



FALL 2025 ACTIVITY GUIDE

Member Registration
September 2 | 9:00 AM

Public Registration
September 8 | 9:00 AM



TABLE OF CONTENTS

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

REGISTRATION TIPS3

AQUATICS4-12

YOUTH PROGRAMS.....13-19

ADULT & COMMUNITY PROGRAMS ...20-22

COURT SPORTS23-24

FITNESS PROGRAMS25-37

YMCA MEMBERSHIP38-40

CHARITABLE IMPACT41

WWW.REGINA.YMCA.CA
INFO@REGINA.YMCA.CA | (306) 757-9622

REGISTRATION TIPS

BEFORE PROGRAM REGISTRATION

- Become a YMCA Member! *Swimming lessons require the participant to hold an active membership at the time of registration and throughout the lesson period. Members receive one free swimming lesson per season. A cost of \$40 will be applied for additional swimming lessons.*
- *Cancellation notice is required seven (7) days prior to the start of any additional swim lessons, and are eligible for a refund* or credit* (excluding admin fees) to your YMCA account.*
- Set up your YMCA of Regina online account.
- Look up your previous swim lesson early. Appropriate swim level is determined by the previous YMCA lesson completion and/or the current age of the participant. *A swim test may be scheduled to determine a participant's level.*
- If you have not had a YMCA Swimming Lesson in the past, or are unsure of the next transition level, scan the QR code or contact us prior to registering for swimming lessons.
- Use the 'Wish List' function online to store your preferred lesson(s)/programs prior to registration day.



REGISTRATION DAY

- Registration opens at 9:00 AM
(Tuesday, September 2 | Members OR Monday, September 8 | Public)
- Swimming Lesson Registration closes September 28 at 12:00 PM
- Move items from your 'Wish List' to your cart for easy checkout
- Add yourself to the waiting list if your preferred lesson/program/time/day is not available or is full.

GST is added to fees where applicable

Visit our website HERE
to get your on-line
member account set up.

regina.ymca.ca/account



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

306-757-9622

**Voicemail registrations
will NOT be accepted*

A Member Service
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 learn to splash with their arms and 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.



SWIM LESSONS

- **Adult Swim Lessons**

Adult Members age 14+ can enjoy structured group swimming lessons too! Adult lessons will be on a drop-in basis. Participants will need to register weekly online or through the front desk.

Please check the swimming lesson schedule for time options.

- **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.

Sundays | 10:35 AM - 11:05 AM (10M) or 11:15 AM - 11:45 AM (20M)

September 14, 21, 28, October 5 or October 12, 19, 26, November 2

Mondays | 4:30 PM - 5:00 PM (10 M) or 7:25 PM - 7:55 PM

September 15, 22, 29, October 6 or October 20, 27, November 3, 10

Tuesday | 4:30 PM - 5:00 PM

September 16, 23, 30, October 7 or October 14, 21, 28, November 4

Wednesdays | 6:50 PM - 7:20 PM

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

Cost: \$110.25 (4 lessons)

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

- ***NEW* Youth Swim Lessons**

Youth swim lessons are for ages 11-17 who are new to swimming or are still working on their skills. Participants will register in either the *Learn to Swim* or *STAR* group depending on their current level.

Please check the swimming lesson schedule for time options.

- ***NEW* Stroke Improvement Lessons**

This class is for participants who are struggling with specific swimming strokes, or those who are trying to improve their strokes to succeed in timed swims for Bronze classes or National Lifeguard.

Please check the swimming lesson schedule for time options.

STAR PROGRAM LEVEL 1-6



Develop your skills by improving water sports, 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 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, demonstrating how to teach a swimming skill, and 600 meter endurance swim.

SWIM LESSONS SCHEDULE

Sunday, September 14 - Monday, November 10

****No classes October 13***

		Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Age	Level	Sept 14-Nov 2	Sept 15-Nov 10	Sept 16-Nov 4	Sept 17-Nov 5	Sept 18-Nov 6	Sept 20 - Nov 8
Preschool Parented 0-3Y	Parent and Tot 1&2	9:35-10:05am 4:30-5:00pm 5:10-5:40pm	5:40-6:10pm	6:15-6:45pm	6:15-6:45pm	9:00-9:30am 5:40-6:10pm 6:15-6:45pm	9:35-10:05am 11:20-11:50am
Preschool 3-5 Y *parent optional*	*Preschool 1	10:10-10:40am 4:00-4:30pm 5:40-6:10pm 6:15-6:45pm	5:00-5:30pm	5:10-5:40pm 6:20-6:50pm	5:20-5:50pm	9:00-9:30am 4:30-5:00pm 5:40-6:10pm 6:50-7:20pm	9:00-9:30am 10:45-11:15am 11:55-12:25pm
	*Preschool 2		6:15-6:45pm				
	Preschool 3	10:45-11:15am	4:30-5:00pm	4:35-5:05pm	5:40-6:10pm	9:35-10:05am	10:10-10:40am
	Preschool 4	5:05-5:35pm 5:40-6:10pm	6:30-7:00pm			5:05-5:35pm 6:50-7:20pm	10:40-11:20am 12:15-12:45pm
	Preschool 5	4:35-5:05pm	5:00-5:30pm	5:40-6:10pm	4:30-5:00pm	5:05-5:35pm	9:35-10:05am
	Preschool 6	5:25-5:55pm					12:10-12:40pm
Learn to Swim 6Y+	Otter Seal	9:00-9:30am 10:35-11:05am 4:00-4:30pm 6:15-6:45pm	4:30-5:00pm 5:00-5:30pm 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 5:55-6:25pm	4:30-5:00pm 5:20-5:50pm 6:15-6:45pm	9:00-9:30am 10:10-10:40am 11:25-11:55am
	Dolphin Swimmer	11:15-11:45am 4:00-4:30pm 4:50-5:20pm 6:15-6:45pm	5:40-6:10pm 7:05-7:35pm	4:30-5:00pm 5:05-5:35pm 6:55-7:25pm	4:30-5:00pm 5:55-6:25pm	4:30-5:00pm 5:55-6:25pm 6:45-7:15pm	9:50-10:20am 10:45-11:15am 12:30-1:00pm
Star Program *must have completed Swimmer or equivalent	Star 1 *	5:25-6:10pm	5:40-6:25pm	5:40-6:15pm	5:05-5:50pm	5:05-5:50pm	10:25-11:10am 11:20-12:05pm
	Star 2						
	Star 3	4:00-4:45pm	6:15-7:00pm	5:05-5:50pm	4:30-5:15pm	6:30-7:15pm	9:00-9:45am 11:25am-12:10pm
	Star 4						
Star Leadership	Star 5	4:35-5:20pm	7:05-7:50pm			4:30-5:15pm	9:50-10:35pm
	Star 6						
Stroke Improvement	Please see program guide for description					5:55-6:40pm	12:00-12:45pm
Youth Lessons ages 11-17 only	Please see program guide for description	All levels 9:00-9:45 am			All levels 6:30-7:15pm		
Adult Lessons 14Y+	Please see program guide for description	All levels 9:45-10:30am SW1 & 2(20m) 6:00-6:45pm	LTS (10m) 6:55-7:40pm	SW2 6:30-7:15pm		LTS & SW1 9:35-10:20	SW2 9:00-9:45am

BECOME A LIFEGUARD/SWIM INSTRUCTOR



Lifesaving Society Bronze Star

*(Recommend STAR 2 or
equivalent swimming ability)*



Lifesaving Society Medallion Star

*(Must be 13 years of age OR
Bronze Star certification)*



Lifesaving Society Bronze Cross

*(Must have completed
Bronze Medallion Course)*



LIFEGUARD



Lifesaving Society Standard First Aid/CPR-C/AED

*Certificate accepted
from: Lifesaving Society,
Canadian Red Cross,
St. John Ambulance or
Canadian Ski Patrol*



Lifesaving Society National Lifeguard

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



INSTRUCTOR



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

(Must be 15 years of age)

AQUATIC LEADERSHIP

- **Lifesaving Society Bronze Star**

Bronze Star develops swimming proficiency, lifesaving skills and personal fitness. Participants will 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 400 meter fitness challenge workout.

Prerequisites: no age requirement; swimming ability required; recommend STAR 2

September 16 - November 4

6:00 PM - 7:15 PM **(Tuesdays)**

Cost: \$110 | YMCA Members or \$135 | Non-Members

- **Lifesaving Society Bronze Medallion**

Bronze Medallion challenges the participant both mentally and physically. *Judgement, Knowledge, Skill, and Fitness* - the four components of water rescue - form the basis of Bronze Medallion training. Participants 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 prerequisite for Assistant Lifeguard training in Bronze Cross. Includes a 400 meter timed swim within 12 minutes.

Prerequisites: 13 years of age OR Bronze Star certification | Cost of manual included

October 17-19 or January 2-4, 2026

6:00 PM - 9:30 PM **(Friday)** | 9:00 AM - 6:00 PM **(Saturday/Sunday)**

Cost: \$168 | YMCA Members or \$193 | Non-Members

- **Lifesaving Society Bronze Cross**

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares participants for responsibilities as Assistant Lifeguards. Participants strengthen and expand their lifesaving skills and begin to apply the principles and techniques of 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 advanced training in the Society's National Lifeguard Award (NLS) and leadership certification programs. Includes a 400-meter timed swim in 11 minutes.

Prerequisites: Bronze Medallion certification | Same manual as Bronze Star

November 13 - 16 or March 26-29, 2026

6:00 PM - 9:00 PM **(Thursday/Friday)** | 9:00 AM - 6:00 PM **(Saturday/Sunday)**

Cost: \$138 | YMCA Members or \$165 | Non-Members

AQUATIC LEADERSHIP

- **Lifesaving Society National Lifeguard Award**

National Lifeguard is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgement, and a mature and responsible attitude towards the lifeguard's role. National Lifeguard training emphasizes prevention and effective rescue response in emergencies, including first aid treatment. Participants develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50 meter sprint challenge, 50 meter rescue drill, and 400 meter endurance challenge.

*Prerequisites: Minimum of 15 years of age, Bronze Cross *doesn't need to be current*, Standard First Aid/CPR-C *Only accepted from: Lifesaving Society, Canadian Red Cross, St. John Ambulance, Canadian Heart and Stroke, and Canadian Ski Patrol**

June 12-14 & June 19-21, 2026

5:00 PM - 10:00 PM **(Friday)** | 9:00 AM - 6:30 PM **(Saturday/Sunday)**

Cost: \$257.50 | YMCA Members or \$298.80 | Non-Members

- **Lifesaving Society National Lifeguard Award (Recertification)**

National Lifeguard certification is valid for 24 months (2 years) from the date of the exam. In order to remain current, National Lifeguards must attend an in-person recert exam before they expire. This exam ensures that all National Lifeguards are meeting the National Lifeguard standard.

***NOTE** - *As long as you have held a National Lifeguard certification, you can attend a recert. However, between the time of expiration and the recert exam, you are not considered certified by the Lifesaving Society.*

Please bring your most recent certification to the recert

September 26 or March 6, 2026

5:00 PM - 10:00 PM **(Friday)**

Cost: \$71.61 | YMCA Members or \$80.85 | Non-Members

AQUATIC LEADERSHIP

- **Lifesaving Society Standard First Aid CPR-C/AED (Full Course)**

The Lifesaving Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. This course is Occupational Health and Safety approved in Saskatchewan and Canada.

Choose from one of three session dates

September 20/21 | January 17/18, 2026 | April 18/19, 2026

9:00 AM - 6:00 PM **(Saturday & Sunday)**

Cost: \$152.90 | YMCA Members or \$163.90 | Non-Members

- **Lifesaving Society Standard First Aid CPR-C/AED (Recertification)**

This one-day course will refresh your first aid skills and update you with any changes from your previous first aid course. *You must bring your original certification card.* 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, St. John Ambulance, Canadian Heart and Stroke, or Canadian Ski Patrol.*

Choose from one of six session dates

2025 | October 4 or 5

**2026 | February 7 or February 8,
May 23 or May 24**

9:00 AM - 6:00 PM

**Cost: \$85.25 | YMCA Members or
\$98.65 | Non-Members**

- **Cancellation notice is required seven (7) days prior to the start of any Aquatic Leadership Course, and are eligible for a *refund* or credit** (excluding admin fees) to your YMCA account.**





YOUTH PROGRAMS



YMCA DAY CAMPS

- **School Year Day Camps**

Active, imaginative, and skill-building fun for kids!

Our YMCA Day Camps are designed to keep children engaged, active, and learning throughout the school year. Each day is filled with opportunities to explore new interests, build friendships, and have fun in a safe and supportive environment.

Our activities are thoughtfully planned to help campers achieve **Camp Goals:**

- **Play and have fun**
- **Build positive relationships and a sense of community**
- **Stay physically active and promote well-being**
- **Explore their natural curiosity and interests**
- **Be challenged and learn something new**

Mark Your Calendar with the 2025/2026 School Year Camp Dates

2025 |

September 29, September 30, October 10, October 13, November 3, November 10

2026 |

January 12, March 13, March 20, May 8, May 15, June 8, June 12

7:30 AM - 5:30 PM

Daily Cost: \$60 | YMCA Members or \$72 | Non-Members

YMCA WEEK-LONG BREAK DAY CAMPS

- **Swim Camp**

Is your swimming enthusiast eager to level up their swim skills? Our Swim Camp offers daily instruction led by certified instructors, following the YMCA Learn to Swim and STAR 1-4 programs. Campers can complete a full swim level in just one week - all while enjoying games, outdoor adventures, and creative arts.

Camp Highlights:

- Daily swim instruction tailored to skill level
- Certified instructors using YMCA curriculum
- Fun, friendship, and personal growth
- Dry-land fun, co-operative games, outdoor play, and arts and science activities.

*Please provide current swim level certification upon registration.

2026 | February 17-20

9:00 AM - 4:30 PM

Extended Supervision is available 7:30 AM - 9:00 AM & 4:30 PM -5:30 PM

Extended Supervision \$30 | YMCA Members or \$35 | Non-Members

Cost: \$230 | YMCA Members or \$265 | Non-Members

2026 | April 6-10

9:00 AM - 4:30 PM

Extended Supervision is available 7:30 AM - 9:00 AM & 4:30 PM -5:30 PM

Extended Supervision \$37 | YMCA Members or \$43 | Non-Members

Cost: \$289 | YMCA Members or \$320 | Non-Members

- **Bronze Star BONUS Program**

Available during the April 6-10, 2026 Swim Camp

Swimmers who have completed STAR 2 are eligible to enroll in the Bronze Star BONUS Program - a fun and challenging introduction to lifesaving sport and a great stepping stone towards Bronze Medallion certification.

A \$25 certification fee is required in addition to the Swim Camp fee.

YOUTH PROGRAMS

These two programs can be offered in Communities & Classrooms!

For more information on a group booking for
Home Alone Preparation or Babysitter Training,
contact Christal.Himmelspeck@regina.ymca.ca

- **Babysitter Training** (Ages 11 years and older)

The Babysitter Training Course focuses on childcare planning and preparation. It will help build leadership and decision-making skills. It prepares participants for the important job of babysitting.

Choose from one of three session dates

September 24/26 | October 22/24 | November 26/28

6:15 PM - 9:15 PM (Wednesday & Friday)

Cost: \$50 | YMCA Members or \$80 | Non-Members

- **Home Alone Preparation Course** (Ages 10 years and older)

The Home Alone Preparation 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.

Choose from one of three session dates

September 17/19 | October 15/17 | November 19/21

7:15 PM - 9:15 PM (Wednesday & Friday)

Cost: \$35 | YMCA Members or \$40 | Non-Members

REGINA YOUTH PROGRAMS

- **Youth Basketball** (Ages 4-12)

This program introduces the fundamentals of basketball in a fun and supportive environment. Participants will develop essential skills such as dribbling, passing, and shooting, while also building coordination and confidence through movement-based activities. Each session includes opportunities to apply skills in age-appropriate gameplay, promoting teamwork and a love for the sport.

September 18 - November 6 (No class on October 13)

(Sundays) Ages 4-6 | 9:45 AM - 10:30 AM or Ages 7-12 | 10:45 AM - 11:45 AM

Cost: \$58 | YMCA Members or \$68 | Non-Members

- **Dungeons & Dragons Lite** (Ages 7-13)

Join us for Dungeons & Dragons Lite, a simplified and kid-friendly version of the classic fantasy roleplaying game! This program introduces children to the magical world of D&D, where they'll create unique characters, battle imaginative foes, and explore epic quests - all while building creativity, teamwork, and storytelling skills.

September 18 - November 6

7:00 PM - 8:00 PM **(Thursdays)**

Cost: \$58 | YMCA Members or \$68 | Non-Members

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

Join us for a fun and engaging introduction to golf through our exciting partnership with First Tee and Golf Canada! This indoor program focuses on putting and driving skills in a safe, supportive environment. Designed for all skill levels, it's a great way to build confidence, learn the fundamentals, and enjoy the game of golf - *no experience required*.

November 16 - December 7

10:30 AM - 11:30 AM **(Sundays)**

Cost: FREE | YMCA Members or Youth Day Pass

- **Y Mind** (**Teen** Ages 13-18 | **Youth** Ages 18-30)

Is a FREE program supports individuals 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.

For more information about Y Mind in Regina, please contact *Y Mind Facilitator* **Janelle.Janzen@regina.ymca.ca or Rebecca.Haugen@regina.ymca.ca**

REGINA YOUTH PROGRAMS

- ***NEW* Youth Cricket (Ages 8-13)**

Get Ready to Hit, Bowl, and Catch!

Join our exciting Youth Cricket program and dive into one of the world's most popular sports! This program introduces young athletes to the fundamentals of cricket in a fun and supportive environment. Through engaging drills, friendly competition, and teamwork, youth will learn key skills like *batting*, *bowling*, *fielding*, and *team strategy* - all while making new friends and staying active!

Whether your child is a beginner or has some experience, our coaches focus on developing confidence, sportsmanship, and a love for the game. Cricket is not only about mastering skills, but also about learning the importance of teamwork, patience, and perseverance.

Experience the thrill of cricket and develop life-long skills, on and off the field!

September 9 - October 14

6:30 PM - 7:30 PM **(Tuesdays)**

Cost: YMCA Membership or Day Pass

- **Youth Sport Conditioning (Ages 8-14)**

This dynamic class is designed to support the overall athletic development of youth ages 8-14 years, regardless of their sport of choice. Through a variety of fun, engaging, and age-appropriate exercises, participants will build a strong foundation in movement skills, physical fitness, and body awareness that benefits performance in any sport.

Led by experienced coaches, this class emphasizes proper technique, positive motivation, and a supportive environment. Whether your child is new to sports or already competing, this program helps them grow as a well-rounded athlete.

Choose from one of two session dates

September 11 - October 16 or October 23 - November 27

5:45 PM - 6:45 PM **(Thursdays)**

Cost: YMCA Membership or Day Pass

MOOSE JAW YOUTH PROGRAMS

- **Boys Empowerment**

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

JUNIOR (Grades 6-7) | October 23 - December 11

Mondays | 4:00 PM - 5:00 PM | **Zion Church** (423 Main Street North)

Thursdays | 4:00 PM - 5:00 PM | **HOMEBASE** (52 High Street West)

SENIOR (Grades 8-9) | October 23 - December 11

Mondays | 4:00 PM - 5:00 PM | **Zion Church** (423 Main Street North)

Thursdays | 5:15 PM - 6:15 PM | **HOMEBASE** (52 High Street West)

For more information, please contact *Shawn Kozakowski, Leadership Development Coordinator* | shawn.kozakowski@mjymca.ca

- **HOMEBASE Moose Jaw (Integrated Youth Services)**

HOMEBASE aims to coordinate, streamline, and build on existing resources and to provide youth with services at no cost. The HOMEBASE model co-locates and integrates services for all youth aged 12-25. Services will be aligned with regional Saskatchewan Health Authority services to create a pathway of care.

HOMEBASE is a safe space for all youth, where they are supported and encouraged to come exactly as they are. We welcome and respect people of all sexual orientations, gender identities, ethnicities, faiths, race/nationalities, and abilities.

52 High Street West | homebasesask.ca/hubs/moose-jaw/

- **Y Mind (Teen Ages 13-18 | Youth Ages 18-30)**

Is a FREE program supports individuals 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.

For more information about Y Mind in Moose Jaw, please contact
Y Mind Facilitator Douglas.Robinson@regina.ymca.ca



ADULTS & COMMUNITY PROGRAMS

ADULT & COMMUNITY PROGRAMS

Health Connect

Aims to improve the navigation of the health care system, and increase individual health literacy rates and outcomes through connection to services, health education, and these evidence-based programs:

- **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 at the Northwest YMCA following Active Aging at 9:00 AM***

SMALL STEPS FOR BIG CHANGES

Are you in Regina and at risk of developing Type 2 Diabetes?

You may be eligible to take part in a
FREE lifestyle change program!



Small Steps for Big Changes is a FREE 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!**

- **Set goals**
- **Build healthy habits**
- **Address your barriers**
- **Improve your diet**

You can take small steps to make big changes & we can help!



SMALL STEPS
FOR **BIG CHANGES**

Start and stick with
exercise with the help of a
certified health coach.



**Working out consistently has
helped me find the stamina to
keep up with my kids
and really bond with them.**



Learn more at
[https://regina.ymca.ca/
smallsteps_bigchanges/](https://regina.ymca.ca/smallsteps_bigchanges/)

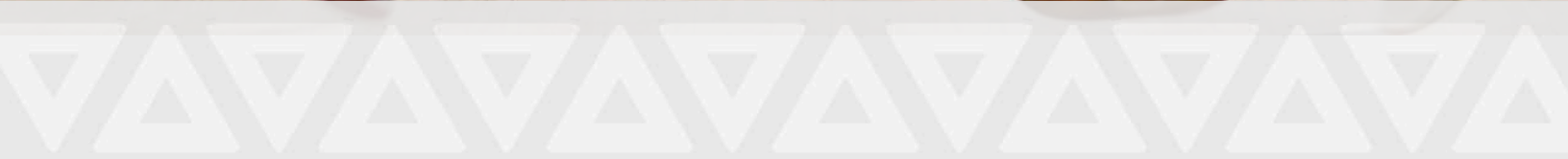
in partnership with



Diabetes Prevention
Research Group



THE UNIVERSITY
OF BRITISH COLUMBIA



**COURT
SPORTS**

DROP-IN GYMNASIUM

The YMCA offers drop-in court sport times daily. View current court sport drop-in times on our online gymnasium schedule [HERE](#), or scan the QR code.



YMCA Membership or Day Pass is required for all Court Sports.
All skill levels are welcome, no experience required.

- **Drop-in Basketball**

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

- **Drop-in Pickleball**

Learn and improve your Pickleball skills!

Mondays | 11:00 AM - 1:00 PM

Tuesdays | 11:00 AM - 1:00 PM

Fridays | 11:00 AM - 1:00 PM

- **Drop-in Badminton**

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

Mondays | 11:00 AM - 1:00 PM

& 6:30 PM - 8:00 PM

Wednesdays | 6:45 PM - 8:00 PM

Fridays | 6:00 PM - 7:30 PM

- **YOUTH Ball Hockey**

Practice and improve your Ball Hockey skills!

Tuesdays | 5:30 PM - 6:30 PM (*until October 28*)

- **YOUTH Soccer**

Practice and improve your Soccer skills!

Thursdays | 6:45 PM - 7:45 PM

- **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.*

Tuesdays (Facilitated) *returning in November

Beginner - Intermediate | 5:00 PM - 6:15 PM

Competitive - Grade 10+ | 6:30 PM - 8:30 PM



FITNESS PROGRAMS

CLIMBING WALL

- **We're BACK ON THE WALL (Starting September 2)**

Our climbing wall offers a fun, challenging, and accessible climbing experience for all skill levels. With a variety of routes ranging from beginner-friendly to advanced problems. Climbers can test their strength, technique, and problem-solving skills in a safe and supportive environment.

Features & Requirements:

- No ropes or harness required - *climb freely at lower heights*
- Thick padded flooring for safety
- Great for building strength, coordination, and confidence
- Available for ages 3 & up *at designated times*
- SHOES REQUIRED
- ***A parent/guardian MUST complete a waiver for ALL climbers under the age of 18 years.**

Tuesdays

5:30 PM - 6:30 PM (*ages 8 years and older*)

6:30 PM - 7:30 PM (*ages 3-7 years*)

Wednesdays

4:00 PM - 6:00 PM (*school ages starting September 24*)

Thursdays

5:45 PM - 6:45 PM (*ages 3-7 years*)

6:45 PM - 7:45 PM (*ages 8 years and older*)

Saturdays

9:30 AM - 10:30 AM (*open to all ages*)

Sundays

9:30 AM - 10:30 AM (*open to all ages*)

Cost: YMCA Membership or Day Pass



FITNESS AGE REQUIREMENTS

Membership or Day Pass is required for all Fitness Programs.

- **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 *after* completing the second Equipment Orientation session.

- **Youth 16+ & Adults**

May access all cardio and free weight equipment *without* completing an Equipment Orientation session.

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

- **Adult Orientation Workshop (YMCA Members Ages 18+)**

Let us help you remove barriers! Become familiar with our equipment, or come for a refresher on exercises and exercise principles to help improve your fitness journey. This workshop covers:

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

9:00 AM - 10:00 AM (Wednesdays & Saturdays)

DROP-IN FITNESS CLASSES

Check the fitness class schedule **HERE** for up-to-date class times, or download the YMCA of Regina App for FREE from the App Store!



GET IT ON
Google Play



Download on the
App Store



Available as a
Web Version

FITNESS PROGRAMS

- **First Steps Fitness**

Ready to feel strong, confident, and empowered?

Join a welcoming, beginner-friendly program designed for anyone who's ever felt intimidated by the weight room or unsure where to begin. Whether you're returning to fitness after a break or starting fresh, our certified personal trainers will guide you through safe, progressive strength training—while busting common myths about lifting.

You'll build lasting habits in a supportive environment, with expert coaching and a nutrition component tailored to help you reach your goals. Plus, track your progress with an optional complimentary InBody scan.

September 8 - December 1

Choose from one of two session times (AM or PM)

10:00 AM - 11:00 AM or 7:00 PM - 8:00 PM (**Mondays & Thursdays**)

Cost: \$360 | YMCA Members or \$585 | Non-Members

- **Learn to Olympic Weightlifting** (Ages 10 years and older)

Unlock your athletic potential with Olympic Weightlifting - a dynamic sport that builds explosive power, total-body strength, and unmatched coordination.

Whether you're a beginner or looking to refine your technique, this program will guide you through the fundamentals of *squats, deadlifts, push press, snatch, cleans, and jerks* - along with mobility work. ,

Choose from one of two session dates

September 8 - October 20 (No class October 13)

6:30 PM - 7:30 PM (**Mondays**)

October 27 - December 1

6:30 PM - 7:30 PM (**Mondays**)



Cost: YMCA Membership is required

After completing Learn to Olympic Weightlifting, take your training to the YMCA Conditioning Floor! Youth ages 10-13 years may complete the **Free Weight Orientation** at the discretion of the Fitness Director.

FITNESS PROGRAMS

- ***NEW* Women Lift Strong**

Strength Training for Women | All Fitness Levels Welcome

Step into your strength and build confidence in the weight room with Women Lift Strong - A women-only strength training class led by an inspiring and knowledgeable Trainer. Whether you're brand new to lifting or looking to level up your strength, this class will teach you the fundamentals of proper technique for total body strength, including *squats*, *deadlifts*, and *bench press*, and will help you progress safely and effectively.

Come challenge yourself, build lean muscle, and boost your metabolism!

Choose from one of two session dates

September 15 - October 27 | November 3 - December 8

6:00 PM - 7:00 PM **(Mondays)**

Cost: \$120 | YMCA Members or \$220 | Non-Members

- ***NEW* Toddler Time in the GYMNASIUM**

(recommended for Ages 1 to 4)

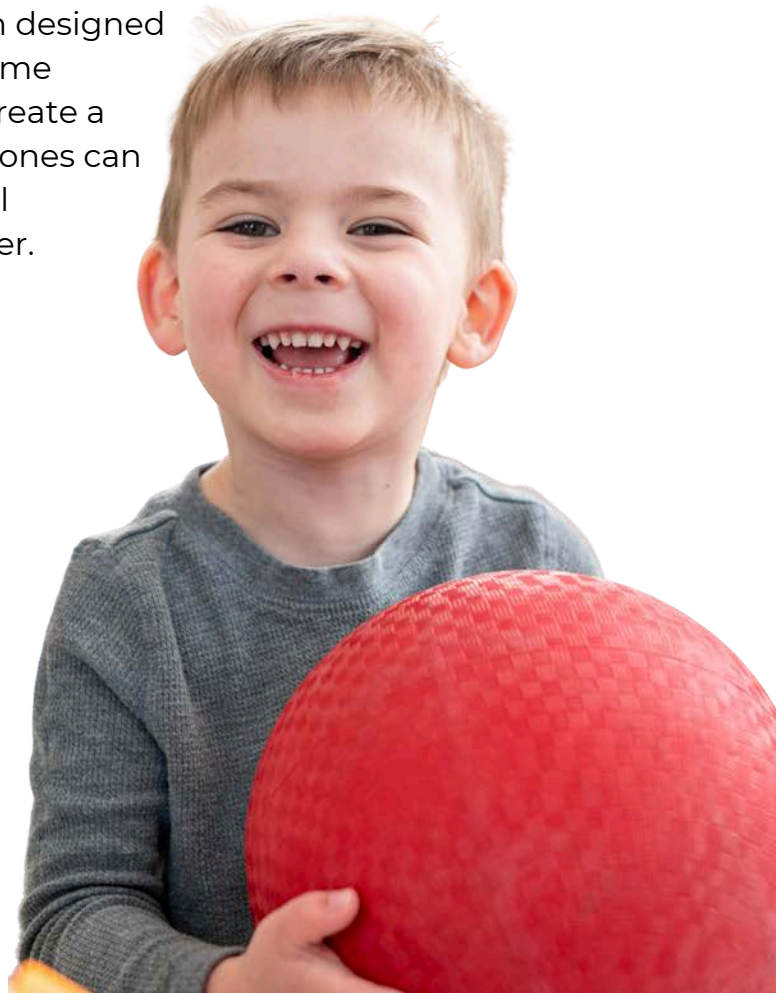
Welcome to a joyful and active gym session designed especially for toddlers! This engaging playtime combines soft mats and colourful balls to create a safe, sensory-rich environment where little ones can explore movement, coordination, and social interaction - alongside their parent/caregiver.

***This is not an instructor-led program.
Parents/Caregivers must accompany
their toddler.**

September 2 - December 16

9:00 AM - 9:30 AM **(Tuesdays)**

***Before StrongMoms Postnatal Class**



FITNESS PROGRAMS

- ***NEW* StrongMoms (Postnatal Class)**

Rebuild your strength, reconnect with your core, and regain confidence in your body in a supportive, mom & baby-centered space. This postnatal fitness class is designed specifically for moms 6+ weeks postpartum (with doctor's clearance), focusing on safe and effective movements to help heal your core and pelvic floor, improve posture, and boost energy.

All fitness levels welcome. Babies are welcome.

Whether you're just returning to movement, or ready to rebuild, you'll feel strong, seen, and supported!

September 2 - December 16

9:30 AM - 10:30 AM (Tuesdays)

***Toddler Time in the Gymnasium is 30 minutes prior to class**

Cost: YMCA Membership or Day Pass

- ***NEW* Strong & Pregnant (Prenatal Class)**

Stay strong, mobile, and confident throughout pregnancy with this safe and energizing prenatal fitness class. Designed specifically for expecting moms, this class supports your changing body through all three trimesters with gentle strength training, mobility work, and breath-focused core and pelvic floor exercises.

All trimesters welcome. No prior fitness experience required.

You'll leave each session feeling strong, connected, and ready to support your growing body and baby!

September 6 - December 13

11:00 AM - 12:00 PM (Saturdays)

Cost: YMCA Membership or Day Pass



LOW IMPACT - FITNESS PROGRAMS



Aquatics

- **Ai Chi** uses breathing techniques and resistance training in water to relax and strengthen the body, based on elements of Tai Chi.
- **Gentle AquaFit** is the perfect class for you if you have a limiting physical condition that requires a gentler routine, or you're just beginning an exercise routine.
- **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 routine, 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.

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.

****Coffee & Conversation is offered in the Northwest Lobby following Active Aging***

LOW IMPACT - FITNESS PROGRAMS



Yoga

- **Vinyasa Yoga Flow (with Janet)** *A gentle yoga flow focusing on breath and flexibility. Opportunity is given to modify for differences in bodies and fitness levels. Options are also offered for those familiar with yoga to expand on the movements.*
- **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 in deeper postures. The yoga Flow practice will emphasize the connection of movement and breath, and bring more daily mindfulness, energy, and strength.



- **Lifelong Yoga (with Brenda)** Through the practice of Yoga Asana and mindful movements, we cultivate the strength, mobility, balance, resilience, and awareness that contribute 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 everyone!*
- **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 practices to align, strengthen, promote flexibility, and challenge yourself while exploring breath work, meditation, and relaxation. *All levels welcome!*

MEDIUM IMPACT - FITNESS PROGRAMS



- **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!
- **Bhangra** is a high-energy, 45-minute Bhangra Dance class filled with powerful moves, fast beats, and lots of fun. Bhangra is a traditional Punjabi dance that's a great cardio workout, helping improve stamina, coordination, and strength.
- **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.*
- **Yogaerobics** blends traditional yoga poses with low-impact aerobic movements. The flowing movements bring the perfect balance of boosting strength, increasing cardio, and flexibility.
- **Zumba** combines upbeat music with easy-to-follow dance moves. This total body workout will feel like a dance party that improves your cardio and burns calories! *No dance experience required.*

HIGH IMPACT - FITNESS PROGRAMS



- **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.



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



- **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 SERVICES

- ***NEW* Body Composition Analysis**

Take control of your wellness journey with a cutting-edge Body Composition Scan powered by Bioelectrical Impedance Analysis (BIA). This non-invasive, quick, and highly accurate scan provides a detailed snapshot of your internal health - *far beyond what a scale can tell you*. Discover **Body Fat Percentage, Muscle Mass, Visceral Fat, Hydration Levels, and Basal Metabolic Rate (BMR)**

Fast. Safe. Insightful. The scan takes just minutes and uses safe, low-level electrical currents.

**Not permitted for anyone with a pacemaker or who is pregnant.*

30-minute appointment

Each appointment includes the BIA scan, and a YMCA Trainer will review the scan results with you.

Cost: \$30 | YMCA Members or \$50 | Non-Members

- ***NEW* Nutritional Consultation**

A personalized **60-minute one-on-one** consultation with a **Certified Nutrition Coach** to review your current eating habits and identify areas for improvement based on your individual goals. Take away practical strategies for eating well to accommodate your unique dietary preferences and lifestyle.

Cost: \$65 | YMCA Members or \$90 | Non-Members

- **Nutrition Counseling (12-week Program)**

Need a little extra accountability to get your nutrition habits on track? Work one-on-one with a **Certified Nutrition Coach** over 12 weeks to build lasting habits and make meaningful dietary lifestyle changes tailored to your personal health and fitness goals.

An initial in-person assessment includes goal setting and personalized recommendations. You'll receive healthy meal ideas and practical strategies along with weekly check-ins to keep you on track for achieving your goals.

Cost: \$350 | YMCA Members or \$560 | Non-Members

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 ongoing 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**

SENIOR FITNESS HOUR

- **Senior Fitness Hour**

Come work out during Senior Fitness Hour and enjoy softer music, decreased traffic, and access to modified equipment. Our Fitness Director (Janelle) will be available daily to answer any fitness questions.

Weekdays (during the 2025/2026 School Year)

*Excluding statutory holidays

1:00 PM - 2:00 PM

Cost: YMCA Membership or Day Pass

FITNESS VOLUNTEER

- **Become a Fitness Volunteer**

We're looking for passionate volunteers with a fitness certification to lead classes in our community.

Whether it's Zumba, group fitness, or aquatics classes - your skills can help inspire others to stay active & healthy!

For more information or to apply to be a volunteer, **scan the QR code** to visit our website.



regina.ymca.ca/employment-volunteering-opportunities/



YMCA
MEMBERSHIP

MEMBER BENEFITS

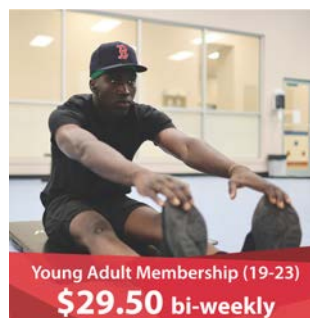
At the YMCA, you can try something new, connect with others, and stay healthy in spirit, mind & body.

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*
- One FREE swimming lesson for all members per season
- FREE fitness Equipment Orientations (ages 10+)
- 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, a mini-structure, and a climbing wall
- Drop-in court sports: *basketball, volleyball, pickleball, badminton*
- Access to all YMCA's across Canada when travelling

- **Not a Member Yet?** Visit a Member Service Staff & sign up today!



**Yearly rates
are available.**

***Prices do not include applicable taxes.**



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 a 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**

Changes such as holds or cancellations must be submitted in person at the membership services desk or in writing to info@regina.ymca.ca.

A minimum of **14 day's notice is required for all changes.**

Membership fees are non-refundable. Prepaid memberships may be eligible for prorated refunds only in cases of medical or relocation circumstances.



Let your potential **Shine On**

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 donating in addition to your membership...

- You can give someone the opportunity to join our programs, opening doors to new skills and being part of our YMCA community.
- You can offer a whole family a place to grow together, creating lasting memories and learning experiences.

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

- **Ready to Help?**

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

Charitable Registration Number: 11930 7155 R0001

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