



Shine On

2024 Summer Activity Guide

Member Registration

June 10, 2024 | 9:00 AM

Public Registration

June 17, 2024 | 9:00 AM

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 <https://regina.ymca.ca/> 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, June 10 | Members OR Monday, June 17 | Non-Members)
- Move items from your 'Wish list' to your cart for easy check out.
- Add yourself to the waiting list if your preferred lesson/program time/ day is not available, or is full.

GST added to fees where applicable



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

regina.ymca.ca/account/



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

(306)757-9622

*Voicemail registrations will NOT be accepted



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

5939 Rochdale Blvd.

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contact a Member Service Representative.

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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'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

9:15- 9:45 am

9:50 - 10:20 am

10:25 - 11:05 am

11:10 - 11:40 am

July 7, 14, 21, 28

Monday to Friday

9:00 - 9:30 am

July 8-12; July 22-26; July 29- August 2; August 12-16

OR

11:15 - 11:45 am

July 15-19; August 19-23

Cost: \$105.00 (4 lessons) or \$131.25 (5 lessons)
\$26.25/lesson + GST where applicable | Membership required

Swim Lesson Schedule

***Please note the times for the Monday-Friday lesson sets are extended by 10-15 minutes.
(With the exception of Parent & Tot)**

		Session A	Session B	Session C	Session D
Age	Level	Tuesday/Thursday July 2-25	Monday-Friday July 15-19	Tuesday/Thursday Jul 30-Aug 22	Monday-Friday Aug 19-23
Preschool Parented 0-2Y	Parent and Tot 1&2 <i>*parent required*</i>	5:40-6:10 pm	11:15-11:45 am	5:40-6:10 pm	11:15-11:45 am
Preschool 3-5 Y <i>*parent optional*</i>	*Preschool 1/2	5:05-5:35 pm 6:00-6:30 pm	9:00-9:40 am	5:05-5:35 pm 6:00-6:30 pm	9:00-9:40 am
	Preschool 3/4	4:30-5:00 pm 6:30-7:00 pm	9:45-10:25 am	4:30-5:00 pm 6:30-7:00 pm	9:45-10:25 am
	Preschool 5/6	5:05-5:35 pm	10:30-11:10 am	5:05-5:35 pm	10:30-11:10 am
Learn to Swim 6Y+	Otter Seal	4:35-5:05 pm 6:50-7:20 pm	9:10-9:50 am 10:00-10:40 am	4:35-5:05 pm 6:50-7:20 pm	10:00-10:40 am
	Dolphin Swimmer	4:30-5:00 pm 6:15-6:45 pm	9:15-9:55 am	4:30-5:00 pm 6:15-6:45 pm	9:15-9:55 am
Star Program <i>*must have completed Swimmer or equivalent</i>	Star 1 *	5:40-6:25 pm	10:05-11:05 am	5:40-6:25 pm	10:05-11:05 am
	Star 2				
	Star 3	5:10-5:55 pm	10:45-11:45 am	5:10-5:55 pm	10:45-11:45 am
	Star 4				
Star Leadership	Star 5 Star 6	6:35-7:20 pm		6:35-7:20 pm	9:00-10:00 am
Adult Lessons 14Y+	Please see program guide for description	LTS & SW1 7:05-7:45 pm		LTS & SW1 7:05-7:45 pm	



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

YMCA Physical Literacy Programs for Youth (YPLPY)

The YMCA believes quality physical activity is for everyone. YMCA Physical Literacy Programs for Youth aim to provide active and healthy lifestyles among children and youth by fostering the understanding that good health is a lifelong resource.

Basketball *Ages 4-13*

This YPLPY 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.

Thursdays (July 4 - August 22)

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

Ages 7-13 years 6:30 pm - 7:30 pm

Sundays (July 7 - August 25)

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

Ages 7-13 years 5:30 pm - 6:30 pm

Members - \$34.65
Non-Members - \$78.75

This program is made possible thanks to the support of the City of Regina.



At YMCA Day Camp, we plan activities around weekly themes, where each child's interests and individuality can be celebrated. Campers can expect weekly themes infused into *creative arts and sciences, games, activities, and outings in the community.*

Member Cost: \$234.00 / week | \$187.00 / *short week

Non-Member Cost: \$262.50 / week | \$210.00 / *short week

Extended Supervision available from 7:30 am - 9:00 am and 4:30 pm - 5:30 PM

Member Cost: \$34.00 / week | \$27.00 / *short week

Non-Member Cost: \$39.00 / week | \$31.00 / *short week

Art Makers

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 2 - 5*

9:00 am - 4:30 pm

Monsters and Misfits

Imagination in action! This camp will feature all the greatest: **M**onsters, **M**agic, **M**ystery, and **M**isfits. MMMM...sounds good!

July 15 - 19

9:00 am - 4:30 pm

Incredible Engineers

Learn skills for tomorrow with fun and exciting activities. From building challenges to math games, this camp will keep your camper exploring the worlds of science, technology, engineering, art, and math.

August 6 - 9*

9:00 am - 4:30 pm

The Great YMCA Games

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

August 19 - 23

9:00 am - 4:30 pm

Camp Rewind

Wish you could relive the fun games, sport activities or splash-able moments from summer? Well, this is the week you've been waiting for! We are going to take some of the most fun and action filled moments over summer, and jam them all into one week of AWESOMENESS.

August 26 - 30

9:00 am - 4:30 pm

Member Cost: \$94.00 / week | \$75.50 / *short week

Non-Member Cost: \$105.00 / week | \$84.00 / *short week

Play Dates

This half-day camp is perfect for your preschooler, and is a great way to get your child socially, cognitively, and physically active. Creative games, songs, crafts, theme based activities, and trips out in the community will fill a littler campers' half day!

July 2 - 5

9:00 am - 12:00 pm

Mini Fit Kids

If you have a lil' mover in your family, we've got the camp for you! This camp will focus on developing healthy living practices in young campers through age appropriate physical activity and nutritional learning. Camp activities will focus on fundamental movement and sport skills taught thorough fun-filled games and activities.

July 15 - 19

9:00 am - 12:00 pm

Dino Tykes

Dinosaur, dinosaur turn around; dinosaur, dinosaur stomp the ground! Your Pre-schooler is going to 'dig' our hands-on science, math, art, games, and literacy activities all with a dinosaur theme!

August 6 - 9

9:00 am - 12:00 pm

Smart Art

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

August 19 - 23

9:00 am - 12:00 pm



****Please provide current swim level certification upon registration***

Member Cost: \$257.00 / week

Non-Member Cost: \$285.00 / week

Swim Camp

Daily swim instruction is provided by certified instructors based on the YMCA Learn to Swim and STAR 1 to 4 programs. Campers can earn a full swim level within the week, while having fun, and participating in traditional camp activities like co-operative games, outdoor activities and creative arts.

July 8 - 12

9:00 am - 4:30 pm

July 22 - 26

9:00 am - 4:30 pm

August 12 - 16

9:00 am - 4:30 pm

Ultimate Swim Camp

Ultimate Swim Cam is the perfect fit for the swimming 'fin'atic looking to improve their skills. Not only will the campers participate in daily swim instruction (see Swim Camp above) but they'll have a second opportunity each day for free swim!

July 29 - August 2

9:00 am - 4:30 pm

Leadership Swim Camp

Leadership Swim Camps are reserved for those in swim levels STAR 4, 5, and 6. 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.

July 22 - 26

9:00 am - 4:30 pm

August 12 - 16

9:00 am - 4:30 pm



Campers will experience the outdoors in Moose Jaw with daily activities structured around weekly themes. Each week will include excursions around Moose Jaw, fun games, crafts & art activities.

Day Camp is located Westmount School (*1100 Currie Crescent / Moose Jaw*) and we will explore the outdoors from the school as a start/end point.

Drop off between 8:30 am - 9:00 am | Pick up between 4:00 pm - 4:30 pm

Camper Cost: \$220.00 / week

Beauty & Beasts

Using all senses, we will explore the beauty & beasts of nature. Connecting children to nature through outdoor play and exploration, this day camp is sure to excite outdoor enthusiasts of all ages!

July 8-12

8:30 am - 4:30 pm

Walk on the Wild Side

Let's go exploring! Visits to urban parks, taking a stroll on the winding trails in Wakamow Valley and so much more!

July 15-19

8:30 am - 4:30 pm

Water World

Make a SPLASH this summer with all things water... slip 'n' slide, water balloon fights, and pond dipping to explore some water critters!

July 22-26

8:30 am - 4:30 pm

Rock On!

Does your child like to collect things? This day camp is going to ROCK!

July 29-August 2

8:30 am - 4:30 pm



***All outdoor activities are dependent on weather.
Activities may be moved indoors.***

Send a Kid to **CAMP**

Help us reach
our goal of
\$5,000 and
send **25** kids
to camp this
summer!



<https://bit.ly/GMS-YMCA>



G | m | S
HEALTH INSURANCE

Shine On **Y**

GMS is generously matching donations
up to **\$2,500** during the month of June!



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

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

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

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 (During School Days)

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

<https://regina.ymca.ca/mhfa/>

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

6:30 pm - 8:00 pm

Fridays

6:30 pm - 8:00 pm

Membership or Day Pass is required

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

Wednesdays

7:00 pm - 8:30 pm

Fridays

11:00 am - 1:00 pm

Membership or Day Pass is required



FITNESS PROGRAMS



Fitness Programs

***NEW* Olympic Weightlifting** **FREE for Members Ages 12-112+*

If you want to lift for fun, get stronger, learn proper technique, make new friends or learn to compete - *this course is for you!* This program will cover basic strength training exercises necessary to be successful in the sport of Olympic Weightlifting.

Mondays

6:00 pm - 7:30 pm

Judo **FREE for Members Ages 13+ (preference given to previous Judo participants)*

Judo is used for fitness, body awareness, martial art combat, and to build confidence. Drop in practice sessions are available for Adults 18+.

Mondays

6:00 pm - 7:30 pm

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

Fitness Centre 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.

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.

Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing. A non-competitive, self-paced gentle exercise & stretches.

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.

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*

Small Group Training (2-3 people)

Small 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/person
5 to 9 sessions	\$29.80/session/person
10 to 24 sessions	\$23.70/session/person
25 to 30 sessions	\$17.90/session/person

**Plus GST where applicable*

We are Hiring Personal Trainers

**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 equivalent fitness certification 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

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 when travelling*

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



**Yearly or Daily
rates are available**

Locker Rental \$4.15
Towel Service \$5.72

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

YMCA Membership

Assisted Membership Program

YMCA of Regina would like all members of the community to take part in its programs and enjoy its services regardless of economic circumstance. Financial Assistance is available for those who feel they would benefit from joining the YMCA but are financially unable, not unwilling, to pay the full general membership fees.

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

Our Financial Assistance Program is supported by dollars raised annually through our Strong Kids Campaign. It is through the generosity of our YMCA family and friends that everyone can have a YMCA experience.

How to Apply

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

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

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

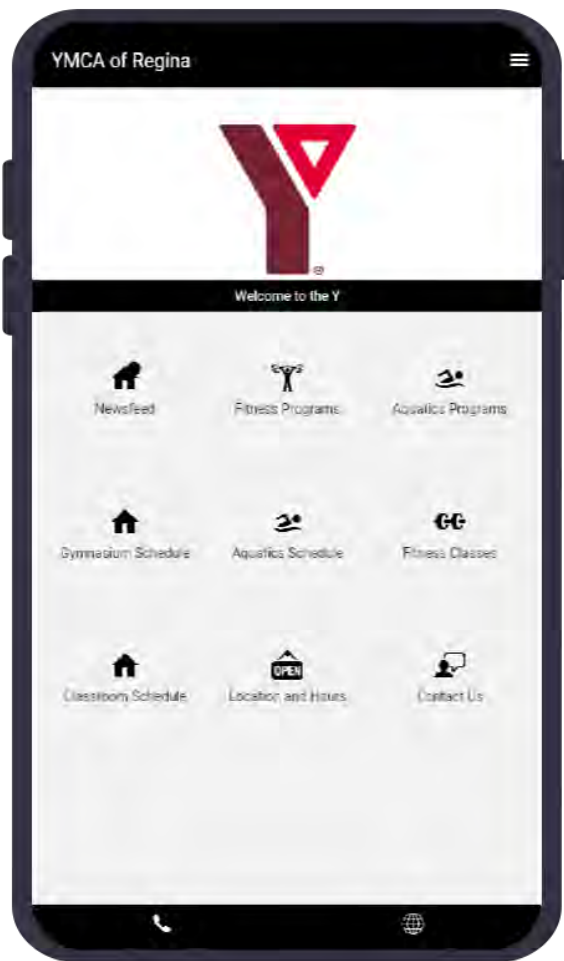
Membership Cancellation Policy

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

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

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

Download the FREE YMCA of Regina app



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



YMCA of Regina

Whatever the needs, the YMCA is committed to improving the lives of the children and their families in our communities by providing safe places, caring and trained staff, and programs that teach life skills. Your generous donation will help us to ensure people of all ages are healthier and more productive regardless of their background or financial situation.

How can you help?

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

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

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

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