



# 2025 Spring Activity Guide



**Member Registration**  
March 24, 2025 | 9:00 AM

**Public Registration**  
March 31, 2025 | 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 (Monday, March 24 | Members OR Monday, March 31 | 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/](https://regina.ymca.ca/account/)



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

**5939 Rochdale Blvd.**

# Table of Contents

Registration Tips .....	2
Aquatics .....	4 - 11
Youth Programs .....	12 - 19
Youth Camps .....	20 - 21
Adult & Community Programs .....	22 - 24
Court Sports .....	25 - 26
Fitness Programs .....	27 - 34
YMCA Membership .....	35 - 37
Charitable Impact .....	38

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

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



# Swim Lessons

## \*NEW\* Youth Swim Lessons

Youth swimming lessons are for ages 12-17 who are new to swimming, or are working on skill development and stroke improvement.

See the Swim Lesson Schedule on Page 8 for dates/times.

## Adult Swim Lessons

Adult lessons will now be on a drop-in bases. Participants will need to register weekly online or through the front desk.

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.

See the Swim Lesson Schedule on Page 8 for dates/times.

## 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)

5:25-5:55 pm

April 6, 13, 27, May 4

OR

May 11, 18, 25, June 1

### Mondays

4:30-5:00 pm (10M)

April 7, 14, 28, May 5

OR

May 12, 26, June 2, 9

### Wednesdays

6:50-7:20 pm

April 9, 16, 30, May 7

OR

May 14, 21, 28, June

4

### Saturdays

10:45-11:15 am

11:15-11:45 am

12:50-1:20 pm

April 12, 19, May 3, 10

OR

May 17, 24, 31, June 7

**Cost: \$110.25 (4 lessons)**

\$27.56/lesson + GST where applicable | Membership required

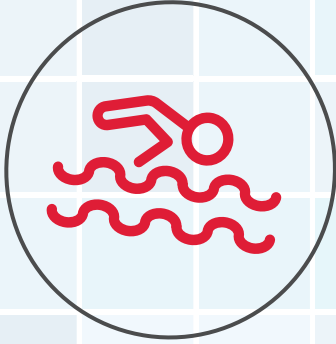
# Swim Lesson Schedule

Schedule runs April 6 - June 9, 2025  
 \*No lessons April 20-26 & May 19, 2025

Age	Level	Sunday April 6-June 1	Monday April 7-June 9	Tuesday April 8-June 3	Wednesday April 9-June 4	Thursday April 10-June 5	Saturday April 12-June 7
Preschool Parented 0-3Y	Parent and Tot 1&2	9:05-9:35am 4:30-5:00pm 5:05-5:35pm	5:40-6:10pm	6:15-6:45pm	6:15-6:45pm		9:35-10:05am 11:20-11:50am 12:45-1:05pm
Preschool 3-5 Y <i>*parent optional*</i>	*Preschool 1 *Preschool 2	9:40-10:10am 4:00-4:30pm 5:40-6:10pm 6:15-6:45pm	5:10-5:40pm 6:15-6:45pm	5:10-5:40pm 6:20-6:50pm	4:30-5:00pm	5:10-5:40pm 5:40-6:10pm 6:35-7:05pm	9:00-9:30am 10:45-11:15am 12:00-12:30pm 1:10-1:40pm
	Preschool 3 Preschool 4	4:30-5:00pm 5:40-6:10pm	4:30-5:00pm 5:00-5:30pm	4:35-5:05pm	5:20-5:50pm	4:35-5:05pm 6:15-6:45pm	9:35-10:05am 10:10-10:40am 12:00-12:30pm
	Preschool 5 Preschool 6	5:05-5:35pm	5:00-5:30pm	5:40-6:10pm	5:40-6:10pm	6:50-7:20pm	11:15-11:45am 12:35-1:05pm
Learn to Swim 6Y+	Otter Seal	9:00-9:30 am 10:15-10:45am 10:45-11:15am 4:30-5:00pm 6:15-6:45pm	5:05-5:35pm 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	5:05-5:35pm 6:30-7:00pm	4:30-5:00pm 5:20-5:50pm 7:10-7:40pm	9:00-9:30am 10:10-10:40am 1:10-1:40pm
	Dolphin Swimmer	9:00-9:30am 11:20-11:50am 4:00-4:30pm 4:50-5:20pm 6:15-6:45pm	5:40-6:10pm 6:30-7:00pm 7:05-7:35pm	4:30-5:00pm 5:05-5:35pm 6:55-7:25pm	4:30-5:00pm 5:55-6:25pm	5:05-5:35pm 5:55-6:25pm 7:20-7:50pm	9:50-10:20am 10:40-11:10am 11:20-11:50am 12:00-12:30pm
Star Program <i>*must have completed Swimmer or equivalent</i>	Star 1 *	9:30-10:15am	5:40-6:25pm	5:40-6:25pm	5:05-5:50pm	5:45-6:30pm	10:25-11:10am 12:35-1:20pm
	Star 2	5:25-6:10pm					
	Star 3 Star 4	4:35-5:20pm	6:15-7:00pm		4:30-5:15pm	6:30-7:15pm	9:00-9:45am 12:00-12:45pm
Star Leadership	Star 5 Star 6	4:35-5:20pm	7:05-7:50pm			4:30-5:15pm	9:50-10:35am
Youth Lessons Ages 12-17 only	Please see program guide for description		7:25-8:00pm		7:05-7:50pm (10m only)		1:45-2:30pm
Adult Lessons 14Y+	Please see program guide for description	LTS 9:30-10:10am SW1&2 (20m) 11:20am-12:05pm SW1 &2(20m) 6:00-6:45pm	LTS (10m) 6:55-7:40pm	SW1 &2 (20m) 6:30-7:15pm	LTS (10m) 7:25-8:10pm		SW1 &2 (20m) 9:00-9:45am All levels 1:30 -2:15pm



# How to become a Lifeguard/Swim Instructor



## Lifesaving Society Bronze Star

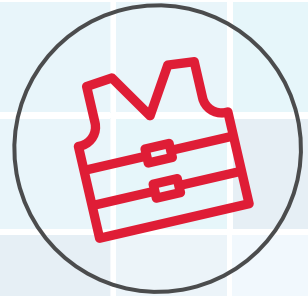
(Recommend Star 2 or equivalent swimming ability)

## 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](mailto: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

May 3, 4, 2025

**Cost: \$152.90/Member |**

**\$163.90/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.

### Wednesdays

6:00 pm - 7:15 pm

April 9, 16, 23, May 7, 14, 21, 28, June 4

**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.

Stay tuned for 2025 dates

**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)


March 28 - 30, 2025

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

# CHILD & YOUTH PROGRAMS



## **Cancellation Policy** *(Single Day Camps & 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, Tuesday & Friday**

7:15 pm - 9:15 pm

April 28, 29, May 2 OR

May 26, 27, 30 OR

June 16, 17, 20

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

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### **Boys Empowerment JUNIOR (Moose Jaw)** *Grades 6-7*

This FREE 8-week program supported by the Saskatchewan Health Authority will help youth enhance leadership skills & create new connections while boosting self-esteem, and mental health. Participants will have an opportunity to participate in physical activities in the community.

**Mondays (Zion Church)**

4:00 pm - 5:00 pm

**Thursdays (HOMEBASE | 52 High St W)**

4:00 pm - 5:00 pm

March 27 - May 15, 2025

**Register online**

**<https://regina.ymca.ca/boys-empowerment/>**

### **Boys Empowerment SENIOR (Moose Jaw)** *Grades 8-9*

This FREE 8-week program supported by the Saskatchewan Health Authority will help youth enhance leadership skills & create new connections while boosting self-esteem, mental health, and employment skills. Participants will have an opportunity to participate in physical activities in the community.

**Mondays (Zion Church)**

4:00 pm - 5:00 pm

**Thursdays (HOMEBASE | 52 High St W)**

5:15 pm - 6:15 pm

March 27 - May 15, 2025

**Register online**

**<https://regina.ymca.ca/boys-empowerment/>**

## Child & Youth Programs

### **D&D Lite (Regina)** *Ages 7-13*

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

April 10 - June 19 2025

**\*No programming on April 24, 2025**

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

### **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 am

April 6 - June 1, 2025

**\*No programming on April 20, 2025**

**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

April 22, 24 OR

May 13, 15 OR

June 10, 12

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

## Child & Youth Programs

### **Newcomer Wellness Program (Moose Jaw)**

This FREE 8-week program is designed to ease the transition for young newcomers to Canada by providing a supportive and engaging environment. This program offers a variety of activities aimed at better cultural understanding, communication development, social and emotional skills.

By exploring Canadian history, geography, and diverse cultures, participating in language immersion activities, and engaging in social and emotional learning exercises, **young newcomers can develop a strong foundation for success!**

#### **Tuesdays**

4:00 pm - 5:00 pm

March 11 - April 29, 2025

**Register online**

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



### **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

April 9 - June 4, 2025

**\*No programming on April 23, 2025**

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

## 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*

**April 6 - June 1, 2025**

**\*No programming on April 20, 2025**

#### **Sundays (7 - 12 years)**

*5:30 pm - 6:30 pm*

**April 6 - June 1, 2025**

**\*No programming on April 20, 2025**

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

### Youth Soccer (Regina)

*Ages 4-12*

This program is designed to introduce children to recreational soccer. Skill development will be blended with fundamental movement skills, and the opportunity to practice game play.

#### **Saturdays (4 - 6 years)**

*11:45 am - 12:30 pm*

**April 12 - June 7, 2025**

**\*No programming on April 26, 2025**

#### **Saturdays (7 - 12 years)**

*12:45 - 1:45 pm*

**April 12 - June 7, 2025**

**\*No programming on April 26, 2025**

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





## YOUTH Empowerment (Moose Jaw) *Grades 6-9*

This FREE 8-week program supported by the Community Initiatives Fund is a fun and engaging program to help build confidence, develop leadership skills, and tackle life's challenges like a pro. Covering topics like: *Mental Health Supports & Staying Safe Online.*

**Thursdays (HOMEBASE | 52 High St W)**

5:30 pm - 6:30 pm

February 27 - April 17, 2025

**Register online**

<https://regina.ymca.ca/youth-empowerment/>

## YOUTH Empowerment (Regina) *Grades 6-9*

This FREE 8-week program supported by the Community Initiatives Fund is a fun and engaging program to help build confidence, develop leadership skills, and tackle life's challenges like a pro. Covering topics like: *Mental Health Supports & Staying Safe Online.*

**Mondays (Northwest YMCA | 5939 Rochdale Blvd)**

6:30 pm - 7:30 pm

**Fridays (Northwest YMCA | 5939 Rochdale Blvd)**

7:30 pm - 8:30 pm

March 31 - May 30, 2025

**Register online**

<https://regina.ymca.ca/youth-empowerment/>

## Y Mind Teen *Ages 13-18*

This FREE 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.

**Moose Jaw | HOMEBASE (52 High Street West)**

**Tuesdays (In-Person)**

4:00 - 5:30 pm

April 1 - May 13, 2025

Complete the inquiry form.

[https://regina.ymca.ca/y\\_mind-mj/](https://regina.ymca.ca/y_mind-mj/)

**Regina | YMCA South (3801 B Albert Street)**

**Mondays (In-Person)**

6:30 - 8:00 pm

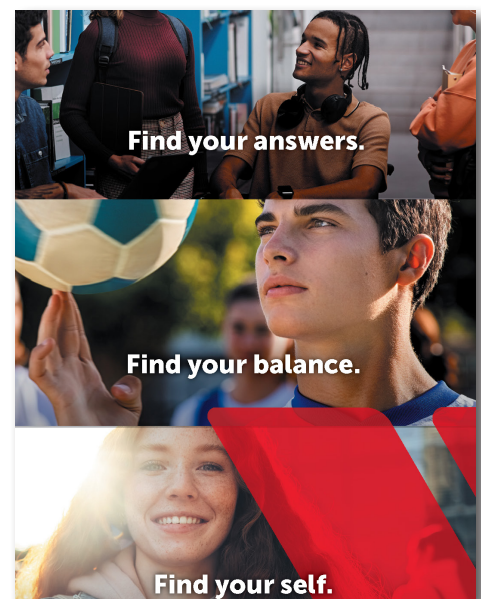
April 28 - June 17, 2025

**\*No programming on May 19, 2025**

Complete the inquiry form.

[https://regina.ymca.ca/y\\_mind/](https://regina.ymca.ca/y_mind/)

*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

### **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.

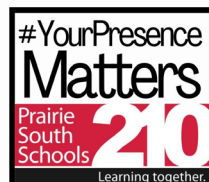
*Mentorship Services are provided in schools and within YMCA locations. Youth must be referred by a partnering agency to participate.*

**For more information, contact:**

**Bren Hutchinson, Director of Youth Services** | [brenden.hutchinson@mjymca.ca](mailto:brenden.hutchinson@mjymca.ca)

***Did You Know?*** Poor attendance at school can have negative impacts on a student's mental health. **#YourPresenceMatters** is an initiative by the Prairie South School Division; YMCA programs support youth in building healthy habits. ***Ensuring no child falls through the gap.***

**These programs are made possible through generous partnerships.**





# Does HOMEBASE have a service for you?

HOMEBASE is a safe space for all youth, where they are supported and encouraged to come exactly as they are.

Low barrier access to core services and supports that meet the needs of youth **ages 12-25**.

- | *Peer Support*
- | *Mental Health and Addictions*
- | *Education and Employment*
- | *Cultural and Traditional Support*
- | *Primary Health Clinic*

**& MORE**



52 High Street West  
306-694-5554

[homebasesask.ca/hubs/moose-jaw/](http://homebasesask.ca/hubs/moose-jaw/)

# CHILD & YOUTH 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

May 15

May 16

June 13

**Cost per Day:**

**\$57.75/Member |**

**\$68.25/Non-Member**

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### 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 (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



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: Janelle Konkel, Director of Fitness

[janelle.konkel@regina.ymca.ca](mailto:janelle.konkel@regina.ymca.ca)

Additional Health Connect programs, and speaker sessions COMING SOON!

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### 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.

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### 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

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### Senior Fitness Hour

Enjoy softer music, decreased traffic, and access to modified equipment. **Fitness Director (Janelle) will be available daily during the hour to answer any fitness questions and address your concerns. (Watch for upcoming information sessions!)**

Weekdays (During the school year, excluding statutory holidays)

1:00 pm - 2:00 pm

**Membership or Day Pass is required.**

9 out of 10 people don't realize  
they have prediabetes.

# SMALL STEPS FOR **BIG CHANGES**

is a **FREE** program that helps  
individuals make lasting diet and  
exercise changes to **reduce their risk**  
of developing type 2 diabetes.

## **Diabetes Prevention** (Regina | Northwest YMCA)

We have partnered with the Diabetes Prevention Research Group at UBC Okanagan to provide our Members with their evidence-based diabetes prevention program; proven to result in long-term exercise and dietary changes.

Small Steps for Big Changes is a FREE six-week program to help you lower your risk of developing type 2 diabetes. Meet one-on-one with your Small Steps for Big Changes coach to create diet and exercise goals that will fit with your lifestyle and receive a FREE one-month membership to the YMCA!



### **Take your first small step!**

*Fill out the online survey to see if you're eligible for the program, if you're eligible, our team will contact you to set up your first appointment.*

[https://regina.ymca.ca/smallsteps\\_bigchanges/](https://regina.ymca.ca/smallsteps_bigchanges/)



# COURT SPORTS





## 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](#).

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### Drop-in Basketball

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

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### Drop-in Badminton

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

**Mondays** | 11:00 am - 1:00 pm

**Wednesdays** | 6:45 - 8:00 pm

**Fridays** | 6:00 - 7:30 pm

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### 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

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### Volleyball

Join YMCA Volunteer Mary-Lou to learn more about the fundamentals of volleyball. Choose a level that aligns with your current abilities and work your way up! Adults are welcome to join all levels, competitive level is reserved for those in Grade 11 and older.

**Tuesdays** (Facilitated)

Beginner - Intermediate 5:00 - 6:15 pm | Competitive Grades 11+ 6:30 - 8:30 pm

**Fridays** (Drop-in) | 6:00 - 7:30 pm

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### **\*\*NEW\*\*** Ball Hockey *Ages 9-16*

Drop-in scrimmage of ball hockey! All skill levels are welcome, no experience required. A trainer will be on-site to help facilitate from 6:00 - 7:00 pm.  
*Sticks will be provided.*

**Thursdays** (Facilitated)

5:30 - 7:00 pm

Throughout the year, structured learn to play clinics for court sports such as *basketball, volleyball, and pickleball* may be offered.

**\*Available workshops will be listed in our Activity Schedule.**

# FITNESS PROGRAMS



## Fitness Programs

Membership or Day Pass is required for all 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

### 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!



### Fitness & Fuel

Is an 8-week class that provides comprehensive approach that combines energizing workouts with basic but essential nutrition guidance to help you make healthy and informed decisions about what goes in your body and what fuels your workouts! This class is suitable for all fitness levels.

**April 8 - June 3** (No classes April 22)  
**Tuesdays 12:00 pm - 12:45 pm**

### Hip Hop

Enjoy the art of music and explore various body movements to the beat of music in a safe space. Learn and build on foundational movements in groovy, flowy and energetic styles that will vary with each song!

**Wednesdays (12-17 years)**  
**6:45 pm - 7:45 pm**

**Wednesdays (18+ years)**  
**7:45 pm - 8:45 pm**

## Fitness Programs

### **\*NEW\* Youth Athletic Development** *Ages 9-12*

Designed specifically for youth, this class focuses on developing strength, speed, agility, and power while emphasizing fundamental athletic skills. Each fun and engaging session includes a mix of running drills, plyometrics, competitive challenges, and an introduction to basic athletic weightlifting.

**Thursdays**

7:00 pm - 8:00 pm

**FREE Registration**

### **\*NEW\* Youth Athletic Development** *Ages 13-16*

Designed for young athletes, this class focuses on enhancing strength, speed, power, agility, and change of direction. Help athletes maximize their athletic potential by increasing their speed, strength, agility and vertical. Each dynamic session combines running drills, explosive plyometrics, competitive challenges, and generalized athletic weight training.

**Thursdays**

8:00 pm - 9:00 pm

**FREE Registration**

### **\*NEW\* Athlete's Reset: Mobility & Recovery Yoga**

Loosen up and start your week strong with a 45-minute yoga class designed for athletes. Focus on mobility, flexibility, and recovery with deep stretches, dynamic movement and breath work. Perfect for easing stiffness and improving range of motion.

**Mondays (All levels are welcome) April - May**

6:45 am - 7:30 am

### **\*NEW\* Bhangra Dance**

This high-energy 45-minute dance class is filled with powerful moves, fast beats, and lots of fun. Bhangra is a traditional Punjabi dance and a great cardio workout. Improve stamina, co-ordination, and strength.

**Saturdays (Ages 10 Years+)**

2:00 pm - 2:45 pm

**This class has loud music & high energy movements.**

### **\*NEW\* Adult Orientation Workshop**

Become familiar with our equipment, or come for a refresher on exercises and exercise principles to help improve your fitness journey.

Some topics this workshop covers:

- Cardiovascular equipment
- Strength training equipment
- How to set adjustments & the weight you should begin lifting
- Understand a total body workout with every major muscle group

**Wednesdays & Saturdays (For new & current YMCA Members Ages 18+)**

9:00 am

# Fitness Programs



## Judo

Judo is made up of two Japanese words: “ju” which translates to “gentle” and “do” meaning “the way” When put together, it translates to “the gentle way”.

Judo is fun, safe, social, active, and provides a positive learning environment and the development of character, mind, and body.

It helps build confidence and coordination, promoting anti-bullying and self-protection.

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

**Mondays 6:00 pm - 9:00 pm**

- 6-7:15 pm FUNdamental Youth Judo (under 6 must have parents on mats)
- 6-7:30 pm Recreational Adults
- 6-7:30 pm Pre-Comp Youth (9-12 years) & Competitive (Ages 12+)
- 7:30-9:00 pm Kata & Grading Prep

**Participants MUST be approved by the instructor to attend.**

**Current members only or prior experience is required for Judo.**



## 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*

**Registration is required. Club fee \$25.00 |**

**Participants can TRY 2 FREE CLASSES**

- Judokats Weightlifting Club

*6:00 pm - 7:30 pm*

# Fitness Programs

## Low Impact



### 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.

### Total Body

*Tai Chi* is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a non-competitive, self-paced system of gentle physical exercise and stretching.

*Gentle Fit* is great for those with limiting physical conditions that require a gentler routing, or if you're just beginning an exercise routine, this is the perfect class for you.

*Strength & Balance* focuses on improving muscular strength and stability while enhancing balance and coordination. This class is suitable for all fitness levels, with modifications provided to accommodate varying abilities.

*Stretch & Mobility* improves flexibility, joint mobility, and overall range of motion through a series of dynamic stretches and targeted mobility exercises. Suitable for all fitness levels, with modifications offered to accommodate varying abilities.

### Yoga

*Yoga Flow (with Lois)* flows from one posture to the next. Beginning with gentle stretching poses, gradually increasing the intensity and increasing body heat, ending deeper into postures. The Yoga Flow practice will emphasize the connection of movement and breath, and bring more mindfulness, energy and strength in daily lives.

*Vinyasa Yoga (with Laura)* focuses on dynamic yoga poses. The practice includes a mix of strengthening, balancing, and stretching poses designed to bring energy and exercise to your day. *All levels welcome!*

*Lifelong Yoga (with Brenda)* Through the practice of Yoga Asana and mindful movements, we cultivate the strength, mobility, balance, resilience, and awareness that contributes to our capacity to live and age with greater ease and well-being. We'll incorporate meditative attention, traditional yoga postures, and movements based on the body's myofascial (*connective tissue*) network. *Suitable for anyone.*

*Gentle Hatha Flow (with Loretta)* Begin your day with gentle yoga, using mindful movements and your breath as a tool to remain in the present increasing strength and flexibility. Postures are practiced to align, strengthen, promote flexibility and challenge yourself while exploring break work, meditation and relaxation. *All levels welcome!*

## Fitness Programs Medium Impact



*BodyBlast* is a high-energy, full body workout that combines strength training, cardiovascular exercises, and core conditioning to build muscle and challenge the body. It is fast-paced, modification, and adaptable to all fitness levels, with modifications available for beginners and advanced participants alike. Perfect for anyone looking for a fun, intense workout to push their limits and get results!

*Core & More / Core PLUS* is a muscular strength workout that focuses on the core, while hitting all muscle groups. This class will cover balance, stability, side & rotational strength and abdominal and back strength. Suitable for all fitness levels, the class offers modifications to ensure everyone can participate at their own pace.

*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. Suitable for all fitness levels, and perfect for those looking to improve their strength, mobility, and overall functional fitness.

*Strength & Mobility* focuses on enhancing muscular strength and joint flexibility through a combination of targeted strength training exercises and mobility focused movements. It is suitable for all fitness levels, with modifications offered as needed.

*Spin & Stretch* provides an invigorating cardio workout and a relaxing, tension-releasing cool down. Build confidence on the bike and improve both strength and flexibility. It is suitable for all fitness levels.

## Older Adults

*Active Aging* develops and improves qualities to help you move and feel stronger as you age. This class will focus primarily on strength training to help you build muscle and strength to improve balance, stability, and overall movement quality. Similar to Functional Strength, this class can be slower moving with an emphasis on proper execution of movements. Although geared to older adults, this class can benefit all ages.





## Fitness Programs High Impact



*30 Minute POWER FIX* offers total body exercises for a complete higher intensity workout in 30 minutes. Sport and power style lifts. Efficient and effective for any age!

*CycleFit* is a high-energy indoor cycling workout designed to improve cardiovascular fitness, build lower body strength, and increase endurance. This class provides an energetic workout with a focus on lower body toning and calorie burning, while being low-impact on the joints. *Suitable for all fitness levels.*

*High Intensity Interval Training (HIIT)* is a fast-paced workout that alternates between short bursts of intense exercise and brief recovery periods. It's an effective class for those looking for an intense workout that maximizes results in a shorter period of time. Modifications are available to suit all fitness levels, making it accessible to both beginners and experienced gym goers.



# 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](mailto:leah.dash@regina.ymca.ca)

**Cost: \$389.00 +taxes**

# YMCA MEMBERSHIP



# Member Benefits

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

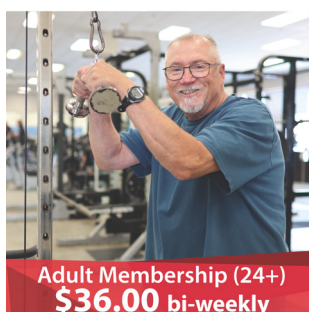
Whether your goal is to reduce stress, train for a race, or just feel healthier...We're here to help!

## Membership Benefits:

- No contracts or cancellation fees\*
- FREE swimming lessons for children & adults
- FREE 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 traveling



**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](mailto: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

Supporting the YMCA means supporting your neighbours, individuals, children, and families in our community, across all generations regardless of their financial means or physical abilities. The YMCA is a trusted partner of the community; we are committed to offering accessible programs and services, 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](https://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](https://www.regina.ymca.ca)  
[info@regina.ymca.ca](mailto:info@regina.ymca.ca)  
(306) 757-9622

