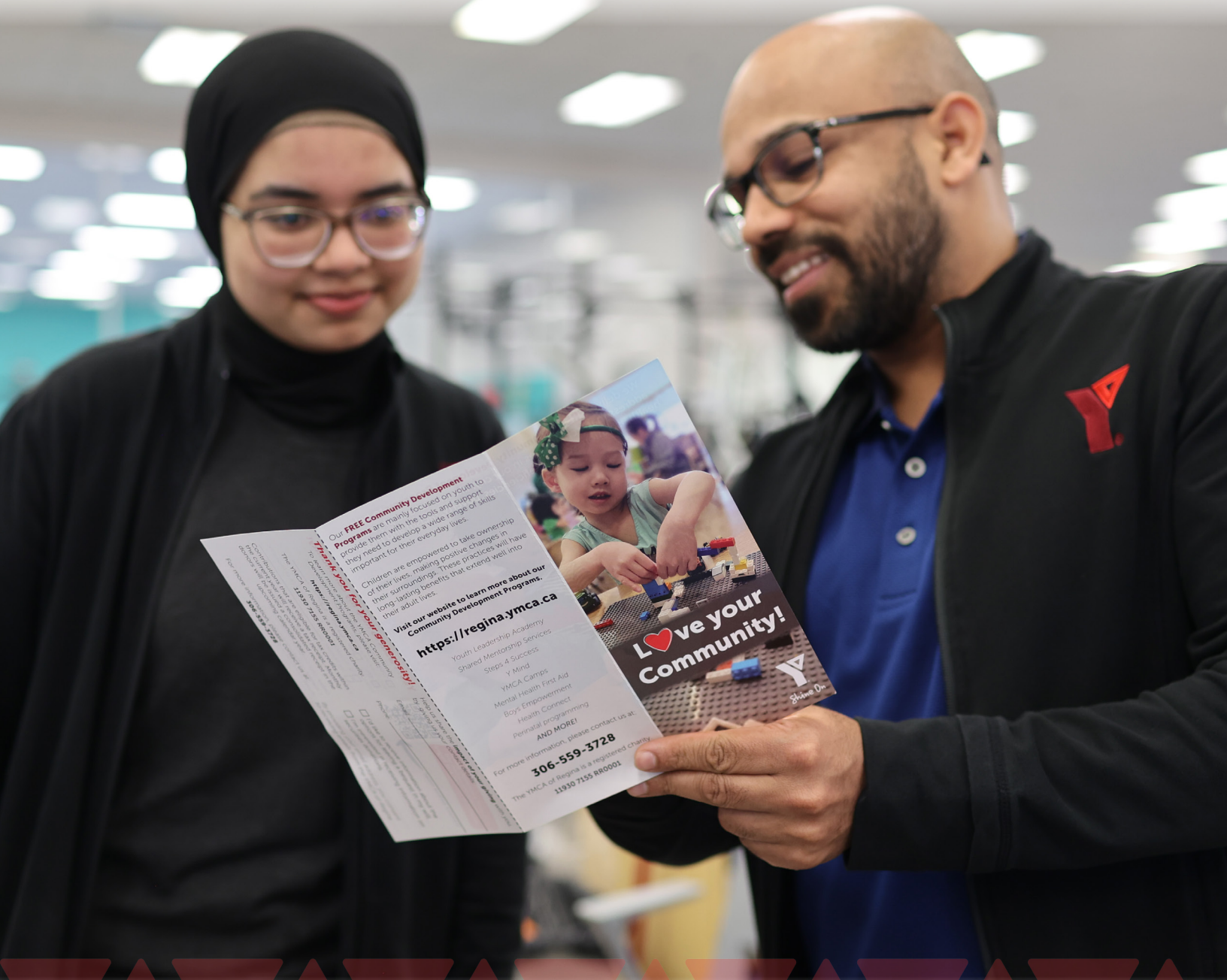
**This program does not give out meal plans.*

Book your free consultation

Leah Dash | leah.dash@regina.ymca.ca

Cost: \$389.00 +taxes

YMCA MEMBERSHIP



Our FREE Community Development Programs are mainly focused on youth to provide them with the tools and support they need to develop a wide range of skills important for their everyday lives.

Children are empowered to take ownership of their lives, making positive changes in their surroundings. These practices will have long-lasting benefits that extend well into their adult lives.

Visit our website to learn more about our Community Development Programs.
<https://regina.ymca.ca>

- Youth Leadership Academy
- Youth Mentorship Services
- Shared Success
- Steps 4 Success
- Y Mind
- YMCA Camps
- Mental Health First Aid
- Boys Empowerment
- Health Connect
- Perinatal programming

AND MORE!

For more information, please contact us at:
306-559-3728
The YMCA of Regina is a registered charity
11930 7155 RR0001

Love your Community!

Share It On



Member Benefits

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

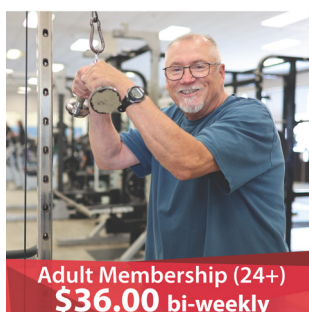
Whether your goal is to reduce stress, train for a race, or just feel healthier...We're here to help!

Membership Benefits:

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



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



**Yearly or Daily
rates are available**

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

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. One NOA is required of each adult 18+ even if the total net income is zero.

Re-assessment will be required at the expiry of each Assisted Membership term or at the end of the 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.

Membership cancellations require 14 days' notice.

Membership refunds are provided at the discretion of the Membership Director or General Manager and/or where medical/relocation circumstances exist. Facility and joiner fees are non-refundable.

YMCA of Regina

Here at the YMCA, we go beyond and strive every day to create a safe and supportive environment for children and families. Our dedicated staff are committed to helping everyone learn life skills and improve their overall well-being.

Not every person or family has the means to become a member, and our mission is to ignite the potential in everyone, regardless of background or financial circumstances, ensuring that everyone has the opportunity to thrive.

How to support?

By topping up your membership with just *\$15 bi-weekly*, you can give someone the opportunity to join our programs, opening doors to new skills and being part of our YMCA community.

Or, by adding *\$33 bi-weekly*, you can offer a whole family a place to grow together, creating lasting memories and learning experiences.

Your kindness helps ensure that everyone in our community has the chance to thrive. Every gift, no matter the size, creates a ripple effect of positive change, promoting a brighter future for all.

Ready to help?

Speak with a Membership Service Staff or visit our website regina.ymca.ca/donate to see the impact your contribution can make. *Together, we can do more for our community!*

Charitable Registration Number: 11930 7155 R0001

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

