



# ACTIVITY GUIDE SUMMMER 2025

**Member Registration**  
**June 16, 2025 | 9:00 AM**

**Public Registration**  
**June 23, 2025 | 9:00 AM**



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

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**[WWW.REGINA.YMCA.CA](http://WWW.REGINA.YMCA.CA)  
[INFO@REGINA.YMCA.CA](mailto:INFO@REGINA.YMCA.CA) | (306) 757-9622**



# REGISTRATION TIPS

## BEFORE PROGRAM REGISTRATION

- Become a YMCA Member! *Please note that swimming lessons require the participant to hold an active membership.*
- Set up your YMCA of Regina online account.
- Look up your previous swim lesson 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, 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  
*(Monday, June 16 | Members OR Monday, June 23 | Public)*
- 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](https://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.



## ADULT SWIM LESSONS

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

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

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

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

## PRIVATE SWIM LESSONS

One-on-one private swimming lessons are tailored to the individual's needs.  
From basic skills to competitive swim preparation, our private swimming lessons go above and beyond.

### Sundays

**July 6, 13, 20, 27**

9:15 - 9:45 am

9:50 - 10:20 am

10:25 - 11:05 am

11:10 - 11:40 am

### Monday - Friday

**July 7-11; July 21-25;**

**August 11-15**

9:00 - 9:30 am

**July 14-18; August 18-22**

11:15 - 11:45 am

**Cost: \$110.00 (4 lessons) or \$137.00 (5 lessons)**

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

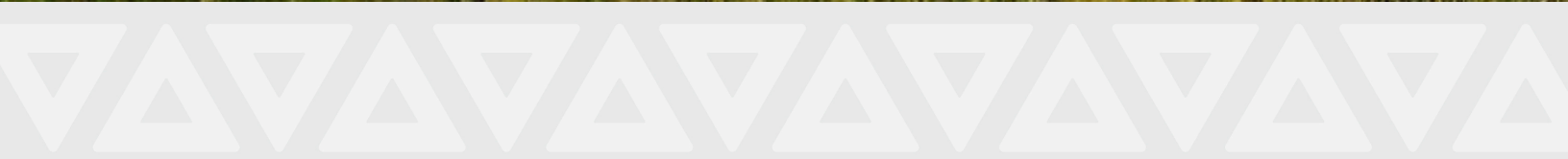




## SWIM LESSONS SCHEDULE

Please note that the times for the Monday-Friday lessons are extended by 10-15 minutes.

		Session A	Session B	Session C	Session D
Age	Level	M/W July 7-30	M-F July 14-18	Tu/Th Aug 5-28	M-F Aug 18-22
<b>Preschool Parented 0-2Y</b>	Parent and Tot 1&2	5:40-6:10 pm	11:15-11:45 am	5:40-6:10 pm	11:15-11:45 am
<b>Preschool 3-5 Y</b> <i>*parent optional*</i>	*Preschool 1/2	5:05-5:35 pm 5:55-6:25pm	9:00-9:40 am	5:05-5:35 pm 5:55-6:25pm	9:00-9:40 am
	Preschool 3/4	4:30-5:00 pm 6:30-7:00 pm	9:45-10:25 am	4:30-5:00 pm 6:30-7:00 pm	9:45-10:25 am
	Preschool 5/6	5:05-5:35 pm	10:30-11:10 am	5:05-5:35 pm	10:30-11:10 am
<b>Learn to Swim 6Y+</b>	Otter Seal	4:30-5:00 pm 6:50-7:20 pm	10:00-10:40 am	4:30-5:00 pm 6:50-7:20 pm	10:00-10:40 am
	Dolphin Swimmer	4:30-5:00 pm 6:15-6:45 pm	9:15-9:55 am	4:30-5:00 pm 6:15-6:45 pm	9:15-9:55 am
<b>Star Program</b> <i>*must have completed Swimmer or equivalent</i>	Star 1 * Star 2	5:40-6:25 pm	10:05-11:05 am	5:40-6:25 pm	10:05-11:05 am
	Star 3 Star 4	5:05-5:50pm	10:45-11:45 am	5:05-5:50pm	10:45-11:45 am
<b>Star Leadership</b>	Star 5 Star 6	6:30-7:15pm	9:00-10:00am	6:30-7:15pm	9:00-10:00 am
<b>Adult Lessons 14Y+</b>	Please see program guide for description	All levels 7:05-7:45 pm		All levels 7:05-7:45 pm	



# YOUTH PROGRAMS





Campers will be active, build friendships, learn new skills, and engage their imagination with fun, daily activities!



For more camp details, scan the QR code or visit our website  
[regina.ymca.ca/ymca-day-camps/](https://regina.ymca.ca/ymca-day-camps/)

## REGINA DAY CAMPS

YMCA Day Camps in **Regina** are offered to children between the ages of **4-14** at the Northwest YMCA, **5939 Rochdale Blvd**

## GRAND COULEE DAY CAMPS

YMCA Day Camps in **Grand Coulee** are offered to children between the ages of **4-12** at the Grand Coulee Town Hall, **102 Railway Avenue**

## MOOSE JAW DAY CAMPS

YMCA Day Camps in **Moose Jaw** are offered to children between the ages of **5-12** at the Zion Church, **423 Main Street North**

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

## MOOSE JAW YOUTH PROGRAMS

### Y Mind

This FREE program supports youth who are experiencing symptoms of mild-to-moderate anxiety or similar feelings (no diagnosis required). Throughout this program, participants will learn and practice evidence-based strategies to cope with stress and anxiety led by trained mental health professionals.

- **Y Mind in the Park (Youth)**

**Tuesdays (July 15 - August 26)**

For more information, please contact *Doug Robinson, Y Mind Facilitator*  
[doug.robinson@regina.ymca.ca](mailto:doug.robinson@regina.ymca.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 | Moose Jaw**







# 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***

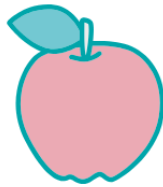




## SMALL STEPS FOR BIG CHANGES

# 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!



For more information, contact:  
YMCA of Regina  
(306) 757-9622

Or, scan to complete  
the following survey to  
see if you are eligible:



THE UNIVERSITY OF BRITISH COLUMBIA

SMALL STEPS  
FOR BIG CHANGES

Shine On 

Join our diabetes prevention program: Small Steps for Big Changes!  
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

## YMCA GYMNASIUM

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



**Membership or Day Pass is required for all Court Sports.**

- **Drop-in Basketball**

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

- **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 pm - 8:00 pm**

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

- **Drop-in Pickleball**

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

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

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

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

- **Volleyball**

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, the competitive level is reserved for those in Grade 10 and older.

**Tuesdays (Facilitated) \*July 8 - August 26**

Grades 6-9 | 5:00 pm - 6:00 pm

Grades 10+ | 6:15 pm - 8:00 pm







# FITNESS PROGRAMS

## 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**

- **\*NEW\* Adult Orientation Workshop**

**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.

**Wednesdays & Saturdays (for YMCA Members Ages 18+)**

9:00 am - 10:00 am

## 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

- **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 more information visit: <https://www.shinmurajudo.ca/>

**Mondays \*July 7 - August 25**

**Shinmura Club Judo Ages 10+ | 6:00 pm - 7:30 pm**

**Sask Winter Games ID (DOB 2011-2014) | 6:00 pm - 7:30 pm**

**Kata & Grading Prep | 7:30 pm - 9:00 pm**

**Participants MUST be approved by the instructor to attend.  
Current members only, must be minimum yellow belt for Judo.**



- **Olympic Weightlifting**

These classes cover the basics of the two Olympic lifts (**Snatch, Clean & Jerk**) as well as strength and mobility training. Olympic lifts work the triple extension movement, kinetic chain, and synchronize them to produce a dynamic movement.

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

**Mondays \*July 7 - August 25**

**Judokats Olympic Weight Lift | 6:00 pm - 7:30 pm**

**Sask Winter Games ID (DOB 2008-2016) | 6:00 pm - 7:30 pm**

## 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.

### 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 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!
- **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.

***\*Coffee & Conversation is offered in the Northwest Lobby after this program***



## HIGH IMPACT - FITNESS PROGRAMS



- **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!
- **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 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.

<b>1 to 4 Sessions</b>	<b>\$81.05/session</b>
<b>5 to 9 Sessions</b>	<b>\$63.74/session</b>
<b>10 to 24 Sessions</b>	<b>\$50.40/session</b>
<b>24 to 30 Sessions</b>	<b>\$36.85/session</b>

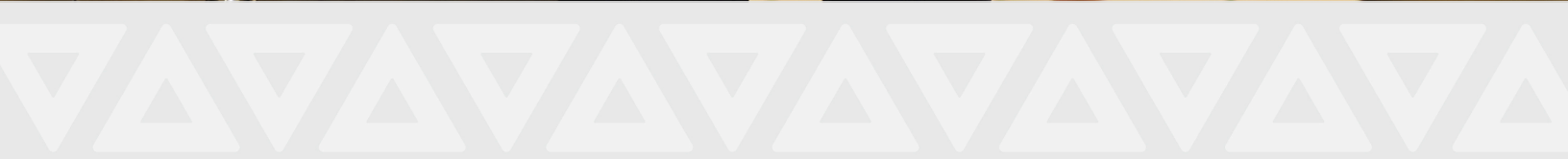
**\*Plus taxes where applicable**

- **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.

<b>1 to 4 Sessions</b>	<b>\$56.18/session</b>
<b>5 to 9 Sessions</b>	<b>\$31.30/session</b>
<b>10 to 24 Sessions</b>	<b>\$24.90/session</b>
<b>24 to 30 Sessions</b>	<b>\$18.80/session</b>

**\*Plus taxes where applicable**



# 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 travelling

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



**Yearly rates  
are available.**

**\*Prices do not include joiner fee, facility fee, or 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 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.





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