

WINTER 2022

ACTIVITY GUIDE



Member Registration

December 20, 2021
9:00 am

Public Registration

January 3, 2022
9:00 am





12 DAYS OF FITNESS

Try the YMCA with a
FREE 12-Day Trial!

Offer expires, December 31, 2021. Local residents only. Terms and conditions apply.

regina.ymca.ca

AQUATICS

Aquatic Course Descriptions
Aquatic Swimming Lesson Schedule
Aquatic Leadership Courses

YOUTH PROGRAMS

Babysitter Training Course
Camps
Home Alone Preparation Course
School's Out Day Camps
Skills Lab
Tae Kwon Do
Y-Fit Kids
YMCA Youth Leadership Academy

FITNESS PROGRAMS

Group Fitness Classes
Personal and Group Training
YThrive

Keeping Everyone Safe!

Providing a safe and welcoming environment to our guests, staff, and volunteers has always been our top priority. To help ensure we are doing all that we can to stop the spread of COVID19 this is what you can expect when visiting our facility:

Vaccination and masking protocols (where applicable)
Increased cleaning and sanitizing completed by our team
Plexiglass barriers at front desk
Contactless Scan-in & payments
Signage and instructions throughout the facility
Increased sanitizing supplies for members

How you can help:

- Members and guests are asked to clean equipment and lockers before and after use. Individual sanitizer bottles and paper towels are provided.
- Members are asked to follow all public health measures and adhere to facility protocols.
- Members are expected to visit the facility only if they are feeling healthy.
- Members must pre-book group fitness and aquatic classes as well as lane swimming times in an effort to help facilitate contact tracing.
- All pool users must shower with soap & water before entering the pool.

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

HOW TO REGISTER

An active membership is required for all swimming lessons

TIP: Ensure you know what swimming level you need and have setup an on-line account before registration day to make things quick and easy! Not sure? Contact us for help!

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 home. Use the Wish List to make registration day a breeze! Is your course full, sign up for the waiting list. Have questions? Contact us at **info@regina.ymca.ca**

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

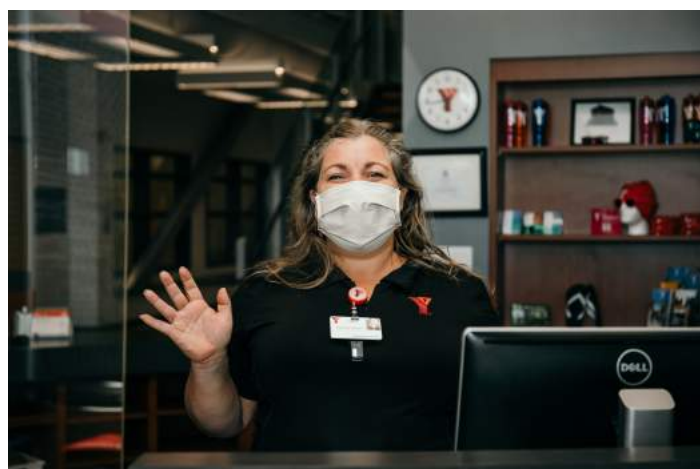
In-Person: A member services representative will be happy to process your registration.

MEMBERSHIP BENEFITS

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

VISIT US FOR A TOUR

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





AQUATICS

IMPORTANT INFORMATION

- Parents are encouraged to be in the water with their children if they need extra assistance
- Some swimming lessons require a parent to be in the water for the duration of the lesson.
- Participants should shower with soap and water prior to entering the pool.
- Participants should arrive no earlier than 5 minutes for their lessons.
- Space for spectators is limited on the pool deck please limit 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 where necessary. Please contact us if you have not had YMCA swimming lessons in the past.

Preschool Swim Lessons 3 months - 5 years

Splashers **Parented*

This program is for parents/caregivers and their child to become comfortable in the water together. Learn basic swim and safety skills in a fun and safe environment. Lessons include skills such as splashing with arms and legs, pool orientation, songs and free time for questions and play.

Bubblers **Parented*

Children and their parents/caregivers learn how to hold the wall and kick their feet, do an assisted front/back float, and practice safe swimming.

Bobbers **Parented Optional*

This beginner level focuses on safety, entering and exiting the pool, progression for submersion and short swims, assisted floats and propulsion.

Floaters **Parented Optional*

Children learn deep water awareness, pool rules, how to wear a personal flotation device (PFD), assisted jumps into the water, unassisted bobs, blowing bubbles and retrieving objects.

Gliders

This intermediate level introduces deep water activities and front and back swims to a distance of 5 meters.

Divers

Children continue to develop deep water skills, work on arm action and increase front and back swim distances to 10 meters.

Surfers

This advanced level explores diving, surface support, creative pool entries and extends swim distances to 15 meters to 25 meters.

Jumpers **Formerly Dippers*

Children further refine front and back crawl to distances of 25 to 50m, deep water activities and skills are explored.

YMCA Learn To Swim 6 years - 12 years

Otter

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

Seal

Introduces deep water jumping, breath control and surface support. Participants continue to develop floats, glides and distance swim of 10 meters.

Dolphin

Children spend time in deep water. Endurance is increased to swims of 15 meters for front and back swim. Front crawl is introduced.

Swimmer

Participants progress to treading water for 60 seconds, front crawl for 25 meters, and are introduced to resuscitation.

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. You 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: Whip kick on their back, and 75 meter endurance swim.

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

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

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

Star Leadership Program

Develop swimming ability, water sport and safety skills, endurance while learning new strokes and leadership skills. You will learn 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 teaching skills, and optional items include advanced swim skills, competitive swimming, synchronized swimming, water polo, and aquafit.

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 400 meters in 12 minutes endurance swim.

WINTER 1

Lessons run once per week January 10th to March 13th. No lessons February 19th - 24th.

		Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Preschool Parented 0-3Y	Splashers Bubblers	5:25-5:55pm	9:00-9:30am 5:25-5:55pm	5:25-5:55pm 6:05-6:35pm	6:00-6:30pm	10:25-10:55am 12:50-1:20pm	12:10-12:40pm 1:25-1:55pm
Preschool 3-5 Y *parent optional*	Bobbers Floaters	4:15-4:45pm 4:50-5:20pm 5:35-6:05pm	9:30-10:00am 4:20-4:50pm 4:50-5:20pm 6:05-6:35pm	4:20-4:50pm 6:35-7:05pm	5:20-5:50pm 6:10-6:40pm	9:15-9:45am 12:10-12:40pm 1:25-1:55pm 1:55-2:25pm	11:00-11:30am 12:55-1:25pm 2:35-3:05pm
	Gliders Divers	4:55-5:25pm 6:05-6:35pm	4:55-5:25pm 6:40-7:10pm	4:15-4:45pm 5:30-6:00pm	4:15-4:45pm 6:35-7:05pm	9:50-10:20am 11:30am-12:00pm 1:20-1:50pm	11:35am-12:05pm 2:05-2:35pm 3:10-3:40pm
	Surfers Jumpers	4:20-4:50pm 6:40-7:10pm	5:30-6:00pm	4:50-5:20pm 6:40-7:10pm	4:55-5:25pm	10:55-11:25am 2:00-2:30pm	11:40-12:10pm
Learn to Swim 6Y+	Otter Seal	4:50-5:20pm 5:25-5:55pm	4:50-5:20pm 6:05-6:35pm	4:55-5:25pm 6:00-6:30pm	4:30-5:00pm 5:30-6:00pm 6:35-7:05pm	11:00-11:30am 12:15-12:45pm 12:45-1:15pm	12:15-12:45pm 12:50-1:20pm 3:15-3:45pm
	Dolphin Swimmer	4:15-4:45pm 6:00-6:30pm	4:15-4:55pm 5:25-5:55pm 6:10-6:40pm	4:15-4:45pm	6:00-6:30pm 7:10-7:40pm	10:20-10:50am 11:10-11:40am 12:35-1:05pm	11:00-11:30am 2:00-2:30pm
Star Program *must have completed Swimmer or equivalent	Star 1	6:10-6:55	6:45-7:30pm	4:50-5:35pm	5:05-5:50pm	10:20-11:05am	11:00-11:45am
	Star 2						1:55-2:40pm
	Star 3			5:40-6:25pm		9:30-10:15am	11:50-12:35pm
Star Leadership	Star 4					11:45-12:30pm	
	Star 5				4:15-5:15pm	9:15-10:15am	12:40-1:40pm
	Star 6 Star 7						
Adult Lessons 14Y+	Adult Lessons 14Y+		Intermediate 6:40-7:25pm		Beginner 6:45-7:30pm		Beginner 2:45-3:30pm
Water Polo	Water Polo 6-14Y					1:15-2:15pm	

A current YMCA membership is required to reserve and participate in swimming lessons. Members receive one FREE set of group lessons per session. Addition lessons are \$42.00 a set.

WINTER 2

Lessons run twice per week March 14th to April 7th.

	Monday & Wednesday	Tuesday & Thursday
Splashers Bubblers	4:50-5:20pm	4:50-5:20pm
Bobbers Floaters	5:25-5:55pm 6:45-7:15pm	4:15-4:45pm 5:20-5:50pm
Gliders Divers	6:10-6:40pm	5:55-6:25 6:35-7:05
Surfers Jumpers	4:15-4:45pm	6:10-6:40pm
Otter Seal	5:05-5:35pm	6:00-6:30pm 6:30-7:00pm
Dolphin Swimmer	4:30-5:00pm 6:00-6:30pm	5:25-6:05pm
Star 1 Star 2	5:45-6:30pm	4:30-5:15pm
Star 3 Star 4	5:20-6:05pm	5:20-6:05pm
Star 5 Star 6 Star 7	4:15-5:15pm	4:15-5:15pm
Adult Lessons 14+		Beginner 6:45-7:30pm

TIPS FOR REGISTRATION DAY

- **Lookup your previous lesson level early so you know which level is next to complete.**
- **Setup your YMCA of Regina on-line account in advance to avoid disappointment.**
- **Use the Wish List function on-line to store your preferred lesson for registration day. Note that the Wish List does not guarantee you a spot but helps organize your preferred times to make registration time faster!**
- **Don't forget to add yourself to the waiting list if your preferred lesson time/day are not available or are full!**

A current YMCA membership is required to reserve and participate in swimming lessons. Members receive one FREE set of group lessons per session. Addition lessons are \$42.00 a set.



Adult Swimming Lessons

Adult members ages 14+ can enjoy structured group swimming lessons too! Take advantage of one set of FREE lessons each season! See the swim lesson schedule for dates and times.

Adult beginner Lessons

Participants will use various aids to learn basic swimming skills with the direction of the swimming instructor.

Adult Intermediate Lessons

Participants must be comfortable alone in the water. Participants will work on basic stroke development with the direction of the swimming instructor.



Water Polo

Learn to play water polo is an introductory program for all youth ages 6-12 that combines swimming with learning water polo.

For more information on water polo please email rwpa.clubrep@gmail.com

Or visit their website at www.reginawaterpolo.ca

Private Swim Lessons

One-on-one private 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 had challenges with group lessons. All private lessons are subject to instructor availability.

Contact the Aquatics Director to ask about pricing and availability!

Jennifer Roset (306) 757-9622 - Ext: 354

Lifesaving Society First Aid

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.

9:00 am - 6:00 pm

January 15th -16th, 2022

March 5th - 6th, 2022

May 14th - 15th, 2022

Cost

Member: \$140.00

Non-Member: \$150.00

RECERTIFICATION

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.

9:00 am - 6:00 pm

February 13, 2022

February 27, 2022

April 10, 2022

April 24, 2022

June 11, 2022

June 12, 2022

Cost

Member: \$77.50

Non-Member: \$87.50



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. Candidates develop teamwork, leadership and communication skills. Fitness requirements include a timed object recovery, 50 m sprint challenge, 50 m rescue drill and 400 m endurance challenge. Candidates will need a Fox 40 Whistle.

***Candidates must bring proof of Bronze Cross and Standard First Aid certifications.**

Prerequisites: Minimum 15 years of age, Bronze Cross Award, Standard First Aid/CPR-C Award or Aquatic Emergency Care/CPR-C Award. First Aid/CPR C awards will only be recognized from the following institutions: Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, St. John Ambulance.

Fridays 5:00 pm - 10:00 pm
Saturdays and Sundays 9:00 am - 6:00 pm

April 1st - 3rd, 2022

April 8th - 10th, 2022

Cost

Member \$225.00

Non-Member \$265.00

RECERTIFICATION

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 recertification 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 the course.**

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

5:00 pm - 10:00 pm

March 11th, 2022

Cost

Member \$62.00

Non-Member \$70.00

Bronze Cross/Medallion

Lifesaving Society 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 400m swim. It is recommended candidates have completed Star 7 or equivalent.

Monday 6:45 pm - 8:00 pm

January 10th - March 7th, 2022

Cost

Member \$93.00

Non-Member \$126.00

Lifesaving Society Bronze Medallion

Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment 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 400m timed swim within 12 minutes. ***The cost of a manual is included in certification.**

Prerequisites: 13 years of age OR Bronze Star certification

Fridays 6:00 pm - 9:00 pm

Saturdays and Sundays 9:00 am - 6:00 pm

March 18th - 20th, 2022

May 6th - 8th, 2022

Cost

Member \$145.00

Non-Member \$165.00

Lifesaving Society Bronze Cross

Bronze Cross prepares candidates for responsibilities as assistant lifeguards. Candidates 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. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard award (NLS). Includes a 400m timed swim within 11 minutes. ***This course uses the same manual as Bronze Medallion. Candidates will also need a Fox 40 whistle.**

Prerequisites: Bronze Medallion Certification.

Fridays 5:00 pm - 10:00 pm

Saturdays and Sundays 9:00 am - 6:00 pm

January 7th - 9th, 2022

March 25th - 27th, 2022

June 3rd - 5th, 2022

Cost

Member \$115.00

Non-Member \$135.00

YOUTH PROGRAMS





Skills Lab Ages 8 - 10

Saturdays 11:05 am - 12:05 pm

Choose from three sessions:

January 8th to January 29th

February 5th to February 26th

March 5th to March 26th

Cost: \$20.00 Members, \$48.00 Non-Members

This class focuses on team sport movements and abilities such as coordination, agility, strength, and stamina. Kids will get the chance to play classic PE games along with various sport balls and striking objects.



ArtsY - For Ages 8 - 10

Wednesdays 6:00 pm - 7:00 pm

Choose from three sessions:

January 12th to February 2nd

February 9th - March 2nd

March 9th to March 30th

Cost: \$20.00 Members, \$48.00 Non-Members

This program is designed to excite the curious artist. Children will explore a wide range of artistic endeavors over the course of the session including drawing, painting, and sculpting – all with a fun twist. Instructor supervision will provide guidance and assistance when appropriate, however, child-centered directives will allow participants to explore personal interests and self-expression.

Y-Fit Kids Ages 5 - 7

Saturdays 10:20 am - 11:00 am

Choose from three sessions:

January 8th to January 29th

February 5th to February 26th

March 5th to March 26th

Cost: \$20.00 Members, \$48.00 Non-Members

Whether your child loves sport or simply loves to move and play, this class will provide children the opportunity to practice a wide variety of movement skills.

YMCA Youth Leadership Academy

Tuesdays January 11th - April 19th

FREE

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.

Through the Youth Leadership Academy, youth have a chance to test their personal limits, challenge themselves, and 'level up' while in a supportive community. After completing a session of Leadership programming, youth will be provided with a certificate and recognition for their engagement.

Winter 2022 theme is centered on the leadership concept of 'Fostering Curiosity'. This program will give youth an opportunity to ponder what Could be, opening to a new realm of possibility. Groups will have the opportunity to activate these thoughts with opportunities to enact change and direct their own programming at the YMCA.

The Youth Leadership Academy creates a safe space for participants and develops a greater sense of belonging amongst the group. This program will encourage youth to try mini personal experiments, to discover new learnings and push young people further on their path of growth and development. Natural curiosity will be guiding our groups over the Winter 2022's program. Although we don't know quite where we will go, we are looking forward to the journey and innovation that we will be experiencing together.

GROUP 1 (Grades 4, 5, 6)

6:00 pm - 7:00 pm

GROUP 2 (Grades 7, 8)

7:15 pm - 8:15 pm

GROUP 3 (Grades 9, 10)

8:30 pm - 9:30 pm

All programs will take place at the
YMCA of Regina located at 5939 Rochdale Blvd.



Tae Kwon Do

Ages 6-12 years

Wednesdays starting January 12th

Level 1

5:30 pm - 6:30 pm

Level 2

Must have completed Fall Session TKD lessons

6:30 pm - 7:30 pm

Cost: FREE Members, \$80.00 Non-Members

Tae Kwon Do is a Korean art of self-defence that is recognized as one of the oldest martial arts in the world. The art form dates back over 2,000 years and its name ties into the art itself Tae (foot), Kwon (hand) and Do (the way or the art).

Tae kwon do is characterized by the use of high standing and jump kicks as well as punches. The art is practiced for sport, self-defense, and spiritual development. Training in tae kwon do is carried out by learning individual techniques of kicking, punching, and blocking, which are practiced in combined series of techniques in traditional sets known as hyung.

Babysitters Training Course

Ages 11+

Choose from three sessions:

All dates course runs 7:00 pm - 9:00 pm

January 24, 26, 28

February 23, 24, 25

March 28, 30, April 1

Cost: \$40.00 Members, \$70.00 Non-Members

Prepare yourself for the important job of babysitting. This training course is focused on child care, planning and preparation.

Home Alone Preparation Course

Ages 10+

Choose from three sessions:

All dates course runs 1:00 pm - 3:00 pm

January 29, 30

February 12, 13

March 19, 20

Cost: \$25.00 Members, \$30.00 Non-Members

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-playing and discussions.



SCHOOLS OUT DAY CAMPS

Cost: \$50.00/day Members, \$60.00 Non-Members

Let your children join us for some fun as we introduce them to positive opportunities and develop their potential!

Our School's Out Day Camps are offered on all professional development days and weekday school holidays.

Camps are open for elementary aged students from both the public and separate school systems.

Camp time runs from 7:00 am to 6:00 pm and children will participate in a variety of activities including but not limited to arts, crafts, sports, team building activities, out trips, swimming (pending availability), and leadership development. Lunch and an afternoon snack will be provided to our campers.



2022 School's Out Day Camps			
	Public	Separate	Theme
January	17th	14th	New Years resolutions, arctic animals
February		11th	Friends/friendship and family. Respecting Differences.
March	7th	11th	Plants and gardening. Bugs and butterflies.
May	2nd	20th	Water and Summer.
June	17th	10th	Backyard fun.

SCHOOL BREAK CAMPS

Ages 6 - 12

Week long camps packing in amazing activities for your young person to enjoy!

Break From Winter Camp

December 27th - 31st

After December, there are only 181 days until July! Let's bring on those summer-time vibes with activity and imagination.

Campers will participate in recreational swimming, sport, games, STEM challenges, and artistic endeavours. A little bit of everything to keep kids active this winter.

Cost: \$210.00 Members

\$245.00 Non-Members

Swim Camps

December 20th - 23rd

February 22nd - 25th

Daily swim instruction is provided by certified instructors based on the YMCA Learn to Swim and Star Levels 1-4. Campers can earn a full swim level within the week while having fun and making new friends!

Cost: \$200.00 Members

\$235.00 Non-Members





Low Impact classes are great for beginners or those who want to work out at a gentler 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, this is the perfect class for you.

Shallow Water AquaFit

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

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.

MIND AND BODY

Vinyasa Yoga

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

Active Aging

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

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.

It's Your Time to Thrive

Click the image to find out more about this **FREE** exciting fitness program!



These classes start to introduce more activity including cardio and weights

STRENGTH / CARDIO

BodyBlast

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

Core & More

A muscular strength workout that focus on the core, while hitting all muscle groups. The 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, breaking down every portion of movement.

Step & Strength

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

Yoga Sculpt

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



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

Cycle Fit

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.



Get the most out of your workout

TRAINING PROGRAMS

YThrive

YThrive gives you the tools so you can spend your time working on you instead of worrying about planning your exercises. Receive a consultation and a fitness program to follow absolutely FREE for members! Check in with a coach and refresh your program every 30 and 60 days. Every 90 days receive a brand new program! It's your time to THRIVE!

YThrive Grow!

This YThrive program is designed for kids aged 10 - 15 looking for fun, movement and to develop new skills. Meet with a coach who will walk you through YMCA gym etiquettes and how to execute the program effectively. Every 90 days receive a brand new program... absolutely FREE for members. Youth 10+ must complete at least 1 YThrive program in order to use the conditioning center.

Book your appointments online or talk to our member services desk.

Personal Training

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

1 to 4 Sessions	\$70.00 per session
5 to 9 Sessions	\$55.00 per session
10 to 24 Sessions	\$43.50 per session
25 to 30 Sessions	\$31.80 per session

Group Training (2 and 3 people)

Access Group Training by setting up your own group and workout time with a certified Personal Trainer. The trainer will provide programs and workouts to meet your group goals

1 to 4 Sessions	\$48.50 per session
5 to 9 Sessions	\$27.00 per session
10 to 24 Sessions	\$21.50 per session
25 to 30 Sessions	\$16.20 per person



**YMCA of
Regina**

How can you help?

By making a donation, you not only making an investment in the lives of the children, youth and families - you are building **healthier communities.**

Donate in person 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 it's 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.



YMCA of Regina-Health, Fitness and Aquatics Centre

5939 Rochdale Blvd

Regina, SK S4X 2P9

p. (306)757-9622

e. info@regina.ymca.ca

w. regina.ymca.ca

Hours of Operation

Monday through Friday

5:30am - 10:00pm

Saturday and Sunday

7:00am - 7:00pm