



# *Spring* 2022

## **Activity Guide**

**Member Registration**  
**April 11th 9:00 AM**

**Public Registration**  
**April 18th 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 Course
- Home Alone Preparation Course
- YFitKids
- YMCA Mentorship
- School's Out/Summer Day Camps

### Court Sports

- Drop in Court Sports
- Learn to Play Court Sports

### Fitness Programs

- Group Fitness Classes
- Personal and Group Training
- YThrive
- Child-minding services

## KEEPING EVERYONE SAFE!

Providing a safe and welcoming environment to our Members, Staff and 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 15 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.
- Space for spectators is limited on the pool deck, please limit visitors to one person.
- 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](mailto: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.

### Floaters *\*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 Floaters 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 metres. 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 metres. 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 metres.

## 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 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.



Please note this is a 6 week lesson, set with extended lesson times.  
The Spring session will run April 25th - June 6th  
\*NO CLASSES MAY 23\*

		Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Age	Level	April 25- June 6	April 26 - May 31	April 27 - June 1	April 28 - June 2	April 30 - June 4	May 1-June 5
Preschool Parented 0-3Y	Splashers Bubblers	5:45-6:15 pm	5:50-6:20 pm	5:45-6:15 pm	5:35-6:05 pm	10:45-11:15 am 1:00-1:30 pm	12:50-1:20pm
Preschool 3-5 Y <b>*parent optional*</b>	*Bobbers *Floaters	4:15-4:55 pm 5:00-5:40 pm 5:50-6:30 pm	4:20-5:00 pm 5:45-6:25 pm	4:15-4:55 pm	5:00-5:40 pm	9:15-9:55 am 12:15-12:55 pm 1:30-2:10 pm	11:00-11:40am 2:10-2:50 pm
	Gliders Divers	5:05-5:45 pm 6:30-7:10 pm	5:05-5:45 pm 6:25-7:05 pm	5:00-5:40 pm 6:30-7:10 pm	4:15-4:55 pm 6:00-6:40 pm	10:00-10:40 am 12:45-1:25 pm	12:05-12:45 pm 2:55-3:35 pm
	Surfers Jumpers	4:20-5:00 pm	5:00-5:40 pm	5:45-6:25 pm	6:45-7:25 pm	12:00-12:40 pm	11:55-12:25 pm 1:25-2:05 pm
Learn to Swim 6Y+	Otter Seal	5:00-5:40 pm 5:45-6:25 pm	4:15-4:55 pm 6:50-7:30 pm	5:00-5:40 pm 6:20-7:00 pm	4:30-5:10 pm 5:45-6:25 pm	11:20am-12:00pm 12:30-1:10 pm 1:35-2:15 pm	12:40-1:20 pm 2:55-3:35 pm
	Dolphin Swimmer	4:15-4:55 pm 6:20-7:00 pm	4:15-4:55 pm 5:00-5:40 pm	4:15-4:55 pm	6:30-7:10 pm	10:35-11:15 am 11:45am-12:25pm	11:05-11:45 am 2:10-2:50 pm
Star Program <b>*must have completed Swimmer or equivalent</b>	Star 1 * Star 2	6:35-7:35 pm	5:45-6:45 pm	4:20-5:20 pm		10:35-11:35 am	11:00am-12:00pm 1:25-2:25 pm
	Star 3 Star 4			5:30-6:30 pm		9:30-10:30 am	11:45am-12:45pm
Star Leadership	Star 5 Star 6 Star 7				4:15-5:30 pm	9:15-10:30 am	12:50-2:05 pm
Adult Lessons 14Y+	Please see program guide for description	7:05-8:00 pm <b>Beginner</b>	6:30-7:30 pm <b>Intermediate</b>				2:30-3:30 pm <b>Beginner</b>
Water Polo 6-14Y	Please see program guide for description					1:30-2:30 pm	
Bronze Star	Please see program guide for description				6:20-8:00 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 April 28 - June 2 | 1:30 PM - 2:30 PM**

For more information, email [rwpa.clubrep@gmail.com](mailto:rwpa.clubrep@gmail.com)  
or visit their website [www.reginawaterpolo.ca](http://www.reginawaterpolo.ca)



## LIFESAVING SOCIETY - FIRST AID

### FULL COURSE

#### Standard First Aid CPR-C/AED

The Lifesaving Society's Standard First Aid course provides comprehensive training that covers all aspects of First Aid and CPR. This course is Occupational Health and Safety approved in Saskatchewan and Canada.

**May 14 - May 15 | 9:00 AM - 6:00 PM**

**Cost: \$140.00/Member | \$150.00/Non-Member**

### RE-CERTIFICATION

#### Standard First Aid CPR-C/AED

This one day course will refresh your first aid skills and provide updates of any changes from your previous first aid course. You must bring your original certification card. Original certification 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.*

**April 10 & June 12 | 9:00 AM - 6:00 PM**

**Cost: \$77.50/Member | \$87.50/Non-Member**





## BRONZE CROSS/MEDALLION

### Lifesaving Society Bronze Star

Participants develop problem-solving and decision-making skills individually and with partners. Participants learn CPR and develop the lifesaving skills needed to be their own lifeguard. A timed 400 meter swim is included in this program. It is recommended that participants have previously completed STAR 7 or equivalent.

**Thursday's April 28 - June 2 | 6:20 PM - 8:00 PM**

**Cost: \$93.00/Member | \$126.00/Non-Member**

### Lifesaving Society Bronze Medallion

This program focuses on, and embraces the four components of water rescue which form the basis of Bronze Medallion training:

**judgment, knowledge, skill, & fitness.**

Participants will acquire the techniques and problem-solving skills needed to make good decisions in, on and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Includes a 400 meter swim to be completed within 12 minutes.

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

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

**Friday, May 6, Saturday, May 7, Sunday May 8**

**Cost: \$145.00/Member | \$165.00/Non-Member**

### Lifesaving Society Bronze Cross

Bronze Cross prepares participants for responsibilities as assistant lifeguards. Participants will strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance. Bronze Cross emphasizes the importance of teamwork and communication and responding to aquatic emergencies. This program includes a 400 meter timed swim to be completed within 11 minutes.

**\*This course uses the same manual as Bronze Medallion.**

**Participants will need a Fox 40 whistle.**

**Pre-requisites:** Bronze Medallion certification. Bronze Cross is a pre-requisite for advanced training in the Lifesaving Society National Lifeguard award.

**Friday, June 3, Saturday, June 4, Sunday, June 5**

**Cost: \$115.00/Member | \$135.00/Non-Member**

## NATIONAL LIFEGUARD AWARD

### FULL COURSE

### Lifesaving Society National Lifeguard Award

National Lifeguard certification is Canada's professional lifeguard standard. National Lifeguard training develops a sound understanding of lifeguarding principles, good judgment, 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 will develop teamwork, leadership, and communication skills. Fitness requirements include a timed object recovery, 50 meter sprint challenge, 50 meter rescue drill, and a 400 meter swim endurance challenge.

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

**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.*

**Every Friday, Saturday, Sunday | April 1 - April 10**

**Cost: \$225.00/Member | \$265.00/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 re-certification exam before the expiration of their certificate. 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.

**(Upcoming Courses - Summer/Fall 2022)**

**Cost: \$62.00/Member | \$70.00/Non-Member**





# YOUTH PROGRAMS





**ArtsY** Ages 8-10 years

Wednesday's April 27th - May 18th

Wednesday's May 25th - June 15th

7:00 PM - 8:00 PM

The **ArtsY** program is designed to excite the curious artist. Children will explore a wide range of fun artistic endeavors over the course of the session; including drawing, painting and sculpting. The Instructor will provide guidance and assistance when appropriate, however, child-centred directives will allow children to explore personal interests and self-expression.

**Cost: \$20.00/Members | \$38.00 Non-Members**



**Babysitter Training** Ages 11 years and older

May 16, 18, 20

June 13, 15, 17

June 27, 28, 29 \*Will be Monday, Tuesday, Wednesday

7:00 PM - 9:00 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**

Ages 10 years and older

May 7/8

May 28/29

June 11/12

June 25/26

1:00 PM - 3:00 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**







### Y-Fit Kids Ages 5-7 years

Saturday's April 30th - May 21st

Saturday's May 28th - June 18th

10:20 AM - 11:20 AM

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

**Cost: \$20.00/Members | \$48.00/Non-Members**

### YMCA Mentorship Program

This program is part of the **YMCA Youth Leadership Academy**, and offers Mentors and Mentees an opportunity to connect over aligning interests. The program is designed to celebrate each others success, further leadership skills and foster youth engagement.

*We have a long list of Mentees waiting to be matched with a Mentor...**consider becoming a Mentor today!***

#### THE PERKS OF BEING A YMCA MENTOR:

- Enhance your communication and interpersonal skills
- Build on your leadership qualities
- Be a part of positive engagement in the community
- Build authentic relationships with youth
- Achieve personal goals & celebrate others' accomplishments
- Empower and lead youth in the community
- FREE 1 (one) year YMCA membership



Mentors & Mentees are expected to meet for a minimum of 1 hour once a week for the first six months and 1 hour every two weeks for the last six months of their partnership.

**All meetings are encouraged to take place at the YMCA of Regina located at 5939 Rochdale Blvd.**

For more information contact,  
**[anna.robinson@regina.ymca.ca](mailto:anna.robinson@regina.ymca.ca)**  
or apply online to become a YMCA Mentor.





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.*

#### School's Out Day Camp

##### Public School Dates

May 2, 2022

June 17, 2022

##### Catholic School Dates

May 20, 2022

June 10, 2022

<b>May 2nd &amp; May 20th</b>	Day camps in May will focus on activities related to water.
<b>June 10th &amp; June 17th</b>	Day camps in June will focus on activities related to backyard fun.

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





## WELCOME TO CAMP!

Meeting new friends, learning new skills, and enjoying fun-filled days in a caring, supervised environment is what **YMCA Summer Day Camps** are all about! We are committed to providing Campers with positive opportunities during the summer season, while gaining new skills, challenging personal limits, and having fun!

### Hours of Operation

Day camp operates from 9:00 AM - 4:30 PM. For care before or after these times, *extended supervision* is available from 7:30 AM - 9:00 AM and 4:30 PM - 5:30 PM for an *additional fee of \$32 for Members and \$37 for Non-members*.

**Please note, there will be no camps offered Monday, August 1 (Saskatchewan Day). Prorated pricing in effect.**

### Registration Reminders

- Camper registration information and applicable fees must be provided before the Camper's first day
- Registrations will be accepted throughout the summer. Each camp has a maximum capacity, and we encourage early registration to avoid disappointment.
- There will be no daily drop-ins.
- Withdrawals made more than 7 days prior to the start of the week will be provided a full refund. No refund will be given if the withdrawal is within 7 days of the camp start date.

Date	Theme	Ages 6-12 (Full Day) Camp Fee		Theme	Ages 3-5 (Half Day) Camp Fee	
		Member	Non-Member		Member	Non-Member
July 4 - 8	Swim Camp	\$237.00	\$263.00	Kick-off to Summer	\$90.00	\$100.00
July 11 - 15	Skills Lab	\$216.00	\$242.00			
July 18 - 22	Swim Camp	\$237.00	\$263.00			
July 25 - 29	Art F.O.R.M.S	\$216.00	\$242.00			
August 2 - 5	Quest	\$173.00	\$194.00	Swim Camp	\$88.00	\$92.00
August 8 - 12	Disaster Island	\$216.00	\$242.00			
August 15 - 19	Swim Camp	\$237.00	\$263.00			
August 22 - 26	Artful Antics	\$216.00	\$242.00			

## Camps for 3 to 5 year olds

These half-day camps are perfect for your pre-schooler to keep active throughout the summer. Theme based activities, creative games, crafts, songs, recreational swimming, and out trips will fill the little Campers' half day.

### Kick-off to Summer! 9:00 AM - 12:00 PM ONLY

Let's get it started! This camp will get your child off on the right foot. Little Campers will engage in a variety of activities designed to keep them moving this summer season. Fun games and action-packed activities will boost Campers' confidence to live healthy and be active for life. Time to bring the heat and have some fun!

### Swim Camp 9:00 AM - 12:00 PM or 1:00 PM - 4:00 PM

Swim camp is designed for the younger swimmer. Daily swim instruction is provided by certified instructors based on the YMCA Pre-School swim program. Campers can earn a full swim level within a week, while having fun and making new friends! Other camp activities include crafts, games and stories.

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



## Camps for 6 to 12 year olds

**YMCA Summer Day Camps** are so much more than fun in the sun! Our camps are structured around active living, and recreation; where each child's interests and individuality are celebrated. Campers will enjoy outdoor activities, sports, swimming, and outings into the community, in addition to explorations into the creative arts and sciences.

### Swim Camp 9:00 AM - 4:30 PM

Let's make a splash out of summer! Swim camp is the perfect fit for the swimming fanatic looking to improve their skills. Daily swim instruction is provided by certified instructors based on the YMCA Learn to Swim Star Programs. Campers can earn a full swim level within the week, while having fun, and making new friends! Other camp activities include co-operative games, outdoor activities, and creative arts.

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

### Skills Lab 9:00 AM - 4:30 PM

This camp will encourage Campers to explore all sport areas, and help develop a sense of physical literacy. Focus will be on *throwing, catching, jumping, striking, running, kicking, agility, balance, and coordination*. Games and activities will have your child learning fundamental movement skills in a setting where playing as an individual and as a team is encouraged.

### Art F.O.R.M.S 9:00 AM - 4:30 PM

This camp will provide children the opportunity to be creative and express themselves with the use of found objects, and reusable materials. Children will explore a wide range of art and craft endeavors over the course of the week; including drawing, painting, and sculpting - ***all with an up-cycle twist!***

### Quest 9:00 AM - 4:30 PM

To go on a quest is to seek something great. Throughout the week, campers will be on a whirlwind adventure both indoors and outdoors. Spending time learning outdoor education while participating in scavenger hunts and brain teasers! By the end of the week, Campers will be equipped with all the tools they need for any quest they may embark on in the future. ***Indiana Jones, watch out!***

### Disaster Island 9:00 AM - 4:30 PM

In this week, Campers will need to endure the elements on a deserted island. From natural disasters to enemy forces, friends and foes alike will compete throughout the week in various logic, problem solveing, endurance, and strength activities. ***Watch out, you never know what's coming your way!***

### Artful Antics 9:00 AM - 4:30 PM

Creativity gets silly! Campers will use the arts as a means of self-expression and creative development; all while getting messy and having fun! Projects will include 2D and 3D visual artworks, drama, music, dance and storytelling.





# 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.

### 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



### Volleyball

The gymnasium can be used for volleyball Friday evenings, where two courts are available from 5:00 PM - 10:00 PM. When available, a facilitator will be on-site during volleyball drop in to help set up nets and offer advice.

Volleyballs 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



### Pickleball

The gymnasium can be used for pickleball drop in three times during the week, with two courts available. When available, facilitator will be on-site during pickleball drop in to help with set up and to offer advice.

**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.

### Active Aging

Develop and improve qualities to help you move and feel stronger as you age. This class will focus primarily on strength training to help build muscle that will improve balance, stability, and overall movement quality. This class is slower moving with an emphasis on proper execution of movements.

### 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!

### Yoga Sculpt

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





## 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.

<b>1 to 4 sessions</b>	<b>\$70.00/session</b>
<b>5 to 9 sessions</b>	<b>\$55.00/session</b>
<b>10 to 24 sessions</b>	<b>\$43.50/session</b>
<b>25 to 30 sessions</b>	<b>\$31.80/session</b>

### 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.

<b>1 to 4 sessions</b>	<b>\$48.50/session</b>
<b>5 to 9 sessions</b>	<b>\$27.00/session</b>
<b>10 to 24 sessions</b>	<b>\$21.50/session</b>
<b>25 to 30 sessions</b>	<b>\$16.20/session</b>

### 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.



## 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.

### CHILD MINDING HOURS

<i>Monday to Friday (Daytime)</i>	<b>9:15 AM - 1:00 PM</b>
<i>Monday to Thursday (Evening)</i>	<b>5:00 PM - 8:30 PM</b>
<i>Saturday &amp; Sunday (Morning)</i>	<b>8:00 AM - 11:15 AM</b>

**\*PLEASE NOTE THAT PARENTS MUST REMAIN IN THE FACILITY WHILE USING THE YMCA CHILD MINDING SERVICE.**

**\*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 \$7.00 daily fee applies.**





**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](https://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

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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