

City of Regina 2025 Summer Leisure Guide

Text-Only Version

Registration Information

Regina residents:

Tuesday, May 13

(beginning at 7 a.m. for this day only)

Non-residents:

Thursday, May 15

(beginning at 7 a.m. for this day only)

3 Ways to register:

Online Registration

- Go to Regina.ca/leisureguide
- Click on Regina Recreation Online
- Sign in or Create an Account
- Use the activity numbers to add your preferred classes to your 'wish list' before registration day

Make sure you create your online account before registration day!

Call 306-777-PLAY (7529)

PlayLine operating hours:

Monday – Friday: 9 a.m.–8 p.m.

Saturday – Sunday: 9 a.m.–7 p.m.

Statutory holidays: 1:30–3:30 p.m.

Please note: The City of Regina no longer supports a TTY line. Deaf and Hard of Hearing residents are encouraged to phone the PlayLine number using SRV Canada VRS.

Visit a Facility

Neil Balkwill Civic Arts Centre..... 2420 Elphinstone St.
North West Leisure Centre..... 1127 Arnason St.
Sandra Schmirler Leisure Centre..... 3130 E Woodhams Dr.
Sportplex – Lawson Aquatic Centre & Fieldhouse..... 1717 Elphinstone St.

Payment Methods

Payment online and by phone by credit card only. For those who wish to use cash or debit, a credit may be placed on your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

Occasionally programs and information in this publication are incorrect or subject to change due to unforeseen events or to accommodate an event.
Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

Program Cancellations, Withdrawals, Transfers and Late Registrations

Cancellations

- All programs are subject to cancellation by the City if there are insufficient registrations or due to other extenuating circumstances.
- You will be issued either a refund or credit and not charged a withdrawal fee.

Withdrawals

- Withdraw online up to 24 hours before the first day of your activity using Recreation Online.
- Withdrawals are permitted up to 12 p.m. on the calendar day following the first class to receive a pro-rated credit or refund.

Transfers

- Subject to availability, you may transfer immediately into another program.
- Pro-rated fees/refunds will be applied between the two programs.

Late Registrations

- Late registrations for programs are accepted, if available.
- A pro-rated fee will be applied.

Multipurpose Recreational Facilities

Neil Balkwill Civic Arts Centre

2420 Elphinstone St.
306-777-PLAY (7529)
balkwillcentre@regina.ca

Facility hours:

May - June

Monday – Thursday: 8:30 a.m. - 5 p.m. and 6:30 - 10 p.m.

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 12:30 - 5 p.m.

Hours may vary according to program needs.

June 30-August 31

Monday – Friday: 8:30 a.m. - 5 p.m.

Tuesday – Thursday: 6 - 10 p.m.

Saturday: 12 - 5 p.m.
Sunday: Closed (Closed July 1, August 4)
Hours may vary according to program needs.

North West Leisure Centre

1127 Arnason St.
306-777-PLAY (7529)

Facility hours:

The North West Leisure Centre will be closed for annual maintenance August 4-31 inclusive.

Monday – Friday: 8 a.m. - 8:30 p.m.

Saturday – Sunday: 12 – 8 p.m.

Stat Holidays: 12 - 6 p.m.

- Leisure pool ranging in depth from .20 to 1.5 metres
- Whirlpool
- Pool slides • Pool is very warm, usually 32°C
- Co-ed dry sauna
- Sundeck
- Aquatic wheelchair
- Pool ramp
- All-gender/family change room with plinth located on pool deck
- Strength and conditioning area
- Multi-purpose gym • Meeting rooms

Sandra Schmirler Leisure Centre

3130 East Woodhams Dr.
306-777-PLAY (7529)

Facility hours:

The Sandra Schmirler Leisure Centre will be closed for annual maintenance June 23 - August 3 inclusive.

June 5 - August 7

Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 12 - 8 p.m.

Stat Holidays: 12 - 6 p.m.

- Main pool ranging in depth from .45 to 3 metres
- Pool slides
- Umbrella rain tree
- 1-metre diving board
- Accessible overhead lift
- All gender/family change room with overhead sling
- Large whirlpool and co-ed dry sauna
- Strength and conditioning area
- Activity room

Sportplex

1717 Elphinstone St.
306-777-PLAY (7529)

Facility hours:

Lawson Aquatic Centre will be closed for annual maintenance August 18 - September 28 inclusive. The Lawson Strength & Conditioning area will be closed August 18-24. The Fieldhouse will be closed for annual maintenance July 21-August 3 inclusive.

Monday – Friday: 5:30 a.m. - 9:30 p.m.

Saturday – Sunday: 7 a.m. - 8 p.m.

Stat Holidays: 9 a.m. - 7 p.m.

Fieldhouse

- Impact-absorbing synthetic floor
- Six lane 200-metre oval track
- Four tennis courts
- Five badminton courts
- Two classrooms
- Wheelchair accessible strength and conditioning area
- All-gender/family change room with overhead lift and plinth changing table

Lawson Aquatic Centre

- Eight lane 65-metre pool, 28°C
- Chair lift
- Warm toddler pool, 30°C
- Men's and women's dry sauna
- Strength and conditioning area
- 1 and 3-metre diving boards
- 5, 7.5 and 10-metre diving towers
- Whirlpool
- Outdoor suntanning area
- All-gender/family change room with overhead sling lift and plinth changing table

Outdoor Pools

See all outdoor pool schedules and information at Regina.ca/outdoorpools.

Massey Pool
100 Massey Rd.
306-777-7377

opens June 12 – subject to change

Regent Pool

3600 McKinley Ave.
306-777-7376
opens June 12 – subject to change

Buffalo Meadows Pool
1401 Montague St.
306-777-7375
Admission is free
opens June 12 – subject to change

Maple Leaf Pool
1104 14th Ave.
306-777-7374
Admission is free
opens June 12 – subject to change

Wascana Pool
2400 Wascana Dr.
306-777-PLAY (7529)
opens June 5 – subject to change

Spray Pads

Imperial Park
Rose St. and 3rd Ave. N

Kinsmen Park North
Pasqua St. and 2nd Ave.

Rosemont Park
Grace St. and 6th Ave.

Maple Ridge Park
Maple Ridge Dr.

Glen Elm Park
Bond St. and 9th Ave.
McKay St. and 18th Ave.

Rick Hansen Optimist Playground
1010 McCarthy Blvd.

Kinsmen Park South – closed for renovations. Reopening in 2026
Westgate Ave. and Kings Rd.

Parkridge Park
7th Ave. and Wadey Cres.

Varsity Park
Phillip Rd. and Pederson Cres.

Gocki Park
Lindsay St. and 14th Ave.
4th Ave. and Broder St.

Sandra Schmirler Leisure Centre
3130 East Woodhams Dr.

South Leisure Centre
170 Sunset Dr.

North West Leisure Centre
1127 Arnason St.

Wascana Pool
2400 Wascana Dr

Drop-in Fitness

Drop-in activities and fitness

Just looking for activities or fitness for the day? No problem! We offer drop-in times for leisure swimming, aquacise, cycling, yoga, basketball and more. Check out the drop-in activities at Regina.ca/dropin.

Admission Prices (plus applicable taxes)

Single admissions

Adult (25-64)	\$7.21
Senior (65+)	\$5.63
Young Adult (19-24)	\$5.63
Youth (13-18)	\$4.96
Child (2-12)	\$3.38
Family*	\$14.41

*Applies to all persons living in the same household with a maximum of two adults.

Bulk Admissions (10)	Base Price
Adult (25-64)	\$64.89
Senior (65+)	\$50.67
Young Adult (19-24)	\$50.67
Youth (13-18)	\$44.64
Child (2-12)	\$30.42
Family*	\$129.69

*Applies to all persons living in the same household with a maximum of two adults.

Bulk Admissions (20)	Base Price
Adult (25-64)	\$122.57
Senior (65+)	\$95.71
Young Adult (19-24)	\$95.71
Youth (13-18)	\$84.32
Child (2-12)	\$57.46
Family*	\$244.97

*Applies to all persons living in the same household with a maximum of two adults.

Leisure Passes	One Month	Three Month	Six Month	One Year
Adult (25-64)	\$58.59	\$158.19	\$298.81	\$527.31
Senior (65+)	\$43.94	\$118.64	\$224.09	\$395.46
Young Adult (19-24)	\$43.94	\$118.64	\$224.09	\$395.46
Youth (13-18)	\$35.15	\$94.91	\$179.27	\$316.35
Child (2-12)	\$26.37	\$71.20	\$134.49	\$237.33
Family*	\$114.25	\$308.48	\$582.68	\$1028.25

*Applies to all persons living in the same household with a maximum of two adults.

Swimming Lessons

Legend

LAC – Lawson Aquatic Centre
 MOP – Massey Outdoor Pool
 NWLC – North West Leisure Centre
 ROP – Regent Outdoor Pool
 SSLC – Sandra Schmirler Leisure Centre
 WOP – Wascana Outdoor Pool

Preschool Aquatics – Lifesaving Swim for Life

<text box>**Parent & Tot:** The Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in developing water positive attitudes and skills.<text box>

Parent & Tot 1 4-12 months

In this level babies and their caregivers work on entering and exiting the water safely, readiness for submersion as well as floats, back floats, and float wearing PFDs.

Additional Note: Minimum 1 parent/guardian participant required in water per child.

LAC

78342	Mon-Thu	Jun 9-19	4:55-5:25p.m.	\$56.00
78363	Mon-Thu	Jun 23-Jul 3	4:55-5:25p.m.	\$49.00
78576	Mon-Fri	Jul 7-18	10:10-10:40a.m.	\$70.00
78687	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
78689	Mon-Thu	Jul 21-31	5:55-6:25p.m.	\$56.00
78780	Mon-Fri	Aug 5-15	9:45-10:15a.m.	\$63.00

NWLC

78758	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
78851	Mon-Fri	Jul 7-18	4-4:30p.m.	\$70.00
78871	Mon-Fri	Jul 21-Aug 1	9:10-9:40a.m.	\$70.00

SSLC

78910	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
78938	Mon-Fri	Aug 5-15	9:45-10:15a.m.	\$63.00
78939	Mon-Fri	Aug 5-15	5:10-5:40p.m.	\$63.00
79007	Mon-Fri	Aug 18-29	11-11:30a.m.	\$70.00
79008	Mon-Fri	Aug 18-29	11:15-11:45a.m.	\$70.00
79009	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00

78782 Mon-Fri Aug 5-15 9:10-9:40a.m. \$63.00

MOP

78297 Mon-Fri Jul 7-18 10:35-11:05a.m. \$70.00

NWLC

78735 Mon-Fri Jun 9-20 4-4:30p.m. \$70.00

78760 Mon-Fri Jun 23-Jul 4 5:45-6:15p.m. \$63.00

78812 Mon-Fri Jul 7-18 10:55-11:25a.m. \$70.00

78894 Mon-Fri Jul 21-Aug 1 6-6:30p.m. \$70.00

SSLC

78944 Mon-Fri Aug 5-15 10:45-11:15a.m. \$63.00

79012 Mon-Fri Aug 18-29 9-9:30a.m. \$70.00

<text box>**Preschool:** The Preschool program works to ensure 3 to 5-year-olds become comfortable in the water while also developing an appreciation and healthy respect for the water before they get in too deep.

<text box>

Preschool 1 3-5 years

In this level swimmers work on entering and exiting shallow water, jumping into chest deep water (assisted), putting face in the water, as well as front and back floats, and glides on front and back.

*Swimmers should be comfortable entering and moving around the water without parent assistance.

LAC

78348 Mon-Thu Jun 9-19 5:35-6:05p.m. \$56.00

78364 Mon-Thu Jun 23-Jul 3 5:30-6p.m. \$49.00

78579 Mon-Fri Jul 7-18 10:40-11:10a.m. \$70.00

78691 Mon-Thu Jul 21-31 5:35-6:05p.m. \$56.00

78783 Mon-Fri Aug 5-15 10:35-11:05a.m. \$63.00

78784 Mon-Thu Aug 5-14 5:05-5:35p.m. \$49.00

MOP

78253 Mon-Fri Jul 7-18 10-10:30a.m. \$70.00

78278 Mon-Fri Jul 21-Aug 1 10:35-11:05a.m. \$70.00

NWLC

78736 Mon-Fri Jun 9-20 4:40-5:10p.m. \$70.00

78761 Mon-Fri Jun 23-Jul 4 4-4:30p.m. \$63.00

78813 Mon-Fri Jul 7-18 9:45-10:15a.m. \$70.00

78814 Mon-Fri Jul 7-18 11:30a.m.-12p.m. \$70.00

78853 Mon-Fri Jul 7-18 4:40-5:10p.m. \$70.00

78875 Mon-Fri Jul 21-Aug 1 9:10-9:40a.m. \$70.00

78874	Mon-Fri	Jul 21-Aug 1	10:15-10:45a.m.	\$70.00
78895	Mon-Fri	Jul 21-Aug 1	4:45-5:15p.m.	\$70.00

ROP

79118	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
79131	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00

SSLC

78912	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
78913	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
78946	Mon-Fri	Aug 5-15	9-9:30a.m.	\$63.00
78945	Mon-Fri	Aug 5-15	11:45a.m.-12:15p.m.	\$63.00
78949	Mon-Fri	Aug 5-15	4-4:30p.m.	\$63.00
78948	Mon-Fri	Aug 5-15	4:30-5p.m.	\$63.00
78947	Mon-Fri	Aug 5-15	5:55-6:25p.m.	\$63.00
79013	Mon-Fri	Aug 18-29	11:40a.m.-12:10p.m.	\$70.00
79015	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00
79014	Mon-Fri	Aug 18-29	4:35-5:05p.m.	\$70.00

WOP

78197	Mon-Thu	Jul 21-31	10:35-11:05a.m.	\$56.00
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Preschool 2 3-5 years

In this level swimmers will work on entering and exiting water wearing a PFD, jumping into chest deep water, submerging and exhaling, as well as front and back floats wearing a PFD, front and back glides wearing a PFD and flutter kick.

LAC

78349	Mon-Thu	Jun 9-19	6:05-6:35p.m.	\$56.00
78365	Mon-Thu	Jun 23-Jul 3	6:40-7:10p.m.	\$49.00
78580	Mon-Thu	Jul 7-17	5:30-6p.m.	\$56.00
78692	Mon-Fri	Jul 21-Aug 1	9:35-10:05a.m.	\$70.00
78693	Mon-Thu	Jul 21-31	6:05-6:35p.m.	\$56.00
78785	Mon-Thu	Aug 5-14	5:40-6:10p.m.	\$49.00

MOP

78257	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
78275	Mon-Fri	Jul 21-Aug 1	10:45-11:15a.m.	\$70.00
78291	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
79086	Mon-Fri	Aug 18-29	10:35-11:05a.m.	\$70.00

NWLC

78737	Mon-Fri	Jun 9-20	5:50-6:20p.m.	\$70.00
78762	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
78763	Mon-Fri	Jun 23-Jul 4	5:45-6:15p.m.	\$63.00
78815	Mon-Fri	Jul 7-18	9:05-9:35a.m.	\$70.00
78816	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00

78855	Mon-Fri	Jul 7-18	4-4:30p.m.	\$70.00
78854	Mon-Fri	Jul 7-18	5:50-6:20p.m.	\$70.00
78856	Mon-Fri	Jul 7-18	5:15-5:45p.m.	\$70.00
78877	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
78876	Mon-Fri	Jul 21-Aug 1	11:30a.m.-12p.m.	\$70.00
78896	Mon-Fri	Jul 21-Aug 1	5:15-5:45p.m.	\$70.00

ROP

79123	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00
79141	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00

SSLC

78914	Mon-Fri	Jun 9-20	5:10-5:40p.m.	\$70.00
78915	Mon-Fri	Jun 9-20	6-6:30p.m.	\$70.00
78950	Mon-Fri	Aug 5-15	9-9:30a.m.	\$63.00
78951	Mon-Fri	Aug 5-15	10:20-10:50a.m.	\$63.00
78952	Mon-Fri	Aug 5-15	4:45-5:15p.m.	\$63.00
78953	Mon-Fri	Aug 5-15	5:20-5:50p.m.	\$63.00
79016	Mon-Fri	Aug 18-29	9:35-10:05a.m.	\$70.00
79017	Mon-Fri	Aug 18-29	10:40-11:10a.m.	\$70.00
79018	Mon-Fri	Aug 18-29	5:10-5:40p.m.	\$70.00
79019	Mon-Fri	Aug 18-29	6-6:30p.m.	\$70.00

WOP

78176	Mon-Thu	Jul 7-17	10:55-11:25a.m.	\$56.00
78203	Mon-Thu	Aug 5-14	10:55-11:25a.m.	\$49.00

Preschool 3 3-5 years

In this level swimmers will work on jumping into deep water wearing a PFD, holding their breath underwater, recover object from the bottom, as well as back float; roll to front and swim 3 metres, front and back glides and front and back flutter kick.

LAC

78350	Mon-Thu	Jun 9-19	5:25-5:55p.m.	\$56.00
78368	Mon-Thu	Jun 23-Jul 3	5:35-6:05p.m.	\$49.00
78581	Mon-Fri	Jul 7-18	11:15-11:45a.m.	\$70.00
78582	Mon-Thu	Jul 7-17	5:35-6:05p.m.	\$56.00
78694	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
78695	Mon-Thu	Jul 21-31	6:30-7p.m.	\$56.00
78786	Mon-Fri	Aug 5-15	10:30-11a.m.	\$63.00
78787	Mon-Thu	Aug 5-14	5-5:30p.m.	\$49.00

MOP

78265	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
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78276	Mon-Fri	Jul 21-Aug 1	11:20-11:50a.m.	\$70.00
78296	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
79087	Mon-Fri	Aug 18-29	10:35-11:05a.m.	\$70.00

NWLC

78738	Mon-Fri	Jun 9-20	5:10-5:40p.m.	\$70.00
78764	Mon-Fri	Jun 23-Jul 4	5:15-5:45p.m.	\$63.00
78765	Mon-Fri	Jun 23-Jul 4	5:55-6:25p.m.	\$63.00
78817	Mon-Fri	Jul 7-18	10:10-10:40a.m.	\$70.00
78818	Mon-Fri	Jul 7-18	10:50-11:20a.m.	\$70.00
78857	Mon-Fri	Jul 7-18	5:10-5:40p.m.	\$70.00
78878	Mon-Fri	Jul 21-Aug 1	10:20-10:50a.m.	\$70.00
78897	Mon-Fri	Jul 21-Aug 1	4-4:30p.m.	\$70.00

ROP

79142	Mon-Fri	Aug 5-15	11:20-11:50a.m.	\$63.00
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SSLC

78916	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
78917	Mon-Fri	Jun 9-20	5:25-5:55p.m.	\$70.00
78955	Mon-Fri	Aug 5-15	9:35-10:05a.m.	\$63.00
78956	Mon-Fri	Aug 5-15	11:40a.m.-12:10p.m.	\$63.00
78958	Mon-Fri	Aug 5-15	4:15-4:45p.m.	\$63.00
78957	Mon-Fri	Aug 5-15	6-6:30p.m.	\$63.00
79021	Mon-Fri	Aug 18-29	9:35-10:05a.m.	\$70.00
79020	Mon-Fri	Aug 18-29	10:30-11a.m.	\$70.00
79022	Mon-Fri	Aug 18-29	11:30a.m.-12p.m.	\$70.00
79023	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00
79024	Mon-Fri	Aug 18-29	5:25-5:55p.m.	\$70.00

WOP

78189	Mon-Thu	Jul 21-31	11:20-11:50a.m.	\$56.00
78199	Mon-Thu	Aug 5-14	10-10:30a.m.	\$49.00

Preschool 4 3-5 years

In this level swimmers will work on jumping into deep water, sideways entries, treading water, open eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

LAC

78352	Mon-Thu	Jun 9-19	7-7:30p.m.	\$56.00
78372	Mon-Thu	Jun 23-Jul 3	6:55-7:25p.m.	\$49.00
78583	Mon-Fri	Jul 7-18	10:10-10:40a.m.	\$70.00
78584	Mon-Thu	Jul 7-17	5:45-6:15p.m.	\$56.00

78696	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
78697	Mon-Thu	Jul 21-31	5:35-6:05p.m.	\$56.00
78788	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00

MOP

78286	Mon-Fri	Aug 5-15	11:30a.m.-12p.m.	\$63.00
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NWLC

78766	Mon-Fri	Jun 23-Jul 4	5:10-5:40p.m.	\$63.00
78879	Mon-Fri	Jul 21-Aug 1	9:45-10:15a.m.	\$70.00
78898	Mon-Fri	Jul 21-Aug 1	5:20-5:50p.m.	\$70.00

ROP

78672	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
79108	Mon-Fri	Jul 7-18	11:30a.m.-12p.m.	\$70.00
78605	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00

SSLC

78959	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
79025	Mon-Fri	Aug 18-29	11:30a.m.-12p.m.	\$70.00

WOP

78171	Mon-Thu	Jul 7-17	11:10-11:40a.m.	\$56.00
78191	Mon-Thu	Jul 21-31	10:35-11:05a.m.	\$56.00
78207	Mon-Thu	Aug 5-14	11:30a.m.-12p.m.	\$49.00

Preschool 5 3-5 years

In this level swimmers will work on forward rolls wearing a PFD, treading water, submerge and hold breath, as well as whip kick in vertical position, front crawl, back crawl, and interval fitness training.

LAC

78351	Mon-Thu	Jun 9-19	6:45-7:15p.m.	\$56.00
78585	Mon-Fri	Jul 7-18	11-11:30a.m.	\$70.00
78586	Mon-Thu	Jul 7-17	5-5:30p.m.	\$56.00
78698	Mon-Fri	Jul 21-Aug 1	9:55-10:25a.m.	\$70.00
78699	Mon-Thu	Jul 21-31	5-5:30p.m.	\$56.00
78789	Mon-Fri	Aug 5-15	11:10-11:40a.m.	\$63.00

MOP

79080	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
79079	Mon-Fri	Jul 21-Aug 1	11:30a.m.-12p.m.	\$70.00
79088	Mon-Fri	Aug 18-29	9:15-9:45a.m.	\$70.00

NWLC

78767	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
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78880	Mon-Fri	Jul 21-Aug 1	10:45-11:15a.m.	\$70.00
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ROP

79130	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
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SSLC

78960	Mon-Fri	Aug 5-15	6-6:30p.m.	\$63.00
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79026	Mon-Fri	Aug 18-29	11:05-11:35a.m.	\$70.00
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WOP

78182	Mon-Thu	Jul 7-17	10:35-11:05a.m.	\$56.00
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79104	Mon-Thu	Aug 5-14	11:30a.m.-12p.m.	\$49.00
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Child Aquatics – Lifesaving Swim for Life

Swimmer 1 5-12 years

In this level swimmers will work on entering and exiting the water, jumping into deep water wearing a PFD, treading water, submerge and exhale, as well as front and back floats, glides, flutter kick and front crawl wearing a PFD.

LAC

78344	Mon-Thu	Jun 9-19	6:15-6:45p.m.	\$56.00
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78345	Mon-Thu	Jun 9-19	6:45-7:15p.m.	\$56.00
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78374	Mon-Thu	Jun 23-Jul 3	5:30-6p.m.	\$49.00
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78378	Mon-Thu	Jun 23-Jul 3	6:40-7:10p.m.	\$49.00
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78587	Mon-Fri	Jul 7-18	9:05-9:35a.m.	\$70.00
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78588	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
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78589	Mon-Thu	Jul 7-17	5:10-5:40p.m.	\$56.00
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78700	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
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78701	Mon-Fri	Jul 21-Aug 1	9:45-10:15a.m.	\$70.00
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78702	Mon-Thu	Jul 21-31	6:15-6:45p.m.	\$56.00
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78790	Mon-Fri	Aug 5-15	10:40-11:10a.m.	\$63.00
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78791	Mon-Thu	Aug 5-14	5:15-5:45p.m.	\$49.00
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78792	Mon-Thu	Aug 5-14	5:50-6:20p.m.	\$49.00
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NWLC

78739	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
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78740	Mon-Fri	Jun 9-20	5:50-6:20p.m.	\$70.00
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78768	Mon-Fri	Jun 23-Jul 4	5:10-5:40p.m.	\$63.00
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78819	Mon-Fri	Jul 7-18	9-9:30a.m.	\$70.00
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78820	Mon-Fri	Jul 7-18	11:25-11:55a.m.	\$70.00
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78859	Mon-Fri	Jul 7-18	4:35-5:05p.m.	\$70.00
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78860	Mon-Fri	Jul 7-18	5:50-6:20p.m.	\$70.00
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78881	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
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78882	Mon-Fri	Jul 21-Aug 1	11:20-11:50a.m.	\$70.00
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78900	Mon-Fri	Jul 21-Aug 1	4:05-4:35p.m.	\$70.00
78899	Mon-Fri	Jul 21-Aug 1	5:55-6:25p.m.	\$70.00
78901	Mon-Fri	Jul 21-Aug 1	5:45-6:15p.m.	\$70.00

SSLC

78919	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
78918	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
78921	Mon-Fri	Jun 9-20	4:50-5:20p.m.	\$70.00
78961	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
78962	Mon-Fri	Aug 5-15	11:10-11:40a.m.	\$63.00
78963	Mon-Fri	Aug 5-15	11:20-11:50a.m.	\$63.00
78964	Mon-Fri	Aug 5-15	4:45-5:15p.m.	\$63.00
78965	Mon-Fri	Aug 5-15	5:25-5:55p.m.	\$63.00
79028	Mon-Fri	Aug 18-29	9-9:30a.m.	\$70.00
79027	Mon-Fri	Aug 18-29	10:25-10:55a.m.	\$70.00
79029	Mon-Fri	Aug 18-29	11:40a.m.-12:10p.m.	\$70.00
79030	Mon-Fri	Aug 18-29	4:15-4:45p.m.	\$70.00
79032	Mon-Fri	Aug 18-29	4:35-5:05p.m.	\$70.00
79031	Mon-Fri	Aug 18-29	4:50-5:20p.m.	\$70.00
79033	Mon-Fri	Aug 18-29	5:40-6:10p.m.	\$70.00

MOP

78602	Mon-Fri	Jul 7-18	9:15-9:45a.m.	\$70.00
78254	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
78261	Mon-Fri	Jul 7-18	11:20-11:50a.m.	\$70.00
78269	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
78667	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
78293	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
79097	Mon-Fri	Aug 18-29	11:20-11:50a.m.	\$70.00

ROP

79114	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
79119	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00

WOP

78174	Mon-Thu	Jul 7-17	11:20-11:50a.m.	\$56.00
78184	Mon-Thu	Jul 21-31	10-10:30a.m.	\$56.00
78206	Mon-Thu	Aug 5-14	10:45-11:15a.m.	\$49.00

Youth Swimmer 1

8-14 years

In this level swimmers will work on entering and exiting the water, jumping into deep water wearing a PFD, treading water, submerge and exhale, as well as front and back floats, glides, flutter kick and front crawl wearing a PFD. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

LAC

78590	Mon-Fri	Jul 7-18	9:45a.m.-10:15p.m.	\$70.00
78703	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00

MOP

78630	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
78294	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00

NWLC

78907	Mon-Fri	Jul 21-Aug 1	5:15-5:45p.m.	\$70.00
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ROP

79115	Mon-Fri	Jul 7-18	10:35-11:05a.m.	\$70.00
79134	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00

SSLC

78988	Mon-Fri	Aug 5-15	4:50-5:20p.m.	\$63.00
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WOP

78169	Mon-Thu	Jul 7-17	10-10:30a.m.	\$56.00
78200	Mon-Thu	Aug 5-14	10:35-11:05a.m.	\$49.00

Swimmer 2 5-12 years

In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training.

Pre-requisite: Your child must be able enter and exit the water, jump into deep water wearing a PFD, tread water, submerge and exhale, as well as perform front and back floats, glides, flutter kick and front crawl wearing a PFD.

LAC

78346	Mon-Thu	Jun 9-19	5:30-6p.m.	\$56.00
78347	Mon-Thu	Jun 9-19	5:30-6p.m.	\$56.00
78382	Mon-Thu	Jun 23-Jul 3	6:55-7:25p.m.	\$49.00
78592	Mon-Fri	Jul 7-18	9-9:30a.m.	\$70.00
78591	Mon-Fri	Jul 7-18	11:05-11:35a.m.	\$70.00
78593	Mon-Thu	Jul 7-17	6:10-6:40p.m.	\$56.00
78704	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
78706	Mon-Fri	Jul 21-Aug 1	9:35-10:05a.m.	\$70.00
78705	Mon-Fri	Jul 21-Aug 1	10:10-10:40a.m.	\$70.00
78707	Mon-Thu	Jul 21-31	6:10-6:40p.m.	\$56.00

78794	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
78793	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
78795	Mon-Thu	Aug 5-14	6:15-6:45p.m.	\$49.00

MOP

78601	Mon-Fri	Jul 7-18	9:15-9:45a.m.	\$70.00
78256	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
78282	Mon-Fri	Jul 21-Aug 1	10:35-11:05a.m.	\$70.00
78668	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00
78287	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
78640	Mon-Fri	Aug 18-29	9:15-9:45a.m.	\$70.00
79085	Mon-Fri	Aug 18-29	11:20-11:50a.m.	\$70.00

NWLC

78741	Mon-Fri	Jun 9-20	4-4:30p.m.	\$70.00
78742	Mon-Fri	Jun 9-20	5:15-5:45p.m.	\$70.00
78769	Mon-Fri	Jun 23-Jul 4	4-4:30p.m.	\$63.00
78821	Mon-Fri	Jul 7-18	9:40-10:10a.m.	\$70.00
78822	Mon-Fri	Jul 7-18	10:20-10:50a.m.	\$70.00
78861	Mon-Fri	Jul 7-18	4-4:30p.m.	\$70.00
78862	Mon-Fri	Jul 7-18	4:35-5:05p.m.	\$70.00
78883	Mon-Fri	Jul 21-Aug 1	9:45-10:15a.m.	\$70.00
78884	Mon-Fri	Jul 21-Aug 1	10:20-10:50a.m.	\$70.00
78902	Mon-Fri	Jul 21-Aug 1	4:40-5:10p.m.	\$70.00
78903	Mon-Fri	Jul 21-Aug 1	4:35-5:05p.m.	\$70.00

ROP

79110	Mon-Fri	Jul 7-18	10-10:30a.m.	\$70.00
79125	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
79122	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
79136	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00

SSLC

78936	Mon-Fri	Jun 9-20	4:15-4:45p.m.	\$70.00
78923	Mon-Fri	Jun 9-20	4:50-5:20p.m.	\$70.00
78922	Mon-Fri	Jun 9-20	5:10-5:40p.m.	\$70.00
78924	Mon-Fri	Jun 9-20	5:40-6:10p.m.	\$70.00
78966	Mon-Fri	Aug 5-15	9:35-10:05a.m.	\$63.00
78967	Mon-Fri	Aug 5-15	10:10-10:40a.m.	\$63.00
78971	Mon-Fri	Aug 5-15	4:35-5:05p.m.	\$63.00
78970	Mon-Fri	Aug 5-15	5:05-5:35p.m.	\$63.00
78968	Mon-Fri	Aug 5-15	5:20-5:50p.m.	\$63.00
78969	Mon-Fri	Aug 5-15	5:25-5:55p.m.	\$63.00
79036	Mon-Fri	Aug 18-29	9-9:30a.m.	\$70.00
79034	Mon-Fri	Aug 18-29	9:50-10:20a.m.	\$70.00

79035	Mon-Fri	Aug 18-29	11:30a.m.-12p.m.	\$70.00
79038	Mon-Fri	Aug 18-29	4:50-5:20p.m.	\$70.00
79037	Mon-Fri	Aug 18-29	5:10-5:40p.m.	\$70.00

WOP

78170	Mon-Thu	Jul 7-17	10:35-11:05a.m.	\$56.00
78188	Mon-Thu	Jul 21-31	10:45-11:15a.m.	\$56.00
78196	Mon-Thu	Jul 21-31	11:30a.m.-12p.m.	\$56.00
79103	Mon-Thu	Aug 5-14	10:45-11:15a.m.	\$49.00
78204	Mon-Thu	Aug 5-14	11:30a.m.-12p.m.	\$49.00

Youth Swimmer 2

8-14 years

In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

Pre-requisite: Your child must be able enter and exit the water, jump into deep water wearing a PFD, tread water, submerge and exhale, as well as perform front and back floats, glides, flutter kick and front crawl wearing a PFD.

LAC

78594	Mon-Fri	Jul 7-18	10:30-11a.m.	\$70.00
78796	Mon-Thu	Aug 5-14	6:25-6:55p.m.	\$49.00

MOP

79095	Mon-Fri	Jul 7-18	10:55-11:25a.m.	\$70.00
78629	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
78300	Mon-Fri	Aug 18-29	10-10:30a.m.	\$70.00

NWLC

78827	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
78887	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00

ROP

79127	Mon-Fri	Jul 21-Aug 1	10:55-11:25a.m.	\$70.00
79129	Mon-Fri	Aug 5-15	9:15-9:45a.m.	\$63.00

SSLC

78933	Mon-Fri	Jun 9-20	4:35-5:05p.m.	\$70.00
79072	Mon-Fri	Aug 18-29	10:55-11:25a.m.	\$70.00
79057	Mon-Fri	Aug 18-29	4:35-5:05p.m.	\$70.00

WOP

78181	Mon-Thu	Jul 7-17	10-10:30a.m.	\$56.00
78177	Mon-Thu	Jul 7-17	11:30a.m.-12p.m.	\$56.00
78190	Mon-Thu	Jul 21-31	10-10:30a.m.	\$56.00

Swimmer 3 5-12 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front and back crawl, and interval fitness training.

Pre-requisite: Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

LAC

78355	Mon-Thu	Jun 9-19	6:10-6:40p.m.	\$56.00
78393	Mon-Thu	Jun 23-Jul 3	6:05-6:35p.m.	\$49.00
78597	Mon-Fri	Jul 7-18	9:10-9:40a.m.	\$70.00
78595	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00
78647	Mon-Thu	Jul 7-17	5:30-6p.m.	\$56.00
78599	Mon-Thu	Jul 7-17	6:20-6:50p.m.	\$56.00
78708	Mon-Fri	Jul 21-Aug 1	9:35-10:05a.m.	\$70.00
78710	Mon-Thu	Jul 21-31	5-5:30p.m.	\$56.00
78709	Mon-Thu	Jul 21-31	5:30-6p.m.	\$56.00
78797	Mon-Fri	Aug 5-15	9:55-10:25a.m.	\$63.00
78798	Mon-Fri	Aug 5-15	11:15-11:45a.m.	\$63.00
78799	Mon-Thu	Aug 5-14	6:25-6:55p.m.	\$49.00

MOP

78260	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
78264	Mon-Fri	Jul 7-18	11:30a.m.-12p.m.	\$70.00
78271	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
78285	Mon-Fri	Aug 5-15	10:55-11:25a.m.	\$63.00
78301	Mon-Fri	Aug 18-29	10-10:30a.m.	\$70.00
79096	Mon-Fri	Aug 18-29	10:45-11:15a.m.	\$70.00
79099	Mon-Fri	Aug 18-29	11:30a.m.-12p.m.	\$70.00

NWLC

78743	Mon-Fri	Jun 9-20	4:05-4:35p.m.	\$70.00
78770	Mon-Fri	Jun 23-Jul 4	4:35-5:05p.m.	\$63.00
78823	Mon-Fri	Jul 7-18	10:15-10:45a.m.	\$70.00
78824	Mon-Fri	Jul 7-18	10:45-11:15a.m.	\$70.00
78863	Mon-Fri	Jul 7-18	4:05-4:35p.m.	\$70.00
78868	Mon-Fri	Jul 7-18	5:10-5:40p.m.	\$70.00
78885	Mon-Fri	Jul 21-Aug 1	9:05-9:35a.m.	\$70.00

78886	Mon-Fri	Jul 21-Aug 1	11:30a.m.-12p.m.	\$70.00
78904	Mon-Fri	Jul 21-Aug 1	4:05-4:35p.m.	\$70.00
78905	Mon-Fri	Jul 21-Aug 1	5:50-6:20p.m.	\$70.00

ROP

78666	Mon-Fri	Jul 7-18	9:15-9:45a.m.	\$70.00
78603	Mon-Fri	Jul 21-Aug 1	9:15-9:45a.m.	\$70.00
79128	Mon-Fri	Jul 21-Aug 1	11:30a.m.-12p.m.	\$70.00
79107	Mon-Fri	Jul 7-18	10:55-11:25a.m.	\$70.00

SSLC

78925	Mon-Fri	Jun 9-20	5:55-6:25p.m.	\$70.00
78972	Mon-Fri	Aug 5-15	10:35-11:05a.m.	\$63.00
78973	Mon-Fri	Aug 5-15	10:45-11:15a.m.	\$63.00
78974	Mon-Fri	Aug 5-15	11:20-11:50a.m.	\$63.00
78976	Mon-Fri	Aug 5-15	4:10-4:40p.m.	\$63.00
78977	Mon-Fri	Aug 5-15	4:50-5:20p.m.	\$63.00
78975	Mon-Fri	Aug 5-15	6-6:30p.m.	\$63.00
79041	Mon-Fri	Aug 18-29	9:35-10:05a.m.	\$70.00
79039	Mon-Fri	Aug 18-29	9:55-10:25a.m.	\$70.00
79040	Mon-Fri	Aug 18-29	10:10-10:40a.m.	\$70.00
79042	Mon-Fri	Aug 18-29	4-4:30p.m.	\$70.00
79043	Mon-Fri	Aug 18-29	5:25-5:55p.m.	\$70.00
79044	Mon-Fri	Aug 18-29	6-6:30p.m.	\$70.00

WOP

78178	Mon-Thu	Jul 7-17	10-10:30a.m.	\$56.00
78173	Mon-Thu	Jul 7-17	10:45-11:15a.m.	\$56.00
78194	Mon-Thu	Jul 21-31	10:55-11:25a.m.	\$56.00
78209	Mon-Thu	Aug 5-14	10:35-11:05a.m.	\$49.00

Youth Swimmer 3

8-14 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.

Pre-requisite: Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

LAC

78388	Mon-Thu	Jun 23-Jul 3	6:15-6:45p.m.	\$49.00
78651	Mon-Fri	Jul 7-18	9:35-10:05a.m.	\$70.00
78646	Mon-Thu	Jul 7-17	5-5:30p.m.	\$56.00

78711	Mon-Fri	Jul 21-Aug 1	9-9:30a.m.	\$70.00
78800	Mon-Fri	Aug 5-15	10:55-11:25a.m.	\$63.00

MOP

78281	Mon-Fri	Jul 21-Aug 1	10-10:30a.m.	\$70.00
79092	Mon-Fri	Aug 18-29	9:15-9:45a.m.	\$70.00
78303	Mon-Fri	Aug 18-29	10-10:30a.m.	\$70.00
79091	Mon-Fri	Aug 18-29	10:55-11:25a.m.	\$70.00

ROP

79135	Mon-Fri	Aug 5-15	10-10:30a.m.	\$63.00
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SSLC

78934	Mon-Fri	Jun 9-20	5:25-5:55p.m.	\$70.00
78989	Mon-Fri	Aug 5-15	5:45-6:15p.m.	\$63.00

WOP

78195	Mon-Thu	Jul 21-31	10-10:30a.m.	\$56.00
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Swimmer 4 5-12 years

In this level swimmers will work on standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl, interval fitness training, and sprint front crawl.

Pre-requisite: Your child must be able to successfully perform kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl.

LAC

78354	Mon-Thu	Jun 9-19	6:40-7:20p.m.	\$61.20
78394	Mon-Thu	Jun 23-Jul 3	5:35-6:15p.m.	\$53.55
78649	Mon-Fri	Jul 7-18	9:55-10:35a.m.	\$76.50
78648	Mon-Fri	Jul 7-18	10:45-11:25a.m.	\$76.50
78650	Mon-Thu	Jul 7-17	6:05-6:45p.m.	\$61.20
78724	Mon-Fri	Jul 21-Aug 1	10:55-11:35a.m.	\$76.50
78801	Mon-Fri	Aug 5-15	9:55-10:35a.m.	\$68.85
78802	Mon-Thu	Aug 5-14	5-5:40p.m.	\$53.55

MOP

78596	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
79094	Mon-Fri	Jul 7-18	10-10:40a.m.	\$76.50
79151	Mon-Fri	Jul 7-18	11:10-11:50a.m.	\$76.50
78626	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
78274	Mon-Fri	Jul 21-Aug 1	10-10:40a.m.	\$76.50
78289	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85

78267	Mon-Fri	Aug 5-15	11:10-11:50a.m.	\$68.85
78571	Mon-Fri	Aug 18-29	10:35-11:15a.m.	\$76.50

NWLC

78771	Mon-Fri	Jun 23-Jul 4	5:10-5:50p.m.	\$68.85
78825	Mon-Fri	Jul 7-18	9-9:40a.m.	\$76.50
78826	Mon-Fri	Jul 7-18	11:20a.m.-12p.m.	\$76.50
78906	Mon-Fri	Jul 21-Aug 1	4-4:40p.m.	\$76.50

ROP

79117	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
79140	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85

SSLC

78926	Mon-Fri	Jun 9-20	4:35-5:15p.m.	\$76.50
78928	Mon-Fri	Jun 9-20	4:55-5:35p.m.	\$76.50
78927	Mon-Fri	Jun 9-20	5:45-6:25p.m.	\$76.50
78979	Mon-Fri	Aug 5-15	9:05-9:45a.m.	\$68.85
78980	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85
78978	Mon-Fri	Aug 5-15	10:55-11:35a.m.	\$68.85
78981	Mon-Fri	Aug 5-15	4:35-5:15p.m.	\$68.85
79045	Mon-Fri	Aug 18-29	9-9:40a.m.	\$76.50
79046	Mon-Fri	Aug 18-29	10:10-10:50a.m.	\$76.50
79047	Mon-Fri	Aug 18-29	4:35-5:15p.m.	\$76.50
79048	Mon-Fri	Aug 18-29	5:45-6:25p.m.	\$76.50

WOP

78179	Mon-Thu	Jul 7-17	10:35-11:15a.m.	\$61.20
78185	Mon-Thu	Jul 21-31	10:35-11:15a.m.	\$61.20
78205	Mon-Thu	Aug 5-14	10-10:40a.m.	\$53.55

Youth Swimmer 4

8-14 years

In this level swimmers will work on standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl, interval fitness training, and sprint front crawl.

*Must be 8-14 years of age to enroll

Pre-requisite: Your child must be able to successfully perform kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl.

LAC

78360	Mon-Thu	Jun 9-19	6-6:40p.m.	\$61.20
78725	Mon-Fri	Jul 21-Aug 1	10:30-11:10a.m.	\$76.50

78803	Mon-Fri	Aug 5-15	10-10:40a.m.	\$68.85
78804	Mon-Thu	Aug 5-14	5:05-5:45p.m.	\$53.55

MOP

79093	Mon-Fri	Aug 18-29	11:15-11:55a.m.	\$76.50
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ROP

78671	Mon-Fri	Jul 7-18	9:50-10:30a.m.	\$76.50
78604	Mon-Fri	Jul 21-Aug 1	9:50-10:30a.m.	\$76.50

SSLC

79003	Mon-Fri	Aug 5-15	4-4:40p.m.	\$68.85
79071	Mon-Fri	Aug 18-29	4:55-5:35p.m.	\$76.50

Swimmer 5 5-12 years

In this level swimmers will work on shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint front and back crawl.

Pre-requisite: Your child must be able to successfully perform standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl.

LAC

78353	Mon-Thu	Jun 9-19	6:25-7:05p.m.	\$61.20
78395	Mon-Thu	Jun 23-Jul 3	5:30-6:10p.m.	\$53.55
78652	Mon-Fri	Jul 7-18	10:55-11:35a.m.	\$76.50
78653	Mon-Thu	Jul 7-17	5:30-6:10p.m.	\$61.20
78654	Mon-Thu	Jul 7-17	6:05-6:45p.m.	\$61.20
78713	Mon-Fri	Jul 21-Aug 1	10:10-10:50a.m.	\$76.50
78715	Mon-Thu	Jul 21-31	5:30-6:10p.m.	\$61.20
78830	Mon-Fri	Aug 5-15	9:10-9:50a.m.	\$68.85
78805	Mon-Fri	Aug 5-15	11:10-11:50a.m.	\$68.85
78806	Mon-Thu	Aug 5-14	5:40-6:20p.m.	\$53.55

MOP

78598	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
78255	Mon-Fri	Jul 7-18	11:10-11:50a.m.	\$76.50
78627	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
78273	Mon-Fri	Jul 21-Aug 1	11:20a.m.-12p.m.	\$76.50
78669	Mon-Fri	Aug 5-15	9:15-9:55a.m.	\$68.85
78288	Mon-Fri	Aug 5-15	10:35-11:15a.m.	\$68.85
78292	Mon-Fri	Aug 5-15	11:20a.m.-12p.m.	\$68.85

78639	Mon-Fri	Aug 18-29	9:15-9:55a.m.	\$76.50
79089	Mon-Fri	Aug 18-29	10-10:40a.m.	\$76.50

ROP

79113	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
79111	Mon-Fri	Jul 7-18	10:35-11:15a.m.	\$76.50
79121	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
79120	Mon-Fri	Jul 21-Aug 1	11:10-11:50a.m.	\$76.50

SSLC

78929	Mon-Fri	Jun 9-20	5:45-6:25p.m.	\$76.50
78930	Mon-Fri	Jun 9-20	4:10-4:50p.m.	\$76.50
78983	Mon-Fri	Aug 5-15	11:20a.m.-12p.m.	\$68.85
78984	Mon-Fri	Aug 5-15	5:20-6p.m.	\$68.85
79050	Mon-Fri	Aug 18-29	10:45-11:25a.m.	\$76.50
79051	Mon-Fri	Aug 18-29	5:45-6:25p.m.	\$76.50
79052	Mon-Fri	Aug 18-29	4:10-4:50p.m.	\$76.50

WOP

78172	Mon-Thu	Jul 7-17	10-10:40a.m.	\$61.20
78187	Mon-Thu	Jul 21-31	10-10:40a.m.	\$61.20
79100	Mon-Thu	Jul 21-31	11:20-12p.m.	\$61.20
78201	Mon-Thu	Aug 5-14	11:10-11:50a.m.	\$53.55

Swimmer 6 5-12 years

In this level swimmers will work on stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint breaststroke.

Pre-requisite: Your child must be able to successfully perform shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl.

LAC

78343	Mon-Thu	Jun 9-19	5:30-6:10p.m.	\$61.20
78396	Mon-Thu	Jun 23-Jul 3	6:10-6:50p.m.	\$53.55
78655	Mon-Fri	Jul 7-18	10:15-10:55a.m.	\$76.50
78656	Mon-Thu	Jul 7-17	6:15-6:55p.m.	\$61.20
78716	Mon-Fri	Jul 21-Aug 1	9-9:40a.m.	\$76.50
78717	Mon-Thu	Jul 21-31	6:10-6:50p.m.	\$61.20
78831	Mon-Fri	Aug 5-15	9:05-9:45a.m.	\$68.85
78832	Mon-Thu	Aug 5-14	5:05-5:45p.m.	\$53.55

MOP

78600	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
78258	Mon-Fri	Jul 7-18	11:10-11:50a.m.	\$76.50
78628	Mon-Fri	Jul 21-Aug 1	9:15-9:55a.m.	\$76.50
78272	Mon-Fri	Jul 21-Aug 1	10:35-11:15a.m.	\$76.50
78670	Mon-Fri	Aug 5-15	9:15-9:55a.m.	\$68.85
78290	Mon-Fri	Aug 5-15	11:20a.m.-12p.m.	\$68.85
78642	Mon-Fri	Aug 18-29	9:15-9:55a.m.	\$76.50

ROP

79109	Mon-Fri	Jul 7-18	9:15-9:55a.m.	\$76.50
79112	Mon-Fri	Jul 7-18	11:20a.m.-12p.m.	\$76.50
79124	Mon-Fri	Jul 21-Aug 1	11:10-11:50a.m.	\$76.50
79139	Mon-Fri	Aug 5-15	9:15-9:55a.m.	\$68.85

SSLC

78932	Mon-Fri	Jun 9-20	4:05-4:45p.m.	\$76.50
78931	Mon-Fri	Jun 9-20	5:10-5:50p.m.	\$76.50
78986	Mon-Fri	Aug 5-15	9-9:40a.m.	\$68.85
78985	Mon-Fri	Aug 5-15	9:50-10:30a.m.	\$68.85
78987	Mon-Fri	Aug 5-15	4:05-4:45p.m.	\$68.85
79053	Mon-Fri	Aug 18-29	9:05-9:45a.m.	\$76.50
79055	Mon-Fri	Aug 18-29	4:05-4:45p.m.	\$76.50
79054	Mon-Fri	Aug 18-29	5:10-5:50p.m.	\$76.50

WOP

78180	Mon-Thu	Jul 7-17	11:20a.m.-12p.m.	\$61.20
79102	Mon-Thu	Aug 5-14	10-10:40a.m.	\$53.55

Swim Patrol: The Swim Patrol Program provides enriched training for those ready to go beyond learn to swim. It continues to develop participants' swim strokes and provide skill foundation for future Bronze Medal classes.<text box>

Lifesaving Swim Patrol – Rookie Patrol**8-14 years**

Rookie Patrol features development of front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts. A work-hard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for water smart behavior.

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl.

LAC

78358	Mon-Thu	Jun 9-19	5:30-6:20p.m.	\$70.80
78657	Mon-Fri	Jul 7-18	9-9:50a.m.	\$88.50
78748	Mon-Fri	Jul 21-Aug 1	10:55-11:45a.m.	\$88.50
78754	Mon-Thu	Jul 21-31	5-5:50p.m.	\$70.80
78833	Mon-Fri	Aug 5-15	9-9:50a.m.	\$79.65
78834	Mon-Thu	Aug 5-14	5:50-6:40p.m.	\$61.95

MOP

78262	Mon-Fri	Jul 7-18	10-10:50a.m.	\$88.50
79098	Mon-Fri	Aug 18-29	10-10:50a.m.	\$88.50

ROP

78673	Mon-Fri	Jul 7-18	11:10a.m.-12p.m.	\$88.50
79126	Mon-Fri	Jul 21-Aug 1	10-10:50a.m.	\$88.50

SSLC

79060	Mon-Fri	Aug 18-29	9-9:50a.m.	\$88.50
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WOP

78192	Mon-Thu	Jul 21-31	11:10a.m.-12p.m.	\$70.80
78210	Mon-Thu	Aug 5-14	11:10a.m.-12p.m.	\$61.95

Lifesaving Swim Patrol – Ranger Patrol**8-14 years**

Ranger Patrol features development of front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts.

LAC

78401	Mon-Thu	Jun 23-Jul 3	6:25-7:15p.m.	\$61.95
78749	Mon-Fri	Jul 21-Aug 1	10:45-11:35a.m.	\$88.50
78835	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65
78836	Mon-Thu	Aug 5-14	5:45-6:35p.m.	\$61.95

MOP

78268	Mon-Fri	Jul 21-Aug 1	10-10:50a.m.	\$88.50
79081	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65

ROP

79105	Mon-Fri	Jul 7-18	9:05-9:55a.m.	\$88.50
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SSLC

78935	Mon-Fri	Jun 9-20	5:20-6:10p.m.	\$88.50
78990	Mon-Fri	Aug 5-15	9:50-10:40a.m.	\$79.65
79058	Mon-Fri	Aug 18-29	9:45-10:35a.m.	\$88.50
79059	Mon-Fri	Aug 18-29	5:20-6:10p.m.	\$88.50

WOP

78202	Mon-Thu	Aug 5-14	10-10:50a.m.	\$61.95
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Lifesaving Swim Patrol – Star Patrol**8-14 years**

Star Patrol demands good physical conditioning and lifesaving judgement. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, and breaststroke over 100m each; and complete 600m and 300m timed swims.

Prerequisite: Minimum age 8 and comfort in deep water. Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

LAC

78658	Mon-Thu	Jul 7-17	6:10-7p.m.	\$70.80
78750	Mon-Fri	Jul 21-Aug 1	10:55-11:45a.m.	\$88.50
78837	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65

MOP

78284	Mon-Fri	Aug 5-15	10-10:50a.m.	\$79.65
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ROP

79106	Mon-Fri	Jul 7-18	10-10:50a.m.	\$88.50
78606	Mon-Fri	Jul 21-Aug 1	11:10a.m.-12p.m.	\$88.50

SSLC

78991	Mon-Fri	Aug 5-15	9:05-9:55a.m.	\$79.65
78992	Mon-Fri	Aug 5-15	5:40-6:30p.m.	\$79.65

WOP

79101	Mon-Thu	Jul 21-31	10-10:50a.m.	\$88.50
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Private Lessons

Private Lessons

6 years and up

Private lessons provide adults and children an opportunity to focus on developing specific skills, as lessons will be tailored to individual needs. Private lessons can be an excellent option for participants who are not comfortable in a group environment.

LAC

78659	Mon-Fri	Jul 7-11	9:55-10:25a.m.	\$169.50
78662	Mon-Fri	Jul 7-11	10:20-10:50a.m.	\$169.50
78660	Mon-Fri	Jul 14-18	9:55-10:25a.m.	\$169.50
78661	Mon-Fri	Jul 14-18	10:20-10:50a.m.	\$169.50
78755	Mon-Fri	Jul 21-25	9:35-10:05a.m.	\$169.50
78775	Mon-Fri	Jul 21-25	11:15-11:45a.m.	\$169.50
78777	Mon-Thu	Jul 21-24	5:30-6p.m.	\$135.60
78774	Mon-Fri	Jul 28-Aug 1	9:35-10:05a.m.	\$169.50
78776	Mon-Fri	Jul 28-Aug 1	11:15-11:45a.m.	\$169.50
78778	Mon-Thu	Jul 28-31	5:30-6p.m.	\$135.60
78841	Tue-Fri	Aug 5-8	10:20-10:50a.m.	\$135.60
78839	Tue-Fri	Aug 5-8	11:15-11:45a.m.	\$135.60
78843	Tue-Thu	Aug 5-7	5:35-6:05p.m.	\$101.70
78842	Mon-Fri	Aug 11-15	10:20-10:50a.m.	\$169.50
78844	Mon-Thu	Aug 11-14	5:35-6:05p.m.	\$135.60
78840	Tue-Fri	Aug 12-15	11:15-11:45a.m.	\$135.60

MOP

78279	Mon-Fri	Jul 21-25	11:10-11:40a.m.	\$169.50
78280	Mon-Fri	Jul 28-Aug 1	11:10-11:40a.m.	\$169.50
78572	Mon-Fri	Aug 18-22	11:20-11:50a.m.	\$169.50
78573	Mon-Fri	Aug 25-29	11:20-11:50a.m.	\$169.50

NWLC

78744	Mon-Fri	Jun 9-13	4-4:30p.m.	\$169.50
78746	Mon-Fri	Jun 9-13	5:15-5:45p.m.	\$169.50
78745	Mon-Fri	Jun 16-20	4-4:30p.m.	\$169.50
78747	Mon-Fri	Jun 16-20	5:15-5:45p.m.	\$169.50
78772	Mon-Fri	Jun 23-27	5:50-6:20p.m.	\$169.50
78773	Mon-Fri	Jun 30-Jul 4	5:50-6:20p.m.	\$135.60
78828	Mon-Fri	Jul 7-11	11:30a.m.-12p.m.	\$169.50
78864	Mon-Fri	Jul 7-11	5:15-5:45p.m.	\$169.50
78866	Mon-Fri	Jul 7-11	5:45-6:15p.m.	\$169.50
78829	Mon-Fri	Jul 14-18	11:30a.m.-12p.m.	\$169.50
78865	Mon-Fri	Jul 14-18	5:15-5:45p.m.	\$169.50
78867	Mon-Fri	Jul 14-18	5:45-6:15p.m.	\$169.50
78888	Mon-Fri	Jul 21-25	9:35-10:05a.m.	\$169.50
78890	Mon-Fri	Jul 21-25	11:30a.m.-12p.m.	\$169.50

78908	Mon-Fri	Jul 21-25	4:40-5:10p.m.	\$169.50
78889	Mon-Fri	Jul 28-Aug 1	9:35-10:05a.m.	\$169.50
78891	Mon-Fri	Jul 28-Aug 1	11:30a.m.-12p.m.	\$169.50
78909	Mon-Fri	Jul 28-Aug 1	4:40-5:10p.m.	\$169.50

ROP

79143	Tue-Fri	Aug 5-8	9:15-9:45a.m.	\$135.60
79145	Tue-Fri	Aug 5-8	10-10:30a.m.	\$135.60
79149	Tue-Fri	Aug 5-8	10:35-11:05a.m.	\$135.60
79148	Tue-Fri	Aug 5-8	11:10-11:40a.m.	\$135.60
79132	Tue-Fri	Aug 5-8	11:10-11:40a.m.	\$135.60
79144	Mon-Fri	Aug 11-15	9:15-9:45a.m.	\$169.50
79146	Mon-Fri	Aug 11-15	10-10:30a.m.	\$169.50
79150	Mon-Fri	Aug 11-15	10:35-11:05a.m.	\$169.50
79147	Mon-Fri	Aug 11-15	11:10-11:40a.m.	\$169.50
79133	Mon-Fri	Aug 11-15	11:10-11:40a.m.	\$169.50

SSLC

78993	Tue-Fri	Aug 5-8	9-9:30a.m.	\$135.60
78994	Tue-Fri	Aug 5-8	9:35-10:05a.m.	\$135.60
78995	Tue-Fri	Aug 5-8	10:10-10:40a.m.	\$135.60
78996	Tue-Fri	Aug 5-8	10:45-11:15a.m.	\$135.60
78997	Tue-Fri	Aug 5-8	11:20-11:50a.m.	\$135.60
78998	Mon-Fri	Aug 11-15	9-9:30a.m.	\$169.50
78999	Mon-Fri	Aug 11-15	9:35-10:05a.m.	\$169.50
79000	Mon-Fri	Aug 11-15	10:10-10:40a.m.	\$169.50
79001	Mon-Fri	Aug 11-15	10:45-11:15a.m.	\$169.50
79002	Mon-Fri	Aug 11-15	11:20-11:50a.m.	\$169.50
79061	Mon-Fri	Aug 18-22	9-9:30a.m.	\$169.50
79062	Mon-Fri	Aug 18-22	9:35-10:05a.m.	\$169.50
79063	Mon-Fri	Aug 18-22	10:10-10:40a.m.	\$169.50
79064	Mon-Fri	Aug 18-22	10:45-11:15a.m.	\$169.50
79065	Mon-Fri	Aug 18-22	11:20-11:50a.m.	\$169.50
79066	Mon-Fri	Aug 25-29	9-9:30a.m.	\$169.50
79067	Mon-Fri	Aug 25-29	9:35-10:05a.m.	\$169.50
79068	Mon-Fri	Aug 25-29	10:10-10:40a.m.	\$169.50
79069	Mon-Fri	Aug 25-29	10:45-11:15a.m.	\$169.50
79070	Mon-Fri	Aug 25-29	11:20-11:50a.m.	\$169.50

WOP

78454	Mon-Fri	Aug 18-22	10:05-10:35a.m.	\$169.50
78456	Mon-Fri	Aug 18-22	10:05-10:35a.m.	\$169.50
78453	Mon-Fri	Aug 18-22	10:10-10:40a.m.	\$169.50
78455	Mon-Fri	Aug 18-22	10:15-10:45a.m.	\$169.50
78449	Mon-Fri	Aug 18-22	10:40-11:10a.m.	\$169.50
78450	Mon-Fri	Aug 18-22	10:40-11:10a.m.	\$169.50
78451	Mon-Fri	Aug 18-22	10:45-11:15a.m.	\$169.50

78452	Mon-Fri	Aug 18-22	10:50-11:20a.m.	\$169.50
78434	Mon-Fri	Aug 18-22	11:15-11:45a.m.	\$169.50
78446	Mon-Fri	Aug 18-22	11:15-11:45a.m.	\$169.50
78447	Mon-Fri	Aug 18-22	11:20-11:50a.m.	\$169.50
78448	Mon-Fri	Aug 18-22	11:25-11:55a.m.	\$169.50

Adult Swim Lessons

Adult 1

14 years and up

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. In Adult 1 swimmers learn jumping into deep water, treading water, submerging and exhaling as well as front and back floats, glides, flutter kick, whip kick in vertical position, and front/back crawl 15m.

LAC

78359	Mon-Thu	Jun 9-19	6:05-6:55p.m.	\$70.80
78397	Mon-Thu	Jun 23-Jul 3	5:30-6:20p.m.	\$61.95
78751	Mon-Thu	Jul 21-31	6:05-6:55p.m.	\$70.80
78838	Mon-Fri	Aug 5-15	10:50-11:40a.m.	\$79.65

MOP

78295	Mon-Fri	Aug 5-15	11:10a.m.-12p.m.	\$79.65
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ROP

79116	Mon-Fri	Jul 7-18	11:10a.m.-12p.m.	\$88.50
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SSLC

79006	Mon-Fri	Aug 18-29	10:10-11a.m.	\$88.50
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WOP

78175	Mon-Thu	Jul 7-17	10-10:50a.m.	\$70.80
78198	Mon-Thu	Jul 21-31	11:10a.m.-12p.m.	\$70.80

Adult 2**14 years and up**

The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Participants set their own goals to develop water confidence and smooth recognizable strokes. In Adult 2 swimmers will learn standing dives, forward rolls, front somersaults in water, swim underwater as well as flutter kick and reverse directions, whip kick on front and back, breaststroke arms, and front/back crawl 50m each.

LAC

78752	Mon-Fri	Jul 7-18	9-9:50a.m.	\$88.50
78753	Mon-Fri	Jul 21-Aug 1	9-9:50a.m.	\$88.50

MOP

78283	Mon-Fri	Jul 21-Aug 1	11:10a.m.-12p.m.	\$88.50
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SSLC

78937	Mon-Fri	Aug 5-15	10:45-11:35a.m.	\$79.65
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WOP

78183	Mon-Thu	Jul 7-17	11:10a.m.-12p.m.	\$70.80
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Aquatic Leadership Courses

Lifesaving Society Bronze Medallion**13 years and up**

Bronze Medallion challenges the candidate both mentally and physically. Judgement, 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. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for the assistant lifeguard training in Bronze Cross.

Prerequisites: 13 years of age OR Bronze Star (need not be current)

LAC

79204	Fri	Jun 20	5-9p.m.	\$190.00
	Sat, Sun	Jun 21, 22	9a.m.-6p.m.	
79208	Tue-Fri	Aug 5-8	10a.m.-2:30p.m.	\$190.00

ROP

79256	Mon-Fri	Aug 18-22	9a.m.-1p.m.	\$190.00
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WOP

79254	Fri	Jul 4	4-8p.m.	\$190.00
	Sat, Sun	Jul 5, 6	9a.m.-6p.m.	

Lifesaving Society Bronze Cross

14 years and up

This course is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Candidates also gain certification in CPR-C and AED. Bronze Cross is required for all Lifesaving Society advanced training programs including National Lifeguard and Instructor certification.

Prerequisites: Lifesaving Society Bronze Medallion

LAC

79206	Mon-Thu	Jul 7-10	10a.m.-3:30p.m.	\$165.00
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ROP

79257	Mon-Fri	Aug 25-29	9a.m.-2p.m.	\$165.00
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SSLC

79167	Sat	Jun 14, 21	8a.m.-4:30p.m.	\$165.00
	Sun	Jun 22	8a.m.-4:30p.m.	
79168	Sat	Aug 23, 30	8a.m.-1:30p.m.	\$165.00
	Sun	Aug 24, 31	8a.m.-1:30p.m.	

WOP

79251	Fri-Sun	Jul 18-20	11a.m.-7p.m.	\$165.00
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Lifesaving Society National Lifeguard

15 years and up

National Lifeguard is designed to help participants develop an understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard.

Prerequisite: Minimum 15 years old (on the first day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Standard First aid from one of the four organizations: Canadian Red Cross, Lifesaving Society, Canadian Ski Patrol or St. John Ambulance only (need not be current).

LAC

79230	Fri, Sat	Jul 18, 19, 25, 26	9a.m.-6p.m.	\$300.00
	Sun	Jul 20, 27	5-9p.m.	

SSLC

79171	Fri	Aug 22, 29	5-9p.m.	\$300.00
	Sat, Sun	Aug 23, 24, 30, 31	8a.m.-5p.m.	

WOP

79255	Fri	Jun 20, 27	5-9p.m.	\$300.00
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Sat, Sun 21, 22, 28, 29 11a.m.-8p.m.

Lifesaving Swim for Life Instructor 15 years and up

This leadership course provides candidates with the theory, knowledge, skill and practice to teach and certify in the following Lifesaving programs - Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer, and Fitness Swimmer.

Prerequisite: 15 years old and Bronze Cross award (need not be current)

SSLC

79170 Sat, Sun Aug 9, 10, 16, 17 8a.m.-4p.m. \$252.00

Red Cross First Aid/CPR/AED 12 years and up

This course certifies the candidate in Red Cross Standard First Aid, CPR-C and Automated External Defibrillation (AED).

NWLC

79074 Sat, Sun Jun 21, 22 9a.m.-6p.m. \$161.00

79076 Sat, Sun Jul 26, 27 9a.m.-6p.m. \$161.00

Aquatic Recertification Courses

Lifesaving Society National Lifeguard Recertification 16 years and up

Precertification/recertification of the Lifesaving Society's National Lifeguard award.

LAC

79205 Sun Jul 6 11a.m.-4p.m. \$80.00

79210 Sat Jul 19 11a.m.-4p.m. \$80.00

SSLC

79169 Sun Jun 22 8a.m.-1p.m. \$80.00

Red Cross First Aid/CPR/AED 15 years and up

This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED.

NWLC

79075 Sun Jun 29 8a.m.-5p.m. \$100.00

79077 Sat Jul 19 8a.m.-5p.m. \$100.00

79078 Sat Aug 2 8a.m.-5p.m. \$100.00

Registered Adapted Programs

Legend

CGAC – Canada Games Athletic Complex
CRNC – Core Ritchie Neighborhood Centre
FLDH - Fieldhouse
GRNC – Glencairn Neighborhood Centre
mc – māmawêyatitân centre
MLOP – Maple Leaf Outdoor Pool
MOC – Mitakuyé Owâs’a Centre
NWLC – North West Leisure Centre
SSLC – Sandra Schmirler Leisure Centre
SLC – South Leisure Centre
ROP – Regent Outdoor Pool
WOP – Wascana Outdoor Pool

Adapted Programs

City of Regina programs are open to everyone and those with disabilities are encouraged to participate in any programs listed throughout this guide. Adapted programs marked AP are programs that are changed or designed specifically to be more accessible to people with disabilities. Adaptions might include changes to equipment, content, support, technology and/ or environment.

For all adapted programs, we kindly ask that individuals requiring one-on-one support please bring an attendant/support person to the program. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Aquatic Adapted Programs

Adapted Leisure Swim <AP> <Free>

All Ages

Enjoy a relaxing swim in a sensory friendly accessible pool environment designed for individuals with disabilities and their families. The Adapted Leisure Swim expands outdoors this summer at the following outdoor pool locations: Regent, Maple Leaf, and Wascana. Registration is required. Life jackets are available at each facility in all sizes. Please note: Registration for the Adapted Leisure Swim will be made available monthly. Registration for the upcoming dates will open 30 days before the scheduled swim date.

MLOP

78435	Sat	Jun 21	10a.m.-12p.m.
78436	Sat	Jun 28	10a.m.-12p.m.
78437	Sat	Jul 5	10a.m.-12p.m.
78438	Sat	Jul 12	10a.m.-12p.m.
78439	Sat	Jul 19	10a.m.-12p.m.
78440	Sat	Jul 26	10a.m.-12p.m.

78441 Sat Aug 2 10a.m.-12p.m.
78442 Sat Aug 9 10a.m.-12p.m.
78443 Sat Aug 16 10a.m.-12p.m.
78444 Sat Aug 23 10a.m.-12p.m.
78445 Sat Aug 30 10a.m.-12p.m.

ROP

78423 Fri Jun 20 10a.m.-12p.m.
78424 Fri Jun 27 10a.m.-12p.m.
78425 Fri Jul 4 10a.m.-12p.m.
78426 Fri Jul 11 10a.m.-12p.m.
78427 Fri Jul 18 10a.m.-12p.m.
78428 Fri Jul 25 10a.m.-12p.m.
78429 Fri Aug 1 10a.m.-12p.m.
78430 Fri Aug 8 10a.m.-12p.m.
78431 Fri Aug 15 10a.m.-12p.m.
78432 Fri Aug 22 10a.m.-12p.m.
78433 Fri Aug 29 10a.m.-12p.m.

WOP

78411 Sun Jun 15 10a.m.-12p.m.
78412 Sun Jun 22 10a.m.-12p.m.
78413 Sun Jun 29 10a.m.-12p.m.
78414 Sun Jul 6 10a.m.-12p.m.
78415 Sun Jul 13 10a.m.-12p.m.
78416 Sun Jul 20 10a.m.-12p.m.
78417 Sun Jul 27 10a.m.-12p.m.
78418 Sun Aug 3 10a.m.-12p.m.
78419 Sun Aug 10 10a.m.-12p.m.
78420 Sun Aug 17 10a.m.-12p.m.
78421 Sun Aug 24 10a.m.-12p.m.
78422 Sun Aug 31 10a.m.-12p.m.

NWLC

78229 Sun Jun 8 6-7:55p.m.
78230 Sun Jun 22 6-7:55p.m.
78231 Sun Jul 6 6-7:55p.m.
78232 Sun Jul 20 6-7:55p.m.
78233 Sun Aug 3 6-7:55p.m.

SSLC

78241 Sat Jun 14 6-7:55p.m.
78242 Sat Aug 9 6-7:55p.m.

78243 Sat Aug 23 6-7:55p.m.

Parent & Tot Adapted Swim Lessons <AP>

Ages 4 months to 3 years

This one-on-one adapted swim lesson is designed for children with disabilities and their family members/ supports. Instructors will work with participants to support them in meeting their aquatic needs and goals. The Parent & Tot program structures in-water interaction between parent/support and child to stress the importance of play in developing water-positive attitudes and skills. A minimum of 1 parent/support participant is required to be in the water per child. City of Regina staff are present to facilitate the lessons, but are not able to transfer, lift, or re position individuals.

ROP

78371	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
78383	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
78384	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
78373	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
78398	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80

WOP

78458	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
78461	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
78470	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80
78473	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80

Adapted Swim Lessons <AP>

Ages 4 and up

This one-on-one adapted swim lesson is designed for individuals who have a disability. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff are present to facilitate the lessons, but are not able to transfer, lift, or re position individuals.

NWLC

78730	Mon-Fri	Jun 9-13	4:40-5:10p.m.	\$84.75
78732	Mon-Fri	Jun 9-13	5:55-6:25p.m.	\$84.75
78731	Mon-Fri	Jun 16-20	4:40-5:10p.m.	\$84.75
78733	Mon-Fri	Jun 16-20	5:55-6:25p.m.	\$84.75
78756	Mon-Fri	Jun 23-27	4-4:30p.m.	\$84.75
78757	Mon-Fri	Jun 30-Jul 4	4-4:30p.m.	\$84.75
78809	Mon-Fri	Jul 7-11	9-9:30a.m.	\$84.75
78807	Mon-Fri	Jul 7-11	10:10-10:40a.m.	\$84.75
78849	Mon-Fri	Jul 7-11	4:35-5:05p.m.	\$84.75
78810	Mon-Fri	Jul 14-18	9-9:30a.m.	\$84.75
78808	Mon-Fri	Jul 14-18	10:10-10:40a.m.	\$84.75
78850	Mon-Fri	Jul 14-18	4:35-5:05p.m.	\$84.75
78869	Mon-Fri	Jul 21-25	10:50-11:20a.m.	\$84.75
78892	Mon-Fri	Jul 21-25	5:10-5:40p.m.	\$84.75
78870	Mon-Fri	Jul 28-Aug 1	10:50-11:20a.m.	\$84.75

78893 Mon-Fri Jul 28-Aug 1 5:10-5:40p.m. \$84.75

ROP

78367	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
78377	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
78380	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
78381	Sun	Jul 6-27	10:10-10:40a.m.	\$67.80
78385	Sun	Jul 6-27	10:45-11:15a.m.	\$67.80
78386	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
78387	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
78389	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
78375	Sun	Jul 6-27	11:20-11:50a.m.	\$67.80
78369	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
78391	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
78400	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
78402	Sun	Aug 10-31	10:10-10:40a.m.	\$67.80
78403	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
78404	Sun	Aug 10-31	10:45-11:15a.m.	\$67.80
78376	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
78399	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
78405	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80
78406	Sun	Aug 10-31	11:20-11:50a.m.	\$67.80

WOP

78457	Sat	Jul 5-26	10-10:30a.m.	\$67.80
78460	Sat	Jul 5-26	10-10:30a.m.	\$67.80
78463	Sat	Jul 5-26	10-10:30a.m.	\$67.80
78466	Sat	Jul 5-26	10-10:30a.m.	\$67.80
78467	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
78464	Sat	Jul 5-26	10:40-11:10a.m.	\$67.80
78459	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
78462	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
78465	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
78468	Sat	Jul 5-26	11:20-11:50a.m.	\$67.80
78475	Sat	Aug 9-30	10-10:30a.m.	\$67.80
78469	Sat	Aug 9-30	10-10:30a.m.	\$67.80
78472	Sat	Aug 9-30	10-10:30a.m.	\$67.80
78478	Sat	Aug 9-30	10-10:30a.m.	\$67.80
78476	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80
78479	Sat	Aug 9-30	10:40-11:10a.m.	\$67.80
78471	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
78474	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
78477	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80
78480	Sat	Aug 9-30	11:20-11:50a.m.	\$67.80

<insert text box>For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendance/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Family Swim Lessons <AP>

This adapted swim lesson is for individuals who have a disability, and their family members/supports. Instructors will work with participants to support them in meeting their aquatic needs and goals. One family of up to 4 members per class. City of Regina staff are present to facilitate the lessons but cannot assist with transfers, lifts, or repositioning.

NWLC

78726	Mon-Fri	Jun 9-13	4:35-5:05p.m.	\$84.75
78728	Mon-Fri	Jun 9-13	5:20-5:50p.m.	\$84.75
78727	Mon-Fri	Jun 16-20	4:35-5:05p.m.	\$84.75
78729	Mon-Fri	Jun 16-20	5:20-5:50p.m.	\$84.75

Adapted Arts & Crafts

ABI Art <AP> <Free>

18 years and up

This art program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Art Group provides an opportunity for individuals to explore creative pursuits at their own pace in a supportive environment. The ABI Outreach Team and City of Regina Staff will be present to assist when necessary. Participants are welcome to bring in creative projects of their own or may use the supplies provided. To register for this program please email socialinclusionprograms@regina.ca.

SLC

78497 Thu Jun 12-Aug 28 1-2:30p.m.

Adapted Craft & Splash <AP> <Free>

This inclusive program is tailored for children with disabilities or who have sensory needs, offering a variety of fun, engaging activities that support fine motor skills, social interaction, and creativity. The program features a structured craft or activity, followed by a free-play session at Glencairn Park, where children can enjoy the accessible spray pad and playground. A great program for kids to explore, connect, and play in a welcoming environment. Parent or support person participation is encouraged.

GNRC

5-8 years

78103 Sun Jul 6-Aug 10 1-2p.m.

9-12 years

78104 Sun Jul 6-Aug 10 2:30-3:30p.m.

Sensory Science Exploration <AP> <Free>**6-12 years**

An inclusive program for youth of all abilities! This program offers hands-on scientific experiences with natural materials, encouraging sensory exploration and discovery. Registration is required.

CRNC

78098 Mon Jul 7-Aug 11 6-8p.m.

What's Your Style Dance Nights <AP> <Free>

Everyone should have the opportunity to let loose and dance in whatever way the music moves them, regardless of musical taste, dance style or ability. The rush that you feel when you get to close your eyes and move along to your favourite track can be just like magic. The City of Regina is pleased to offer this inclusive dance class in partnership with Astonished! The program is open to everyone, but adapted to meet the needs of individuals experiencing disability. Instruction will be based on a variety of dance culture which emphasizes enthusiasm, camaraderie and smiles! The best part? It's FREE! Email socialinclusionprograms@regina.ca for registration.

mc

79258 Thu Jul 24 7-9p.m.

Adapted Health & Fitness**Adapted Adult Strength & Balance <AP>****18 years and up**

This introductory class empowers adults with disabilities or those facing recreational barriers, focusing on building core strength, balance, and mobility using various equipment.

SSLC

78501 Tue Aug 5-26 12:15-1:15p.m. \$29.00

Adapted Pre-Teen Fitness <AP>**10-14 years**

This introductory-level class is geared towards empowering pre-teens who have disabilities or who experience barriers to accessing recreation. The instructor will offer a supportive environment where pre-teens will utilize their strengths to build lifelong functional fitness skills. The 60-minute class includes a cardio warm-up activity, a strength training component, and a specialized fitness activity, and finishes each class with a cool-down stretching component.

FLDH

79207 Wed Aug 13-27 10:30-11:30a.m. \$22.50

Walk & Roll Fitness <AP>**18 years and up**

Adapted Walk and Roll Fitness is for adults with disabilities who have adaptive needs, or for adults who are rehabilitating from an injury. Participants will utilize the walking track and exercise equipment twice a week in a relaxed, casual setting. This program will provide opportunities for individuals to learn, maintain, and improve functional skills related to physical fitness. Dedicated City of Regina staff members will be present at all times to assist with equipment and to keep the good times rolling. The

group is encouraged to meet at the cafe in the facility after the program to socialize in a comfortable and safe environment.

FLDH

78157 Tue, Thu Jun 3-Jul 17 12:30-3p.m. \$52.00
78158 Tue, Thu Aug 5- 28 12:30-3p.m. \$32.00

<insert text box>For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendance/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Social

ABI Communication Group <AP> <Free> 18 years and up

This social program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Communication Group provides an opportunity for those who have communication deficits, the ability to talk and socialize in a safe and welcoming environment alongside their peers. The ABI Outreach Team, which includes a Certified Speech Pathologist, facilitates interesting conversations by presenting new weekly topics and encourages involvement by all participants. To register for this program please email socialinclusionprograms@regina.ca.

SLC

78495 Wed Jun 11-Aug 27 1-2:30p.m.

ABI Cribbage <AP> <Free> 18 years and up

This Cribbage program is for individuals 18+ who have an Acquired Brain Injury (ABI). The ABI Cribbage program will provide an opportunity for individuals to socialize with peers, engage and develop their fine motor & cognitive skills at their own pace in a supportive environment. The ABI Outreach Team & City of Regina Staff will be present to assist when necessary. To register for this program please email socialinclusionprograms@regina.ca.

SLC

78499 Fri Jun 13-Aug 29 1-2:30p.m.

Evening Adult Social Program <AP> <Free> 18 years and up

This program is for adults who have disabilities or for adults who experience barriers to accessing recreation. This program provides an opportunity to come together on a Bi-Weekly basis to try a variety of activities that foster socialization, such as instructor-led activities to playing board games and bingo. The activities will be built based on the groups' interests. Outings will be planned on occasion, outings such as Bowling and visiting the Queen City Exhibition. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals. If one-on-one assistance is required, we kindly ask that you bring a support person. Arranging transportation to and from each designated outing will be done independently.

MOC

78118 Fri 6-8p.m.
Jul 4 (MOC),

Jul 18 (Bowling)
 Aug 1 (Queen City Ex)
 August 15 (MOC)
 Aug 29 (MOC)

Short Breaks <AP> <Free>

18 years and up

Short Breaks is an intergenerational, afternoon program aimed to facilitate community building among adults experiencing an intellectual disability. This one-of-a-kind collaborative initiative strives to respond to the needs of individuals and their families, providing a short break option throughout the week. Short Breaks is designed to be social, with an educational, recreational and creative focus. The program is a partnership between Creative Options Regina, Hopes Home, Inclusion Regina, and City of Regina, coupled with financial support from Sask Lotteries. For more information about how to register, please contact socialinclusionprograms@regina.ca or contact Kathy Cockburn at kathy@inclusionregina.ca.

mc	Mon-Thu	Jul 2-Aug 29	2-5p.m.
MOC	Mon	Jul 7- Aug 25	2-5p.m.
CRNC	Wed	Jul 2-Aug 27	2-5p.m
FLDH	Fri	Jul 4-Aug 29	2-5p.m

Sports

Adapted Basketball <AP>

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can learn the basic skills of basketball, like passing, dribbling, shooting, and game strategy. This program focuses on fun while fostering socialization through teaching teamwork, cooperation, and sportsmanship. Participants needing one-on-one support are encouraged to bring a support person.

5-7 years

FLDH

78140 Sat Jun 7-Jul 19 1-2p.m. \$52.50

NWLC

78114 Fri Jun 13-Jul 25 5:30-6:15p.m. \$45.00

8-12 years

FLDH

78141 Sat Jun 7-Jul 19 2-3p.m. \$52.50

NWLC

78115 Fri Jun 13-Jul 25 6:30-7:15p.m. \$45.00

Adapted Bocce Ball <AP> <NEW> <Free>

16 years and up

Join us for this introductory-level game of Bocce Ball! This program is held outdoors and is geared towards empowering adults who have disabilities or who experience barriers to accessing recreation. Bocce can be an excellent way to build strength, improve coordination, and boost confidence. Register to learn something new and to join in on all the fun, no experience is necessary.

SLC

78494 Wed Jul 16-Aug 20 3-4:30p.m.

Adapted Sports Night <AP> <Free>

18 years and up

In Partnership with Creative Options Regina, we welcome adults with disabilities to the South Leisure Centre Gym to join in on Sports Night! Join us bi-weekly on Monday evenings to try out introductory level sports like Pickleball and Badminton. Bi-weekly Dates: June 9 & 23, July 14 & 28, August 11 & 25. To register for this program please email socialinclusionprograms@regina.ca.

SLC

79212 Mon Jun 9-Aug 25 6-8p.m.

<insert text box>For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendance/support person. For more information, email socialinclusionprograms@regina.ca or call 306-510-2025.

Adapted Soccer <AP>

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can learn the basic skills of soccer and game strategy. This program focuses on fun while teaching teamwork, cooperation, and sportsmanship. Participants needing one-on-one support are encouraged to bring a support person.

5-7 years

FLDH

78083 Tue Jun 3-Jul 15 5-6p.m. \$52.50

8-11 years

FLDH

78084 Tue Jun 3-Jul 15 6-7p.m. \$52.50

Adapted Parent & Tot Sport Jam <AP>

3-5 years

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities in a group setting. The instructor will offer a supportive environment where children can participate in a range of fun, non-competitive sports and activities, promoting fitness and teamwork. Parents and tots enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. This program will teach the basic skills of each sport and incorporate fun developmental games and activities into every class. Parent participation is required.

NWLC

78110 Sat Jun 14-Jul 26 2:30-3:15p.m. \$45.00

Adapted Sports Jam <AP>

Designed for children with disabilities or who have challenges related to motor development and want to engage in community activities within a group setting. The program and instructor will offer a supportive environment where children can participate in a range of fun, non-competitive sports and activities, promoting fitness and teamwork. Activities include soccer, floor hockey, basketball, and cooperative games, all aimed at building motor skills and encouraging active play. Participants needing one-on-one support are encouraged to bring a support person.

5-7 years

GNRC

78106 Sun May 25-Jun 29 2:15-3p.m. \$45.00

8-12 years

GNRC

78108 Sun May 25-Jun 29 3:15-4p.m. \$45.00

6-12 years

NWLC

78112 Sat Jun 14-Jul 26 3:30-4:15 p.m. \$45.00

5-12 years

CGAC

78492 Mon-Thu Jul 14-17 10-11a.m. \$30.00

FLDH

78493 Mon-Thu Aug 11-14 2-3p.m. \$30.00

Registered Preschool Programs

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

Preschool Fine Arts

Ahoy Preschool Pirates!

3-5 years

Enjoy a week of pirate crafts, stories and activities geared to 3–5-year-old children. Bring your imagination and adventurous spirits. Could there be a treasure at the end of the week?

NBAC

78506	Mon-Fri	Jul 28-Aug 1	9-10:30a.m.	\$100.00
78556	Mon-Fri	Jul 28-Aug 1	1-2:30p.m.	\$100.00

Craft Circus

3-5 years

Children enjoy a wide variety of arts and crafts including crafts, activities, stories, and some good messy fun.

NBAC

78519	Mon-Fri	Aug 18-22	9-10:30a.m.	\$100.00
78559	Mon-Fri	Jul 21-25	9-10:30a.m.	\$100.00
78560	Mon-Fri	Jul 7-11	9-10:30a.m.	\$100.00

Creative Beginnings

4-6 years

This class is packed with all things creative! We will read stories, play indoor and outdoor games, sing songs, play musical instruments, dance, paint, do sensory play, color, improv acting, study live nature, draw, you name it! Activities are geared to assist with the development of motor skills and encourage imagination and play.

NBAC

78523	Mon-Fri	Jul 7-11	1-2:30p.m.	\$100.00
78524	Mon-Fri	Aug 18-22	1-2:30p.m.	\$100.00

Preschool Sports

Parent & Tot Soccer

3-5 years

Parents and tots will enjoy learning basic soccer skills together. Basic soccer skills combined with fun developmental games and activities will be taught in a non-game based and non-competitive environment.

FLDH

78079	Mon	Jun 2-Jul 14	5:30-6:30p.m.	\$52.50
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Registered Child And Youth Programs

Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

MOC – Mitakuyé Owâs'ā

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

Child & Youth Fine Arts

Abstract Art for Teens

12-16 years

Do you like abstract art but do not understand it? Perhaps you want to create your own abstract works but do not know where to begin. This class will introduce you to abstract and nonobjective art and show you how to apply it to a variety of art projects. No experience necessary.

NBAC

78555	Mon-Fri	Jul 21-25	1-3p.m.	\$90.00
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Art Exploration

8-12 years

Explore the work of various artists and styles throughout history then create your own unique artwork. Learn about perspective drawing and experiment with pencil, watercolour pencil, oil and chalk pastel, and acrylic painting. You will also learn colour theory through blending and devising a colour wheel.

NBAC

78511	Mon-Fri	Jul 14-18	1-3p.m.	\$100.00
78512	Mon-Fri	Aug 11-15	1-3p.m.	\$100.00
78513	Mon-Fri	Aug 25-29	1-3p.m.	\$100.00

Art, Mindfulness and Creativity

10-15 years

Is your day filled with busy schedules, and everything feels overwhelming and stressful? Learn how to develop skills to explore your thoughts and feelings, focus your attention on the present, and use creativity to connect to a more centered focus. Weather permitting, portions of the class will be outdoors in the natural space of our Courtyard and adjacent greenspace. All art materials will be provided, but students will need to supply their own yoga mat.

NBAC

78674	Mon-Fri	Jul 28-Aug 1	1-3p.m.	\$100.00
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Art Sampler

6-9 years

Drawing, watercolour, tempera, sculpture, chalk, and oil pastels, try them all and more in our fun-filled, lighthearted class! This is the perfect class for young, budding artists to create a lifelong passion and solid foundation for visual art.

NBAC

78514	Mon-Fri	Jul 14-18	10a.m.-12p.m.	\$100.00
78515	Mon-Fri	Aug 11-15	10a.m.-12p.m.	\$100.00
78516	Mon-Fri	Aug 25-29	10a.m.-12p.m.	\$100.00

Crash Course in Comics and Manga

13-18 years

Learn the secrets of great comics in this one-week crash course and go home with your very own comic.

NBAC

78522	Mon-Fri	Jul 21-25	1-2:30p.m.	\$75.00
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Creative Crafts: Five Days of Paper Crafts

7-13 years

Five days, five unique paper projects. Make movable animals and creatures, suncatchers, pop-up houses, adventure sets, and other fun projects.

NBAC

78525	Mon-Fri	Jul 21-25	3-4:30p.m.	\$83.00
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Creative Writing: Character and World Building

14-18 years

Whether you dream of writing a novel, drawing a manga, or scripting your own video game, this course will teach you how to create an original world, cast of characters, and an engaging story.

NBAC

78526	Mon-Fri	Aug 18-22	1-2:30p.m.	\$75.00
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Discovering Your Visual Vocabulary

7-12 years

This class will create a comfortable space where children feel at ease to express themselves freely, engage children in discussions about their artworks in a group, and learn to see the world from each other.

NBAC

78527	Mon-Fri	Aug 18-22	10a.m.-12p.m.	\$100.00
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Drawing and Colouring Adventure

6-10 years

Come celebrate the act of drawing and colouring through a variety of fun and imaginative exercises. Classic mediums like pencils and crayons will be mixed with markers, pencil crayons, pastels and watercolour to create unique artwork which may be realistic, imagined or abstract. No experience is required.

NBAC

78528	Mon-Fri	Jul 14-18	10:30a.m.-12p.m.	\$78.00
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Dungeons, Dragons and Crafts**10-13 years**

Make all the items you need to play a tabletop roleplaying game, create some monsters in your own fun world, and play with your classmates through a short adventure. Learn to make landscape and building tiles, a basic character sheet, paper character and monster game pieces, and folded 3D paper objects.

NBAC

78530 Mon-Fri Aug 18-22 3-4:30p.m. \$83.00

Flowers, Food and Fashion**13-18 years**

The title of this class says it all, but the potential is endless. You will draw, paint, and create works of art inspired by the diverse potential of flowers, food and fashion as all your senses will be required for this class.

NBAC

78531 Mon-Fri Jul 14-18 1-3p.m. \$90.00

From Oz to Wonderland**10-14 years**

Take a trip into the pages of fantasy and imagination as we create art inspired by such creative works as Alice in Wonderland, The Wizard of Oz and more. No experience in art necessary, only enthusiasm.

NBAC

78562 Tue-Fri Aug 5-8 1-3p.m. \$82.00

Jewellery for Young Teens**10-14 years**

Come and learn how to make fun and funky jewellery using hemp, beads, wire, copper, and brass. A materials fee is included in the cost of registration.

NBAC

78534 Mon-Fri Jul 14-18 10a.m.-12p.m. \$110.00

Making Spontaneous Images**10-18 years**

Artmaking offers young people a different form of emotional expression and communication. The main aim of our sessions is to enable growth through engagement with the art materials in a safe group and creative space.

NBAC

78541 Mon-Fri Jul 21-25 1-3p.m. \$100.00

Mandala Art <New>**9-12 years**

Unleash creativity and mindfulness! In this engaging and relaxing class, young artists will explore the beauty of mandalas through patterns, colors, and symmetry. They will learn step-by-step techniques to create their own stunning mandala designs while developing focus, patience, and artistic skills. Perfect for beginners and experienced artists alike, this class encourages self-expression and a sense of calm through art. Join us for a fun and inspiring journey into the world of mandalas!

NBAC

78847	Mon-Fri	Jul 7-11	1-3p.m.	\$100.00
78848	Mon-Fri	Aug 11-15	10a.m.-12p.m.	\$100.00

Octopus's Garden**8-12 years**

Explore your imagination in the world of aquatic and garden life. Through the fusion of landscapes and seascapes, you will be able to experiment with a variety of creative scenarios and try out a range of art materials. Scenes in the sky and outer space will also be explored.

NBAC

78542	Mon-Fri	Aug 18-22	1-3p.m.	\$95.00
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Oil Pastels for Teens**13-18 years**

Immerse yourself in the vibrant, tactile world of oil pastels. An introduction for beginners exploring this medium for the first time or the seasoned artist looking to hone their skills. Create rich and expressive scenes with endless potential.

NBAC

78566	Mon-Fri	Jul 7-11	3-4:30p.m.	\$80.00
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Woodworks**12-16 years**

Learn wood shop safety and the use of hand tools as well as some of the power equipment to make a small wall shelf. The decorative details of the shelf will be an opportunity for individual creative expression.

NBAC

78552	Mon-Fri	Jul 21-25	1-3:30p.m.	\$135.00
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Woodworks – Next Level**12-16 years**

Participants will revisit their skills of wood shop safety and the use of hand tools as well as some of the power equipment to make a box in the form of a traditional Japanese toolbox. Recommended for participants who have attended the Woodworks wall shelf class or who have familiarity with the use of woodworking tools.

NBAC

78553	Mon-Fri	Aug 11-15	1-3:30p.m.	\$135.00
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World of Crayons, Markers and Pastels

6-10 years

Crayons, markers, and pastels are found in many children’s art supplies but over time they can seem juvenile, disposable, or just boring. This class will push the boundaries and limits of your art supplies – come explore a variety of new ways to create exciting and original works of art.

NBAC

78554 Mon-Fri Jul 28-Aug 1 10:30a.m.-12p.m. \$78.00

Child and Youth Recreation

Free Children’s Summer Program

5-12 years

Keep your kids active this summer with supervised play activities that build creativity, imagination and positive self-image. The Free Children’s Summer Program offers leader-facilitated play opportunities that develop and foster life skills, creativity, imagination and positive self-image, while also promoting a physical, active lifestyle. The program welcomes children and youth of all abilities. Children registering must be 5 years old by start of program. Due to the high number of participants, we ask that individuals requiring one-on-one support/ assistance please bring an attendant/support person. Pre-Registration required. Children will only be able to register for two 1-week sessions. Should you wish to be put on a wait list for additional weeks please call the City of Regina Playline. After you have registered online or by phone, please fill out a Participation Information Form, which can be found online and return it to your location on the first day your child attends program. If you wish to register your child after a session has started, please contact the City of Regina Playline at 306-777-7529 to see if there is any remaining availability. In the event of unforeseen circumstances, please confirm the site status at Regina.ca/freeprograms.

All free children's summer program registrations must be completed under the 2025 Free Children's Summer Program Activity Package (#79199).

Connaught School

Mon-Fri	Jul 7-11	11:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	11:30a.m.-4:30p.m.
Mon-Fri	Jul 21-25	11:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	11:30a.m.-4:30p.m.
Tue-Fri	Aug 5-8	11:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	11:30a.m.-4:30p.m.

Glencairn Neighborhood Recreation Centre

Mon-Fri	Jul 7-11	9:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	9:30a.m.-4:30p.m.

Mon-Fri	Jul 21-25	9:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	9:30a.m.-4:30p.m.
Tue-Fri	Aug 5-8	9:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	9:30a.m.-4:30p.m.

Doug Wickenheiser Arena

Mon-Fri	Jul 7-11	9:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	9:30a.m.-4:30p.m.
Mon-Fri	Jul 21-25	9:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	9:30a.m.-4:30p.m.
Mon-Fri	Aug 5-8	9:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	9:30a.m.-4:30p.m.

mâmwêyatitân centre

Mon-Fri	Jul 7-11	9:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	9:30a.m.-4:30p.m.
Mon-Fri	Jul 21-25	9:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	9:30a.m.-4:30p.m.
Tue-Fri	Aug 5-8	9:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	9:30a.m.-4:30p.m.

McDermid Community School

Mon-Fri	Jul 7-11	11:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	11:30a.m.-4:30p.m.
Mon-Fri	Jul 21-25	11:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	11:30a.m.-4:30p.m.
Tue-Fri	Aug 5-8	11:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	11:30a.m.-4:30p.m.

Mitakuyé Owâs'â Centre

Mon-Fri	Jul 7-11	12:30-4:30p.m.
Mon-Fri	Jul 14-18	12:30-4:30p.m.
Mon-Fri	Jul 21-25	12:30-4:30p.m.
Mon-Fri	Jul 28-Aug 1	12:30-4:30p.m.
Tue-Fri	Aug 5-8	12:30-4:30p.m.
Mon-Fri	Aug 11-15	12:30-4:30p.m.

Rosemont Community School

Mon-Fri	Jul 7-11	9:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	9:30a.m.-4:30p.m.

Mon-Fri	Jul 21-25	9:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	9:30a.m.-4:30p.m.
Tue-Fri	Aug 5-8	9:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	9:30a.m.-4:30p.m.

South Leisure Centre

Mon-Fri	Jul 7-11	9:30a.m.-4:30p.m.
Mon-Fri	Jul 14-18	9:30a.m.-4:30p.m.
Mon-Fri	Jul 21-25	9:30a.m.-4:30p.m.
Mon-Fri	Jul 28-Aug 1	9:30a.m.-4:30p.m.
Tue-Fri	Aug 5-8	9:30a.m.-4:30p.m.
Mon-Fri	Aug 11-15	9:30a.m.-4:30p.m.

Child & Youth Sports

Badminton

Children will learn various badminton skills such as footwork, underhand and overhand strokes, serving and scoring. Participants will be able to practice and review a variety of skills each week.

5-7 years

FLDH

78145	Sun	Jun 1-Jul 13	1-2p.m.	\$52.50
78136	Sat	Jun 7-Jul 19	1-2p.m.	\$52.50
78137	Sat	Jun 7-Jul 19	2-3p.m.	\$52.50

NWLC

78686	Sat	Jun 7-26	5-6p.m.	\$60.00
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8-12 years

FLDH

78146	Sun	Jun 1-Jul 13	2-3p.m.	\$52.50
78076	Mon	Jun 2-Jul 14	5-6p.m.	\$52.50
78075	Mon	Jun 2-Jul 14	6-7p.m.	\$52.50
78085	Tue	Jun 3-Jul 15	5-6p.m.	\$52.50
78127	Wed	Jun 4-Jul 16	5-6p.m.	\$52.50
78126	Wed	Jun 4-Jul 16	6-7p.m.	\$52.50
78128	Thu	Jun 5-Jul 17	5-6p.m.	\$52.50
78130	Fri	Jun 6-Jul 18	5-6p.m.	\$52.50

MOC

78678	Sat	Jun 28-Aug 16	10-11a.m.	\$60.00
78679	Sat	Jun 28-Aug 23	11a.m.-12p.m.	\$60.00

NWLC

78685	Sat	Jun 7-Jul 26	6-7p.m.	\$60.00
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Badminton – Teens**13-15 years**

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about the basics of the sport such as proper footwork, serves and returns, net shots, back shots, scoring and other important Badminton skills all while having fun playing the game.

FLDH

78086	Tue	Jun 3-Jul 15	6-7p.m.	\$52.50
78129	Thu	Jun 5-Jul 17	6-7p.m.	\$52.50
78147	Sat	Jun 7-Jul 19	5-6p.m.	\$52.50

Basketball – Kids**5-7 years**

Through this program children will learn basic basketball skills and rules. Drill, teamwork, and scrimmages are also included in its sessions.

FLDH

78087	Tue	Jun 3-Jul 15	4:30-5:30p.m.	\$52.50
78088	Tue	Jun 3-Jul 15	5:30-6:30p.m.	\$52.50

Basketball Fundamental Development

This program will continue building and honing basketball fundamental skills such as passing, shooting, defense and dribbling. Game strategy and teamwork will also be given emphasis, a great way to increase skill level in playing basketball.

CRNC**8-10 years**

78675	Sat	Jun 21-Aug 9	10-11a.m.	\$60.00
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11-13 years

78676	Sat	Jun 21-Aug 9	11a.m.-12p.m.	\$60.00
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FLDH**8-10 years**

78122	Thu	Jun 5-Jul 17	6:30-7:30p.m.	\$52.50
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11-13 years

78123	Thu	Jun 5-Jul 17	7:30-8:30p.m.	\$52.50
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Basketball – Advanced

This program is designed to elevate participants' proficiency in basketball, refining their fundamental techniques including passing, shooting, defense, dribbling, and strategic gameplay through a dynamic blend of intensive coaching, targeted drills, and rigorous training sessions, coupled with hands-on gameplay experience. Knowledge of foundational basketball skills is a prerequisite for enrollment in this program.

FLDH

8-11 years

78077	Mon	Jun 2-Jul 14	5-6p.m.	\$52.50
78091	Wed	Jun 4-Jul 16	5-6p.m.	\$52.50

12-14 years

78078	Mon	Jun 2-Jul 14	6-7p.m.	\$52.50
78092	Wed	Jun 4-Jul 16	6-7p.m.	\$52.50

Dodgeball - Kids

This fun and energetic course introduces kids to the exciting game of Dodgeball! Participants will learn the basic rules, strategies, and teamwork skills needed to play. Through safe and engaging drills, kids will develop their throwing, dodging, and communication skills while enjoying friendly competition. Perfect for beginners looking to have fun and stay active!

FLDH

5-7 years

78124	Fri	Jun 6-Jul 18	5-6p.m.	\$52.50
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8-12 years

78125	Fri	Jun 6-Jul 18	6-7p.m.	\$52.50
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Floor Hockey - Kids

5-7 years

This program is for children who are interested in learning and developing floor hockey skills while playing a variety of fun games.

FLDH

78149	Sun	Jun 8-Jul 13	5-6p.m.	\$45.00
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Football – Kids

This program is for kids to develop football skills, such as passing, catching, and kicking, along with defensive skills.

FLDH

5-7 years

78119	Thu	Jun 5-Jul 17	5-6p.m.	\$52.50
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8-12 years

78121	Thu	Jun 5-Jul 17	6-7p.m.	\$52.50
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Go Girls Sports Jam

Girls only! Participate in a variety of non-competitive sports and activities for fun and fitness. This program will focus on a different activity or sport every day such as soccer, badminton, and track & field. Taught by a female instructor.

FLDH**5-7 years**

78089	Tue	Jun 3-Jul 15	5-6p.m.	\$52.50
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8-12 years

78090	Tue	Jun 3-Jul 15	6-7p.m.	\$52.50
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Lacrosse – Kids**8-12 years**

This class teaches basic skills and rules. Drills and teamwork and other exercises will be included.

FLDH

78150	Sun	Jun 8-Jul 13	6-7p.m.	\$45.00
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Soccer Kids

This class teaches basic skills and rules. Drills, teamwork, and scrimmages will be included. Wear shorts and soccer shin pads.

5-7 years**FLDH**

78080	Mon	Jun 2-Jul 14	6:30-7:30p.m.	\$52.50
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78138	Sat	Jun 7-Jul 19	2-3p.m.	\$52.50
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MOC

78683	Mon	Jun 16-Aug 4	5:30-6:30p.m.	\$60.00
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78682	Thu	Jun 19-Aug 14	5:30-6:30p.m.	\$60.00
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8-12 years**FLDH**

78139	Sat	Jun 7-Jul 19	3-4p.m.	\$52.50
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Mitakuyé Owâs'a Centre

78684	Mon	Jun 16-Aug 4	6:30-7:30p.m.	\$60.00
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78677	Thu	Jun 19-Aug 14	6:30-7:30p.m.	\$60.00
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Sports Jam

Participate in a variety of non-competitive sports and activities for fun and fitness. This program will focus on a different activity or sport each day such as soccer, badminton, track & field, and cooperative games.

FLDH

5-7 years

78132 Fri Jun 6-Jul 18 5:30-6:30p.m. \$52.50

8-12 years

78133 Fri Jun 6-Jul 18 6:30-7:30p.m. \$52.50

Summer Sport and Recreation Day Camp

7-11 years

Spend a whole week at the Fieldhouse and learn how to play a new sport! Participants will be exposed to a variety of activities including yoga, fitness classes and swimming. Participants will also receive instruction from a qualified sport instructor on a specific sport. This is great for participants that want to improve their skill in a sport or are wanting to learn a new sport.

FLDH

78151 Mon-Fri Jul 7-11 8a.m.-4p.m. \$210.00

78152 Mon-Fri Jul 14-18 8a.m.-4p.m. \$210.00

78153 Mon-Fri Jul 28-Aug 1 8a.m.-4p.m. \$210.00

78154 Tue-Fri Aug 5-8 8a.m.-4p.m. \$168.00

78155 Mon-Fri Aug 11-15 8a.m.-4p.m. \$210.00

78156 Mon-Fri Aug 18-22 8a.m.-4p.m. \$210.00

Table Tennis – Intro Junior

Children will learn basic skills in Table Tennis such as gripping, serving, footwork and scoring. Rules in playing the sport will also be taught.

FLDH

8-12 years

78081 Fri Jun 6-Jul 18 6-7p.m. \$60.00

Tennis – Kids Level 1

8-10 years

(1/2 Court). Low compression balls and a smaller court are used to give players more time and control to learn the necessary technique and skill needed to advance their game to full court tennis.

FLDH

78142 Sat Jun 7-Jul 19 10-11a.m. \$52.50

Tennis – Junior Level 1 **11-13 years**

1/2 Court Orange Ball. Low compression balls and a smaller court are used to give players more time and control to learn the necessary technique and skill needed to advance their game to full court tennis.

FLDH

78143 Sat Jun 7-Jul 19 11a.m.-12p.m. \$52.50

Volleyball – Elementary **7-10 years**

Learn to play volleyball or sharpen your skills for the upcoming season by participating in a co-ed volleyball program that teaches skill development in bumping, setting, serving and more.

FLDH

78134 Sat Jun 7-Jul 19 4:30-5:30p.m. \$52.50

Volleyball – Skill Development **11-13 years**

Learn to play volleyball or sharpen your skills for the upcoming season by participating in a co-ed volleyball program that teaches skill development in bumping, setting, serving and more.

FLDH

78135 Sat Jun 7-Jul 19 5:30-6:30p.m. \$52.50

Registered Adult Programs

Legend

- FLDH – Fieldhouse
- NBAC – Neil Balkwill Civic Arts Centre
- NWLC – North West Leisure Centre
- SSLC – Sandra Schmirler Leisure Centre

MATERIAL FEES

Materials may be provided for some classes. If so, the cost of materials will be included with the registration fee. Otherwise, lists of materials for students to purchase are provided on your registration receipt. Please call the Neil Balkwill Civic Arts Centre at 306-777-PLAY (7529) for more information.

Fine Arts – Drawing & Painting

Alcohol Ink Workshop **15 years and up**

What are alcohol inks and why are they so popular? This workshop will introduce you to this incredibly dynamic art medium that lends itself beautifully to abstract art, creates stunning detail and strikingly bold colours. No previous experience necessary.

NBAC

78508	Thu, Fri	Jun 26, 27	2:30-4:30p.m.	\$60.00
78509	Wed, Thu	Jul 30, 31	2:30-4:30p.m.	\$60.00

Composing with Colour

15 years and up

The sky doesn't have to be blue! Let's explore colour schemes and how they can affect the mood of a work of art. We will cover colour theory and practice mixing, then repaint quick acrylic sketches choosing various colour schemes to see the effect on our subject.

NBAC

78723 Tue, Wed Jun 3, 4, 10, 11, 17, 18 7-9:30p.m. \$115.00

Landscapes in Watercolour

15 years and up

This course will introduce students to various brush techniques to paint sunlight, skies, trees, water, houses, barns, seasons, etc. By the end of the course students should be able to integrate all elements into a single watercolour artwork. Past experience in any traditional art media or general drawing skills would be a great asset but not essential.

NBAC

78540 Mon-Fri Jul 14-18 1-4p.m. \$115.00

Mixed Media Watercolour Portraits

15 years and up

Increase the expressiveness of your watercolour portraits through mixed media methods. We will explore imprinting patterns as backgrounds and will combine watercolour with graphite pencil and oil pastels. Instruction in drawing the human head will also be included for those new to the subject.

NBAC

78721 Sat Jun 21, 28 9a.m.-4:30p.m. \$155.00
Sun Jun 22, 29 1-4:30 p.m.

Oil Painting 1

15 years and up

Basic oil painting techniques are taught through classic, yet simple still life and landscape subjects. We will use water-mixable oil paints that are a safer alternative to traditional oils and give identical results. No solvents will be used in this class.

NBAC

78565 Mon-Fri Aug 18-22 1-4p.m. \$115.00

Painting and Drawing Drop-in <FREE>

14 years and up

Spend Friday mornings painting or drawing in your medium of choice. This is a great opportunity to share enthusiasm, experience, and inspiration. Participants must supply their own materials. You don't need to register, and it's free!

NBAC

78545 Fri Jul 4-Aug 29 9-11:30a.m.

Painting in the Landscape**15 years and up**

This is an opportunity to learn the joys of creating art outdoors in Acrylic or your medium of choice. You will learn the skills of seeing and depicting the essence of the surrounding landscape through traditional plein air techniques. This class will focus on colour, composition, light, value, and gestural painting techniques that will bring life to your landscapes.

NBAC

78567 Mon-Fri Jul 21-25 9a.m.-12p.m. \$115.00

Painting Reflections in Acrylic or Watercolours**16 years and up**

In this class, we will look at reflections, whether it be on a window, water, a metal item, or the bumper of a car. We will learn what to look for and how to achieve that look. Students are welcome to bring acrylics or watercolour.

NBAC

78722 Mon-Fri Aug 11-15 1-4p.m. \$115.00

Plein Air Florals**15 years and up**

Learn to paint the structure of the flower from life and how to achieve luminous colour in your choice of medium: watercolour, acrylic, or any sketching materials. We will be painting and sketching outdoors from life, en plein air, inspired by various public floral gardens in Regina! In the event of bad weather, we will have an indoor option and a still life will be set up. Students will meet at the Neil Balkwill Civic Arts Centre at the start of the first class.

NBAC

78569 Mon-Fri Jul 7-11 9a.m.-12p.m. \$115.00

Sketching the Basics**15 years and up**

Learn how to use basic sketching techniques to compose simple but dynamic drawings which may be used as finished works or studies towards more developed projects. We will explore the use of line to represent basic shape, form, light, and shadow in the world around you.

NBAC

78547 Mon-Fri Aug 11-15 1-3:30p.m. \$100.00

Zine Workshop

15 years and up

Unleash your creativity and dive into the exciting world of zines! This workshop will allow you to create your own mini magazine: a unique space for your thoughts, art, and passions. Whether you're a seasoned artist or a beginner, you'll discover the power of self-publishing and the joy of DIY creation. We'll explore the history and diverse world of zines: from punk rock manifestos to personal narratives, discover the boundless possibilities of this independent medium and tell your story!

NBAC

78779 Mon, Tue Jul 28, 29 3-4:30p.m. \$45.00

Fine Arts – Fibre Arts

Fibre Felting Fun

14 years and up

An introduction to fibre felting for beginners. Learn to needle felt a whimsical three-dimensional scene, "paint" with wool and wet felt flowers, bowls, and soap.

NBAC

78561 Mon-Fri Jun 16-20 3-4:30p.m. \$95.00

Open Fibre Night <FREE>

14 years and up

The Regina Weavers and Spinners Guild welcomes you to the world of fibre. Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more. Feel free to bring your work in progress. All ages and skill levels welcome. Registration is not necessary for this drop-in.

NBAC

78544 Thu Jul 24, Aug 28 6:30-9:30p.m.

Fine Arts – Jewellery and Metalwork

Beginner Stained Glass

16 years and up

In this class, you will learn the basic techniques of creating your own stained glass project from start to finish. You will get to create at least one project to take home to hang in a window.

NBAC

78845 Mon-Fri Jul 21-25 1-4p.m. \$165.00
78846 Mon-Fri Aug 25-29 1-4p.m. \$165.00

Enameling Project Class

16 years and up

Work on enameling projects of your own choice in this class. An instructor will be on hand to assist you with any questions or issues. Access will be available to the kiln for kiln firing and the torch for torch firing. A materials fee of \$20, paid at the time of registration, will cover the cost of enamel.

Prerequisite: Previous Enameling class or equivalent experience.

NBAC

78719 Thu Aug 7-28 6:30-9:30p.m. \$145.00

Introduction to Enameling

16 years and up

This weekend workshop introduces you to the colourful art of enameling. Basic skills and techniques of applying enamel to metal will be covered to make vibrant jewellery pieces. Enamels and metal will be provided and a materials fee of \$30 will be included in the class fees.

NBAC

78718 Sat, Sun Jun 21, 22 1-4p.m. \$95.00

Jewellery 1

16 years and up

An introduction to jewellery making using basic silversmithing techniques on sterling silver, copper, and brass. Learn how to saw, drill, file, texture, and solder metal. In this course, you'll create a pierced pendant, a band ring, and projects of your choice. Come explore the world of metal arts!

NBAC

78532 Tue Jul 8-Aug 26 6:30-9:30p.m. \$270.00

Jewellery Project

16 years and up

Work on the jewellery projects of your choice, with the instructor's assistance and advice as required.

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

78535 Thu Jul 10-Aug 28 1-4p.m. \$230.00

Lampwork Bead Project Class

16 years and up

This is an excellent class for students who have taken Lampwork Beads 1 and would like extra torch time to practice and fine-tune their designs. With the instructor in attendance for guidance, you will be able to work on your special beads and assemble your creations into jewellery.

Prerequisite: Lampwork Beads 1.

NBAC

78537 Wed Jul 9-30 1-4p.m. \$133.00

78714 Wed Aug 6-27 6:30-9:30p.m. \$133.00

Lampwork Beads 1

16 years and up

Learn all the fundamentals of making glass beads and studio safety while using a torch. Learn the basics of how to manipulate glass in the flame and shape it into beads using gravity. Create simple surface designs by applying dots, stripes and by using other fundamental techniques such as raking, poking, and twisting to make unique glass beads.

NBAC

78538 Wed Jun 25-Jul 30 6:30-9:30p.m. \$215.00

Fine Arts - Woodworking

Asian Influenced Bench

16 years and up

An intermediate class, each student will build a two-seat bench suitable for interior or exterior use. Made with thick timbers of Western Red Cedar, its sweeping curves reflect the grace of Asian architecture. The class will include stock preparation, lamination and extensive bandsaw use with cutting jigs for forming the curves of both the seat and the slab legs. Materials extra.

Prerequisite: Completion of NBAC Basic woodworking class or instructor's permission.

NBAC

78712 Tue Jul 8-Aug 26 6:30-9:30p.m. \$230.00

Wood Carving Drop-in <FREE>

14 years and up

Drop-in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program.

NBAC

78551 Tue Jul 8-Aug 26 9-11:30a.m.

Aquatic Fitness, Health and Wellness

Programming Note

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529).

Baby & Me Aquacise

14 years and up

Bring baby along and have a complete workout in the pool. You get exercise while babies have fun. Babies aged 3 to 18 months can attend.

SSLC

79225 Wed Jun 4-18 9:15-10a.m. \$16.95

79245 Wed Aug 6-27 8:15-9a.m. \$22.60

Aquacise**14 years and up**

This fitness class uses the natural resistance and buoyancy of water to provide a challenging total-body workout. This class will surely challenge your mind and body with a mix of cardio and muscular conditioning components.

NWLC

79153	Mon	Jun 2-23	8:35-9:20p.m.	\$23.20
79154	Tue	Jun 3-24	8:35-9:20p.m.	\$23.20
79152	Wed	Jun 4-25	8:35-9:20p.m.	\$23.20

SSLC

79213	Mon	Jun 2-16	8:30-9:15p.m.	\$16.95
79220	Tue	Jun 3-17	8:30-9:15p.m.	\$16.95
79224	Wed	Jun 4-18	8:30-9:15p.m.	\$16.95
79231	Thu	Jun 5-19	8:30-9:15p.m.	\$16.95
79244	Tue	Aug 5-26	8:30-9:15p.m.	\$22.60
79248	Wed	Aug 6-27	8:30-9:15p.m.	\$22.60
79249	Thu	Aug 7-28	8:30-9:15p.m.	\$22.80
79243	Mon	Aug 11-25	8:30-9:15p.m.	\$16.95

WOP

78165	Mon	July 7-28	6:00-7:45p.m.	\$23.20
78166	Mon	Aug 4-25	6:00-6:45p.m.	\$23.20

Land Fitness, Health & Wellness

Programming Note

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529).

Baby & Me Bootcamp**15 years and up**

Bring your infant/toddler to this fun and challenging workout. Replenish your tired body with vigor and vitality along with other new parents in this fitness class designed specifically for you. A variety of cardio, strength and core exercises aimed to help restore muscular strength, firm up your body, and improve your energy levels making it easier to run after your little one. This class is suitable for all fitness levels.

FLDH

78379	Wed	Jun 11-Jul 16	10:45-11:45a.m.	\$41.40
78390	Wed	Aug 6-27	10:45-11:45a.m.	\$27.60

Cardio & Tone Interval**15 years and up**

A mid-intensity cardio with weight training in between using dumbbells, bands or bodyweight with a 2:2 ratio. This is followed by core and stretch exercises.

SSLC

79237	Fri	Jun 6-20	11:45a.m.-12:45p.m.	\$16.95
79250	Fri	Aug 8-29	11:45a.m.-12:45p.m.	\$22.60

Fresh Air Fitness and Zen Stretch**15 years and up**

Dress appropriately for a fresh outdoor walk around the lake in Rochdale Park, located behind the North West Leisure Centre. This is followed by an indoor gentle yoga stretch. All participants of any fitness level are welcome. In the event of inclement weather, the outdoor walk will take place in the NWLC Gym.

NWLC

79155	Fri	Jun 6-27	9-10a.m.	\$27.60
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Ninja Sweat**18 years and up**

User Friendly Bootcamp- Simple fit & fun style! This one-hour class targets the entire body starting with walking intervals on the track, then small weights, abs and toning! Each session finishes with a yoga style stretch. No muscle group will be left behind- trust us! Class is open to all levels of fitness.

FLDH

78481	Wed	Aug 6-27	5:30-6:30p.m.	\$27.60
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SoulFusion**16 years and up**

This Beachbody class combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

FLDH

79004	Sat	Jun 7-Jul 19	9:45-10:45a.m.	\$48.30
79005	Sat	Aug 9-30	9:45-10:45a.m.	\$27.60

STEPFit**16 years and up**

This workout benefits the body by using the step for cardio, weight work, and body conditioning sets. All equipment is provided, bring your water to hydrate.

SSLC

79214	Mon	Jun 2-16	5:30-6:30p.m.	\$16.95
79242	Mon	Aug 11-25	5:30-6:30p.m.	\$16.95

Stretch & Tone**15 years and up**

Designed to enhance flexibility, body awareness and alignment to relax and reduce muscle tension and stress. Use of hand weights for muscle toning. *This class will also use dancing and cardio movements to help with balance and stamina.

SSLC

79226	Wed	Jun 4-18	10:30-11:30a.m.	\$16.95
79246	Wed	Aug 6-27	9:30-10:30a.m.	\$22.60

Total Body Sculpting**16 years and up**

This class will sculpt and tone the muscles above and below the belt. Your abs, butt, arms, back and legs will get a great workout with a relaxing stretch to wrap up the class.

SSLC

79221	Tue	Jun 3-17	6:45-7:45p.m.	\$16.95
79227	Wed	Jun 4-18	5:30-6:30p.m.	\$16.95

TRX® Group Suspension Training**14 years and up**

Are you looking for a new workout challenge? Try this small group class using the TRX suspension trainer for strength, balance, flexibility and core.

FLDH

79073	Wed	Jun 11-Jul 16	5:30-6:30p.m.	\$47.70
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Yoga – Flow**15 years and up**

This fun flowing class is moderately paced and focuses on synchronizing yoga postures with your breath. This uplifting class will build strength, flexibility, and balance. Breath work, relaxation and meditation are part of this well-rounded class. You will leave feeling refreshed, renewed, and rejuvenated.

NWLC

79159	Mon	Jun 2-23	7:15-8:15p.m.	\$27.60
79160	Tue	Jun 3-24	6-7p.m.	\$27.60

SSLC

79216	Mon	Jun 2-16	8-9p.m.	\$20.10
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Yoga – Gentle**15 years and up**

A gentle yoga class that blends balance, strength, and flexibility.

NWLC

79161	Mon	Jun 2-23	6-7p.m.	\$27.60
79162	Wed	Jun 4-25	6-7p.m.	\$27.60
79166	Wed	Jul 2-30	6-7p.m.	\$34.50

SSLC

79217	Mon	Jun 2-16	9:15-10:15a.m.	\$20.10
79218	Mon	Jun 2-16	10:30-11:30a.m.	\$20.10
79219	Mon	Jun 2-16	6:45-7:45p.m.	\$20.10
79234	Thu	Jun 5-19	9:15-10:15a.m.	\$20.10
79233	Thu	Jun 5-19	11:45a.m.-12:45p.m.	\$20.10
79232	Thu	Jun 5-19	6:45-7:45p.m.	\$20.10
79238	Fri	Jun 6-20	10:30-11:30a.m.	\$20.10
79247	Wed	Aug 6-27	10:45-11:45a.m.	\$26.80
79240	Mon	Aug 11-25	9:30-10:30a.m.	\$20.10

Yoga – Hatha

15 years and up

A yoga flow class blending balance, strength and flexibility. Basic yoga postures, breathing and relaxation techniques will leave you feeling stronger, more flexible, balanced and relaxed. Must be able to move from the mat to standing with ease and have some yoga experience.

FLDH

78409	Tue	Jun 3-Jul 15	10:30-11:30a.m.	\$41.40
78410	Tue	Aug 5-26	10:30-11:30a.m.	\$27.60

Yoga – Learn to Arm Balance

15 years and up

Ever wondered how yogis pull off those jaw-dropping arm balances you see all over social media? Surprise—it's not all about brute strength! In fact, only about 20% of it comes down to muscle power—the rest is all about technique and mindset. Join us for this fun and supportive workshop where we'll break down the mechanics of arm balances, step by step. We'll start with a strategic warm-up, dive into detailed pose breakdowns, and offer plenty of 1:1 coaching to help you take flight—no superhero core strength required! What to bring: A pillow and some yoga or fitness experience. Let's get balancing!

FLDH

79138	Tue	Aug 5-26	6:30-8p.m.	\$41.40
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Yoga – Yin

15 years and up

After a slow and gentle warm-up, go deep into restorative yoga postures using props to support passive opening of the body. This quiet practice emphasizes space and stillness and is very meditative for the mind.

SSLC

79222	Tue	Jun 3-17	8-9p.m.	\$20.10
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Zumba® Fitness**16 years and up**

Ditch the workout and join the party! This class takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

FLDH

78407	Wed	Jun 4-Jul 16	6:45-7:45p.m.	\$48.30
78408	Wed	Aug 6-27	6:45-7:45p.m.	\$27.60

SSLC

79235	Thu	Jun 5-19	8-9p.m.	\$20.10
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Sports

Badminton-Adults**16 years and up**

This course is designed for those who have beginner and intermediate level in Badminton who want to hone their skills further. Participants will learn about the basics of the sport such as proper footwork, serves and returns, net shots, back shots, scoring and other important Badminton skills all while having fun playing the game.

FLDH

78131	Fri	Jun 6-Jul 18	6-7:30p.m.	\$78.75
78148	Sat	Jun 7-Jul 19	6-7:30p.m.	\$78.75

Intro to Table Tennis**16 years and up**

This class will teach basic skills in Table Tennis such as gripping, serving, footwork and scoring. Rules in playing the sport will also be taught.

FLDH

78082	Fri	Jun 6-Jul 18	7-8p.m.	\$52.50
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Sport Jam – Adults <New>**16 years and up**

Get moving and have fun participating in a mix of non-competitive sports and activities designed to keep you active and engaged. Each day a different sport will be taught. Perfect for staying fit while enjoying a laid back atmosphere!

FLDH

79260	Fri	Jun 6-Jul 18	7-8p.m.	\$52.50
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Tennis – Adult Level 1**16 years and up**

Basic skills including rules and scoring. Ground strokes, defensive and attacking skills, depth and consistency are emphasized.

FLDH

78144 Sat Jun 7-Jul 19 12:15-1:15p.m. \$52.50

Registered Older Adult Programs**Legend**

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Yoga - Boomers and Beyond

This class is designed to meet the unique needs of aging. Yoga postures and movements are modified to meet your physical health challenges. Each week this class will build upon learned poses increasing your strength, balance and flexibility of body and mind.

NWLC

79156	Tue	Jun 3-24	10:30-11:30a.m.	\$27.60
79157	Thu	Jun 5-26	10:30-11:30a.m.	\$27.60
79164	Tue	Jul 1-29	10:30-11:30a.m.	\$34.50
79165	Thu	Jul 3-31	10:30-11:30a.m.	\$34.50

Yoga - Chair

Chair yoga provides an opportunity to stretch, tone and relax in a safe comfortable environment. Great for older adults, a recovering body, chronic conditions and beginners to yoga, expect to maximize tension release and improve your range of motion through correct breathing techniques.

NWLC

79158	Wed	Jun 4-25	1-2p.m.	\$27.60
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SSLC

79215	Mon	Jun 2-16	11:45a.m.-12:45p.m.	\$20.10
79228	Wed	Jun 4-18	11:45a.m.-12:45p.m.	\$20.10
79241	Mon	Aug 11-25	10:45-11:45a.m.	\$20.10

Zumba Gold

Zumba for older adults! This exciting class modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements Zumba Fitness is known for: the Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating atmosphere.

NWLC

79163	Wed	Jun 4-25	10:30-11:30a.m.	\$27.60
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SSLC

79223	Tue	Jun 3-17	10:30-11:30a.m.	\$20.10
79236	Thu	Jun 5-19	10:30-11:30a.m.	\$20.10