# Registration Information

**Regina residents:**

**Tuesday, August 13**

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

**Non-residents:**

**Thursday, August 15**

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

3 Ways to register:

## Online Registration

• Go to Regina.ca/leisureguide

• Click on Regina Recreation Online

• Sign in or Create an Account

• Use the activity numbers to add your preferred classes to your ‘wish list’ before registration day

**Make sure you create your online account before registration day!**

## Call 306-777-PLAY (7529)

**PlayLine operating hours:**

Monday – Friday: 9 a.m.–8 p.m.

Saturday – Sunday: 9 a.m.–7 p.m.

Statutory holidays: 1:30–3:30 p.m.

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

## Visit a Facility

Neil Balkwill Civic Arts Centre........................................... 2420 Elphinstone St.

North West Leisure Centre........................................................1127 Arnason St.

Sandra Schmirler Leisure Centre.....................................3130 E Woodhams Dr.

Sportplex – Lawson Aquatic Centre & Fieldhouse........ 1717 Elphinstone St.

Payment Methods

Payment online and by phone by credit card only. For those who wish to use cash or debit, a credit may be pLawson Aquatic Centreed on

your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

Occasionally programs and information in this publication are incorrect or subject to change due to unforeseen events or to accommodate an event.

Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

# Program Cancellations, Withdrawals, Transfers and Late Registrations

## Cancellations

• All programs are subject to cancellation by the City if there are insufficient registrations or due to other extenuating circumstances.

• You will be issued either a refund or credit and not charged a withdrawal fee.

## Withdrawals

• ***NEW!*** 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:**

**September 1-December 30**

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

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.

## 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 wheel chair

• 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

• Overhead lift available for access into pool

• Chair lift access into all bodies of water

• All-gender/family change room with overhead sling lift and plinth changing table

• Large whirlpool and co-ed dry sauna

• Strength and conditioning area

• Activity room

## 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

# 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**](file:///C%3A%5CUsers%5CKDAVIESG%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CNPHJ8618%5CRegina.ca%5Cdropin).

# Admission Prices (plus applicable taxes)

|  |  |
| --- | --- |
| **Single admissions** |  |
| Adult (25-64) | $6.98 |
| Senior (65+) | $5.41 |
| Young Adult (19-24) | $5.41 |
| Youth (13-18) | $4.73 |
| Child (2-12) | $3.15 |
| Family\* | $13.96 |
| \*Applies to all persons living in the same household with a maximum of two adults. |  |
|  |  |
| **Bulk Admissions (10)** | Base Price |
| Adult (25-64) | 62.82 |
| Senior (65+) | 48.69 |
| Young Adult (19-24) | 48.69 |
| Youth (13-18) | 42.57 |
| Child (2-12) | 28.35 |
| Family\* | 125.64 |
| \*Applies to all persons living in the same household with a maximum of two adults. |  |
|  |  |
| **Bulk Admissions (20)** | Base Price |
| Adult (25-64) | 118.66 |
| Senior (65+) | 91.97 |
| Young Adult (19-24) | 91.97 |
| Youth (13-18) | 80.41 |
| Child (2-12) | 53.55 |
| Family\* | 237.32 |
| \*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) | 56.88 | 153.58 | 290.09 | 511.92 |
| Senior (65+) | 42.66 | 115.18 | 217.57 | 383.94 |
| Young Adult (19-24) | 42.66 | 115.18 | 217.57 | 383.94 |
| Youth (13-18) | 34.13 | 92.15 | 174.06 | 307.17 |
| Child (2-12) | 25.6 | 69.12 | 130.56 | 230.4 |
| Family\* | 110.92 | 299.48 | 565.69 | 998.28 |
| \*Applies to all persons living in the same household with a maximum of two adults. |  |  |  |  |

# Swimming Lessons <light blue>

**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>

### 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**

76556 Wed Jan 8-Mar 19 6:05-6:35p.m. $70.00

76557 Thu Jan 9-Mar 20 6:10-6:40p.m. $70.00

76599 Sat Jan 11-Mar 22 12:05-12:35p.m. $49.00

76719 Wed Mar 26-Jun 4 4:55-5:25p.m. $70.00

76729 Sat Mar 29-Jun 7 10:10-10:45a.m. $49.00

76731 Sun Mar 30-Jun 8 10:45-11:20a.m. $49.00

**NWLC**

76776 Mon Jan 6-Mar 17 4:35 -5:05p.m. $70.00

76777 Mon Jan 6-Mar 17 5:05-5:35p.m. $70.00

76942 Tue Jan 7-Mar 18 2:15-2:45p.m. $70.00

76944 Wed Jan 8-Mar 19 4:35-5:05p.m. $70.00

76947 Thu Jan 9-Mar 20 9-9:30a.m. $70.00

77720 Mon Mar 24-Jun 2 2:15-2:45p.m. $63.00

77918 Mon Mar 24-Jun 2 5:10-5:40p.m. $63.00

77767 Tue Mar 25-Jun 3 4:35-5:05p.m. $70.00

77768 Tue Mar 25-Jun 3 5:05-5:35p.m. $70.00

77876 Wed Mar 26-Jun 4 9-9:30a.m. $70.00

77896 Thu Mar 27-Jun 5 4:35-5:05p.m. $70.00

**SSLC**

76848 Mon Jan 6-Mar 17 10:45-11:15a.m. $70.00

76840 Mon Jan 6-Mar 17 4:35-5:05p.m. $70.00

76916 Tue Jan 7-Mar 18 10:10-10:40a.m. $70.00

77184 Sat Jan 11-Mar 22 9:45-10:15a.m. $70.00

77195 Sun Jan 12-Mar 23 10:30-11a.m. $70.00

77278 Mon Mar 24-Jun 2 10:45-11:15a.m. $63.00

77277 Mon Mar 24-Jun 2 4:35-5:05p.m. $63.00

77395 Thu Mar 27-Jun 5 10:10-10:40a.m. $70.00

77462 Sat Mar 29-Jun 7 10:30-11a.m. $63.00

77525 Sun Mar 30-Jun 8 9:45-10:15a.m. $63.00

### 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**

76535 Tue Jan 7-Mar 18 7-7:30p.m. $70.00

76600 Sat Jan 11-Mar 22 11:10-11:40a.m. $49.00

76601 Sun Jan 12-Mar 23 10:10-10:40a.m. $49.00

76738 Mon Mar 24-Jun 2 5:30-6p.m. $63.00

76741 Thu Mar 27-Jun 5 7-7:30p.m. $70.00

76733 Sat Mar 29-Jun 7 11:30a.m.-12:05p.m. $49.00

**NWLC**

76950 Mon Jan 6-Mar 17 2:20-2:50p.m. $70.00

76951 Mon Jan 6-Mar 17 5:40-6:10p.m. $70.00

76952 Tue Jan 7-Mar 18 2:50-3:20p.m. $70.00

76954 Tue Jan 7-Mar 18 5:10-5:40p.m. $70.00

76956 Wed Jan 8-Mar 19 9-9:30a.m. $70.00

76957 Thu Jan 9-Mar 20 4:05-4:35p.m. $70.00

76961 Sat Jan 11-Mar 22 10:50-11:20a.m. $70.00

76962 Sun Jan 12-Mar 23 11:15-11:45a.m. $70.00

76963 Sun Jan 12-Mar 23 12:05-12:35p.m. $70.00

77721 Mon Mar 24-Jun 2 2:50-3:20p.m. $63.00

77722 Mon Mar 24-Jun 2 5:10-5:40p.m. $63.00

77769 Tue Mar 25-Jun 3 2:20-2:50p.m. $70.00

77770 Tue Mar 25-Jun 3 5:40-6:10p.m. $70.00

77877 Wed Mar 26-Jun 4 4:05-4:35p.m. $70.00

77897 Thu Mar 27-Jun 5 9-9:30a.m. $70.00

77826 Sat Mar 29-Jun 7 11:15-11:45a.m. $63.00

77827 Sat Mar 29-Jun 7 12:05-12:35p.m. $63.00

77852 Sun Mar 30-Jun 8 10:50-11:20a.m. $63.00

**SSLC**

76720 Mon Jan 6-Mar 17 5:15-5:45p.m. $70.00

76915 Tue Jan 7-Mar 18 5:30-6p.m. $70.00

76972 Wed Jan 8-Mar 19 11:10-11:40a.m. $70.00

76969 Wed Jan 8-Mar 19 5:30-6p.m. $70.00

77047 Thu Jan 9-Mar 20 5:55-6:25p.m. $70.00

77082 Fri Jan 10-Mar 21 4-4:30p.m. $70.00

77164 Sat Jan 11-Mar 22 10:25-10:55a.m. $70.00

77165 Sat Jan 11-Mar 22 12:45-1:15p.m. $70.00

77270 Sun Jan 12-Mar 23 9:40-10:10a.m. $70.00

77279 Mon Mar 24-Jun 2 5:15-5:45p.m. $63.00

77326 Tue Mar 25-Jun 3 5:55-6:25p.m. $70.00

77363 Wed Mar 26-Jun 4 11:10-11:40a.m. $70.00

77362 Wed Mar 26-Jun 4 5:30-6p.m. $70.00

77396 Thu Mar 27-Jun 5 5:30-6p.m. $70.00

77431 Fri Mar 28-Jun 6 4-4:30p.m. $63.00

77463 Sat Mar 29-Jun 7 9:40-10:10a.m. $63.00

77526 Sun Mar 30-Jun 8 10:25-10:55a.m. $63.00

77527 Sun Mar 30-Jun 8 12:45-1:15p.m. $63.00

### 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**

76554 Mon Jan 6-Mar 17 5:35-6:05p.m. $70.00

76555 Thu Jan 9-Mar 20 4:55-5:25p.m. $70.00

76602 Sun Jan 12-Mar 23 9:35-10:05a.m. $49.00

76749 Tue Mar 25-Jun 3 6:45-7:15p.m. $70.00

76743 Sat Mar 29-Jun 7 1:20-1:55p.m. $49.00

76744 Sun Mar 30-Jun 8 11-11:35a.m. $49.00

**NWLC**

76967 Tue Jan 7-Mar 18 4:35-5:05p.m. $70.00

76968 Wed Jan 8-Mar 19 11-11:30a.m. $70.00

76971 Wed Jan 8-Mar 19 5:45-6:15p.m. $70.00

76973 Fri Jan 10-Mar 21 5:10-5:40p.m. $70.00

76979 Sat Jan 11-Mar 22 11:55a.m.-12:25p.m. $70.00

76977 Sat Jan 11-Mar 22 12:35-1:05p.m. $70.00

76984 Sun Jan 12-Mar 23 9:35-10:05a.m. $70.00

76980 Sun Jan 12-Mar 23 11:50a.m.-12:20p.m. $70.00

77723 Mon Mar 24-Jun 2 4:35-5:05p.m. $63.00

77898 Thu Mar 27-Jun 5 11-11:30a.m. $70.00

77899 Thu Mar 27-Jun 5 5:45-6:15p.m. $70.00

77786 Fri Mar 28-Jun 6 5:10-5:40p.m. $63.00

77935 Fri Mar 28-Jun 6 5:50-6:20p.m. $63.00

77829 Sat Mar 29-Jun 7 9:35-10:05a.m. $63.00

77828 Sat Mar 29-Jun 7 11:50a.m.-12:20p.m. $63.00

77854 Sun Mar 30-Jun 8 11:55a.m.-12:25p.m. $63.00

77853 Sun Mar 30-Jun 8 12:35-1:05p.m. $63.00

**SSLC**

76748 Mon Jan 6-Mar 17 10:05-10:35a.m. $70.00

76726 Mon Jan 6-Mar 17 4:10-4:40p.m. $70.00

76746 Mon Jan 6-Mar 17 5:45-6:15p.m. $70.00

76913 Tue Jan 7-Mar 18 10:40-11:10a.m. $70.00

76912 Tue Jan 7-Mar 18 4:45-5:15p.m. $70.00

76917 Wed Jan 8-Mar 19 4-4:30p.m. $70.00

76918 Wed Jan 8-Mar 19 5:55-6:25p.m. $70.00

77027 Thu Jan 9-Mar 20 11:10-11:40a.m. $70.00

77025 Thu Jan 9-Mar 20 4:10-4:40p.m. $70.00

77099 Fri Jan 10-Mar 21 5:25-5:55p.m. $70.00

77181 Sat Jan 11-Mar 22 11:40a.m.-12:10p.m. $70.00

77186 Sat Jan 11-Mar 22 1:30-2p.m. $70.00

77206 Sun Jan 12-Mar 23 9:10-9:40a.m. $70.00

77207 Sun Jan 12-Mar 23 11:30a.m.-12p.m. $70.00

77282 Mon Mar 24-Jun 2 10:05-10:35a.m. $63.00

77280 Mon Mar 24-Jun 2 4:10-4:40p.m. $63.00

77281 Mon Mar 24-Jun 2 5:45-6:15p.m. $63.00

77328 Tue Mar 25-Jun 3 11:10-11:40a.m. $70.00

77327 Tue Mar 25-Jun 3 4:10-4:40p.m. $70.00

77364 Wed Mar 26-Jun 4 4-4:30p.m. $70.00

77365 Wed Mar 26-Jun 4 5:55-6:25p.m. $70.00

77398 Thu Mar 27-Jun 5 10:40-11:10a.m. $70.00

77397 Thu Mar 27-Jun 5 4:45-5:15p.m. $70.00

77432 Fri Mar 28-Jun 6 5:25-5:55p.m. $63.00

77464 Sat Mar 29-Jun 7 9:10-9:40a.m. $63.00

77465 Sat Mar 29-Jun 7 11:30a.m.-12p.m. $63.00

77576 Sat Mar 29-Jun 7 1:30-2p.m. $63.00

77528 Sun Mar 30-Jun 8 11:40a.m.-12:10p.m. $63.00

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

### Preschool 1 3–5 years

In this level swimmers work on entering and exiting shallow water, jumping into chest deep water (assisted), putting face in the water, as well as front and back floats, and glides on front and back.
\*Swimmers should be comfortable entering and moving around the water without parent assistance.

**LAC**

76509 Tue Jan 7-Mar 18 6:05-6:35p.m. $70.00

76511 Wed Jan 8-Mar 19 5:35-6:05p.m. $70.00

76603 Sat Jan 11-Mar 22 12:30-1p.m. $49.00

76604 Sat Jan 11-Mar 22 1:30-2p.m. $49.00

76605 Sun Jan 12-Mar 23 10:45-11:15a.m. $49.00

76752 Tue Mar 25-Jun 3 6:10-6:40p.m. $70.00

76761 Wed Mar 26-Jun 4 6:55-7:25p.m. $70.00

76762 Thu Mar 27-Jun 5 5:30-6p.m. $70.00

76857 Sat Mar 29-Jun 7 12:20-12:55p.m. $49.00

76855 Sun Mar 30-Jun 8 11:45a.m.-12:20p.m. $49.00

**NWLC**

76671 Mon Jan 6-Mar 17 12:50-1:20p.m. $70.00

76672 Mon Jan 6-Mar 17 3-3:30p.m. $70.00

76674 Mon Jan 6-Mar 17 5:10-5:40p.m. $70.00

76673 Mon Jan 6-Mar 17 5:15-5:45p.m. $70.00

76675 Tue Jan 7-Mar 18 1:35-2:05p.m. $70.00

76676 Tue Jan 7-Mar 18 4-4:30p.m. $70.00

76677 Tue Jan 7-Mar 18 5:15-5:45p.m. $70.00

76678 Tue Jan 7-Mar 18 5:55-6:25p.m. $70.00

76680 Wed Jan 8-Mar 19 4:05-4:35p.m. $70.00

76679 Wed Jan 8-Mar 19 5:10-5:40p.m. $70.00

76681 Thu Jan 9-Mar 20 5:50-6:20p.m. $70.00

76684 Fri Jan 10-Mar 21 4:40-5:10p.m. $70.00

76685 Sat Jan 11-Mar 22 9:40-10:10a.m. $70.00

76683 Sat Jan 11-Mar 22 10:10-10:40a.m. $70.00

76686 Sun Jan 12-Mar 23 9:50-10:20a.m. $70.00

76687 Sun Jan 12-Mar 23 10:45-11:15a.m. $70.00

77724 Mon Mar 24-Jun 2 1:35-2:05p.m. $63.00

77725 Mon Mar 24-Jun 2 4-4:30p.m. $63.00

77726 Mon Mar 24-Jun 2 5:15-5:45p.m. $63.00

77727 Mon Mar 24-Jun 2 5:55-6:25p.m. $63.00

77771 Tue Mar 25-Jun 3 12:50-1:20p.m. $70.00

77772 Tue Mar 25-Jun 3 3-3:30p.m. $70.00

77774 Tue Mar 25-Jun 3 5:10-5:40p.m. $70.00

77773 Tue Mar 25-Jun 3 5:15-5:45p.m. $70.00

77878 Wed Mar 26-Jun 4 5:50-6:20p.m. $70.00

77901 Thu Mar 27-Jun 5 4:05-4:35p.m. $70.00

77900 Thu Mar 27-Jun 5 5:10-5:40p.m. $70.00

77787 Fri Mar 28-Jun 6 4:40-5:10p.m. $63.00

77830 Sat Mar 29-Jun 7 9:50-10:20a.m. $63.00

77831 Sat Mar 29-Jun 7 10:45-11:15a.m. $63.00

77856 Sun Mar 30-Jun 8 9:40-10:10a.m. $63.00

77855 Sun Mar 30-Jun 8 10:10-10:40a.m. $63.00

**SSLC**

76809 Mon Jan 6-Mar 17 10:10-10:40a.m. $70.00

76808 Mon Jan 6-Mar 17 11:15-11:45a.m. $70.00

76508 Mon Jan 6-Mar 17 4:05-4:35p.m. $70.00

76510 Mon Jan 6-Mar 17 4:55-5:25p.m. $70.00

76890 Tue Jan 7-Mar 18 11:15-11:45a.m. $70.00

76889 Tue Jan 7-Mar 18 4:10-4:40p.m. $70.00

76888 Tue Jan 7-Mar 18 5:10-5:40p.m. $70.00

76937 Wed Jan 8-Mar 19 11:45a.m.-12:15p.m. $70.00

76935 Wed Jan 8-Mar 19 4:35-5:05p.m. $70.00

76936 Wed Jan 8-Mar 19 6-6:30p.m. $70.00

77006 Thu Jan 9-Mar 20 11:45a.m.-12:15p.m. $70.00

77004 Thu Jan 9-Mar 20 4:05-4:35p.m. $70.00

77005 Thu Jan 9-Mar 20 5:30-6p.m. $70.00

77084 Fri Jan 10-Mar 21 4:10-4:40p.m. $70.00

77083 Fri Jan 10-Mar 21 5:10-5:40p.m. $70.00

77132 Sat Jan 11-Mar 22 9-9:30a.m. $70.00

77134 Sat Jan 11-Mar 22 12:15-12:45p.m. $70.00

77133 Sat Jan 11-Mar 22 1-1:30p.m. $70.00

77136 Sat Jan 11-Mar 22 1:35-2:05p.m. $70.00

77135 Sat Jan 11-Mar 22 2:05-2:35p.m. $70.00

77204 Sun Jan 12-Mar 23 9:05-9:35a.m. $70.00

77202 Sun Jan 12-Mar 23 10-10:30a.m. $70.00

77203 Sun Jan 12-Mar 23 10:50-11:20a.m. $70.00

77201 Sun Jan 12-Mar 23 12:50-1:20p.m. $70.00

77205 Sun Jan 12-Mar 23 5:35-6:05p.m. $70.00

77286 Mon Mar 24-Jun 2 10:10-10:40a.m. $63.00

77285 Mon Mar 24-Jun 2 11:15-11:45a.m. $63.00

77283 Mon Mar 24-Jun 2 4:05-4:35p.m. $63.00

77284 Mon Mar 24-Jun 2 4:55-5:25p.m. $63.00

77331 Tue Mar 25-Jun 3 11:45a.m.-12:15p.m. $70.00

77329 Tue Mar 25-Jun 3 4:05-4:35p.m. $70.00

77330 Tue Mar 25-Jun 3 5:30-6p.m. $70.00

77368 Wed Mar 26-Jun 4 11:45a.m.-12:15p.m. $70.00

77366 Wed Mar 26-Jun 4 4:35-5:05p.m. $70.00

77367 Wed Mar 26-Jun 4 6-6:30p.m. $70.00

77401 Thu Mar 27-Jun 5 11:15-11:45a.m. $70.00

77400 Thu Mar 27-Jun 5 4:10-4:40p.m. $70.00

77399 Thu Mar 27-Jun 5 5:10-5:40p.m. $70.00

77434 Fri Mar 28-Jun 6 4:10-4:40p.m. $63.00

77433 Fri Mar 28-Jun 6 5:10-5:40p.m. $63.00

77469 Sat Mar 29-Jun 7 9:05-9:35a.m. $63.00

77467 Sat Mar 29-Jun 7 10-10:30a.m. $63.00

77468 Sat Mar 29-Jun 7 10:50-11:20a.m. $63.00

77466 Sat Mar 29-Jun 7 12:50-1:20p.m. $63.00

77578 Sat Mar 29-Jun 7 1:35-2:05p.m. $63.00

77577 Sat Mar 29-Jun 7 2:05-2:35p.m. $63.00

77529 Sun Mar 30-Jun 8 9-9:30a.m. $63.00

77531 Sun Mar 30-Jun 8 12:15-12:45p.m. $63.00

77530 Sun Mar 30-Jun 8 1-1:30p.m. $63.00

77470 Sun Mar 30-Jun 8 5:35-6:05p.m. $63.00

### Preschool 2 3–5 years

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

**LAC**

76543 Tue Jan 7-Mar 18 5:30-6p.m. $70.00

76544 Wed Jan 8-Mar 19 5:35-6:05p.m. $70.00

76545 Thu Jan 9-Mar 20 5:35-6:05p.m. $70.00

76606 Sat Jan 11-Mar 22 9:30-10a.m. $49.00

76607 Sun Jan 12-Mar 23 12:30-1p.m. $49.00

76763 Mon Mar 24-Jun 2 6:50-7:20p.m. $63.00

76766 Wed Mar 26-Jun 4 6:40-7:10p.m. $70.00

76859 Sat Mar 29-Jun 7 10:55-11:30a.m. $49.00

76856 Sun Mar 30-Jun 8 10:20-10:55a.m. $49.00

**NWLC**

76688 Mon Jan 6-Mar 17 1:30-2p.m. $70.00

76689 Mon Jan 6-Mar 17 5:50-6:20p.m. $70.00

76690 Tue Jan 7-Mar 18 1-1:30p.m. $70.00

76691 Tue Jan 7-Mar 18 5:50-6:20p.m. $70.00

76694 Wed Jan 8-Mar 19 5:10-5:40p.m. $70.00

76693 Wed Jan 8-Mar 19 6-6:30p.m. $70.00

76692 Wed Jan 8-Mar 19 9:35-10:05a.m. $70.00

76695 Thu Jan 9-Mar 20 4:35-5:05p.m. $70.00

76696 Fri Jan 10-Mar 21 4:35-5:05p.m. $70.00

76697 Fri Jan 10-Mar 21 5:15-5:45p.m. $70.00

76698 Fri Jan 10-Mar 21 5:45-6:15p.m. $70.00

76700 Sat Jan 11-Mar 22 9-9:30a.m. $70.00

76699 Sat Jan 11-Mar 22 11:20-11:50a.m. $70.00

76701 Sun Jan 12-Mar 23 11:30a.m.-12p.m. $70.00

77728 Mon Mar 24-Jun 2 1-1:30p.m. $63.00

77729 Mon Mar 24-Jun 2 5:50-6:20p.m. $63.00

77775 Tue Mar 25-Jun 3 1:30-2p.m. $70.00

77776 Tue Mar 25-Jun 3 5:50-6:20p.m. $70.00

77879 Wed Mar 26-Jun 4 4:35-5:05p.m. $70.00

77902 Thu Mar 27-Jun 5 9:35-10:05a.m. $70.00

77904 Thu Mar 27-Jun 5 5:10-5:40p.m. $70.00

77903 Thu Mar 27-Jun 5 6-6:30p.m. $70.00

77788 Fri Mar 28-Jun 6 4:35-5:05p.m. $63.00

77789 Fri Mar 28-Jun 6 5:15-5:45p.m. $63.00

77790 Fri Mar 28-Jun 6 5:45-6:15p.m. $63.00

77832 Sat Mar 29-Jun 7 11:30a.m.-12p.m. $63.00

77858 Sun Mar 30-Jun 8 9-9:30a.m. $63.00

77857 Sun Mar 30-Jun 8 11:20-11:50a.m. $63.00

**SSLC**

76768 Mon Jan 6-Mar 17 10:40-11:10am $70.00

76765 Mon Jan 6-Mar 17 4:35-5:05p.m. $70.00

76767 Mon Jan 6-Mar 17 5:50-6:20p.m. $70.00

76764 Mon Jan 6-Mar 17 6:25-6:55p.m. $70.00

76902 Tue Jan 7-Mar 18 10:05-10:35a.m. $70.00

76903 Tue Jan 7-Mar 18 11:20-11:50a.m. $70.00

76901 Tue Jan 7-Mar 18 4:45-5:15p.m. $70.00

76900 Tue Jan 7-Mar 18 6-6:30p.m. $70.00

76931 Wed Jan 8-Mar 19 11:05-11:35am $70.00

76929 Wed Jan 8-Mar 19 4:10-4:40p.m. $70.00

76930 Wed Jan 8-Mar 19 4:55-5:25p.m. $70.00

77021 Thu Jan 9-Mar 20 11:05-11:35a.m. $70.00

77020 Thu Jan 9-Mar 20 4:45-5:15p.m. $70.00

77019 Thu Jan 9-Mar 20 6-6:30p.m. $70.00

77066 Fri Jan 10-Mar 21 4:40-5:10p.m. $70.00

77065 Fri Jan 10-Mar 21 6:05-6:35p.m. $70.00

77144 Sat Jan 11-Mar 22 9:35-10:05a.m. $70.00

77143 Sat Jan 11-Mar 22 12:05-12:35p.m. $70.00

77145 Sat Jan 11-Mar 22 2:50-3:20p.m. $70.00

77216 Sun Jan 12-Mar 23 9:35-10:05a.m. $70.00

77217 Sun Jan 12-Mar 23 12:20-12:50p.m. $70.00

77218 Sun Jan 12-Mar 23 6:10-6:40p.m. $70.00

77290 Mon Mar 24-Jun 2 10:40-11:10a.m. $63.00

77288 Mon Mar 24-Jun 2 4:35-5:05p.m. $63.00

77289 Mon Mar 24-Jun 2 5:50-6:20p.m. $63.00

77287 Mon Mar 24-Jun 2 6:25-6:55p.m. $63.00

77334 Tue Mar 25-Jun 3 11:05-11:35a.m. $70.00

77333 Tue Mar 25-Jun 3 4:45-5:15p.m. $70.00

77332 Tue Mar 25-Jun 3 6-6:30p.m. $70.00

77371 Wed Mar 26-Jun 4 11:05-11:35a.m. $70.00

77369 Wed Mar 26-Jun 4 4:10-4:40p.m. $70.00

77370 Wed Mar 26-Jun 4 4:55-5:25p.m. $70.00

77404 Thu Mar 27-Jun 5 10:05-10:35a.m. $70.00

77405 Thu Mar 27-Jun 5 11:20-11:50a.m. $70.00

77403 Thu Mar 27-Jun 5 4:45-5:15p.m. $70.00

77402 Thu Mar 27-Jun 5 6-6:30p.m. $70.00

77436 Fri Mar 28-Jun 6 4:40-5:10p.m. $63.00

77435 Fri Mar 28-Jun 6 6:05-6:35p.m. $63.00

77471 Sat Mar 29-Jun 7 9:35-10:05a.m. $63.00

77472 Sat Mar 29-Jun 7 12:20-12:50p.m. $63.00

77579 Sat Mar 29-Jun 7 2:50-3:20p.m. $63.00

77533 Sun Mar 30-Jun 8 9:35-10:05a.m. $63.00

77532 Sun Mar 30-Jun 8 12:05-12:35p.m. $63.00

77473 Sun Mar 30-Jun 8 6:10-6:40p.m. $63.00

### Preschool 3 3–5 years

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

**LAC**

76546 Mon Jan 6-Mar 17 6:55-7:25p.m. $70.00

76547 Tue Jan 7-Mar 18 5:35-6:05p.m. $70.00

76548 Thu Jan 9-Mar 20 6:50-7:20p.m. $70.00

76609 Sat Jan 11-Mar 22 10:40-11:10a.m. $49.00

76608 Sun Jan 12-Mar 23 10:45-11:15a.m. $49.00

76769 Mon Mar 24-Jun 2 6:20-6:50p.m. $63.00

76770 Tue Mar 25-Jun 3 6:15-6:45p.m. $70.00

76771 Wed Mar 26-Jun 4 3-3:30p.m. $70.00

76772 Thu Mar 27-Jun 5 5:35-6:05p.m. $70.00

76862 Sat Mar 29-Jun 7 9:30-10:05a.m. $49.00

76863 Sun Mar 30-Jun 8 10:10-10:45a.m. $49.00

**NWLC**

76706 Mon Jan 6-Mar 17 4-4:30p.m. $70.00

76705 Mon Jan 6-Mar 17 4:30-5p.m. $70.00

76704 Mon Jan 6-Mar 17 4:40-5:10p.m. $70.00

76708 Tue Jan 7-Mar 18 4:40-5:10p.m. $70.00

76712 Wed Jan 8-Mar 19 10:25-10:55a.m. $70.00

76713 Wed Jan 8-Mar 19 4-4:30p.m. $70.00

76715 Thu Jan 9-Mar 20 9:35-10:05a.m. $70.00

76722 Thu Jan 9-Mar 20 5:05-5:35p.m. $70.00

76727 Fri Jan 10-Mar 21 4:05-4:35p.m. $70.00

76730 Sat Jan 11-Mar 22 9:05-9:35a.m. $70.00

76736 Sun Jan 12-Mar 23 10:25-10:55a.m. $70.00

76740 Sun Jan 12-Mar 23 12:55-1:25p.m. $70.00

77730 Mon Mar 24-Jun 2 4:40-5:10p.m. $63.00

77779 Tue Mar 25-Jun 3 4-4:30p.m. $70.00

77778 Tue Mar 25-Jun 3 4:30-5p.m. $70.00

77777 Tue Mar 25-Jun 3 4:40-5:10p.m. $70.00

77880 Wed Mar 26-Jun 4 9:35-10:05a.m. $70.00

77881 Wed Mar 26-Jun 4 5:05-5:35p.m. $70.00

77905 Thu Mar 27-Jun 5 10:25-10:55a.m. $70.00

77906 Thu Mar 27-Jun 5 4-4:30p.m. $70.00

77791 Fri Mar 28-Jun 6 4:05-4:35p.m. $63.00

77833 Sat Mar 29-Jun 7 10:25-10:55a.m. $63.00

77834 Sat Mar 29-Jun 7 12:55-1:25p.m. $63.00

77859 Sun Mar 30-Jun 8 9:05-9:35a.m. $63.00

**SSLC**

76782 Mon Jan 6-Mar 17 11:20-11:50a.m. $70.00

76780 Mon Jan 6-Mar 17 4-4:30p.m. $70.00

76778 Mon Jan 6-Mar 17 7-7:30p.m. $70.00

76899 Tue Jan 7-Mar 18 10:45-11:15a.m. $70.00

76898 Tue Jan 7-Mar 18 5:25-5:55p.m. $70.00

76932 Wed Jan 8-Mar 19 4:45-5:15p.m. $70.00

77030 Thu Jan 9-Mar 20 11:40a.m.-12:10p.m. $70.00

77029 Thu Jan 9-Mar 20 4-4:30p.m. $70.00

77072 Fri Jan 10-Mar 21 4:05-4:35p.m. $70.00

77071 Fri Jan 10-Mar 21 5:30-6p.m. $70.00

77173 Sat Jan 11-Mar 22 10:20-10:50a.m. $70.00

77172 Sat Jan 11-Mar 22 12:25-12:55p.m. $70.00

77188 Sat Jan 11-Mar 22 2:45-3:15p.m. $70.00

77965 Sat Jan 11-Mar 22 2:15-2:45p.m. $70.00

77196 Sun Jan 12-Mar 23 11:05-11:35a.m. $70.00

77197 Sun Jan 12-Mar 23 6:10-6:40p.m. $70.00

77293 Mon Mar 24-Jun 2 11:20-11:50a.m. $63.00

77292 Mon Mar 24-Jun 2 4-4:30p.m. $63.00

77291 Mon Mar 24-Jun 2 7-7:30p.m. $63.00

77336 Tue Mar 25-Jun 3 11:40a.m.-12:10p.m. $70.00

77335 Tue Mar 25-Jun 3 4-4:30p.m. $70.00

77372 Wed Mar 26-Jun 4 4:45-5:15p.m. $70.00

77407 Thu Mar 27-Jun 5 10:45-11:15a.m. $70.00

77406 Thu Mar 27-Jun 5 5:25-5:55p.m. $70.00

77438 Fri Mar 28-Jun 6 4:05-4:35p.m. $63.00

77437 Fri Mar 28-Jun 6 5:30-6p.m. $63.00

77474 Sat Mar 29-Jun 7 11:05-11:35a.m. $63.00

77966 Sat Mar 29-Jun 7 2:15-2:45p.m. $63.00

77580 Sat Mar 29-Jun 7 2:45-3:15p.m. $63.00

77535 Sun Mar 30-Jun 8 10:20-10:50a.m. $63.00

77534 Sun Mar 30-Jun 8 12:25-12:55p.m. $63.00

77475 Sun Mar 30-Jun 8 6:10-6:40p.m. $63.00

### Preschool 4 3–5 years

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

**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.

**LAC**

76549 Mon Jan 6-Mar 17 6:25-6:55p.m. $70.00

76550 Wed Jan 8-Mar 19 6:45-7:15p.m. $70.00

76551 Thu Jan 9-Mar 20 6:40-7:10p.m. $70.00

76610 Sat Jan 11-Mar 22 10:15-10:45a.m. $49.00

76611 Sat Jan 11-Mar 22 12:30-1p.m. $49.00

76612 Sun Jan 12-Mar 23 11-11:30a.m. $49.00

76773 Mon Mar 24-Jun 2 6:40-7:10p.m. $63.00

76774 Wed Mar 26-Jun 4 5:30-6p.m. $70.00

76865 Sat Mar 29-Jun 7 12:20-12:55p.m. $49.00

76864 Sun Mar 30-Jun 8 10:20-10:55a.m. $49.00

**NWLC**

76745 Tue Jan 7-Mar 18 4-4:30p.m. $70.00

76747 Thu Jan 9-Mar 20 4-4:30p.m. $70.00

76759 Fri Jan 10-Mar 21 5:05-5:35p.m. $70.00

76758 Sun Jan 12-Mar 23 10:55-11:25a.m. $70.00

76750 Sun Jan 12-Mar 23 12:20-12:50p.m. $70.00

77731 Mon Mar 24-Jun 2 4-4:30p.m. $63.00

77882 Wed Mar 26-Jun 4 4-4:30p.m. $70.00

77836 Sat Mar 29-Jun 7 10:55-11:25a.m. $63.00

77835 Sat Mar 29-Jun 7 12:20-12:50p.m. $63.00

**SSLC**

76849 Mon Jan 6-Mar 17 5:10-5:40p.m. $70.00

76904 Tue Jan 7-Mar 18 4:05-4:35p.m. $70.00

77049 Thu Jan 9-Mar 20 5:30-6p.m. $70.00

77077 Fri Jan 10-Mar 21 4:45-5:15p.m. $70.00

77176 Sat Jan 11-Mar 22 9:45-10:15a.m. $70.00

77180 Sat Jan 11-Mar 22 12:50-1:20p.m. $70.00

77264 Sun Jan 12-Mar 23 11:55a.m.-12:25p.m. $70.00

77265 Sun Jan 12-Mar 23 5:40-6:10p.m. $70.00

77294 Mon Mar 24-Jun 2 5:10-5:40p.m. $63.00

77337 Tue Mar 25-Jun 3 5:30-6p.m. $70.00

77408 Thu Mar 27-Jun 5 4:05-4:35p.m. $70.00

77439 Fri Mar 28-Jun 6 4:45-5:15p.m. $63.00

77476 Sat Mar 29-Jun 7 11:55a.m.-12:25p.m. $63.00

77536 Sun Mar 30-Jun 8 9:45-10:15a.m. $63.00

77537 Sun Mar 30-Jun 8 12:50-1:20p.m. $63.00

77477 Sun Mar 30-Jun 8 5:40-6:10p.m. $63.00

### Preschool 5 3–5 years

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

**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.

**LAC**

76552 Mon Jan 6-Mar 17 6:05-6:35p.m. $70.00

76553 Wed Jan 8-Mar 19 1:30-2p.m. $70.00

76613 Sat Jan 11-Mar 22 10:05-10:35a.m. $49.00

76614 Sun Jan 12-Mar 23 9:35-10:05a.m. $49.00

76775 Tue Mar 25-Jun 3 5:35-6:05p.m. $70.00

76779 Wed Mar 26-Jun 4 5:35-6:05p.m. $70.00

76867 Sat Mar 29-Jun 7 9:30-10:05a.m. $49.00

76866 Sun Mar 30-Jun 8 11:30a.m.-12:05p.m. $49.00

**NWLC**

76751 Mon Jan 6-Mar 17 5:45-6:15p.m. $70.00

76753 Wed Jan 8-Mar 19 5:45-6:15p.m. $70.00

76755 Sat Jan 11-Mar 22 9:35-10:05am $70.00

76757 Sun Jan 12-Mar 23 10:15-10:45a.m. $70.00

76756 Sun Jan 12-Mar 23 1-1:30p.m. $70.00

77934 Thu Mar 27-Jun 5 5:15-5:45p.m. $70.00

77907 Thu Mar 27-Jun 5 5:45-6:15p.m. $70.00

77838 Sat Mar 29-Jun 7 10:15-10:45a.m. $63.00

77837 Sat Mar 29-Jun 7 1-1:30p.m. $63.00

77860 Sun Mar 30-Jun 8 9:35-10:05am $63.00

**SSLC**

77093 Fri Jan 10-Mar 21 6-6:30p.m. $70.00

77185 Sat Jan 11-Mar 22 10:55-11:25a.m. $70.00

77266 Sun Jan 12-Mar 23 12:55-1:25p.m. $70.00

77267 Sun Jan 12-Mar 23 6:50-7:20p.m. $70.00

77440 Fri Mar 28-Jun 6 6-6:30p.m. $63.00

77478 Sat Mar 29-Jun 7 12:55-1:25p.m. $63.00

77538 Sun Mar 30-Jun 8 10:55-11:25a.m. $63.00

77479 Sun Mar 30-Jun 8 6:50-7:20p.m. $63.00

## 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**

76536 Mon Jan 6-Mar 17 5:30-6p.m. $70.00

76537 Mon Jan 6-Mar 17 6:45-7:15p.m. $70.00

76538 Tue Jan 7-Mar 18 6:40-7:10p.m. $70.00

76539 Wed Jan 8-Mar 19 6:10-6:40p.m. $70.00

76540 Wed Jan 8-Mar 19 6:25-6:55p.m. $70.00

76541 Thu Jan 9-Mar 20 5:30-6p.m. $70.00

76542 Thu Jan 9-Mar 20 6:45-7:15p.m. $70.00

76615 Sat Jan 11-Mar 22 10:05-10:35a.m. $49.00

76621 Sat Jan 11-Mar 22 11:25-11:55a.m. $49.00

76616 Sun Jan 12-Mar 23 10:25-10:55a.m. $49.00

76617 Sun Jan 12-Mar 23 11:35-12:05p.m. $49.00

76785 Mon Mar 24-Jun 2 5:35-6:05p.m. $63.00

76783 Mon Mar 24-Jun 2 6:05-6:35p.m. $63.00

76786 Mon Mar 24-Jun 2 6:45-7:15p.m. $63.00

76781 Tue Mar 25-Jun 3 5:30-6p.m. $70.00

76787 Tue Mar 25-Jun 3 5:35-6:05p.m. $70.00

76788 Tue Mar 25-Jun 3 6:50-7:20p.m. $70.00

76790 Wed Mar 26-Jun 4 6:05-6:35p.m. $70.00

76789 Wed Mar 26-Jun 4 6:40-7:10p.m. $70.00

76792 Thu Mar 27-Jun 5 6:05-6:35p.m. $70.00

76791 Thu Mar 27-Jun 5 6:25-6:55p.m. $70.00

76793 Thu Mar 27-Jun 5 6:55-7:25p.m. $70.00

76874 Sat Mar 29-Jun 7 9:30-10:05a.m. $49.00

76875 Sat Mar 29-Jun 7 9:35-10:10a.m. $49.00

76873 Sat Mar 29-Jun 7 12-12:35p.m. $49.00

76869 Sun Mar 30-Jun 8 10:50-11:25a.m. $49.00

76871 Sun Mar 30-Jun 8 12:25-1p.m. $49.00

76872 Sun Mar 30-Jun 8 12:25-1p.m. $49.00

 **NWLC**

76988 Mon Jan 6-Mar 17 4-4:30p.m. $70.00

76992 Tue Jan 7-Mar 18 4:35-5:05p.m. $70.00

76993 Tue Jan 7-Mar 18 5:45-6:15p.m. $70.00

77007 Wed Jan 8-Mar 19 4-4:30p.m. $70.00

77997 Wed Jan 8-Mar 19 5:15-5:45p.m. $70.00

77013 Thu Jan 9-Mar 20 4:35-5:05p.m. $70.00

77010 Thu Jan 9-Mar 20 4:40-5:10p.m. $70.00

77014 Thu Jan 9-Mar 20 5:15-5:45p.m. $70.00

77015 Fri Jan 10-Mar 21 5:45-6:15p.m. $70.00

77008 Fri Jan 10-Mar 21 5:50-6:20p.m. $70.00

77017 Sat Jan 11-Mar 22 9:40-10:10a.m. $70.00

77016 Sat Jan 11-Mar 22 10:45-11:15a.m. $70.00

77018 Sat Jan 11-Mar 22 10:55-11:25a.m. $70.00

77022 Sun Jan 12-Mar 23 9:35-10:05a.m. $70.00

77024 Sun Jan 12-Mar 23 10:10-10:40a.m. $70.00

77026 Sun Jan 12-Mar 23 12:25-12:55p.m. $70.00

77023 Sun Jan 12-Mar 23 12:35-1:05p.m. $70.00

77732 Mon Mar 24-Jun 2 4:35-5:05p.m. $63.00

77733 Mon Mar 24-Jun 2 5:45-6:15p.m. $63.00

77781 Tue Mar 25-Jun 3 4-4:30p.m. $70.00

77932 Tue Mar 25-Jun 3 5:45-6:15p.m. $70.00

77884 Wed Mar 26-Jun 4 4:35-5:05p.m. $70.00

77883 Wed Mar 26-Jun 4 4:40-5:10p.m. $70.00

77885 Wed Mar 26-Jun 4 5:15-5:45p.m. $70.00

77908 Thu Mar 27-Jun 5 4-4:30p.m. $70.00

77909 Thu Mar 27-Jun 5 4:40-5:10p.m. $70.00

77793 Fri Mar 28-Jun 6 5:45-6:15p.m. $63.00

77839 Sat Mar 29-Jun 7 9:35-10:05a.m. $63.00

77841 Sat Mar 29-Jun 7 10:10-10:40a.m. $63.00

77842 Sat Mar 29-Jun 7 12:25-12:55p.m. $63.00

77840 Sat Mar 29-Jun 7 12:35-1:05p.m. $63.00

77862 Sun Mar 30-Jun 8 9:40-10:10a.m. $63.00

77861 Sun Mar 30-Jun 8 10:45-11:15a.m. $63.00

77863 Sun Mar 30-Jun 8 10:55-11:25a.m. $63.00

77983 Sun Mar 30-Jun 8 12-12:30p.m. $63.00

77984 Sun Mar 30-Jun 8 12:35-1:05p.m. $63.00

**SSLC**

76802 Mon Jan 6-Mar 17 4:40-5:10p.m. $70.00

76806 Mon Jan 6-Mar 17 5:10-5:40p.m. $70.00

76805 Mon Jan 6-Mar 17 5:45-6:15p.m. $70.00

76807 Mon Jan 6-Mar 17 6:25-6:55p.m. $70.00

76884 Tue Jan 7-Mar 18 4:35-5:05p.m. $70.00

76885 Tue Jan 7-Mar 18 6-6:30p.m. $70.00

76974 Wed Jan 8-Mar 19 4:05-4:35p.m. $70.00

76975 Wed Jan 8-Mar 19 4:50-5:20p.m. $70.00

77034 Thu Jan 9-Mar 20 4:45-5:15p.m. $70.00

77033 Thu Jan 9-Mar 20 5:20-5:50p.m. $70.00

77063 Fri Jan 10-Mar 21 4:05-4:35p.m. $70.00

77058 Fri Jan 10-Mar 21 4:35-5:05p.m. $70.00

77059 Fri Jan 10-Mar 21 5:55-6:25p.m. $70.00

77158 Sat Jan 11-Mar 22 9:05-9:35a.m. $70.00

77159 Sat Jan 11-Mar 22 10:40-11:10a.m. $70.00

77160 Sat Jan 11-Mar 22 11:05-11:35a.m. $70.00

77161 Sat Jan 11-Mar 22 12:40-1:10p.m. $70.00

77163 Sat Jan 11-Mar 22 1:40-2:10p.m. $70.00

77162 Sat Jan 11-Mar 22 2:10-2:40p.m. $70.00

77964 Sat Jan 11-Mar 22 2:40-3:10p.m. $70.00

77214 Sun Jan 12-Mar 23 9-9:30a.m. $70.00

77215 Sun Jan 12-Mar 23 10:15-10:45a.m. $70.00

77211 Sun Jan 12-Mar 23 11:45a.m.-12:15p.m. $70.00

77212 Sun Jan 12-Mar 23 12:30-1p.m. $70.00

77213 Sun Jan 12-Mar 23 6:15-6:45p.m. $70.00

77295 Mon Mar 24-Jun 2 4:40-5:10p.m. $63.00

77297 Mon Mar 24-Jun 2 5:10-5:40p.m. $63.00

77296 Mon Mar 24-Jun 2 5:45-6:15p.m. $63.00

77298 Mon Mar 24-Jun 2 6:25-6:55p.m. $63.00

77339 Tue Mar 25-Jun 3 4:45-5:15p.m. $70.00

77338 Tue Mar 25-Jun 3 5:20-5:50p.m. $70.00

77373 Wed Mar 26-Jun 4 4:05-4:35p.m. $70.00

77374 Wed Mar 26-Jun 4 4:50-5:20p.m. $70.00

77409 Thu Mar 27-Jun 5 4:35-5:05p.m. $70.00

77410 Thu Mar 27-Jun 5 6-6:30p.m. $70.00

77443 Fri Mar 28-Jun 6 4:05-4:35p.m. $63.00

77441 Fri Mar 28-Jun 6 4:35-5:05p.m. $63.00

77442 Fri Mar 28-Jun 6 5:55-6:25p.m. $63.00

77483 Sat Mar 29-Jun 7 9-9:30a.m. $63.00

77484 Sat Mar 29-Jun 7 10:15-10:45a.m. $63.00

77480 Sat Mar 29-Jun 7 11:45a.m.-12:15p.m. $63.00

77481 Sat Mar 29-Jun 7 12:30-1p.m. $63.00

77582 Sat Mar 29-Jun 7 1:40-2:10p.m. $63.00

77581 Sat Mar 29-Jun 7 2:10-2:40p.m. $63.00

77967 Sat Mar 29-Jun 7 2:40-3:10p.m. $63.00

77539 Sun Mar 30-Jun 8 9:05-9:35a.m. $63.00

77540 Sun Mar 30-Jun 8 10:40-11:10a.m. $63.00

77541 Sun Mar 30-Jun 8 11:05-11:35a.m. $63.00

77542 Sun Mar 30-Jun 8 12:40-1:10p.m. $63.00

77482 Sun Mar 30-Jun 8 6:15-6:45p.m. $63.00

### Youth Swimmer 1 8–14 years

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

**LAC**

76590 Mon Jan 6-Mar 17 6:20-6:50p.m. $70.00

76618 Sat Jan 11-Mar 22 12:40-1:10p.m. $49.00

76868 Sun Mar 30-Jun 8 11:30a.m.-12:05p.m. $49.00

**NWLC**

77715 Sat Jan 11-Mar 22 12:30-1p.m. $70.00

77684 Sun Jan 12-Mar 23 9:05-9:35a.m. $70.00

77714 Sun Jan 12-Mar 23 11:45a.m.-12:15p.m. $70.00

77846 Sat Mar 29-Jun 7 9:05-9:35a.m. $63.00

77847 Sat Mar 29-Jun 7 11:45a.m.-12:15p.m. $63.00

77945 Sun Mar 30-Jun 8 10:15-10:45a.m. $63.00

77870 Sun Mar 30-Jun 8 12:30-1p.m. $63.00

 **SSLC**

76914 Tue Jan 7-Mar 18 4:45-5:15p.m. $70.00

76987 Wed Jan 8-Mar 19 5:25-5:55p.m. $70.00

77003 Thu Jan 9-Mar 20 6-6:30p.m. $70.00

77170 Sat Jan 11-Mar 22 12:10-12:40p.m. $70.00

77272 Sun Jan 12-Mar 23 6:45-7:15p.m. $70.00

77351 Tue Mar 25-Jun 3 6-6:30p.m. $70.00

77383 Wed Mar 26-Jun 4 5:25-5:55p.m. $70.00

77420 Thu Mar 27-Jun 5 4:45-5:15p.m. $70.00

77555 Sun Mar 30-Jun 8 12:10-12:40p.m. $63.00

77500 Sun Mar 30-Jun 8 6:45-7:15p.m. $63.00

### Swimmer 2 5–12 years

In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl, and interval fitness training.
**Pre-requisite:** Your child must be able enter and exit the water, jump into deep water wearing a PFD, tread water, submerge and exhale, as well as perform front and back floats, glides, flutter kick and front crawl wearing a PFD.

**LAC**

76558 Mon Jan 6-Mar 17 5:30-6p.m. $70.00

76559 Mon Jan 6-Mar 17 6:50-7:20p.m. $70.00

76560 Tue Jan 7-Mar 18 7-7:30p.m. $70.00

76561 Wed Jan 8-Mar 19 2:05-2:35p.m. $70.00

76562 Wed Jan 8-Mar 19 5:30-6p.m. $70.00

76563 Wed Jan 8-Mar 19 6:40-7:10p.m. $70.00

76564 Thu Jan 9-Mar 20 5:30-6p.m. $70.00

76565 Thu Jan 9-Mar 20 6:15-6:45p.m. $70.00

76619 Sat Jan 11-Mar 22 11:25-11:55a.m. $49.00

76623 Sun Jan 12-Mar 23 10:15-10:45a.m. $49.00

76624 Sun Jan 12-Mar 23 12:10-12:40p.m. $49.00

76837 Mon Mar 24-Jun 2 5:35-6:05p.m. $63.00

76794 Mon Mar 24-Jun 2 6:10-6:40p.m. $63.00

76797 Mon Mar 24-Jun 2 6:55-7:25p.m. $63.00

76798 Tue Mar 25-Jun 3 6:10-6:40p.m. $70.00

76799 Tue Mar 25-Jun 3 6:45-7:15p.m. $70.00

76801 Wed Mar 26-Jun 4 6:05-6:35p.m. $70.00

76800 Wed Mar 26-Jun 4 6:45-7:15p.m. $70.00

76803 Thu Mar 27-Jun 5 6:40-7:10p.m. $70.00

76804 Thu Mar 27-Jun 5 6:40-7:10p.m. $70.00

76878 Sat Mar 29-Jun 7 10:10-10:45a.m. $49.00

76879 Sat Mar 29-Jun 7 10:15-10:50a.m. $49.00

76876 Sun Mar 30-Jun 8 9:30-10:05a.m. $49.00

76877 Sun Mar 30-Jun 8 11-11:35a.m. $49.00

**NWLC**

77985 Mon Jan 6-Mar 17 4:05-4:35 p.m. $70.00

77088 Mon Jan 6-Mar 17 5:10-5:40p.m. $70.00

77089 Tue Jan 7-Mar 18 4:05-4:35p.m. $70.00

77092 Wed Jan 8-Mar 19 5:10-5:40p.m. $70.00

77097 Thu Jan 9-Mar 20 4-4:30p.m. $70.00

77095 Thu Jan 9-Mar 20 5:10-5:40p.m. $70.00

77096 Thu Jan 9-Mar 20 5:45-6:15p.m. $70.00

77113 Fri Jan 10-Mar 21 4-4:30p.m. $70.00

77114 Fri Jan 10-Mar 21 4:35-5:05p.m. $70.00

77115 Fri Jan 10-Mar 21 5:40-6:10p.m. $70.00

77118 Sat Jan 11-Mar 22 11:30a.m.-12p.m. $70.00

77119 Sat Jan 11-Mar 22 12-12:30p.m. $70.00

77976 Sat Jan 11-Mar 22 12:30-1p.m. $70.00

77123 Sun Jan 12-Mar 23 11-11:30a.m. $70.00

77734 Mon Mar 24-Jun 2 4:05-4:35p.m. $63.00

77931 Tue Mar 25-Jun 3 4:05-4:35p.m. $70.00

77782 Tue Mar 25-Jun 3 5:10-5:40p.m. $70.00

77888 Wed Mar 26-Jun 4 4-4:30p.m. $70.00

77886 Wed Mar 26-Jun 4 5:10-5:40p.m. $70.00

77887 Wed Mar 26-Jun 4 5:45-6:15p.m. $70.00

77910 Thu Mar 27-Jun 5 5:10-5:40p.m. $70.00

77794 Fri Mar 28-Jun 6 4-4:30p.m. $63.00

77795 Fri Mar 28-Jun 6 4:35-5:05p.m. $63.00

77796 Fri Mar 28-Jun 6 5:50-6:20 p.m. $63.00

77843 Sat Mar 29-Jun 7 11-11:30a.m. $63.00

77864 Sun Mar 30-Jun 8 11:30a.m.-12p.m. $63.00

77865 Sun Mar 30-Jun 8 12-12:30p.m. $63.00

**SSLC**

76784 Mon Jan 6-Mar 17 4:05-4:35p.m. $70.00

76795 Mon Jan 6-Mar 17 6:05-6:35p.m. $70.00

76796 Mon Jan 6-Mar 17 7-7:30p.m. $70.00

76896 Tue Jan 7-Mar 18 4:05-4:35p.m. $70.00

76934 Wed Jan 8-Mar 19 4:40-5:10p.m. $70.00

76933 Wed Jan 8-Mar 19 5:20-5:50p.m. $70.00

76989 Thu Jan 9-Mar 20 4-4:30p.m. $70.00

76990 Thu Jan 9-Mar 20 4:40-5:10p.m. $70.00

76991 Thu Jan 9-Mar 20 6:05-6:35p.m. $70.00

77052 Fri Jan 10-Mar 21 4-4:30p.m. $70.00

77053 Fri Jan 10-Mar 21 4:55-5:25p.m. $70.00

77056 Fri Jan 10-Mar 21 5:15-5:45p.m. $70.00

77054 Fri Jan 10-Mar 21 6:05-6:35p.m. $70.00

77167 Sat Jan 11-Mar 22 9:10-9:40a.m. $70.00

77139 Sat Jan 11-Mar 22 10:10-10:40a.m. $70.00

77166 Sat Jan 11-Mar 22 11:35a.m.-12:05p.m. $70.00

77190 Sun Jan 12-Mar 23 9:55-10:25a.m. $70.00

77191 Sun Jan 12-Mar 23 11:05-11:35a.m. $70.00

77193 Sun Jan 12-Mar 23 12:05-12:35p.m. $70.00

77192 Sun Jan 12-Mar 23 12:45-1:15p.m. $70.00

77194 Sun Jan 12-Mar 23 6:45-7:15p.m. $70.00

77299 Mon Mar 24-Jun 2 4:05-4:35p.m. $63.00

77300 Mon Mar 24-Jun 2 6:05-6:35p.m. $63.00

77301 Mon Mar 24-Jun 2 7-7:30p.m. $63.00

77340 Tue Mar 25-Jun 3 4-4:30p.m. $70.00

77341 Tue Mar 25-Jun 3 4:40-5:10p.m. $70.00

77342 Tue Mar 25-Jun 3 6:05-6:35p.m. $70.00

77376 Wed Mar 26-Jun 4 4:40-5:10p.m. $70.00

77375 Wed Mar 26-Jun 4 5:20-5:50p.m. $70.00

77411 Thu Mar 27-Jun 5 4:05-4:35p.m. $70.00

77444 Fri Mar 28-Jun 6 4-4:30p.m. $63.00

77445 Fri Mar 28-Jun 6 4:55-5:25p.m. $63.00

77447 Fri Mar 28-Jun 6 5:15-5:45p.m. $63.00

77446 Fri Mar 28-Jun 6 6:05-6:35p.m. $63.00

77485 Sat Mar 29-Jun 7 9:55-10:25am $63.00

77486 Sat Mar 29-Jun 7 11:05-11:35am $63.00

77488 Sat Mar 29-Jun 7 12:05-12:35p.m. $63.00

77487 Sat Mar 29-Jun 7 12:45-1:15p.m. $63.00

77545 Sun Mar 30-Jun 8 9:10-9:40a.m. $63.00

77543 Sun Mar 30-Jun 8 10:10-10:40a.m. $63.00

77544 Sun Mar 30-Jun 8 11:35a.m.-12:05p.m. $63.00

77489 Sun Mar 30-Jun 8 6:45-7:15p.m. $63.00

### Youth Swimmer 2 8–14 years

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

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

**LAC**

76626 Sat Jan 11-Mar 22 11:55a.m.-12:25p.m. $49.00

**NWLC**

77609 Tue Jan 7-Mar 18 5:10-5:40p.m. $70.00

77611 Wed Jan 8-Mar 19 4:35-5:05p.m. $70.00

77610 Thu Jan 9-Mar 20 5:40-6:10p.m. $70.00

77736 Mon Mar 24-Jun 2 5:10-5:40p.m. $63.00

77933 Wed Mar 26-Jun 4 5:10-5:40p.m. $70.00

77891 Wed Mar 26-Jun 4 5:40-6:10p.m. $70.00

77912 Thu Mar 27-Jun 5 4:35-5:05p.m. $70.00

**SSLC**

76817 Mon Jan 6-Mar 17 5:15-5:45p.m. $70.00

76895 Tue Jan 7-Mar 18 5:40-6:10p.m. $70.00

76928 Wed Jan 8-Mar 19 6:05-6:35p.m. $70.00

77174 Sat Jan 11-Mar 22 10:10-10:40a.m. $70.00

77269 Sun Jan 12-Mar 23 9:05-9:35a.m. $70.00

77306 Mon Mar 24-Jun 2 5:15-5:45p.m. $63.00

77384 Wed Mar 26-Jun 4 6:05-6:35p.m. $70.00

77421 Thu Mar 27-Jun 5 5:40-6:10p.m. $70.00

77501 Sat Mar 29-Jun 7 9:05-9:35a.m. $63.00

77556 Sun Mar 30-Jun 8 10:10-10:40a.m. $63.00

### Swimmer 3 5–12 years

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

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

**LAC**

76569 Mon Jan 6-Mar 17 6:10-6:40p.m. $70.00

76566 Mon Jan 6-Mar 17 6:40-7:10p.m. $70.00

76567 Tue Jan 7-Mar 18 6:25-6:55p.m. $70.00

76568 Tue Jan 7-Mar 18 6:55-7:25p.m. $70.00

76570 Wed Jan 8-Mar 19 2:40-3:10p.m. $70.00

76572 Wed Jan 8-Mar 19 5:35-6:05p.m. $70.00

76571 Wed Jan 8-Mar 19 6:55-7:25p.m. $70.00

76573 Thu Jan 9-Mar 20 6:05-6:35p.m. $70.00

76628 Sat Jan 11-Mar 22 9:30-10a.m. $49.00

76629 Sat Jan 11-Mar 22 10:50-11:20a.m. $49.00

76630 Sat Jan 11-Mar 22 1:15-1:45p.m. $49.00

76631 Sun Jan 12-Mar 23 11:30a.m.-12p.m. $49.00

76810 Mon Mar 24-Jun 2 5:30-6p.m. $63.00

76811 Mon Mar 24-Jun 2 6:45-7:15p.m. $63.00

76812 Tue Mar 25-Jun 3 6:50-7:20p.m. $70.00

76819 Wed Mar 26-Jun 4 2:15-2:45p.m. $70.00

76813 Wed Mar 26-Jun 4 5:30-6p.m. $70.00

76814 Wed Mar 26-Jun 4 6:20-6:50p.m. $70.00

76815 Thu Mar 27-Jun 5 5:30-6p.m. $70.00

77037 Sat Mar 29-Jun 7 10:50-11:25a.m. $49.00

77038 Sun Mar 30-Jun 8 9:30-10:05a.m. $49.00

77039 Sun Mar 30-Jun 8 11:45a.m.-12:20p.m. $49.00

**NWLC**

77125 Mon Jan 6-Mar 17 4:35-5:05p.m. $70.00

77128 Tue Jan 7-Mar 18 4:35-5:05p.m. $70.00

77129 Wed Jan 8-Mar 19 4:35-5:05p.m. $70.00

77130 Thu Jan 9-Mar 20 4:30-5p.m. $70.00

77131 Thu Jan 9-Mar 20 5:55-6:25p.m. $70.00

77664 Sat Jan 11-Mar 22 9:05-9:35a.m. $70.00

77665 Sat Jan 11-Mar 22 10:15-10:45a.m. $70.00

77666 Sat Jan 11-Mar 22 10:20-10:50a.m. $70.00

77668 Sat Jan 11-Mar 22 11:25-11:55a.m. $70.00

77669 Sun Jan 12-Mar 23 9:40-10:10a.m. $70.00

77670 Sun Jan 12-Mar 23 12-12:30p.m. $70.00

77735 Mon Mar 24-Jun 2 4:35-5:05p.m. $63.00

77783 Tue Mar 25-Jun 3 4:35-5:05p.m. $70.00

77889 Wed Mar 26-Jun 4 4:30-5p.m. $70.00

77890 Wed Mar 26-Jun 4 5:55-6:25p.m. $70.00

77911 Thu Mar 27-Jun 5 4:35-5:05p.m. $70.00

77844 Sat Mar 29-Jun 7 9:40-10:10a.m. $63.00

77845 Sat Mar 29-Jun 7 12-12:30p.m. $63.00

77866 Sun Mar 30-Jun 8 9:05-9:35a.m. $63.00

77867 Sun Mar 30-Jun 8 10:15-10:45a.m. $63.00

77868 Sun Mar 30-Jun 8 10:20-10:50a.m. $63.00

77869 Sun Mar 30-Jun 8 11:25-11:55a.m. $63.00

**SSLC**

76852 Mon Jan 6-Mar 17 5:30-6p.m. $70.00

76880 Tue Jan 7-Mar 18 4-4:30p.m. $70.00

76882 Tue Jan 7-Mar 18 4:40-5:10p.m. $70.00

76881 Tue Jan 7-Mar 18 5:20-5:50p.m. $70.00

76883 Tue Jan 7-Mar 18 5:55-6:25p.m. $70.00

76938 Wed Jan 8-Mar 19 5:10-5:40p.m. $70.00

76939 Wed Jan 8-Mar 19 5:50-6:20p.m. $70.00

77045 Thu Jan 9-Mar 20 4:10-4:40p.m. $70.00

77046 Thu Jan 9-Mar 20 5:20-5:50p.m. $70.00

77079 Fri Jan 10-Mar 21 4:35-5:05p.m. $70.00

77078 Fri Jan 10-Mar 21 5:20-5:50p.m. $70.00

77080 Fri Jan 10-Mar 21 6-6:30p.m. $70.00

77138 Sat Jan 11-Mar 22 9-9:30a.m. $70.00

77137 Sat Jan 11-Mar 22 9:35-10:05a.m. $70.00

77258 Sun Jan 12-Mar 23 9:35-10:05a.m. $70.00

77259 Sun Jan 12-Mar 23 11:45a.m.-12:15p.m. $70.00

77260 Sun Jan 12-Mar 23 5:35-6:05p.m. $70.00

77302 Mon Mar 24-Jun 2 5:30-6p.m. $63.00

77343 Tue Mar 25-Jun 3 4:10-4:40p.m. $70.00

77344 Tue Mar 25-Jun 3 5:20-5:50p.m. $70.00

77377 Wed Mar 26-Jun 4 5:10-5:40p.m. $70.00

77378 Wed Mar 26-Jun 4 5:50-6:20p.m. $70.00

77412 Thu Mar 27-Jun 5 4-4:30p.m. $70.00

77414 Thu Mar 27-Jun 5 4:40-5:10p.m. $70.00

77413 Thu Mar 27-Jun 5 5:20-5:50p.m. $70.00

77415 Thu Mar 27-Jun 5 5:55-6:25p.m. $70.00

77449 Fri Mar 28-Jun 6 4:35-5:05p.m. $63.00

77448 Fri Mar 28-Jun 6 5:20-5:50p.m. $63.00

77450 Fri Mar 28-Jun 6 6-6:30p.m. $63.00

77490 Sat Mar 29-Jun 7 9:35-10:05a.m. $63.00

77491 Sat Mar 29-Jun 7 11:45a.m.-12:15p.m. $63.00

77547 Sun Mar 30-Jun 8 9-9:30a.m. $63.00

77546 Sun Mar 30-Jun 8 9:35-10:05a.m. $63.00

77492 Sun Mar 30-Jun 8 5:35-6:05p.m. $63.00

### Youth Swimmer 3 8–14 years

In this level swimmers will work on kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front and back crawl, and interval fitness training. This class is specifically for children who have started their swimming lessons later on. Must be 8–14 years of age to enroll.
**Pre-requisite:** Your child must be able to jump into deep water, perform sideways entries wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on front and back, whip kick in vertical position, front and back crawl.

**LAC**

76816 Mon Mar 24-Jun 2 6:10-6:40p.m. $63.00

76818 Thu Mar 27-Jun 5 6:05-6:35p.m. $70.00

 **SSLC**

76714 Mon Jan 6-Mar 17 4:40-5:10p.m. $70.00

77210 Sun Jan 12-Mar 23 10:30-11a.m. $70.00

77307 Mon Mar 24-Jun 2 4:40-5:10p.m. $63.00

77502 Sat Mar 29-Jun 7 10:30-11a.m. $63.00

### Swimmer 4 5–12 years

In this level swimmers will work on standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl, interval fitness training, and sprint front crawl.
**Pre-requisite:** Your child must be able to successfully perform kneeling dives, forward rolls, front somersaults, jumping into deep water, as well as flutter kicks, whip kick on back, front, and back crawl.

**LAC**

76574 Mon Jan 6-Mar 17 5:35-6:15p.m. $76.50

76575 Tue Jan 7-Mar 18 6:15-6:55p.m. $76.50

76576 Wed Jan 8-Mar 19 6:45-7:25p.m. $76.50

76632 Sat Jan 11-Mar 22 10:40-11:20am $53.55

76634 Sun Jan 12-Mar 23 9:30-10:10am $53.55

76636 Sun Jan 12-Mar 23 12:15-12:55p.m. $53.55

76820 Mon Mar 24-Jun 2 5:30-6:10p.m. $68.85

76821 Tue Mar 25-Jun 3 5:30-6:10p.m. $76.50

76822 Wed Mar 26-Jun 4 1:30-2:10p.m. $76.50

77036 Sat Mar 29-Jun 7 10:50-11:35a.m. $53.55

77035 Sun Mar 30-Jun 8 9:30-10:15a.m. $53.55

**NWLC**

77628 Tue Jan 7-Mar 18 5:10-5:50p.m. $76.50

77632 Thu Jan 9-Mar 20 5:10-5:50p.m. $76.50

77655 Sat Jan 11-Mar 22 9:35-10:15a.m. $76.50

77658 Sun Jan 12-Mar 23 10:10-10:50a.m. $76.50

77978 Tue Mar 25-Jun 3 5:45-6:25 p.m. $76.50

77979 Fri Mar 28-Jun 6 5:05-5:45 p.m. $68.85

77998 Sun Mar 30-Jun 8 9:35-10:15a.m. $68.85

**SSLC**

76853 Mon Jan 6-Mar 17 4:10-4:50p.m. $76.50

76897 Tue Jan 7-Mar 18 4:40-5:20p.m. $76.50

76986 Wed Jan 8-Mar 19 4:05-4:45p.m. $76.50

77031 Thu Jan 9-Mar 20 4:35-5:15p.m. $76.50

77032 Thu Jan 9-Mar 20 5:50-6:30p.m. $76.50

77074 Fri Jan 10-Mar 21 4:40-5:20p.m. $76.50

77075 Fri Jan 10-Mar 21 5:15-5:55p.m. $76.50

77177 Sat Jan 11-Mar 22 10:20-11a.m. $76.50

77178 Sat Jan 11-Mar 22 12:50-1:30p.m. $76.50

77199 Sun Jan 12-Mar 23 9:15-9:55a.m. $76.50

77200 Sun Jan 12-Mar 23 11-11:40a.m. $76.50

77198 Sun Jan 12-Mar 23 12:05-12:45p.m. $76.50

77303 Mon Mar 24-Jun 2 4:10-4:50p.m. $68.85

77345 Tue Mar 25-Jun 3 4:35-5:15p.m. $76.50

77346 Tue Mar 25-Jun 3 5:50-6:30p.m. $76.50

77379 Wed Mar 26-Jun 4 4:05-4:45p.m. $76.50

77416 Thu Mar 27-Jun 5 4:40-5:20p.m. $76.50

77451 Fri Mar 28-Jun 6 4:40-5:20p.m. $68.85

77452 Fri Mar 28-Jun 6 5:15-5:55p.m. $68.85

77494 Sat Mar 29-Jun 7 9:15-9:55a.m. $68.85

77495 Sat Mar 29-Jun 7 11-11:40a.m. $68.85

77493 Sat Mar 29-Jun 7 12:05-12:45p.m. $68.85

77548 Sun Mar 30-Jun 8 10:20-11a.m. $68.85

77549 Sun Mar 30-Jun 8 12:50-1:30p.m. $68.85

### Swimmer 5 5–12 years

In this level swimmers will work on shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint front and back crawl.
**Pre-requisite:** Your child must be able to successfully perform standing dives, treading water, underwater swim, as well as whip kick on front, breaststroke, front and back crawl.

**LAC**

76577 Mon Jan 6-Mar 17 6:05-6:45p.m. $76.50

76578 Tue Jan 7-Mar 18 6:10-6:50p.m. $76.50

76579 Wed Jan 8-Mar 19 5:30-6:10p.m. $76.50

76580 Thu Jan 9-Mar 20 5:30-6:10p.m. $76.50

76638 Sat Jan 11-Mar 22 9:30-10:10a.m. $53.55

76641 Sun Jan 12-Mar 23 11:45a.m.-12:25p.m. $53.55

76640 Sun Jan 12-Mar 23 11:35a.m.-12:15p.m. $53.55

76826 Mon Mar 24-Jun 2 6:05-6:45p.m. $68.85

76823 Tue Mar 25-Jun 3 6:05-6:45p.m. $76.50

76824 Wed Mar 26-Jun 4 6:25-7:05p.m. $76.50

76825 Thu Mar 27-Jun 5 6:10-6:50p.m. $76.50

77041 Sat Mar 29-Jun 7 12:50-1:35p.m. $53.55

77040 Sun Mar 30-Jun 8 9:30-10:15a.m. $53.55

**SSLC**

76724 Mon Jan 6-Mar 17 5:50-6:30p.m. $76.50

76905 Tue Jan 7-Mar 18 5:15-5:55p.m. $76.50

76976 Wed Jan 8-Mar 19 4:45-5:25p.m. $76.50

77012 Thu Jan 9-Mar 20 4-4:40p.m. $76.50

77009 Thu Jan 9-Mar 20 5:15-5:55p.m. $76.50

77011 Thu Jan 9-Mar 20 5:55-6:35p.m. $76.50

77091 Fri Jan 10-Mar 21 4:40-5:20p.m. $76.50

77141 Sat Jan 11-Mar 22 9:40-10:20a.m. $76.50

77140 Sat Jan 11-Mar 22 11:20a.m.-12p.m. $76.50

77142 Sat Jan 11-Mar 22 11:40a.m.-12:20p.m. $76.50

77261 Sun Jan 12-Mar 23 10:15-10:55a.m. $76.50

77262 Sun Jan 12-Mar 23 11:50a.m.-12:30p.m. $76.50

77304 Mon Mar 24-Jun 2 5:50-6:30p.m. $68.85

77349 Tue Mar 25-Jun 3 4-4:40p.m. $76.50

77347 Tue Mar 25-Jun 3 5:15-5:55p.m. $76.50

77348 Tue Mar 25-Jun 3 5:55-6:35p.m. $76.50

77380 Wed Mar 26-Jun 4 4:45-5:25p.m. $76.50

77417 Thu Mar 27-Jun 5 5:15-5:55p.m. $76.50

77453 Fri Mar 28-Jun 6 4:40-5:20p.m. $68.85

77496 Sat Mar 29-Jun 7 10:15-10:55a.m. $68.85

77497 Sat Mar 29-Jun 7 11:50a.m.-12:30p.m. $68.85

77551 Sun Mar 30-Jun 8 9:40-10:20a.m. $68.85

77550 Sun Mar 30-Jun 8 11:20a.m.-12p.m. $68.85

77552 Sun Mar 30-Jun 8 11:40a.m.-12:20p.m. $68.85

### Swimmer 6 5–12 years

In this level swimmers will work on stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl, interval fitness training, and sprint breaststroke.
**Pre-requisite:** Your child must be able to successfully perform shallow dives, tuck jumps, stationary eggbeater, as well as breaststroke, front crawl, back crawl, head up front crawl.

**LAC**

76587 Mon Jan 6-Mar 17 5:30-6:10p.m. $76.50

76588 Tue Jan 7-Mar 18 5:30-6:10p.m. $76.50

76589 Wed Jan 8-Mar 19 6:10-6:50p.m. $76.50

76644 Sat Jan 11-Mar 22 9:30-10:10a.m. $53.55

76650 Sat Jan 11-Mar 22 11:15-11:55a.m. $53.55

76648 Sun Jan 12-Mar 23 9:40-10:20a.m. $53.55

76827 Mon Mar 24-Jun 2 5:35-6:15p.m. $68.85

76828 Tue Mar 25-Jun 3 6:25-7:05p.m. $76.50

76829 Wed Mar 26-Jun 4 5:35-6:15p.m. $76.50

77044 Sat Mar 29-Jun 7 10:10-10:55a.m. $53.55

77043 Sat Mar 29-Jun 7 12-12:45p.m. $53.55

77042 Sun Mar 30-Jun 8 12:10-12:55p.m. $53.55

**SSLC**

76754 Mon Jan 6-Mar 17 4:45-5:25p.m. $76.50

76892 Tue Jan 7-Mar 18 4-4:40p.m. $76.50

76893 Tue Jan 7-Mar 18 5:55-6:35p.m. $76.50

76941 Wed Jan 8-Mar 19 4-4:40p.m. $76.50

76940 Wed Jan 8-Mar 19 5:45-6:25p.m. $76.50

77028 Thu Jan 9-Mar 20 4:45-5:25p.m. $76.50

77081 Fri Jan 10-Mar 21 5:50-6:30p.m. $76.50

77183 Sat Jan 11-Mar 22 9-9:40a.m. $76.50

77182 Sat Jan 11-Mar 22 12:45-1:25p.m. $76.50

77208 Sun Jan 12-Mar 23 9:45-10:25a.m. $76.50

77209 Sun Jan 12-Mar 23 12:30-1:10p.m. $76.50

77305 Mon Mar 24-Jun 2 4:45-5:25p.m. $68.85

77350 Tue Mar 25-Jun 3 4:45-5:25p.m. $76.50

77382 Wed Mar 26-Jun 4 4-4:40p.m. $76.50

77381 Wed Mar 26-Jun 4 5:45-6:25p.m. $76.50

77418 Thu Mar 27-Jun 5 4-4:40p.m. $76.50

77419 Thu Mar 27-Jun 5 5:55-6:35p.m. $76.50

77454 Fri Mar 28-Jun 6 5:50-6:30p.m. $68.85

77498 Sat Mar 29-Jun 7 9:45-10:25a.m. $68.85

77499 Sat Mar 29-Jun 7 12:30-1:10p.m. $68.85

77554 Sun Mar 30-Jun 8 9-9:40a.m. $68.85

77553 Sun Mar 30-Jun 8 12:45-1:25p.m. $68.85

<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

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.
**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.

**LAC**

76593 Mon Jan 6-Mar 17 6:15-7:05p.m. $88.50

76594 Wed Jan 8-Mar 19 5:30-6:20p.m. $88.50

76595 Thu Jan 9-Mar 20 6:05-6:55p.m. $88.50

76830 Mon Mar 24-Jun 2 6:15-7:05p.m. $79.65

76831 Thu Mar 27-Jun 5 5:30-6:20p.m. $88.50

77051 Sun Mar 30-Jun 8 12-12:55p.m. $61.95

**SSLC**

76858 Mon Jan 6-Mar 17 4:55-5:45p.m. $88.50

76927 Wed Jan 8-Mar 19 5:10-6p.m. $88.50

77064 Fri Jan 10-Mar 21 5:10-6p.m. $88.50

77175 Sat Jan 11-Mar 22 10:45-11:35a.m. $88.50

77189 Sun Jan 12-Mar 23 9-9:50a.m. $88.50

77308 Mon Mar 24-Jun 2 4:55-5:45p.m. $79.65

77385 Wed Mar 26-Jun 4 5:10-6p.m. $88.50

77455 Fri Mar 28-Jun 6 5:10-6p.m. $79.65

77504 Sat Mar 29-Jun 7 9-9:50a.m. $79.65

77557 Sun Mar 30-Jun 8 10:45-11:35a.m. $79.65

### Lifesaving Swim Patrol – Ranger Patrol 8–14 years

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

**LAC**

76596 Tue Jan 7-Mar 18 5:30-6:20p.m. $88.50

76597 Wed Jan 8-Mar 19 6:15-7:05p.m. $88.50

76659 Sat Jan 11-Mar 22 1:05-1:55p.m. $61.95

76832 Tue Mar 25-Jun 3 5:30-6:20p.m. $88.50

77050 Sat Mar 29-Jun 7 1-1:55p.m. $61.95

**SSLC**

76894 Tue Jan 7-Mar 18 4:45-5:35p.m. $88.50

77263 Sun Jan 12-Mar 23 11-11:50a.m. $88.50

77422 Thu Mar 27-Jun 5 4:45-5:35p.m. $88.50

77503 Sat Mar 29-Jun 7 11-11:50a.m. $79.65

### Lifesaving Swim Patrol – Star Patrol 8–14 years

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

**LAC**

76598 Mon Jan 6-Mar 17 5:30-6:20p.m. $70.80

76655 Sat Jan 11-Mar 22 1:05-1:55p.m. $61.95

76658 Sun Jan 12-Mar 23 12:05-12:55p.m. $61.95

76834 Wed Mar 26-Jun 4 5:30-6:20p.m. $88.50

77055 Sat Mar 29-Jun 7 1-1:55p.m. $61.95

**SSLC**

76891 Tue Jan 7-Mar 18 5:45-6:35p.m. $88.50

77069 Fri Jan 10-Mar 21 4-4:50p.m. $88.50

77423 Thu Mar 27-Jun 5 5:45-6:35p.m. $88.50

77456 Fri Mar 28-Jun 6 4-4:50p.m. $79.65

## 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**

76591 Wed Jan 8-Feb 5 6:10-6:40p.m. $169.50

76661 Sat Jan 11-Feb 15 11:55a.m.-12:25p.m. $135.60

76663 Sat Jan 11-Feb 15 12:55-1:25p.m. $135.60

76667 Sun Jan 12-Feb 16 10:10-10:40a.m. $135.60

76665 Sun Jan 12-Feb 16 10:50-11:20a.m. $135.60

76592 Wed Feb 12-Mar 19 6:10-6:40p.m. $169.50

76662 Sat Feb 22-Mar 22 11:55a.m.-12:25p.m. $101.70

76664 Sat Feb 22-Mar 22 12:55-1:25p.m. $101.70

76668 Sun Feb 23-Mar 23 10:10-10:40a.m. $101.70

76666 Sun Feb 23-Mar 23 10:50-11:20a.m. $101.70

76839 Wed Mar 26-Apr 30 6:10-6:40p.m. $169.50

76842 Thu Mar 27-May 1 5:35-6:05p.m. $169.50

76843 Thu Mar 27-May 1 6:10-6:40p.m. $169.50

76844 Thu Mar 27-May 1 6:45-7:15p.m. $169.50

77057 Sat Mar 29-May 17 12:45-1:15p.m. $101.70

77062 Sun Mar 30-May 18 10:10-10:40a.m. $101.70

76841 Wed May 7-Jun 4 6:10-6:40p.m. $169.50

76847 Thu May 8-Jun 5 5:35-6:05p.m. $169.50

76846 Thu May 8-Jun 5 6:10-6:40p.m. $169.50

76845 Thu May 8-Jun 5 6:45-7:15p.m. $169.50

77060 Sat May 24-Jun 7 12:45-1:15p.m. $101.70

77061 Sun May 25-Jun 8 10:10-10:40a.m. $101.70

**NWLC**

77591 Mon Jan 6-Feb 3 5:45-6:15p.m. $169.50

77593 Tue Jan 7-Feb 4 5:45-6:15p.m. $169.50

77598 Wed Jan 8-Feb 5 5:45-6:15p.m. $169.50

77599 Fri Jan 10-Feb 7 4-4:30p.m. $169.50

77602 Fri Jan 10-Feb 7 4:30-5p.m. $169.50

77614 Fri Jan 10-Feb 7 5:10-5:40p.m. $169.50

77603 Sat Jan 11-Feb 8 1-1:30p.m. $169.50

77607 Sun Jan 12-Feb 9 9-9:30a.m. $169.50

77606 Sun Jan 12-Feb 9 12:40-1:10p.m. $169.50

77595 Mon Feb 10-Mar 17 5:45-6:15p.m. $169.50

77596 Tue Feb 11-Mar 18 5:45-6:15p.m. $169.50

77597 Wed Feb 12-Mar 19 5:45-6:15p.m. $169.50

77600 Fri Feb 14-Mar 21 4-4:30p.m. $169.50

77601 Fri Feb 14-Mar 21 4:30-5p.m. $169.50

77615 Fri Feb 14-Mar 21 5:10-5:40p.m. $169.50

77604 Sat Feb 15-Mar 22 1-1:30p.m. $169.50

77608 Sun Feb 16-Mar 23 9-9:30a.m. $169.50

77605 Sun Feb 16-Mar 23 12:40-1:10p.m. $169.50

77784 Mon Mar 24-Apr 28 5:45-6:15p.m. $169.50

77938 Sat Mar 29-May 3 9-9:30a.m. $135.60

77939 Sat Mar 29-May 3 9-9:30a.m. $135.60

77940 Sat Mar 29-May 3 12:40-1:10p.m. $135.60

77738 Mon May 5-Jun 2 5:45-6:15p.m. $135.60

77913 Thu Mar 27-May 1 5:45-6:15p.m. $169.50

77797 Fri Mar 28-May 2 4-4:30p.m. $135.60

77798 Fri Mar 28-May 2 4:30-5p.m. $135.60

77799 Fri Mar 28-May 2 5:10-5:40p.m. $135.60

77947 Sun Mar 30-May 4 12:40-1:10p.m. $135.60

77946 Sun Mar 30-May 4 1-1:30p.m. $135.60

77988 Thu May 8-June 5 5:45-6:15p.m. $169.50

77989 Fri May 9-Jun 6 4-4:30p.m. $169.50

77990 Fri May 9-Jun 6 5:10-5:40 p.m. $169.50

77991 Fri May 9-Jun 6 4:30-5 p.m. $169.50

77992 Sat May 10-Jun 7 9-9:30 a.m. $169.50

77993 Sat May 10-Jun 7 9-9:30 a.m. $169.50

77794 Sat May 10-Jun 7 12:40-1:10 p.m. $169.50

77995 Sun May 11-Jun 8 1-1:30 p.m. $169.50

77996 Sun May 11-Jun 8 12:40-1:10 p.m. $169.50

**SSLC**

76835 Mon Jan 6-Feb 3 4-4:30p.m. $169.50

76833 Mon Jan 6-Feb 3 5:50-6:20p.m. $169.50

76906 Tue Jan 7-Feb 4 4:10-4:40p.m. $169.50

76907 Tue Jan 7-Feb 4 4:55-5:25p.m. $169.50

76908 Tue Jan 7-Feb 4 6:05-6:35p.m. $169.50

76920 Wed Jan 8-Feb 5 4-4:30p.m. $169.50

76919 Wed Jan 8-Feb 5 4:35-5:05p.m. $169.50

76922 Wed Jan 8-Feb 5 5:15-5:45p.m. $169.50

76921 Wed Jan 8-Feb 5 6:05-6:35p.m. $169.50

76994 Thu Jan 9-Feb 6 4:35-5:05p.m. $169.50

76997 Thu Jan 9-Feb 6 5-5:30p.m. $169.50

76996 Thu Jan 9-Feb 6 5:20-5:50p.m. $169.50

76995 Thu Jan 9-Feb 6 6:05-6:35p.m. $169.50

77086 Fri Jan 10-Feb 7 4:45-5:15p.m. $169.50

77147 Sat Jan 11-Feb 8 9:15-9:45a.m. $169.50

77148 Sat Jan 11-Feb 8 9:55-10:25a.m. $169.50

77149 Sat Jan 11-Feb 8 10:35-11:05a.m. $169.50

77150 Sat Jan 11-Feb 8 11:20-11:50a.m. $169.50

77151 Sat Jan 11-Feb 8 12-12:30p.m. $169.50

77146 Sat Jan 11-Feb 8 12:40-1:10p.m. $169.50

77222 Sun Jan 12-Feb 9 9-9:30a.m. $169.50

77223 Sun Jan 12-Feb 9 9:40-10:10a.m. $169.50

77224 Sun Jan 12-Feb 9 10:15-10:45a.m. $169.50

77225 Sun Jan 12-Feb 9 10:50-11:20a.m. $169.50

77226 Sun Jan 12-Feb 9 11:30a.m.-12p.m. $169.50

77221 Sun Jan 12-Feb 9 12:40-1:10p.m. $169.50

76836 Mon Feb 10-Mar 17 4-4:30p.m. $169.50

76838 Mon Feb 10-Mar 17 5:50-6:20p.m. $169.50

76911 Tue Feb 11-Mar 18 4:10-4:40p.m. $169.50

76910 Tue Feb 11-Mar 18 4:55-5:25p.m. $169.50

76909 Tue Feb 11-Mar 18 6:05-6:35p.m. $169.50

76925 Wed Feb 12-Mar 19 4-4:30p.m. $169.50

76926 Wed Feb 12-Mar 19 4:35-5:05p.m. $169.50

76923 Wed Feb 12-Mar 19 5:15-5:45p.m. $169.50

76924 Wed Feb 12-Mar 19 6:05-6:35p.m. $169.50

77001 Thu Feb 13-Mar 20 4:35-5:05p.m. $169.50

76998 Thu Feb 13-Mar 20 5-5:30p.m. $169.50

76999 Thu Feb 13-Mar 20 5:20-5:50p.m. $169.50

77000 Thu Feb 13-Mar 20 6:05-6:35p.m. $169.50

77087 Fri Feb 14-Mar 21 4:45-5:15p.m. $169.50

77156 Sat Feb 15-Mar 22 9:15-9:45a.m. $169.50

77155 Sat Feb 15-Mar 22 9:55-10:25a.m. $169.50

77154 Sat Feb 15-Mar 22 10:35-11:05a.m. $169.50

77153 Sat Feb 15-Mar 22 11:20-11:50a.m. $169.50

77152 Sat Feb 15-Mar 22 12-12:30p.m. $169.50

77157 Sat Feb 15-Mar 22 12:40-1:10p.m. $169.50

77231 Sun Feb 16-Mar 23 9-9:30a.m. $169.50

77230 Sun Feb 16-Mar 23 9:40-10:10a.m. $169.50

77229 Sun Feb 16-Mar 23 10:15-10:45a.m. $169.50

77228 Sun Feb 16-Mar 23 10:50-11:20a.m. $169.50

77227 Sun Feb 16-Mar 23 11:30a.m.-12p.m. $169.50

77232 Sun Feb 16-Mar 23 12:40-1:10p.m. $169.50

77310 Mon Mar 24-Apr 14 4-4:30p.m. $135.60

77309 Mon Mar 24-Apr 14 5:50-6:20p.m. $135.60

77352 Tue Mar 25-Apr 29 4:35-5:05p.m. $169.50

77355 Tue Mar 25-Apr 29 5-5:30p.m. $169.50

77354 Tue Mar 25-Apr 29 5:20-5:50p.m. $169.50

77353 Tue Mar 25-Apr 29 6:05-6:35p.m. $169.50

77387 Wed Mar 26-Apr 30 4-4:30p.m. $169.50

77386 Wed Mar 26-Apr 30 4:35-5:05p.m. $169.50

77389 Wed Mar 26-Apr 30 5:15-5:45p.m. $169.50

77388 Wed Mar 26-Apr 30 6:05-6:35p.m. $169.50

77424 Thu Mar 27-May 1 4:10-4:40p.m. $169.50

77425 Thu Mar 27-May 1 4:55-5:25p.m. $169.50

77426 Thu Mar 27-May 1 6:05-6:35p.m. $169.50

77457 Fri Mar 28-Apr 11 4:45-5:15p.m. $101.70

77506 Sat Mar 29-Apr 12 9-9:30a.m. $101.70

77507 Sat Mar 29-Apr 12 9:40-10:10a.m. $101.70

77508 Sat Mar 29-Apr 12 10:15-10:45a.m. $101.70

77509 Sat Mar 29-Apr 12 10:50-11:20a.m. $101.70

77510 Sat Mar 29-Apr 12 11:30a.m.-12p.m. $169.50

77505 Sat Mar 29-Apr 12 12:40-1:10p.m. $101.70

77559 Sun Mar 30-Apr 13 9:15-9:45a.m. $101.70

77560 Sun Mar 30-Apr 13 9:55-10:25a.m. $101.70

77561 Sun Mar 30-Apr 13 10:35-11:05a.m. $101.70

77562 Sun Mar 30-Apr 13 11:20-11:50a.m. $101.70

77563 Sun Mar 30-Apr 13 12-12:30p.m. $101.70

77558 Sun Mar 30-Apr 13 12:40-1:10p.m. $101.70

77324 Mon Apr 28-Jun 2 4-4:30p.m. $169.50

77323 Mon Apr 28-Jun 2 5:50-6:20p.m. $169.50

77458 Fri May 2-May 16 4:45-5:15p.m. $101.70

77513 Sat May 3-May 17 9-9:30a.m. $101.70

77515 Sat May 3-May 17 9:40-10:10a.m. $101.70

77517 Sat May 3-May 17 10:15-10:45a.m. $101.70

77519 Sat May 3-May 17 10:50-11:20a.m. $101.70

77521 Sat May 3-May 17 11:30-12p.m. $169.50

77511 Sat May 3-May 17 12:40-1:10p.m. $101.70

77566 Sun May 4-May 18 9:15-9:45a.m. $101.70

77568 Sun May 4-May 18 9:55-10:25a.m. $101.70

77570 Sun May 4-May 18 10:35-11:05a.m. $101.70

77572 Sun May 4-May 18 11:20-11:50a.m. $101.70

77574 Sun May 4-May 18 12-12:30p.m. $101.70

77564 Sun May 4-May 18 12:40-1:10p.m. $101.70

77356 Tue May 6-Jun 3 4:35-5:05p.m. $169.50

77359 Tue May 6-Jun 3 5-5:30p.m. $169.50

77358 Tue May 6-Jun 3 5:20-5:50p.m. $169.50

77357 Tue May 6-Jun 3 6:05-6:35p.m. $169.50

77391 Wed May 7-Jun 4 4-4:30p.m. $169.50

77390 Wed May 7-Jun 4 4:35-5:05p.m. $169.50

77393 Wed May 7-Jun 4 5:15-5:45p.m. $169.50

77392 Wed May 7-Jun 4 6:05-6:35p.m. $169.50

77427 Thu May 8-Jun 5 4:10-4:40p.m. $169.50

77428 Thu May 8-Jun 5 4:55-5:25p.m. $169.50

77429 Thu May 8-Jun 5 6:05-6:35p.m. $169.50

77459 Fri May 23-Jun 6 4:45-5:15p.m. $101.70

77514 Sat May 24-Jun 7 9-9:30a.m. $101.70

77516 Sat May 24-Jun 7 9:40-10:10a.m. $101.70

77518 Sat May 24-Jun 7 10:15-10:45a.m. $101.70

77520 Sat May 24-Jun 7 10:50-11:20a.m. $101.70

77522 Sat May 24-Jun 7 11:30a.m.-12p.m. $169.50

77512 Sat May 24-Jun 7 12:40-1:10p.m. $101.70

77567 Sun May 25-Jun 8 9:15-9:45a.m. $101.70

77569 Sun May 25-Jun 8 9:55-10:25a.m. $101.70

77571 Sun May 25-Jun 8 10:35-11:05a.m. $101.70

77573 Sun May 25-Jun 8 11:20-11:50a.m. $101.70

77575 Sun May 25-Jun 8 12-12:30p.m. $101.70

77565 Sun May 25-Jun 8 12:40-1:10p.m. $101.70

## 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**76651 Sat Jan 11-Mar 22 10:15-11:05a.m. $61.95

77048 Sat Mar 29-Jun 7 11-11:55a.m. $53.10

**NWLC**

77972 Tue Jan 7-Mar 18 8:35-9:25 p.m. $88.50

77977 Mon Mar 24-Jun 2 8:35-9:25p.m. $79.65

**SSLC**

76886 Mon Jan 6-Mar 17 4-4:50p.m. $88.50

76887 Tue Jan 7-Mar 18 4-4:50p.m. $88.50

76965 Wed Jan 8-Mar 19 4-4:50p.m. $88.50

76966 Wed Jan 8-Mar 19 5:30-6:20p.m. $88.50

77002 Thu Jan 9-Mar 20 5:05-5:55p.m. $88.50

77171 Sat Jan 11-Mar 22 9:45-10:35a.m. $88.50

77179 Sat Jan 11-Mar 22 11:55a.m.-12:45p.m. $88.50

77219 Sun Jan 12-Mar 23 10:10-11a.m. $88.50

77220 Sun Jan 12-Mar 23 12:35-1:25p.m. $88.50

77275 Mon Mar 24-Jun 2 4-4:50p.m. $79.65

77325 Tue Mar 25-Jun 3 5:05-5:55p.m. $88.50

77360 Wed Mar 26-Jun 4 4-4:50p.m. $88.50

77361 Wed Mar 26-Jun 4 5:30-6:20p.m. $88.50

77394 Thu Mar 27-Jun 5 4-4:50p.m. $88.50

77460 Sat Mar 29-Jun 7 10:10-11a.m. $79.65

77461 Sat Mar 29-Jun 7 12:35-1:25p.m. $79.65

77523 Sun Mar 30-Jun 8 9:45-10:35a.m. $79.65

77524 Sun Mar 30-Jun 8 11:55a.m.-12:45p.m. $79.65

### 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**76652 Sat Jan 11-Mar 22 12:05-12:55p.m. $61.95

**SSLC**

76760 Mon Jan 6-Mar 17 5:30-6:20p.m. $88.50

77085 Fri Jan 10-Mar 21 5:45-6:35p.m. $88.50

77276 Mon Mar 24-Jun 2 5:30-6:20p.m. $79.65

77430 Fri Mar 28-Jun 6 5:30-6:20p.m. $79.65

## Family

### Family Swim Lessons 6 years and up

Family Swim Lessons are a fun way for family members to "get their toes wet" by learning something new or improving acquired swimming skills. This program focuses on the basic aquatic survival skills all Canadians need – the ability to enter deep water, tread for 1 minute, and swim 50 meters. Families are also able to work with City of Regina lifeguard/instructors to create their own unique outcomes from the lesson. Once a parent or guardian has registered, up to three additional family members may be enrolled.

**NWLC**

77674 Sat Jan 11-Feb 8 12-12:30p.m. $87.25

77673 Sat Jan 11-Feb 8 12:35-1:05p.m. $87.25

77675 Sun Jan 12-Feb 9 9:15-9:45a.m. $87.25

77678 Sat Feb 15-Mar 22 12-12:30p.m. $87.25

77677 Sat Feb 15-Mar 22 12:35-1:05p.m. $87.25

77986 Sun Feb 16-Mar 23 9:15-9:45a.m. $87.25

77941 Sat Mar 29-May 3 9:15-9:45a.m. $69.80

77851 Sat Mar 29-May 3 10:10-10:40a.m. $69.80

77943 Sun Mar 30-May 4 9-9:30a.m. $69.80

78000 Sat May 10-Jun 7 9:15-9:45a.m. $87.25

77999 Sat May 10-Jun 7 10:10-10:40a.m. $87.25

77987 Sun May 11-Jun 8 9-9:30a.m. $87.25

## Aquatic Leadership Courses

### Lifesaving Society Bronze Medallion 13 years and up

Bronze Medallion challenges the candidate both mentally and physically. Judgement, knowledge, skill, and fitness - the four components of water rescue - form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for the assistant lifeguard training in Bronze Cross.

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

**LAC**

76670 Fri Mar 14 5-9p.m. $190.00

 Sat, Sun Mar 15, 16 9a.m.-6p.m.

77068 Fri May 30 5-9p.m. $190.00

 Sat, Sun May 31, Jun 1 9a.m.-6p.m.

**SSLC**

77590 Sun Jan 12-Feb 9 4-8p.m. $190.00

77619 Sun Mar 30-Apr 13 1-9p.m. $190.00

### 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.

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

**LAC**

76669 Sat, Sun Feb 8, 9 9a.m.-5:30p.m. $165.00

 Sat Feb 15 9a.m.-5:30p.m.

77067 Sat, Sun May 17, 18 9a.m.-5:30p.m. $165.00

 Sun May 25 9a.m.-5:30p.m.

**SSLC**

77594 Sun Feb 16-Mar 23 4:30-9p.m. $165.00

77622 Sun May 4-Jun 1 4:30-9p.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.

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

**LAC**

77070 Sat, Sun Feb 15, 16 8a.m.-5p.m. $300.00

 Tue-Thu Feb 18-20 8a.m.-5p.m.

**SSLC**

77613 Sun Jan 12-Mar 23 4:30-8:30p.m. $300.00

77618 Tue-Sat Apr 22-26 9a.m.-6p.m. $300.00

### Lifesaving Swim for Life Instructor 15 years and up

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

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

**LAC**

77073 Tue-Fri Apr 22-25 9a.m.-5p.m. $252.00

**SSLC**

77588 Tue-Fri Feb 18-21 9a.m.-5p.m. $252.00

77623 Sun May 4-Jun 8 3:30-8p.m. $252.00

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

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

**NWLC**

76620 Sat-Sun Jan 18-19 9a.m.-6p.m. $161.00

76625 Thu-Fri Feb 20-21 9a.m.-6p.m. $161.00

76627 Sat- Sun Mar 22-23 9a.m.-6p.m. $161.00

76635 Sat- Sun Apr 19-20 9a.m.-6p.m. $161.00

76637 Sat- Sun May 17-18 9a.m.-6p.m. $161.00

## Aquatic Recertification Courses

### Lifesaving Society National Lifeguard Recertification 16 years and up

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

**LAC**

77076 Sun May 25 11a.m.-4p.m. $80.00

**SSLC**

77616 Sun Feb 9 4-9p.m. $80.00

77617 Sun Mar 9 4-9p.m. $80.00

77625 Sun Apr 6 4-9p.m. $80.00

77626 Sun Apr 13 4-9p.m. $80.00

77627 Sun Jun 1 4-9p.m. $80.00

### Red Cross First Aid/CPR/AED-Blended Recertification 15 years and up

This course re-certifies the candidate in Red Cross Standard First Aid CPR-C and AED. This blended option offers an online portion plus a classroom portion to be flexible to meet the various needs of course participants. Online portion must be completed prior to the in-class components.

**NWLC**

76642 Sat Jan 11 8a.m.-5p.m. $100.00

76643 Sun Jan 12 8a.m.-5p.m. $100.00

76645 Sun Feb 2 8a.m.-5p.m. $100.00

76646 Sun Feb 16 8a.m.-5p.m. $100.00

76649 Sat Feb 22 8a.m.-5p.m. $100.00

76647 Sun Mar 2 8a.m.-5p.m. $100.00

76654 Sun Apr 27 8a.m.-5p.m. $100.00

76656 Sat May 10 8a.m.-5p.m. $100.00

# Registered Adapted Programs <purple>

**Legend**

CRNC – Core Ritchie Neighbourhood Centre

FLDH – Fieldhouse

mc - mâmawêyatitân centre

MOC – Mitakuyé Owâs’ā

NWLC – North West Leisure Centre
SLC – South Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

**ADAPTIVE PROGRAMS**

City of Regina programs are open to everyone. Individuals who

have a disability or specific needs are encouraged to participate in

programs listed throughout this guide. Programs marked AP 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](socialinclusionprograms%40regina.ca) or call 306-510-2025.

## Adapted Aquatic

### Adapted Leisure Swim <AP> <Free>

Enjoy a relaxing swim in an accessible pool environment designed for individuals with disabilities and their families. The Sandra Schmirler Leisure Centre features a powered ceiling track lift in the change room and on the pool deck (bring your own sling) as well as a manual chair lift on deck. The Northwest Leisure Centre offers a zero-depth entry pool with a ramp and aquatic wheelchair. City of Regina lifeguards will supervise but cannot assist with transfers, lifts, or repositioning.

**NWLC**

76457 Sun Jan 5 6:30-8:25p.m. Free

76458 Sun Jan 19 6:30-8:25p.m. Free

76459 Sun Feb 2 6:30-8:25p.m. Free

76460 Sun Feb 16 6:30-8:25p.m. Free

76461 Sun Mar 2 6:30-8:25p.m. Free

76462 Sun Mar 16 6:30-8:25p.m. Free

76463 Sun Mar 30 6:30-8:25p.m. Free

76464 Sun Apr 13 6:30-8:25p.m. Free

76465 Sun Apr 27 6:30-8:25p.m. Free

76466 Sun May 11 6:30-8:25p.m. Free

76467 Sun May 25 6:30-8:25p.m. Free

**SSLC**

76446 Sat Jan 11 6:30-8:25p.m. Free

76447 Sat Jan 25 6:30-8:25p.m. Free

76448 Sat Feb 8 6:30-8:25p.m. Free

76449 Sat Feb 22 6-7:55p.m. Free

76450 Sat Mar 8 6:30-8:25p.m. Free

76451 Sat Mar 22 6:30-8:25p.m. Free

76452 Sat Apr 5 6:30-8:25p.m. Free

76453 Sat Apr 19 6-7:55p.m. Free

76454 Sat May 3 6:30-8:25p.m. Free

76455 Sat May 17 6:30-8:25p.m. Free

76456 Sat May 31 6:30-8:25p.m. Free

### Adapted Family Swim Lessons <AP> 4-7 years

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**

77699 Tue Jan 7-Feb 4 4:40-5:10p.m. $87.25

77702 Wed Jan 8-Feb 5 4:40-5:10p.m. $87.25

77703 Thu Jan 9-Feb 6 4:40-5:10p.m. $87.25

77704 Thu Jan 9-Feb 6 5:50-6:20p.m. $87.25

77700 Tue Feb 11-Mar 18 4:40-5:10p.m. $87.25

77701 Wed Feb 12-Mar 19 4:40-5:10p.m. $87.25

77706 Thu Feb 13-Mar 20 4:40-5:10p.m. $87.25

77705 Thu Feb 13-Mar 20 5:50-6:20p.m. $87.25

77716 Mon Mar 24-Apr 28 4:40-5:10p.m. $69.80

77872 Wed Mar 26-Apr 30 4:40-5:10p.m. $87.25

77873 Wed Mar 26-Apr 30 5:50-6:20p.m. $87.25

77892 Thu Mar 27-May 1 4:40-5:10p.m. $87.25

77760 Mon May 5-Jun 2 4:40-5:10p.m. $87.25

77952 Wed May 7-Jun 4 4:40-5:10p.m. $87.25

77953 Wed May 7-Jun 4 5:50-6:20p.m. $87.25

77954 Thu May 8-Jun 5 4:40-5:10p.m. $87.25

### Adapted Parent & Tot Swim Lessons <AP> 4-48 months

For children with disabilities and their families who enjoy group settings. The program emphasizes in-water interaction between parent and child to develop water-positive attitudes and skills through play. At least one parent/guardian must be in the water per child. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

**NWLC**

77707 Tue Jan 7-Feb 4 5:50-6:20p.m. $87.25

77711 Wed Jan 8-Feb 5 4:05-4:35p.m. $87.25

77712 Thu Jan 9-Feb 6 5:15-5:45p.m. $87.25

77708 Tue Feb 11-Mar 18 5:50-6:20p.m. $87.25

77709 Wed Feb 12-Mar 19 4:05-4:35p.m. $87.25

77713 Thu Feb 13-Mar 20 5:15-5:45p.m. $87.25

77717 Mon Mar 24-Apr 28 5:50-6:20p.m. $87.25

77874 Wed Mar 26-Apr 30 5:15-5:45p.m. $87.25

77893 Thu Mar 27-May 1 4:05-4:35p.m. $87.25

77764 Mon May 5-Jun 2 5:50-6:20p.m. $69.80

77980 Wed May 7-Jun 4 5:15-5:45p.m. $87.25

77981 Thu May 8-Jun 5 4:05-4:35 p.m. $87.25

### Adapted Swim Lessons <AP> 4 years and up

This 1-on-1 adapted swim lesson is designed for individuals who have disabilities. Instructors will work with participants to support them in meeting their needs and goals. City of Regina lifeguards facilitate the program but cannot assist with transfers, lifts, or repositioning.

**NWLC**

77685 Tue Jan 7-Feb 4 4:05-4:35p.m. $87.25

77689 Tue Jan 7-Feb 4 5:15-5:45p.m. $87.25

77693 Wed Jan 8-Feb 5 5:15-5:45p.m. $87.25

77694 Wed Jan 8-Feb 5 5:50-6:20p.m. $87.25

77695 Thu Jan 9-Feb 6 4:05-4:35p.m. $87.25

77686 Tue Feb 11-Mar 18 4:05-4:35p.m. $87.25

77687 Tue Feb 11-Mar 18 5:15-5:45p.m. $87.25

77696 Wed Feb 12-Mar 19 5:15-5:45p.m. $87.25

77697 Wed Feb 12-Mar 19 5:50-6:20p.m. $87.25

77698 Thu Feb 13-Mar 20 4:05-4:35p.m. $87.25

77718 Mon Mar 24-Apr 28 4:05-4:35p.m. $87.25

77719 Mon Mar 24-Apr 28 5:15-5:45p.m. $87.25

77875 Wed Mar 26-Apr 30 4:05-4:35p.m. $87.25

77894 Thu Mar 27-May 1 5:15-5:45p.m. $87.25

77895 Thu Mar 27-May 1 5:50-6:20p.m. $87.25

77950 Mon May 5-Jun 2 4:05-4:35p.m. $87.25

77766 Mon May 5-Jun 2 5:15-5:45p.m. $87.25

77957 Wed May 7-Jun 4 4:05-4:35p.m. $87.25

77955 Thu May 8-Jun 5 5:15-5:45p.m. $87.25

77956 Thu May 8-Jun 5 5:50-6:20p.m. $87.25

## Adapted Arts

### 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.

3-5 years

**MOC**

77635 Sat Mar 15-Apr 5 1-1:45p.m. $35.00

6-12 years

**MOC**

77643 Sat Mar 15-Apr 5 2-2:45p.m. $35.00

### Crafting with Nature<AP> <Free> 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. Registration is required.

**CRNC**76735 Mon Mar 3-31 6-7p.m. Free

### Adapted Science Exploration <AP> <Free> <New> 6-12 years

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

**CRNC**

76525 Mon Jan 13-Feb 10 6-7p.m. Free

**ABI Art- Ages 18+**: <AP> <Free> 18 years and up

This free program for adults with disabilities focuses on functional fitness, socialization, and fun. It offers a welcoming space for participants to connect and provides family members or caregivers with a chance for respite. Participants are encouraged to bring their favorite game, activity, or creative project.

**SLC**

77653 Thurs Jan 9-Mar 27 1-2:30p.m. Free

77654 Thurs Apr 3-May 29 1-2:30p.m. Free

## Adapted Sport and Fitness

### Adapted Adult Strength and Balance <AP> 18 years and up

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

**SSLC**77644 Tue Jan 7-Feb 11 12:15-1:15p.m. $43.50

77645 Tue Feb 25-Apr 1 12:15-1:15p.m. $43.50

77646 Tue Apr 15-May 27 12:15-1:15p.m. $43.50

### Adapted Floor Hockey <AP> 5-7 years

This program is for children with disabilities or who have difficulties in gross motor development. It introduces basic floor hockey skills and game strategy while teaching teamwork, cooperation, and sportsmanship. This course is a great opportunity for children to improve their skills and have fun.

**FLDH**

77100 Mon Mar 17-May 5 6-7p.m. $60.00

### Adapted Tennis <AP> <New>

This program is for children with disabilities or who have difficulties in gross motor development. It introduces basic tennis-related skills and game strategy while teaching teamwork, cooperation, and sportsmanship. This course is a great opportunity for children to improve their skills and have fun.

**FLDH 5-7 years**

77968 Mon Mar 3-31 6-6:45 p.m. $37.50

**FLDH 8-12 years**

77969 Mon Mar 3-31 7-7:45 p.m. $37.50

### Adapted Teen+ Sport Fundamentals<AP> 13-21 years

This program is for teens and young adults with difficulties in gross motor development. It offers the chance to participate in various non-competitive sports and activities, emphasizing fun, fitness, teamwork, and cooperation through sports like soccer, floor hockey, basketball, and cooperative games.

**CRNC**

76521 Mon Jan 20-Feb 10 6:15-7:15p.m. $30.00

76522 Mon Mar 3-24 6:15-7:15p.m. $43.50

**Adapted Teen+ Sport Try-it Session**

This free session will introduce you to Adapted Teen+ Sport Fundamentals. Registration and parent participation is required.

**CRNC**
77624 Mon Jan 13 6:15-7:15p.m. Free

### Adapted Basketball <AP>

This program is for children with disabilities or gross motor development difficulties. It fosters socialization through group participation and introduces basic basketball skills like passing, shooting, defense, dribbling, and game strategy. Children will also learn teamwork and sportsmanship. It’s a great opportunity to improve skills and have fun. Participants needing one-on-one support must bring a support person.

5–7 years

**FLDH**

76707 Mon Jan 6-Mar 3 4:30-5:30p.m. $60.00

77090 Mon Mar 17-May 5 4:30-5:30p.m. $60.00

**NWLC**

76337 Fri Jan 17-Feb 14 5:30-6:15p.m. $37.50

76338 Fri Mar 14-Apr 11 5:30-6:15p.m. $37.50

8–12 years

**FLDH**

76709 Mon Jan 6-Mar 3 5:30-6:30p.m. $60.00

77094 Mon Mar 17-May 5 5:30-6:30p.m. $60.00

**NWLC**

76344 Fri Jan 17-Feb 14 6:30-7:15p.m. $37.50

76345 Fri Mar 14-Apr 11 6:30-7:15p.m. $37.50

**Adapted Basketball Try-it Sessions**

These introductory Try-It Session will teach the basic skills of Adapted Basketball. Registration and parent participation is required.

5–7 years

**NWLC**
76335 Fri Jan 10 5:30-6:15p.m. Free

76336 Fri Mar 7 5:30-6:15p.m. Free

8-12 years

**NWLC**

76346 Fri Jan 10 6:30-7:15p.m. Free

76343 Fri Mar 7 6:30-7:15p.m. Free

### Adapted Soccer <AP>

This program is for children with difficulties in gross motor development. It introduces basic soccer skills and game strategy while teaching teamwork, cooperation, and sportsmanship. It’s a great opportunity for children to improve their skills and have fun playing soccer. Parent participation is required.

5–7 years

**FLDH**

76717 Tue Jan 7-Feb 25 4:30-5:30p.m. $60.00

8-12 years

**FLDH**

76854 Thu Jan 9-Mar 13 5-6p.m. $60.00

77122 Thu Mar 20-May 15 5-6p.m. $60.00

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

This program is for children with difficulties in gross motor development. Enjoy playing sport-related games and learning new skills in soccer, basketball, and floor hockey. In a non-game-based environment, this session teaches basic skills and includes fun developmental games and activities. Parent participation is required.

**NWLC**

76339 Sat Jan 18-Feb 15 3-3:45p.m. $37.50

76340 Sat Mar 15-Apr 12 3-3:45p.m. $37.50

**Adapted Sports Jam Try-it**

This introductory Try-It Session will teach the basic skills of each sport and incorporate fun developmental games and activities. Registration and parent participation is required.

**NWLC**

76341 Sat Jan 11 3-3:45p.m. Free

76342 Sat Mar 8 3-3:45p.m. Free

### Adapted Sports Jam <AP> 6-12 years

This program is for children with difficulties in gross motor development. Enjoy playing sport-related games and learning new skills in soccer, basketball, and floor hockey. In a non-game-based environment, this session teaches basic skills and includes fun developmental games and activities.

**NWLC**

76331 Sat Jan 18-Feb 15 4-4:45p.m. $37.50

76332 Sat Mar 15-Apr 12 4-4:45p.m. $37.50

**Adapted Sports Jam Try-it**

This introductory Try-It Session will teach the basic skills of each sport and incorporate fun developmental games and activities. Registration and parent participation is required.

**NWLC**

76333 Sat Jan 11 4-4:45p.m. Free

76334 Sat Mar 8 4-4:45p.m. Free

### What’s Your Style Dance Nights <AP><FREE> 17 years and up

Join this inclusive dance class for smiles, fun, and something new! Open to all abilities, this program is adapted for children and youth with disabilities. Instruction covers various dance cultures and movement skills, emphasizing enthusiasm, fun, and friendship through the arts with an instructor from Listen to Dis’!

**mc**

76349 Thu Jan 23 7-9p.m. Free

76348 Thu Apr 24 7-9p.m. Free

## Adapted Social

### 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**

77653 Fri Jan 10-Mar 28 1-2:30p.m. Free

77654 Fri Apr 4-May 30 1-2:30p.m. Free

### LEGO Club <AP><Free> 13-21 years

This program is for teens and young adults of all abilities. Engage in various LEGO-inspired building activities that foster team-building skills and socialization. It’s a great opportunity to make new friends in a creative and sensory-friendly environment. LEGO and other activity supplies will be provided

 **mc**

77633 Wed Mar 5-Apr 9 6-7:30p.m. Free

### Sensory-Friendly Youth Program <AP><Free> 10-17 years

Join this free, inclusive program for ages 10-17, designed for youth who benefit from a sensory-friendly group setting. It promotes social interaction, physical movement, and creativity through various recreational activities. It’s a great opportunity for youth of all abilities to try something new. Registration is required.

**mc**

76529 Tue Feb 11-Apr 8 6-8p.m. Free

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

This program is for adults with disabilities or those facing barriers to recreation. It offers bi-weekly opportunities to socialize through various activities like instructor-led sessions, board games, and bingo, tailored to the group’s interests. City of Regina staff facilitate but cannot assist with transfers, lifts, or repositioning.

**MOC**

77667 Fri Feb 14-Apr 25 6-8p.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 regarding the registration process please contact Kathy Cockburn at kathy@inclusionregina.ca.

**mc**

77656 Mon-Fri Jan 6-Jun 16 2-5p.m. Free

# Registered Preschool Programs <orange>

**Legend**

FLDH – Fieldhouse

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

## Fine Arts

### 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**

76194 Wed Jan 15-Mar 5 10:30a.m.-12p.m. $110.00

76268 Wed Apr 9-May 28 1-2:30p.m. $110.00

### Garden Surprises 3–5 years

Using our courtyard as well as the studio preschoolers and Kinders will explore spring and garden activities! Projects will range from making items for your garden such as wind chimes, bird feeders, and wind spinners to bringing gardens indoors with sun catchers, and paper and rock gardens. A fairy teacup garden will be a final project.

**NBAC**

76280 Tue May 6-May 27 9-10:30a.m. $70.00

76281 Tue May 6-May 27 1-2:30p.m. $70.00

## 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 either crafts, sports, storytelling, 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**

77620 Fri Jan 10-Feb 7 2:30-3:35p.m. $44.25

77621 Fri Feb 14-Mar 21 2:30-3:35p.m. $44.25

77936 Fri Mar 28-May 2 2:30-3:35p.m. $35.40

77937 Fri May 9-Jun 6 2:30-3:35p.m. $44.25

## Sports

### Parent & Tot Basketball 3–5 years

Parents and tots will enjoy learning basic Basketball skills together. Fun developmental games and activities will also be taught in a non-game based and non-competitive environment.

**FLDH**

77120 Wed Mar 19-May 7 5-6p.m. $60.00

### 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 competitive environment.

**FLDH**

76702 Mon Jan 6-Mar 3 4:30-5:30p.m. $60.00

77098 Mon Mar 17-May 5 5-6p.m. $60.00

### 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**

76716 Tue Jan 7-Feb 25 5:30-6:30p.m. $60.00

# Registered Child and Youth Programs <red>

**Legend**

FLDH – Fieldhouse

GNRC – Glencairn Neighbourhood Recreation Centre

MOC – Mitakuyé Owâs’ā

NBAC – Neil Balkwill Civic Arts Centre

NWLC – Northwest Leisure Centre

SSLC – Sandra Schmirler 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 designing interests you, then come join this awesome class. Learn how to design and print your very own ideas - anything you can think of we will help make it a reality with our 3D printer. Students must supply their own laptop or iPad.

**NBAC**

76180 Sat Jan 18-Mar 15 9:30-10:30a.m. $95.00

76254 Sat Apr 12-Jun 14 9:30-10:30a.m. $95.00

### 3D Printing and Design 2 8–16 years

Do you want to continue to learn more about 3D printing and design? This class will teach you new design skills and more hands-on work with the 3D printers. Students must supply their own laptop or iPad.

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

**NBAC**

76181 Sat Jan 18-Mar 15 11a.m.-12p.m. $95.00

76255 Sat Apr 12-Jun 14 11a.m.-12p.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**

76256 Sun Apr 13-Jun 15 3-4:30p.m. $95.00

### 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**

76244 Thu Jan 16-Mar 6 10a.m.-12p.m. $125.00

76258 Thu Apr 10-May 29 10a.m.-12p.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 subject matter will be more advanced.

**NBAC**

76185 Thu Jan 16-Mar 6 1-3p.m. $125.00

76259 Thu Apr 10-May 29 1-3p.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**

76187 Sat Jan 18-Mar 15 12:30-2:30p.m. $125.00

76260 Sat Apr 12-Jun 14 12:30-2:30p.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**

76188 Sat Jan 18-Mar 15 10a.m.-12p.m. $125.00

76262 Sat Apr 12-Jun 14 10a.m.-12p.m. $125.00

### Beetlejuice Bonanza <New> 12-16 years

If you are a fan of the paranormal and visual arts, you will enjoy this fusion of creativity. Students will draw, paint, sculpt, paste and create creatures inspired by the realms of fantasy, space and the netherworld.

**NBAC**

76377 Sun Jan 19-Mar 16 1-2:30p.m. $98.00

### Beginner Arduino 12-16 years

Unlock the exciting world of electronics and programming with this introduction to Arduino, a course designed specifically for youth. This hands-on, beginner-friendly course will take you on a journey into the heart of microcontrollers, sensors, and creative problem-solving.

**NBAC**

76246 Tue Jan 14-Mar 4 7-9p.m. $120.00

76263 Tue Apr 8-May 27 7-9p.m. $120.00

### Comics for Kids 9–13 years

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

**NBAC**

76192 Sat Jan 18-Mar 15 3-4:30p.m. $98.00

76266 Sun Apr 13-Jun 15 3-4:30p.m. $98.00

### Creative Writing: World of Wonders 14-18 years

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

**NBAC**

76386 Sun Jan 19-Mar 16 3-4:30p.m. $95.00

### 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**

76270 Sat Apr 12-Jun 14 9-10:30a.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**

76356 Sat Jan 18-Mar 15 10-11a.m. $82.00

### Drawing Mythological Creatures 9–14 years Learn to draw creatures and characters from stories around the world- such as hydras, fairies, chimera, 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**

76197 Sun Jan 19-Mar 16 1-2:30p.m. $95.00

76272 Sat Apr 12-Jun 14 1-2:30p.m. $95.00

### Easy Sewing - Fun Felt Friends 10-15 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**

76273 Sun Apr 6 1-4p.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**

76388 Sun Apr 13-Jun 15 1-2:30p.m. $98.00

### Fantastic Friends: Fairy Tales 7–10 years

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

**NBAC**

76384 Sat Jan 18-Mar 15 1-2:30p.m. $98.00

### Fantastic Friends: Magical Menagerie! <New> 8–11 years

Want to draw a flying mermaid with dragon scales and rainbow fairy wings? How about a purple lion with flippers and a unicorn horn? Use your imagination, or a simple grid technique, to sketch magical creatures for your own menagerie!

**NBAC**

76387 Sun Jan 12 1-3p.m. $25.00

### Fantastic Friends: Superhero Smash! <New> 8–11 years

 POW! Learn some basic character drawing, a bit of storytelling, then accessorize, colour, and power-up to create your own super team! SMASH!

**NBAC**

76385 Sat Jan 11 1-3p.m. $25.00

### Flowers, Food and Fashion 13–18 years

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

**NBAC**

76378 Sun Jan 19-Mar 16 3-4:30p.m. $95.00

### 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**

76206 Sat Jan 18-Mar 15 1:30-4p.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 colorful and enjoyable experience that will ignite their artistic passion!

**NBAC**

76208 Sat Jan 18-Mar 15 1-2:30p.m. $98.00

76359 Sat Apr 12-Jun 14 1-2:30p.m. $98.00

### Introduction to Air Dry Clay <New> 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**

76499 Sun Jan 19-Mar 16 1-3p.m. $135.00

### Manga 2 9-16 years

Take your manga and comics drawing to the next level. Improve your human and monster characters with foreshortening and facial expressions, and improve your backgrounds with texture, shading, and special effects. Develop a short comic story and choose your own drawing challenges to focus on. Some previous comics or manga drawing experience required.

**NBAC**

76357 Sat Jan 18-Mar 15 11:30a.m.-1p.m. $95.00

### Mask Making Adventures 8–13 years

Unlock your child's creative potential with this mask making class. In this easily accessible, hands-on program, students are encouraged to explore their creativity as they design and decorate their masks. Whether they aspire to become a mythical creature, a superhero, or invent something entirely unique, this class will provide an excellent canvas for their imagination to flourish.

**NBAC**

76358 Sat Jan 18-Mar 15 3-4:30p.m. $103.00

76296 Sat Apr 12-Jun 14 3-4:30p.m. $103.00

### 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**

76381 Sun Apr 13-Jun 15 1-2:30p.m. $100.00

### Paint Magic <New> 8–12 years

Painting does not need to be messy or technical. This introductory class will look at painting mediums and approaches that are affordable, can be executed at home with minimal clean up, and still be creative and magical.

**NBAC**

76380 Sat Jan 18-Mar 15 11a.m.-12:30p.m. $98.00

76382 Sat Apr 12-Jun 14 11a.m.-12:30p.m. $98.00

### Photography for Kids: Capturing the World Through Play <New> 8-12 years

This class is designed to offer a fun and interactive way to learn photography using the tools they’re already familiar with - cellphones! But this isn’t just about taking pictures; it’s about boosting creativity and helping children develop a deeper visual sensitivity to the world around them. Students must provide their own cellphone.

**NBAC**

76489 Sun Apr 13-Jun 15 1-2:30p.m. $95.00

### Roblox Coding for Beginners 10-14 years

Take a vacation away from your Brookhaven home and learn how to create your own Roblox Map or Game using a basic scripting language, Lua, and Roblox Studio. This is a Roblox Coding class for beginners.

**NBAC**

76354 Sat Jan 18-Mar 15 1-2p.m. $90.00

76355 Sat Apr 12-Jun 14 1-2p.m. $90.00

### Teen Sketchbooking 13–18 years

Do you keep a Sketchbook or a Creative Journal? Want to start? This collaborative sketchbook class will help you organize your creative thinking by gaining an understanding of your process and point of view. You will learn how to talk about ideas in a group setting by figuring out where yours come from and what to do when they happen. Open to all drawing abilities and all kinds of makers.

**NBAC**

76488 Sat Apr 12-Jun 14 1-3p.m. $115.00

### Watercolour Wonderland 14–18 years

Explore the use of watercolour paints in creating whimsical worlds combining imagination and elements from real life.

**NBAC**

76320 Sat Apr 12-Jun 14 3-4:30p.m. $100.00

### World of Crayons, Markers and Pastels 6–10 years

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

**NBAC**

76243 Sat Jan 18-Mar 15 9-10:30a.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 for participants over the age of 15. Please note, the First Aid course will be scheduled on a weekend.

MOC
76630 Tue, Thu Mar 18-May 1 4-7p.m. $75.00

## Sports

### Badminton – Kids 5-7 years

This class will teach the basics of Badminton such footwork, overhand and underhand strokes, serving and scoring.

**NWLC**

77271 Sat Jan 4-Feb 22 5-6p.m. $60.00

77274 Sat Mar 22-May 10 5-6p.m. $60.00

**FLDH**

76970 Sat Jan 4-Mar 15 1-2p.m. $52.50

76983 Sun Jan 5-Mar 9 1-2p.m. $60.00

76985 Sun Jan 5-Mar 9 2-3p.m. $60.00

76953 Wed Jan 8-Mar 12 5-6p.m. $60.00

77246 Wed Mar 19-May 7 5-6p.m. $60.00

77256 Sun Mar 23-May 25 1-2p.m. $60.00

77257 Sun Mar 23-May 25 2-3p.m. $60.00

### Badminton – Junior 8-12 years

Children will learn various Badminton Skills such as footwork, underhand and overhand strokes, serving and scoring.

**FLDH**

76978 Sat Jan 4-Mar 15 2-3p.m. $60.00

76981 Sat Jan 4-Mar 15 5-6p.m. $60.00

76945 Mon Jan 6-Mar 3 5-6p.m. $60.00

76946 Mon Jan 6-Mar 3 6-7p.m. $60.00

76948 Tue Jan 7-Feb 25 5-6p.m. $60.00

76955 Wed Jan 8-Mar 12 6-7p.m. $60.00

76958 Thu Jan 9-Mar 13 5-6p.m. $60.00

76960 Fri Jan 10-Mar 14 5-6p.m. $52.50

77242 Mon Mar 17-May 5 5-6p.m. $60.00

77243 Mon Mar 17-May 5 6-7p.m. $60.00

77244 Tue Mar 18-May 6 5-6p.m. $60.00

77247 Wed Mar 19-May 7 6-7p.m. $60.00

77248 Thu Mar 20-May 15 5-6p.m. $60.00

77250 Fri Mar 21-May 16 5-6p.m. $60.00

77252 Sat Mar 22-May 24 1-2p.m. $60.00

77253 Sat Mar 22-May 24 2-3p.m. $60.00

77254 Sat Mar 22-May 17 5-6p.m. $60.00

**MOC**77317 Sat Jan 11-Mar 15 10-11a.m. $60.00

77318 Sat Jan 11-Mar 15 11a.m.-12p.m. $60.00

77321 Sat Mar 22-May 17 10-11a.m. $60.00

77322 Sat Mar 22-May 17 11a.m.-12p.m. $60.00

**NWLC**
77268 Sat Jan 4-Feb 22 6-7p.m. $60.00

77273 Sat Mar 22-May 10 6-7p.m. $60.00

### Badminton – Teens 13-15 years

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

**FLDH**

76949 Tue Jan 7-Feb 25 6-7p.m. $60.00

76959 Thu Jan 9-Mar 13 6-7p.m. $60.00

77245 Tue Mar 18-May 6 6-7p.m. $60.00

77249 Thu Mar 20-May 15 6-7p.m. $60.00

### Basketball – Kids 5–7 years

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

**FLDH**

76725 Tue Jan 7-Feb 25 7:30-8:30p.m. $60.00

76734 Wed Jan 8-Mar 12 4:30-5:30p.m. $60.00

76737 Wed Jan 8-Mar 12 5:30-6:30p.m. $60.00

77104 Tue Mar 18-May 6 7:30-8:30p.m. $60.00

77112 Wed Mar 19-May 7 6-7p.m. $60.00

77127 Fri Mar 21-May 23 5:30-6:30p.m. $60.00

77233 Fri Mar 21-May 23 6:30-7:30p.m. $52.50

### 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.

**Prerequisite**: Knowledge of basic basketball skills.

8-11 years

**FLDH**

76710 Mon Jan 6-Mar 3 5-6p.m. $60.00

76851 Wed Jan 8-Mar 12 6:30-7:30p.m. $60.00

77101 Mon Mar 17-May 5 5-6p.m. $60.00

77105 Tue Mar 18-May 6 4:45-5:45p.m. $60.00

12-14 years

**FLDH**

76711 Mon Jan 6-Mar 3 6-7p.m. $60.00

77102 Mon Mar 17-May 5 6-7p.m. $60.00

### Basketball – Fundamental Development

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

8-10 years

**CRNC**77311 Sat Jan 4-Feb 22 10-11a.m. $60.00

77313 Sat Mar 22-May 17 10-11a.m. $60.00

**FLDH**

76728 Tue Jan 7-Feb 25 4:45-5:45p.m. $60.00

76850 Wed Jan 8-Mar 12 5:30-6:30p.m. $60.00

77236 Sat Mar 22-May 24 10-11a.m. $52.50

11-13 years

**FLDH**

76732 Tue Jan 7-Feb 25 5:45-6:45p.m. $60.00

77106 Tue Mar 18-May 6 5:45-6:45p.m. $60.00

77111 Wed Mar 19-May 7 5-6p.m. $60.00

77237 Sat Mar 22-May 24 11a.m.-12p.m. $52.50

CRNC

77312 Sat Jan 4-Feb 22 11a.m.-12p.m. $60.00

77314 Sat Mar 22-May 17 11a.m.-12p.m. $60.00

### Floor Hockey – Kids

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

5-7 years

**FLDH**

76739 Wed Jan 8-Feb 26 4:30-5:30p.m. $60.00

77116 Wed Mar 19-May 7 4:30-5:30p.m. $60.00

8-12 years

**FLDH**

76742 Wed Jan 8-Mar 12 5:30-6:30p.m. $60.00

77117 Wed Mar 19-May 21 5:30-6:30p.m. $60.00

### Go Girls Sports Jam

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

**5–7 years**

**FLDH**

76860 Mon Jan 6-Mar 3 6:30-7:30p.m. $60.00

77238 Sat Mar 22-May 24 1-2p.m. $60.00

**8–12 years**

**FLDH**

76861 Mon Jan 6-Mar 3 7:30-8:30p.m. $60.00

77239 Sat Mar 22-May 24 2-3p.m. $60.00

### Lacrosse – Kids

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

**5-7 years**

**FLDH**

76703 Mon Jan 6-Mar 3 5:30-6:30p.m. $58.00

8-12

**FLDH**

77126 Fri Mar 21-May 23 6-7p.m. $60.00

### Soccer Kids

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

**5-7 years**

**FLDH**

76718 Wed Jan 8-Feb 19 6:30-7:30p.m. $60.00

**MOC**

77315 Thu Jan 16-Mar 6 5:30-6:30p.m. $60.00

77319 Thu Mar 20-May 15 5:30-6:30p.m. $60.00

**8-12 years**

**FLDH**

76721 Wed Jan 8-Feb 19 7:30-8:30p.m. $60.00

77124 Fri Mar 21-May 23 5-6p.m. $60.00

**MOC**

77316 Thu Jan 16-Mar 6 6:30-7:30p.m. $60.00

77320 Thu Mar 20-May 15 6:30-7:30p.m. $60.00

### 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.

**5–7 years**

**FLDH**

77107 Tue Mar 18-May 6 4:30-5:30p.m. $60.00

**8–12 years**

**FLDH**

76870 Wed Jan 8-Mar 12 6-7p.m. $60.00

77108 Tue Mar 18-May 6 5:30-6:30p.m. $60.00

### Intro To Table Tennis

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

**Junior**

8–12 years

**FLDH**

76723 Tue Jan 7-Feb 25 6:30-7:30p.m. $60.00

77103 Tue Mar 18-May 6 6:30-7:30p.m. $60.00

### Tennis – Kids & Junior Level 1

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.

8–10 years

**FLDH**

77109 Wed Mar 19-May 7 6-7p.m. $60.00

11–13 years

**FLDH**

77110 Wed Mar 19-May 7 7-8p.m. $60.00

77234 Fri Mar 21-May 23 6-7p.m. $60.00

### Volleyball – Elementary 7–10 years

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

**FLDH**

77240 Sat Mar 22-May 24 4-5p.m. $52.50

### Volleyball – Skill Development 11-13 years

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

**FLDH**

77241 Sat Mar 22-May 24 5-6p.m. $52.50

# Registered Adult Programs <blue>

**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 – Drawing & Painting

### 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**

76179 Thu Jan 16-Mar 6 7-9p.m. $140.00

76253 Thu Apr 10-May 29 7-9p.m. $140.00

### Adult Sketchbooking 15 years and up

Do you keep a Sketchbook or a Creative Journal? Want to start? This collaborative sketchbook class will help you organize your creative thinking by gaining an understanding of your process and point of view. You will learn how to talk about ideas in a group setting by figuring out where yours come from and what to do when they happen. Open to all drawing abilities and all kinds of makers.

**NBAC**

76486 Thu Jan 16-Mar 6 7-9p.m. $115.00

### 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**

76390 Wed Apr 9-May 28 7-9p.m. $145.00

### Animals in Watercolour Workshop <New> 15 years and up

This workshop will take you through the basics of drawing to achieve an animal likeness, basic watercolour techniques, how to capture realism through texture, and expressive watercolour techniques for those who want to capture the likeness a little more freely. Any pet or animal is fair game.

**NBAC**

76412 Sat Apr 5 9a.m.-4:30p.m. $95.00

Sun Apr 6 1-4:30p.m.

### Art Odyssey 15 years and up

Get ready to explore and take a journey into art! This course is the perfect way to jumpstart your creativity. Multiple mediums such as acrylics, watercolor, alcohol ink, printmaking, oil pastel and more will be used. Relax in the processes and join an adventure of discovery.

**NBAC**

76389 Wed Jan 15-Mar 5 7-9p.m. $140.00

### Beginner Acrylics 15 years and up

Let's paint a few step-by-step acrylic projects together and move into creating your own acrylic paintings from your own photographs. The basics of toned grounds, wet in wet, dry brush, brush handling, glazes, painting with a palette knife, paints and brushes will all be covered in this class.

**NBAC**

76413 Wed-Thu Apr 9-Apr 24 7-9:30p.m. $115.00

### Beginner Autodesk Fusion 360 <New> 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**

76395 Mon Jan 13-Mar 10 7-9p.m. $135.00

76396 Mon Apr 7-Jun 9 7-9p.m. $135.00

### Beginner Drawing Workshop <New> 15 years and up

Learn the basics of drawing by using geometric shapes, sight-sized method, enveloping, and other methods to arrive at a good facsimile of any subject, excluding portraits. Perspective and a few techniques to achieve pleasing texture with graphite pencil will also be covered.

**NBAC**

76410 Sat Jan 4-Jan 11 9a.m.-4:30p.m. $145.00

 Sun Jan 5, Jan 12 1-4:30p.m.

### Beginner Watercolours 15 years and up

This course will lead you through a few step-by-step watercolour projects and then move into creating your own watercolour paintings from your own photographs. The basics of flat and gradient washes, and instruction on paper, paints, and brushes will all be covered in this class.

**NBAC**

76407 Wed-Thu Mar 5-Mar 20 7-9:30p.m. $115.00

### Drawing Animals 15 years and up

Learn to sketch animals beginning with basic geometric shapes, then building detail and movement from those basics. Starting with basic shapes in perspective will allow you to be able to turn your animals. Instruction on shading and textures to represent hair will also be covered.

**NBAC**

76411 Wed-Thu Feb 12-Feb 27 7-9:30p.m. $115.00

### Drawing Theory and Practice 15 years and up

Explore drawing and art theory from masters past and present. Establish sound drawing technique and appreciate value, perspective, proportion, and composition. You will learn the how and why of drawing. Beginners and advanced students are welcome.

**NBAC**

76483 Tue Apr 8-May 27 1-4p.m. $165.00

### Introduction to Coloured Pencil <New> 15 years and up

This workshop introduces students to the fantastic scope of coloured pencil art. Techniques used to create texture, blend colour, mimic oil paint and other effects will be covered, as well as technical information on this media.

**NBAC**

76484 Sun Mar 30 1-4p.m. $40.00

### Landscapes in Acrylic 15 years and up

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

**NBAC**

76249 Mon Jan 13-Mar 10 7-10p.m. $165.00

76292 Tue Apr 8-May 27 1-4p.m. $165.00

### Landscapes Painting 1 15 years and up

This class will explore the fundamentals of painting landscapes with acrylic paint. We will be painting from photo reference and study sketching, composition, lighting, and how to paint with a limited palette.

**NBAC**

76402 Fri Jan 17-Mar 14 1-4p.m. $165.00

### Landscapes in Watercolour 15 years and up

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

**NBAC**

76219 Tue Jan 14-Mar 4 1-4p.m. $165.00

76293 Mon Apr 7-Jun 9 7-10p.m. $165.00

### 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**

76224 Wed Jan 15-Mar 5 7-10p.m. $165.00

76317 Fri Apr 11-Jun 6 1-4p.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**

76226 Fri Jan 3-Mar 28 9-11:30a.m. Free

76298 Fri Apr 4-Jun 27 9-11:30a.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 duration of the class. The instructor will provide professional guidance with students' progress and will oversee friendly, constructive group critique so all can benefit.

**NBAC**

76227 Wed Jan 15-Mar 5 1-4p.m. $165.00

76299 Wed Apr 9-May 28 9a.m.-12p.m. $165.00

### Portrait Drawing 1 15 years and up

This class will cover the fundamentals of drawing portraits from photo reference and imagination. Topics will include proportion, structure, form, lighting, and the study of individual facial features.

**NBAC**

76403 Tue Jan 14-Mar 11 1-3:30p.m. $135.00

### Portrait Drawing Basics 15 years and up

This class will cover the basics of proportion used in gaining a good likeness in pencil. By the final session you will be working towards completing a head and shoulders frontal portrait, side profile, and three-quarter profile of someone you know. We will cover the basics of perspective and how it affects the primary lines in a portrait from any angle. Techniques for texture and blending will also be covered.

**NBAC**

76409 Wed-Thu Jan 15-Jan 30 7-9:30p.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**

76235 Fri Jan 17-Mar 7 1-3:30p.m. $135.00

76307 Thu Apr 10-May 29 7-9:30p.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**

76239 Sat Jan 18-Mar 15 9a.m.-12p.m. $165.00

76309 Sat Apr 26-Jun 21 9a.m.-12p.m. $165.00

### What to Do With Acrylic Mediums 15 years and up

Learn what to do with Matt Medium, Clear Gesso and Crackle Paste. Acrylic mediums are used with your acrylic paints to expand your creative potential. We will explore a new acrylic medium's possibilities every two weeks, and apply this to your choice of still life, abstract or landscape subject matter. We will also work with ventilation tape, rubbing alcohol and stamping to add interesting textural effects.

**NBAC**

76414 Wed,Thu May 7-May 22 7-9:30p.m. $115.00

## Fine Arts – Fibre Arts

### Basic Embroidery Design <New> 14 years and up

Create a colourful pet portrait in a style inspired by the work of Andy Warhol. Learn how to design and create an embroidery piece based on a picture of your own beloved pet!

**NBAC**
76498 Wed Apr 9-Apr 30 7-9p.m. $101.00

### 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**

76205 Tue Jan 14-Mar 4 7-9:30p.m. $155.00

76276 Tue Apr 8-May 27 7-9:30p.m. $155.00

### Embroidery Basics <New> 14 years and up Create a contemporary Northern Lights scene. Learn multiple stitches with lots of time for practice and questions.

**NBAC**

76496 Wed Jan 15-Feb 5 7-9p.m. $101.00

### 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 dishcloths, baby blankets, and scarves.

**NBAC**

76209 Tue Jan 14-Feb 18 7-8p.m. $65.00

76283 Tue Apr 8-May 13 7-8p.m. $65.00

### Introduction to Fibre Arts <New> 14 years and up

Discover the wide world of fibre arts! Learn the basics of a range of fibre arts to discover what inspires you: crochet, knit, spin, weave, felt, embroidery, dyeing, and more. Learn the history and basic skills to express yourself through textiles. There will be lots of open class time to practice techniques and ask questions.

**NBAC**

76494 Mon Jan 13-Mar 10 7-9p.m. $175.00

76495 Mon Apr 7-Jun 9 7-9p.m. $175.00

### 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**

76210 Mon Jan 13-Feb 24 7-8p.m. $65.00

76284 Mon Apr 7-May 26 7-8p.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**

76220 Sat Jan 11 10a.m.-3p.m. $55.00

### Learn to Sew a Shoulder Bag 15 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**

76393 Sun Apr 6 1-4p.m. $40.00

### Upcycled Denim Mittens 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 unique mittens. 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**

76391 Sat Jan 4 10a.m.-3p.m. $55.00

### 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**

76225 Thu Jan 23, Feb 27, Mar 27 7-10p.m.

76297 Thu Apr 24, May 22, Jun 26 7-10p.m.

### 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**

76236 Fri Jan 3-Mar 28 9-11:30a.m.

76308 Fri Apr 4-Jun 27 9-11:30a.m.

### 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**

76232 Thu Jan 2-Mar 27 9a.m.-2p.m.

76304 Thu Apr 3-Jun 26 9a.m.-2p.m.

### 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. Students will provide their own materials. A list of materials will be provided on the registration receipt.

**NBAC**

76394 Sat Apr 5 10a.m.-3p.m. $55.00

### Upcycled Fabric Teddy Bear 15 years and up

Learn how to upcycle your old fabric, jacket or even thrift-store finds into a lovable teddy bear. 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 most materials. A list of materials for students to supply will be printed on the registration receipt.

**NBAC**

76401 Sat Mar 29 10a.m.-3p.m. $55.00

## Fine Arts – Jewellery And Metalwork

### Beginner Stained Glass <New> 15 years and up

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

**NBAC**

76493 Thu Jan 16-Feb 20 7-9:30p.m. $175.00

### Corrugation <New> 16 years and up

Students will learn corrugation techniques to incorporate into their jewellery designs. With corrugation, a specific type of foldforming, you will learn to work with high-gauge metal.

**Prerequisite:** Jewellery 1.

**NBAC**

76474 Sun May 25-Jun 15 1-4p.m. $125.00

### Extended Fine Silver Fusing 16 years and up

Students will learn the basics of Fine Silver Fusing along with project ideas including texturing, fused chain, shapes, and inclusion of cubic zirconia beads.

**Prerequisite:** Jewellery 1.

**NBAC**

76417 Sat Jan 18-Feb 22 9a.m.-12p.m. $188.00

### Embellishing Enamel Pieces Workshop <New> 16 years and up

This workshop will explore using beads, murrini, enamel threads and frit to create colorful focal points on your enamel pieces. Students should bring their own copper sheet or copper enameling blanks. A materials fee, paid at the time of registration, will cover the cost of most materials. Enamels and embellishments will be provided.

**Prerequisite:** Previous enameling class or workshop.

**NBAC**

76436 Sat-Sun Mar 15-Mar 16 9:30a.m.-4:30p.m. $170.00

### Enameling: Beyond Jewellery <New> 16 years and up

This class will explore enameling non-jewellery pieces, such as small bowls, wall plaques and enamel “paintings”, buttons and other clothing embellishments, fridge magnets, etc. Object size is limited by the kiln size (under 6 inches) but will generally be larger than jewellery pieces. Students should bring their own copper sheet - between 18 and 20 gauge. A materials fee, paid at the time of registration, will cover the cost of most materials. Enamels will be provided.

**Prerequisite:** Previous enameling class or workshop.

**NBAC**

76478 Thu Apr 10-May 29 7-10p.m. $260.00

### Enameling for the Jeweller 16 years and up

Students will learn to create jewellery by fusing colourful enamels to copper pieces. The emphasis in this class is on kiln firing, but additional methods will be discussed. Several specialized enameling techniques are covered, such as sgraffito, stenciling, champleve, basse taille, and crackle. Methods of setting, mounting, and finishing enamel pieces are also discussed. Students will leave the class with an array of unique and colourful pieces.

**Prerequisite:** Jewellery 1.

**NBAC**

76419 Thu Jan 23-Mar 13 7-10p.m. $255.00

### Introduction to Stained Glass 15 years and up

In this weekend workshop, learn how to make your own sun catchers and other colourful creations while being introduced to some of the basic skills and techniques of stained glass work.

**NBAC**

76490 Sat-Sun Jan 4-Jan 5 12:30-4p.m. $100.00

76492 Sat-Sun Jan 11-Jan 12 12:30-4p.m. $100.00

76491 Sat-Sun Apr 5-Apr 6 12:30-4p.m. $100.00

### Jewellery 1 16 years and up

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

**NBAC**

76213 Tue Jan 14-Mar 4 7-10p.m. $270.00

76286 Tue Apr 8-May 27 7-10p.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.

**Prerequisite:** Jewellery 1

**NBAC**

76437 Thu Apr 10-May 29 1-4p.m. $230.00

### Jewellery 3 16 years and up

Students will learn advanced techniques including faceted stone setting, metal bead fabrication and etching on copper and brass.

**Prerequisite:** Jewellery 1 and Jewellery 2.

**NBAC**

76416 Thu Jan 16-Mar 6 1-4p.m. $230.00

### Jewellery Findings Workshop <New> 16 years and up

This workshop will explore the process for creating various findings used in jewellery making. Students will learn how to make and use jump rings, incorporate basic wire wrapping techniques to create bails, clasps and join components to complete various styles of jewellery. A material supplies kit will be available for purchase in class. No experience necessary.

**NBAC**

76418 Sat Mar 1-Mar 8 9a.m.-12p.m. $65.00

### 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**

76215 Tue Jan 14-Mar 4 1-4p.m. $230.00

76287 Tue Apr 8-May 27 1-4p.m. $230.00

### Jewellery – Casting Exploration <New> 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**

76420 Sun Jan 19-Mar 9 1-4p.m. $230.00

### Jewellery – Non-Traditional Bezels Workshop <New> 16 years and up

We will explore a different technique for creating a bezel by learning the wrapped bezel technique. With a wrapped bezel, you can create a unique look when compared to a traditional bezel setting.

**Prerequisite:** Jewellery 1 and Jewellery 2

**NBAC**

76435 Sat-Sun Mar 22-Mar 23 9:30a.m.-4:30p.m. $165.00

### Lampwork – Advanced Bead Shaping 16 years and up

This class will explore the use of various bead rollers, presses, molds and cabochon mandrels to create beads with specific shapes and textures, multiples of beads that are the same size and shapes, as well as cabochons in different shapes. Students should bring their own glass though there is some available for purchase.

**Prerequisite:** Lampwork Beads 1 or equivalent experience.

**NBAC**

76415 Mon Jan 13-Mar 10 7-10p.m. $245.00

### 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**

76217 Mon Jan 13-Mar 10 1-4p.m. $245.00

76290 Mon Apr 7-Jun 9 1-4p.m. $245.00

### 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**

76218 Wed Jan 15-Feb 19 7-10p.m. $225.00

76291 Sat Apr 12-May 31 9a.m.-12p.m. $225.00

### 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**

76439 Wed Apr 9-May 28 7-10p.m. $245.00

### Lampwork – Make Your Own Frit 16 years and up

Students should 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

**NBAC**

76289 Sat Apr 5 9:30a.m.-4:30p.m. $95.00

### Lampwork – Simple Sculptures 16 years and up

Students will learn a variety of simple techniques such as shaping, cutting, poking, and pulling glass to create unique and three-dimensional sculptured beads and raised designs.

**Prerequisite:** Lampwork 1

**NBAC**

76438 Mon Apr 7-Jun 9 7-10p.m. $245.00

### Metal Fusing <New> 16 years and up

Students will learn various metal fusing techniques to incorporate into their jewellery designs. Learn how to fuse metal together for interesting effects.

**Prerequisite:** Jewellery 1.

**NBAC**

76473 Sun Apr 13-May 11 1-4p.m. $125.00

## Fine Arts – Photography

### 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**

76250 Mon Jan 13-Feb 10 7-10p.m. $115.00

76302 Mon Apr 7-May 12 7-10p.m. $115.00

### 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**

76251 Mon Feb 24-Mar 24 7-10p.m. $115.00

76303 Mon May 26-Jun 23 7-10p.m. $115.00

## Fine Arts - Woodworking

### A Solid Table 16 years and up

Students will use old school construction methods to build a small to medium sized table in solid wood. The class will emphasize the skills needed for accurate stock preparation and strong joints, as well as plenty of discussion of the aesthetic issues involved in making an attractive table. Students will each work on a design they have chosen or developed in consultation with the instructor. Materials are extra. **Prerequisite:** Basic woodworking or instructor's permission.

**NBAC**

76183 Wed Jan 15-Mar 19 7-10p.m. $280.00

### 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**

76189 Tue Jan 14-Mar 18 7-9:30p.m. $235.00

### Contemporary Wall Shelf 2 <New> 16 years and up

This course is a continuation of the project begun in the Contemporary Wall Shelf class. A material fee will be paid to the instructor.

**Prerequisite:** Contemporary Wall Shelf.

**NBAC**

76504 Sat Jan 18-Mar 22 9a.m.-12p.m. $280.00

### Contemporary Wall Shelf 3 <New> 16 years and up

This course is a continuation of the project begun in the Contemporary Wall Shelf level 1, and level 2 classes. A material fee will be paid to the instructor.

**Prerequisite:** Contemporary Wall Shelf and Contemporary Wall Shelf 2.

**NBAC**

76506 Sat Apr 12-Jun 14 9a.m.-12p.m. $230.00

### End Grain Cutting Board 16 years and up

This is a beginner to intermediate level class where each student will construct an end grain kitchen cutting board. Skills utilized include safe operation of a table saw, accurate stock preparation with the jointer and planer, laminating wood, and using a tabletop router to round off corners and create finger grooves. Students will also be able to make accompanying kitchen utensils such as spatulas and tongs. An additional materials fee payable to the instructor will cover the cost of materials.

**NBAC**

76500 Sun Apr 13-Jun 15 1-4p.m. $230.00

### Garden Furniture 16 years and up

An introductory woodworking class focused on garden furniture, such as planters, or simple benches or tables. Students will learn shop safety and how to use the hand and machine tools appropriate for their projects. Materials will be purchased by the student after the first class. Material costs may vary, depending on the project chosen by each student.

**NBAC**

76279 Tue Apr 8-May 27 7-9:30p.m. $200.00

### Hand Cut Mortise and Tenon Stool <New> 16 years and up

Create a small rectangular accent stool, cutting mortise and tenon joinery with hand tools. Learn how drawboring with a peg both tightens and strengthens the joint. Then put your feet up on it to relax or hold your beverage and book beside your tub or chair! An additional materials fee paid to the instructor will cover all required materials.

**Prerequisite:** Basic woodworking or instructor’s permission.

**NBAC**

76405 Thu Apr 24-May 29 7-10p.m. $180.00

### 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**

76398 Fri Jan 10 7-9p.m. $205.00
 Sat, Sun Jan 11, 12 9a.m.-5p.m.

76400 Fri Apr 4 7-9p.m. $205.00

 Sat, Sun Apr 5, 6 9a.m.-5p.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**

76397 Fri Jan 3 7-9p.m. $205.00

 Sat, Sun Jan 4, 5 9a.m.-5p.m.

76399 Fri Mar 28 7-9p.m. $205.00

 Sat, Sun Mar 29, 30 9a.m.-5p.m.

### Shaker-Influenced Nailed Box <New> 16 years and up

This practical box hangs on the wall or graces an end table, highlighting your hand cut rabbets held with classic cut nails. The simple elegance of the design is influenced by the Shaker intentionality of form following function without excess ornamentation. You will hand plane surfaces as well as learn to lay out and cut rabbets with handsaw, chisel, rabbet plane and router plane. An additional materials fee paid to the instructor will cover all required materials.

**Prerequisite:** Basic woodworking or instructor’s permission.

**NBAC**

76404 Thu Jan 9-Jan 30 7-10p.m. $125.00

### Sharpening Workshop 16 years and up

Learn to tune up and sharpen hand planes and cabinet chisels in this hands-on class. You can practice with shop chisels, or work on your own. If you buy a chisel ahead of the class, please discuss with the instructor for advice on what to purchase.

**NBAC**

76234 Sun Feb 9 1-5p.m. $65.00

### Wood Carving Drop-in <Free> 14 years and up

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

**NBAC**

76241 Tue Jan 7-Mar 25 9-11:30a.m.

76311 Tue Apr 1-Jun 24 9-11:30a.m.

### Wood Finishing 16 years and up

This course covers proper sanding, applying oil, shellac, wax and varnish finishes, and hand-rubbing processes for high quality finishes. Wood colouring methods will include bleaching, wood dyes, chemical stains and making your own pigment stains. Students prepare sample sets of the various finishes and processes. Materials will be supplied by the instructor at a cost of approximately $45 per student. Registrations will not be accepted after the first class.

**NBAC**

76312 Wed Apr 9-May 28 7-10p.m. $230.00

### 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**

76242 Mon Jan 13-Mar 24 7-10p.m. $280.00

76313 Mon Apr 7-Jun 9 7-10p.m. $230.00

## Aquatic Fitness, Health & Wellness

**Programming Note**

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529). Classes marked with an **(M)** are included with a leisure pass membership and are free to passholders when registering.

### Aquacise 14 years and up

A fitness class using the natural resistance and buoyancy of the water.

**LAC**

77929 Tue Jan 7-Feb 11 6:15-7p.m. $34.80

77930 Thu Jan 9-Feb 13 6:15-7p.m. $34.80

77925 Tue Feb 25-Apr 15 6:15-7p.m. $46.40

77926 Thu Feb 27-Apr 17 6:15-7p.m. $46.40

77927 Tue Apr 29-May 27 6:15-7p.m. $29.00

77928 Thu May 1-May 29 6:15-7p.m. $29.00

**NWLC**
78013 Mon Jan 6-Feb 10 8:35-9:20p.m. $34.80

78014 Tue Jan 7-Feb 11 8:35-9:20p.m. $34.80

78012 Wed Jan 8-Feb 12 8:35-9:20p.m. $34.80

78016 Mon Feb 24-Apr 14 8:35-9:20p.m. $46.40

78017 Tue Feb 25-Apr 15 8:35-9:20p.m. $46.40

78015 Wed Feb 26-Apr 16 8:35-9:20p.m. $46.40

78019 Mon Apr 28-May 26 8:35-9:20p.m. $23.20

78020 Tue Apr 29-May 27 8:35-9:20p.m. $29.00

78018 Wed Apr 30-May 28 8:35-9:20p.m. $29.00

**SSLC**

77636 Mon Jan 6-Feb 10 8:30-9:15p.m. $34.80

77648 Tue Jan 7-Feb 11 8:30-9:15p.m. $34.80

77659 Wed Jan 8-Feb 12 8:30-9:15p.m. $34.80

77679 Thu Jan 9-Feb 13 8:30-9:15p.m. $34.80

77739 Mon Feb 24-Apr 14 8:30-9:15p.m. $46.40

77746 Tue Feb 25-Apr 15 8:30-9:15p.m. $46.40

77750 Wed Feb 26-Apr 16 8:30-9:15p.m. $46.40

77755 Thu Feb 27-Apr 17 8:30-9:15p.m. $46.40

77800 Mon Apr 28-May 26 8:30-9:15p.m. $23.20

77801 Tue Apr 29-May 27 8:30-9:15p.m. $29.00

77802 Wed Apr 30-May 28 8:30-9:15p.m. $29.00

77803 Thu May 1-May 29 8:30-9:15p.m. $29.00

### Baby & Me Aquacise

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

**SSLC**

77660 Wed Jan 8-Feb 12 9:15-10a.m. $34.80

77751 Wed Feb 26-Apr 16 9:15-10a.m. $46.40

77804 Wed Apr 30-May 28 9:15-10a.m. $29.00

### 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 ages 3 to 18 months can attend.

**FLDH**

76132 Wed Jan 8-Feb 12 10:45-11:45a.m. $41.40

76133 Thu Jan 9-Feb 6 10:45-11:45a.m. $34.50

76471 Wed Feb 26-Apr 16 10:45-11:45a.m. $55.20

76472 Thu Feb 27-Apr 17 10:45-11:45a.m. $55.20

76422 Wed Apr 30-May 28 10:45-11:45a.m. $34.50

76423 Thu May 1-May 29 10:45-11:45a.m. $27.60

## Land Fitness, Health & Wellness

**Programming Note**

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at Regina.ca/recreation or call 306-777-PLAY (7529). Classes marked with an **(M)** are included with a leisure pass membership and are free to passholders when registering.

### 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**

77690 Fri Jan 10-Feb 14 11:45a.m.-12:45p.m. $34.80

77761 Fri Feb 28-Apr 11 11:45a.m.-12:45p.m. $40.60

77805 Fri May 2-May 30 11:45a.m.-12:45p.m. $29.00

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

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

**NWLC**

76162 Fri Jan 10-Feb 14 9-10a.m. $41.40

76524 Fri Feb 28-Apr 11 9-10a.m. $48.30

76512 Fri May 2-30 9-10a.m. $34.50

### LiveWell 15 years and up

Have you thought about joining a gym but do not know where to start? You will be assisted in learning how to work out within your capabilities in a gym setting. You will learn how to be confident with your workout routine. Progressions will be made as your physical abilities improve when you are consistent with your program twice a week. It is personal training within a group training atmosphere.

**FLDH**

76134 Mon, Wed Jan 6-Feb 12 10-11a.m. $95.40

76135 Mon, Wed Jan 6-Feb 12 11a.m.-12p.m. $95.40

76502 Tue, Thu Jan 7-Feb 13 4:30-5:30p.m. $95.40

76136 Tue, Thu Jan 7-Feb 13 5:30-6:30p.m. $95.40

76468 Mon, Wed Mar 12-Apr 16 10-11a.m. $87.45

76469 Mon, Wed Mar 12-Apr 16 11a.m.-12p.m. $87.45

76503 Tue, Thu March 13-Apr 17 4:30-5:30p.m. $87.45

76470 Tue, Thu March 13-Apr 17 5:30-6:30p.m. $87.45

76424 Mon, Wed Apr 28-May 28 10-11a.m. $71.55

76425 Mon, Wed Apr 28-May 28 11a.m.-12p.m. $71.55

76507 Tue, Thu Apr 29-May 29 4:30-5:30p.m. $79.50

76426 Tue, Thu Apr 29-May 29 5:30-6:30p.m. $79.50

### 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 and prep your body for a restful night of sleep.

**FLDH**

76137 Mon Jan 6-Feb 10 7-8p.m. $41.40

76475 Mon Feb 24-Apr 14 7-8p.m. $62.10

76427 Mon Apr 28-May 26 7-8p.m. $27.60

### Minds in Motion

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. Must register in pairs. For more information, contact Heather at 1-800-263-3367, by email at mindsinmotion@alzheimer.sk.ca or visit alzheimer.ca/sk. Must Register in pairs.

**NWLC**

77916 Thu Apr 10-May 29 1:30-3:30p.m. $25.00

77915 Thu Jan 23-Mar 27 1:30-3:30p.m. $30.00

### Steel Mace & Mobility 16 years and up

Your chance to learn about an ancient form of cardio and resistance training that has incredible physical benefits! Steel Mace is an off-set weighted tool that is available in various weight from 5lbs and up. Perfect for any fitness level as it is easily modified and adaptable. The benefits of the rotational use and engagement of stabilizing muscles is incredibly beneficial in many facets of fitness/athletics, physical health and longevity.

**FLDH**

76430 Mon Apr 28-May 26 12:10-12:55pm $31.80

### 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**

76138 Thu Jan 9-Feb 6 6:45-7:45p.m. $34.50

76476 Thu Feb 27-Apr 17 6:45-7:45p.m. $55.20

76428 Thu May 1-May 29 6:45-7:45p.m. $27.60

### 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**

76139 Sat Jan 11-Feb 1 9:45-10:45a.m. $20.70

76477 Sat Mar 1-Apr 12 9:45-10:45a.m. $41.40

76429 Sat May 3-May 31 9:45-10:45a.m. $27.60

### StepFit 16 years and up

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

**SSLC**

77637 Mon Jan 6-Feb 10 5:30-6:30p.m. $34.80

77740 Mon Feb 24-Apr 14 5:30-6:30p.m. $46.40

77806 Mon Apr 28-May 26 5:30-6:30p.m. $23.20

### 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**

77661 Wed Jan 8-Feb 12 10:30-11:30a.m. $34.80

77752 Wed Feb 26-Apr 16 10:30-11:30a.m. $46.40

77807 Wed Apr 30-May 28 10:30-11:30a.m. $29.00

### 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**

77649 Tue Jan 7-Feb 11 6:45-7:45p.m. $34.80

77662 Wed Jan 8-Feb 12 5:30-6:30p.m. $34.80

77747 Tue Feb 25-Apr 15 6:45-7:45p.m. $46.40

77753 Wed Feb 26-Apr 16 5:30-6:30p.m. $46.40

77808 Tue Apr 29-May 27 6:45-7:45p.m. $29.00

77809 Wed Apr 30-May 28 5:30-6:30p.m. $29.00

### 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**

76141 Wed Jan 8-Feb 12 5:30-6:30p.m. $47.70

76479 Wed Feb 26-Apr 16 5:30-6:30p.m. $63.60

76431 Wed Apr 30-May 28 5:30-6:30p.m. $39.75

### Yoga – Boomers and Beyond 30 years and up

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**

76158 Tue Jan 7-Feb 11 10:30-11:30a.m. $41.40

76159 Thu Jan 9-Feb 13 10:30-11:30a.m. $41.40

76526 Tue Feb 25-Apr 15 10:30-11:30a.m. $55.20

76527 Thu Feb 27-Apr 17 10:30-11:30a.m. $55.20

76513 Tue Apr 29-May 27 10:30-11:30a.m. $34.50

76514 Thu May 1-May 29 10:30-11:30a.m. $34.50

### Yoga – Flow 15 years and up

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

**NWLC**

76156 Mon Jan 6-Feb 10 7:15-8:15p.m. $41.40

76157 Tue Jan 7-Feb 11 6-7p.m. $41.40

76531 Mon Feb 24-Apr 14 7:15-8:15p.m. $55.20

76532 Tue Feb 25-Apr 15 6-7p.m. $55.20

76516 Mon Apr 28-May 26 7:15-8:15p.m. $27.60

76517 Tue Apr 29-May 27 6-7p.m. $34.50

**SSLC**

77639 Mon Jan 6-Feb 10 8-9p.m. $41.40

77742 Mon Feb 24-Apr 14 8-9p.m. $55.20

77812 Mon Apr 28-May 26 8-9p.m. $27.60

### Yoga – Gentle 15 years and up

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

**FLDH**

76142 Mon Jan 6-Feb 10 5:45-6:45p.m. $41.40

76480 Mon Feb 24-Apr 14 5:45-6:45p.m. $55.20

76432 Mon Apr 28-May 26 5:45-6:45p.m. $27.60

**NWLC**

76154 Mon Jan 6-Feb 10 6-7p.m. $41.40

76155 Wed Jan 8-Feb 12 6-7p.m. $41.40

76533 Mon Feb 24-Apr 14 6-7p.m. $55.20

76534 Wed Feb 26-Apr 16 6-7p.m. $55.20

76518 Mon Apr 28-May 26 6-7p.m. $27.60

76519 Wed Apr 30-May 28 6-7p.m. $34.50

**SSLC**

77640 Mon Jan 6-Feb 10 9:15-10:15a.m. $41.40

77641 Mon Jan 6-Feb 10 10:30-11:30a.m. $41.40

77642 Mon Jan 6-Feb 10 6:45-7:45p.m. $41.40

77681 Thu Jan 9-Feb 13 11:45a.m.-12:45p.m. $41.40

77680 Thu Jan 9-Feb 13 6:45-7:45p.m. $41.40

77691 Thu Jan 9-Feb 13 9:15-10:15a.m. $41.40

77692 Fri Jan 10-Feb 14 10:30-11:30a.m. $41.40

77743 Mon Feb 24-Apr 14 9:15-10:15a.m. $55.20

77744 Mon Feb 24-Apr 14 10:30-11:30a.m. $55.20

77745 Mon Feb 24-Apr 14 6:45-7:45p.m. $55.20

77757 Thu Feb 27-Apr 17 11:45a.m.-12:45p.m. $55.20

77756 Thu Feb 27-Apr 17 6:45-7:45p.m. $55.20

77762 Thu Feb 27-Apr 17 9:15-10:15am $55.20

77763 Fri Feb 28-Apr 11 10:30-11:30a.m. $48.30

77813 Mon Apr 28-May 26 9:15-10:15a.m. $27.60

77814 Mon Apr 28-May 26 10:30-11:30a.m. $27.60

77815 Mon Apr 28-May 26 6:45-7:45p.m. $27.60

77817 Thu May 1-May 29 11:45a.m.-12:45p.m. $34.50

77816 Thu May 1-May 29 6:45-7:45p.m. $34.50

77818 Thu May 1-May 29 9:15-10:15a.m. $34.50

77819 Fri May 2-May 30 10:30-11:30a.m. $34.50

### 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**

76143 Tue Jan 7-Feb 11 10:30-11:30a.m. $41.40

76481 Tue Feb 25-Apr 15 10:30-11:30a.m. $55.20

76433 Tue Apr 29-May 27 10:30-11:30a.m. $34.50

### 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**

77650 Tue Jan 7-Feb 11 8-9p.m. $41.40

77748 Tue Feb 25-Apr 15 8-9p.m. $55.20

77820 Tue Apr 29-May 27 8-9p.m. $34.50

### Zumba Gold Fitness 16 years and up

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**

76160 Wed Jan 8-Feb 12 10:30-11:30a.m. $41.40

76530 Wed Feb 26-Apr 16 10:30-11:30a.m. $55.20

76520 Wed Apr 30-May 28 10:30-11:30a.m. $34.50

### 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**

76144 Wed Jan 8-Feb 5 6:45-7:45p.m. $34.50

76482 Wed Feb 26-Apr 16 6:45-7:45p.m. $55.20

76434 Wed Apr 30-May 28 6:45-7:45p.m. $34.50

**SSLC**

77682 Thu Jan 9-Feb 13 8-9p.m. $41.40

77710 Sat Jan 11-Feb 15 9-10a.m. $41.40

77758 Thu Feb 27-Apr 17 8-9p.m. $55.20

77785 Sat Mar 1-Apr 12 9-10a.m. $48.30

77821 Thu May 1-May 29 8-9p.m. $34.50

77822 Sat May 3-May 31 9-10a.m. $34.50

## Sports

### 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**

77235 Fri Mar 21-May 23 7-8p.m. $52.50

### 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**

76982 Sat Jan 4-Mar 15 6-7:30p.m. $90.00

76964 Fri Jan 10-Feb 14 6-7:30p.m. $78.75

77255 Sat Mar 15-May 24 6-7:30p.m. $90.00

77251 Fri Mar 21-May 23 6-7:30p.m. $90.00

# Registered Older Adult Programs <dark blue>

**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 or call 306-777-PLAY (7529). Classes marked with an **(M)** are included with a leisure pass membership and are free to passholders when registering.

### Adapted Adult Strength and Balance <AP> 18 years and up

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

**SSLC**77644 Tue Jan 7-Feb 11 12:15-1:15p.m. $43.50

77645 Tue Feb 25-Apr 1 12:15-1:15p.m. $43.50

77646 Tue Apr 15-May 27 12:15-1:15p.m. $43.50

### 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**

77638 Mon Jan 6-Feb 10 11:45a.m.-12:45p.m. $41.40

77663 Wed Jan 8-Feb 12 11:45a.m.-12:45p.m. $41.40

77741 Mon Feb 24-Apr 14 11:45a.m.-12:45p.m. $55.20

77754 Wed Feb 26-Apr 16 11:45a.m.-12:45p.m. $55.20

77810 Mon Apr 28-May 26 11:45a.m.-12:45p.m. $27.60

77811 Wed Apr 30-May 28 11:45a.m.-12:45p.m. $34.50

**NWLC**

76161 Wed Jan 8-Feb 12 1-2p.m. $41.40

76528 Wed Feb 26-Apr 16 1-2p.m. $55.20
76515 Wed Apr 30-May 28 1-2p.m. $34.50

### 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.

**SSLC**

77651 Tue Jan 7-Feb 11 10:30-11:30a.m. $41.40

77683 Thu Jan 9-Feb 13 10:30-11:30a.m. $41.40

77749 Tue Feb 25-Apr 15 10:30-11:30a.m. $55.20

77759 Thu Feb 27-Apr 17 10:30-11:30a.m. $55.20

77823 Tue Apr 29-May 27 10:30-11:30a.m. $34.50

77824 Thu May 1-May 29 10:30-11:30a.m. $34.50