

City of Regina 2026 Fall Leisure Guide

Text-Only Version

Registration Information

Regina residents:

Tuesday, August 11

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

Non-residents and non-verified residents:

Thursday, August 18

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

3 Ways to register:

Online Registration

- Go to [Regina.ca/leisureguide](https://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

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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:

August 30-January 2

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

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Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.

Hours may vary according to program needs.

North West Leisure Centre

1127 Arnason St.

306-777-PLAY (7529)

Facility hours:

Monday – Thursday: 8 a.m. - 9:30 p.m.

Friday: 8 a.m. - 8:30 p.m.

Saturday – Sunday: 9 a.m. - 8:30 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:

Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 9 a.m. - 8:30 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

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Sportplex

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

Facility hours:

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](https://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

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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

Wascana Pool
2400 Wascana Dr.
306-777-PLAY (7529)
Open to September 28

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.

Jump Start Spray Pad at Glencairn
Neighbourhood Centre
2626 Dewdney Avenue E

Kinsmen Park South
Westgate Ave. and Kings Rd.

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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.

Māmowimīwēyitamōwin Park
3750 McKinley Ave.

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](https://regina.ca/dropin).

Admission Prices (plus applicable taxes)

Single admissions

Adult (19-64)	\$7.50
Senior (65+)	\$5.86
Youth (13-18)	\$5.16
Child (2-12)	\$3.52
Family*	\$14.99

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

Bulk Admissions (10)	Base Price
Adult (19-64)	\$67.49
Senior (65+)	\$52.70
Youth (13-18)	\$46.63
Child (2-12)	\$31.64
Family*	\$134.88

*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)	\$60.93	\$164.52	\$310.76	\$548.40
Senior (65+)	\$45.70	\$123.39	\$233.05	\$411.28
Youth (13-18)	\$36.56	\$98.71	\$186.44	\$329.00
Child (2-12)	\$27.42	\$74.05	\$139.87	\$246.82
Family*	\$118.82	\$320.82	\$605.99	\$1069.38

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

Swimming Lessons

Legend

LAC – Lawson Aquatic Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

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>

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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 front floats, back floats, and float wearing PFDs.

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

LAC

85113	Tue	Sep 8-Oct 27	5:35-6:05 p.m.	\$63.20
85114	Sun	Sep 13-Nov 1	10:05-10:35 a.m.	\$55.30
85115	Mon	Nov 2-Dec 14	4:55-5:25 p.m.	\$55.30
85116	Sun	Nov 8-Dec 20	10:40-11:10 a.m.	\$55.30

NWLC

84345	Wed	Sep 9-Oct 28	5:10-5:40 p.m.	\$55.30
84375	Thu	Sep 10-Oct 29	2:15-2:45 p.m.	\$63.20
84376	Thu	Sep 10-Oct 29	4:35-5:05 p.m.	\$63.20
84412	Sat	Sep 12-Oct 31	11:50 a.m.-12:20 p.m.	\$63.20
84443	Sun	Sep 13-Nov 1	11:45 a.m.-12:15 p.m.	\$63.20
84290	Mon	Sep 14-Oct 26	4:30-5:05 p.m.	\$55.30
84487	Mon	Nov 2-Dec 14	4:35-5:05 p.m.	\$55.30
84515	Tue	Nov 3-Dec 15	2:15-2:45 p.m.	\$55.30
84748	Sun	Nov 8-Dec 20	11:50 a.m.-12:20 p.m.	\$55.30

SSLC

84592	Mon	Sep 14-Oct 26	10-10:35 a.m.	\$55.30
84603	Mon	Sep 14-Oct 26	5:50-6:25 p.m.	\$55.30
84675	Tue	Sep 15-Oct 27	4:05-4:35 p.m.	\$55.30
84738	Wed	Sep 16-Oct 28	10-10:35 a.m.	\$55.30
84739	Wed	Sep 16-Oct 28	5:30-6:05 p.m.	\$55.30
84803	Thu	Sep 17-Oct 29	10-10:30 a.m.	\$55.30
84804	Thu	Sep 17-Oct 29	5:10-5:40 p.m.	\$55.30
84866	Fri	Sep 18-Oct 30	5:25-5:55 p.m.	\$55.30
84946	Sat	Sep 19-Oct 31	11-11:30 a.m.	\$55.30
84947	Sat	Sep 19-Oct 31	2:10-2:40 p.m.	\$55.30
85015	Sun	Sep 20-Nov 1	10:25-10:55 a.m.	\$55.30
85078	Mon	Nov 2-Dec 14	5:40-6:10 p.m.	\$55.30
85091	Tue	Nov 3-Dec 15	10-10:30 a.m.	\$55.30
85411	Tue	Nov 3-Dec 15	5:25-5:55 p.m.	\$55.30
85412	Wed	Nov 4-Dec 16	10-10:35 a.m.	\$55.30
85413	Wed	Nov 4-Dec 16	5:30-6:05 p.m.	\$55.30
85487	Thu	Nov 5-Dec 17	4:05-4:35 p.m.	\$55.30
85517	Fri	Nov 6-Dec 18	5:10-5:40 p.m.	\$55.30
85576	Sat	Nov 7-Dec 19	11-11:30 a.m.	\$55.30
85577	Sat	Nov 7-Dec 19	2:10-2:40 p.m.	\$55.30
85634	Sun	Nov 8-Dec 20	10:25-10:55 a.m.	\$55.30

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Parent & Tot 2

12–24 months

In this level babies and their caregivers work on entry from a sitting position, getting face wet and in water, attempting to recover objects below the surface, as well as front floats, back floats, kicks, and surface passes with continuous contact.

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

LAC

85118	Sat	Sep 12-Oct 31	12:45-1:15 p.m.	\$55.30
85119	Sun	Sep 13-Nov 1	11:30 a.m.-12 p.m.	\$55.30
85117	Mon	Sep 14-Oct 26	5-5:35 p.m.	\$55.30
85120	Mon	Nov 2-Dec 14	5:30-6 p.m.	\$55.30
85121	Sat	Nov 7-Dec 19	10:15-10:45 a.m.	\$55.30
85122	Sun	Nov 8-Dec 20	9:30-10 a.m.	\$55.30

NWLC

84315	Tue	Sep 8-Oct 27	9-9:30a.m.	\$63.20
84316	Tue	Sep 8-Oct 27	5:10-5:40 p.m.	\$63.20
84346	Wed	Sep 9-Oct 28	2:20-2:50 p.m.	\$55.30
84347	Wed	Sep 9-Oct 28	5:50-6:20 p.m.	\$55.30
84377	Thu	Sep 10-Oct 29	2:50-3:20 p.m.	\$63.20
84395	Fri	Sep 11-Oct 30	5:50-6:20 p.m.	\$63.20
84414	Sat	Sep 12-Oct 31	11:15-11:45 a.m.	\$63.20
84413	Sat	Sep 12-Oct 31	12:05-12:35 p.m.	\$63.20
84444	Sun	Sep 13-Nov 1	10:50-11:20 a.m.	\$63.20
84291	Mon	Sep 14-Oct 26	5:15-5:50 p.m.	\$55.30
84516	Tue	Nov 3-Dec 15	2:50-3:20 p.m.	\$55.30
84517	Tue	Nov 3-Dec 15	5:10-5:40 p.m.	\$55.30
84535	Wed	Nov 4-Dec 16	2:20-2:55 p.m.	\$55.30
84536	Wed	Nov 4-Dec 16	5:50-6:25 p.m.	\$55.30
84615	Thu	Nov 5-Dec 17	5:50-6:20 p.m.	\$55.30
84706	Sat	Nov 7-Dec 19	10:50-11:20 a.m.	\$55.30
84749	Sun	Nov 8-Dec 20	11:15-11:45 a.m.	\$55.30
84750	Sun	Nov 8-Dec 20	12:05-12:35 p.m.	\$55.30

SSLC

84593	Mon	Sep 14-Oct 26	4:10-4:45 p.m.	\$55.30
84676	Tue	Sep 15-Oct 27	11:05-11:35 a.m.	\$55.30
84699	Tue	Sep 15-Oct 27	4:45-5:15 p.m.	\$55.30
84801	Wed	Sep 16-Oct 28	4:45-5:20 p.m.	\$55.30
84832	Thu	Sep 17-Oct 29	10:40-11:10 a.m.	\$55.30
84831	Thu	Sep 17-Oct 29	4:10-4:40 p.m.	\$55.30
84860	Fri	Sep 18-Oct 30	4:35-5:05 p.m.	\$55.30
84949	Sat	Sep 19-Oct 31	10:30-11 a.m.	\$55.30
84950	Sat	Sep 19-Oct 31	2:45-3:15 p.m.	\$55.30
85029	Sun	Sep 20-Nov 1	9:40-10:10 a.m.	\$55.30
85075	Mon	Nov 2-Dec 14	4:10-4:40 p.m.	\$55.30

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85406	Tue	Nov 3-Dec 15	10:40-11:10 a.m.	\$55.30
85407	Tue	Nov 3-Dec 15	4:35-5:05 p.m.	\$55.30
85446	Wed	Nov 4-Dec 16	4:45-5:20 p.m.	\$55.30
85458	Thu	Nov 5-Dec 17	11:05-11:35 a.m.	\$55.30
85457	Thu	Nov 5-Dec 17	4:45-5:15 p.m.	\$55.30
85514	Fri	Nov 6-Dec 18	4:10-4:40 p.m.	\$55.30
85579	Sat	Nov 7-Dec 19	10:30-11 a.m.	\$55.30
85580	Sat	Nov 7-Dec 19	2:45-3:15 p.m.	\$55.30
85645	Sun	Nov 8-Dec 20	9:40-10:10 a.m.	\$55.30

Parent & Tot 3

24–36 months

In this level toddlers and their caregivers work on jump entries, entry and submersion, holding their breath and opening their eyes underwater, as well as front and back starfish/pencil floats and underwater passes.

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

LAC

85124	Wed	Sep 9-Oct 28	4:55-5:25 p.m.	\$55.30
85125	Sat	Sep 12-Oct 31	10:05-10:35 a.m.	\$55.30
85126	Sun	Sep 13-Nov 1	9:30-10 a.m.	\$55.30
85123	Mon	Sep 14-Oct 26	6:10-6:45 p.m.	\$55.30
85127	Tue	Nov 3-Dec 15	6:15-6:45 p.m.	\$55.30
85128	Wed	Nov 4-Dec 16	4:55-5:30 p.m.	\$55.30
85129	Sat	Nov 7-Dec 19	10:40-11:10 a.m.	\$55.30
85130	Sun	Nov 8-Dec 20	12:15-12:45 p.m.	\$55.30

NWLC

84317	Tue	Sep 8-Oct 27	10:50-11:20 a.m.	\$63.20
84348	Wed	Sep 9-Oct 28	12:50-1:20 p.m.	\$55.30
84378	Thu	Sep 10-Oct 29	5:45-6:15 p.m.	\$63.20
84415	Sat	Sep 12-Oct 31	9:35-10:05 a.m.	\$63.20
84445	Sun	Sep 13-Nov 1	12:35-1:05 p.m.	\$63.20
84279	Mon	Sep 14-Oct 26	10:20-10:55 a.m.	\$55.30
84488	Mon	Nov 2-Dec 14	10:15-10:45 a.m.	\$55.30
84489	Mon	Nov 2-Dec 14	5:45-6:15 p.m.	\$55.30
84518	Tue	Nov 3-Dec 15	4:35-5:05 p.m.	\$55.30
84537	Wed	Nov 4-Dec 16	12:50-1:25 p.m.	\$55.30
84616	Thu	Nov 5-Dec 17	10:55-11:25 a.m.	\$55.30
84649	Fri	Nov 6-Dec 18	5:10-5:40 p.m.	\$55.30
84707	Sat	Nov 7-Dec 19	12:35-1:05 p.m.	\$55.30
84751	Sun	Nov 8-Dec 20	9:35-10:05 a.m.	\$55.30

SSLC

84594	Mon	Sep 14-Oct 26	10:45-11:20 a.m.	\$55.30
84604	Mon	Sep 14-Oct 26	4:55-5:30 p.m.	\$55.30

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84677	Tue	Sep 15-Oct 27	11:35 a.m.-12:05 p.m.	\$55.30
84688	Tue	Sep 15-Oct 27	5:20-5:50 p.m.	\$55.30
84795	Wed	Sep 16-Oct 28	10:45-11:20 a.m.	\$55.30
84796	Wed	Sep 16-Oct 28	4:10-4:45 p.m.	\$55.30
84836	Thu	Sep 17-Oct 29	4:40-5:10 p.m.	\$55.30
84851	Fri	Sep 18-Oct 30	4:10-4:40 p.m.	\$55.30
84850	Fri	Sep 18-Oct 30	6-6:30 p.m.	\$55.30
84891	Sat	Sep 19-Oct 31	9:40-10:10 a.m.	\$55.30
84890	Sat	Sep 19-Oct 31	12:15-12:45 p.m.	\$55.30
84892	Sat	Sep 19-Oct 31	1:30-2 p.m.	\$55.30
85024	Sun	Sep 20-Nov 1	9:10-9:40 a.m.	\$55.30
85023	Sun	Sep 20-Nov 1	10:55-11:25 a.m.	\$55.30
85079	Mon	Nov 2-Dec 14	11:05-11:35 a.m.	\$55.30
85080	Mon	Nov 2-Dec 14	4:50-5:20 p.m.	\$55.30
85397	Tue	Nov 3-Dec 15	4:10-4:40 p.m.	\$55.30
85396	Tue	Nov 3-Dec 15	6-6:30 p.m.	\$55.30
85440	Wed	Nov 4-Dec 16	10:45-11:20 a.m.	\$55.30
85439	Wed	Nov 4-Dec 16	4:10-4:45 p.m.	\$55.30
85452	Thu	Nov 5-Dec 17	11:35 a.m.-12:05 p.m.	\$55.30
85454	Thu	Nov 5-Dec 17	5:20-5:50 p.m.	\$55.30
85519	Fri	Nov 6-Dec 18	4:40-5:10 p.m.	\$55.30
85544	Sat	Nov 7-Dec 19	9:40-10:10 a.m.	\$55.30
85543	Sat	Nov 7-Dec 19	12:15-12:45 p.m.	\$55.30
85545	Sat	Nov 7-Dec 19	1:30-2 p.m.	\$55.30
85642	Sun	Nov 8-Dec 20	9:10-9:40 a.m.	\$55.30
85641	Sun	Nov 8-Dec 20	10:55-11:25 a.m.	\$55.30

<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.

LAC

85132	Wed	Sep 9-Oct 28	5:30-6 p.m.	\$55.30
85133	Thu	Sep 10-Oct 29	4:55-5:25 p.m.	\$63.20
85134	Sat	Sep 12-Oct 31	9:30-10 a.m.	\$55.30
85135	Sat	Sep 12-Oct 31	1:20-1:50 p.m.	\$55.30
85136	Sun	Sep 13-Nov 1	10:50-11:20 a.m.	\$55.30
85137	Sun	Sep 13-Nov 1	12:25-12:55 p.m.	\$55.30
85131	Mon	Sep 14-Oct 26	5:35-6:10 p.m.	\$55.30
85138	Mon	Nov 2-Dec 14	6:15-6:45 p.m.	\$55.30
85139	Wed	Nov 4-Dec 16	5:30-6:05 p.m.	\$55.30
85140	Wed	Nov 4-Dec 16	6:55-7:30 p.m.	\$55.30

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85141	Thu	Nov 5-Dec 17	1:15-1:45 p.m.	\$55.30
85142	Thu	Nov 5-Dec 17	6:15-6:45 p.m.	\$55.30
85143	Sat	Nov 7-Dec 19	11:15-11:45 a.m.	\$55.30
85144	Sun	Nov 8-Dec 20	10:40-11:10 a.m.	\$55.30
85145	Sun	Nov 8-Dec 20	11:15-11:45 a.m.	\$55.30

NWLC

84318	Tue	Sep 8-Oct 27	4:35-5:05 p.m.	\$63.20
84319	Tue	Sep 8-Oct 27	5:50-6:20 p.m.	\$63.20
84349	Wed	Sep 9-Oct 28	3-3:30 p.m.	\$55.30
84350	Wed	Sep 9-Oct 28	4:30-5 p.m.	\$55.30
84351	Wed	Sep 9-Oct 28	5:20-5:50 p.m.	\$55.30
84379	Thu	Sep 10-Oct 29	1:35-2:05 p.m.	\$63.20
84381	Thu	Sep 10-Oct 29	4:05-4:35 p.m.	\$63.20
84380	Thu	Sep 10-Oct 29	5:10-5:40 p.m.	\$63.20
84396	Fri	Sep 11-Oct 30	4:05-4:35 p.m.	\$63.20
84397	Fri	Sep 11-Oct 30	4:30-5 p.m.	\$63.20
84417	Sat	Sep 12-Oct 31	9:45-10:15 a.m.	\$63.20
84416	Sat	Sep 12-Oct 31	10:45-11:15 a.m.	\$63.20
84448	Sun	Sep 13-Nov 1	9:40-10:10 a.m.	\$63.20
84446	Sun	Sep 13-Nov 1	10:10-10:40 a.m.	\$63.20
84447	Sun	Sep 13-Nov 1	12:55-1:25 p.m.	\$63.20
84280	Mon	Sep 14-Oct 26	9:40-10:15 a.m.	\$79.00
84292	Mon	Sep 14-Oct 26	4-4:35 p.m.	\$55.30
84293	Mon	Sep 14-Oct 26	5:15-5:50 p.m.	\$55.30
84490	Mon	Nov 2-Dec 14	10:50-11:20 a.m.	\$55.30
84492	Mon	Nov 2-Dec 14	4:05-4:35 p.m.	\$55.30
84491	Mon	Nov 2-Dec 14	5:10-5:40 p.m.	\$55.30
84519	Tue	Nov 3-Dec 15	1:35-2:05 p.m.	\$55.30
84520	Tue	Nov 3-Dec 15	4-4:30 p.m.	\$55.30
84521	Tue	Nov 3-Dec 15	5:15-5:45 p.m.	\$55.30
84539	Wed	Nov 4-Dec 16	3-3:35 p.m.	\$55.30
84538	Wed	Nov 4-Dec 16	5:10-5:45 p.m.	\$55.30
84540	Wed	Nov 4-Dec 16	5:20-5:55 p.m.	\$55.30
84617	Thu	Nov 5-Dec 17	9-9:30 a.m.	\$55.30
84618	Thu	Nov 5-Dec 17	4:05-4:35 p.m.	\$55.30
84650	Fri	Nov 6-Dec 18	5:50-6:20 p.m.	\$55.30
84708	Sat	Nov 7-Dec 19	10:10-10:40 a.m.	\$55.30
84709	Sat	Nov 7-Dec 19	12:55-1:25 p.m.	\$55.30
84752	Sun	Nov 8-Dec 20	9-9:30 a.m.	\$55.30
84753	Sun	Nov 8-Dec 20	9:45-10:15 a.m.	\$55.30
84754	Sun	Nov 8-Dec 20	10:45-11:15 a.m.	\$55.30

SSLC

84601	Mon	Sep 14-Oct 26	10:05-10:40 a.m.	\$55.30
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84595	Mon	Sep 14-Oct 26	11:20-11:55 a.m.	\$55.30
84602	Mon	Sep 14-Oct 26	4-4:35 p.m.	\$55.30
84600	Mon	Sep 14-Oct 26	6:25-7 p.m.	\$55.30
84678	Tue	Sep 15-Oct 27	11:40 a.m.-12:10 p.m.	\$55.30
84684	Tue	Sep 15-Oct 27	4:10-4:40 p.m.	\$55.30
84683	Tue	Sep 15-Oct 27	4:35-5:05 p.m.	\$55.30
84744	Wed	Sep 16-Oct 28	10:05-10:40 a.m.	\$55.30
84742	Wed	Sep 16-Oct 28	11:20-11:55 a.m.	\$55.30
84745	Wed	Sep 16-Oct 28	4-4:35 p.m.	\$55.30
84743	Wed	Sep 16-Oct 28	5:20-5:55 p.m.	\$55.30
84809	Thu	Sep 17-Oct 29	11:10-11:40 a.m.	\$55.30
84811	Thu	Sep 17-Oct 29	4:40-5:10 p.m.	\$55.30
84810	Thu	Sep 17-Oct 29	6:05-6:35 p.m.	\$55.30
84845	Fri	Sep 18-Oct 30	4-4:30 p.m.	\$55.30
84919	Sat	Sep 19-Oct 31	9-9:30 a.m.	\$55.30
84920	Sat	Sep 19-Oct 31	10:20-10:50 a.m.	\$55.30
84922	Sat	Sep 19-Oct 31	2:05-2:35 p.m.	\$55.30
84921	Sat	Sep 19-Oct 31	2:40-3:10 p.m.	\$55.30
84984	Sun	Sep 20-Nov 1	9:40-10:10 a.m.	\$55.30
84983	Sun	Sep 20-Nov 1	12-12:30 p.m.	\$55.30
84986	Sun	Sep 20-Nov 1	12:55-1:25 p.m.	\$55.30
84988	Sun	Sep 20-Nov 1	5:35-6:05 p.m.	\$55.30
85054	Mon	Nov 2-Dec 14	11:35 a.m.-12:05 p.m.	\$55.30
85056	Mon	Nov 2-Dec 14	4-4:30 p.m.	\$55.30
85055	Mon	Nov 2-Dec 14	6:15-6:45 p.m.	\$55.30
85096	Tue	Nov 3-Dec 15	11:10-11:40 a.m.	\$55.30
85097	Tue	Nov 3-Dec 15	4-4:30 p.m.	\$55.30
85419	Wed	Nov 4-Dec 16	10:05-10:40 a.m.	\$55.30
85417	Wed	Nov 4-Dec 16	11:20-11:55 a.m.	\$55.30
85420	Wed	Nov 4-Dec 16	4-4:35 p.m.	\$55.30
85418	Wed	Nov 4-Dec 16	5:20-5:55 p.m.	\$55.30
85477	Thu	Nov 5-Dec 17	11:40 a.m.-12:10 p.m.	\$55.30
85476	Thu	Nov 5-Dec 17	4:10-4:40 p.m.	\$55.30
85475	Thu	Nov 5-Dec 17	4:35-5:05 p.m.	\$55.30
85507	Fri	Nov 6-Dec 18	4:40-5:10 p.m.	\$55.30
85506	Fri	Nov 6-Dec 18	6:05-6:35 p.m.	\$55.30
85566	Sat	Nov 7-Dec 19	9-9:30 a.m.	\$55.30
85567	Sat	Nov 7-Dec 19	10:20-10:50 a.m.	\$55.30
85569	Sat	Nov 7-Dec 19	2:05-2:35 p.m.	\$55.30
85568	Sat	Nov 7-Dec 19	2:40-3:10 p.m.	\$55.30
85613	Sun	Nov 8-Dec 20	9:40-10:10 a.m.	\$55.30
85612	Sun	Nov 8-Dec 20	12-12:30 p.m.	\$55.30
85614	Sun	Nov 8-Dec 20	12:55-1:25 p.m.	\$55.30
85615	Sun	Nov 8-Dec 20	5:35-6:05 p.m.	\$55.30

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Preschool 2

3–5 years

Pre-requisite: Your child must be able to enter and exit shallow water, jump into chest deep water (assisted), put their face in the water, as well as perform front and back floats, and glides on front and back.

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

85148	Wed	Sep 9-Oct 28	6:05-6:35 p.m.	\$55.30
85149	Sat	Sep 12-Oct 31	10:50-11:20 a.m.	\$55.30
85150	Sat	Sep 12-Oct 31	12:05-12:35 p.m.	\$55.30
85151	Sun	Sep 13-Nov 1	10:40-11:10 a.m.	\$55.30
85146	Mon	Sep 14-Oct 26	6:30-7:05 p.m.	\$55.30
85147	Mon	Sep 14-Oct 26	6:50-7:25 p.m.	\$55.30
85153	Tue	Nov 3-Dec 15	5:30-6 p.m.	\$55.30
85152	Tue	Nov 3-Dec 15	6:50-7:20 p.m.	\$55.30
85154	Wed	Nov 4-Dec 16	5:30-6:05 p.m.	\$55.30
85155	Thu	Nov 5-Dec 17	1:50-2:20 p.m.	\$55.30
85156	Thu	Nov 5-Dec 17	5:30-6 p.m.	\$55.30
85157	Sat	Nov 7-Dec 19	9:30-10 a.m.	\$55.30
85158	Sun	Nov 8-Dec 20	10:15-10:45 a.m.	\$55.30

NWLC

84320	Tue	Sep 8-Oct 27	10:15-10:45 a.m.	\$63.20
84321	Tue	Sep 8-Oct 27	5:15-5:45 p.m.	\$63.20
84322	Tue	Sep 8-Oct 27	5:45-6:15 p.m.	\$63.20
84352	Wed	Sep 9-Oct 28	1:30-2 p.m.	\$55.30
84353	Wed	Sep 9-Oct 28	4-4:30 p.m.	\$55.30
84382	Thu	Sep 10-Oct 29	1-1:30 p.m.	\$63.20
84384	Thu	Sep 10-Oct 29	5:10-5:40 p.m.	\$63.20
84383	Thu	Sep 10-Oct 29	6-6:30 p.m.	\$63.20
84398	Fri	Sep 11-Oct 30	4:35-5:05 p.m.	\$63.20
84418	Sat	Sep 12-Oct 31	9-9:30 a.m.	\$63.20
84419	Sat	Sep 12-Oct 31	11:30 a.m.-12 p.m.	\$63.20
84420	Sat	Sep 12-Oct 31	12:55-1:25 p.m.	\$63.20
84449	Sun	Sep 13-Nov 1	9-9:30 a.m.	\$63.20
84450	Sun	Sep 13-Nov 1	11:10-11:40 a.m.	\$63.20
84281	Mon	Sep 14-Oct 26	9-9:35 a.m.	\$55.30
84294	Mon	Sep 14-Oct 26	5:55-6:30 p.m.	\$55.30
84494	Mon	Nov 2-Dec 14	9-9:30 a.m.	\$55.30
84495	Mon	Nov 2-Dec 14	5:10-5:40 p.m.	\$55.30

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84493	Mon	Nov 2-Dec 14	6-6:30 p.m.	\$55.30
84522	Tue	Nov 3-Dec 15	1-1:30 p.m.	\$55.30
84523	Tue	Nov 3-Dec 15	5:50-6:20 p.m.	\$55.30
84541	Wed	Nov 4-Dec 16	1:30-2:05 p.m.	\$55.30
84542	Wed	Nov 4-Dec 16	4-4:35 p.m.	\$55.30
84619	Thu	Nov 5-Dec 17	10:20-10:50 a.m.	\$55.30
84620	Thu	Nov 5-Dec 17	4:35-5:05 p.m.	\$55.30
84653	Fri	Nov 6-Dec 18	4:35-5:05 p.m.	\$55.30
84652	Fri	Nov 6-Dec 18	5:15-5:45 p.m.	\$55.30
84651	Fri	Nov 6-Dec 18	5:45-6:15 p.m.	\$55.30
84712	Sat	Nov 7-Dec 19	9-9:30 a.m.	\$55.30
84710	Sat	Nov 7-Dec 19	11:10-11:40 a.m.	\$55.30
84711	Sat	Nov 7-Dec 19	11:45 a.m.-12:15 p.m.	\$55.30
84755	Sun	Nov 8-Dec 20	11:30 a.m.-12 p.m.	\$55.30
84756	Sun	Nov 8-Dec 20	12:20-12:50 p.m.	\$55.30

SSLC

84596	Mon	Sep 14-Oct 26	11:25 a.m.-12 p.m.	\$55.30
84605	Mon	Sep 14-Oct 26	4:45-5:20 p.m.	\$55.30
84637	Mon	Sep 14-Oct 26	5:35-6:10 p.m.	\$55.30
84679	Tue	Sep 15-Oct 27	11-11:30 a.m.	\$55.30
84686	Tue	Sep 15-Oct 27	5:15-5:45 p.m.	\$55.30
84685	Tue	Sep 15-Oct 27	5:45-6:15 p.m.	\$55.30
84791	Wed	Sep 16-Oct 28	11:25 a.m.-12 p.m.	\$55.30
84790	Wed	Sep 16-Oct 28	4:55-5:30 p.m.	\$55.30
84792	Wed	Sep 16-Oct 28	6-6:35 p.m.	\$55.30
84814	Thu	Sep 17-Oct 29	10:05-10:35 a.m.	\$55.30
84812	Thu	Sep 17-Oct 29	4-4:30 p.m.	\$55.30
84813	Thu	Sep 17-Oct 29	5:25-5:55 p.m.	\$55.30
84815	Thu	Sep 17-Oct 29	6-6:30 p.m.	\$55.30
84839	Fri	Sep 18-Oct 30	4:55-5:25 p.m.	\$55.30
84840	Fri	Sep 18-Oct 30	5:25-5:55 p.m.	\$55.30
84867	Fri	Sep 18-Oct 30	6-6:30 p.m.	\$55.30
84895	Sat	Sep 19-Oct 31	9:50-10:20 a.m.	\$55.30
84894	Sat	Sep 19-Oct 31	11:25-11:55 a.m.	\$55.30
84893	Sat	Sep 19-Oct 31	12:50-1:20 p.m.	\$55.30
84896	Sat	Sep 19-Oct 31	1:35-2:05 p.m.	\$55.30
84998	Sun	Sep 20-Nov 1	9-9:30 a.m.	\$55.30
84997	Sun	Sep 20-Nov 1	10:30-11 a.m.	\$55.30
85000	Sun	Sep 20-Nov 1	11:35 a.m.-12:05 p.m.	\$55.30
85001	Sun	Sep 20-Nov 1	6:10-6:40 p.m.	\$55.30
85002	Sun	Sep 20-Nov 1	6:50-7:20 p.m.	\$55.30
85081	Mon	Nov 2-Dec 14	11:40 a.m.-12:10 p.m.	\$55.30
85082	Mon	Nov 2-Dec 14	4:40-5:10 p.m.	\$55.30
85083	Mon	Nov 2-Dec 14	5:25-5:55 p.m.	\$55.30
85101	Tue	Nov 3-Dec 15	10:05-10:35 a.m.	\$55.30

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85099	Tue	Nov 3-Dec 15	4:55-5:25 p.m.	\$55.30
85100	Tue	Nov 3-Dec 15	5:25-5:55 p.m.	\$55.30
85103	Tue	Nov 3-Dec 15	6-6:30 p.m.	\$55.30
85434	Wed	Nov 4-Dec 16	11:25a.m.-12 p.m.	\$55.30
85433	Wed	Nov 4-Dec 16	4:55-5:30 p.m.	\$55.30
85435	Wed	Nov 4-Dec 16	6-6:35 p.m.	\$55.30
85449	Thu	Nov 5-Dec 17	11-11:30 a.m.	\$55.30
85451	Thu	Nov 5-Dec 17	5:15-5:45 p.m.	\$55.30
85450	Thu	Nov 5-Dec 17	5:45-6:15 p.m.	\$55.30
85493	Fri	Nov 6-Dec 18	4-4:30 p.m.	\$55.30
85494	Fri	Nov 6-Dec 18	5:25-5:55 p.m.	\$55.30
85495	Fri	Nov 6-Dec 18	6-6:30 p.m.	\$55.30
85548	Sat	Nov 7-Dec 19	9:50-10:20 a.m.	\$55.30
85547	Sat	Nov 7-Dec 19	11:25-11:55 a.m.	\$55.30
85546	Sat	Nov 7-Dec 19	12:50-1:20 p.m.	\$55.30
85549	Sat	Nov 7-Dec 19	1:35-2:05 p.m.	\$55.30
85621	Sun	Nov 8-Dec 20	9-9:30 a.m.	\$55.30
85620	Sun	Nov 8-Dec 20	10:30-11 a.m.	\$55.30
85622	Sun	Nov 8-Dec 20	11:35 a.m.-12:05 p.m.	\$55.30
85623	Sun	Nov 8-Dec 20	6:10-6:40 p.m.	\$55.30
85624	Sun	Nov 8-Dec 20	6:50-7:20 p.m.	\$55.30

Preschool 3

3–5 years

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

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

85160	Wed	Sep 9-Oct 28	6:25-6:55 p.m.	\$55.30
85161	Thu	Sep 10-Oct 29	5:30-6 p.m.	\$63.20
85162	Sat	Sep 12-Oct 31	11:25-11:55 a.m.	\$55.30
85163	Sun	Sep 13-Nov 1	12:25-12:55 p.m.	\$55.30
85159	Mon	Sep 14-Oct 26	5:30-6:05 p.m.	\$55.30
85164	Tue	Nov 3-Dec 15	6:50-7:20 p.m.	\$55.30
85165	Wed	Nov 4-Dec 16	6:15-6:50 p.m.	\$55.30
85169	Thu	Nov 5-Dec 17	2:45-3:15 p.m.	\$55.30
85166	Thu	Nov 5-Dec 17	6:50-7:20 p.m.	\$55.30
85167	Sat	Nov 7-Dec 19	11:25-11:55 a.m.	\$55.30

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85168 Sun Nov 8-Dec 20 10:05-10:35 a.m. \$55.30

NWLC

84323 Tue Sep 8-Oct 27 9:35-10:05 a.m. \$63.20
 84324 Tue Sep 8-Oct 27 4:05-4:35 p.m. \$63.20
 84354 Wed Sep 9-Oct 28 4:40-5:10 p.m. \$55.30
 84385 Thu Sep 10-Oct 29 4-4:30 p.m. \$63.20
 84399 Fri Sep 11-Oct 30 5:05-5:35 p.m. \$63.20
 84422 Sat Sep 12-Oct 31 10:20-10:50 a.m. \$63.20
 84421 Sat Sep 12-Oct 31 12:20-12:50 p.m. \$63.20
 84451 Sun Sep 13-Nov 1 9:05-9:35 a.m. \$63.20
 84295 Mon Sep 14-Oct 26 4:35-5:10 p.m. \$55.30
 84496 Mon Nov 2-Dec 14 9:35-10:05 a.m. \$55.30
 84497 Mon Nov 2-Dec 14 4-4:30 p.m. \$55.30
 84524 Tue Nov 3-Dec 15 4:40-5:10 p.m. \$55.30
 84543 Wed Nov 4-Dec 16 4:30-5:05 p.m. \$55.30
 84544 Wed Nov 4-Dec 16 5:15-5:50 p.m. \$55.30
 84621 Thu Nov 5-Dec 17 9:35-10:05 a.m. \$55.30
 84622 Thu Nov 5-Dec 17 5:05-5:35 p.m. \$55.30
 84654 Fri Nov 6-Dec 18 4:05-4:35 p.m. \$55.30
 84713 Sat Nov 7-Dec 19 9:05-9:35 a.m. \$55.30
 84757 Sun Nov 8-Dec 20 10:20-10:50 a.m. \$55.30
 84758 Sun Nov 8-Dec 20 12:55-1:25 p.m. \$55.30

SSLC

84634 Mon Sep 14-Oct 26 10:40-11:15 a.m. \$55.30
 84597 Mon Sep 14-Oct 26 4:40-5:15 p.m. \$55.30
 84635 Mon Sep 14-Oct 26 5:15-5:50 p.m. \$55.30
 84636 Mon Sep 14-Oct 26 7:05-7:40 p.m. \$55.30
 84680 Tue Sep 15-Oct 27 4:40-5:10 p.m. \$55.30
 84687 Tue Sep 15-Oct 27 5:55-6:25 p.m. \$55.30
 84740 Wed Sep 16-Oct 28 10:40-11:15 a.m. \$55.30
 84787 Wed Sep 16-Oct 28 4:40-5:15 p.m. \$55.30
 84741 Wed Sep 16-Oct 28 5:20-5:55 p.m. \$55.30
 84805 Thu Sep 17-Oct 29 10:35-11:05 a.m. \$55.30
 84807 Thu Sep 17-Oct 29 11:15-11:45 a.m. \$55.30
 84808 Thu Sep 17-Oct 29 4:35-5:05 p.m. \$55.30
 84806 Thu Sep 17-Oct 29 6:05-6:35 p.m. \$55.30
 84868 Fri Sep 18-Oct 30 4:35-5:05 p.m. \$55.30
 84941 Sat Sep 19-Oct 31 9:05-9:35 a.m. \$55.30
 84942 Sat Sep 19-Oct 31 12:50-1:20 p.m. \$55.30
 84944 Sat Sep 19-Oct 31 2:05-2:35 p.m. \$55.30
 84945 Sat Sep 19-Oct 31 2:40-3:10 p.m. \$55.30
 85006 Sun Sep 20-Nov 1 9:05-9:35 a.m. \$55.30
 85005 Sun Sep 20-Nov 1 12:50-1:20 p.m. \$55.30
 85007 Sun Sep 20-Nov 1 5:40-6:10 p.m. \$55.30

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85050	Mon	Nov 2-Dec 14	11-11:30 a.m.	\$55.30
85053	Mon	Nov 2-Dec 14	4:35-5:05 p.m.	\$55.30
85051	Mon	Nov 2-Dec 14	5:10-5:40 p.m.	\$55.30
85052	Mon	Nov 2-Dec 14	6:50-7:20 p.m.	\$55.30
85092	Tue	Nov 3-Dec 15	10:35-11:05 a.m.	\$55.30
85093	Tue	Nov 3-Dec 15	11:15-11:45 a.m.	\$55.30
85095	Tue	Nov 3-Dec 15	4:35-5:05 p.m.	\$55.30
85414	Wed	Nov 4-Dec 16	10:40-11:15 a.m.	\$55.30
85415	Wed	Nov 4-Dec 16	4:40-5:15 p.m.	\$55.30
85416	Wed	Nov 4-Dec 16	5:20-5:55 p.m.	\$55.30
85486	Thu	Nov 5-Dec 17	4:40-5:10 p.m.	\$55.30
85485	Thu	Nov 5-Dec 17	5:55-6:25 p.m.	\$55.30
85516	Fri	Nov 6-Dec 18	4:35-5:05 p.m.	\$55.30
85515	Fri	Nov 6-Dec 18	6:05-6:35 p.m.	\$55.30
85572	Sat	Nov 7-Dec 19	9:05-9:35 a.m.	\$55.30
85573	Sat	Nov 7-Dec 19	12:50-1:20 p.m.	\$55.30
85574	Sat	Nov 7-Dec 19	2:05-2:35 p.m.	\$55.30
85575	Sat	Nov 7-Dec 19	2:40-3:10 p.m.	\$55.30
85629	Sun	Nov 8-Dec 20	9:05-9:35 a.m.	\$55.30
85628	Sun	Nov 8-Dec 20	12:50-1:20 p.m.	\$55.30
85630	Sun	Nov 8-Dec 20	5:40-6:10 p.m.	\$55.30

Preschool 4 3–5 years

Pre-requisite: Your child must be able to jump into deep water wearing a PFD, hold their breath underwater, recover an object from the bottom, as well as perform a back float; roll to front and swim 3 metres, front and back glides, and front and back flutter kick.

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

85170	Tue	Sep 8-Oct 27	6:15-6:45 p.m.	\$63.20
85171	Wed	Sep 9-Oct 28	5:30-6 p.m.	\$55.30
85172	Thu	Sep 10-Oct 29	6:50-7:20 p.m.	\$63.20
85173	Sat	Sep 12-Oct 31	9:30-10 a.m.	\$55.30
85174	Sun	Sep 13-Nov 1	10:05-10:35 a.m.	\$55.30
85175	Mon	Nov 2-Dec 14	6:05-6:35 p.m.	\$55.30
85176	Mon	Nov 2-Dec 14	6:50-7:20 p.m.	\$55.30
85177	Wed	Nov 4-Dec 16	6:25-7 p.m.	\$55.30
85178	Thu	Nov 5-Dec 17	6:05-6:35 p.m.	\$55.30
85179	Sat	Nov 7-Dec 19	9:30-10 a.m.	\$55.30
85180	Sat	Nov 7-Dec 19	12:35-1:05 p.m.	\$55.30

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NWLC

84325	Tue	Sep 8-Oct 27	5:05-5:35 p.m.	\$63.20
84355	Wed	Sep 9-Oct 28	5:15-5:45 p.m.	\$55.30
84400	Fri	Sep 11-Oct 30	5:45-6:15 p.m.	\$63.20
84423	Sat	Sep 12-Oct 31	10:55-11:25 a.m.	\$63.20
84452	Sun	Sep 13-Nov 1	10:15-10:45 a.m.	\$63.20
84296	Mon	Sep 14-Oct 26	4-4:35 p.m.	\$55.30
84525	Tue	Nov 3-Dec 15	4-4:30 p.m.	\$55.30
84545	Wed	Nov 4-Dec 16	4:40-5:15 p.m.	\$55.30
84623	Thu	Nov 5-Dec 17	4-4:30 p.m.	\$55.30
84655	Fri	Nov 6-Dec 18	5:05-5:35 p.m.	\$55.30
84714	Sat	Nov 7-Dec 19	11:50 a.m.-12:20 p.m.	\$55.30
84759	Sun	Nov 8-Dec 20	10:55-11:25 a.m.	\$55.30

SSLC

84638	Mon	Sep 14-Oct 26	4:05-4:40 p.m.	\$55.30
84681	Tue	Sep 15-Oct 27	5:20-5:50 p.m.	\$55.30
84800	Wed	Sep 16-Oct 28	4:05-4:40 p.m.	\$55.30
84837	Thu	Sep 17-Oct 29	4:05-4:35 p.m.	\$55.30
84855	Fri	Sep 18-Oct 30	4-4:30 p.m.	\$55.30
84854	Fri	Sep 18-Oct 30	6-6:30 p.m.	\$55.30
84874	Sat	Sep 19-Oct 31	9:35-10:05 a.m.	\$55.30
84875	Sat	Sep 19-Oct 31	11:35 a.m.-12:05 p.m.	\$55.30
84876	Sat	Sep 19-Oct 31	1:35-2:05 p.m.	\$55.30
84979	Sun	Sep 20-Nov 1	10:55-11:25 a.m.	\$55.30
84980	Sun	Sep 20-Nov 1	12:45-1:15 p.m.	\$55.30
84981	Sun	Sep 20-Nov 1	6:45-7:15 p.m.	\$55.30
85086	Mon	Nov 2-Dec 14	4:05-4:35 p.m.	\$55.30
85087	Mon	Nov 2-Dec 14	6:15-6:45 p.m.	\$55.30
85401	Tue	Nov 3-Dec 15	4-4:30 p.m.	\$55.30
85400	Tue	Nov 3-Dec 15	6-6:30 p.m.	\$55.30
85445	Wed	Nov 4-Dec 16	4:05-4:40 p.m.	\$55.30
85459	Thu	Nov 5-Dec 17	6:15-6:45 p.m.	\$55.30
85521	Fri	Nov 6-Dec 18	4:05-4:35 p.m.	\$55.30
85527	Sat	Nov 7-Dec 19	9:35-10:05 a.m.	\$55.30
85528	Sat	Nov 7-Dec 19	11:35 a.m.-12:05 p.m.	\$55.30
85529	Sat	Nov 7-Dec 19	1:35-2:05 p.m.	\$55.30
85609	Sun	Nov 8-Dec 20	10:55-11:25 a.m.	\$55.30
85610	Sun	Nov 8-Dec 20	12:45-1:15 p.m.	\$55.30
85611	Sun	Nov 8-Dec 20	6:45-7:15 p.m.	\$55.30

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Preschool 5 3–5 years

Pre-requisite: Your child must be able to jump into deep water, perform 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.

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

85181	Tue	Sep 8-Oct 27	6:55-7:25 p.m.	\$63.20
85182	Wed	Sep 9-Oct 28	6:50-7:20 p.m.	\$55.30
85183	Thu	Sep 10-Oct 29	1:15-1:45 p.m.	\$63.20
85184	Mon	Nov 2-Dec 14	5:30-6 p.m.	\$55.30
85185	Tue	Nov 3-Dec 15	6:15-6:45 p.m.	\$55.30
85186	Sun	Nov 8-Dec 20	11:30 a.m.-12 p.m.	\$55.30

NWLC

84356	Wed	Sep 9-Oct 28	5:55-6:25 p.m.	\$55.30
84386	Thu	Sep 10-Oct 29	5:45-6:15 p.m.	\$63.20
84401	Fri	Sep 11-Oct 30	4:40-5:10 p.m.	\$63.20
84424	Sat	Sep 12-Oct 31	10:15-10:45 a.m.	\$63.20
84453	Sun	Sep 13-Nov 1	9:35-10:05 a.m.	\$63.20
84297	Mon	Sep 14-Oct 26	5:55-6:30 p.m.	\$55.30
84498	Mon	Nov 2-Dec 14	5:45-6:15 p.m.	\$55.30
84526	Tue	Nov 3-Dec 15	5:55-6:25 p.m.	\$55.30
84546	Wed	Nov 4-Dec 16	5:55-6:30 p.m.	\$55.30
84624	Thu	Nov 5-Dec 17	4:40-5:10 p.m.	\$55.30
84715	Sat	Nov 7-Dec 19	9:35-10:05 a.m.	\$55.30
84760	Sun	Nov 8-Dec 20	10:15-10:45 a.m.	\$55.30

SSLC

84639	Mon	Sep 14-Oct 26	5:10-5:45 p.m.	\$55.30
84599	Mon	Sep 14-Oct 26	7:05-7:40 p.m.	\$55.30
84682	Tue	Sep 15-Oct 27	4-4:30 p.m.	\$55.30
84788	Wed	Sep 16-Oct 28	6-6:35 p.m.	\$55.30
84820	Thu	Sep 17-Oct 29	4:55-5:25 p.m.	\$55.30
84841	Fri	Sep 18-Oct 30	5:30-6 p.m.	\$55.30
84901	Sat	Sep 19-Oct 31	10:15-10:45 a.m.	\$55.30
84902	Sat	Sep 19-Oct 31	12:45-1:15 p.m.	\$55.30
84903	Sat	Sep 19-Oct 31	2:10-2:40 p.m.	\$55.30
85011	Sun	Sep 20-Nov 1	9:50-10:20 a.m.	\$55.30

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85012	Sun	Sep 20-Nov 1	12:20-12:50 p.m.	\$55.30
85013	Sun	Sep 20-Nov 1	6:10-6:40 p.m.	\$55.30
85088	Mon	Nov 2-Dec 14	6:50-7:20 p.m.	\$55.30
85105	Tue	Nov 3-Dec 15	5:30-6 p.m.	\$55.30
85431	Wed	Nov 4-Dec 16	6-6:35 p.m.	\$55.30
85473	Thu	Nov 5-Dec 17	4-4:30 p.m.	\$55.30
85503	Fri	Nov 6-Dec 18	4:55-5:25 p.m.	\$55.30
85554	Sat	Nov 7-Dec 19	10:15-10:45 a.m.	\$55.30
85555	Sat	Nov 7-Dec 19	12:45-1:15 p.m.	\$55.30
85556	Sat	Nov 7-Dec 19	2:10-2:40 p.m.	\$55.30
85631	Sun	Nov 8-Dec 20	9:50-10:20 a.m.	\$55.30
85632	Sun	Nov 8-Dec 20	12:20-12:50 p.m.	\$55.30
85633	Sun	Nov 8-Dec 20	6:10-6:40 p.m.	\$55.30

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

85189	Tue	Sep 8-Oct 27	5:30-6 p.m.	\$63.20
85188	Tue	Sep 8-Oct 27	6:55-7:25 p.m.	\$63.20
85190	Wed	Sep 9-Oct 28	7-7:30 p.m.	\$55.30
85191	Thu	Sep 10-Oct 29	2-2:30 p.m.	\$63.20
85192	Thu	Sep 10-Oct 29	6:50-7:20 p.m.	\$63.20
85193	Thu	Sep 10-Oct 29	7-7:30 p.m.	\$63.20
85194	Sat	Sep 12-Oct 31	11:25-11:55 a.m.	\$55.30
85195	Sat	Sep 12-Oct 31	1:30-2 p.m.	\$55.30
85197	Sun	Sep 13-Nov 1	9:30-10 a.m.	\$55.30
85196	Sun	Sep 13-Nov 1	10:40-11:10 a.m.	\$55.30
85187	Mon	Sep 14-Oct 26	6:15-6:50 p.m.	\$55.30
85198	Mon	Nov 2-Dec 14	7-7:30 p.m.	\$55.30
85200	Tue	Nov 3-Dec 15	5:40-6:10 p.m.	\$55.30
85199	Tue	Nov 3-Dec 15	6:15-6:45 p.m.	\$55.30
85201	Wed	Nov 4-Dec 16	6:10-6:45 p.m.	\$55.30
85202	Wed	Nov 4-Dec 16	7-7:35 p.m.	\$55.30
85203	Thu	Nov 5-Dec 17	6:50-7:20 p.m.	\$55.30
85204	Sat	Nov 7-Dec 19	10:05-10:35 a.m.	\$55.30
85205	Sat	Nov 7-Dec 19	10:50-11:20 a.m.	\$55.30
85206	Sat	Nov 7-Dec 19	1:30-2 p.m.	\$55.30
85207	Sun	Nov 8-Dec 20	10:05-10:35 a.m.	\$55.30
85208	Sun	Nov 8-Dec 20	10:50-11:20 a.m.	\$55.30

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NWLC

84327	Tue	Sep 8-Oct 27	4:40-5:10 p.m.	\$63.20
84326	Tue	Sep 8-Oct 27	5:45-6:15 p.m.	\$63.20
84357	Wed	Sep 9-Oct 28	4:05-4:35 p.m.	\$55.30
84387	Thu	Sep 10-Oct 29	4-4:30 p.m.	\$63.20
84388	Thu	Sep 10-Oct 29	4:40-5:10 p.m.	\$63.20
84389	Thu	Sep 10-Oct 29	5:15-5:45 p.m.	\$63.20
84403	Fri	Sep 11-Oct 30	4:35-5:05 p.m.	\$63.20
84402	Fri	Sep 11-Oct 30	5:15-5:45 p.m.	\$63.20
84425	Sat	Sep 12-Oct 31	9:35-10:05 a.m.	\$63.20
84426	Sat	Sep 12-Oct 31	10:10-10:40 a.m.	\$63.20
84427	Sat	Sep 12-Oct 31	12:10-12:40 p.m.	\$63.20
84428	Sat	Sep 12-Oct 31	1-1:30 p.m.	\$63.20
84455	Sun	Sep 13-Nov 1	9:40-10:10 a.m.	\$63.20
84454	Sun	Sep 13-Nov 1	10:45-11:15 a.m.	\$63.20
84456	Sun	Sep 13-Nov 1	11:30 a.m.-12 p.m.	\$63.20
84457	Sun	Sep 13-Nov 1	12:20-12:50 p.m.	\$63.20
84298	Mon	Sep 14-Oct 26	4:35-5:10 p.m.	\$55.30
84299	Mon	Sep 14-Oct 26	5:55-6:30 p.m.	\$55.30
84499	Mon	Nov 2-Dec 14	4-4:30 p.m.	\$55.30
84500	Mon	Nov 2-Dec 14	4:40-5:10 p.m.	\$55.30
84501	Mon	Nov 2-Dec 14	5:15-5:45 p.m.	\$55.30
84527	Tue	Nov 3-Dec 15	4:35-5:05 p.m.	\$55.30
84528	Tue	Nov 3-Dec 15	5:45-6:15 p.m.	\$55.30
84547	Wed	Nov 4-Dec 16	4:05-4:40 p.m.	\$55.30
84626	Thu	Nov 5-Dec 17	4:35-5:05 p.m.	\$55.30
84625	Thu	Nov 5-Dec 17	5:15-5:45 p.m.	\$55.30
84627	Thu	Nov 5-Dec 17	5:40-6:10 p.m.	\$55.30
84657	Fri	Nov 6-Dec 18	4:40-5:10 p.m.	\$55.30
84656	Fri	Nov 6-Dec 18	5:45-6:15 p.m.	\$55.30
84717	Sat	Nov 7-Dec 19	9:40-10:10 a.m.	\$55.30
84718	Sat	Nov 7-Dec 19	10:15-10:45 a.m.	\$55.30
84716	Sat	Nov 7-Dec 19	10:45-11:15 a.m.	\$55.30
84719	Sat	Nov 7-Dec 19	11:30 a.m.-12 p.m.	\$55.30
84761	Sun	Nov 8-Dec 20	9:35-10:05 a.m.	\$55.30
84764	Sun	Nov 8-Dec 20	10:10-10:40 a.m.	\$55.30
84765	Sun	Nov 8-Dec 20	11:45 a.m.-12:15 p.m.	\$55.30
84762	Sun	Nov 8-Dec 20	12:10-12:40 p.m.	\$55.30
84763	Sun	Nov 8-Dec 20	1-1:30 p.m.	\$55.30

SSLC

84640	Mon	Sep 14-Oct 26	4-4:35 p.m.	\$55.30
84646	Mon	Sep 14-Oct 26	5:55-6:30 p.m.	\$55.30
84689	Tue	Sep 15-Oct 27	4-4:30 p.m.	\$55.30
84746	Wed	Sep 16-Oct 28	4-4:35 p.m.	\$55.30

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84822	Thu	Sep 17-Oct 29	4:05-4:35 p.m.	\$55.30
84821	Thu	Sep 17-Oct 29	5:30-6 p.m.	\$55.30
84846	Fri	Sep 18-Oct 30	4:35-5:05 p.m.	\$55.30
84847	Fri	Sep 18-Oct 30	6:05-6:35 p.m.	\$55.30
84869	Sat	Sep 19-Oct 31	9-9:30 a.m.	\$55.30
84871	Sat	Sep 19-Oct 31	9:55-10:25 a.m.	\$55.30
84870	Sat	Sep 19-Oct 31	11:40 a.m.-12:10 p.m.	\$55.30
84872	Sat	Sep 19-Oct 31	1:30-2 p.m.	\$55.30
84873	Sat	Sep 19-Oct 31	2:45-3:15 p.m.	\$55.30
84959	Sun	Sep 20-Nov 1	9-9:30 a.m.	\$55.30
84962	Sun	Sep 20-Nov 1	10:20-10:50 a.m.	\$55.30
84963	Sun	Sep 20-Nov 1	11-11:30 a.m.	\$55.30
84961	Sun	Sep 20-Nov 1	11:35 a.m.-12:05 p.m.	\$55.30
84964	Sun	Sep 20-Nov 1	5:35-6:05 p.m.	\$55.30
84965	Sun	Sep 20-Nov 1	6:45-7:15 p.m.	\$55.30
85057	Mon	Nov 2-Dec 14	4-4:30 p.m.	\$55.30
85058	Mon	Nov 2-Dec 14	5:45-6:15 p.m.	\$55.30
85392	Tue	Nov 3-Dec 15	4:35-5:05 p.m.	\$55.30
85393	Tue	Nov 3-Dec 15	6:05-6:35 p.m.	\$55.30
85421	Wed	Nov 4-Dec 16	4-4:35 p.m.	\$55.30
85483	Thu	Nov 5-Dec 17	4-4:30 p.m.	\$55.30
85482	Thu	Nov 5-Dec 17	6:05-6:35 p.m.	\$55.30
85505	Fri	Nov 6-Dec 18	4:05-4:35 p.m.	\$55.30
85504	Fri	Nov 6-Dec 18	5:30-6 p.m.	\$55.30
85522	Sat	Nov 7-Dec 19	9-9:30 a.m.	\$55.30
85524	Sat	Nov 7-Dec 19	9:55-10:25 a.m.	\$55.30
85523	Sat	Nov 7-Dec 19	11:40 a.m.-12:10 p.m.	\$55.30
85525	Sat	Nov 7-Dec 19	1:30-2 p.m.	\$55.30
85526	Sat	Nov 7-Dec 19	2:45-3:15 p.m.	\$55.30
85582	Sun	Nov 8-Dec 20	9-9:30 a.m.	\$55.30
85584	Sun	Nov 8-Dec 20	10:20-10:50 a.m.	\$55.30
85585	Sun	Nov 8-Dec 20	11-11:30 a.m.	\$55.30
85583	Sun	Nov 8-Dec 20	11:35 a.m.-12:05 p.m.	\$55.30
85586	Sun	Nov 8-Dec 20	5:35-6:05 p.m.	\$55.30
85587	Sun	Nov 8-Dec 20	6:45-7:15 p.m.	\$55.30

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

85290	Wed	Sep 9-Oct 28	6:15-6:45 p.m.	\$55.30
85291	Sat	Sep 12-Oct 31	10:15-10:45 a.m.	\$55.30
85292	Sun	Sep 13-Nov 1	10:15-10:45 a.m.	\$55.30

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85293	Tue	Nov 3-Dec 15	6:50-7:20 p.m.	\$55.30
85294	Sat	Nov 7-Dec 19	12:35-1:05 p.m.	\$55.30
85295	Sun	Nov 8-Dec 20	10:25-10:55 a.m.	\$55.30

NWLC

84436	Sat	Sep 12-Oct 31	11:45 a.m.-12:15 p.m.	\$63.20
84729	Sat	Nov 7-Dec 19	12:30-1 p.m.	\$55.30

Swimmer 2

5–12 years

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.

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.

LAC

85211	Tue	Sep 8-Oct 27	7-7:30 p.m.	\$63.20
85213	Wed	Sep 9-Oct 28	5:30-6 p.m.	\$55.30
85214	Wed	Sep 9-Oct 28	6:05-6:35 p.m.	\$55.30
85212	Wed	Sep 9-Oct 28	6:50-7:20 p.m.	\$55.30
85215	Thu	Sep 10-Oct 29	2:35-3:05 p.m.	\$63.20
85216	Thu	Sep 10-Oct 29	5:30-6 p.m.	\$63.20
85217	Sat	Sep 12-Oct 31	11:25-11:55 a.m.	\$55.30
85218	Sun	Sep 13-Nov 1	10:05-10:35 a.m.	\$55.30
85209	Mon	Sep 14-Oct 26	5:30-6:05 p.m.	\$55.30
85210	Mon	Sep 14-Oct 26	6:10-6:45 p.m.	\$55.30
85220	Mon	Nov 2-Dec 14	5:30-6 p.m.	\$55.30
85221	Mon	Nov 2-Dec 14	6:40-7:10 p.m.	\$55.30
85219	Mon	Nov 2-Dec 14	7-7:30 p.m.	\$55.30
85222	Tue	Nov 3-Dec 15	6:05-6:35 p.m.	\$55.30
85223	Wed	Nov 4-Dec 16	5:35-6:10 p.m.	\$55.30
85224	Wed	Nov 4-Dec 16	6:50-7:25 p.m.	\$55.30
85225	Thu	Nov 5-Dec 17	5:30-6 p.m.	\$55.30
85227	Sat	Nov 7-Dec 19	10:05-10:35 a.m.	\$55.30
85226	Sat	Nov 7-Dec 19	11:30 a.m.-12 p.m.	\$55.30
85228	Sat	Nov 7-Dec 19	12-12:30 p.m.	\$55.30
85229	Sun	Nov 8-Dec 20	11-11:30 a.m.	\$55.30

NWLC

84328	Tue	Sep 8-Oct 27	4-4:30 p.m.	\$63.20
84329	Tue	Sep 8-Oct 27	5:40-6:10 p.m.	\$63.20
84358	Wed	Sep 9-Oct 28	4-4:30 p.m.	\$55.30

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84359	Wed	Sep 9-Oct 28	5:20-5:50 p.m.	\$55.30
84390	Thu	Sep 10-Oct 29	5:10-5:40 p.m.	\$63.20
84404	Fri	Sep 11-Oct 30	4-4:30 p.m.	\$63.20
84405	Fri	Sep 11-Oct 30	5:10-5:40 p.m.	\$63.20
84406	Fri	Sep 11-Oct 30	5:40-6:10 p.m.	\$63.20
84430	Sat	Sep 12-Oct 31	9:10-9:40 a.m.	\$63.20
84431	Sat	Sep 12-Oct 31	9:40-10:10 a.m.	\$63.20
84429	Sat	Sep 12-Oct 31	12:45-1:15 p.m.	\$63.20
84459	Sun	Sep 13-Nov 1	10:15-10:45 a.m.	\$63.20
84460	Sun	Sep 13-Nov 1	10:55-11:25 a.m.	\$63.20
84461	Sun	Sep 13-Nov 1	11:50 a.m.-12:20 p.m.	\$63.20
84458	Sun	Sep 13-Nov 1	12:20-12:50 p.m.	\$63.20
84300	Mon	Sep 14-Oct 26	4-4:35 p.m.	\$55.30
84502	Mon	Nov 2-Dec 14	5:10-5:40 p.m.	\$55.30
84529	Tue	Nov 3-Dec 15	4:05-4:35 p.m.	\$55.30
84530	Tue	Nov 3-Dec 15	5:45-6:15 p.m.	\$55.30
84548	Wed	Nov 4-Dec 16	4-4:35 p.m.	\$55.30
84549	Wed	Nov 4-Dec 16	5:20-5:55 p.m.	\$55.30
84628	Thu	Nov 5-Dec 17	4-4:30 p.m.	\$55.30
84629	Thu	Nov 5-Dec 17	5:10-5:40 p.m.	\$55.30
84630	Thu	Nov 5-Dec 17	5:45-6:15 p.m.	\$55.30
84659	Fri	Nov 6-Dec 18	4-4:30 p.m.	\$55.30
84658	Fri	Nov 6-Dec 18	5:40-6:10 p.m.	\$55.30
84720	Sat	Nov 7-Dec 19	10:15-10:45 a.m.	\$55.30
84722	Sat	Nov 7-Dec 19	10:55-11:25 a.m.	\$55.30
84721	Sat	Nov 7-Dec 19	12:20-12:50 p.m.	\$55.30
84723	Sat	Nov 7-Dec 19	1-1:30 p.m.	\$55.30
84766	Sun	Nov 8-Dec 20	9:10-9:40 a.m.	\$55.30
84768	Sun	Nov 8-Dec 20	12:25-12:55 p.m.	\$55.30
84767	Sun	Nov 8-Dec 20	12:45-1:15 p.m.	\$55.30

SSLC

84647	Mon	Sep 14-Oct 26	4:50-5:25 p.m.	\$55.30
84641	Mon	Sep 14-Oct 26	6-6:35 p.m.	\$55.30
84695	Tue	Sep 15-Oct 27	4:45-5:15 p.m.	\$55.30
84690	Tue	Sep 15-Oct 27	5:10-5:40 p.m.	\$55.30
84798	Wed	Sep 16-Oct 28	4:40-5:15 p.m.	\$55.30
84799	Wed	Sep 16-Oct 28	6-6:35 p.m.	\$55.30
84830	Thu	Sep 17-Oct 29	6-6:30 p.m.	\$55.30
84857	Fri	Sep 18-Oct 30	4:05-4:35 p.m.	\$55.30
84856	Fri	Sep 18-Oct 30	5:20-5:50 p.m.	\$55.30
84917	Sat	Sep 19-Oct 31	10:25-10:55 a.m.	\$55.30
84993	Sun	Sep 20-Nov 1	9:55-10:25 a.m.	\$55.30
84994	Sun	Sep 20-Nov 1	12:10-12:40 p.m.	\$55.30
84995	Sun	Sep 20-Nov 1	6:15-6:45 p.m.	\$55.30
85071	Mon	Nov 2-Dec 14	4:45-5:15 p.m.	\$55.30

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85070	Mon	Nov 2-Dec 14	5:55-6:25 p.m.	\$55.30
85403	Tue	Nov 3-Dec 15	4:05-4:35 p.m.	\$55.30
85402	Tue	Nov 3-Dec 15	5:20-5:50 p.m.	\$55.30
85443	Wed	Nov 4-Dec 16	4:40-5:15 p.m.	\$55.30
85444	Wed	Nov 4-Dec 16	6-6:35 p.m.	\$55.30
85479	Thu	Nov 5-Dec 17	4:45-5:15 p.m.	\$55.30
85478	Thu	Nov 5-Dec 17	5:10-5:40 p.m.	\$55.30
85498	Fri	Nov 6-Dec 18	5:20-5:50 p.m.	\$55.30
85499	Fri	Nov 6-Dec 18	6-6:30 p.m.	\$55.30
85563	Sat	Nov 7-Dec 19	10:25-10:55 a.m.	\$55.30
85564	Sat	Nov 7-Dec 19	10:45-11:15 a.m.	\$55.30
85617	Sun	Nov 8-Dec 20	9:55-10:25 a.m.	\$55.30
85618	Sun	Nov 8-Dec 20	12:10-12:40 p.m.	\$55.30
85619	Sun	Nov 8-Dec 20	6:15-6:45 p.m.	\$55.30

Youth Swimmer 2 8–14 years

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.

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.

LAC

85297	Sun	Sep 13-Nov 1	10:40-11:10 a.m.	\$55.30
85296	Mon	Sep 14-Oct 26	6:55-7:30 p.m.	\$55.30
85298	Thu	Nov 5-Dec 17	6:50-7:20 p.m.	\$55.30
85299	Sat	Nov 7-Dec 19	11:25-11:55 a.m.	\$55.30

NWLC

84392	Thu	Sep 10-Oct 29	4:35-5:05 p.m.	\$63.20
84303	Mon	Sep 14-Oct 26	5:55-6:30 p.m.	\$55.30
84504	Mon	Nov 2-Dec 14	4:35-5:05 p.m.	\$55.30

Swimmer 3 5–12 years

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.

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.

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LAC

85232	Tue	Sep 8-Oct 27	5:35-6:05 p.m.	\$63.20
85234	Thu	Sep 10-Oct 29	5:30-6 p.m.	\$63.20
85233	Thu	Sep 10-Oct 29	6:15-6:45 p.m.	\$63.20
85235	Sat	Sep 12-Oct 31	10:50-11:20 a.m.	\$55.30
85236	Sat	Sep 12-Oct 31	12:40-1:10 p.m.	\$55.30
85237	Sun	Sep 13-Nov 1	9:30-10 a.m.	\$55.30
85238	Sun	Sep 13-Nov 1	11:40 a.m.-12:10 p.m.	\$55.30
85230	Mon	Sep 14-Oct 26	6:30-7:05 p.m.	\$55.30
85231	Mon	Sep 14-Oct 26	6:50-7:25 p.m.	\$55.30
85239	Mon	Nov 2-Dec 14	5:40-6:10 p.m.	\$55.30
85240	Mon	Nov 2-Dec 14	6:05-6:35 p.m.	\$55.30
85241	Tue	Nov 3-Dec 15	6:40-7:10 p.m.	\$55.30
85242	Wed	Nov 4-Dec 16	6:15-6:50 p.m.	\$55.30
85243	Thu	Nov 5-Dec 17	6:15-6:45 p.m.	\$55.30
85244	Sat	Nov 7-Dec 19	9:30-10 a.m.	\$55.30
85245	Sat	Nov 7-Dec 19	12-12:30 p.m.	\$55.30
85246	Sun	Nov 8-Dec 20	9:30-10 a.m.	\$55.30
85247	Sun	Nov 8-Dec 20	11:40 a.m.-12:10 p.m.	\$55.30

NWLC

84330	Tue	Sep 8-Oct 27	4:35-5:05 p.m.	\$63.20
84366	Wed	Sep 9-Oct 28	4:40-5:10 p.m.	\$55.30
84361	Wed	Sep 9-Oct 28	5:55-6:25 p.m.	\$55.30
84391	Thu	Sep 10-Oct 29	4:35-5:05 p.m.	\$63.20
84408	Fri	Sep 11-Oct 30	4-4:30 p.m.	\$63.20
84407	Fri	Sep 11-Oct 30	5:55-6:25 p.m.	\$63.20
84432	Sat	Sep 12-Oct 31	9-9:30 a.m.	\$63.20
84434	Sat	Sep 12-Oct 31	11:35 a.m.-12:05 p.m.	\$63.20
84433	Sat	Sep 12-Oct 31	12:25-12:55 p.m.	\$63.20
84463	Sun	Sep 13-Nov 1	9:05-9:35 a.m.	\$63.20
84465	Sun	Sep 13-Nov 1	10:20-10:50 a.m.	\$63.20
84464	Sun	Sep 13-Nov 1	12-12:30 p.m.	\$63.20
84462	Sun	Sep 13-Nov 1	1-1:30 p.m.	\$63.20
84301	Mon	Sep 14-Oct 26	4:40-5:15 p.m.	\$55.30
84503	Mon	Nov 2-Dec 14	4:35-5:05 p.m.	\$55.30
84531	Tue	Nov 3-Dec 15	4:35-5:05 p.m.	\$55.30
84551	Wed	Nov 4-Dec 16	4:40-5:15 p.m.	\$55.30
84550	Wed	Nov 4-Dec 16	5:55-6:30 p.m.	\$55.30
84632	Thu	Nov 5-Dec 17	4:30-5 p.m.	\$55.30
84631	Thu	Nov 5-Dec 17	5:55-6:25 p.m.	\$55.30
84660	Fri	Nov 6-Dec 18	4:35-5:05 p.m.	\$55.30
84727	Sat	Nov 7-Dec 19	9:05-9:35 a.m.	\$55.30
84726	Sat	Nov 7-Dec 19	10:20-10:50 a.m.	\$55.30
84725	Sat	Nov 7-Dec 19	11:25-11:55 a.m.	\$55.30

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84724	Sat	Nov 7-Dec 19	12:25-12:55 p.m.	\$55.30
84770	Sun	Nov 8-Dec 20	9-9:30 a.m.	\$55.30
84771	Sun	Nov 8-Dec 20	9:40-10:10 a.m.	\$55.30
84769	Sun	Nov 8-Dec 20	11:35 a.m.-12:05 p.m.	\$55.30

SSLC

84642	Mon	Sep 14-Oct 26	4-4:35 p.m.	\$55.30
84648	Mon	Sep 14-Oct 26	5:25-6 p.m.	\$55.30
84697	Tue	Sep 15-Oct 27	4:05-4:35 p.m.	\$55.30
84691	Tue	Sep 15-Oct 27	5:55-6:25 p.m.	\$55.30
84696	Tue	Sep 15-Oct 27	6-6:30 p.m.	\$55.30
84785	Wed	Sep 16-Oct 28	4-4:35 p.m.	\$55.30
84786	Wed	Sep 16-Oct 28	5:40-6:15 p.m.	\$55.30
84828	Thu	Sep 17-Oct 29	4-4:30 p.m.	\$55.30
84826	Thu	Sep 17-Oct 29	4:50-5:20 p.m.	\$55.30
84827	Thu	Sep 17-Oct 29	5:30-6 p.m.	\$55.30
84829	Thu	Sep 17-Oct 29	6-6:30 p.m.	\$55.30
84844	Fri	Sep 18-Oct 30	4-4:30 p.m.	\$55.30
84843	Fri	Sep 18-Oct 30	4:45-5:15 p.m.	\$55.30
84842	Fri	Sep 18-Oct 30	6:05-6:35 p.m.	\$55.30
84897	Sat	Sep 19-Oct 31	9:05-9:35 a.m.	\$55.30
84899	Sat	Sep 19-Oct 31	9:45-10:15 a.m.	\$55.30
84900	Sat	Sep 19-Oct 31	11:05-11:35 a.m.	\$55.30
84898	Sat	Sep 19-Oct 31	11:35 a.m.-12:05 p.m.	\$55.30
85026	Sun	Sep 20-Nov 1	9:05-9:35 a.m.	\$55.30
85027	Sun	Sep 20-Nov 1	10:15-10:45 a.m.	\$55.30
85072	Mon	Nov 2-Dec 14	4-4:30 p.m.	\$55.30
85073	Mon	Nov 2-Dec 14	5:05-5:35 p.m.	\$55.30
85074	Mon	Nov 2-Dec 14	5:15-5:45 p.m.	\$55.30
85391	Tue	Nov 3-Dec 15	4-4:30 p.m.	\$55.30
85390	Tue	Nov 3-Dec 15	4:45-5:15 p.m.	\$55.30
85389	Tue	Nov 3-Dec 15	6:05-6:35 p.m.	\$55.30
85429	Wed	Nov 4-Dec 16	4-4:35 p.m.	\$55.30
85430	Wed	Nov 4-Dec 16	5:40-6:15 p.m.	\$55.30
85462	Thu	Nov 5-Dec 17	4:05-4:35 p.m.	\$55.30
85461	Thu	Nov 5-Dec 17	5-5:30 p.m.	\$55.30
85460	Thu	Nov 5-Dec 17	6-6:30 p.m.	\$55.30
85512	Fri	Nov 6-Dec 18	4-4:30 p.m.	\$55.30
85510	Fri	Nov 6-Dec 18	4:50-5:20 p.m.	\$55.30
85511	Fri	Nov 6-Dec 18	5:30-6 p.m.	\$55.30
85513	Fri	Nov 6-Dec 18	6-6:30 p.m.	\$55.30
85550	Sat	Nov 7-Dec 19	9:05-9:35 a.m.	\$55.30
85552	Sat	Nov 7-Dec 19	9:45-10:15 a.m.	\$55.30
85553	Sat	Nov 7-Dec 19	11:05-11:35 a.m.	\$55.30
85551	Sat	Nov 7-Dec 19	11:35 a.m.-12:05 p.m.	\$55.30
85626	Sun	Nov 8-Dec 20	9:05-9:35 a.m.	\$55.30

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85627	Sun	Nov 8-Dec 20	10:15-10:45 a.m.	\$55.30
85625	Sun	Nov 8-Dec 20	11:05-11:35 a.m.	\$55.30

Youth Swimmer 3 8–14 years

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.

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.

LAC

85300	Wed	Sep 9-Oct 28	5:30-6 p.m.	\$55.30
85301	Sat	Nov 7-Dec 19	10:50-11:20 a.m.	\$55.30

SSLC

85003	Sun	Sep 20-Nov 1	11:05-11:35 a.m.	\$55.30
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Swimmer 4 5–12 years

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.

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.

LAC

85249	Tue	Sep 8-Oct 27	6:10-6:50 p.m.	\$69.60
85251	Wed	Sep 9-Oct 28	6:05-6:45 p.m.	\$60.90
85250	Wed	Sep 9-Oct 28	6:40-7:20 p.m.	\$60.90
85252	Thu	Sep 10-Oct 29	1:15-1:55 p.m.	\$69.60
85253	Sat	Sep 12-Oct 31	9:30-10:10 a.m.	\$60.90
85254	Sat	Sep 12-Oct 31	12:45-1:25 p.m.	\$60.90
85255	Sun	Sep 13-Nov 1	11:40 a.m.-12:20 p.m.	\$60.90
85248	Mon	Sep 14-Oct 26	6:25-7:10 p.m.	\$60.90
85256	Mon	Nov 2-Dec 14	5:30-6:10 p.m.	\$60.90
85257	Tue	Nov 3-Dec 15	5:30-6:10 p.m.	\$60.90
85258	Wed	Nov 4-Dec 16	5:35-6:20 p.m.	\$60.90

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85259	Thu	Nov 5-Dec 17	1:15-1:55 p.m.	\$60.90
85260	Thu	Nov 5-Dec 17	6:05-6:45 p.m.	\$60.90
85262	Sat	Nov 7-Dec 19	9:30-10:10 a.m.	\$60.90
85261	Sat	Nov 7-Dec 19	10:40-11:20 a.m.	\$60.90
85263	Sat	Nov 7-Dec 19	12:15-12:55 p.m.	\$60.90
85264	Sun	Nov 8-Dec 20	12:20-1 p.m.	\$60.90

NWLC

84409	Fri	Sep 11-Oct 30	5:10-5:50 p.m.	\$69.60
84435	Sat	Sep 12-Oct 31	10:10-10:50 a.m.	\$69.60
84466	Sun	Sep 13-Nov 1	9:35-10:15 a.m.	\$69.60
84302	Mon	Sep 14-Oct 26	5:10-5:55 p.m.	\$60.90
84532	Tue	Nov 3-Dec 15	5:10-5:50 p.m.	\$60.90
84633	Thu	Nov 5-Dec 17	5:10-5:50 p.m.	\$60.90
84728	Sat	Nov 7-Dec 19	9:35-10:15 a.m.	\$60.90
84772	Sun	Nov 8-Dec 20	10:10-10:50 a.m.	\$60.90

SSLC

84643	Mon	Sep 14-Oct 26	4:40-5:25 p.m.	\$60.90
84692	Tue	Sep 15-Oct 27	4:40-5:20 p.m.	\$60.90
84794	Wed	Sep 16-Oct 28	4:50-5:35 p.m.	\$60.90
84793	Wed	Sep 16-Oct 28	5:35-6:20 p.m.	\$60.90
84816	Thu	Sep 17-Oct 29	4:35-5:15 p.m.	\$60.90
84817	Thu	Sep 17-Oct 29	5:15-5:55 p.m.	\$60.90
84859	Fri	Sep 18-Oct 30	5:10-5:50 p.m.	\$60.90
84858	Fri	Sep 18-Oct 30	5:55-6:35 p.m.	\$60.90
84923	Sat	Sep 19-Oct 31	9:35-10:15 a.m.	\$60.90
84924	Sat	Sep 19-Oct 31	12:40-1:20 p.m.	\$60.90
85020	Sun	Sep 20-Nov 1	9:35-10:15 a.m.	\$60.90
85022	Sun	Sep 20-Nov 1	11:35 a.m.-12:15 p.m.	\$60.90
85021	Sun	Sep 20-Nov 1	12:45-1:25 p.m.	\$60.90
85059	Mon	Nov 2-Dec 14	4:35-5:15 p.m.	\$60.90
85405	Tue	Nov 3-Dec 15	5:10-5:50 p.m.	\$60.90
85404	Tue	Nov 3-Dec 15	5:55-6:35 p.m.	\$60.90
85437	Wed	Nov 4-Dec 16	4:50-5:35 p.m.	\$60.90
85436	Wed	Nov 4-Dec 16	5:35-6:20 p.m.	\$60.90
85490	Thu	Nov 5-Dec 17	4:40-5:20 p.m.	\$60.90
85497	Fri	Nov 6-Dec 18	4:35-5:15 p.m.	\$60.90
85496	Fri	Nov 6-Dec 18	5:15-5:55 p.m.	\$60.90
85570	Sat	Nov 7-Dec 19	9:35-10:15 a.m.	\$60.90
85571	Sat	Nov 7-Dec 19	12:40-1:20 p.m.	\$60.90
85638	Sun	Nov 8-Dec 20	9:35-10:15 a.m.	\$60.90
85640	Sun	Nov 8-Dec 20	11:35 a.m.-12:15 p.m.	\$60.90
85639	Sun	Nov 8-Dec 20	12:45-1:25 p.m.	\$60.90

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Youth Swimmer 4

8-14 years

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.

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.

LAC

85302	Tue	Sep 8-Oct 27	6:50-7:30 p.m.	\$69.60
85303	Sat	Sep 12-Oct 31	1:15-1:55 p.m.	\$60.90
85304	Mon	Nov 2-Dec 14	6:40-7:20 p.m.	\$60.90

Swimmer 5

5–12 years

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.

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.

LAC

85266	Tue	Sep 8-Oct 27	5:30-6:10 p.m.	\$69.60
85267	Thu	Sep 10-Oct 29	1:50-2:30 p.m.	\$69.60
85268	Sat	Sep 12-Oct 31	10:05-10:45 a.m.	\$60.90
85269	Sat	Sep 12-Oct 31	12-12:40 p.m.	\$60.90
85270	Sun	Sep 13-Nov 1	9:30-10:10 a.m.	\$60.90
85271	Sun	Sep 13-Nov 1	12:15-12:55 p.m.	\$60.90
85265	Mon	Sep 14-Oct 26	5:35-6:20 p.m.	\$60.90
85272	Mon	Nov 2-Dec 14	5:30-6:10 p.m.	\$60.90
85273	Thu	Nov 5-Dec 17	2-2:40 p.m.	\$60.90
85274	Thu	Nov 5-Dec 17	5:30-6:10 p.m.	\$60.90
85275	Sat	Nov 7-Dec 19	10:05-10:45 a.m.	\$60.90
85276	Sat	Nov 7-Dec 19	12:45-1:25 p.m.	\$60.90
85277	Sun	Nov 8-Dec 20	9:30-10:10 a.m.	\$60.90

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SSLC

84644	Mon	Sep 14-Oct 26	5:30-6:15 p.m.	\$60.90
84698	Tue	Sep 15-Oct 27	4-4:40 p.m.	\$60.90
84693	Tue	Sep 15-Oct 27	5:20-6 p.m.	\$60.90
84789	Wed	Sep 16-Oct 28	4:05-4:50 p.m.	\$60.90
84823	Thu	Sep 17-Oct 29	4:05-4:45 p.m.	\$60.90
84824	Thu	Sep 17-Oct 29	5:15-5:55 p.m.	\$60.90
84862	Fri	Sep 18-Oct 30	4:40-5:20 p.m.	\$60.90
84863	Fri	Sep 18-Oct 30	5:55-6:35 p.m.	\$60.90
84906	Sat	Sep 19-Oct 31	10:55-11:35 a.m.	\$60.90
84905	Sat	Sep 19-Oct 31	10:15-10:55 a.m.	\$60.90
84926	Sat	Sep 19-Oct 31	11:20 a.m.-12 p.m.	\$60.90
84907	Sat	Sep 19-Oct 31	11:40 a.m.-12:20 p.m.	\$60.90
84904	Sat	Sep 19-Oct 31	12-12:40 p.m.	\$60.90
85017	Sun	Sep 20-Nov 1	9:45-10:25 a.m.	\$60.90
85019	Sun	Sep 20-Nov 1	10:50-11:30 a.m.	\$60.90
85016	Sun	Sep 20-Nov 1	12:10-12:50 p.m.	\$60.90
85076	Mon	Nov 2-Dec 14	5:20-6 p.m.	\$60.90
85409	Tue	Nov 3-Dec 15	4:40-5:20 p.m.	\$60.90
85410	Tue	Nov 3-Dec 15	5:55-6:35 p.m.	\$60.90
85432	Wed	Nov 4-Dec 16	4:05-4:50 p.m.	\$60.90
85455	Thu	Nov 5-Dec 17	4-4:40 p.m.	\$60.90
85456	Thu	Nov 5-Dec 17	5:20-6 p.m.	\$60.90
85508	Fri	Nov 6-Dec 18	4:05-4:45 p.m.	\$60.90
85509	Fri	Nov 6-Dec 18	5:15-5:55 p.m.	\$60.90
85559	Sat	Nov 7-Dec 19	10:15-10:55 a.m.	\$60.90
85560	Sat	Nov 7-Dec 19	10:55-11:35 a.m.	\$60.90
85558	Sat	Nov 7-Dec 19	11:20 a.m.-12 p.m.	\$60.90
85561	Sat	Nov 7-Dec 19	11:40 a.m.-12:20 p.m.	\$60.90
85557	Sat	Nov 7-Dec 19	12-12:40 p.m.	\$60.90
85636	Sun	Nov 8-Dec 20	9:45-10:25 a.m.	\$60.90
85637	Sun	Nov 8-Dec 20	10:50-11:30 a.m.	\$60.90
85635	Sun	Nov 8-Dec 20	12:10-12:50 p.m.	\$60.90

Youth Swimmer 5

8-14 years

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.

This class is specifically for children who have started their swimming lessons later on. 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.

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LAC

85305	Thu	Sep 10-Oct 29	5:30-6:10 p.m.	\$69.60
85306	Sat	Sep 12-Oct 31	10:40-11:20 a.m.	\$60.90
85307	Sun	Nov 8-Dec 20	11:35 a.m.-12:15 p.m.	\$60.90

Swimmer 6 5–12 years

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.

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.

LAC

85279	Tue	Sep 8-Oct 27	6:10-6:50 p.m.	\$69.60
85280	Wed	Sep 9-Oct 28	5:30-6:10 p.m.	\$60.90
85281	Thu	Sep 10-Oct 29	2:35-3:15 p.m.	\$69.60
85282	Thu	Sep 10-Oct 29	6:05-6:45 p.m.	\$69.60
85283	Sat	Sep 12-Oct 31	12-12:40 p.m.	\$60.90
85278	Mon	Sep 14-Oct 26	5:40-6:25 p.m.	\$60.90
85284	Mon	Nov 2-Dec 14	6:15-6:55 p.m.	\$60.90
85285	Tue	Nov 3-Dec 15	5:30-6:10 p.m.	\$60.90
85286	Wed	Nov 4-Dec 16	5:35-6:20 p.m.	\$60.90
85287	Thu	Nov 5-Dec 17	2:25-3:05 p.m.	\$60.90
85288	Sat	Nov 7-Dec 19	12-12:40 p.m.	\$60.90
85289	Sun	Nov 8-Dec 20	11:50 a.m.-12:30 p.m.	\$60.90

SSLC

84645	Mon	Sep 14-Oct 26	4:05-4:50 p.m.	\$60.90
84694	Tue	Sep 15-Oct 27	4:35-5:15 p.m.	\$60.90
84747	Wed	Sep 16-Oct 28	4:40-5:25 p.m.	\$60.90
84825	Thu	Sep 17-Oct 29	4:45-5:25 p.m.	\$60.90
84818	Thu	Sep 17-Oct 29	5:55-6:35 p.m.	\$60.90
84849	Fri	Sep 18-Oct 30	4:05-4:45 p.m.	\$60.90
84848	Fri	Sep 18-Oct 30	5:15-5:55 p.m.	\$60.90
84916	Sat	Sep 19-Oct 31	9:05-9:45 a.m.	\$60.90
85008	Sun	Sep 20-Nov 1	9:05-9:45 a.m.	\$60.90
84976	Sun	Sep 20-Nov 1	10:10-10:50 a.m.	\$60.90
84977	Sun	Sep 20-Nov 1	12:35-1:15 p.m.	\$60.90
85085	Mon	Nov 2-Dec 14	4:05-4:45 p.m.	\$60.90
85084	Mon	Nov 2-Dec 14	5:45-6:25 p.m.	\$60.90
85395	Tue	Nov 3-Dec 15	4:05-4:45 p.m.	\$60.90
85394	Tue	Nov 3-Dec 15	5:15-5:55 p.m.	\$60.90
85422	Wed	Nov 4-Dec 16	4:40-5:25 p.m.	\$60.90

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85484	Thu	Nov 5-Dec 17	4:35-5:15 p.m.	\$60.90
85501	Fri	Nov 6-Dec 18	4:45-5:25 p.m.	\$60.90
85500	Fri	Nov 6-Dec 18	5:55-6:35 p.m.	\$60.90
85562	Sat	Nov 7-Dec 19	9:05-9:45 a.m.	\$60.90
85608	Sun	Nov 8-Dec 20	9:05-9:45 a.m.	\$60.90
85606	Sun	Nov 8-Dec 20	10:10-10:50 a.m.	\$60.90
85607	Sun	Nov 8-Dec 20	12:35-1:15 p.m.	\$60.90

Youth Swimmer 6

8-14 years

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.

This class is specifically for children who have started their swimming lessons later on. 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.

LAC

85308	Sat	Sep 12-Oct 31	9:30-10:10 a.m.	\$60.90
85309	Thu	Nov 5-Dec 17	5:30-6:10 p.m.	\$60.90

<text box>**Swim Patrol:** The Swim Patrol Program provides enriched training for those ready to go beyond learning 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

Pre-requisite: 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.

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.

LAC

85310	Wed	Sep 9-Oct 28	5:30-6:20 p.m.	\$71.75
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85311	Thu	Sep 10-Oct 29	6:05-6:55 p.m.	\$82.00
85312	Sun	Sep 13-Nov 1	12:05-12:55 p.m.	\$71.75
85313	Mon	Nov 2-Dec 14	6:15-7:05 p.m.	\$71.75
85314	Wed	Nov 4-Dec 16	5:30-6:25 p.m.	\$71.75
85315	Sat	Nov 7-Dec 19	1:10-2 p.m.	\$71.75

SSLC

84700	Tue	Sep 15-Oct 27	4:05-4:55 p.m.	\$71.75
84802	Wed	Sep 16-Oct 28	4:05-5 p.m.	\$71.75
84838	Fri	Sep 18-Oct 30	4-4:50 p.m.	\$71.75
84948	Sat	Sep 19-Oct 31	9-9:50 a.m.	\$71.75
85028	Sun	Sep 20-Nov 1	10:50-11:40 a.m.	\$71.75
85098	Tue	Nov 3-Dec 15	4-4:50 p.m.	\$71.75
85447	Wed	Nov 4-Dec 16	4:05-5 p.m.	\$71.75
85480	Thu	Nov 5-Dec 17	4:05-4:55 p.m.	\$71.75
85578	Sat	Nov 7-Dec 19	9-9:50 a.m.	\$71.75
85644	Sun	Nov 8-Dec 20	10:50-11:40 a.m.	\$71.75

Lifesaving Swim Patrol – Ranger Patrol

8–14 years

Pre-requisite: Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 50m each, timed 100m swims, and 350m workouts.

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

LAC

85316	Tue	Sep 8-Oct 27	6:05-6:55 p.m.	\$82.00
85317	Wed	Sep 9-Oct 28	6:05-6:55 p.m.	\$71.75
85318	Sat	Sep 12-Oct 31	1-1:50 p.m.	\$71.75
85319	Mon	Nov 2-Dec 14	6:05-6:55 p.m.	\$71.75
85320	Sat	Nov 7-Dec 19	1-1:50 p.m.	\$71.75
85321	Sun	Nov 8-Dec 20	12:05-12:55 p.m.	\$71.75

SSLC

84673	Mon	Sep 14-Oct 26	4:10-5:05 p.m.	\$71.75
84797	Wed	Sep 16-Oct 28	5:40-6:35 p.m.	\$71.75
84861	Fri	Sep 18-Oct 30	5:10-6:05 p.m.	\$71.75
84877	Sat	Sep 19-Oct 31	10:10-11:05 a.m.	\$71.75
85025	Sun	Sep 20-Nov 1	11:35 a.m.-12:30 p.m.	\$71.75
85077	Mon	Nov 2-Dec 14	4:10-5:05 p.m.	\$71.75
85408	Tue	Nov 3-Dec 15	5:10-6:05 p.m.	\$71.75
85441	Wed	Nov 4-Dec 16	5:40-6:35 p.m.	\$71.75
85530	Sat	Nov 7-Dec 19	10:10-11:05 a.m.	\$71.75

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85643 Sun Nov 8-Dec 20 11:35 a.m.-12:30 p.m. \$71.75

Lifesaving Swim Patrol – Star Patrol

8–14 years

Pre-requisite: 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.

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.

LAC

85323	Sat	Sep 12-Oct 31	11:10 a.m.-12 p.m.	\$71.75
85322	Mon	Sep 14-Oct 26	5:30-6:25 p.m.	\$71.75
85324	Wed	Nov 4-Dec 16	6:30-7:25 p.m.	\$71.75
85330	Sat	Nov 7-Dec 19	1:10-2 p.m.	\$71.75

SSLC

84702	Tue	Sep 15-Oct 27	5:25-6:15 p.m.	\$71.75
84819	Thu	Sep 17-Oct 29	4-4:50 p.m.	\$71.75
84953	Sat	Sep 19-Oct 31	12:40-1:30 p.m.	\$71.75
84989	Sun	Sep 20-Nov 1	9-9:50 a.m.	\$71.75
85491	Thu	Nov 5-Dec 17	5:25-6:15 p.m.	\$71.75
85502	Fri	Nov 6-Dec 18	4-4:50 p.m.	\$71.75
85581	Sat	Nov 7-Dec 19	12:40-1:30 p.m.	\$71.75
85616	Sun	Nov 8-Dec 20	9-9:50 a.m.	\$71.75

All Ages

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

85335	Tue	Sep 8-29	5:35-6:05 p.m.	\$141.20
85336	Tue	Sep 8-29	5:35-6:05 p.m.	\$141.20
85337	Tue	Sep 8-29	6:10-6:40 p.m.	\$141.20
85338	Tue	Sep 8-29	6:10-6:40 p.m.	\$141.20
85339	Tue	Sep 8-29	6:45-7:15 p.m.	\$141.20
85340	Tue	Sep 8-29	6:45-7:15 p.m.	\$141.20
85341	Thu	Sep 10-Oct 1	5:35-6:05 p.m.	\$141.20

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85342	Thu	Sep 10-Oct 1	5:35-6:05 p.m.	\$141.20
85343	Thu	Sep 10-Oct 1	6:10-6:40 p.m.	\$141.20
85344	Thu	Sep 10-Oct 1	6:10-6:40 p.m.	\$141.20
85345	Thu	Sep 10-Oct 1	6:45-7:15 p.m.	\$141.20
85346	Thu	Sep 10-Oct 1	6:45-7:15 p.m.	\$141.20

NWLC

84333	Tue	Sep 8-29	4-4:30 p.m.	\$141.20
84335	Tue	Sep 8-29	4:30-5 p.m.	\$141.20
84331	Tue	Sep 8-29	5:10-5:40 p.m.	\$141.20
84362	Wed	Sep 9-23	4:45-5:15 p.m.	\$105.90
84364	Wed	Sep 9-23	6-6:30 p.m.	\$105.90
84393	Thu	Sep 10-Oct 1	5:45-6:15 p.m.	\$141.20
84441	Sat	Sep 12-Oct 3	9:05-9:35 a.m.	\$141.20
84437	Sat	Sep 12-Oct 3	10:55-11:25 a.m.	\$141.20
84439	Sat	Sep 12-Oct 3	12:40-1:10 p.m.	\$141.20
84471	Sun	Sep 13-Oct 4	9-9:30 a.m.	\$141.20
84469	Sun	Sep 13-Oct 4	11:25-11:55 a.m.	\$141.20
84467	Sun	Sep 13-Oct 4	12:25-12:55 p.m.	\$141.20
84473	Sun	Sep 13-Oct 4	1-1:30 p.m.	\$141.20
84304	Mon	Sep 14-28	5:20-5:50 p.m.	\$105.90
84305	Mon	Oct 5-26	5:20-5:50 p.m.	\$105.90
84334	Tue	Oct 6-27	4-4:30 p.m.	\$141.20
84336	Tue	Oct 6-27	4:30-5 p.m.	\$141.20
84332	Tue	Oct 6-27	5:10-5:40 p.m.	\$141.20
84363	Wed	Oct 7-28	4:45-5:15 p.m.	\$141.20
84365	Wed	Oct 7-28	6-6:30 p.m.	\$141.20
84394	Thu	Oct 8-29	5:45-6:15 p.m.	\$141.20
84442	Sat	Oct 10-31	9:05-9:35 a.m.	\$141.20
84438	Sat	Oct 10-31	10:55-11:25 a.m.	\$141.20
84440	Sat	Oct 10-31	12:40-1:10 p.m.	\$141.20
84472	Sun	Oct 11-Nov 1	9-9:30 a.m.	\$141.20
84470	Sun	Oct 11-Nov 1	11:25-11:55 a.m.	\$141.20
84468	Sun	Oct 11-Nov 1	12:25-12:55 p.m.	\$141.20
84474	Sun	Oct 11-Nov 1	1-1:30 p.m.	\$141.20
84505	Mon	Nov 2-23	5:45-6:15 p.m.	\$141.20
84533	Tue	Nov 3-24	5:10-5:40 p.m.	\$141.20
84552	Wed	Nov 4-25	4:45-5:15 p.m.	\$105.90
84554	Wed	Nov 4-25	6-6:30 p.m.	\$105.90
84663	Fri	Nov 6-27	4-4:30 p.m.	\$141.20
84665	Fri	Nov 6-27	4:30-5 p.m.	\$141.20
84661	Fri	Nov 6-27	5:10-5:40 p.m.	\$141.20
84730	Sat	Nov 7-28	9-9:30 a.m.	\$141.20
84734	Sat	Nov 7-28	9:40-10:10 a.m.	\$141.20
84732	Sat	Nov 7-28	12-12:30 p.m.	\$141.20
84736	Sat	Nov 7-28	1-1:30 p.m.	\$141.20
84777	Sun	Nov 8-29	9:05-9:35 a.m.	\$141.20

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84775	Sun	Nov 8-29	10:55-11:25 a.m.	\$141.20
84773	Sun	Nov 8-29	12:40-1:10 p.m.	\$141.20
84506	Mon	Nov 30-Dec 14	5:45-6:15 p.m.	\$105.90
84534	Tue	Dec 1-15	5:10-5:40 p.m.	\$105.90
84553	Wed	Dec 2-16	4:45-5:15 p.m.	\$105.90
84555	Wed	Dec 2-16	6-6:30 p.m.	\$105.90
84664	Fri	Dec 4-18	4-4:30 p.m.	\$105.90
84666	Fri	Dec 4-18	4:30-5 p.m.	\$105.90
84662	Fri	Dec 4-18	5:10-5:40 p.m.	\$105.90
84731	Sat	Dec 5-19	9-9:30 a.m.	\$105.90
84735	Sat	Dec 5-19	9:40-10:10 a.m.	\$105.90
84733	Sat	Dec 5-19	12-12:30 p.m.	\$105.90
84737	Sat	Dec 5-19	1-1:30 p.m.	\$105.90
84778	Sun	Dec 6-20	9:05-9:35 a.m.	\$105.90
84776	Sun	Dec 6-20	10:55-11:25 a.m.	\$105.90
84774	Sun	Dec 6-20	12:40-1:10 p.m.	\$105.90

SSLC

84669	Mon	Sep 14-28	4:40-5:10 p.m.	\$105.90
84672	Mon	Sep 14-28	6:05-6:35 p.m.	\$105.90
84703	Tue	Sep 15-29	5:50-6:20 p.m.	\$105.90
84783	Wed	Sep 16-Oct 7	5:05-5:35 p.m.	\$105.90
84781	Wed	Sep 16-Oct 7	5:25-5:55 p.m.	\$105.90
84779	Wed	Sep 16-Oct 7	6:05-6:35 p.m.	\$105.90
84834	Thu	Sep 17-Oct 1	5:45-6:15 p.m.	\$105.90
84852	Fri	Sep 18-Oct 2	4:50-5:20 p.m.	\$105.90
84883	Sat	Sep 19-Oct 3	9:10-9:40 a.m.	\$105.90
84882	Sat	Sep 19-Oct 3	9:40-10:10 a.m.	\$105.90
84880	Sat	Sep 19-Oct 3	11-11:30 a.m.	\$105.90
84878	Sat	Sep 19-Oct 3	11:40 a.m.-12:10 p.m.	\$105.90
84881	Sat	Sep 19-Oct 3	12:05-12:35 p.m.	\$105.90
84879	Sat	Sep 19-Oct 3	12:45-1:15 p.m.	\$105.90
84966	Sun	Sep 20-Oct 4	9:35-10:05 a.m.	\$105.90
84973	Sun	Sep 20-Oct 4	10:15-10:45 a.m.	\$105.90
84970	Sun	Sep 20-Oct 4	11-11:30 a.m.	\$105.90
84968	Sun	Sep 20-Oct 4	11:40 a.m.-12:10 p.m.	\$105.90
84975	Sun	Sep 20-Oct 4	12:10-12:40 p.m.	\$105.90
84971	Sun	Sep 20-Oct 4	12:55-1:25 p.m.	\$105.90
84670	Mon	Oct 5-26	4:40-5:10 p.m.	\$105.90
84671	Mon	Oct 5-26	6:05-6:35 p.m.	\$105.90
84704	Tue	Oct 6-27	5:50-6:20 p.m.	\$141.20
84835	Thu	Oct 8-29	5:45-6:15 p.m.	\$141.20
84853	Fri	Oct 9-30	4:50-5:20 p.m.	\$141.20
84889	Sat	Oct 10-31	9:10-9:40 a.m.	\$141.20
84888	Sat	Oct 10-31	9:40-10:10 a.m.	\$141.20
84886	Sat	Oct 10-31	11-11:30 a.m.	\$141.20
84884	Sat	Oct 10-31	11:40 a.m.-12:10 p.m.	\$141.20

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84887	Sat	Oct 10-31	12:05-12:35 p.m.	\$141.20
84885	Sat	Oct 10-31	12:45-1:15 p.m.	\$141.20
85030	Sun	Oct 11-Nov 1	9:35-10:05 a.m.	\$141.20
85035	Sun	Oct 11-Nov 1	10:15-10:45 a.m.	\$141.20
85032	Sun	Oct 11-Nov 1	11-11:30 a.m.	\$141.20
85031	Sun	Oct 11-Nov 1	11:40 a.m.-12:10 p.m.	\$141.20
85036	Sun	Oct 11-Nov 1	12:10-12:40 p.m.	\$141.20
85033	Sun	Oct 11-Nov 1	12:55-1:25 p.m.	\$141.20
84784	Wed	Oct 14-28	5:05-5:35 p.m.	\$105.90
84782	Wed	Oct 14-28	5:25-5:55 p.m.	\$105.90
84780	Wed	Oct 14-28	6:05-6:35 p.m.	\$105.90
85061	Mon	Nov 2-16	4:35-5:05 p.m.	\$105.90
85062	Mon	Nov 2-16	5:10-5:40 p.m.	\$105.90
85060	Mon	Nov 2-16	5:20-5:50 p.m.	\$105.90
85063	Mon	Nov 2-16	5:50-6:20 p.m.	\$105.90
85398	Tue	Nov 3-17	4:50-5:20 p.m.	\$105.90
85425	Wed	Nov 4-25	5:05-5:35 p.m.	\$105.90
85424	Wed	Nov 4-25	5:25-5:55 p.m.	\$105.90
85423	Wed	Nov 4-25	6:05-6:35 p.m.	\$105.90
85488	Thu	Nov 5-19	5:50-6:20 p.m.	\$105.90
85518	Fri	Nov 6-20	5:45-6:15 p.m.	\$105.90
85536	Sat	Nov 7-21	9:10-9:40 a.m.	\$105.90
85535	Sat	Nov 7-21	9:40-10:10 a.m.	\$105.90
85533	Sat	Nov 7-21	11-11:30 a.m.	\$105.90
85531	Sat	Nov 7-21	11:40 a.m.-12:10 p.m.	\$105.90
85534	Sat	Nov 7-21	12:05-12:35 p.m.	\$105.90
85532	Sat	Nov 7-21	12:45-1:15 p.m.	\$105.90
85588	Sun	Nov 8-22	9:35-10:05 a.m.	\$105.90
85592	Sun	Nov 8-22	10:15-10:45 a.m.	\$105.90
85590	Sun	Nov 8-22	11-11:30 a.m.	\$105.90
85589	Sun	Nov 8-22	11:40 a.m.-12:10 p.m.	\$105.90
85593	Sun	Nov 8-22	12:10-12:40 p.m.	\$105.90
85591	Sun	Nov 8-22	12:55-1:25 p.m.	\$105.90
85065	Mon	Nov 23-Dec 14	4:35-5:05 p.m.	\$141.20
85066	Mon	Nov 23-Dec 14	5:10-5:40 p.m.	\$141.20
85064	Mon	Nov 23-Dec 14	5:20-5:50 p.m.	\$141.20
85067	Mon	Nov 23-Dec 14	5:50-6:20 p.m.	\$141.20
85399	Tue	Nov 24-Dec 15	4:50-5:20 p.m.	\$141.20
85489	Thu	Nov 26-Dec 17	5:50-6:20 p.m.	\$141.20
85520	Fri	Nov 27-Dec 18	5:45-6:15 p.m.	\$141.20
85542	Sat	Nov 28-Dec 19	9:10-9:40 a.m.	\$141.20
85541	Sat	Nov 28-Dec 19	9:40-10:10 a.m.	\$141.20
85540	Sat	Nov 28-Dec 19	11-11:30 a.m.	\$141.20
85538	Sat	Nov 28-Dec 19	11:40 a.m.-12:10 p.m.	\$141.20
85537	Sat	Nov 28-Dec 19	12:05-12:35 p.m.	\$141.20
85539	Sat	Nov 28-Dec 19	12:45-1:15 p.m.	\$141.20
85600	Sun	Nov 29-Dec 20	9:35-10:05 a.m.	\$141.20

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85604	Sun	Nov 29-Dec 20	10:15-10:45 a.m.	\$141.20
85602	Sun	Nov 29-Dec 20	11-11:30 a.m.	\$141.20
85601	Sun	Nov 29-Dec 20	11:40 a.m.-12:10 p.m.	\$141.20
85605	Sun	Nov 29-Dec 20	12:10-12:40 p.m.	\$141.20
85603	Sun	Nov 29-Dec 20	12:55-1:25 p.m.	\$141.20
85428	Wed	Dec 2-16	5:05-5:35 p.m.	\$105.90
85427	Wed	Dec 2-16	5:25-5:55 p.m.	\$105.90
85426	Wed	Dec 2-16	6:05-6:35 p.m.	\$105.90

Adult

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

85325	Wed	Sep 9-Oct 28	6:40-7:30 p.m.	\$71.75
85326	Sat	Sep 12-Oct 31	12:05-12:55 p.m.	\$71.75
85327	Sun	Sep 13-Nov 1	11:30 a.m.-12:20 p.m.	\$71.75
85328	Wed	Nov 4-Dec 16	6:25-7:20 p.m.	\$71.75
85329	Thu	Nov 5-Dec 17	6:40-7:30 p.m.	\$71.75

NWLC

84374	Thu	Sep 10-Oct 29	8:35-9:25 p.m.	\$82.00
84614	Thu	Nov 5-Dec 17	8:35-9:25 p.m.	\$71.75

SSLC

84674	Mon	Sep 14-Oct 26	5:20-6:10 p.m.	\$71.75
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Adult 2

14 years and up

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

85332	Thu	Sep 10-Oct 29	6:05- 6:55 p.m.	\$82.00
85333	Sat	Sep 12-Oct 31	10:15-11:05 a.m.	\$71.75
85334	Sun	Nov 8-Dec 20	9:30-10:20 a.m.	\$71.75

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SSLC

84701	Tue	Sep 15-Oct 27	5:35- 6:25 p.m.	\$71.75
84918	Sat	Sep 19-Oct 31	12:10-1 p.m.	\$71.75
85481	Thu	Nov 5-Dec 17	5:35- 6:25 p.m.	\$71.75
85565	Sat	Nov 7-Dec 19	12:10-1 p.m.	\$71.75

Family

Family Swim Lessons (Women Only)

4 years and up

Held during Women's Only Swim. Instructors will work with each family to support them in meeting their goals. One family of up to 4 members per class. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

NWLC

84913	Sun	Sep 20, Oct 4, Oct 8, Nov 1	6:30-7 p.m.	\$72.20
84914	Sun	Sep 20, Oct 4, Oct 8, Nov 1	7:10-7:40 p.m.	\$72.20
84915	Sun	Sep 20, Oct 4, Oct 8, Nov 1	7:45-8:15 p.m.	\$72.20
84908	Sun	Nov 15, Nov 29, Dec 13	6:35-7:05 p.m.	\$54.15
84911	Sun	Nov 15, Nov 29, Dec 13	7:10-7:40 p.m.	\$54.15
84912	Sun	Nov 15, Nov 29, Dec 13	7:50-8:20 p.m.	\$54.15

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. Includes manual fee (\$45.00) and certification fee (\$25.00).

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

LAC

LAC

85348	Fri	Sep 11	5-9 p.m.	\$190.00
	Sat, Sun	Sep 12, 13	7 a.m.-4 p.m.	
85366	Mon-Wed	Dec 21-23	9a.m.-5 p.m.	\$190.00

SSLC

85047	Sun	Sep 20-Oct 4	12:30-8:30 p.m.	\$190.00
85646	Sun	Nov 8-22	12:30-8:30 p.m.	\$190.00

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Lifesaving Society Bronze Cross

14 years and up

Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. It emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are included. Bronze Cross is a prerequisite for advanced training in the National Lifeguard award. Price includes a certification fee (\$25.00).

Prerequisites: Bronze Medallion certification (need not be current).

LAC

85364	Thu, Fri	Sep 24, 25	5-9 p.m.	\$165.00
	Sat, Sun	Sep 26, 27	7 a.m.-4 p.m.	
85368	Mon-Wed	Dec 21-23	8a.m.-5 p.m.	\$165.00

SSLC

85046	Sun	Oct 11-Nov 1	3:30-9 p.m.	\$165.00
85647	Sun	Nov 29-Dec 20	3:30-9 p.m.	\$165.00

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. Price includes manual fee (\$48.00) and certification fee (\$40.00).

Prerequisite: Minimum 15 years old (by the last day of the course), Bronze Cross (need not be current) and Aquatic Emergency Care or Intermediate/Standard First Aid from one of the five organizations: Canadian Red Cross, Lifesaving Society, Canadian Ski Patrol, Canadian Heart & Stroke Foundation or St. John Ambulance only (need not be current).

LAC

85347	Fri	Sep 11, 25	5-9 p.m.	\$300.00
	Sat, Sun	Sep 12, 13, 26, 27	7 a.m.-4 p.m.	

SSLC

85648	Sun	Nov 8-Dec 20	2:30-8:30 p.m.	\$300.00
85649	Sun-Thu	Dec 27-Dec 31	8a.m.-5 p.m.	\$300.00

SSLC

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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. Includes manual fee (\$81.00) and certification fee (\$43.00).

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

LAC

85365	Sat	Nov 7-Dec 5	8 a.m.-2 p.m.	\$252.00
	Sat	Dec 12	10 a.m.-2 p.m.	
85369	Sun-Tue	Dec 27-29	8 a.m.-2 p.m.	\$252.00
	Wed	Dec 30	8 a.m.-12 p.m.	

SSLC

85048	Sun	Sep 20-Nov 1	4-8 p.m.	\$252.00
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Red Cross First Aid/CPR/AED

12 years and up

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

NWLC

85037	Sat, Sun	Sep 19, 20	9 a.m.-6 p.m.	\$161.00
85038	Sat, Sun	Oct 24, 25	9 a.m.-6 p.m.	\$161.00
85041	Sat, Sun	Nov 21, 22	9 a.m.-6 p.m.	\$161.00
85042	Sat, Sun	Dec 12, 13	9 a.m.-6 p.m.	\$161.00

Aquatic Recertification Courses

Red Cross First Aid/CPR/AED Recertification

15 years and up

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

NWLC

85039	Sat	Sep 12	8 a.m.-5 p.m.	\$100.00
85040	Sun	Oct 4	8 a.m.-5 p.m.	\$100.00
85043	Sun	Nov 1	8 a.m.-5 p.m.	\$100.00
85044	Sat	Dec 5	8 a.m.-5 p.m.	\$100.00

Lifesaving Society National Lifeguard Recertification

16 years and up

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

LAC

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85356	Sat	Sep 12	11 a.m.-4 p.m.	\$80.00
85357	Sat	Oct 24	11 a.m.-4 p.m.	\$80.00
85359	Sat	Nov 14	11 a.m.-4 p.m.	\$80.00
85361	Sat	Dec 12	11 a.m.-4 p.m.	\$80.00

SSLC

85049	Sun	Oct 11	4-9 p.m.	\$80.00
85650	Sun	Jan 3	4-9 p.m.	\$80.00

Registered Adapted Programs

Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

mc – māmawêyatitân centre

MOC – Mitakuyé Owâs’â Centre

NWLC – North West Leisure Centre

SLC – South Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

ADAPTABLE PROGRAMS

City of Regina programs are open to everyone. People experiencing a disability or specific needs are encouraged to participate in programs listed throughout this guide. Programs marked are intended to be used as stepping stones to inclusion and focus on individuals’ unique needs.

For all adapted programs, we kindly ask that individuals requiring one-on-one support/assistance to please bring an attendant/support person. For more information, email socialinclusionprograms@regina.ca or call 306-529-8025.

Adapted Aquatic

Adapted Family Swim Lessons <AP>

4 years and up

For children with disabilities and their family members who want to learn swimming skills and about water safety together. Instructors will work with each family to support them in meeting their goals. One family of up to 4 members per class. City of Regina staff will be on-site to facilitate the program but are not able to transfer, lift, or reposition individuals.

NWLC

84307	Tue	Sep 8-29	4:05-4:35 p.m.	\$72.20
84309	Tue	Sep 8-29	4:40-5:10 p.m.	\$72.20
84337	Wed	Sep 9-23	4:40-5:10 p.m.	\$54.15
84282	Mon	Sep 14-28	4:40-5:10 p.m.	\$54.15

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84284	Mon	Sep 14-28	5:50-6:20 p.m.	\$54.15
84283	Mon	Oct 5-26	4:40-5:10 p.m.	\$54.15
84285	Mon	Oct 5-26	5:50-6:20 p.m.	\$54.15
84308	Tue	Oct 6-27	4:05-4:35 p.m.	\$72.20
84310	Tue	Oct 6-27	4:40-5:10 p.m.	\$72.20
84338	Wed	Oct 7-28	4:40-5:10 p.m.	\$72.20
84479	Mon	Nov 2-23	4:40-5:10 p.m.	\$72.20
84507	Tue	Nov 3-24	4:40-5:10 p.m.	\$72.20
84509	Tue	Nov 3-24	5:50-6:20 p.m.	\$72.20
84606	Thu	Nov 5-26	4:40-5:10 p.m.	\$72.20
84608	Thu	Nov 5-26	5:50-6:20 p.m.	\$72.20
84480	Mon	Nov 30-Dec 14	4:40-5:10 p.m.	\$54.15
84508	Tue	Dec 1-15	4:40-5:10 p.m.	\$54.15
84510	Tue	Dec 1-15	5:50-6:20 p.m.	\$54.15
84607	Thu	Dec 3-17	4:40-5:10 p.m.	\$54.15
84609	Thu	Dec 3-17	5:50-6:20 p.m.	\$54.15

Adapted Leisure Swim <AP> <Free>

Enjoy a leisure swim in a relaxed and accessible pool environment, established for people with disabilities and their family members and supports. The Sandra Schmirler Leisure Centre is home to a roof tracking system and powered lift in the accessible/family change room, and a lift system in the pool area for easier transferring of individuals to and from the pool. The North West Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on site to supervise the program, but are not able to transfer, lift, or reposition individuals. Registration will open 30 days before each scheduled swim date.

NWLC

84205	Sun	Sep 13	6:30-8:25 p.m.	Free
84206	Sun	Sep 27	6:30-8:25 p.m.	Free
84207	Sun	Oct 11	6:30-8:25 p.m.	Free
84208	Sun	Oct 25	6:30-8:25 p.m.	Free
84209	Sun	Nov 8	6:30-8:25 p.m.	Free
84210	Sun	Nov 22	6:30-8:25 p.m.	Free
84211	Sun	Dec 6	6:30-8:25 p.m.	Free
84212	Sun	Dec 20	6:30-8:25 p.m.	Free

SSLC

84213	Sat	Sep 19	6:30-8:25 p.m.	Free
84214	Sat	Oct 3	6:30-8:25 p.m.	Free
84215	Sat	Oct 17	6:30-8:25 p.m.	Free
84216	Sat	Oct 31	6:30-8:25 p.m.	Free
84217	Sat	Nov 14	6:30-8:25 p.m.	Free
84218	Sat	Nov 28	6:30-8:25 p.m.	Free
84219	Sat	Dec 12	6:30-8:25 p.m.	Free

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Adapted Swim Lessons <AP>

4 years and up

This 1-on-1 adapted swim lesson is designed for those that experience disability. Instructors will work with participants to support them in meeting their needs and goals. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or re position individuals.

NWLC

84311	Tue	Sep 8-29	5:15-5:45 p.m.	\$72.20
84313	Tue	Sep 8-29	5:50-6:20 p.m.	\$72.20
84339	Wed	Sep 9-23	4:05-4:35 p.m.	\$54.15
84341	Wed	Sep 9-23	5:15-5:45 p.m.	\$54.15
84343	Wed	Sep 9-23	5:50-6:20 p.m.	\$54.15
84286	Mon	Sep 14-28	4:05-4:35 p.m.	\$54.15
84288	Mon	Sep 14-28	5:15-5:45 p.m.	\$54.15
84287	Mon	Oct 5-26	4:05-4:35 p.m.	\$54.15
84289	Mon	Oct 5-26	5:15-5:45 p.m.	\$54.15
84312	Tue	Oct 6-27	5:15-5:45 p.m.	\$72.20
84314	Tue	Oct 6-27	5:50-6:20 p.m.	\$72.20
84340	Wed	Oct 7-28	4:05-4:35 p.m.	\$72.20
84342	Wed	Oct 7-28	5:15-5:45 p.m.	\$72.20
84344	Wed	Oct 7-28	5:50-6:20 p.m.	\$72.20
84481	Mon	Nov 2-23	4:05-4:35 p.m.	\$72.20
84483	Mon	Nov 2-23	5:15-5:45 p.m.	\$72.20
84485	Mon	Nov 2-23	5:50-6:20 p.m.	\$72.20
84511	Tue	Nov 3-24	4:05-4:35 p.m.	\$72.20
84513	Tue	Nov 3-24	5:15-5:45 p.m.	\$72.20
84610	Thu	Nov 5-26	4:05-4:35 p.m.	\$72.20
84612	Thu	Nov 5-26	5:15-5:45 p.m.	\$72.20
84482	Mon	Nov 30-Dec 14	4:05-4:35 p.m.	\$54.15
84484	Mon	Nov 30-Dec 14	5:15-5:45 p.m.	\$54.15
84486	Mon	Nov 30-Dec 14	5:50-6:20 p.m.	\$54.15
84512	Tue	Dec 1-15	4:05-4:35 p.m.	\$54.15
84514	Tue	Dec 1-15	5:15-5:45 p.m.	\$54.15
84611	Thu	Dec 3-17	4:05-4:35 p.m.	\$54.15
84613	Thu	Dec 3-17	5:15-5:45 p.m.	\$54.15

Adapted Arts & Crafts

ABI Art Program <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.

SLC

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85654 Thu Sep 10-Dec 17 1-2:30 p.m. Free

Adapted Crafting with Nature <AP>

6-12 years

This program is designed for youth with disabilities, but all abilities are welcome. Enjoy fun and easy crafts using natural items for sensory exploration. Promote fine motor development, socialization, and creativity as we explore natural materials in the neighboring accessible park. Participants needing one-on-one support must bring a support person.

CRNC

85667 Sat Sep 19-Nov 14 1-2:30 p.m. Free

Adapted Music Program <AP>

A fun and safe sensory experience designed for children and youth with disabilities. Led by a certified Music Therapist, this program focuses on the group's strengths to foster fine motor development and promote socialization through music.

SLC

3-7 years

85657 Sat Oct 17-Nov 14 10:15-11 a.m. \$43.75

8-14 years

85658 Sat Oct 17-Nov 14 11:15 a.m.-12 p.m. \$43.75

Sensory Science Exploration <AP> <Free>

6-13 years

An inclusive program for youth of all abilities! This program offers hands-on scientific experiences with natural materials, encouraging sensory exploration and discovery. Participants needing one-on-one support must bring a support person.

CRNC

85674 Mon Sep 14-Oct 26 6-7 p.m. Free

Adapted Health and Fitness

Adapted Dance Class <AP> <Free>

5-13 years

This dance class is specifically tailored to meet the needs of children with disabilities. In this weekly program, professional artists with disabilities will lead children through an inclusive movement class. Learning through dance, body, breath, and voice, participants will be welcomed into an inclusive space that allows them to explore their creativity. This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina.

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mc

85651 Sat Sep 19-Nov 28 2:15-3:15 p.m. Free

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

This beginner-friendly class is designed for adults who want to improve confidence, core strength, and stability in a supportive environment. Movements can be adapted to suit a wide range of abilities, making it a great fit for older adults and anyone who benefits from modifications. Each session includes guided exercises to enhance balance and mobility, along with a fun bonus activity each week. A variety of equipment will be used, and adaptations can be made.

SSLC

85684 Tue Sep 15-Oct 13 12:15-1:15 p.m. \$36.50

85685 Tue Oct 20-Nov 24 12:15-1:15 p.m. \$43.80

Inclusive Dance Class <AP> <Free> **5-12 years**

This integrative class is designed to bring children together of all abilities together in a shared space. In this weekly program, professional artists with disabilities will lead children through an inclusive movement class. Learning through dance, body, breath, and voice, participants will be welcomed into an inclusive space that allows them to explore their creativity. This program is in partnership with Listen to Dis, Saskatchewan's only disability-led disability arts organization, and the City of Regina.

mc

85652 Sat Sep 19-Nov 28 1-2 p.m. Free

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

The Adaptive 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

85676 Tue, Thu Sep 1-Dec 15 12-3 p.m. \$132.80

85677 Wed Sep 2-Dec 16 11:30 a.m.-2 p.m. \$66.40

What's Your Style Dance Nights <AP> <Free> **17 years and up**

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

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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 can be 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!

mc

84128 Thu Oct 22 7-9 p.m. Free

Virtual Chair Yoga

<AP> <Free>

18 years and up

Join us from the comfort of your home for a gentle yoga class. This introductory-level class is geared towards empowering folks to participate from wherever is comfortable and convenient for themselves. Chair yoga offers simple stretches and strengthening movements that support flexibility, balance, and relaxation. With guided breathing and slow, steady motions, you'll ease tension and improve your range of motion. This online class will require you to have access to Teams.

Virtual

85686 Mon Sep 21-Nov 2 4:15-5:15 p.m. \$47.00

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, who have communication deficits, gives participants 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. On the first Wednesday of the month, an education session occurs based on relevant and requested topics. The ABI Outreach Team will be present to assist and facilitate communication when necessary.

SLC

85655 Wed Sep 9-Dec 16 1-2:30 p.m. Free

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.

SLC

85656 Fri Sep 11-Dec 18 1-2:30 p.m. Free

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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 socialize, engage in activities together, and explore community spots and events. Outings and activities will be based on the group's interests. City of Regina staff will be on site to facilitate the program, but are not able to transfer, lift, or reposition individuals.

MOC

85675 Fri Oct 2-Dec 11 6-8 p.m. Free

Sensory-Friendly Youth Program <AP>

<Free>

10-17 years

This group program is designed for youth who benefit from sensory-friendly environment. Participants will explore a mix of recreational activities that encourage social interaction, physical movement, and creativity—all with individual sensory needs in mind. The environment is supportive, flexible, and built to help youth engage at their own comfort level.

CRNC

85669 Mon Nov 2-Dec 14 6-7:30 p.m. Free

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 is striving to respond to the needs of individuals and their families to provide 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, The 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

mâdawêyatitân centre

85034 Mon-Fri Sep 8-Dec 18 2-5 p.m. Free

Adapted Sport

Adapted Badminton – Teens <AP>

13-16 years

Designed for youth 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 about badminton. 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. This program focuses on fun while fostering socialization through teaching teamwork, cooperation, and sportsmanship.

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SLC

85665	Sun	Sep 13-Oct 25	9-10 a.m.	\$52.50
85666	Sun	Sep 13-Oct 25	10-11 a.m.	\$61.25

Adapted Basketball – Intro <AP>

Designed for children with disabilities or who have difficulties with gross motor development. This program will foster socialization by encouraging participation in a group setting. This program will introduce the basic skills of basketball such as passing, shooting, defense, dribbling, and game strategy while also learning about the values of teamwork, and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning basketball. Parent or support person participation is encouraged when needed.

5-7 years

FLDH

84560	Mon	Sep 7-Nov 16	5:30-6:30 p.m.	\$87.50
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6-11 years

NWLC

84943	Fri	Sep 11-Oct 16	5:15-6 p.m.	\$52.50
85009	Fri	Oct 30-Dec 4	5:15-6 p.m.	\$52.50

8-12 years

FLDH

84561	Mon	Sep 7-Nov 16	6:30-7:30 p.m.	\$87.50
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Adapted Floor Hockey <AP> 5-7 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. This program will introduce the basic skills of floor hockey and game strategy while also learning about teamwork, cooperation and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning and playing floor hockey. Parent or support person participation is encouraged when needed.

FLDH

85104	Sat	Sep 5-Oct 24	2-3 p.m.	\$70.00
85442	Sat	Nov 7-Dec 19	2-3 p.m.	\$43.75

Adapted Parent & Tot Sports Jam <AP> 3-5 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. Parents and tots enjoy playing sport-related games and learn new skills associated with soccer, basketball, and floor hockey. In a non-game-based environment, this program

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will teach the basic skills of each sport and incorporate fun developmental games and activities into every class. Parent participation is required.

NWLC

84951	Sun	Sep 13-Oct 25	10-10:45 a.m.	\$52.50
85010	Sun	Nov 1-Dec 13	10-10:45 a.m.	\$61.25

Adapted Soccer <AP>

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. This program will introduce the basic skills of soccer and game strategy while also learning about teamwork, cooperation and sportsmanship. This course is a great opportunity for children to increase their skill level and at the same time, have fun while learning and playing soccer. Parent or support person participation is encouraged to assist when needed.

5–7 years

FLDH

84571	Tue	Sep 8-Oct 27	5:30-6:30 p.m.	\$70.00
85353	Tue	Nov 3-Dec 15	5:30-6:30 p.m.	\$61.25

8–12 years

FLDH

85102	Sat	Sep 5-Oct 24	1-2 p.m.	\$70.00
85438	Sat	Nov 7-Dec 19	1-2 p.m.	\$43.75

Adapted Sports Jam <AP> 6-12 years

Designed for children who are experiencing difficulties with gross motor development and community participation in a group setting. The program will provide children with the opportunity to participate in a variety of non-competitive sports and activities for fun and fitness focusing on various sports like soccer, floor hockey, basketball and cooperative games. Parent or support person participation is encouraged to assist when needed.

NWLC

84956	Sun	Sep 13-Oct 25	11-11:45 a.m.	\$52.50
85014	Sun	Nov 1-Dec 13	11-11:45 a.m.	\$61.25

Adapted Sports Night <AP> <Free> 16 years and up

In Partnership with Creative Options Regina, we welcome adults with disabilities to the Fieldhouse to join in on all the fun Table Tennis has to offer!

FLDH

85108	Sat	Sep 12-Dec 12	6-8 p.m.	Free
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Wheelchair Curling - Intro <AP> <Free>

10 years and up

A free six-week wheelchair curling program for beginners, running at Caledonian Curling Club in Regina. Join us for a six-week Learn to Curl program designed specifically for wheelchair users who want to try curling in a fun, welcoming, and inclusive environment! Whether you're brand new to the sport or have tried it before, this program will help you develop skills, build confidence, and connect with others on the ice. Facilitated by an experienced wheelchair curler. All curling equipment is provided for use during each session. Held at the Caledonian Curling Club, 2225 Sandra Schmirler Way.

Caledonian Curling Club

85108 Sat Sep 12-Dec 12 6-8 p.m. Free

Registered Preschool Programs

Legend

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

Crafty Christmas

3–5 years

Start your preschooler's countdown to Christmas with this class! There are lots of tree decorations, home décor, and fun to be had with this craft class. Children will be busy constructing crafts, enjoying songs, movement, and rhymes for the season as well as listening to seasonal stories.

NBAC

84146 Tue Nov 24-Dec 15 9-10:30 a.m. \$83.00

84147 Tue Nov 24-Dec 15 1-2:30 p.m. \$83.00

Creative Beginnings

4–6 years

This class is packed with all things creative! We will read stories, play both 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, encourage imagination and play.

NBAC

84148 Wed Sep 16-Nov 18 1-2:30 p.m. \$145.00

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Preschool Engineering Makers <New>

3–5 years

This class teaches students to build simple models based on real-world structural concepts using Duplo bricks. Each class features 5-10 minutes of formal instruction on the model concept, then kids will build and upgrade the LEGO model of the day using their own DUPLO LEGO Kit. Students work on letter and number recognition, patterns and so much more, in a safe, fun, collaborative setting while allowing them to practice fine motor skills, socialization, and following direction. All materials and equipment will be supplied.

NBAC

84306 Sat Sep 19-Nov 14 10-10:45 a.m. \$56.00

Recreation

Surprise Activity and Swim

3–5 years

Participate in a flexible laid-back class involving a fun, surprise activity and swim! In the first part of the class kids will enjoy crafts, sports, story telling, activities and games. Each day will be a surprise! While the second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

NWLC

84410	Fri	Sep 11-Oct 2	2:15-3:20 p.m.	\$38.00
84411	Fri	Oct 9-30	2:15-3:20 p.m.	\$38.00
84667	Fri	Nov 6-27	2:15-3:20 p.m.	\$38.00
84668	Fri	Dec 4-18	2:15-3:20 p.m.	\$28.50

Sports

Parent & Tot Floor Hockey

3–5 years

This program is a great way for parents and tots to bond and have fun learning and playing Floor Hockey. Basic floor Hockey skills combined with fun developmental games and activities will be taught in a non-game based and non-competitive environment.

FLDH

84558 Mon Sep 7-Nov 16 4:30-5:30 p.m. \$87.50

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

84570	Tue	Sep 8-Oct 27	4:30-5:30 p.m.	\$70.00
85352	Tue	Nov 3-Dec 15	4:30-5:30 p.m.	\$61.25

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Registered Child and Youth Programs

Legend

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

MOC – Mitakuyé Owâs'â Centre

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

Fine Arts

3D Printing and Design 1 8–12 years

Do you want to learn how to create your very own 3D design and print it too? If 3D printing and design interests you, then come join this awesome class. Learn how to design and print your ideas - we will help turn your ideas into reality with our 3D printer. This is a beginner level class and is not recommended for students who have previously completed the course. Students are required to bring their own laptop or iPad.

NBAC

84130 Sat Sep 19-Nov 14 9:30-10:30 a.m. \$95.00

3D Printing and Design 3 <New> 8–16 years

This advanced 3D printing course is intended for returning students and emphasizes the development of larger, more complex projects over multiple weeks. Using Tinkercad, students will plan, design, test, and refine their creations while strengthening problem-solving and design skills. This course is best suited for students with prior experience in basic 3D design and printing concepts.

Prerequisite: 3D Printing and Design 1, 3D Printing and Design 2 or equivalent experience.

NBAC

84228 Sat Sep 19-Nov 14 11 a.m.-12 p.m. \$95.00

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

84132 Sun Sep 20-Nov 15 3-4:30 p.m. \$95.00

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Adventures in Art for Homeschoolers 1

6–8 years

This course has been designed for, but not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor!

NBAC

84134 Thu Sep 17-Nov 5 10 a.m.-12 p.m. \$125.00

Adventures in Art for Homeschoolers 2

9–13 years

This course has been designed for, but is not limited to, homeschooled children. A wide variety of artistic mediums, styles and approaches will be explored as well as trending new projects. Suggested project requests can be submitted to the instructor! Note this is level 2 and the subject matter will be more advanced.

NBAC

84135 Thu Sep 17-Nov 5 1-3 p.m. \$125.00

Art Exploration

9-13 years

Join us for a creative exploration of the world of art! This class is designed to develop artistic skills and give insight into the styles of the great artists that came before us. Using a variety of practices and projects, students will experiment with an array of mediums such as clays, oil pastels, watercolour, drawing basics, sculpture and more!

NBAC

84136 Sat Sep 19-Nov 14 12:30-2:30 p.m. \$125.00

Art Sampler

6–8 years

Ignite your child's imagination! This class is a fun and engaging space for kids to explore their creativity through a multitude of art mediums! We love colour and paint. We dive into clay, learn basics with guided drawings, build sculptures from cardboard, feel the fibre arts, experiment with pastels, discover wonders of watercolour, and so much more!

NBAC

84138 Sat Sep 19-Nov 14 10 a.m.-12 p.m. \$125.00

Comics for Kids

8–13 years

Write and draw your very own comics to share with your friends! Learn to draw characters, backgrounds, and special effects!

NBAC

84145 Sat Sep 19-Nov 14 1-2:30 p.m. \$98.00

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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

84151 Sat Sep 19-Nov 14 11 a.m.-12:30 p.m. \$98.00

Drawing Everything in the World! **6–9 years**

Do you love to draw? Learn to draw all kinds of places, animals, people, objects, and everything in the world! Practice pen and colour techniques to make your drawings look awesome! Make your own activity picture book full of mazes, games, treasure hunts, and detailed drawings to colour! Sketchbook required.

NBAC

84229 Sat Sep 19-Nov 14 10-11 a.m. \$82.00

Drawing Mythological Creatures **9–14 years**

Learn to draw creatures and characters from stories around the world such as hydras, fairies, chimers, and dragons alongside Kirin, mermaids, and the Valkyrie. Draw scales, fur, people, animals or all of them together! All levels of drawing experience are welcome!

NBAC

84153 Sun Sep 20-Nov 15 3-4:30 p.m. \$95.00

Easy Sewing – Fun Felt Friends **10–14 years**

A class for new and beginner stitchers. Learn two easy stitches and simple patterns to sew an adorable animal character with colourful felt and embroidery thread.

NBAC

84154 Sun Sep 13 1-4 p.m. \$35.00

Fantastic Friends Drawing **9–14 years**

Learn to draw everything from knights, dinosaurs and jaguars to haunted houses, rocket ships, and fairy forests! Each week will focus on a different class decided theme.

NBAC

84158 Sat Sep 19-Nov 14 3-4:30 p.m. \$98.00

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Fantastic Friends: Character Creation!

9–14 years

Want to create an original character? Learn to draw a figure, design a striking outfit, and give your character personality with expression, colour and accessories!

NBAC

84159 Sat Sep 12 1-2:30 p.m. \$20.00

Fantastic Friends: Fairy Tales

7–10 years

Listen to a Fairy Tale and draw your favourite moment in the story. Every week will have a new story from a different place around the world!

NBAC

84160 Sun Sep 20-Nov 15 1-2:30 p.m. \$98.00

Game Design

9–14 years

Make your own card games, board games, and role-playing games. We'll play-test our storytelling and fantasy adventure games together, then make changes to take home a finished, playable game!

NBAC

84162 Sat Sep 19-Nov 14 1:30-4 p.m. \$135.00

Inspiring Art for Young Minds!

6-9 years

Designed to be easy to follow, children will embark on a creative journey filled with fun and imagination. With step-by-step instructions and engaging activities, they will learn fundamental drawing techniques such as shading, blending, and creating textures, while exploring a variety of themes including animals, nature, fantasy worlds, and their favorite storybook characters. Get ready for a colourful and enjoyable experience that will ignite their artistic passion!

NBAC

84250 Sat Sep 19-Nov 14 1:30-3 p.m. \$98.00

Intro to Air Dry Clay

7-12 years

This is a beginner-friendly class for anyone wanting to make objects with air-dry clay. You will learn the basic techniques of working with air dry clay to start creating works of art! Some objects that will be made in this class are a vase, jewellery dish, animals, people, and much more.

NBAC

84163 Sun Sep 20-Nov 15 1-3 p.m. \$135.00

City of Regina 2026 Fall Leisure Guide

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Lego Engineering Makers

6-10 years

This is the program for your LEGO lovers. Young Makers Studio - Lego Engineering Makers is geared for ages 6+ where students will build various Lego models using our proprietary kits. Students will move through stations building various models using power functions to make their models move to building Art Mosaic models using 1x1 Lego bricks. We also have our 3D and Flat structure models. All materials and equipment will be supplied.

NBAC

84276 Sat Sep 19-Nov 14 11 a.m.-12 p.m. \$82.00

Lego Robotics and Coding

9-13 years

Young Makers Studio - Lego Robotics and Coding uses the Premier LEGO Spike Prime program which is designed for students ages 9+. Students will build Lego robotic models, then use the Lego Spike Prime coding platform to code and move the Lego models. Spike Prime uses block coding and python coding. All materials and equipment will be supplied.

NBAC

84277 Wed Sep 16-Nov 18 7-8:15 p.m. \$90.00

Manga 1

9-14 years

This class starts manga comic artists off with the basics. Explore line drawing with a pencil or pen and learn the basics of drawing figures, faces, and perspective. Then turn your sketches into inked drawings and finally into a finished comic book page. Sketchbook required.

NBAC

84180 Sat Sep 19-Nov 14 11:30 a.m.-1 p.m. \$95.00

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

84181 Sun Sep 20-Nov 15 1-2:30 p.m. \$100.00

One Page Comics for Kids

7-13 years

Learn how to create your own 8-page comic books from one sheet of paper! These books can later be unfolded for photocopying and shared with friends!

NBAC

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84183 Sat Sep 12 3-4:30 p.m. \$25.00

Roblox Coding for Beginners 10–14 years

Take a vacation away from your Brookhaven home and learn how to start creating your own Roblox map or game using Roblox Studio. This is an introductory look into the world of game creation, and no prior coding experience is necessary. This is a beginner level class and is not recommended for students who have previously completed the course. Students must provide their own laptop, and have basic laptop skills (typing, spelling, using a mouse).

NBAC

84192 Sat Sep 19-Nov 14 1-2 p.m. \$90.00

World of Wax 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

84200 Sat Sep 19-Nov 14 9-10:30 a.m. \$98.00

Recreation & Life Skills

Indigenous Youth Employment Program 14-18 years

An opportunity for Indigenous youth, ages 14-18, to grow leadership and life skills for adulthood. Participants will gain experiences through volunteer work and group activities, all blended with traditional Indigenous teachings. Additionally, participants will receive certification in First Aid CPR-C/AED. By the end of the program, youth will leave with a toolbox of skills, meaningful experiences and a guaranteed interview for a cashier or casual rec worker position. First Aid Course is October 18 & 19 from 9 a.m.-6 p.m.

MOC

85492 Tue, Thu Oct 6-Nov 19 4:15-7 p.m. \$80.00

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.

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Kids

5-7

FLDH

85045	Sat	Sep 5-Oct 24	1-2 p.m.	\$70.00
85068	Sat	Sep 5-Oct 24	2-3 p.m.	\$70.00
84574	Wed	Sep 9-Oct 28	5-6 p.m.	\$61.25
85358	Wed	Nov 4-Dec 16	5-6 p.m.	\$52.50
85385	Sat	Nov 7-Dec 19	1-2 p.m.	\$52.50
85386	Sat	Nov 7-Dec 19	2-3 p.m.	\$52.50

NWLC

84992	Sat	Sep 19-Nov 28	4:30-5:30 p.m.	\$87.50
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Junior

8-12

FLDH

84556	Mon	Sep 7-Nov 16	5-6 p.m.	\$87.50
84557	Mon	Sep 7-Nov 16	6-7 p.m.	\$87.50
84567	Tue	Sep 8-Oct 27	5-6 p.m.	\$70.00
84575	Wed	Sep 9-Oct 28	6-7 p.m.	\$61.25
84580	Thu	Sep 10-Oct 29	5-6 p.m.	\$70.00
84583	Fri	Sep 11-Oct 30	5-6 p.m.	\$70.00
80159	Tue	Nov 3-Dec 15	5-6 p.m.	\$113.75
85350	Tue	Nov 3-Dec 15	5-6 p.m.	\$61.25
85360	Wed	Nov 4-Dec 16	6-7 p.m.	\$52.50
85374	Thu	Nov 5-Dec 17	5-6 p.m.	\$61.25
85376	Fri	Nov 6-Dec 18	5-6 p.m.	\$61.25

SLC

85736	Sun	Nov 15-Dec 20	11:30 a.m.-12:30 p.m.	\$52.50
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MOC

85463	Sat	Sep 26-Nov 14	10-11 a.m.	\$70.00
85464	Sat	Sep 26-Nov 14	11 a.m.-12 p.m.	\$70.00

NWLC

84999	Sat	Sep 19-Nov 28	5:30-6:30 p.m.	\$87.50
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Badminton – Teens

13-15 yrs

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.

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FLDH

85106	Sat	Sep 5-Oct 24	5-6 p.m.	\$70.00
84568	Tue	Sep 8-Oct 27	6-7 p.m.	\$70.00
84581	Thu	Sep 10-Oct 29	6-7 p.m.	\$70.00
85349	Tue	Nov 3-Dec 15	6-7 p.m.	\$61.25
85375	Thu	Nov 5-Dec 17	6-7 p.m.	\$61.25
85387	Sat	Nov 7-Dec 19	5-6 p.m.	\$52.50

Basketball – Kids

5-7 years

Through this program, children will learn the basics of basketball in a fun, and non-competitive environment. Drills and scrimmages will also be included.

FLDH

84569	Tue	Sep 8-Oct 27	7:30-8:30 p.m.	\$70.00
84585	Fri	Sep 11-Oct 30	5-6 p.m.	\$70.00
84586	Fri	Sep 11-Oct 30	6-7 p.m.	\$70.00
85351	Tue	Nov 3-Dec 15	7:30-8:30 p.m.	\$61.25
85378	Fri	Nov 6-Dec 18	5-6 p.m.	\$52.50
85379	Fri	Nov 6-Dec 18	6-7 p.m.	\$43.75

Basketball Fundamental Development

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

8-10 years

FLDH

84578	Wed	Sep 9-Oct 28	5-6 p.m.	\$61.25
84587	Fri	Sep 11-Oct 30	6-7 p.m.	\$70.00
85371	Wed	Nov 4-Dec 16	5-6 p.m.	\$52.50
85380	Fri	Nov 6-Dec 18	6-7 p.m.	\$43.75

CRNC

84367	Sat	Sep 5-Oct 17	10-11 a.m.	\$56.70
84369	Sat	Oct 31-Dec 19	10-11 a.m.	\$56.70

11-13 years

FLDH

84579	Wed	Sep 9-Oct 28	6-7 p.m.	\$61.25
85373	Wed	Nov 4-Dec 16	6-7 p.m.	\$52.50

CRNC

84368	Sat	Sep 5-Oct 17	11 a.m.-12 p.m.	\$56.70
84370	Sat	Oct 31-Dec 19	11 a.m.-12 p.m.	\$56.70

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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 basic basketball skills is a prerequisite for enrollment in this program.

8-11 years

FLDH

84562	Mon	Sep 7-Nov 16	6:30-7:30 p.m.	\$87.50
84588	Fri	Sep 11-Oct 30	7-8 p.m.	\$70.00
85381	Fri	Nov 6-Dec 18	7-8 p.m.	\$43.75

12-14 years

FLDH

84563	Mon	Sep 7-Nov 16	7:30-8:30 p.m.	\$87.50
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Floor Hockey – Kids

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

5-7 years

FLDH

84576	Wed	Sep 9-Oct 28	4:30-5:30 p.m.	\$61.25
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8-12 years

FLDH

84559	Mon	Sep 7-Nov 16	5:30-6:30 p.m.	\$87.50
84577	Wed	Sep 9-Oct 28	5:30-6:30 p.m.	\$61.25
85448	Sat	Nov 7-Dec 19	3-4 p.m.	\$43.75

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

85367	Wed	Nov 4-Dec 16	5:30-6:30 p.m.	\$52.50
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8-12 years

85370	Wed	Nov 4-Dec 16	6:30-7:30 p.m.	\$52.50
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Text-Only Version

Go Girl 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

85109	Mon	Nov 2-Dec 21	4:30-5:30 p.m.	\$70.00
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8–12 years

85110	Mon	Nov 2-Dec 21	5:30-6:30 p.m.	\$70.00
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Pickleball – Intro

This fun and engaging program is designed for children and youth who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle serve, rally, and move safely on the court. Through age-appropriate instruction, and teamwork skills in a supportive non-competitive environment and enthusiasm!

5–7 years

CNC

85069	Sat	Sep 12-Dec 19	1-2 p.m.	\$61.25
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10–14 years

GNRC

84865	Sat	Sep 12-Oct 31	2-3 p.m.	\$70.00
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85740	Sat	Nov 7-Dec 26	2-3 p.m.	\$61.25
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Soccer

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

5-7 years

FLDH

84572	Tue	Sep 8-Oct 27	4:30-5:30 p.m.	\$70.00
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85354	Tue	Nov 3-Dec 15	4:30-5:30 p.m.	\$61.25
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MOC

85465	Thu	Sep 17-Nov 5	5:30-6:30 p.m.	\$70.00
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85732	Thu	Nov 12-Dec 31	5:30-6:30 p.m.	\$52.50
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8-12 years

FLDH

84573	Tue	Sep 8-Oct 27	5:30-6:30 p.m.	\$70.00
85355	Tue	Nov 3-Dec 15	5:30-6:30 p.m.	\$61.25
85453	Sat	Nov 7-Dec 19	4-5 p.m.	\$43.75

MOC

85466	Thu	Sep 17-Nov 5	6:30-7:30 p.m.	\$70.00
85733	Thu	Nov 12-Dec 31	6:30-7:30 p.m.	\$52.50

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

85362	Wed	Nov 4-Dec 16	4:30-5:30 p.m.	\$52.50
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8-12 years

85363	Wed	Nov 4-Dec 16	5:30-6:30 p.m.	\$52.50
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Table Tennis – Intro

8-12 years

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

84564	Tue	Sep 8-Oct 27	6:30-7:30 p.m.	\$52.50
84565	Tue	Sep 8-Oct 27	6:30-7:30 p.m.	\$70.00
85111	Tue	Nov 3-Dec 15	6:30-7:30 p.m.	\$61.25

Tennis

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

Kids Level 1

8-10 years

85089	Sat	Sep 5-Nov 14	10-11 a.m.	\$87.50
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Junior Level 1

11-13 years

85090	Sat	Sep 5-Nov 14	11 a.m.-12 p.m.	\$87.50
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Volleyball

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.

7-10 years

FLDH

84590	Fri	Sep 11-Oct 30	5-6 p.m.	\$70.00
85382	Fri	Nov 6-Dec 18	5-6 p.m.	\$52.50

11-13 years

FLDH

84591	Fri	Sep 11-Oct 30	6-7 p.m.	\$70.00
85383	Fri	Nov 6-Dec 18	6-7 p.m.	\$43.75

NWLC

85004	Sun	Sep 13-Oct 25	4:30-5:30 p.m.	\$52.50
85018	Sun	Nov 1-Dec 13	4:30-5:30 p.m.	\$61.25

Registered Adult Programs

Legend

FLDH – Fieldhouse

LAC – Lawson Aquatic Centre

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 – Digital Media & Design

3D Modelling and Printing

15 years and up

Are you interested in 3D printing? Have you ever had to throw out an item because a small plastic part was broken and unavailable? 3D printing may be able to replicate the part. This class will cover basic 3D modeling skills and 3D printing. Students will be required to provide their own laptop computer.

NBAC

84129	Thu	Sep 17-Nov 5	7-9 p.m.	\$140.00
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Beginner Autodesk Fusion 360

15 years and up

Are you eager to dive into the world of 3D design? Autodesk Fusion 360 is the perfect starting point for anyone looking to develop skills in computer-aided design (CAD) and computer-aided manufacturing (CAM). This course is tailored for beginners with little to no prior experience in CAD software.

NBAC

84142 Tue Sep 15-Nov 3 7-9 p.m. \$135.00

Fine Arts – Drawing & Painting

Alcohol Ink

15 years and up

Explore the amazing and vibrant world of Fluid Art with alcohol ink! Learn all the tips and tricks of this dynamic medium to create beautiful and unique works of art. Let go and the inks will flow! Your instructor is a pioneer in teaching this medium in our city and will guide the way. No previous experience is required.

NBAC

84256 Wed Sep 16-Nov 18 7-9 p.m. \$145.00

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

84257 Wed, Thu Oct 7-22 7-9:30 p.m. \$115.00

Creative Sketchbook Drawing

16 years and up

Unlock your creativity and sharpen your drawing skills! In this class you will start with the essentials of perspective, composition and design and explore various drawing techniques to discover your own drawing style. You will create observational, still life, figurative and imaginative drawings in your sketchbook using a variety of drawing mediums.

NBAC

84149 Tue Sep 15-Nov 3 1-3:30 p.m. \$155.00

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Landscapes in Acrylic

15 years and up

Paint picturesque landscapes in versatile acrylic medium. Students will learn canvas preparation, various techniques including traditional brushwork and colour mixing to achieve their artistic vision. Past experience in any traditional art media or general drawing skills would be a great asset but not essential.

NBAC

84177 Thu Sep 17-Nov 5 7-10 p.m. \$165.00

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

84260 Wed, Thu Nov 4-25 7-9:30 p.m. \$115.00

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

84182 Mon Sep 14-Nov 9 7-10 p.m. \$165.00

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

84185 Fri Sep 4-Dec 18 9-11:30 a.m. Free

Painting with Acrylics 3

15 years and up

In this class, students with previous painting experience will be able to work in an open studio environment. Students will work on specific paintings or projects of their choice throughout the class. The instructor will provide professional guidance with students' progress and will oversee friendly, constructive group critique so all can benefit.

NBAC

84186 Wed Sep 16-Nov 18 9a.m.-12 p.m. \$165.00

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Painting Reflections in Acrylic or Watercolours

15 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

84258 Wed, Thu Dec 2-17 7-9:30 p.m. \$115.00

Regina Doorways, Arches and Flower Boxes

15 years and up

This will be a form of plein air painting class with a focus on the beautiful architectural elements of doorways, arches, and window boxes in our city. Classes will explore various locations in and around the Cathedral, Lakeview, and downtown areas. Classroom exercises will be included to account for earlier dusk and weather. Our first meeting will begin at the Neil Balkwill Civic Arts Centre. Sketching, watercolour and acrylic mediums are welcome.

NBAC

84259 Wed, Thu Sep 9-24 7-9:30 p.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

84193 Fri Sep 18-Nov 6 1-3:30 p.m. \$135.00

Watercolour – Level 1

15 years and up

Learn the foundation techniques of watercolour painting in a small class setting. Instruction will include techniques such as the basics of brushstrokes, washes, wet-in-wet painting and colour mixing. No experience required.

NBAC

84196 Wed Sep 16-Nov 18 1-4 p.m. \$165.00

Watercolour – Level 2

15 years and up

This intermediate watercolour course will introduce students to colour mixing and composition strategies and techniques to create light, mood and depth in watercolour. Students are encouraged to do one final project which will be guided or executed independently by the student. Experience in any traditional art media or general drawing skills would be an asset. This course will assume you are comfortable with basic watercolour techniques and workflow.

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NBAC

84197 Tue Sep 15-Nov 3 7-10 p.m. \$165.00

Fine Arts – Fibre Arts

Fibre Felting Fun

14 years and up

Revel in the tactile and satisfying experience of working with wool! This class is an introduction to fibre felting for beginners. Sink into a relaxing rhythm as you learn to needle felt an enchanting, 3-dimensional scene and "paint" a frameable piece with wool. Explore wet felting as we create fascinator flowers, bowls, and even functional wool soap bars!

NBAC

84161 Tue Sep 15-Nov 3 7-9:30 p.m. \$155.00

Introduction to Crochet

14 years and up

Whether you are an absolute beginner or have some experience - learn how to crochet. In this beginner class you will learn how to crochet basic stitches so that you can complete easy projects like dish scarves, baby blankets, and scarves.

NBAC

84165 Tue Sep 15-Oct 20 7-8 p.m. \$65.00

Introduction to Knitting

14 years and up

Whether you are an absolute beginner or have some experience - learn how to knit. In this beginner class you will learn how to knit basic stitches so that you can complete easy projects like dishcloths, baby blankets, and scarves.

NBAC

84166 Mon Sep 14-Oct 26 7-8 p.m. \$65.00

Learn to Sew

15 years and up

Learn basic machine stitches, patterning, and how to apply zippers, and buttons to create a versatile shoulder bag. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

NBAC

84178 Sat Sep 12 10 a.m.-3 p.m. \$55.00

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Text-Only Version

Learn to Sew a Shoulder Bag

14 years and up

Learn how to sew a simple but versatile shoulder bag. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

NBAC

84179 Sun Sep 6 1-4 p.m. \$40.00

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

84184 Thu Sep 24, Oct 22, Nov 26 7-10 p.m. Free

Quilting Drop In

<Free>

15 years and up

Join members of the Prairie Piecemakers Quilters' Guild when they meet each Thursday morning to make donation quilts for infants and children in hospitals and shelters. All levels of experience are welcome, and registration is not necessary.

NBAC

84191 Thu Sep 3-Dec 17 9a.m.-2 p.m. Free

Stitch-In

<Free>

15 years and up

Come and enjoy working on your needlework with members of the Regina Stitchery Guild. Open to everyone at any level of experience. Registration is not necessary for this drop-in.

NBAC

84194 Fri Sep 4-Dec 18 9-11:30 a.m. Free

Upcycled Denim Slippers **15 years and up**

Learn how to upcycle your favourite pair of old denim jeans, jacket or even thrift-store finds into a pair of cozy slippers. Previous sewing machine experience would be an asset but not essential. Sewing machines will be provided. An additional materials fee payable to the instructor will cover the cost of materials for the project.

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NBAC

84204 Sat Dec 12 10 a.m.-3 p.m. \$55.00

Fine Arts – Jewellery And Metalwork

Displaying Enameled Landscapes <New> 16 years and up

Combine the artistry of enameled copper landscape designs with the natural beauty of wood. Students who have completed an enameled copper panel (3 x 3 or 3 x 4 inch) will create a custom wooden mount and display easel. Participants will select from prepared light and medium woods, cut the material to size, refine the surface, and apply a finish to enhance the wood grain. Using matching materials, students will also construct a small display easel for their mounted panel. Students may also prepare their mount for wall hanging. Samples of available wood will be provided during the enamel class. This course is open to all skill levels.

NBAC

84261 Sun Nov 29 1-4:30 p.m. \$80.00

Enameling: Landscape Tiles and Wall Plaques <New> 16 years and up

This class explores enameling techniques for non-jewellery wall plaques and enamel “paintings,” including both landscape and abstract designs. Projects will be larger than typical jewellery pieces but must not exceed 6-inches due to kiln size limitations. Students must bring their own 18 to 20-gauge copper sheet. This class may also be used as an enameling project class for artists interested in exploring their own enamel interests. Materials fee is included.

Prerequisite: Previous enameling class, enameling workshop, or equivalent experience.

NBAC

84247 Thu Sep 17-Oct 22 1-4 p.m. \$210.00

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 will create a pierced pendant, a band ring, and projects of your choice. Come explore the world of metal arts!

NBAC

84170 Tue Sep 15-Nov 3 7-10 p.m. \$270.00

Jewellery 2 16 years and up

This class is a continuation from Jewellery 1 and includes chain making, pin back construction, riveting, and bezel setting cabochon stones.

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Prerequisite: Jewellery 1.

NBAC

84246 Thu Sep 17-Nov 5 7-10 p.m. \$230.00

Jewellery – Casting Exploration

16 years and up

We will explore different methods of casting silver. This will include water casting, spaghetti casting and bean casting to create unique designs that you can incorporate into your designs. Each technique will produce a different type of organic result. Students are encouraged to use their own sterling silver scrap and create interesting components for your Jewellery. There will be a limited supply of Sterling Silver Scrap available to purchase.

Prerequisite: Jewellery 1 and Jewellery 2.

NBAC

84173 Sun Sep 20-Nov 15 1-4 p.m. \$230.00

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

84172 Tue Sep 15-Nov 3 1-4 p.m. \$230.00

Lampwork – Enhanced Style and Finishing

16 years and up

Students will work with various embellishments to enhance their bead making style. They will then use wire, bead caps, tubing (for coring), and other accessories to create different styles of finished pieces with their beads. Prerequisite: Lampwork Beads 1.

Prerequisite: Lampwork Beads 1.

NBAC

84174 Mon Sep 14-Nov 9 1-4 p.m. \$250.00

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

84176 Wed Sep 16-Oct 28 7-10 p.m. \$235.00

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Lampwork Beads 2

16 years and up

Refine your skills with more in-depth instruction on how to clear case your designs to add more depth to your beads, and how to make hollow beads.

Prerequisite: Lampwork Beads 1 or equivalent experience.

NBAC

84245 Mon Sep 14-Nov 9 7-10 p.m. \$250.00

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

84175 Sat Sep 19-Nov 21 9a.m.-12 p.m. \$270.00

Lampwork – Make Your Own Frit Workshop

16 years and up

Students will bring their short glass rod ends and scrap pieces where they will learn two methods for making their own glass frit. They will then create custom colour blends to use on their glass beads. It is a great way to use up short rods and scraps and reduce waste. All glass brought for use in this workshop should be COE 104.

Prerequisite: Lampwork Beads 1.

NBAC

84244 Sat Dec 5 9:30 a.m.-4:30 p.m. \$90.00

Fine Arts – Photography

Introduction to Studio Lighting and Portrait Photography <New>

15 years and up

This workshop will provide a basic comprehensive introduction to the use of studio photographic lighting tools and techniques used in portrait photography. Participants will acquire practical working knowledge for creating professional portraits using studio lighting and accessories. Primary subject positioning will also be covered. It is recommended, but is not a requirement, that students bring their own digital cameras and understand how to control manual exposure settings.

NBAC

84278 Sat Nov 21 1-4 p.m. \$40.00

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Photography 1 – Camera Operation 15 years and up

Learn to operate your camera by exploring its mechanics, modes, menus, functions, optics, metering system and creative controls. Emphasis is on exploring the fundamental principles of photography and analyzing variables that control image quality, exposure and white balance.

NBAC

84188 Mon Sep 14-Oct 19 7-10 p.m. \$112.00

Photography 2 – Principles of Photography 15 years and up

Develop your understanding of the principles of photography, intricacies of camera operation and variables that control image quality, exposure, and white balance. Emphasis is on using your camera's creative controls to explore depth of field and motion. Participate in photographic assignments to develop your skills and achieve a better understanding of the technical aspects of photography.

Prerequisite: Photography 1 or equivalent.

NBAC

84189 Mon Nov 2-30 7-10 p.m. \$112.00

Fine Arts - Woodworking

Basic Woodworking 16 years and up

This course offers an introduction to wood shop safety and woodworking processes, including the use of hand tools and power machinery. Students will build a small table that will introduce them to the use of various tools in the shop. An additional materials fee payable to the instructor will cover the cost of materials used in assigned projects.

NBAC

84140 Tue Sep 15-Nov 17 7-9:30 p.m. \$235.00

84141 Wed Sep 16-Dec 2 7-9:30 p.m. \$235.00

Danish Cord Bench 16 years and up

Build a classically elegant and comfortable Danish Modern bench with a hand-woven cord seat. Learn to weave paper cord in an intricate pattern around a wooden frame you have constructed. You will also learn accurate wood stock preparation, slip joint joinery, and choosing suitable wood grain. This is a beginner to intermediate level course. An additional material fee, approximately \$250, will be paid to the instructor at the first class.

Prerequisite: Basic woodworking or instructor's permission

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NBAC

84150 Sat Sep 19-Nov 28 9 a.m.-12 p.m. \$280.00

Hand Dovetailed Tray <New> 16 years and up

Working with hand tools, create a dovetailed wooden tray. Size your tray to display a treasured collection, store note paper, letters, wallet, and keys, or even serve cookies. Explore hand-cut through dovetails made with handsaw, chisel, and hand plane. Open to all skill levels. A materials fee payable to the instructor will cover all required materials.

NBAC

84273 Thu Sep 10-Oct 8 7-10 p.m. \$140.00

Intermediate Box Making on the Wood Lathe <New> 16 years and up

This class explores the techniques and design principles used to create interesting wood-turned boxes. Topics include ways to hold the wood, lid fitting, inlay turning and fitting, wood orientation, and developing pleasing forms. Instruction will emphasize tool technique, proper tool sharpening, lathe safety, and the effective use of various turning tools. A materials fee is payable to the instructor at the start of the class.

Prerequisite: completion of a previous bowl turning class.

NBAC

84275 Sat, Sun Dec 12, 13 9 a.m.-4:30 p.m. \$140.00

Introduction to the Wood Lathe: Bowl Turning 16 years and up

This introduction to bowl turning will include safely using the wood lathe, wood selection and orientation, and the use and sharpening of bowl gouges and other appropriate tools. Students will practice turning techniques to produce finished pieces. Both green and dry wood turning will be covered. A fee for materials used will be paid to the instructor in the first class.

NBAC

84167 Fri Sep 11 7-9 p.m. \$205.00
Sat, Sun Sep 12, 13 9 a.m.-5 p.m.

Introduction to the Wood Lathe: Spindle Turning 16 years and up

This introduction to spindle turning (long thin items) will include safe use of the wood lathe, wood selection, use of tools and sharpening. Students will practice different shapes: beads, coves, cylinders, tenons, etc. While not required, students will have the option to purchase wood and hardware for specific projects from the instructor.

NBAC

84169 Fri Dec 4 7-9 p.m. \$205.00
Sat, Sun Dec 5, 6 9 a.m.-5 p.m.

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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

84198 Tue Sep 1-Dec 29 9-11:30 a.m. Free

Wood Project

16 years and up

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

Prerequisite: completion of at least one previous Neil Balkwill woodworking class or instructor's permission.

NBAC

84199 Mon Sep 14-Nov 23 7-10 p.m. \$280.00

Aquatic Fitness, Health & Wellness

Programming Note

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

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.

LAC

84269	Tue	Sep 8-Oct 27	6:15-7 p.m.	\$58.40
84270	Thu	Sep 10-Oct 29	6:15-7 p.m.	\$58.40
84272	Tue	Nov 3-Dec 15	6:15- 7 p.m.	\$51.10
84271	Thu	Nov 12-Dec 17	6:15- 7 p.m.	\$43.80

NWLC

84929	Tue	Sep 8-Oct 27	8:35- 9:20 p.m.	\$58.40
84927	Wed	Sep 9-Oct 28	8:35- 9:20 p.m.	\$58.40
84928	Mon	Sep 14-Oct 26	8:35- 9:20 p.m.	\$51.10
84954	Mon	Nov 2-Dec 14	8:35- 9:20 p.m.	\$51.10
84955	Tue	Nov 3-Dec 15	8:35- 9:20 p.m.	\$51.10

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84952 Wed Nov 4-Dec 16 8:35- 9:20 p.m. \$51.10

SSLC

85659 Mon Sep 14-Oct 26 8:30-9:15 p.m. \$43.80
 85670 Tue Sep 15-Oct 27 8:30-9:15 p.m. \$51.10
 85679 Wed Sep 16-Oct 28 8:30-9:15 p.m. \$43.80
 85689 Thu Sep 17-Oct 29 8:30-9:15 p.m. \$51.10
 85698 Mon Nov 2-Dec 14 8:30-9:15 p.m. \$51.10
 85705 Tue Nov 3-Dec 15 8:30-9:15 p.m. \$51.10
 85712 Wed Nov 4-Dec 16 8:30-9:15 p.m. \$43.80
 85722 Thu Nov 5-Dec 17 8:30-9:15 p.m. \$51.10

Baby & Me Aquacise

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

SSLC

85680 Wed Sep 16-Oct 28 9:15-10 a.m. \$43.80
 85714 Wed Nov 4-Dec 16 9:15-10 a.m. \$43.80

Fitness Leadership Courses

SPRA Exercise Theory Module

16 Years and up

Exercise Theory is a prerequisite to all Certification modules and must be completed prior to taking any of the specialty modules. This course will give you the knowledge to proceed to the Certification Modules. You will learn the basic theory behind fitness classes including leadership, health and fitness, anatomy, physiology, applied mechanics, principles of training, workout design and basic nutrition.

Important note: This module is delivered through a combination of virtual and in-person sessions. Virtual dates are Sep 1, 3 and 8 from 6 to 8:30 p.m. Exercise Theory Study Manual sold separately.

FLDH

84372 Tue Sep 1 6-8:30 p.m. \$350.00
 Thu Sep 3, 8 6-8:30 p.m.
 Sat, Sun Sep 12, 13 9 a.m.-5 p.m.

SPRA Aquatic Exercise Module

16 Years and up

Many people are turning to the pool environment to enjoy the unique benefits of the water. Learn the properties of water and how exercise in the water differs from land-based exercise. This 20-hour practical course provides considerations required when planning and leading fitness classes for older adults. This course is based on FLC performance standards and guidelines. Topics covered include: use

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of equipment, pool organization, principles of water, effects on body movement, safety in the water environment and use of music.

Prerequisite: Must have completed and passed Exercise Theory Module. Aquatic Exercise module manual included.

FLDH

84371	Fri	Sep 25	5-9 p.m.	\$370.00
	Sat, Sun	Sep 26, 27	9 a.m.-5 p.m.	

SPRA Group Fundamentals

16 Years and up

This is the first step in obtaining the Group Exercise Certification. The Group Fundamentals course component covers a variety of topics specific to leading group exercise classes. These include: leadership, legal responsibility and accountability, class components, music, movement and cueing, program design, safety, leadership and exercise analysis. This course must be combined with at least one specialty course to fulfill the requirements on the Group Exercise Certification.

Prerequisite: Must have completed and passed Exercise Theory Module. Group Fundamentals module manual included.

FLDH

84373	Fri	Nov 27	5-9 p.m.	\$260.00
	Sat	Nov 28	9 a.m.-5 p.m.	

SPRA Total Body Conditioning

16 Years and up

The Total Body Conditioning Module is a group exercise specialty course offered to fulfill the requirements of the Group Exercise Certification. This practical based course includes the use of portable equipment combined with cardio classes such as Bootcamp, Circuit Training, HIIT, and Muscle Sculpt. *May include use of, but not limited to the following: free weights, body bars/barbells, stability balls, tubing/resist-a-bands, BOSU, and medicine balls. Group Fundamentals Manual sold separately.

Prerequisite: Must have completed and passed Exercise Theory Module and Group Fundamentals Module.

FLDH

85772	Sun	Nov 29	9a.m.-5p.m.	\$130.00
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Land Fitness, Health & Wellness

Programming Note

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

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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. Babies aged 3 to 18 months can attend.

FLDH

84222	Tue	Sep 8-Oct 27	10:45-11:45 a.m.	\$67.20
84223	Thu	Sep 10-Oct 29	10:45-11:45 a.m.	\$67.20
85467	Tue	Nov 3-Dec 15	10:45-11:45 a.m.	\$58.80
85468	Thu	Nov 5-Dec 17	10:45-11:45 a.m.	\$58.80

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

85695	Fri	Sep 18-Oct 30	11:45 a.m.-12:45 p.m.	\$51.10
85728	Fri	Nov 6-Dec 18	11:45 a.m.-12:45 p.m.	\$51.10

Kickboxing

16 years and up

Kickboxing is a dynamic, high-energy sport that incorporates various elements of martial arts and boxing. This class boosts endurance, fights fat and provides empowering self-defense skills. This is a no contact class, with all air boxing striking including kicks and knee strikes, punches and elbow strikes, coupled with bodyweighted strength intervals.

NWLC

84930	Sun	Sep 13-Nov 1	12-1 p.m.	\$67.20
84996	Sun	Nov 8-Dec 20	12-1 p.m.	\$58.80

Kickboxing - Pad

16 years and up

Kickboxing is a dynamic, high energy sport that incorporates various elements of martial arts and boxing. This class boosts endurance, fights fat and provides empowering self-defense skills. This is a pad class, including kicks and punches to handheld pads, coupled with bodyweighted strength intervals.

NWLC

84990	Sat	Sep 12-Oct 31	12-1 p.m.	\$67.20
84991	Sat	Nov 7-Dec 19	12-1 p.m.	\$58.80

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LiveWell

18 years and up

Thinking about making a lifestyle change but not sure where to start? LiveWell is a supervised group training program led by a Certified Personal Trainer, designed to help you take an active approach to your health and manage ongoing health concerns. You will follow an individualized exercise program in a supportive group setting. This program helps build endurance, strength, mobility, and confidence while learning proper techniques and developing a routine tailored to your abilities, all with the goal of creating sustainable change. Individuals should have a stable health condition and be able to safely participate in exercise. Medical clearance may be required.

FLDH

84252	Tue,Thu	Sep 8-Oct 29	10:30-11:30 a.m.	\$151.20
84253	Tue,Thu	Sep 8-Oct 29	11:30 a.m.-12:30 p.m.	\$151.20
84254	Mon,Wed	Sep 9-Oct 28	4:30-5:30 p.m.	\$122.85
84255	Mon,Wed	Sep 9-Oct 28	5:30-6:30 p.m.	\$122.85
84251	Sat	Sep 12-Oct 31	10:30-11:30 a.m.	\$75.60
84262	Mon,Wed	Nov 2-Dec 16	4:30-5:30 p.m.	\$122.85
84263	Mon,Wed	Nov 2-Dec 16	5:30-6:30 p.m.	\$122.85
84264	Tue,Thu	Nov 3-Dec 17	10:30-11:30 a.m.	\$132.30
84265	Tue,Thu	Nov 3-Dec 17	11:30 a.m.-12:30 p.m.	\$132.30
84266	Sat	Nov 7-Dec 19	10:30-11:30 a.m.	\$66.15

Learn to Lift <New>

14 years and up

A 2-hour introductory session is designed to help individuals build confidence in the weight room. Participants will learn how to safely use strength and conditioning equipment and be guided through fundamental movement patterns. With a strong focus on proper technique and safety, this class provides a supportive environment to develop the skills needed for effective and injury-free resistance training. Upon completion, participants 14 and 15 years old will receive an orientation card, allowing them to access the strength and conditioning area without supervision.

FLDH

84226	Sat	Sep 19	10 a.m.-12 p.m.	\$40.00
84227	Sat	Oct 17	10 a.m.-12 p.m.	\$40.00
84248	Sat	Nov 14	10 a.m.-12 p.m.	\$40.00
84249	Sat	Dec 12	10 a.m.-12 p.m.	\$40.00

Minds in Motion

20 years and up

A program that combines physical activity, socialization and mental stimulation for those with early symptoms of dementia to enjoy with a family member or friend. For more information, contact Heather at 1-800-263-3367, by email at mindsinmotion@alzheimersk.ca or visit alzheimersk.ca/sk. Must register in pairs.

NWLC

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84931 Thu Oct 8-Dec 10 1:30-3:30 p.m. \$30.00

Mobility – Strength, Flexibility & Relaxation 16 years and up

This class is designed to progress through three components that contribute to the proper functioning and mobility of our bodies using a variety of tools. You start with a focus on strength and stability to warm the body up and fine tune our motor control, then incorporate moves and exercises that focus on biomechanics and increasing the flexibility of the muscular structure, joints and connective tissues. Class ends with relaxation techniques that help your nervous system relax.

FLDH

84267 Sun Sep 13-Nov 1 11 a.m.-12 p.m. \$67.20

84268 Sun Nov 8-Dec 20 11 a.m.-12 p.m. \$58.80

Small Group Fitness Coaching 16 years and up

Small Group Coaching guides you through a variety of workouts combining cardio training, intervals, weights and flexibility in a fun and user-friendly environment.

FLDH

84233 Thu Sep 10-Oct 29 6:45-7:45 p.m. \$67.20

84234 Thu Nov 5-Dec 17 6:45-7:45 p.m. \$58.80

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

84238 Tue Sep 8-Oct 27 5:30-6:30 p.m. \$67.20

84236 Sat Sep 12-Oct 31 9:45-10:45 a.m. \$67.20

84239 Tue Nov 3-Dec 15 5:30-6:30 p.m. \$58.80

84237 Sat Nov 7-Dec 19 9:45-10:45 a.m. \$42.00

Stadium Bootcamp 14 years and up

Enter at Gate 1 of Mosaic Stadium to meet your instructor for a new type of workout. This bootcamp utilizes the various amenities of the stadium, such as seats, stairs, and ramps, for a total body workout. Stair running included!

Mosaic Stadium

84232 Tue Sep 22-Oct 27 5:30-6:30 p.m. \$43.80

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Stott Pilates®

16 years and up

A core-based exercise program that focuses on movement of the spine, core strength, flexibility and mind-body awareness. Exercises are done on a mat and will be done with or without props. All levels are welcome.

SSLC

85668	Mon	Sep 14-Oct 26	5:30-6:30 p.m.	\$50.40
85704	Mon	Nov 2-Dec 14	5:30-6:30 p.m.	\$58.80

Stretch & Tone

15 years and up

A beginner/moderate level class designed to enhance flexibility, body awareness and alignment and 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

85681	Wed	Sep 16-Oct 28	10:30-11:30 a.m.	\$43.80
85715	Wed	Nov 4-Dec 16	10:30-11:30 a.m.	\$43.80

Total Body Sculpting

14 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

85671	Tue	Sep 15-Oct 27	6:45-7:45 p.m.	\$51.10
85682	Wed	Sep 16-Oct 28	5:30-6:30 p.m.	\$45.85
85706	Tue	Nov 3-Dec 15	6:45-7:45 p.m.	\$51.10
85718	Wed	Nov 4-Dec 16	5:30-6:30 p.m.	\$45.85

TRX® Group Suspension Training

16 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

84230	Sat	Sep 12-Oct 31	9-10 a.m.	\$75.60
84231	Sat	Nov 7-Dec 19	9-10 a.m.	\$56.70

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.

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NWLC

84936	Tue	Sep 8-Oct 27	6-7 p.m.	\$67.20
84935	Mon	Sep 14-Nov 16	7:15-8:15 p.m.	\$75.60
84969	Tue	Nov 3-Dec 15	6-7 p.m.	\$58.80

SSLC

85661	Mon	Sep 14-Oct 26	8-9 p.m.	\$50.40
85700	Mon	Nov 2-Dec 14	8-9 p.m.	\$58.80

Yoga – Gentle

15 years and up

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

FLDH

84242	Mon	Sep 14-Oct 26	5:45-6:45 p.m.	\$50.40
84243	Mon	Nov 2-Dec 14	5:45-6:45 p.m.	\$58.80

NWLC

84938	Wed	Sep 9-Oct 28	6-7 p.m.	\$58.80
84937	Mon	Sep 14-Nov 16	6-7 p.m.	\$75.60
84978	Wed	Nov 4-Dec 16	6-7 p.m.	\$50.40

SSLC

85662	Mon	Sep 14-Oct 26	9:15-10:15 a.m.	\$50.40
85663	Mon	Sep 14-Oct 26	10:30-11:30 a.m.	\$50.40
85664	Mon	Sep 14-Oct 26	6:45-7:45 p.m.	\$50.40
85687	Wed	Sep 16-Oct 28	9:15-10:15 a.m.	\$50.40
85692	Thu	Sep 17-Oct 29	9:15-10:15 a.m.	\$58.80
85691	Thu	Sep 17-Oct 29	11:45 a.m.-12:45 p.m.	\$58.80
85690	Thu	Sep 17-Oct 29	6:45-7:45 p.m.	\$58.80
85696	Fri	Sep 18-Oct 30	10:30-11:30 a.m.	\$58.80
85701	Mon	Nov 2-Dec 14	9:15-10:15 a.m.	\$58.80
85702	Mon	Nov 2-Dec 14	10:30-11:30 a.m.	\$58.80
85703	Mon	Nov 2-Dec 14	6:45-7:45 p.m.	\$58.80
85721	Wed	Nov 4-Dec 16	9:15-10:15 a.m.	\$50.40
85725	Thu	Nov 5-Dec 17	9:15-10:15 a.m.	\$58.80
85724	Thu	Nov 5-Dec 17	11:45 a.m.-12:45 p.m.	\$58.80
85723	Thu	Nov 5-Dec 17	6:45-7:45 p.m.	\$58.80
85729	Fri	Nov 6-Dec 18	10:30-11:30 a.m.	\$58.80

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

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84240	Tue	Sep 8-Oct 27	10:30-11:30 a.m.	\$67.20
84241	Tue	Nov 3-Dec 15	10:30-11:30 a.m.	\$58.80

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

85672	Tue	Sep 15-Oct 27	8-9 p.m.	\$58.80
85707	Tue	Nov 3-Dec 15	8-9 p.m.	\$58.80

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

84224	Wed	Sep 9-Oct 28	6:45-7:45 p.m.	\$66.15
84225	Wed	Nov 4-Dec 16	6:45-7:45 p.m.	\$56.70

SSLC

85693	Thu	Sep 17-Oct 29	8-9 p.m.	\$58.80
85697	Sat	Sep 19-Oct 31	9-10 a.m.	\$58.80
85726	Thu	Nov 5-Dec 17	8-9 p.m.	\$58.80
85730	Sat	Nov 7-Dec 19	9-10 a.m.	\$58.80

Sports

Badminton **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 sports 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

85107	Sat	Sep 5-Oct 24	6-7:30 p.m.	\$105.00
84584	Fri	Sep 11-Oct 30	6-7:30 p.m.	\$105.00
85377	Fri	Nov 6-Dec 18	6-7:30 p.m.	\$78.75
85388	Sat	Nov 7-Dec 19	6-7:30 p.m.	\$78.75

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Pickleball - Intro

16 years and up

This fun and welcoming program is designed for adults who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, serve, rally, score and move safely on the court. With guidance from an instructor, players will build confidence, improve coordination, and develop a solid understanding of the game in a supportive, inclusive and non-competitive environment.

SLC

85731	Sun	Sep 13-Nov 1	11 a.m.-12 p.m.	\$70.00
85735	Sun	Nov 15-Dec 20	9:30 a.m.-10:30 a.m.	\$52.50

GNRC

84864	Sat	Sep 12-Oct 31	3-4 p.m.	\$70.00
85739	Sat	Sep 12-Oct 31	4-5 p.m.	\$70.00
85741	Sat	Nov 7-Dec 26	3-4 p.m.	\$61.25
85742	Sat	Nov 7-Dec 26	4-5 p.m.	\$61.25

Sports Jam - Adults

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

84589	Fri	Sep 11-Oct 30	7-8 p.m.	\$61.25
85384	Fri	Nov 6-Dec 18	7-8 p.m.	\$43.75

Table Tennis – Intro for Adults

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

84566	Tue	Sep 8-Oct 27	7:30-8:30 p.m.	\$70.00
85112	Tue	Nov 3-Dec 15	7:30-8:30 p.m.	\$61.25

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

85094	Sat	Sep 5-Nov 14	12:15-1:15 p.m.	\$87.50
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Registered Older Adult Programs

Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

Programming Note

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

Intro to Pickleball – 55+

This fun and welcoming program is designed for older adults who are new to pickleball. Participants will learn the basic fundamentals of the game, including how to hold a paddle, serve, rally, score and move safely on the court. With guidance from an instructor, players will build confidence, improve coordination, and develop a solid understanding of the game in a supportive, inclusive and noncompetitive environment. Equipment is provided.

SLC

85738 Sun Nov 15-Dec 20 10:30-11:30 a.m. \$52.50

NWLC

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

84932	Tue	Sep 8-Oct 27	10:30-11:30 a.m.	\$67.20
84933	Thu	Sep 10-Oct 29	10:30-11:30 a.m.	\$67.20
84957	Tue	Nov 3-Dec 15	10:30-11:30 a.m.	\$58.80
84958	Thu	Nov 5-Dec 17	10:30-11:30 a.m.	\$58.80

Yoga - Chair

Ages 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.

SSLC

85660	Mon	Sep 14-Oct 26	11:45 a.m.-12:45 p.m.	\$50.40
85683	Wed	Sep 16-Oct 28	11:45 a.m.-12:45 p.m.	\$50.40
85699	Mon	Nov 2-Dec 14	11:45 a.m.-12:45 p.m.	\$58.80
85720	Wed	Nov 4-Dec 16	11:45 a.m.-12:45 p.m.	\$50.40

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NWLC

84934	Wed	Sep 9-Oct 28	1-2 p.m.	\$67.20
84960	Wed	Nov 4-Dec 16	1-2 p.m.	\$50.40

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

84939	Wed	Sep 9-Oct 28	10:30-11:30 a.m.	\$58.80
84940	Mon	Sep 14-Oct 26	9:45-10:45 a.m.	\$50.40
84987	Mon	Nov 2-Dec 14	9:45-10:45 a.m.	\$58.80
84982	Wed	Nov 4-Dec 16	10:30-11:30 a.m.	\$50.40

SSLC

85673	Tue	Sep 15-Oct 27	10:30-11:30 a.m.	\$58.80
85694	Thu	Sep 17-Oct 29	10:30-11:30 a.m.	\$58.80
85709	Tue	Nov 3-Dec 15	10:30-11:30 a.m.	\$58.80
85727	Thu	Nov 5-Dec 17	10:30-11:30 a.m.	\$58.80