



Fall 2022

Activity Guide



Member Registration
Monday, September 19, 9:00 AM

Public Registration
Monday, September 26, 9:00 AM

WHAT YOU'LL FIND IN THIS GUIDE!

Aquatics

- Aquatic Course Descriptions
- Aquatic Swimming Lesson Schedule
- Aquatic Leadership Courses

Youth Programs

- ArtsY
- Babysitter Training & Home Alone Courses
- Brain Games, Skills Lab & Y Fit Kids
- Youth Leadership
- Youth Camps

Family Programs

- Y Mom's Connect & Toddler Play

Court Sports

- Drop in Court Sports
- Learn to Play Court Sports (volleyball & pickleball)

Fitness Programs

- Group Fitness Classes
- YThrive
- Personal and Group Training
- Meet the YMCA Personal Trainers
- Child-minding services

KEEPING EVERYONE SAFE!

Providing a safe and welcoming environment to our Members, Staff & Volunteers has always been our top priority, and it will continue to be a focus.

What you will find in our facilities:

- Increased cleaning and sanitizing
- Plexiglass barriers at the front desk
- Contactless scan-in & payments
- Clear signage throughout the facilities

Here's how you can help:

- Members and guests are asked to clean equipment & lockers before/after use. Individual sanitizer bottles and paper towels are provided.
- Members are expected to visit the facility only if they are feeling healthy and not displaying any contagious illness related symptoms
- Members must pre-book group fitness and aquatic classes as well as lane swimming times.
- All pool users must shower with soap & water before entering the pool
- The YMCA of Regina is a **nut free & scent conscious** facility Please refrain from bringing snacks containing nuts or using scented products during your visit.

Masks are optional, we respect your decision, and ask that you respect others decisions as well

Information and requirements change quickly, so please visit our website or download the YMCA of Regina app to keep up to date on any changes to our policies or amenities.

SUPERVISION REQUIREMENTS

The YMCA of Regina provides a safe space for youth to enjoy our facilities. We adhere to strict child protection policies & procedures in all spaces and programs. Parents please take note of the following age requirements for our facility and programs.

- All Non-Members, guests, & vendors age 18+ must provide photo ID and sign in at the front desk.
- Youth 10 years and under must have direct supervision from a parent/guardian 16 years of age or older at all times, or be enrolled in a registered YMCA program that offers supervision by staff.
- Youth 11 years and under must be supervised by a parent/guardian 16 years of age or older to use the swimming pool, hot tub, or steam room.
- Child minding services are available for Members. Parents can use other areas of the facility, but are expected to remain in the building while their child is in child minding. Parents can book children in at most 24 hours in advance by calling the front desk.

Please refer to the Facility Rules signs posted throughout the building for additional information.

MEMBERSHIP BENEFITS

- FREE swimming lessons for children & adults
- FREE YThrive fitness programming
- An abundance of cardio and weight training equipment available
- Daily group fitness classes
- Hot tub & steam room
- Access to swimming pools for lane & family swimming
- Child minding services during programming
- Multi-storey play structure & mini-structure
- Drop in court sports: Basketball, Pickleball, Volleyball
- Access to all YMCA's across Canada

NOT A MEMBER YET? Visit us for a tour!

A facility tour is a great way to learn more about the YMCA of Regina memberships, programs and services.



AQUATICS



IMPORTANT INFORMATION

- Parents are encouraged to be in the water with their children if they require extra assistance
- Some swimming lessons require a parent to be in the water for the duration of the lesson
- Participants MUST shower with soap and water prior to entering the pool
- Participants should arrive no earlier than 5 minutes prior to their lessons.
- Parents must sign all children under the age of 12 in and out of swimming lessons
- The appropriate swim level is determined by previous YMCA lesson completion, and/or the current age of the participant. A swim test may be scheduled to determine a participants level.

Please contact us prior to registering if you have not had a YMCA swimming lesson in the past.

Tips for Registration Day

- Look up your previous swim lesson level early so you know which level is next to complete.
- Set up your YMCA of Regina online account in advance.
- Use the Wish List function online to store your preferred lesson(s) prior to registration day.
Note that Wish List does not guarantee you a spot, but helps organize your preferred times to make your registration process faster.
- Don't forget to add yourself to the waiting list if your preferred lesson time/day is not available or is full.

An active YMCA membership is required to reserve and participate in swimming lessons.
YMCA Members receive one FREE group lesson session per season.
Additional lessons are \$42.00/session

HOW TO REGISTER

On-Line

Visit our website **HERE** to get your on-line member account set-up. Manage all of your account functions from the comfort of your home. Use the Wish List to make registration day a breeze! Is the course you're looking for full? Sign up for the waiting list.

Have questions? Contact us: info@regina.ymca.ca

By Phone

A Member Services Representative can take your registration over the phone, or answer any questions you may have. Call our Front Desk at (306)757-9622

In Person

A Member Service Representative will be happy to help process your registration, visit us at 5939 Rochdale Blvd.



PRE-SCHOOL SWIM LESSONS

3 months - 5 years

Splashers **parented*

Splashers is a great way to introduce babies 3-18 months old to the water. Parents get in on the fun by participating with their children. At this early stage, children are still learning about their environment. The goal of Splashers is to make children and parents comfortable in the water together, and to learn to splash with arms and legs!

Bubblers **parented*

The 2nd level of YMCA Preschool Swim Lessons. We work with you to introduce your child to new movements in the water, including holding the wall, kicking feet, and blowing bubbles. Parents get in on the fun by participating with their children.

Bobbers **parent optional*

3rd level of YMCA Preschool Swim Lessons. *Children are encouraged to attend without a parent.*

We'll continue to introduce fun activities in the water to activate the movements that will eventually lead to swimming. By the end, your child will be comfortable having their face in the water and will have learned basic movements while being supported.

Floater **parent optional*

The 4th level of our YMCA Preschool Swim Lessons, is for children who have completed Bobbers or equivalent.

We introduce floating and gliding, and continue to practice other movements. Through structured activities and play, children will become comfortable submerging themselves underwater.

Gliders

The 5th level of our YMCA Preschool Swim Lessons, is for children who completed Floater or show an equivalent level of competence.

Children will combine kicking with gliding to learn how to propel themselves through the water.

Divers

The 6th level of our YMCA Preschool Swim Lessons, is for children who completed Gliders or show an equivalent level of skill. Children will combine all the skills they have learned so far to swim on their front and back unaided for a distance of 10 meters. Your child will also learn to jump into and float in deep water unassisted.

Surfers

The 7th level of our YMCA Preschool Swim Lessons, is for children who have completed Divers or show an equivalent level of competence.

We'll continue to help your child develop front and back swimming skills and build up to a distance of 15 meters. And now that your child is comfortable jumping into the water, we'll work on some creative, fun entries.

Jumpers **formerly referred to as Dippers*

The 8th and final level of our YMCA Preschool Swim Lessons, is for children who completed Surfers or show an equivalent skill level. We'll introduce the front and back crawl, as well as underwater swimming. Children at this level will have achieved a foundation of swimming skills and be able to front swim a distance of 25 meters.

YMCA LEARN TO SWIM

6 years - 12 years

Otter

This beginner level focuses on safety, entering and exiting the pool, progression for submersion, assisted floats & propulsion, and short distance swim of 5 meters.

Seal

This level introduces deep water jumping, breathing control, and surface support. Children will continue to develop their floats & glide skills, and distance swim up to 10 meters.

Dolphin

Children will spend time in deep water. The front crawl is introduced and front and back swim endurance is increased to a distance of 15 meters.

Swimmer

Children progress to treading water for 60 seconds, front crawl distance is extended to 25 meters. This level introduces children to resuscitation techniques.

STAR PROGRAM

Develop your skills by improving water sport and safety skills, as well as endurance. Swimmers will work on learning new strokes and exploring their leadership skills. Participants will learn elementary backstroke, breaststroke, sidestroke, and increase swimming distance to 350 meters by the end of [STAR 4](#). These lessons give your child opportunities to explore competitive swimming, synchronized swimming, water polo, and aquafit classes.

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, & 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 physical fitness. Each level has a component of learning educational and leadership skills.

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 skill, and 600 meter endurance swim.

STAR 7: First aid, teach someone a skill using effective feedback, and 400 meter in 12 minutes endurance swim.

The Fall session will run from October 2 - November 26

NO CLASSES October 10, 2022

		Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
Age	Level	Oct 2 - Nov 20	Oct 3 - Nov 28	Oct 4 - Nov 22	Oct 5 - Nov 23	Oct 6 - Nov 24	Oct 8 - Nov 26
Preschool Parented 0-3Y	Splashers Bubblers	9:00-9:30 am 4:00-4:30 pm 5:10-5:40 pm	5:30-6:00 pm 6:05-6:35 pm	5:10-5:40 pm 6:15-6:45 pm	5:25-6:05 pm 6:10-6:40 pm	5:20-5:50 pm	10:25-10:55 am 12:50-1:20 pm
Preschool 3-5 Y *parent optional*	*Bobbers *Floaters	11:10-11:40 am 4:05-4:35 pm 5:45-6:15 pm 6:20-6:50 pm	4:20-4:50 pm 6:25-6:55 pm	5:05-5:35 pm 6:20-6:50 pm	4:20-4:50 pm 6:40-7:10 pm	4:50-5:20 pm 6:20-6:50 pm	9:15-9:45 am 12:10-12:40 pm 1:25-1:55 pm 1:55-2:25 pm
	Gliders Divers	4:35-5:05 pm 6:05-6:35 pm	6:40-7:10 pm	4:35-5:05 pm	5:30-6:00 pm	4:15-4:45 pm 6:20-6:50 pm	9:50-10:20 am 11:30 am-12:00 pm 1:20-1:50 pm
	Surfers Jumpers	5:10-5:40 pm	4:15-4:45 pm	5:40-6:10 pm	4:50-5:20 pm 6:45-7:15pm	6:55-7:25 pm	10:55-11:25 am 2:00-2:30 pm
Learn to Swim 6Y+	Otter Seal	9:30-10:00 am 4:35-5:05 pm 5:45-6:15 pm 6:20-6:50 pm	4:55-5:25 pm 5:25-5:55 pm 7:00-7:30 pm	4:30-5:00 pm 5:45-6:15 pm 6:50-7:20 pm	4:55-5:25 pm 7:15-7:45 pm	4:30-5:00 pm 6:55-7:25 pm	11:00-11:30 am 12:15-12:45 pm 12:45-1:15 pm
	Dolphin Swimmer	4:00-4:30 pm 4:40-5:10 pm	4:50-5:20 pm 6:15-6:45 pm 7:35-8:05 pm	4:30-5:00 pm 5:05-5:35 pm 6:55-7:25 pm	4:15-4:45 pm 6:05-6:35 pm	5:05-5:35 pm 7:30-8:00 pm	10:20-10:50 pm 11:10-11:40 am 12:35-1:05 pm
Star Program *must have completed Swimmer or equivalent	Star 1 * Star 2	10:10-10:55 am 5:15-6:00 pm	5:25-6:10 pm	5:40-6:35 pm	4:50-5:35 pm	5:25-6:10 pm	10:20-11:05 am
	Star 3 Star 4		7:15-8:00 pm		5:40-6:25 pm		9:30-10:15 am 11:45 am -12:30 pm
	Star 5 Star 6 Star 7	11:00 am- 12:00 pm				4:15-5:15 pm	9:15-10:15 am
Adult Lessons 14Y+	Please see program guide for description	9:15-10:00 am (beginner) 10:10-10:55 am (intermediate)	6:50-7:35 pm (beginner)	6:40-7:20 pm (intermediate)			
Water Polo 6-14Y	Please see program guide for description						1:15-2:15 pm

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 YMCA Membership.

See Swim Lesson schedule for Adult Lessons

Adult Beginner Lessons

Participants will use various aids to learn basic swimming skills guided by certified swimming instructors.

Adult Intermediate Lessons

Participants must be comfortable alone in the water. Participants will work on basic stroke development guided by certified swimming instructors.

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. *Priority is given to those who have children with learning/developmental struggles, or swimmers who have challenges with group lessons.*

All private lessons are subject to instructor availability.

Contact the Aquatics Director for pricing and availability
Jennifer Roset (306)757-9622 ext. 354

LEARN TO PLAY!

Water Polo

Learn to PLAY - Water Polo is an introductory program for youth ages 6-12, it combines swimming with learning the basics of water polo.

Saturday's October 8 - November 26, 2022 1:15 pm - 2:15 pm

For more information, email rwpa.clubrep@gmail.com
or visit their website www.reginawaterpolo.ca



LIFE SAVING SOCIETY

FULL COURSE

Standard First Aid CPR-C/AED

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 in Canada.

2022 Dates

September 24/25, October 15/16, or November 19/20, 2022
Saturday/Sunday 9-6 pm

2023 Dates

January 14/15, March 4/5, or May 13/14, 2023
Saturday/Sunday 9-6 pm

Cost: \$152.90/Member | \$163.90/Non-Member



RE-CERTIFICATION

Standard First Aid CPR-C/AED

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 or Canadian Ski Patrol.*

2022 Dates

October 2, October 23 or December 11, 2022 Sunday 9-6 pm

2023 Dates

February 12, April 16 or June 11, 2023 Sunday 9-6 pm

Cost: \$85.25/Member | \$96.25/Non-Member

BRONZE CROSS/MEDALLION

Lifesaving Society Bronze Star

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Participants 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.

Prerequisites: No age requirement, swimming ability required. It is recommended that participants have previously completed **STAR 2** or equivalent.

October 6 - November 24 Thursday's 6:20 pm - 8 pm

Cost: \$101.75/Member | \$137.50/Non-Member

Lifesaving Society Bronze Medallion

Bronze Medallion challenges the participants both mentally and physically. **Judgment, knowledge, skill, & 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 metre timed swim within 12 minutes

Pre-requisites: Minimum 13 years of age OR Bronze Star certification.

December 2-4, 2022 Friday 6-9:30 pm, Saturday/Sunday 9-6pm

March 24-26, 2023 Friday 6-9:30 pm, Saturday/Sunday 9-6pm

Cost: \$160.00/Member | \$181.50/Non-Member

***The cost of a manual is included with this certification.**

Lifesaving Society Bronze Cross

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates 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 such as Lifesaving Instructor. Includes a 400 metre timed swim within 11 minutes.

Pre-requisites: Bronze Medallion certification.

***This course uses the same manual as Bronze Medallion. Participants will need a Fox 40 whistle.**

December 16-18, 2022 Friday 5-10pm, Saturday/Sunday 9-6:30 pm

March 31-April 2, 2023 Friday 5-10pm, Saturday/Sunday 9-6:30 pm

Cost: \$126.50/Member | \$148.50/Non-Member

NATIONAL LIFEGUARD AWARD

FULL COURSE

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, 50m sprint challenge, 50 m rescue drill and 400 m endurance challenge.

Pre-requisites: Minimum 15 years of age, Bronze Cross Certificate, Standard First Aid/CPR-C certificate or Aquatic Emergency Care/CPR-C certificate. First Aid/CPR C certifications will only be recognized from the following providers:

Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, St. John Ambulance.

***Participants must bring proof of Bronze Cross & Standard First Aid certifications. Participants will need a Fox 40 whistle.**

June 9-11, 2022 & June 16-18, 2022

Friday 5-10pm, Saturday/Sunday 9-6:30 pm

Cost: \$250.00/Member | \$291.50/Non-Member

RE-CERTIFICATION

Lifesaving Society National Lifeguard Award

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 remaining at the National Lifeguard standard.

***Please bring your most recent certification to this course.**

As long as you have held a National Lifeguard certification in the past, you can attend a re-certification. Between the time of expiration and the re-certification exam, you are not considered certified by the Lifesaving Society.

November 25, 2022 Friday 5-10pm

March 10, 2023 Friday 5-10pm

Cost: \$68.20/Member | \$77.00/Non-Member

YOUTH PROGRAMS



ArtsY

Session 1 (Tuesday)

October 4

October 18

October 25

November 1

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

Ages 7-11: 7-8 pm

Session 2 (Monday)

November 7

November 14

November 21

November 28

Ages 7-11: 7-8 pm

Curious artists will explore a wide range of artistic endeavours over the course of **ArtsY** including drawing, painting, and sculpting - all with a fun twist. Instructor supervision will provide guidance and assistance while the children explore their personal interests and self-expression.

Cost: \$22.00/Members | \$50.00/Non-Members



Babysitter Training

October 24/26/28

November 21/23/25

December 5/7/9

Ages 11 years and older

Monday, Wednesday, Friday
7-9 pm

The **Babysitters Training Course** focuses on child care, planning, and preparation. It will help build leadership and decision-making skills and prepare participants for the important job of babysitting.

Cost: \$40.00/Members | \$70.00 Non-Members

Home Alone Prep Course

October 22/23

November 19/20

December 10/11

Ages 10 years and older

Saturday/Sunday

1-3 pm

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 through a fun and interactive environment of role-playing.

Cost: \$25.00/Members | \$30.00/Non-Members





Brain Games

Session 1 (Monday)

October 3
October 17
October 24
October 31

Ages 4-6 | 5:40 pm-6:40 pm
Ages 7-11 | 7-8 pm

Session 2 (Wednesday)

November 2
November 9
November 16
November 23

Ages 7-11 | 7-8 pm

STEAM aligns with the way children's minds learn and work from a very early age. It promotes curiosity, exploration and play. Hands on projects allow kids to practice critical thinking and problem solving skill where it is no challenge to have fun!

Cost: \$22.00/Members | \$50.00 Non-Members

Skills Lab

Session 1 (Saturday)

October 8
October 15
October 22
October 29

Session 2 (Saturday)

November 5
November 12
November 19
November 26

Ages 6-11 | 10:20 am-11:20

This class focuses on team sport movements, and abilities such as coordination, agility, strength, and stamina. Kids will play classic PhysEd games along with sport balls and striking objects.

Cost: \$22.00/Members | \$50.00 Non-Members



Y Fit Kids

October 4th - December 22nd
(Tuesday/Wednesday)

Ages 6-10 | 5:30 pm-6:45 pm

Whether your child loves sports, or simply loves to move and play, **Y Fit Kids** will provide children the opportunity to practice a variety of movement through physical activity aiming to develop and grow their skills.

Cost: FREE/Members | Youth day pass/Non-Members

Youth Leadership

The **Youth Leadership Academy** is a multi-faceted program that contains sessional youth leadership development programs, with mentorship services. It is free to join, open to all, and is designed for youth 10-16. The Fall 2022 theme is...***Uniquely You!*** We will draw on the individual strengths and interests of participants providing them with the tools to embrace their unique selves. Participants will work on self-expression & confidence building through art, physical activities, community presentations, excursions and more.

Wednesday's Drop-In Programming

Group 1 (grades 4, 5, 6) 6-7 pm

Group 2 (grades 7 & 8) 7:15 pm - 8:15 pm

Group 3 (grades 9 & 10) 8:30 pm - 9:30 pm

**Those in grades 9 & 10 will have the opportunity to participate in Saskatchewan Safety Councils Career & Exploration Program, along with identifying interests in the work field through presentations.*

The YMCA Youth Leadership Academy is designed to meet the needs of youth in Regina through a variety of drop-in and referral-based programs.

- 1:1 Mentorship (referral only)
- Group mentorship (referral only)
- In-School mentorship (school based)



If you are interested in a mentorship program, or to learn more about the mentorship programs, including in-school mentorship, connect with:

ashley.florent@regina.ymca.ca
General Manager of Community Development

The **Youth Leadership Academy** creates a safe space for participants and develops a greater sense of belonging amongst the group. After completing a session of Leadership programming, youth will be provided with a certificate and recognition for their engagement.

By participating in Youth Leadership Programs, youth will:

- Gain awareness of how personal actions impact the larger communities
- Engage in the community in a positive manner
- Demonstrate respect and caring for oneself and others
- Have a sense of responsibility to self and others
- Gain Integrity
- Have an increased awareness of cultural differences among peers and the larger community
- Build a sense of purpose through goals and activities
- Build on their ability to both lead and support others in their initiatives



The YMCA of Regina **School's Out Day Camps** are offered on all Professional Development (PD) days and weekday school holidays. Camps are open for students from both the public and separate school systems.

While each YMCA day camp is unique in its own way, all camps will include outside and gym activities and games, creative activities, life and social skills activities and nutritional activities.

Camp runs from **7:00 am to 6:00 pm**, children will participate in a variety of activities including but not limited to arts, crafts, sports, team building activities, outside trips, swimming (*pending availability*), and leadership development.

Lunch & an afternoon snack are provided.

Cost: \$50.00/Members per camp | \$60.00/Non-Members per camp

School's Out Day Camp

Public School Dates

September 30, 2022
October 7, 2022
October 21, 2022
November 14, 2022

January 16, 2023
February 10, 2023
March 17, 2023
May 1, 2023
June 16, 2023

Catholic School Dates

September 30, 2022
October 14, 2022
October 21, 2022
November 14, 2022

January 20, 2023
February 10, 2023
March 17, 2023
May 19, 2023
June 16, 2023



YMCA Swim Camp

Swim camp is perfect for young swimmers wanting to improve their skills. Daily swim instruction is provided by certified instructors based on the YMCA Learn to Swim & Star 1 - Star 4 programs. Campers can earn a full swim level within the week, while having fun & making new friends. Other camp activities include co-operative games, physical activity, creative arts & sciences.

**Please provide current swim level certification upon registration*

Cost: \$190.00/Members | \$210.00/Non-Members

Extended supervision is available at a cost of \$25/Members | \$30/Non Members

December 27 - December 30

Ages 6-12 | 9 am - 4:30 pm

Winter Break Camps

Let us keep your kids busy during the Winter Break with fun games, swimming, and more!

Parent's can register campers for single or multiple days.

Cost: \$50.00/Members/Day | \$65.00/Non-Members/Day

December 21, 2022
December 22, 2022
December 23, 2022

January 3, 2023
January 4, 2023

Ages 6-12 | 7:30 am - 5:30 pm



FAMILY PROGRAMS



For decades the YCMA of Regina hosted perinatal services for Regina's community. The success of our services was attributed to the renowned, **Sally Elliott**. Her passion for and knowledge of perinatal care helped thousands of women in Regina's community.

The YMCA of Regina wants to honour Sally's work and continue her legacy to again provide an environment where Moms feel comfortable and supported.

We will once again support the health and wellbeing of moms, families, and babies.

Y Mom's Connect & Toddler Play

This drop-in class targets new Moms who have a toddler(s) in tow. Moms can bring their baby to a relaxed, welcoming and judgment free environment while their toddler(s) keeps busy in activities full of music, movement, and play.

Y Mom's Connect & Toddler Play offers:

- **Meaningful play-based activities for children under the age of 5 years**
- **We offer a chance for children to develop skills in movement and coordination**
- **Moms have the opportunity to build friendships and supportive networks**
- **Connections with community services & external supports**

***The YMCA aims to partner with community resources throughout the session to offer further knowledge**



Every Thursday October 6 - November 24, 2022

Toddlers ages 2 - 4 years | 10 am - 11:15 am

Cost: FREE | No day pass is required



We are growing our Prenatal/ Perinatal & Early Years Programs!

We are seeking volunteers to join our growing program! If you are interested in connecting with Moms & Toddlers and have knowledge, resources or experiences to share, please feel free to reach out!

ashley.florent@regina.ymca.ca

General Manager of Community Development

COURT SPORTS



DROP IN COURT SPORTS

The YMCA of Regina offers drop in court sport times for basketball, volleyball, and pickleball on a daily basis.

To view current court sport drop in times, please visit our online gymnasium schedule [HERE](#).

We ask all participants to ensure they are wearing running shoes in the gymnasium and refrain from consuming food or drinks apart from water. The gym is a shared space; if you are using a portable speaker for music, please ensure the music is appropriate for all ages (*clean edits of explicit songs*) and that all music is kept to a reasonable volume.

Learn to Play Court Sports

Throughout the year, the YMCA of Regina offers structured learn to play clinics for court sports such as basketball, volleyball, and pickleball. Available workshops will be listed in our Program Guide and on our website.



Drop-in Volleyball facilitated by fitness volunteers

The gymnasium can be used for volleyball Friday evenings. Fitness volunteers will facilitate setting up nets and offer advice.

Volleyballs are available at the front desk to borrow by providing collateral.

Friday's 5- 6:30 pm | Highschool Students

Friday's 6:30 pm - 8 pm | Adults

Cost: FREE/Members | Non-Members will need to purchase a day pass to access the facility

Basketball

The gymnasium can be used for drop-in basketball during *open gym* times throughout the week.

Basketballs are available at the front desk to borrow by providing collateral.

Cost: FREE/Member | Non-Members will need to purchase a day pass to access the facility



Drop-in Pickleball facilitated by fitness volunteers

Join us on Monday nights to learn, and improve your Pickleball skills! Fitness volunteers will teach beginners the basics of the sport, and teach avid players tips and tricks to improve their game. Participants will also rally one-on-one, and practice playing on teams.

Monday's 7:00 PM - 8:30 PM

All skill levels are welcome, no experience required.

Cost: FREE/Member | Non-Members will need to purchase a day pass to access the facility.



FITNESS PROGRAMS





Low Impact classes are great for beginners, or those who want to work out at a gentle pace

AQUATICS

Ai Chi

Ai Chi uses breathing techniques and resistance training in water to relax and strengthen the body; based on elements of Tai Chi.

Gentle AquaFit

If you have a limiting physical condition that requires a gentler routine, or you're just beginning an exercise routine, then this is the perfect class for you!

Shallow Water AquaFit

Use the water's resistance to your advantage. This class will challenge and improve your muscular and cardiovascular endurance.

Deep Water AquaFit

This class 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.



Medium Impact classes start to introduce more activity including cardio and weights

STRENGTH & CARDIO

BodyBlast

A full body workout including a combination of aerobic and strength conditioning. This class will accommodate all skill levels.

Core & More

A muscular strength workout that focuses on the core, while hitting all muscle groups. This class will cover balance, stability, side and rotational strength.

Functional Strength

This class will focus on strength with an emphasis on form/detail of movement. A slower moving, but challenging class that breaks down every portion of movement.

Step & Strength

This class makes cardio fitness fun by offering a high energy, choreographed class. This class will challenge you with intervals of cardio conditioning and strength training.



High Impact classes focus on a higher level of intensity and activity during participation

CARDIO

CycleFit

Designed to build cardiovascular strength and burn calories. This indoor cycling class combines fast music with speed and climbing drills.

HIIT (High Intensity Interval Training)

Get the ultimate workout with HIIT! Challenge and improve your cardiovascular muscular endurance.



Download our FREE app for class schedules and programs

MIND & BODY

Vinyasa Yoga

In this dynamic, flowing class, participants will link movement to breath during a series of postures to strengthen and build flexibility. This promotes physical stamina and a sense of calm.

Yoga for Every Body

Using classical yoga and other mindful movements, we'll cultivate whole-body strength, length, balance, and resilience to help us move through life with increased ease and comfort.

Yoga Sculpt

An intense, dynamic yoga practice that incorporates resistance training intervals into traditional yoga sequences.

Older Adults

NEW Active Aging with Dorothy! Wednesday's 8-8:45 am

This is a low impact class designed for those 55+ with the goals of safely improving participant strength, balance and cardiovascular level to aid in day-to-day activities. All ages and fitness levels welcome.

Mobility

This class focuses on improving your range of motion at different joints by using end range movements to help improve strength.

Gentle Fit

If you have a limiting physical condition that requires a gentler routine, or you're just beginning an exercise routine, then this is the perfect class for you!

YThrive Fitness Program **FREE for Members*

YThrive gives you the tools so you can spend your time working on you instead of worrying about planning your exercises. Each workout is designed to be 30 - 50 minutes in length, & every 90 days you get a new routine & a new set of goals to work toward.



YThrive has five streams based on your familiarity & fitness level.

- **Begin** gives those new to fitness the skills and confidence to start their fitness journey, stay motivated and reach their goals
- **Balance** helps people looking to lead a more active lifestyle improve their overall health and wellbeing. Get more proficient with your workouts and increase your energy levels.
- **Boost** is for the active exerciser looking to maintain healthy weight or lifestyle. Reduce your risk of health issues and reach your goal body composition.
- **Flex** is for the confident exerciser looking to maximize strength and muscle gain, increase lean body mass, and burn more calories.
- **Grow** is designed for kids aged 10 – 15 looking for fun, movement and to develop new skills.

To book in for a **YThrive Coaching session**, please register through your online YMCA account or call the **Front Desk (306) 757-9622**

Age Requirements *for Cardio & Weight Machines/Equipment*

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

Youth 10-13 years can...
book a free Equipment Orientation
for access to cardio and selecterized
weight equipment

Youth 14-15 years can...
book a free Equipment Orientation
for access to cardio and free
weight equipment

Adults and Youth 16+ years can...
access all cardio and free weight
equipment without orientation



FITNESS TRAINING PROGRAMS

Personal Training

One on one training is a great way to get ongoing support as you strive to reach your health and individual goals. Meeting with a certified Personal Trainer as often as needed will ensure your goals are met.

1 to 4 sessions	\$73.50/session
5 to 9 sessions	\$57.75/session
10 to 24 sessions	\$45.67/session
25 to 30 sessions	\$33.39/session

Group Training

Group Training with your chosen group, and workout time with a certified Personal Trainer. The trainer will provide programs and workouts the meet your group goals.

1 to 4 sessions	\$50.93/session
5 to 9 sessions	\$28.35/session
10 to 24 sessions	\$22.58/session
25 to 30 sessions	\$17.01/session

FITNESS TRAINERS

Whether you are brand new to the YMCA or training for your next triathlon, our trainers will 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 on-going support along the way.

WHAT A YMCA PERSONAL TRAINER CAN DO FOR YOU...

- They can provide motivation, encouragement and variety
- They ensure that the exercises are done safely and effectively to prevent injury
- They will work to establish realistic goals with you
- They will develop a tailored program that will help you achieve your goals



Leah has a B.Sc in Kinesiology and has instructed fitness classes for the last 12 years. She has dedicated the past 8 years of her career to working with senior populations and adults with intellectual disabilities; her focus has been to help improve the fitness/ability levels of participants through exercise therapy.

Leah has a passion for fitness and strives to inspire and motivate others to be active and make fitness a part of their lifestyle.

To set up a consult, contact: leah.ingold@regina.ymca.ca



Josh has a B.Kin in Human Kinetics, concentrated in high performance. Josh has always pursued a variety of sports which has lead to his passion of helping others better themselves through fitness and health.

He has been a personal trainer & fitness instructor with the YMCA since 2016. During this time, he has worked with all ages from young athletes to older adults. He continues to share his knowledge and interest in improving human movement, building strength.

To set up a consult, contact: josh.pollard@regina.ymca.ca



Ed has a B.Kin and a major in Human Kinetics. Since 2017, Ed has worked as a personal trainer, and has practiced as a Kinesiologist since 2020. He has experience working with individuals from athletes, to those living with chronic conditions.

Ed enjoys learning just as much as he enjoys teaching. He is currently enrolled in Graduate School, focusing on the effects of exercise on motor learning and motor function in people with MS (Multiple Sclerosis)

To set up a consult, contact: eduardo.toledo-aldana@regina.ymca.ca



Daniel is one year away from attaining his Kinesiology Degree. He has a passion for fitness and sport training, and in the short time he has been with the YMCA, he has celebrated many achievements with his clients.

Daniel has an appreciation for sharing his indepth knowledge and putting his education into practice through personalized fitness sessions.

To set up a consult, contact daniel.caley@regina.ymca.ca

CHILD MINDING

We provide a fun and safe environment where your children, ages 6 weeks to 10 years old, are cared for by our team of dedicated staff & volunteers who are committed to the growth of children through positive and creative play while parents participate in other YMCA programs.

In our effort to provide a safe environment, we follow a few simple guidelines:

- All youth programming staff follow a detailed sanitizing and disinfecting system to ensure all toys and equipment in Child Minding spaces are safely taken care of
- Our booking system ensures low staff to child ratios
- YMCA of Regina is a nut-free organization and adheres to a total nut-free policy.
- No personal snacks or toys are allowed in the program, but bottled formula and water bottles will be permitted.
- Parents and caregivers must assess their children daily for symptoms of the common cold, influenza, COVID-19, or other infectious diseases before sending them to Child Minding. Children who are ill are not permitted to attend the program
- Please note that parents must remain in the facility while using Child Minding

**Child Minding can be booked no more than 24 hours in advance by calling the front desk.*

**Children in Child Minding are required to have a Membership or a \$7.35 daily fee applies.*



CHILD MINDING HOURS

Monday to Friday (Daytime)

9:15 AM - 1:00 PM

Monday to Thursday (Evening)

5:00 PM - 8:30 PM

Saturday & Sunday (Morning)

8:00 AM - 11:15 AM



**YMCA of
Regina**

How can you help?

By making a donation, you are not only making an investment in the lives of children, youth and families in our community, you are also...

Building healthy communities

Donate in person or online at regina.ymca.ca/donate

Financial Assistance for Membership

The 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 to pay the full general membership fees.

Strong Kids Campaign

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 in our community can enjoy a YMCA experience.

There are children, teens and young adults in every community who, with your help, will be healthier today and more productive tomorrow. By donating today, you can help kids build a better community for the future. Every kid deserves a chance to realize their full potential.

The YMCA of Regina is committed to improving the lives of children and their families in our communities. Whether it's a place to go after school, a place to learn leadership skills, improve your fitness, or a place for family to connect, the YMCA is a safe place with caring and trained staff ready to support you.



Charitable Registration Number: 11930 7155 RR0001

5939 Rochdale Blvd
Regina, SK S4X 2P9
(306)757-9622
info@regina.ymca.ca
www.regina.ymca.ca

YMCA of Regina
Health, Fitness and Aquatics Centre



Hours of Operation
Monday - Friday
5:30 am - 10:00 pm
Saturday-Sunday
7:00 am - 7:00 pm
Select Statutory Holidays
9:00 am - 5:00 pm