



**Member
Registration**

March 4th, 2020

**Public
Registration**

March 18th, 2020

WE'RE HERE FOR

EVERYONE

2020 **SPRING PROGRAM GUIDE**

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Programs

Programs are available for all ages and abilities. Registration for YMCA programs will be accepted in person or by phone at the Member Service Desk. YMCA members get priority registration for all programs

When to register: Programs fill quickly. Registering on or shortly after the registration opening date will increase your chances of getting into your preferred program(s).

How to Register

BY PHONE: A member services representative can take your registration over the phone. Call our front desk at 306-757-9622 to register.

IN-PERSON: Visit member services at any YMCA location. A member services representative will be happy to process your registration.

FREE DROP-IN CLASSES: Drop-in are free with membership. For updated schedules download our app, or visit us at www.regina.ymca.ca.

Membership Benefits

- Access to all YMCA's across Canada while traveling
- An abundance of Cardio and Weight Training equipment at each location to suit your needs
- Over 90 Drop-in Fitness Classes including Cyclefit, Aquafit, Bodyblast and Yoga classes
- Recreational Basketball, Volleyball, Indoor Soccer and Drop In Gymnasium time
- Free swimming lessons for children and adults
- Access to two swimming pools for Lane and Family Swim time
- Squash and Racquetball courts which are free to reserve
- Indoor 100m running track & 18' Climbing Wall
- Free Child Minding services for children with memberships
- Multi-storey play structures for children at the East and Northwest locations
- Complementary equipment and free weight orientations to help get you started
- Financial assistance is available for membership fees for those who qualify

Hours of Operation

Monday to Friday: 5:30 am -10:00 pm
Saturday, Sunday and Holidays: 7:00 am-7:00 pm

Locations

Downtown - 2400 13th Avenue
Northwest - 5939 Rochdale Blvd
East - 1825 Victoria Avenue East

For All Inquiries

306-757-9622

Want more information? Stop by one of our locations for a tour?

A facility tour is a great way to learn more about YMCA memberships, programs, services and facilities. Drop by for a tour today!

DOWNLOAD THE YMCA APP



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AQUATICS

Lil' Dippers Program

Orient preschoolers and the adults who accompany them to a wide range of water activities, while setting a foundation for swimming which is a critical life skill.

Preschool Parented

Splashers, Bubblers, Bobbers Age: 3M-5Y

Learn how to be safe and have fun in the aquatic environment with your young child. They will work to grow their comfort and confidence to thrive and prepare for their independent swim lessons.

Preschool Unparented 3Y-5Y

Bobbers: Bobs and floats assisted, hold wall, kick and blow bubbles.

Floater: Front and back floats, bobs unassisted.

Gliders: Front/side/back glides, deep water skills, accessing EMS.

Divers: Kicking on front and back for 5m, surface support 10 seconds, boating safety.

Surfers: Surface support for 30 seconds, front and back swim 15m, ice safety.

Dippers: 25m swim, introduction to throwing assists.

Learn to Swim Program (6Y+)

Build positive values, a love for the water, and orient individuals age six and over to fundamental swim skills. Your beginner level swimmer will learn foundational swimming skills that will be applied throughout their future aquatics activities. They will improve their body awareness and motor skills as they submerge, kick, roll and jump in the water. They will be competent swimmers on their front and back when they complete Swimmer.

Otter: Front and back glides, submersion.

Seal: Using flutter kick and rolling the body from side to side for streamlined movement through water.

Dolphin: Coordinating arms, legs and breathing for smooth propulsion during front and back crawl.

Swimmer: Front and back crawl stroke standards, treading water for 1 minute and 25m endurance swim.

Star Program

Develop the individual, improving swim ability, developing water sport and safety skills, as well as endurance, developing new strokes and exploring leadership skills. Your continuing swimmer will learn elementary backstroke, breaststroke, sidestroke and increase their swimming distance to 350 metres by the end of Star 4.

The optional items give your child opportunities to explore competitive swimming, synchronized swimming, water polo and aquafit.

Star 1: Whip kick on their back, and 75m endurance swim.

Star 2: Whip kick on their front, eggbeater as surface support and 100m endurance swim.

Star 3: Elementary backstroke, dolphin kick, and 200m endurance swim.

Star 4: Breaststroke, sidestroke, and 350 m endurance swim.

Star Leadership Program

Your competent and confident swimmer will build on their strong aquatic skills to learn to safely help others who are in trouble in the water, basic first aid skills, and to improve their physical fitness. Each level has a component of learning how to teach others.

Star 5: Butterfly, throwing a buoyant aid to a swimmer, create and teach a water game, and 500m endurance swim.

Star 6: First aid, towing someone to safety, demonstrate how to teach a skill, and 600m endurance swim.

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

Bronze Star

Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a timed 400 m swim. Must have completed Star 7.

Adult Swim Lessons

Adults will work independently at their ability with the guidance of an instructor. This class is great for beginners and intermediates alike.

Private: Working one on one with an instructor children will be able to have lessons tailored to their individual needs. Contact the aquatics director to register.



NORTHWEST SWIMMING SCHEDULE - SESSIONS 1 & 2

Age	Level	Tues & Thurs (Twice a week)	Monday	Tuesday	Thursday	Saturday	Sunday
		March 17th- April 9th	April 20th - June 15th	April 21st - June 9th	April 23rd - June 18th	April 25th - June 13th	April 26th - June 14th
Lil' Dippers 0-3Y Parented	Splashers Bubblers	5:40-6:10 pm	5:25-5:55 pm	9:00-9:30 am 5:05-5:35 pm	5:55-6:25 pm	9:30-10:00 am 11:40-12:10 pm	12:00-12:30 pm
Lil' Dippers 3-5 Y *Parent Optional	Bobbers* Floaters*	5:05-5:35 pm 5:40-6:10 pm	4:15-4:45 pm 4:50-5:20 pm 6:10-6:40 pm	9:00-9:30 am 9:30-10:00 am 4:30-5:00 pm 5:40-6:10 pm	4:50-5:20 pm 6:25-6:55 pm	10:05-10:35 am 12:15-12:45 pm	1:10-1:40 pm 3:20-3:50 pm
	Gliders Divers	5:05-5:35 pm	4:50-5:20 pm 6:10-6:40 pm	9:30-10:00 am 4:30-5:00 pm 6:15-6:45 pm	4:15-4:45 pm 6:15-6:45 pm	10:40-11:10 am 12:50-1:20 pm	12:35-1:05 pm 1:55-2:25 pm
	Surfers Dippers	4:30-5:00 pm	4:15-4:45 pm	5:05-5:35 pm	5:40-6:10 pm	10:40-11:10 am 12:50-1:20 pm	3:20-3:50 pm
Learn to Swim 6Y+	Otter Seal	4:30-5:00 pm 6:15-6:45 pm	4:50-5:20 pm 5:25-5:55 pm 6:10-6:40 pm	4:30-5:00 pm 6:50-7:20 pm	5:05-5:35 pm 7:00-7:30 pm	9:30-10:00 am 12:50-1:20 pm	12:00-12:30 pm 2:45-3:15 pm
	Dolphin Swimmer	5:35-6:05 pm 6:50-7:20 pm	4:15-4:45 pm 5:25-5:55 pm 6:45-7:15 pm	5:05-5:35 pm 6:30-7:00 pm	5:20-5:50 pm 6:50-7:20 pm	10:05-10:35 am 12:15-12:45 pm	1:10-1:40 pm 2:45-3:15 pm

Youth Learn to Swim 10 - 14 Only	Otter/Seal Dolphin/ Swimmer				7:25-7:55 pm 7:30-8:00 pm		
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Star Program *must have completed swimmer level	Star 1 * Star 2	6:10-6:55 pm	6:45-7:30 pm	5:40-6:25 pm	5:25-5:55 pm	11:25-12:10 pm	1:55-2:40 pm
	Star 3 Star 4	6:15-7:00 pm		6:30-7:15 pm	4:15-5:00 pm 6:40-7:25 pm	10:40 - 11:25 am	1:05-1:50 pm
	Star 5 Star 6 Star 7	4:30-5:30 pm			4:15-5:15 pm	9:30-10:30 am	12:00-1:00 pm
Bronze Star	Member: \$92.50 Non-Member \$125 Prerequisite: Completion of STAR 7						2:40-4:00 pm

All ages	Private	7:20-7:50 pm	7:05-7:35 pm		12:15-12:45 pm	12:35-1:05 pm
14Y+	Adult Lessons	7:35-8:15 pm		7:25-8:00 pm		

Please call the Aquatic Director to register for Private Lessons 306.757.9622 ext 254 (DT) 354 (NW) Members receive 1 free set of group lessons per session. Additional lessons are \$42.00 per class. **Please note:** There will be no lessons on Monday May 18th, 2020

DOWNTOWN SWIMMING SCHEDULE

Age	Level	Monday April 20th– June 15th	Wednesday April 22nd– June 10th	Saturday April 25th– June 13th	Sunday April 26th– June 14th
Lil' Dippers 0-3Y Parented	Splashers Bubblers	5:00-5:30 pm	10:00-10:30 am 5:25-5:55 pm	10:05-10:35 am	10:00-10:30 am
Lil' Dippers 3-5 Y *Parent Optional	Bobbers* Floaters*	5:00-5:30 pm 5:35-6:05 pm 6:45-7:15 pm	10:35-11:05am 4:15-4:45pm 6:00-6:30pm	9:30-10:00 am 10:40-11:10 am 1:00-1:30 pm 2:10-2:40 pm	10:35-11:05 am 11:45 am-12:15 pm 1:20-1:50 pm 2:30-3:00 pm
	Gliders Divers	5:00-5:30 pm 5:35-6:05 pm	4:50-5:20 pm 6:35-7:05 pm	9:30-10:00 am 11:50 am- 12:20 pm 1:35-2:05 pm 2:45-3:15 pm	10:00-10:30 am 11:10-11:40 am 1:55-2:25 pm
	Surfers Dippers	6:10-6:40 pm	5:25-5:55 pm	10:40-11:10 am	12:45-1:15 pm
Learn to Swim 6Y+	Otter Seal	5:35-6:05pm 6:45-7:15pm	5:25-5:55pm 7:10-7:40pm	10:05-10:35 am 11:15-11:45 am 1:35-2:05 pm 2:45-3:15 pm	10:35-11:05 am 11:45 am-12:15 pm 1:20-1:50 pm 2:30-3:00 pm
	Dolphin Swimmer	6:10-6:40 pm	6:00-6:30 pm 7:10-7:40 pm	10:40-11:10 am 2:10-2:40 pm	11:10-11:40 am 12:45-1:15 pm 3:05-3:35 pm
Youth Learn to Swim 10 - 14 Only	Otter Seal		6:00-6:30 pm	11:15-11:45 am	
	Dolphin Swimmer	7:20-7:50 pm		11:50-12:20 pm	
Star Program *must have completed swimmer level	Star 1 *		4:30-5:15 pm	11:15-12:00 pm	1:40-2:25 pm
	Star 2				
	Star 3 Star 4		6:35-7:20 pm	2:10-2:55 pm	12:45-1:30 pm
	Star 5 Star 6 Star 7		7:25-8:25 pm	9:30-10:30 am	2:30-3:30 pm
All ages	Private	6:10-6:40 pm 6:45-7:15 pm 7:20-7:50 pm	4:15-4:45 pm 4:50-5:20 pm 6:35-7:05 pm	12:00-12:30 pm 1:00-1:30 pm 3:00-3:30 pm	1:55-2:25 pm 3:05-3:35 pm
14Y+	Adult Lessons	7:20-8:05 pm	7:45-8:15 pm	1:35-2:05 pm	

Please call the Aquatic Director to register for Private Lessons 306.757.9622 ext 254 (DT) 354 (NW) Members receive 1 free set of group lessons per session. Additional lessons are \$42.00 per class. **Please note:** There will be no lessons on Monday May 18th, 2020

DOWNTOWN SWIMMING SCHEDULE - Session 2

		Mondays and Wednesdays
Age	Level	Twice a week from March 16th to April 9th
Lil' Dippers 0-3Y Parented	Splashers Bubblers	5:35-6:05 pm
Lil' Dippers 3-5Y *Parent Optional	Bobbers* Floaters*	5:00-5:30 pm 6:10-6:40 pm
	Gliders Divers	5:35-6:05 pm
	Surfers Dippers	6:45-7:15 pm
Learn to Swim 6Y+	Otter Seal	6:10-6:40 pm 6:45-7:15 pm
	Dolphin Swimmer	7:20-7:50 pm
Star Program *must have completed swimmer level	Star 1 * Star 2	4:45-5:30 pm
	Star 3 Star 4	7:20-8:05 pm

BECOME A LIFEGUARD

National Lifeguard (16y+): Advance your YMCA aquatic leadership to a peak level. This 40 hour program builds on the skills, knowledge and values taught in Lifesaving awards. To participate in this program, you need to have completed the Bronze Cross Award and Standard First Aid with CPR Level C.

Course cost: Members \$215.00, Non-Members \$265.00.
Cost includes the manual (\$40 value).

Recertification cost: Members \$62.00, Non-members \$70.00
You must bring your most recent certificate card with you.

National Lifeguard		
Date	Day and Time	Location
March 13th-15th & March 20th-22nd	Friday 6:00-10:00 pm Saturday & Sunday 9:00 am-6:00 pm	Downtown
June 12th-14th & June 19th-21st	Friday 6:00-10:00 pm Saturday & Sunday 9:00 am-6:00 pm	Downtown
National Lifeguard - Recertification		
March 8 th	9:00 am-3:00 pm	Downtown
May 31st	9:00 am-3:00 pm	Downtown

BRONZE MEDALLION AND CROSS

Bronze Medallion (13Y+): Enhance your understanding of lifesaving principles and skills. Learn tows, carries, release methods, victim assessment and emergency care through this 20 hour program. To participate, you must have successfully completed the Bronze Star award, or be 13 years or older and be able to swim.

Date	Day and Time	Location
Feb 18th-21st	Tuesday-Friday 9:00AM-3:00PM	Downtown
May 1st-3rd	Friday 6:00-10:00 PM Saturday & Sunday 9 AM-6 PM	Northwest
July 24th-26th	Friday 6:00-10:00 PM Saturday & Sunday 9 AM-6 PM	Downtown

Course cost: Members \$145.00, Non-Members \$165. Cost includes manual (\$40 value).

Bronze Cross (13Y+): This course covers emergency procedures, injury assessment and spinal injury rescue. Prerequisite: completion of the Bronze Medallion award.

Date	Day and Time	Location
April 14th-17th	Tuesday-Friday 9:00 am-3:00 pm	Downtown
May 29th-31st	Friday 6:00-10:00 pm Saturday & Sunday 9:00 am-6:00 pm	Northwest
Aug 21st-23rd	Friday 6:00-10:00 pm Saturday & Sunday 9:00 am-6:00 pm	Downtown

Course cost: Members \$114.00, Non-Members \$135.00

FIRST AID COURSES

First Aid: This two day course meets the OH&S requirements for Standard First Aid and CPR-C. Topics covered are use of an AED, environmental emergencies, head and back trauma, treatment of blocked airways and circulatory emergencies.

Course cost: Members \$139.00,
Non-Members \$149.00

Date	Day and Time
May 23rd-24th	Saturday & Sunday 9:00 am-6:00 pm
June 27th-28th	Saturday & Sunday 9:00 am-6:00 pm
August 29th-30th	Saturday & Sunday 9:00 am-6:00 pm
March 28th-29th	Saturday & Sunday 9:00 am-6:00 pm

First Aid Recert: This one day course will refresh your first aid skill and update you with any changes since your previous first aid course. **You must bring your original first aid card to be recertified.**

Course cost: Members \$77.50,
Non-Members \$87.50.

Date	Day and Time
March 1st	Sunday 10:00 am-6:00 pm
April 5th	Sunday 10:00 am-6:00 pm
May 3rd	Sunday 10:00 am-6:00 pm
June 7th	Sunday 10:00 am-6:00 pm
July 5th	Sunday 10:00 am-6:00 pm
August 9th	Sunday 10:00 am-6:00 pm

YOUTH PROGRAMS



Youth Physical Literacy Programs

Without developed physical literacy, children and youth are at a greater risk of dropping out of physical activity and sport. By developing fundamental movement skills and increasing one's gross motor ability, it allows for one to establish a good foundation to participate in many sports and physical activities. YMCA of Regina Physical Literacy classes teach Fundamental Movement Skills through fun games, obstacle courses and coaching from our YMCA fundamental movement skill trained leaders.

Our Physical Literacy Classes will cover:

- Fundamental Human Movements (Run, Jump, Hop...)
- Fundamental Sport Skills (Throw, Catch, Kick...)
- Fundamental Gymnastics (Balance, Tumbling...)

Active Start Toddler & Parent (Walking-2Y)

This parented, toddler class is an introduction to Fundamental Movement skills. Guardians and Toddlers play together as they practice new movement skills to build a foundation for more complex movements they will need for recreational and sport activities in the future.

- Spatial and Body Awareness
- Introduction to Running, Jumping and Hopping
- Introduction to Throwing, Catching and Kicking

Active Start Preschool (3-5Y)

Classes introduce the foundations of the Fundamental Movement Skills needed to be confident in trying new activities. Children will also learn social skills necessary to work independent of their parents within a group of their peers; Parents are not out on the floor with their children but can watch classes within in the area.

- Spatial Awareness and Balance
- Introduction to Running, Stopping, Changing Direction
- Hopping, Jumping, Tumbling
- Introduction to Throwing, Catching and Kicking Technique
- Sharing and taking turns

Creative Movement (5-10Y)

A continuation and extension of skills introduced in Phys. Lit. FUNDamentals. Youth enrolled in Creative Movement classes will be challenged further by adding more movement variations and complex combination patterns to build skills and a chance to become more competent and confident in their movements.

- Bounding, Landing and Rotation
- Lateral Movements and Balance
- Vaulting, hurdling, hanging and tumbling
- Skipping, Galloping, Lateral Movements and Balance

Multisport FUNDamentals (5-9Y)

Multisport focuses on team sport movements and object manipulation. Each class will build around learning the skills and rules of a leisure or competitive sport such as basketball, volleyball, floor hockey or soccer. The emphasis of this class is to build competence with a variety of sport balls, striking objects and confidence in participating in new sports.

- Kicking, Punting
- Throwing, Passing, Dribbling
- Shooting
- Volleying, Setting, Striking

Rookie Basketball (5-7)

This program is a great opportunity for young kids to learn the FUNDamentals of basketball in a fun, active and healthy learning environment. Curriculum has been developed by NBA Basketball Operations and a team of experts in child development and physical literacy, and basketball fundamentals. The program includes age-appropriate equipment (smaller basketball and lowered adjustable hoops) and modified games that are simple and fun.

Novice (8-10y) and Intermediate (11-13y) Basketball

The YMCA Basketball Division provides children a program designed to further develop basketball skills and introduce children to sportsmanship and game scenarios. Children learn the sport through various fun drills and activities in one hour learning sessions. The skills of dribbling, passing and shooting are enhanced, along with basic learning principles of healthy and active living. Children will have the opportunity to experience 3 on 3 basketball games as the sessions progress each week. Participants of any experience level may register for the program.

Creative Youth Programs

Mini Full STEAM Ahead (3-5Y)

Explore science, technology, engineering, art and math through play! This program will keep your preschooler learning and creating.

Mini Chefs (3-5Y)

Children will create food and learn new and exciting knowledge about the food they eat. They will then learn how to make fun, tasty recipes and cook like a chef!

Full STEAM Ahead (6-12Y)

Learn skills for tomorrow with fun and exciting activities. From crazy science experiments to mathematic problem solving games your kids will never want to stop learning!

Tomorrow's Master Chefs (6-12Y)

Chopping, whisking, sautéing and more! This fun, interactive class will teach a wide variety of culinary skills.

Youth Drop-In Programs

Roped Climbing & Bouldering (6Y+)

Drop-in and learn rock climbing basics and safety with a trained YMCA staff member. Many people think that rock climbing is an upper body type sport. The fact is rock climbing primarily uses legs, precise footwork and balance. Try one of our many climbing routes or simply enjoy a game of capture the flag on the wall.

Art F.O.R.M.s (6-12Y)

This drop-in class provide children the opportunity to be creative and express themselves with the creative reuse of materials. Instructor selected projects will introduce children to basic art skills such as drawing, painting, and sculpting; while child-centered directives will allow participants to explore more personal interests.

Kid Fit

This drop-in class will focus on helping children learn coordination, strength, endurance, flexibility and movement skills through age appropriate games, music, stories and circuits in a setting where playing as an individual and as a team is encouraged!

YOUTH LEADERSHIP PROGRAM (Until May)

YMCA Youth Leadership programs are designed to help participants build skills that they can use for a lifetime! This FREE program aims to build leaders within the community through sports, volunteerism, culture and life skills programming.

Leaders I - Grades 4-6 - Northwest Location

Wednesdays 6:30 pm - 8:30pm

This program focuses on building esteem by developing personal strengths, skills and abilities. Youth will be able to make connections with their peer group and positive role models, while being apart of an inclusive environment where, youth are empowered to discover their individual leadership style.

Leaders II & III - Grades 7-9 & 10-12 - Northwest Location

Thursdays 6:30 pm - 8:30pm

This program explores issues and challenges that impact youth. Youth will be able to engage the community through volunteerism and build employable skills leadership skills not only through YMCA Leadership programming but also through opportunities such as Youth Leadership conferences and the Youth Activity Council. Contact the YMCA of Regina for more information or visit the front desk of your nearest location.

Home Alone Preparation Course

This certificate program will help build your child's self confidence, sense of responsibility and decision making abilities through a fun and interactive environment of role-play and discussions. This program is open to children ages 10 and older. Mature 9 year olds may be accepted. Courses are typically offered over two evenings. Children must be at both evenings. For course dates and additional information, please email christal.himmelspeck@regina.ymca.ca.

Baby Sitter Training Course

Prepare your child for the important job of babysitting. This training course is focused on childcare, planning and preparation to be a babysitter. You will be certified through the Saskatchewan Safety Council. You must be 11 years old at the time of registration in order to enroll in the course. We alternate between the Northwest YMCA and the Downtown YMCA. Courses are typically offered over three evenings. Children must be at all evenings. For course dates and additional information, please email christal.himmelspeck@regina.ymca.ca.

A GIRL'S WAY

A new program designed to teach pre-teen / early teen girls how to stay safe in situations involving friends, partners, work and online. All participants will receive their own workbook filled with questionnaires and tips to take home after this one day class.

Course Outline

Section 1	Section 2
Healthy Relationships	Body Image and Self-Esteem
Communication	Core beliefs and values
Friendships	Body image,self-esteem
Relationships	and media influence

Fees - \$25.00 for members, \$30.00 for non-members

Hours - 6:00 pm - 9:00 pm

Dates and Locations

April 28th-Northwest location

May 25th-Downtown location

Learn more or register: Phone: 306-757-9622 ext. 253 or email: Christal.Himmelspeck@regina.ymca.ca

SCHOOL'S OUT DAY CAMPS

The YMCA of Regina offers day camps on professional development and week day school holidays for both the public and separate school systems.

Camp runs from 7:00 am to 6:00 pm at the Downtown and Northwest YMCA locations. Children participate in a variety of activities including but not limited to arts, crafts, sports, team building activities, out trips, swimming, and leadership development.

Members \$45.00/day

Non-Member \$55.00/day.

For more information, please contact REG-beforeafter@regina.ymca.ca or call (306) 757-9622 ext. 253 OR 243

*Please note: Schedule and availability may change without notice.

Date	Public or Separate
Friday March 20th	Both
Tuesday April 14th	Both
Wednesday April 15th	Both
Thursday April 16th	Both
Thursday April 17th	Both
Friday May 15th	Both
Friday June 12th	Both

Birthday Parties at the Y

The YMCA offers a fantastic venue for children to spend their birthday parties away from home. Party guests can have fun experiencing two 45 minute blocks of chosen activities followed by 60 minutes in the party room enjoying whatever food you provide, opening presents and playing. Please note that the YMCA of Regina is a nut free organization and adheres to a total nut free policy. For more information, contact our Birthday Party Coordinator via email at REG-birthdays@regina.ymca.ca

Northwest Birthday Parties

Friday 5:30 pm-8:00 pm

Saturday 12:30 pm-3:00 pm and

4:00 pm-6:30 pm

Sunday 12:30 pm-3:00 pm and

4:00 pm-6:30 pm

Party packages consists of two 45-minute activity blocks chosen from one of the following themes:

- Play Structure
- Gym activities
- Swimming
- Garden Bouncer
- Dragon Bouncer
- Rock Climbing

East Birthday Parties

Saturday 4:00 pm-6:30 pm

Sunday 4:00 pm-6:30 pm

Party packages consists of two 45-minute activity blocks chosen from the following areas:

- Play Structure
- Physical Literacy Area
- Physical Literacy Instructor-led program

Party Rates

Birthday Party Type	M	NM
Basic Party	\$180	\$190
*Bouncer(NW)	\$67	\$75
*Rock Wall (NW)	\$67	\$75
*Physical Literacy Instruction (E)	\$67	\$75

M - Member NM - Non-member

*Rates are additional fees and will only be applied if the activity is requested

Prices do not include GST

The child celebrating the birthday must be a member of the YMCA of Regina to qualify for the member rate. Full payment is due at the time of booking. \$70 of the payment covers the deposit and is non-refundable.

The seven-day cancellation policy states that cancellations received seven or more days prior to the party date will receive a refund less the \$70 deposit. Cancellations made with fewer than seven days notice will receive no refund. Party Packages include up to 12 party guests.

NORTHWEST YOUTH PROGRAM SCHEDULE

Program	Cost	Age	Monday April 13th- June 22nd	Tuesday April 14th- June 23rd	Wednesday April 15th- June 24th	Thursday April 16th- June 25th
Mini Chefs	M \$42.50 NM \$75.00	3-5			5:45 pm-6:30 pm	
Tomorrow's Master Chefs	M \$57.50 NM \$135.00	6-12		6:00 pm-7:15 pm	6:35 pm-7:50 pm	6:30 pm-7:45 pm
Mini Full Steam Ahead	M \$42.50 NM \$75.00	3-5				6:00 pm-6:45 pm
Full STEAM Ahead!	M \$57.50 NM \$75.00	6-12				7:00 pm-8:00 pm
Multisport FUNDamentals	M \$57.50 NM \$135.00	5-9		7:20 pm-8:15 pm		
Rookie Basketball	M \$57.50 NM \$135.00	5-7				5:30 pm-6:15 pm
Novice Basketball	M \$57.50 NM \$135.00	8-10	6:15 pm-7:15 pm			
Intermediate Basketball	M \$57.50 NM \$135.00	11-13	7:30 pm-8:30 pm			

DOWNTOWN YOUTH PROGRAM SCHEDULE

Program	Cost	Age	Tuesday April 14th- June 23rd
Mini Chefs	M \$42.50 NM \$75.00	3-5	5:30 pm-6:15 pm
Tomorrow's Master Chefs	M \$57.50 NM \$135.00	6-12	6:30 pm-7:45 pm

EAST YOUTH PROGRAM SCHEDULE

Program	Cost	Age	Monday April 13th- June 22nd	Wednesday April 15th- June 24th
Active Start Toddler and Parent	M \$42.50 NM \$75.00	Walking - 2 years	6:00 pm-6:25 pm	
Active Start Preschool	M \$42.50 NM \$75.00	3-5	6:30 pm-7:00 pm	
Multisport FUNDamentals	M \$57.50 NM \$135.00	3-5	7:05 pm-8:00 pm	
Creative Movement	M \$57.50 NM \$135.00	5-9		7:00 pm-7:55 pm
Mini Chefs	M \$42.50 NM \$75.00	3-5		6:00 pm-6:45 pm

FITNESS PROGRAMS



Equipment Orientation (10Y+)

Join us in a small group setting for an hour of learning and knowledge of how to utilize our cardio and selectorized weight machines. Youth 10 - 15 must complete this orientation to be able to use the Conditioning Center. Classes available throughout the week. Free for members. Please see Front Desk for dates & times.

Free Weight Orientation (12Y+)

Our Personal Trainer will take an hour to show you some basic movement patterns and techniques. At the end, you can take away a small standard exercise circuit to do on your own. Youth 12-15 must complete this orientation to be able to use the Free Weights area. Classes available throughout the week. Free for members. Please see Front Desk for dates & times.

Personal Training

One on one training is a great way to get ongoing support as you strive to reach your health and individual needs, meeting with you as often as needed to ensure your goals are met.

1 Session	\$70		Great way to establish a starting point
5 Sessions	\$275	\$55/session	Perfect for members new to fitness
10 Sessions	\$435	\$43.50/session	Looking for a extra push of motivation and support
25 Sessions	\$795	\$31.80/session	Commit to a long-term training program

Group Training

Access Group Training by setting up your own group and workout time with a Personal Trainer. The trainer will provide programs and workouts to meet your group goals. To attend Group Training sessions, you must have an active membership to the YMCA. Before taking on any of our Personal or Group Training options, members must meet with one of our Personal Trainers for a free consultation.

For 2 to 3 people

1 Session	\$48.50 per person
5 Sessions	\$135 per person
10 Sessions	\$215 per person
25 Sessions	\$405 per person

For 4 to 8 people

1 Session	\$32.50 per person
2 Sessions	\$108 per person
10 Sessions	\$162 per person
25 Sessions	\$270 per person

Adult Racquetball Lessons (16Y+)

Adult lessons are accessible on a per need basis. Cost would just include registration with SRA (\$10 fee) and times will depend on coach availability. To register, contact Shane Ashby at shane.ashby@regina.ymca.ca or visit the Member Services desk.

Squash Lessons (16Y+)

Adult lessons are accessible on a per need basis. For more information, please contact shane.ashby@regina.ymca.ca

Volleyball (16y+)

Beginner, intermediate and competitive programs available no matter your level of athletic ability.

	Day	Time	Location	Cost
Beginner	Friday	6:30 pm - 8:00 pm	Downtown	M: Free NM: Drop in Fee
Intermediate/ Competitive	Friday	8:00 pm - 9:30 pm	Downtown	M: Free NM: Drop in Fee

Pickleball (Drop-In)

Pickleball is a combination of tennis, badminton, ping pong, and racquetball, as well as very low impact. Open to all ages and all skill levels.

Downtown YMCA Gymnasium, Sundays 12:30 pm - 2:30 pm

FREE for members and available to Day Pass purchasers

Judo (Downtown Location)

Judo, which is translated as the "gentle way" teaches the principle of flexibility in the application of technique. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo.

Participants must register with the Regina Y Judo Club. Participants must also be a current member of the YMCA of Regina in order to be a part of this program or a pay a drop in fee for entry.

For more information and to register for this program visit their website www.reginajudo.com or contact Robb Karraim at reginajudo@gmail.com.

Age Group	Age	Day	Time
Kinder	5-6	Monday & Wednesday	6:00 pm-6:30 pm
Youth 1	7-9	Monday & Wednesday	6:30 pm-7:30 pm
Youth 2	10-12	Monday & Wednesday	6:00 pm-7:00 pm
Teen/Adult	13+	Monday & Wednesday	7:05 pm-8:35 pm
Open Mat	All	Saturday	10:00 am-12:00 pm
Teen/Adult (Beginner)	13+	Thursday	7:00 pm-8:00 pm

*Additional fees to the Regina Y Judo Club apply.

Karate (Downtown Location) - (7Y+)

This is a light contact, non aggressive program that is great for self defense and confidence. It is a striking art using air punching, air kicking, knee strikes, elbow strikes and open hand techniques such as knife-hands, spear-hands, and palm-heel strikes. For more information, contact Robert Millar at rmillar@mcdougallgauley.com Participants must register by visiting any YMCA location or calling 306-757-9622.

Day	Time	Cost
Monday & Wednesday	6:30 pm - 8:30 pm	M: Free* NM: Drop in Fee*

*An annual fee (currently \$50) is also payable to Saskatchewan IKD

Taekwondo - (Northwest Location)

The Taekwondo program at the YMCA provides fitness and fun to everyone ages five years to adulthood. The classes are taught by certified instructors who will teach you the fundamentals and techniques of taekwondo. Participants must be a member of the YMCA and pre-register for this program at any YMCA of Regina. Program runs for 10 weeks.

Thursdays April 16th-June 25th	Saturdays April 18th-June 27th
7:00 pm-8:00 pm	2:00 pm-3:00 pm



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



These classes start to introduce more activity including cardio and weights



Classes focus on a high level of intensity and activity during participation

AQUATICS

Ai Chi

A water based Tai Chi class with slow and controlled movements.

Gentle AquaFit

If you have a limiting physical condition that requires a gentler routine, or you're just beginning an exercise routine, this is the perfect class for you. With a combination of low impact cardiovascular aerobics, Gentle AquaFit targets large muscle groups in order to build endurance and muscle strength in the shallow depth of the pool.

AquaJog

Remove the high-impact element of running with aqua-jogging. Get a full body workout using the resistance of water—perfect for cross-training.

Shallow Water AquaFit

Use the water's resistance to your advantage. This class will challenge your muscular and cardiovascular endurance while improving balance, stability and flexibility.

Aqua Bootcamp

A higher intensity workout aimed to increase aerobic capacity and muscular strength. Utilizing intervals, kick-boxing, drills, and high repetition strength training to gain results in a low impact environment

Deep Water AquaFit

Using the water's resistance to your advantage in the deep-water pool will challenge your cardiovascular endurance and resistance exercises designed to improve your stability, mobility and endurance. This low joint impact makes this class perfect for those with injuries, limitations, or just wanting to cross-train.

SwimFit

A chance for master swimmers to practice their strokes and get a workout in the pool.

MIND AND BODY

Yoga

Find your strength as you de-stress in this calming class. You will improve your flexibility, strength, balance and body awareness through a series of breathing exercises and poses.

Mobility

A class focused on improving range of motion at different joints by use of end range movements to improve strength and flexibility

STRENGTH / CARDIO

BodyBlast

A full body workout including a mix of aerobic and strength work. This class will accommodate all skill levels and use a variety of training methods

GentleFit

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

Abs/Core

A muscular strength workout that focuses on the core. Covers balance, stability, side strength, rotational strength, and abdominal and back strength.

Butts and Guts

Focused on dedicated movements to isolate and strengthen the glutes and the core. This class will leave you feeling the burn in both areas.

TRX™

The TRX Suspension Trainer helps to build strength, balance, flexibility, and core stability.

STRENGTH / CARDIO

(cont'd)

Core Fusion

A focus on training the core through full body movement and a variety of training methods. Fusion classes will combine several different types of classes into one to target various areas of strength.

Functional Strength

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

CycleFit

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

Step

Start on the right foot in this high-energy class. You will increase cardiovascular fitness using the step and a variety of movements choreographed to upbeat music.

Functional Intensity

A combination of barbell, strength and aerobic work to help push participants to a new level of fitness.

Bootcamp

Focuses on increasing aerobic capacity and lower body strength. Power moves, speed and side loading drills will be incorporated.

Strength & Conditioning

A class structure with blocks of strength/power movements in coordination with conditioning/aerobic portions in order to challenge all of the body's energy systems.

HIIT (High Intensity Interval Training)

Get the ultimate workout with HIIT! Challenge and improve your cardiovascular fitness, balance, core strength and muscular endurance.

Download our free app for class schedules and program locations!





**YMCA of
Regina**

How can you help?

By making a donation, you are making an investment in the lives of the children, youth, and families - **you are building healthier communities!**

Donate in person at your nearest YMCA of Regina location or online at regina.ymca.ca/donate

FINANCIAL ASSISTANCE FOR MEMBERSHIP

YMCA of Regina would like all members of the community to take part in its programs and enjoy its facilities and 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.

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 can have 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 giving today, you can help our kids build a better community for the future. Every kid deserves a chance to realize their full potential.

All around us we see the images of children in need. These come in many forms – from food, clothing and shelter, to guidance and support. Whatever the needs, the YMCA is committed to improving the lives of the children and their families in our communities by providing safe places, caring and trained staff, and programs that teach life skills. Whether it's a place to go after school for a helping hand with homework, a place to learn leadership skills, or a place for the family to play and connect, the YMCA is there.



DOWNTOWN

2400 13TH AVENUE

HOURS OF OPERATION

MONDAY – FRIDAY

5:30AM-10:00PM

WEEKENDS & HOLIDAYS

7:00AM-7:00PM

(306) 757-9622 ext. 200

NORTHWEST

5939 ROCHDALE BLVD

HOURS OF OPERATION

MONDAY – FRIDAY

5:30AM-10:00PM

WEEKENDS & HOLIDAYS

7:00AM-7:00PM

(306) 757-9622 ext. 300

EAST

1825 VICTORIA AVE EAST

HOURS OF OPERATION

MONDAY – FRIDAY

5:30AM-10:00PM

WEEKENDS & HOLIDAYS

7:00AM-7:00PM

(306) 757-9622 ext. 400