



# 2024 Spring Activity Guide



**Member Registration**  
March 18, 2024 | 9:00 AM

**Public Registration**  
March 25, 2024 | 9:00 AM



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

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



# Registration Tips

## Before Program Registration

- 🌀 Become a YMCA Member! *Please note that 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.
- 🌀 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, March 18 | Members OR Monday, March 25 | 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/](http://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

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

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

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

April 7, 14, 21, 28

OR

May 5, 12, 19, 26

### Wednesdays

6:30-7:00 pm (10M)

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

7:05-7:35 pm (10M)

7:25-7:55 pm (10M)

April 10, 17, 24, and May 1

OR

May 8, 15, 22, 29

### Saturdays

9:15-9:45 am

11:25-11:55 am

2:00-2:30 pm

2:15-2:45 pm

April 13, 20, 27 and May 4

OR

May 11, 18, 25, and June 1

**Cost: \$105.00 (4 lessons)**

**\$26.25/lesson + GST where applicable | Membership required**



# Swim Lesson Schedule

Schedule runs April 7 - June 3, 2024

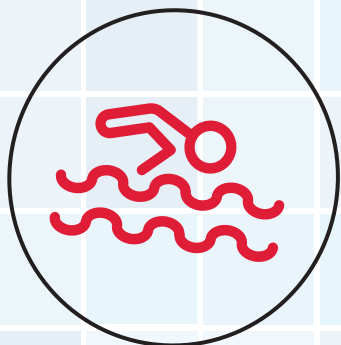
**\*No lessons May 20, 2024**

(Check out our School Break Camps)

Age	Level	Sunday Apr 7- May 26	Monday Apr 8 -Jun 3	Tuesday Apr 9-May 28	Wednesday Apr 10-May 29	Thursday Apr 11-May 30	Saturday Apr 13-Jun 1
<b>Preschool Parented</b> 0-3Y	Parent and Tot 1&2	10:30-11:00 am 3:45-4:15 pm 4:55-5:25 pm	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
<b>Preschool</b> 3-5 Y *parent optional*	*Preschool 1 *Preschool 2	3:50-4:20 pm 5:30-6:00 pm 6:05-6:35 pm	4:30-5:00 pm 5:45-6:15 pm	5:10-5:40 pm 6:20-6:50pm	6:15-6:45 pm	5:10-5:40 pm 5:40-6:10 pm 6:35-7:05 pm	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 1:40-2:10 pm
	Preschool 3 Preschool 4	4:20-4:50 pm 5:50-6:20 pm	4:35-5:05 pm	4:35-5:05 pm	5:20-5:50 pm	4:35-5:05 pm 6:15-6:45 pm	9:50-10:20 am 11:25-11:55 am 1:05-1:35 pm
	Preschool 5 Preschool 6	4:55-5:25 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</b> 6Y+	Otter Seal	10:00-10:30 am 10:25-10:55am 4:20-4:50 pm 5:30-6:00 pm 6:05-6:35 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	4:45-5:15 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 11:35am-12:05 pm 12:05-12:35 pm 12:35-1:05 pm 1:50-2:20 pm
	Dolphin Swimmer	3:45-4:15 pm 4:25-4:55 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 5:55-6:25 pm	5:05-5:35 pm 5:55-6:25 pm 7:20-7:50 pm	10:20-10:50 am 12:30-1:00 pm
<b>Star Program</b> *must have completed Swimmer or equivalent	Star 1 * Star 2	5:00-5:45 pm	5:40-6:25 pm	5:40-6:25 pm	4:30-5:15 pm	5:45-6:30 pm	10:35-11:20 am 1:10-1:55 pm
	Star 3 Star 4		6:15-7:00 pm		5:20-6:05 pm	6:30-7:15 pm	9:30-10:15 am
<b>Star Leadership</b>	Star 5 Star 6	9:00-9:45 am	7:05-7:50 pm			4:30-5:15 pm	11:40am-12:25pm
<b>Adult Lessons</b> 14Y+	Please see program guide for description	9:10-9:55am (10m-LTS ) 11:00-11:45am (20m Deep water-SW2)	6:55-7:40 pm (10 m-LTS & SW1)	6:30-7:15 pm (20m Deep water-SW1 &2)			



# How to become a Lifeguard/Swim Instructor



## Lifesaving Society Bronze Star

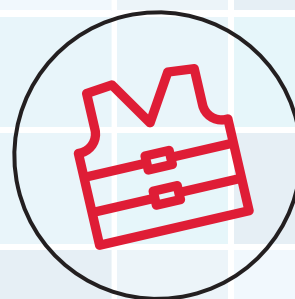
(Recommend Star 2 or equivalent swimming ability)

## 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](mailto:careers@regina.ymca.ca)



# 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.

## 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

April 13 - June 1

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

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## 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)

April 5 - 7

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

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## 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 OR June 21 - 23

**Cost: \$126.50/Member |  
\$148.50/Non-Member  
+GST 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).*

### Friday, Saturday & Sunday

5:00 pm - 10:00 pm (Friday)

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

June 7 - 9 & June 14 - 16

**Cost: \$250.00/Member |  
\$291.50/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 | April 20 - 21

**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.

**\*Note:** *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

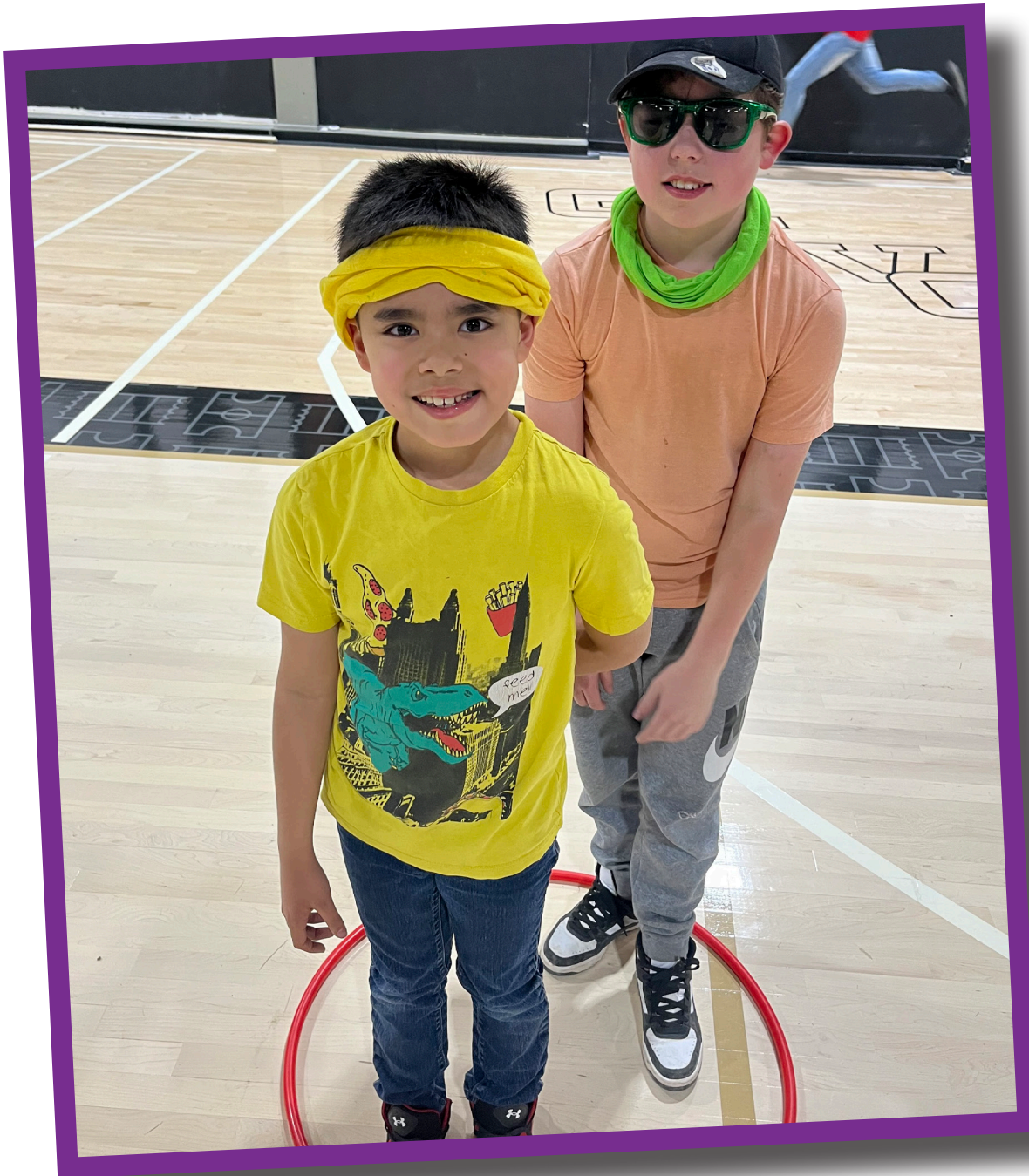
9:00 am - 6:00 pm | May 5

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






# YOUTH PROGRAMS



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

-  Cancellations 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 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.

### **Mondays**

7:00 pm - 8:00 pm

April 8, 15, 22, 29, May 6, 13, 27, June 3 \*No program May 20

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

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## **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**

7:15 pm - 9:15 pm

April 29, May 1 and May 3 | May 27, 29 and 31

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

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## **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*

May 5, 12, 26, June 2, 9, 16, 23, 30 \*No program May 19

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

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## **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.

### **Tuesdays**

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

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

April 9, 16, 23, 30, May 7, 14, 21, 28

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

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## **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

April 11, 18, 25, May 2, 9, 16, 23, 30

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



# Youth Programs

## First Tee Golf *Ages 7-11*

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.*

**Saturdays**

10:30 - 11:30 am

May 4, 11, 25, June 1, 8, 15, 22, 29 \*No program May 18

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

## 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 \*Northwest YMCA - 5939 Rochdale Blvd**

7:15 pm - 9:15 pm

April 9, 11 OR June 4, 6

**Saturday & Sunday \*South YMCA - 3801 B Albert Street**

2:00 pm - 4:00 pm

May 25, 26

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

## Judo *Ages 7-13 (Junior) & 18+ (Adult)*

Judo is used for fitness, body awareness, martial art combat, and to build confidence. There are 5 major focuses in Judo: throws, hold-downs, supporting techniques, break falls, and kata. You will need a uniform called a Gi, which can be purchased through Sensi Andrew MacLeod. *This is a contact sport, additional rules may apply.*

**Mondays**

6:00 - 7:30 pm (Junior)

7:30 - 9:00 pm (Adult)

January - May 13 \*No program March 15, May 5

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



## 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!

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

7:00 am - 6:00 pm *\*extended supervision included\**

Professional Development (PD) Days: May 10 (Public), May 17 (Catholic), June 14 (Both)

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

### DID YOU KNOW!

We offer School's Out Day Camps directly on site at the following schools:  
École Massey, George Lee & St. Pius.

*Only students attending these schools are eligible to attend on-site camp.*

**CATHOLIC**



For more information, or to register for a  
**School's Out Day Camp** on-site at one of  
the school's listed above, scan the QR code.

**PUBLIC**



### School Break Week Long Camps *Ages 6-12*

**Swim camp** is the perfect fit for the swimming 'fin'atic 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 certification upon registration.*

7:00 am - 6:00 pm

Swim Camp - April 1-5

**Cost: \$257.00/Member | \$285.00 Non-Member**

**Don't forget to check out our 2024 YMCA Day Camp Guide!**

Registration opens *Monday, March 18 at 9:00 am for Members*  
and *Monday, March 25 at 9:00 am for General Public*



# 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.

*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](mailto:ashley.florent@regina.ymca.ca)**

## 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.

**SESSION 2: March 27 - May 1 | SESSION 3: May 8 - June 12**

**Group 1 (Grades 4, 5, 6)**

**Wednesdays**

**6:45 pm - 7:45 pm**

**Group 2 (Grades 7, 8)**

**Wednesdays**

**8:00 pm - 9:00 pm**

## YLA Group Mentorship

**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.



## Y Mind

This FREE program supports people who are experiencing symptoms of mild-to-moderate anxiety or similar feelings (*No diagnosis required*). Participants will learn & practice evidence based strategies to cope with stress and anxiety.

**For more information, contact [Ashley.Florent@regina.ymca.ca](mailto:Ashley.Florent@regina.ymca.ca)**

## 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 6-7) and **Senior Group** (Grades 8-9). Both groups will participate in physical activities within the community.



### Junior

4:30 - 5:30 pm (GAP Training on Tuesdays)

4:00 - 5:00 pm (YMCA \*1250 11th Ave NW on Thursdays)

### Senior

4:00 - 5:00 pm (Golden Ticket on Tuesdays)

5:15 - 6:15 pm (YMCA \*1250 11th Ave NW on Thursdays)

April 11 - May 30



**Saskatchewan  
Health Authority**



# ADULT & COMMUNITY PROGRAMS





## YMCA Programs Adult & Community

### 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 these evidence-based programs:

### 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 (Regina)

1:00 pm - 2:00 pm at South Albert YMCA \*West entrance

#### Tuesdays (Moose Jaw)

Watch our website for program updates!

**Cost: FREE |**

*Drop-in, limited space available*

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### 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 at Northwest YMCA

**Cost: FREE |**

*Membership or Day pass is required*

### 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.

*Offered only at Northwest YMCA and Moose Jaw & District Seniors Citizens Association*

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*Thanks to our partners for helping make these programs 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](mailto: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. Visit our website to apply.

## 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

**Membership or Day Pass is required**






### 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/>**

### 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](#).

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 drop-in volleyball on the designated dates and times below. *Volleyballs are available at the front desk to borrow by providing collateral.*

**Tuesdays** (No Instructor)

5:00 pm - 7:30 pm

**Fridays** (No Instructor)

6:30 pm - 8:00 pm

**Membership or Day Pass is required**

## Drop-in Pickleball

Learn, and improve your Pickleball skills! (No instructor)

*All skill levels are welcome, no experience required.*

**Mondays**

11:15 am - 1:00 pm

**Tuesdays**

11:15 am - 1:00 pm

**Wednesdays** 7:00 pm -

8:30 pm

**Fridays**

11:15 am - 1:00 pm

**Membership or Day Pass is required**





# 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**

# It's Your Time to Thrive.

## FREE Workout Plans for YMCA Members.

### 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 & 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.

## 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.

## 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

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*

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

*\*Plus GST where applicable*

## We are Hiring Personal Trainers

*\*Full-time & Part-time positions are available*

If you are a dynamic individual with an engaging personality, then we want to hear from you.

Current CSCS, CSEP-CPT, Can Fit Pro, or YMCA Individual Conditioning Level II is required.

The YMCA of Regina is an equal opportunity employer and provides a competitive total rewards package. Applicants with high standards for performance are encouraged to apply online to [careers@regina.ymca.ca](mailto:careers@regina.ymca.ca)

**Work at the Y.**  
**Be the Spark.**

**APPLY NOW**

Shine On 



# 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 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

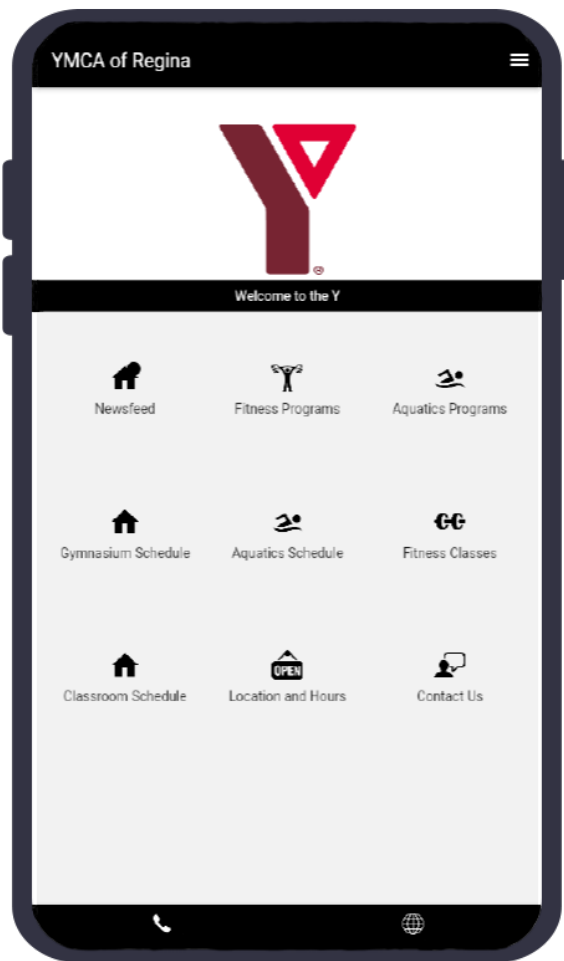
Membership cancellations must be provided in person at **5939 Rochdale Blvd.** to membership services, or in writing to [info@regina.ymca.ca](mailto:info@regina.ymca.ca).

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 with  
program schedules, news & **MORE!**



Shine On

# 50/50 Spring Raffle

By purchasing a ticket today, you are investing in the ongoing development of educational & leadership programs for your community!

**1 ticket for \$5.00 | 5 tickets for \$20.00**

Tickets can be purchased online or in person  
<https://ymcaspring5050.ca/> | 5939 Rochdale Blvd



**SCAN  
ME!**



YMCA of Regina Inc. Lottery License #RR23-0603

Proceeds from this raffle will go to support  
YMCA community programs in Regina:

**Y Mind** guides participants with anxiety through coping strategies by trained Mental Wellness Facilitators.

**Mentorship Services** offers youth an opportunity to develop personal skills and empower them as leaders.

**Health Connect, Beyond the Bell & MORE!**

Winner will be announced April 3, 2024 at 4:00 PM at 3801 B Albert St. in Regina, SK  
7500 tickets available for purchase. Winner will receive 50% of maximum cash prize, up to \$15,000. Page 28



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

