

# City of Regina 2024 Winter/Spring Leisure Guide

## Text-Only Version

### Registration Information

#### Regina residents:

**Tuesday, December 12**

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

#### Non-residents:

**Thursday, December 14**

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

3 Ways to register:

### Online Registration

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

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

### Call 306-777-PLAY (7529)

#### PlayLine operating hours:

Monday – Friday: 9 a.m.–8 p.m.

Saturday – Sunday: 9 a.m.–7 p.m.

Statutory holidays: 1:30–3:30 p.m.

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

### Visit a Facility

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

#### Payment Methods

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

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

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

## **Program Cancellations, Withdrawals, Transfers and Late Registrations**

### **Cancellations**

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

### **Withdrawals**

- **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](mailto:balkwillcentre@regina.ca)

#### **Facility hours:**

Monday – Thursday: 8:30 a.m. - 5 p.m. and 7 - 10 p.m.

Friday – Saturday: 8:30 a.m. - 5 p.m.

Sunday: 1 - 5 p.m.

*Hours may vary according to program needs.*

### **North West Leisure Centre**

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

#### **Facility hours:**

Monday – Thursday: 8 a.m. - 9:30 p.m.

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

Saturday – Sunday: 9 a.m. - 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

- Leisure pool ranging in depth from .20 to 1.5 metres
- Whirlpool
- Pool slides • Pool is very warm, usually 32°C
- Co-ed dry sauna
- Sundeck
- Aquatic wheel chair
- Pool ramp
- Accessible universal/family change rooms
- Strength and conditioning area
- Multi-purpose gym • Meeting rooms

### **Sandra Schmirler Leisure Centre**

3130 East Woodhams Dr.

306-777-PLAY (7529)

#### **Facility hours:**

Monday – Friday: 6 a.m. - 9:30 p.m.

Saturday – Sunday: 9 a.m.- 8:30 p.m.

Stat Holidays: 12 - 6 p.m.

- Main pool ranging in depth from .45 to 3 metres
- Pool slides • Umbrella rain tree
- 1-metre diving board
- Accessible overhead lift
- Accessible universal/family change rooms
- 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

### **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

## 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](http://Regina.ca/dropin).

## Admission Prices

### 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.

<b>Leisure Passes</b>	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

### 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

71765	Mon	Jan 8-Mar 18	5-5:30p.m.	\$70.00
71766	Sat	Jan 13-Mar 23	11:25-11:55a.m.	\$49.00
71770	Sun	Jan 14-Mar 24	12:15-12:45p.m.	\$56.00
72580	Wed	Mar 27-Jun 5	4:55-5:25p.m.	\$70.00
72584	Sat	Apr 13-Jun 8	11:25-11:55a.m.	\$49.00

### NWLC

71844	Wed	Jan 10-Mar 20	10:25-10:55a.m.	\$70.00
71845	Wed	Jan 10-Mar 20	5:15-5:45p.m.	\$70.00
71847	Thu	Jan 11-Mar 21	9:35-10:05a.m.	\$70.00
71846	Fri	Jan 12-Mar 22	4:35-5:05p.m.	\$70.00
72094	Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
72140	Wed	Mar 27-Jun 5	10:25-10:55a.m.	\$70.00
72181	Thu	Mar 28-Jun 6	9:35-10:05a.m.	\$70.00
72182	Thu	Mar 28-Jun 6	5:15-5:45p.m.	\$70.00

### SSLC

71933	Mon	Jan 8-Mar 18	10:45-11:15a.m.	\$70.00
71932	Mon	Jan 8-Mar 18	5:10-5:40p.m.	\$70.00
71978	Tue	Jan 9-Mar 19	10:55-11:25a.m.	\$70.00
71967	Tue	Jan 9-Mar 19	4:35-5:05p.m.	\$70.00
72035	Wed	Jan 10-Mar 20	10:30-11a.m.	\$70.00
72023	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
72161	Fri	Jan 12-Mar 22	5:30-6p.m.	\$70.00
72218	Sat	Jan 13-Mar 23	11:55a.m.-12:25p.m.	\$70.00
72239	Sat	Jan 13-Mar 23	1:30-2p.m.	\$70.00
72372	Sun	Jan 14-Mar 24	11:10-11:40a.m.	\$70.00
72455	Mon	Mar 25-Jun 3	10:45-11:15a.m.	\$63.00
72454	Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
72546	Wed	Mar 27-Jun 5	10:45-11:15a.m.	\$70.00
72545	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
72594	Thu	Mar 28-Jun 6	10:55-11:25a.m.	\$70.00
72593	Thu	Mar 28-Jun 6	4:35-5:05p.m.	\$70.00
72639	Fri	Apr 12-Jun 7	5:30-6p.m.	\$63.00
72684	Sat	Apr 13-Jun 8	11:10-11:40a.m.	\$63.00
72707	Sat	Apr 13-Jun 8	1:30-2p.m.	\$63.00
72816	Sun	Apr 14-Jun 2	11:55a.m.-12:25p.m.	\$56.00

### 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

71772	Sat	Jan 13-Mar 23	12:40-1:10p.m.	\$49.00
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71775 Sun	Jan 14-Mar 24	10:05-10:35a.m.	\$56.00
72974 Wed	Mar 27-Jun 5	5:35-6:05p.m.	\$70.00
72586 Sat	Apr 13-Jun 8	10:40-11:10a.m.	\$49.00
72588 Sun	Apr 14-Jun 9	9:40-10:10a.m.	\$49.00

### NWLC

71860 Mon	Jan 8-Mar 18	12:50-1:20p.m.	\$70.00
71852 Mon	Jan 8-Mar 18	4:05-4:35p.m.	\$70.00
71853 Tue	Jan 9-Mar 19	9-9:30a.m.	\$70.00
71854 Wed	Jan 10-Mar 20	11-11:30a.m.	\$70.00
71855 Wed	Jan 10-Mar 20	5:50-6:20p.m.	\$70.00
71856 Thu	Jan 11-Mar 21	5:10-5:40p.m.	\$70.00
71858 Sat	Jan 13-Mar 23	11:15-11:45a.m.	\$70.00
71857 Sat	Jan 13-Mar 23	12:05-12:35p.m.	\$70.00
71859 Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$70.00
72078 Mon	Mar 25-Jun 3	12:50-1:20p.m.	\$63.00
72125 Tue	Mar 26-Jun 4	9-9:30a.m.	\$70.00
72124 Tue	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
72141 Wed	Mar 27-Jun 5	11-11:30a.m.	\$70.00
72201 Thu	Mar 28-Jun 6	5:50-6:20p.m.	\$70.00
72215 Fri	Apr 12-Jun 7	5:10-5:40p.m.	\$63.00
72355 Sat	Apr 13-Jun 8	10:50-11:20a.m.	\$63.00
72285 Sun	Apr 14-Jun 2	11:15-11:45a.m.	\$56.00
72282 Sun	Apr 14-Jun 2	12:05-12:35p.m.	\$56.00

### SSLC

71931 Mon	Jan 8-Mar 18	11:20-11:50a.m.	\$70.00
71929 Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
71930 Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
71968 Tue	Jan 9-Mar 19	9:45-10:15a.m.	\$70.00
72036 Wed	Jan 10-Mar 20	11:05-11:35a.m.	\$70.00
72024 Wed	Jan 10-Mar 20	6-6:30p.m.	\$70.00
72058 Thu	Jan 11-Mar 21	11:45a.m.-12:15p.m.	\$70.00
72193 Fri	Jan 12-Mar 22	4:15-4:45p.m.	\$70.00
72219 Sat	Jan 13-Mar 23	9:10-9:40a.m.	\$70.00
72263 Sat	Jan 13-Mar 23	11:15-11:45a.m.	\$70.00
72243 Sat	Jan 13-Mar 23	2:10-2:40p.m.	\$70.00
72373 Sun	Jan 14-Mar 24	9:35-10:05a.m.	\$70.00
72388 Sun	Jan 14-Mar 24	12:10-12:40p.m.	\$70.00
72495 Mon	Mar 25-Jun 3	11:20-11:50a.m.	\$63.00
72456 Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
72494 Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
72516 Tue	Mar 26-Jun 4	11:45a.m.-12:15p.m.	\$70.00
72548 Wed	Mar 27-Jun 5	11:05-11:35a.m.	\$70.00
72547 Wed	Mar 27-Jun 5	6-6:30p.m.	\$70.00
72595 Thu	Mar 28-Jun 6	9:45-10:15a.m.	\$70.00
72641 Fri	Apr 12-Jun 7	4:15-4:45p.m.	\$63.00

72686 Sat	Apr 13-Jun 8	9:35-10:05a.m.	\$63.00
72687 Sat	Apr 13-Jun 8	12:10-12:40p.m.	\$63.00
72689 Sat	Apr 13-Jun 8	2:10-2:40p.m.	\$63.00
72822 Sun	Apr 14-Jun 2	9:10-9:40a.m.	\$56.00
72823 Sun	Apr 14-Jun 2	11:15-11:45a.m.	\$56.00

### **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**

71777 Mon	Jan 8-Mar 18	6:55-7:25p.m.	\$70.00
71778 Wed	Jan 10-Mar 20	6:45-7:15p.m.	\$70.00
71781 Sun	Jan 14-Mar 24	9:30-10a.m.	\$56.00
72590 Mon	Mar 25-Jun 3	6:45-7:15p.m.	\$63.00
72591 Sun	Apr 14-Jun 9	10:10-10:40a.m.	\$49.00

#### **NWLC**

71863 Tue	Jan 9-Mar 19	5:10-5:40p.m.	\$70.00
71864 Wed	Jan 10-Mar 20	5:55-6:25p.m.	\$70.00
71865 Thu	Jan 11-Mar 21	4:35-5:05p.m.	\$70.00
71866 Fri	Jan 12-Mar 22	5:45-6:15p.m.	\$70.00
71867 Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$70.00
71868 Sat	Jan 13-Mar 23	11:50a.m.-12:20p.m.	\$70.00
71870 Sun	Jan 14-Mar 24	11:55a.m.-12:25p.m.	\$70.00
71869 Sun	Jan 14-Mar 24	12:35-1:05p.m.	\$70.00
72107 Mon	Mar 25-Jun 3	5:45-6:15p.m.	\$63.00
72149 Wed	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
72199 Thu	Mar 28-Jun 6	5:55-6:25p.m.	\$70.00
72246 Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00
72349 Sat	Apr 13-Jun 8	11:55a.m.-12:25p.m.	\$63.00
72348 Sat	Apr 13-Jun 8	12:35-1:05p.m.	\$63.00
72315 Sun	Apr 14-Jun 2	9:35-10:05a.m.	\$56.00
72317 Sun	Apr 14-Jun 2	11:50a.m.-12:20p.m.	\$56.00

#### **SSLC**

72156 Thu	Jan 11-Mar 21	11:10-11:40a.m.	\$70.00
72155 Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
72220 Sat	Jan 13-Mar 23	10:20-10:50a.m.	\$70.00
72247 Sat	Jan 13-Mar 23	1:35-2:05p.m.	\$70.00
72389 Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$70.00
72374 Sun	Jan 14-Mar 24	12:45-1:15p.m.	\$70.00
72543 Tue	Mar 26-Jun 4	11:10-11:40a.m.	\$70.00
72542 Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00



72694 Sat	Apr 13-Jun 8	10:15-10:45a.m.	\$63.00
72692 Sat	Apr 13-Jun 8	12:45-1:15p.m.	\$63.00
72695 Sat	Apr 13-Jun 8	1:35-2:05p.m.	\$63.00
72824 Sun	Apr 14-Jun 2	10:20-10:50a.m.	\$56.00

**<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.

#### **LAC**

71800 Mon	Jan 8-Mar 18	5:30-6p.m.	\$70.00
71801 Tue	Jan 9-Mar 19	6:50-7:20p.m.	\$70.00
71803 Wed	Jan 10-Mar 20	5:35-6:05p.m.	\$70.00
71815 Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$49.00
71828 Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$56.00
72483 Tue	Mar 26-Jun 4	6:50-7:20p.m.	\$70.00
72484 Wed	Mar 27-Jun 5	6:05-6:35p.m.	\$70.00
72485 Sat	Apr 13-Jun 8	9:30-10a.m.	\$49.00
72486 Sat	Apr 13-Jun 8	10:55-11:25a.m.	\$49.00
72577 Sun	Apr 14-Jun 9	12:20-12:50p.m.	\$49.00

#### **NWLC**

71906 Mon	Jan 8-Mar 18	1:30-2p.m.	\$70.00
71905 Mon	Jan 8-Mar 18	2:15-2:45p.m.	\$70.00
71662 Mon	Jan 8-Mar 18	5:50-6:20p.m.	\$70.00
71656 Tue	Jan 9-Mar 19	9:35-10:05a.m.	\$70.00
71655 Tue	Jan 9-Mar 19	10:25-10:55a.m.	\$70.00
71657 Tue	Jan 9-Mar 19	4:40-5:10p.m.	\$70.00
71658 Wed	Jan 10-Mar 20	9:35-10:05a.m.	\$70.00
71660 Wed	Jan 10-Mar 20	4:05-4:35p.m.	\$70.00
71659 Wed	Jan 10-Mar 20	5:10-5:40p.m.	\$70.00
71661 Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
71663 Thu	Jan 11-Mar 21	5:15-5:45p.m.	\$70.00
71664 Thu	Jan 11-Mar 21	5:55-6:25p.m.	\$70.00
71666 Fri	Jan 12-Mar 22	4:05-4:35p.m.	\$70.00
71665 Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
71667 Sat	Jan 13-Mar 23	9:50-10:20a.m.	\$70.00
71668 Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$70.00
71670 Sun	Jan 14-Mar 24	9:40-10:10a.m.	\$70.00
71669 Sun	Jan 14-Mar 24	10:10-10:40a.m.	\$70.00
72022 Mon	Mar 25-Jun 3	1:30-2p.m.	\$63.00
72021 Mon	Mar 25-Jun 3	2:15-2:45p.m.	\$63.00

72109 Mon	Mar 25-Jun 3	4:05-4:35p.m.	\$63.00
72108 Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
72131 Tue	Mar 26-Jun 4	9:35-10:05a.m.	\$70.00
72130 Tue	Mar 26-Jun 4	10:25-10:55a.m.	\$70.00
72129 Tue	Mar 26-Jun 4	5:50-6:20p.m.	\$70.00
72138 Wed	Mar 27-Jun 5	9:35-10:05a.m.	\$70.00
72139 Wed	Mar 27-Jun 5	4:40-5:10p.m.	\$70.00
72194 Thu	Mar 28-Jun 6	4:05-4:35p.m.	\$70.00
72192 Thu	Mar 28-Jun 6	5:10-5:40p.m.	\$70.00
72206 Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
72207 Fri	Apr 12-Jun 7	5:15-5:45p.m.	\$63.00
72209 Fri	Apr 12-Jun 7	5:55-6:25p.m.	\$63.00
72343 Sat	Apr 13-Jun 8	9:40-10:10a.m.	\$63.00
72342 Sat	Apr 13-Jun 8	10:10-10:40a.m.	\$63.00
72290 Sun	Apr 14-Jun 2	9:50-10:20a.m.	\$56.00
72294 Sun	Apr 14-Jun 2	10:45-11:15a.m.	\$56.00

### SSLC

71939 Mon	Jan 8-Mar 18	10:45-11:15a.m.	\$70.00
71938 Mon	Jan 8-Mar 18	11:20-11:50a.m.	\$70.00
71935 Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
71936 Mon	Jan 8-Mar 18	4:30-5p.m.	\$70.00
71934 Mon	Jan 8-Mar 18	5:55-6:25p.m.	\$70.00
71937 Mon	Jan 8-Mar 18	6:50-7:20p.m.	\$70.00
71969 Tue	Jan 9-Mar 19	10:20-10:50a.m.	\$70.00
71979 Tue	Jan 9-Mar 19	10:55-11:25a.m.	\$70.00
72038 Wed	Jan 10-Mar 20	10:30-11a.m.	\$70.00
72037 Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
72025 Wed	Jan 10-Mar 20	4:35-5:05p.m.	\$70.00
72070 Thu	Jan 11-Mar 21	4:30-5p.m.	\$70.00
72059 Thu	Jan 11-Mar 21	5:20-5:50p.m.	\$70.00
72067 Thu	Jan 11-Mar 21	6-6:30p.m.	\$70.00
72162 Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
72171 Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
72251 Sat	Jan 13-Mar 23	9:10-9:40a.m.	\$70.00
72250 Sat	Jan 13-Mar 23	9:50-10:20a.m.	\$70.00
72221 Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$70.00
72253 Sat	Jan 13-Mar 23	2:05-2:35p.m.	\$70.00
72255 Sat	Jan 13-Mar 23	2:45-3:15p.m.	\$70.00
72390 Sun	Jan 14-Mar 24	9:05-9:35a.m.	\$70.00
72375 Sun	Jan 14-Mar 24	9:35-10:05a.m.	\$70.00
72391 Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$70.00
72392 Sun	Jan 14-Mar 24	1-1:30p.m.	\$70.00
72393 Sun	Jan 14-Mar 24	6:10-6:40p.m.	\$70.00
72500 Mon	Mar 25-Jun 3	10:45-11:15a.m.	\$63.00
72499 Mon	Mar 25-Jun 3	11:20-11:50a.m.	\$63.00
72496 Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00

72497	Mon	Mar 25-Jun 3	4:30-5p.m.	\$63.00
72457	Mon	Mar 25-Jun 3	5:55-6:25p.m.	\$63.00
72498	Mon	Mar 25-Jun 3	6:50-7:20p.m.	\$63.00
72519	Tue	Mar 26-Jun 4	4:30-5p.m.	\$70.00
72517	Tue	Mar 26-Jun 4	5:20-5:50p.m.	\$70.00
72518	Tue	Mar 26-Jun 4	6-6:30p.m.	\$70.00
72551	Wed	Mar 27-Jun 5	10:30-11a.m.	\$70.00
72550	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
72549	Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
72596	Thu	Mar 28-Jun 6	10:20-10:50a.m.	\$70.00
72597	Thu	Mar 28-Jun 6	10:55-11:25a.m.	\$70.00
72642	Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
72643	Fri	Apr 12-Jun 7	6-6:30p.m.	\$63.00
72699	Sat	Apr 13-Jun 8	9:05-9:35a.m.	\$63.00
72697	Sat	Apr 13-Jun 8	9:35-10:05a.m.	\$63.00
72700	Sat	Apr 13-Jun 8	10:50-11:20a.m.	\$63.00
72701	Sat	Apr 13-Jun 8	1-1:30p.m.	\$63.00
72703	Sat	Apr 13-Jun 8	2:05-2:35p.m.	\$63.00
72705	Sat	Apr 13-Jun 8	2:45-3:15p.m.	\$63.00
72827	Sun	Apr 14-Jun 2	9:10-9:40a.m.	\$56.00
72826	Sun	Apr 14-Jun 2	9:50-10:20a.m.	\$56.00
72825	Sun	Apr 14-Jun 2	10:45-11:15a.m.	\$56.00
72893	Sun	Apr 14-Jun 9	6:10-6:40p.m.	\$63.00

## **Preschool 2            3–5 years**

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

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

### **LAC**

71843	Tue	Jan 9-Mar 19	5:35-6:05p.m.	\$70.00
71848	Wed	Jan 10-Mar 20	6:05-6:35p.m.	\$70.00
71850	Thu	Jan 11-Mar 21	5:35-6:05p.m.	\$70.00
71872	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$49.00
71873	Sun	Jan 14-Mar 24	10:40-11:10a.m.	\$56.00
72592	Mon	Mar 25-Jun 3	6:10-6:40p.m.	\$63.00
72604	Tue	Mar 26-Jun 4	5:35-6:05p.m.	\$70.00
72606	Sat	Apr 13-Jun 8	10:05-10:35a.m.	\$49.00
72608	Sun	Apr 14-Jun 9	11:15-11:45a.m.	\$49.00

### **NWLC**

71690	Mon	Jan 8-Mar 18	2:50-3:20p.m.	\$70.00
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71676 Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
71677 Tue	Jan 9-Mar 19	11-11:30a.m.	\$70.00
71678 Tue	Jan 9-Mar 19	4:35-5:05p.m.	\$70.00
71679 Tue	Jan 9-Mar 19	5:15-5:45p.m.	\$70.00
71680 Tue	Jan 9-Mar 19	5:45-6:15p.m.	\$70.00
71681 Wed	Jan 10-Mar 20	9-9:30a.m.	\$70.00
71683 Wed	Jan 10-Mar 20	4:40-5:10p.m.	\$70.00
71682 Wed	Jan 10-Mar 20	4:45-5:15p.m.	\$70.00
71684 Thu	Jan 11-Mar 21	5:50-6:20p.m.	\$70.00
71686 Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
71685 Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
71687 Sat	Jan 13-Mar 23	11:30-12p.m.	\$70.00
71688 Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
71689 Sun	Jan 14-Mar 24	11:20-11:50a.m.	\$70.00
72076 Mon	Mar 25-Jun 3	2:50-3:20p.m.	\$63.00
72111 Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
72110 Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
72120 Tue	Mar 26-Jun 4	11-11:30a.m.	\$70.00
72119 Tue	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
72134 Wed	Mar 27-Jun 5	9-9:30a.m.	\$70.00
72135 Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
72136 Wed	Mar 27-Jun 5	5:15-5:45p.m.	\$70.00
72137 Wed	Mar 27-Jun 5	5:45-6:15p.m.	\$70.00
72198 Thu	Mar 28-Jun 6	4:40-5:10p.m.	\$70.00
72197 Thu	Mar 28-Jun 6	4:45-5:15p.m.	\$70.00
72238 Fri	Apr 12-Jun 7	5:50-6:20p.m.	\$63.00
72359 Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
72361 Sat	Apr 13-Jun 8	11:20-11:50a.m.	\$63.00
72276 Sun	Apr 14-Jun 2	11:30a.m.-12p.m.	\$56.00

### SSLC

71944 Mon	Jan 8-Mar 18	11:55a.m.-12:25p.m.	\$70.00
71941 Mon	Jan 8-Mar 18	4:45-5:15p.m.	\$70.00
71940 Mon	Jan 8-Mar 18	5:25-5:55p.m.	\$70.00
71943 Mon	Jan 8-Mar 18	6:50-7:20p.m.	\$70.00
71942 Mon	Jan 8-Mar 18	7:25-7:55p.m.	\$70.00
71986 Tue	Jan 9-Mar 19	9:45-10:15a.m.	\$70.00
71987 Tue	Jan 9-Mar 19	10:20-10:50a.m.	\$70.00
71970 Tue	Jan 9-Mar 19	4-4:30p.m.	\$70.00
71985 Tue	Jan 9-Mar 19	4:45-5:15p.m.	\$70.00
71984 Tue	Jan 9-Mar 19	5:25-5:55p.m.	\$70.00
72040 Wed	Jan 10-Mar 20	11:05-11:35a.m.	\$70.00
72026 Wed	Jan 10-Mar 20	5:10-5:40p.m.	\$70.00
72039 Wed	Jan 10-Mar 20	6-6:30p.m.	\$70.00
72069 Thu	Jan 11-Mar 21	11:10-11:40a.m.	\$70.00
72060 Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
72068 Thu	Jan 11-Mar 21	6-6:30p.m.	\$70.00

72172 Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
72163 Fri	Jan 12-Mar 22	4:45-5:15p.m.	\$70.00
72222 Sat	Jan 13-Mar 23	9:45-10:15a.m.	\$70.00
72260 Sat	Jan 13-Mar 23	11:25-11:55a.m.	\$70.00
72259 Sat	Jan 13-Mar 23	12:25-12:55p.m.	\$70.00
72261 Sat	Jan 13-Mar 23	12:55-1:25p.m.	\$70.00
72262 Sat	Jan 13-Mar 23	2:40-3:10p.m.	\$70.00
72376 Sun	Jan 14-Mar 24	10:10-10:40a.m.	\$70.00
72394 Sun	Jan 14-Mar 24	11:45a.m.-12:15p.m.	\$70.00
72396 Sun	Jan 14-Mar 24	5:35-6:05p.m.	\$70.00
72395 Sun	Jan 14-Mar 24	6:10-6:40p.m.	\$70.00
72504 Mon	Mar 25-Jun 3	11:55a.m.-12:25p.m.	\$63.00
72501 Mon	Mar 25-Jun 3	4:45-5:15p.m.	\$63.00
72458 Mon	Mar 25-Jun 3	5:25-5:55p.m.	\$63.00
72503 Mon	Mar 25-Jun 3	6:50-7:20p.m.	\$63.00
72502 Mon	Mar 25-Jun 3	7:25-7:55p.m.	\$63.00
72522 Tue	Mar 26-Jun 4	11:10-11:40a.m.	\$70.00
72520 Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00
72521 Tue	Mar 26-Jun 4	6-6:30p.m.	\$70.00
72554 Wed	Mar 27-Jun 5	11:05-11:35a.m.	\$70.00
72552 Wed	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
72553 Wed	Mar 27-Jun 5	6-6:30p.m.	\$70.00
72601 Thu	Mar 28-Jun 6	9:45-10:15a.m.	\$70.00
72602 Thu	Mar 28-Jun 6	10:20-10:50a.m.	\$70.00
72598 Thu	Mar 28-Jun 6	4-4:30p.m.	\$70.00
72600 Thu	Mar 28-Jun 6	4:45-5:15p.m.	\$70.00
72599 Thu	Mar 28-Jun 6	5:25-5:55p.m.	\$70.00
72645 Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00
72644 Fri	Apr 12-Jun 7	4:45-5:15p.m.	\$63.00
72709 Sat	Apr 13-Jun 8	10:10-10:40a.m.	\$63.00
72710 Sat	Apr 13-Jun 8	11:45a.m.-12:15p.m.	\$63.00
72711 Sat	Apr 13-Jun 8	2:40-3:10p.m.	\$63.00
72829 Sun	Apr 14-Jun 2	9:45-10:15a.m.	\$56.00
72833 Sun	Apr 14-Jun 2	11:25-11:55a.m.	\$56.00
72831 Sun	Apr 14-Jun 2	12:25-12:55p.m.	\$56.00
72835 Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00
72891 Sun	Apr 14-Jun 9	5:35-6:05p.m.	\$63.00
72890 Sun	Apr 14-Jun 9	6:10-6:40p.m.	\$63.00

### Preschool 3

### 3-5 years

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

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

### LAC

71880	Wed	Jan 10-Mar 20	5:35-6:05p.m.	\$70.00
71881	Thu	Jan 11-Mar 21	6:50-7:20p.m.	\$70.00
71882	Sat	Jan 13-Mar 23	12:05-12:35p.m.	\$49.00
72619	Thu	Mar 28-Jun 6	6:50-7:20p.m.	\$70.00
72622	Sat	Apr 13-Jun 8	12:55-1:25p.m.	\$49.00
72623	Sun	Apr 14-Jun 9	10:15-10:45a.m.	\$49.00
72624	Sun	Apr 14-Jun 9	11:20-11:50a.m.	\$49.00

### NWLC

71696	Mon	Jan 8-Mar 18	5:05-5:35p.m.	\$70.00
71697	Tue	Jan 9-Mar 19	4:05-4:35p.m.	\$70.00
71698	Wed	Jan 10-Mar 20	4:10-4:40p.m.	\$70.00
71704	Thu	Jan 11-Mar 21	9-9:30a.m.	\$70.00
71699	Thu	Jan 11-Mar 21	4:40-5:10p.m.	\$70.00
71700	Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
71701	Sat	Jan 13-Mar 23	10:25-10:55a.m.	\$70.00
71702	Sat	Jan 13-Mar 23	12:55-1:25p.m.	\$70.00
71703	Sun	Jan 14-Mar 24	9:05-9:35a.m.	\$70.00
72112	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
72133	Tue	Mar 26-Jun 4	5:05-5:35p.m.	\$70.00
72147	Wed	Mar 27-Jun 5	4:05-4:35p.m.	\$70.00
72184	Thu	Mar 28-Jun 6	9-9:30a.m.	\$70.00
72185	Thu	Mar 28-Jun 6	4:10-4:40p.m.	\$70.00
72236	Fri	Apr 12-Jun 7	4:40-5:10p.m.	\$63.00
72351	Sat	Apr 13-Jun 8	9:05-9:35a.m.	\$63.00
72298	Sun	Apr 14-Jun 2	10:25-10:55a.m.	\$56.00
72300	Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00

### SSLC

71948	Mon	Jan 8-Mar 18	11:55a.m.-12:25p.m.	\$70.00
71945	Mon	Jan 8-Mar 18	4:15-4:45p.m.	\$70.00
71946	Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
71947	Mon	Jan 8-Mar 18	7:25-7:55p.m.	\$70.00
71971	Tue	Jan 9-Mar 19	4:50-5:20p.m.	\$70.00
71988	Tue	Jan 9-Mar 19	5:25-5:55p.m.	\$70.00
72027	Wed	Jan 10-Mar 20	5:25-5:55p.m.	\$70.00
72072	Thu	Jan 11-Mar 21	11:45a.m.-12:15p.m.	\$70.00
72061	Thu	Jan 11-Mar 21	4:45-5:15p.m.	\$70.00
72071	Thu	Jan 11-Mar 21	5:25-5:55p.m.	\$70.00
72164	Fri	Jan 12-Mar 22	4:05-4:35p.m.	\$70.00
72173	Fri	Jan 12-Mar 22	5:25-5:55p.m.	\$70.00
72223	Sat	Jan 13-Mar 23	1:35-2:05p.m.	\$70.00

72377 Sun	Jan 14-Mar 24	9:10-9:40a.m.	\$70.00
72397 Sun	Jan 14-Mar 24	12:55-1:25p.m.	\$70.00
72398 Sun	Jan 14-Mar 24	6:15-6:45p.m.	\$70.00
72507 Mon	Mar 25-Jun 3	11:55a.m.-12:25p.m.	\$63.00
72459 Mon	Mar 25-Jun 3	4:15-4:45p.m.	\$63.00
72505 Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
72506 Mon	Mar 25-Jun 3	7:25-7:55p.m.	\$63.00
72525 Tue	Mar 26-Jun 4	11:45a.m.-12:15p.m.	\$70.00
72523 Tue	Mar 26-Jun 4	4:45-5:15p.m.	\$70.00
72524 Tue	Mar 26-Jun 4	5:25-5:55p.m.	\$70.00
72555 Wed	Mar 27-Jun 5	5:25-5:55p.m.	\$70.00
72603 Thu	Mar 28-Jun 6	4:50-5:20p.m.	\$70.00
72605 Thu	Mar 28-Jun 6	5:25-5:55p.m.	\$70.00
72646 Fri	Apr 12-Jun 7	4:05-4:35p.m.	\$63.00
72648 Fri	Apr 12-Jun 7	5:25-5:55p.m.	\$63.00
72712 Sat	Apr 13-Jun 8	9:10-9:40a.m.	\$63.00
72713 Sat	Apr 13-Jun 8	12:55-1:25p.m.	\$63.00
72714 Sat	Apr 13-Jun 8	1:35-2:05p.m.	\$63.00
72896 Sun	Apr 14-Jun 9	6:15-6:45p.m.	\$63.00

#### **Preschool 4            3–5 years**

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

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

#### **LAC**

71883 Mon	Jan 8-Mar 18	6:10-6:40p.m.	\$70.00
71884 Thu	Jan 11-Mar 21	5:35-6:05p.m.	\$70.00
71885 Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$49.00
71886 Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$56.00
72630 Thu	Mar 28-Jun 6	5:35-6:05p.m.	\$70.00
72640 Sat	Apr 13-Jun 8	12-12:30p.m.	\$49.00
72673 Sun	Apr 14-Jun 9	9:30-10a.m.	\$49.00
72674 Sun	Apr 14-Jun 9	10:05-10:35a.m.	\$49.00

#### **NWLC**

71708 Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
71709 Thu	Jan 11-Mar 21	4-4:30p.m.	\$70.00
71710 Sat	Jan 13-Mar 23	10:55-11:25a.m.	\$70.00
72132 Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00
72241 Fri	Apr 12-Jun 7	4-4:30p.m.	\$63.00

72274 Sun Apr 14-Jun 2 10:55-11:25a.m. \$56.00

**SSLC**

72378 Sun Jan 14-Mar 24 9:40-10:10a.m. \$70.00  
 72715 Sat Apr 13-Jun 8 9:40-10:10a.m. \$63.00

**Preschool 5 3–5 years**

**Pre-requisite:** Your child must be able to jump into deep water, perform sideways entries, treading water, open eyes under water, as well as front floats; roll to back swim 5 metres, glide on side 3 metres, and front crawl wearing a PFD.

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

**LAC**

71887 Mon Jan 8-Mar 18 5:30-6p.m. \$70.00  
 71888 Tue Jan 9-Mar 19 6:05-6:35p.m. \$70.00  
 71889 Sat Jan 13-Mar 23 9:35-10:05a.m. \$49.00  
 72675 Mon Mar 25-Jun 3 5:35-6:05p.m. \$63.00  
 72677 Tue Mar 26-Jun 4 6:05-6:35p.m. \$70.00  
 72679 Sat Apr 13-Jun 8 11:25-11:55a.m. \$49.00  
 72681 Sun Apr 14-Jun 9 11:15-11:45a.m. \$49.00

**NWLC**

71712 Sat Jan 13-Mar 23 10:15-10:45a.m. \$70.00  
 72326 Sun Apr 14-Jun 2 10:15-10:45a.m. \$56.00

**SSLC**

72224 Sat Jan 13-Mar 23 9:35-10:05a.m. \$70.00  
 72837 Sun Apr 14-Jun 2 9:35-10:05a.m. \$56.00

**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**

71980 Mon Jan 8-Mar 18 5:35-6:05p.m. \$70.00  
 71981 Mon Jan 8-Mar 18 7-7:30p.m. \$70.00  
 73174 Tue Jan 9-Mar 19 2-2:30p.m. \$70.00  
 71982 Tue Jan 9-Mar 19 5:30-6p.m. \$70.00  
 71983 Tue Jan 9-Mar 19 6:40-7:10p.m. \$70.00  
 71989 Wed Jan 10-Mar 20 5:30-6p.m. \$70.00  
 71990 Wed Jan 10-Mar 20 6:10-6:40p.m. \$70.00



71994	Thu	Jan 11-Mar 21	6:55-7:25p.m.	\$70.00
71995	Sat	Jan 13-Mar 23	10:50-11:20a.m.	\$49.00
71996	Sat	Jan 13-Mar 23	12-12:30p.m.	\$49.00
71998	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$56.00
71999	Sun	Jan 14-Mar 24	11:15-11:45a.m.	\$56.00
72683	Mon	Mar 25-Jun 3	5:35-6:05p.m.	\$63.00
72685	Mon	Mar 25-Jun 3	6:05-6:35p.m.	\$63.00
72688	Tue	Mar 26-Jun 4	5:30-6p.m.	\$70.00
72690	Tue	Mar 26-Jun 4	6:40-7:10p.m.	\$70.00
73185	Wed	Mar 27-Jun 5	2-2:30p.m.	\$70.00
72691	Wed	Mar 27-Jun 5	5:30-6p.m.	\$70.00
72693	Wed	Mar 27-Jun 5	6:10-6:40p.m.	\$70.00
72696	Thu	Mar 28-Jun 6	5:35-6:05p.m.	\$70.00
72698	Sat	Apr 13-Jun 8	9:30-10a.m.	\$49.00
72702	Sat	Apr 13-Jun 8	11:15-11:45a.m.	\$49.00
72704	Sat	Apr 13-Jun 8	12:10-12:40p.m.	\$49.00
72706	Sun	Apr 14-Jun 9	10:40-11:10a.m.	\$49.00
72708	Sun	Apr 14-Jun 9	10:50-11:20a.m.	\$49.00

#### NWLC

71715	Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
71713	Mon	Jan 8-Mar 18	4:40-5:10p.m.	\$70.00
71714	Mon	Jan 8-Mar 18	5:15-5:45p.m.	\$70.00
71735	Tue	Jan 9-Mar 19	5:05-5:35p.m.	\$70.00
71716	Tue	Jan 9-Mar 19	5:45-6:15p.m.	\$70.00
71717	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
71736	Wed	Jan 10-Mar 20	5:15-5:45p.m.	\$70.00
71718	Wed	Jan 10-Mar 20	5:50-6:20p.m.	\$70.00
71719	Thu	Jan 11-Mar 21	4:35-5:05p.m.	\$70.00
71720	Thu	Jan 11-Mar 21	5:45-6:15p.m.	\$70.00
71721	Fri	Jan 12-Mar 22	4-4:30p.m.	\$70.00
71723	Fri	Jan 12-Mar 22	4:40-5:10p.m.	\$70.00
71722	Fri	Jan 12-Mar 22	5:45-6:15p.m.	\$70.00
71724	Sat	Jan 13-Mar 23	9:35-10:05a.m.	\$70.00
71726	Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$70.00
71727	Sat	Jan 13-Mar 23	11:45a.m.-12:15p.m.	\$70.00
71728	Sat	Jan 13-Mar 23	12:25-12:55p.m.	\$70.00
71725	Sat	Jan 13-Mar 23	12:35-1:05p.m.	\$70.00
71729	Sat	Jan 13-Mar 23	1-1:30p.m.	\$70.00
71730	Sun	Jan 14-Mar 24	9:35-10:05a.m.	\$70.00
71732	Sun	Jan 14-Mar 24	9:40-10:10a.m.	\$70.00
71731	Sun	Jan 14-Mar 24	10:45-11:15a.m.	\$70.00
71733	Sun	Jan 14-Mar 24	10:55-11:25a.m.	\$70.00
71734	Sun	Jan 14-Mar 24	12:30-1p.m.	\$70.00
72084	Mon	Mar 25-Jun 3	4-4:30p.m.	\$63.00
72090	Mon	Mar 25-Jun 3	4:40-5:10p.m.	\$63.00
72087	Mon	Mar 25-Jun 3	5:45-6:15p.m.	\$63.00

72128 Tue	Mar 26-Jun 4	4:35-5:05p.m.	\$70.00
72126 Tue	Mar 26-Jun 4	4:40-5:10p.m.	\$70.00
72127 Tue	Mar 26-Jun 4	5:15-5:45p.m.	\$70.00
72146 Wed	Mar 27-Jun 5	5:05-5:35p.m.	\$70.00
72145 Wed	Mar 27-Jun 5	5:45-6:15p.m.	\$70.00
72186 Thu	Mar 28-Jun 6	4-4:30p.m.	\$70.00
72189 Thu	Mar 28-Jun 6	5:15-5:45p.m.	\$70.00
72187 Thu	Mar 28-Jun 6	5:50-6:20p.m.	\$70.00
72210 Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00
72212 Fri	Apr 12-Jun 7	5:45-6:15p.m.	\$63.00
72336 Sat	Apr 13-Jun 8	9:35-10:05a.m.	\$63.00
72338 Sat	Apr 13-Jun 8	9:40-10:10a.m.	\$63.00
72337 Sat	Apr 13-Jun 8	10:45-11:15a.m.	\$63.00
72340 Sat	Apr 13-Jun 8	10:55-11:25a.m.	\$63.00
72341 Sat	Apr 13-Jun 8	12:30-1p.m.	\$63.00
72264 Sun	Apr 14-Jun 2	9:35-10:05a.m.	\$56.00
72267 Sun	Apr 14-Jun 2	10:10-10:40a.m.	\$56.00
72268 Sun	Apr 14-Jun 2	11:45a.m.-12:15p.m.	\$56.00
72270 Sun	Apr 14-Jun 2	12:25-12:55p.m.	\$56.00
72265 Sun	Apr 14-Jun 2	12:35-1:05p.m.	\$56.00
72271 Sun	Apr 14-Jun 2	1-1:30p.m.	\$56.00

### SSLC

71949 Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
71951 Mon	Jan 8-Mar 18	5:25-5:55p.m.	\$70.00
71952 Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
71993 Tue	Jan 9-Mar 19	4:15-4:45p.m.	\$70.00
71991 Tue	Jan 9-Mar 19	5:25-5:55p.m.	\$70.00
71972 Tue	Jan 9-Mar 19	5:45-6:15p.m.	\$70.00
71992 Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
72041 Wed	Jan 10-Mar 20	4:15-4:45p.m.	\$70.00
72042 Wed	Jan 10-Mar 20	4:50-5:20p.m.	\$70.00
72028 Wed	Jan 10-Mar 20	5:40-6:10p.m.	\$70.00
72073 Thu	Jan 11-Mar 21	4:05-4:35p.m.	\$70.00
72074 Thu	Jan 11-Mar 21	4:15-4:45p.m.	\$70.00
72062 Thu	Jan 11-Mar 21	4:40-5:10p.m.	\$70.00
72075 Thu	Jan 11-Mar 21	4:50-5:20p.m.	\$70.00
72174 Fri	Jan 12-Mar 22	4:15-4:45p.m.	\$70.00
72176 Fri	Jan 12-Mar 22	4:50-5:20p.m.	\$70.00
72175 Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
72165 Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
72279 Sat	Jan 13-Mar 23	9:45-10:15a.m.	\$70.00
72278 Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$70.00
72280 Sat	Jan 13-Mar 23	10:45-11:15a.m.	\$70.00
72297 Sat	Jan 13-Mar 23	11:50a.m.-12:20p.m.	\$70.00
72225 Sat	Jan 13-Mar 23	12:10-12:40p.m.	\$70.00
72283 Sat	Jan 13-Mar 23	1-1:30p.m.	\$70.00

72286 Sat	Jan 13-Mar 23	1:30-2p.m.	\$70.00
72292 Sat	Jan 13-Mar 23	2:05-2:35p.m.	\$70.00
72291 Sat	Jan 13-Mar 23	2:10-2:40p.m.	\$70.00
72288 Sat	Jan 13-Mar 23	2:40-3:10p.m.	\$70.00
72295 Sat	Jan 13-Mar 23	2:45-3:15p.m.	\$70.00
72379 Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
72400 Sun	Jan 14-Mar 24	10:10-10:40a.m.	\$70.00
72403 Sun	Jan 14-Mar 24	10:30-11a.m.	\$70.00
72404 Sun	Jan 14-Mar 24	11:05-11:35a.m.	\$70.00
72399 Sun	Jan 14-Mar 24	11:45a.m.-12:15p.m.	\$70.00
72402 Sun	Jan 14-Mar 24	12:25-12:55p.m.	\$70.00
72401 Sun	Jan 14-Mar 24	12:50-1:20p.m.	\$70.00
72405 Sun	Jan 14-Mar 24	5:35-6:05p.m.	\$70.00
72406 Sun	Jan 14-Mar 24	6:50-7:20p.m.	\$70.00
72461 Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
72508 Mon	Mar 25-Jun 3	5:25-5:55p.m.	\$63.00
72509 Mon	Mar 25-Jun 3	6-6:30p.m.	\$63.00
72527 Tue	Mar 26-Jun 4	4:05-4:35p.m.	\$70.00
72528 Tue	Mar 26-Jun 4	4:15-4:45p.m.	\$70.00
72526 Tue	Mar 26-Jun 4	4:40-5:10p.m.	\$70.00
72529 Tue	Mar 26-Jun 4	4:50-5:20p.m.	\$70.00
72557 Wed	Mar 27-Jun 5	4:15-4:45p.m.	\$70.00
72558 Wed	Mar 27-Jun 5	4:50-5:20p.m.	\$70.00
72556 Wed	Mar 27-Jun 5	5:40-6:10p.m.	\$70.00
72611 Thu	Mar 28-Jun 6	4:15-4:45p.m.	\$70.00
72609 Thu	Mar 28-Jun 6	5:25-5:55p.m.	\$70.00
72607 Thu	Mar 28-Jun 6	5:45-6:15p.m.	\$70.00
72610 Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
72651 Fri	Apr 12-Jun 7	4:15-4:45p.m.	\$63.00
72653 Fri	Apr 12-Jun 7	4:50-5:20p.m.	\$63.00
72652 Fri	Apr 12-Jun 7	5:10-5:40p.m.	\$63.00
72649 Fri	Apr 12-Jun 7	6-6:30p.m.	\$63.00
72717 Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
72720 Sat	Apr 13-Jun 8	10:10-10:40a.m.	\$63.00
72725 Sat	Apr 13-Jun 8	10:30-11a.m.	\$63.00
72726 Sat	Apr 13-Jun 8	11:05-11:35a.m.	\$63.00
72719 Sat	Apr 13-Jun 8	11:45a.m.-12:15p.m.	\$63.00
72722 Sat	Apr 13-Jun 8	12:25-12:55p.m.	\$63.00
72721 Sat	Apr 13-Jun 8	12:50-1:20p.m.	\$63.00
72727 Sat	Apr 13-Jun 8	1:30-2p.m.	\$63.00
72731 Sat	Apr 13-Jun 8	2:05-2:35p.m.	\$63.00
72729 Sat	Apr 13-Jun 8	2:10-2:40p.m.	\$63.00
72728 Sat	Apr 13-Jun 8	2:40-3:10p.m.	\$63.00
72732 Sat	Apr 13-Jun 8	2:45-3:15p.m.	\$63.00
72844 Sun	Apr 14-Jun 2	9:45-10:15a.m.	\$56.00
72841 Sun	Apr 14-Jun 2	10:10-10:40a.m.	\$56.00
72846 Sun	Apr 14-Jun 2	10:45-11:15a.m.	\$56.00

72842	Sun	Apr 14-Jun 2	11:50a.m.-12:20p.m.	\$56.00
72839	Sun	Apr 14-Jun 2	12:10-12:40p.m.	\$56.00
72847	Sun	Apr 14-Jun 2	1-1:30p.m.	\$56.00
72888	Sun	Apr 14-Jun 9	5:35-6:05p.m.	\$63.00
72889	Sun	Apr 14-Jun 9	6:50-7:20p.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**

72266	Mon	Jan 8-Mar 18	6:05-6:35p.m.	\$70.00
72269	Wed	Jan 10-Mar 20	5:35-6:05p.m.	\$70.00
72284	Wed	Jan 10-Mar 20	6:55-7:25p.m.	\$70.00
72273	Thu	Jan 11-Mar 21	7-7:30p.m.	\$70.00
72275	Sat	Jan 13-Mar 23	10:50-11:20a.m.	\$49.00
72289	Sun	Jan 14-Mar 17	9:30-10a.m.	\$49.00
72277	Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$56.00
72810	Thu	Mar 28-Jun 6	6:55-7:25p.m.	\$70.00
72811	Sat	Apr 13-Jun 8	10:05-10:35a.m.	\$49.00
72812	Sun	Apr 14-Jun 9	9:35-10:05a.m.	\$49.00

#### **NWLC**

71737	Sat	Jan 13-Mar 23	9:05-9:35a.m.	\$70.00
71738	Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$70.00
72352	Sat	Apr 13-Jun 8	10:15-10:45a.m.	\$63.00
72322	Sun	Apr 14-Jun 2	9:05-9:35a.m.	\$56.00

#### **SSLC**

71957	Mon	Jan 8-Mar 18	4:50-5:20p.m.	\$70.00
72010	Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
72385	Sun	Jan 14-Mar 24	9:55-10:25a.m.	\$70.00
72492	Mon	Mar 25-Jun 3	4:50-5:20p.m.	\$63.00
72626	Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
72752	Sat	Apr 13-Jun 8	9:55-10:25a.m.	\$63.00

### **Swimmer 2                                      5–12 years**

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

In this level swimmers will work on jumping into deep water, sideways entry wearing a PFD, treading water, and recovering an object from the bottom, as well as flutter kick on

front and back, whip kick in vertical position, front and back crawl, and interval fitness training.

### LAC

72002	Mon	Jan 8-Mar 18	6:20-6:50p.m.	\$70.00
72003	Tue	Jan 9-Mar 19	6:10-6:40p.m.	\$70.00
72004	Wed	Jan 10-Mar 20	6:40-7:10p.m.	\$70.00
72006	Thu	Jan 11-Mar 21	6:25-6:55p.m.	\$70.00
72007	Sat	Jan 13-Mar 23	9:30-10a.m.	\$49.00
72016	Sun	Jan 14-Mar 24	10:50-11:20a.m.	\$56.00
72020	Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$56.00
72716	Mon	Mar 25-Jun 3	6:45-7:15p.m.	\$63.00
72718	Tue	Mar 26-Jun 4	6:10-6:40p.m.	\$70.00
73186	Wed	Mar 27-Jun 5	2:35-3:05p.m.	\$70.00
72723	Wed	Mar 27-Jun 5	5:30-6p.m.	\$70.00
72724	Wed	Mar 27-Jun 5	6:05-6:35p.m.	\$70.00
72733	Thu	Mar 28-Jun 6	6:25-6:55p.m.	\$70.00
72736	Sat	Apr 13-Jun 8	9:30-10a.m.	\$49.00
72743	Sat	Apr 13-Jun 8	10:50-11:20a.m.	\$49.00
72745	Sat	Apr 13-Jun 8	12:20-12:50p.m.	\$49.00
72747	Sun	Apr 14-Jun 9	11:25-11:55a.m.	\$49.00

### NWLC

71646	Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00
71647	Mon	Jan 8-Mar 18	5:10-5:40p.m.	\$70.00
71648	Mon	Jan 8-Mar 18	5:45-6:15p.m.	\$70.00
71741	Tue	Jan 9-Mar 19	4-4:30p.m.	\$70.00
71742	Tue	Jan 9-Mar 19	4:35-5:05p.m.	\$70.00
71917	Tue	Jan 9-Mar 19	5:40-6:10p.m.	\$70.00
71743	Wed	Jan 10-Mar 20	4:35-5:05p.m.	\$70.00
71744	Thu	Jan 11-Mar 21	4:05-4:35p.m.	\$70.00
71745	Fri	Jan 12-Mar 22	5:10-5:40p.m.	\$70.00
71746	Sat	Jan 13-Mar 23	11-11:30a.m.	\$70.00
71747	Sat	Jan 13-Mar 23	12:20-12:50p.m.	\$70.00
71749	Sun	Jan 14-Mar 24	11:30a.m.-12p.m.	\$70.00
71748	Sun	Jan 14-Mar 24	12-12:30p.m.	\$70.00
72114	Mon	Mar 25-Jun 3	5:10-5:40p.m.	\$63.00
72116	Tue	Mar 26-Jun 4	4-4:30p.m.	\$70.00
72117	Tue	Mar 26-Jun 4	5:10-5:40p.m.	\$70.00
72118	Tue	Mar 26-Jun 4	5:45-6:15p.m.	\$70.00
72142	Wed	Mar 27-Jun 5	4-4:30p.m.	\$70.00
72143	Wed	Mar 27-Jun 5	4:35-5:05p.m.	\$70.00
72144	Wed	Mar 27-Jun 5	5:40-6:10p.m.	\$70.00
72191	Thu	Mar 28-Jun 6	4:35-5:05p.m.	\$70.00
72234	Fri	Apr 12-Jun 7	4:05-4:35p.m.	\$63.00
72358	Sat	Apr 13-Jun 8	11:30a.m.-12p.m.	\$63.00
72357	Sat	Apr 13-Jun 8	12-12:30p.m.	\$63.00

72304 Sun	Apr 14-Jun 2	11-11:30a.m.	\$56.00
72306 Sun	Apr 14-Jun 2	12:20-12:50p.m.	\$56.00

**SSLC**

71954 Mon	Jan 8-Mar 18	4:35-5:05p.m.	\$70.00
71956 Mon	Jan 8-Mar 18	5:05-5:35p.m.	\$70.00
71953 Mon	Jan 8-Mar 18	5:20-5:50p.m.	\$70.00
71955 Mon	Jan 8-Mar 18	5:25-5:55p.m.	\$70.00
71997 Tue	Jan 9-Mar 19	4:50-5:20p.m.	\$70.00
71973 Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
72043 Wed	Jan 10-Mar 20	4:50-5:20p.m.	\$70.00
72029 Wed	Jan 10-Mar 20	5:10-5:40p.m.	\$70.00
72063 Thu	Jan 11-Mar 21	5:25-5:55p.m.	\$70.00
72166 Fri	Jan 12-Mar 22	4:35-5:05p.m.	\$70.00
72178 Fri	Jan 12-Mar 22	4:50-5:20p.m.	\$70.00
72177 Fri	Jan 12-Mar 22	5:45-6:15p.m.	\$70.00
72226 Sat	Jan 13-Mar 23	9-9:30a.m.	\$70.00
72308 Sat	Jan 13-Mar 23	11:20-11:50a.m.	\$70.00
72301 Sat	Jan 13-Mar 23	11:45a.m.-12:15p.m.	\$70.00
72307 Sat	Jan 13-Mar 23	12:20-12:50p.m.	\$70.00
72303 Sat	Jan 13-Mar 23	12:45-1:15p.m.	\$70.00
72407 Sun	Jan 14-Mar 24	9:50-10:20a.m.	\$70.00
72380 Sun	Jan 14-Mar 24	12:10-12:40p.m.	\$70.00
72408 Sun	Jan 14-Mar 24	5:40-6:10p.m.	\$70.00
72409 Sun	Jan 14-Mar 24	6:45-7:15p.m.	\$70.00
72510 Mon	Mar 25-Jun 3	4:35-5:05p.m.	\$63.00
72512 Mon	Mar 25-Jun 3	5:05-5:35p.m.	\$63.00
72487 Mon	Mar 25-Jun 3	5:20-5:50p.m.	\$63.00
72511 Mon	Mar 25-Jun 3	5:25-5:55p.m.	\$63.00
72530 Tue	Mar 26-Jun 4	5:25-5:55p.m.	\$70.00
72566 Wed	Mar 27-Jun 5	4:50-5:20p.m.	\$70.00
72565 Wed	Mar 27-Jun 5	5:10-5:40p.m.	\$70.00
72613 Thu	Mar 28-Jun 6	4:50-5:20p.m.	\$70.00
72612 Thu	Mar 28-Jun 6	6-6:30p.m.	\$70.00
72660 Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00
72663 Fri	Apr 12-Jun 7	4:50-5:20p.m.	\$63.00
72661 Fri	Apr 12-Jun 7	5:45-6:15p.m.	\$63.00
72737 Sat	Apr 13-Jun 8	9:50-10:20a.m.	\$63.00
72735 Sat	Apr 13-Jun 8	12:10-12:40p.m.	\$63.00
72853 Sun	Apr 14-Jun 2	9-9:30a.m.	\$56.00
72861 Sun	Apr 14-Jun 2	11:20-11:50a.m.	\$56.00
72856 Sun	Apr 14-Jun 2	11:45a.m.-12:15p.m.	\$56.00
72860 Sun	Apr 14-Jun 2	12:20-12:50p.m.	\$56.00
72858 Sun	Apr 14-Jun 2	12:45-1:15p.m.	\$56.00
72894 Sun	Apr 14-Jun 9	5:40-6:10p.m.	\$63.00
72895 Sun	Apr 14-Jun 9	6:45-7:15p.m.	\$63.00

## Youth Swimmer 2            8–14 years

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

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

### LAC

72975 Mon	Jan 8-Mar 18	5:35-6:05p.m.	\$70.00
72976 Sat	Jan 13-Mar 23	10:15-10:45a.m.	\$49.00
72977 Sun	Jan 14-Mar 24	9:30-10a.m.	\$56.00
72813 Mon	Mar 25-Jun 36	5:55-7:25p.m.	\$63.00
72815 Thu	Mar 28-Jun 67	7-7:30p.m.	\$70.00
72817 Sat	Apr 13-Jun 8	11:30a.m.-12p.m.	\$49.00
72818 Sat	Apr 13-Jun 8	1:30-2p.m.	\$49.00

### NWLC

71750 Thu	Jan 11-Mar 21	5:10-5:40p.m.	\$70.00
71751 Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
72245 Fri	Apr 12-Jun 7	5:10-5:40p.m.	\$63.00
72335 Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00

### SSLC

72034 Wed	Jan 10-Mar 20	4:35-5:05p.m.	\$70.00
72158 Thu	Jan 11-Mar 21	5:55-6:25p.m.	\$70.00
72231 Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$70.00
72386 Sun	Jan 14-Mar 24	11:10-11:40a.m.	\$70.00
72544 Tue	Mar 26-Jun 45	5:55-6:25p.m.	\$70.00
72575 Wed	Mar 27-Jun 54	3:35-5:05p.m.	\$70.00
72754 Sat	Apr 13-Jun 8	11:10-11:40a.m.	\$63.00
72874 Sun	Apr 14-Jun 2	10:10-10:40a.m.	\$56.00

## Swimmer 3            5–12 years

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

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

**LAC**

72077 Mon	Jan 8-Mar 18	6:55-7:25p.m.	\$70.00	
73176	Tue Jan 9-Mar 19	3:10-3:40p.m.		\$70.00
72079 Tue	Jan 9-Mar 19	5:30-6p.m.	\$70.00	
72080 Tue	Jan 9-Mar 19	6:45-7:15p.m.	\$70.00	
72331 Wed	Jan 10-Mar 20	6:25-6:55p.m.	\$70.00	
72081 Wed	Jan 10-Mar 20	6:45-7:15p.m.	\$70.00	
72082 Thu	Jan 11-Mar 21	6:15-6:45p.m.	\$70.00	
72083 Sat	Jan 13-Mar 23	10:10-10:40a.m.	\$49.00	
72085 Sat	Jan 13-Mar 23	1:25-1:55p.m.		\$49.00
72086 Sun	Jan 14-Mar 24	10:05-10:35a.m.	\$56.00	
72751 Mon	Mar 25-Jun 36	6:25-6:55p.m.	\$63.00	
72756 Mon	Mar 25-Jun 36	6:40-7:10p.m.	\$63.00	
72759 Tue	Mar 26-Jun 45	5:30-6p.m.	\$70.00	
72760 Tue	Mar 26-Jun 46	6:45-7:15p.m.	\$70.00	
72762 Wed	Mar 27-Jun 55	5:30-6p.m.	\$70.00	
72765 Wed	Mar 27-Jun 55	6:35-6:05p.m.	\$70.00	
72768 Thu	Mar 28-Jun 66	6:15-6:45p.m.	\$70.00	
72771 Sat	Apr 13-Jun 8	10:20-10:50a.m.	\$49.00	
72774 Sat	Apr 13-Jun 8	12:55-1:25p.m.	\$49.00	
72777 Sun	Apr 14-Jun 9	12:25-12:55p.m.	\$49.00	

**NWLC**

71833 Mon	Jan 8-Mar 18	4:30-5p.m.	\$70.00	
71832 Mon	Jan 8-Mar 18	5:55-6:25p.m.	\$70.00	
71834 Wed	Jan 10-Mar 20	5:45-6:15p.m.	\$70.00	
71835 Thu	Jan 11-Mar 21	4:35-5:05p.m.	\$70.00	
71836 Fri	Jan 12-Mar 22	4:35-5:05p.m.	\$70.00	
71838 Sat	Jan 13-Mar 23	9:40-10:10a.m.	\$70.00	
71837 Sat	Jan 13-Mar 23	12-12:30p.m.	\$70.00	
71840 Sun	Jan 14-Mar 24	9:05-9:35a.m.	\$70.00	
71841 Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$70.00	
71839 Sun	Jan 14-Mar 24	11:25-11:55a.m.	\$70.00	
72113 Mon	Mar 25-Jun 34	4:35-5:05p.m.	\$63.00	
72123 Tue	Mar 26-Jun 44	4:30-5p.m.	\$70.00	
72122 Tue	Mar 26-Jun 45	5:55-6:25p.m.	\$70.00	
72196 Thu	Mar 28-Jun 65	6:45-6:15p.m.	\$70.00	
72242 Fri	Apr 12-Jun 7	4:35-5:05p.m.	\$63.00	
72346 Sat	Apr 13-Jun 8	9:05-9:35a.m.	\$63.00	
72347 Sat	Apr 13-Jun 8	10:15-10:45a.m.	\$63.00	
72345 Sat	Apr 13-Jun 8	11:25-11:55a.m.	\$63.00	
72310 Sun	Apr 14-Jun 2	12-12:30p.m.	\$56.00	
72312 Sun	Apr 14-Jun 2	9:40-10:10a.m.	\$56.00	

**SSLC**

71958 Mon	Jan 8-Mar 18	4-4:30p.m.	\$70.00	
71960 Mon	Jan 8-Mar 18	4:50-5:20p.m.	\$70.00	



71959	Mon	Jan 8-Mar 18	6-6:30p.m.	\$70.00
72000	Tue	Jan 9-Mar 19	4:05-4:35p.m.	\$70.00
71974	Tue	Jan 9-Mar 19	6-6:30p.m.	\$70.00
72030	Wed	Jan 10-Mar 20	4-4:30p.m.	\$70.00
72044	Wed	Jan 10-Mar 20	5:25-5:55p.m.	\$70.00
72150	Thu	Jan 11-Mar 21	4:05-4:35p.m.	\$70.00
72064	Thu	Jan 11-Mar 21	5:20-5:50p.m.	\$70.00
72151	Thu	Jan 11-Mar 21	6-6:30p.m.	\$70.00
72179	Fri	Jan 12-Mar 22	4:40-5:10p.m.	\$70.00
72167	Fri	Jan 12-Mar 22	6-6:30p.m.	\$70.00
72334	Sat	Jan 13-Mar 23	9:45-10:15a.m.	\$70.00
72227	Sat	Jan 13-Mar 23	11:10-11:40a.m.	\$70.00
72332	Sat	Jan 13-Mar 23	12:55-1:25p.m.	\$70.00
72381	Sun	Jan 14-Mar 24	9-9:30a.m.	\$70.00
72410	Sun	Jan 14-Mar 24	11:50a.m.-12:20p.m.	\$70.00
72411	Sun	Jan 14-Mar 24	6:45-7:15p.m.	\$70.00
72488	Mon	Mar 25-Jun 34	4-4:30p.m.	\$63.00
72514	Mon	Mar 25-Jun 34	5:50-5:20p.m.	\$63.00
72513	Mon	Mar 25-Jun 36	6-6:30p.m.	\$63.00
72532	Tue	Mar 26-Jun 44	4:05-4:35p.m.	\$70.00
72531	Tue	Mar 26-Jun 45	2:20-5:50p.m.	\$70.00
72533	Tue	Mar 26-Jun 46	6-6:30p.m.	\$70.00
72567	Wed	Mar 27-Jun 54	4-4:30p.m.	\$70.00
72568	Wed	Mar 27-Jun 55	2:25-5:55p.m.	\$70.00
72615	Thu	Mar 28-Jun 64	4:05-4:35p.m.	\$70.00
72614	Thu	Mar 28-Jun 66	6-6:30p.m.	\$70.00
72666	Fri	Apr 12-Jun 7	4:40-5:10p.m.	\$63.00
72665	Fri	Apr 12-Jun 7	6-6:30p.m.	\$63.00
72739	Sat	Apr 13-Jun 8	9-9:30a.m.	\$63.00
72740	Sat	Apr 13-Jun 8	11:50a.m.-12:20p.m.	\$63.00
72866	Sun	Apr 14-Jun 2	9:45-10:15a.m.	\$56.00
72864	Sun	Apr 14-Jun 2	11:10-11:40a.m.	\$56.00
72865	Sun	Apr 14-Jun 2	12:55-1:25p.m.	\$56.00
72892	Sun	Apr 14-Jun 9	6:45-7:15p.m.	\$63.00

### **Youth Swimmer 3                      8–14 years**

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

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

**LAC**

72293 Tue	Jan 9-Mar 19	6:05-6:35p.m.	\$70.00
72296 Sat	Jan 13-Mar 23	11:20-11:50a.m.	\$49.00
72299 Sun	Jan 14-Mar 24	10:15-10:45a.m.	\$56.00
72819 Mon	Mar 25-Jun 3	5:30-6p.m.	\$63.00
72820 Tue	Mar 26-Jun 4	6:05-6:35p.m.	\$70.00
72821 Sat	Apr 13-Jun 8	1:30-2p.m.	\$49.00

## SSLC

### Swimmer 4      5–12 years

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

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

## LAC

72088 Mon	Jan 8-Mar 18	6:40-7:20p.m.	\$76.50
72089 Tue	Jan 9-Mar 19	6:30-7:10p.m.	\$76.50
72091 Wed	Jan 10-Mar 20	5:30-6:10p.m.	\$76.50
73177 Thu	Jan 11-Mar 21	1:30-2:10p.m.	\$76.50
72092 Sat	Jan 13-Mar 23	10:05-10:45a.m.	\$53.55
72093 Sat	Jan 13-Mar 23	12:05-12:45p.m.	\$53.55
72095 Sun	Jan 14-Mar 24	10:40-11:20a.m.	\$61.20
73181 Mon	Mar 25-Jun 3	1:30-2:10p.m.	\$68.85
72779 Mon	Mar 25-Jun 3	5:30-6:10p.m.	\$68.85
72782 Tue	Mar 26-Jun 4	6:30-7:10p.m.	\$76.50
72783 Wed	Mar 27-Jun 5	6:10-6:50p.m.	\$76.50
72784 Sat	Apr 13-Jun 8	10:05-10:45a.m.	\$53.55
72785 Sat	Apr 13-Jun 8	12:45-1:25p.m.	\$53.55

## NWLC

71804 Mon	Jan 8-Mar 18	5:10-5:50p.m.	\$76.50
71805 Tue	Jan 9-Mar 19	5:50-6:30p.m.	\$76.50
71810 Wed	Jan 10-Mar 20	4:30-5:10p.m.	\$76.50
71811 Thu	Jan 11-Mar 21	5:10-5:50p.m.	\$76.50
71806 Fri	Jan 12-Mar 22	5:15-5:55p.m.	\$76.50
71807 Sat	Jan 13-Mar 23	10:10-10:50a.m.	\$76.50
71808 Sun	Jan 14-Mar 24	9:35-10:15a.m.	\$76.50
71809 Sun	Jan 14-Mar 24	12:40-1:20p.m.	\$76.50
72115 Mon	Mar 25-Jun 3	5:15-5:55p.m.	\$68.85
72121 Tue	Mar 26-Jun 4	5:10-5:50p.m.	\$76.50
72148 Wed	Mar 27-Jun 5	5:50-6:30p.m.	\$76.50
72200 Thu	Mar 28-Jun 6	4:30-5:10p.m.	\$76.50

72249	Fri	Apr 12-Jun 7	5:10-5:50p.m.	\$68.85
72364	Sat	Apr 13-Jun 8	9:35-10:15a.m.	\$68.85
72366	Sat	Apr 13-Jun 8	12:40-1:20p.m.	\$68.85
72272	Sun	Apr 14-Jun 2	10:10-10:50a.m.	\$61.20

### SSLC

71962	Mon	Jan 8-Mar 18	4:40p.m.	\$76.50
71961	Mon	Jan 8-Mar 18	4:35-5:15p.m.	\$76.50
72009	Tue	Jan 9-Mar 19	4:40p.m.	\$76.50
72008	Tue	Jan 9-Mar 19	4:55-5:35p.m.	\$76.50
72031	Wed	Jan 10-Mar 20	4:35-5:15p.m.	\$76.50
72045	Wed	Jan 10-Mar 20	4:55-5:35p.m.	\$76.50
72046	Wed	Jan 10-Mar 20	5:45-6:25p.m.	\$76.50
72152	Thu	Jan 11-Mar 21	4-4:40p.m.	\$76.50
72065	Thu	Jan 11-Mar 21	4:35-5:15p.m.	\$76.50
72153	Thu	Jan 11-Mar 21	5:50-6:30p.m.	\$76.50
72168	Fri	Jan 12-Mar 22	4-4:40p.m.	\$76.50
72183	Fri	Jan 12-Mar 22	4:50-5:30p.m.	\$76.50
72180	Fri	Jan 12-Mar 22	5:15-5:55p.m.	\$76.50
72228	Sat	Jan 13-Mar 23	9:05-9:45a.m.	\$76.50
72339	Sat	Jan 13-Mar 23	12:45-1:25p.m.	\$76.50
72412	Sun	Jan 14-Mar 24	9:45-10:25a.m.	\$76.50
72382	Sun	Jan 14-Mar 24	10:25-11:05a.m.	\$76.50
72415	Sun	Jan 14-Mar 24	11:25a.m.-12:05p.m.	\$76.50
72413	Sun	Jan 14-Mar 24	12:10-12:50p.m.	\$76.50
72515	Mon	Mar 25-Jun 34	4:40p.m.	\$68.85
72489	Mon	Mar 25-Jun 34	4:35-5:15p.m.	\$68.85
72535	Tue	Mar 26-Jun 44	4:40p.m.	\$76.50
72534	Tue	Mar 26-Jun 44	4:35-5:15p.m.	\$76.50
72536	Tue	Mar 26-Jun 44	5:50-6:30p.m.	\$76.50
72569	Wed	Mar 27-Jun 54	4:35-5:15p.m.	\$76.50
72570	Wed	Mar 27-Jun 54	4:55-5:35p.m.	\$76.50
72571	Wed	Mar 27-Jun 54	5:45-6:25p.m.	\$76.50
72617	Thu	Mar 28-Jun 64	4:40p.m.	\$76.50
72616	Thu	Mar 28-Jun 64	4:55-5:35p.m.	\$76.50
72668	Fri	Apr 12-Jun 7	4-4:40p.m.	\$68.85
72670	Fri	Apr 12-Jun 7	4:50-5:30p.m.	\$68.85
72669	Fri	Apr 12-Jun 7	5:15-5:55p.m.	\$68.85
72744	Sat	Apr 13-Jun 8	9:45-10:25a.m.	\$68.85
72741	Sat	Apr 13-Jun 8	10:25-11:05a.m.	\$68.85
72742	Sat	Apr 13-Jun 8	11:25a.m.-12:05p.m.	\$68.85
72746	Sat	Apr 13-Jun 8	12:10-12:50p.m.	\$68.85
72867	Sun	Apr 14-Jun 2	9:05-9:45a.m.	\$61.20
72869	Sun	Apr 14-Jun 2	12:45-1:25p.m.	\$61.20

## Youth Swimmer 4            8-14 years

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

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

### LAC

72302 Sat	Jan 13-Mar 23	12:50-1:30p.m.	\$53.55
72305 Sun	Jan 14-Mar 24	11:50a.m.-12:30p.m.	\$61.20

## Swimmer 5            5-12 years

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

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

### LAC

72096 Mon	Jan 8-Mar 18	6:10-6:50p.m.	\$76.50
72097 Tue	Jan 9-Mar 19	6:05-6:45p.m.	\$76.50
72098 Wed	Jan 10-Mar 20	6:10-6:50p.m.	\$76.50
73179	Thu Jan 11-Mar 21	2:15-2:55p.m.	\$76.50
72099 Thu	Jan 11-Mar 21	5:30-6:10p.m.	\$76.50
72100 Sat	Jan 13-Mar 23	9:30-10:10a.m.	\$53.55
72101 Sat	Jan 13-Mar 23	1:10-1:50p.m.	\$53.55
72213 Sun	Jan 14-Mar 17	9:30-10:10a.m.	\$53.55
72214 Sun	Jan 14-Mar 24	12:25-1:05p.m.	\$61.20
73183	Mon Mar 25-Jun 3	2:15-2:55p.m.	\$68.85
72786 Mon	Mar 25-Jun 3	6:10-6:50p.m.	\$68.85
72787 Tue	Mar 26-Jun 4	6:05-6:45p.m.	\$76.50
72788 Wed	Mar 27-Jun 5	5:35-6:15p.m.	\$76.50
72789 Wed	Mar 27-Jun 5	6:40-7:20p.m.	\$76.50
72790 Thu	Mar 28-Jun 6	6:10-6:50p.m.	\$76.50
72791 Sat	Apr 13-Jun 8	10:40-11:20a.m.	\$53.55

### SSLC

71963 Mon	Jan 8-Mar 18	5:20-6p.m.	\$76.50
71975 Tue	Jan 9-Mar 19	4:05-4:45p.m.	\$76.50
72001 Tue	Jan 9-Mar 19	5:20-6p.m.	\$76.50

72047	Wed	Jan 10-Mar 20	4:10-4:50p.m.	\$76.50
72032	Wed	Jan 10-Mar 20	5:45-6:25p.m.	\$76.50
72066	Thu	Jan 11-Mar 21	4:35-5:15p.m.	\$76.50
72169	Fri	Jan 12-Mar 22	4:05-4:45p.m.	\$76.50
72229	Sat	Jan 13-Mar 23	12-12:40p.m.	\$76.50
72414	Sun	Jan 14-Mar 24	9:10-9:50a.m.	\$76.50
72383	Sun	Jan 14-Mar 24	12:20-1p.m.	\$76.50
72490	Mon	Mar 25-Jun 35	20-6p.m.	\$68.85
72537	Tue	Mar 26-Jun 44	35-5:15p.m.	\$76.50
72573	Wed	Mar 27-Jun 54	10-4:50p.m.	\$76.50
72572	Wed	Mar 27-Jun 55	45-6:25p.m.	\$76.50
72618	Thu	Mar 28-Jun 64	05-4:45p.m.	\$76.50
72620	Thu	Mar 28-Jun 65	20-6p.m.	\$76.50
72621	Thu	Mar 28-Jun 65	20-6p.m.	\$76.50
72672	Fri	Apr 12-Jun 7	4:05-4:45p.m.	\$68.85
72749	Sat	Apr 13-Jun 8	9:10-9:50a.m.	\$68.85
72748	Sat	Apr 13-Jun 8	12:20-1p.m.	\$68.85
72871	Sun	Apr 14-Jun 2	12-12:40p.m.	\$61.20

### **Swimmer 6            5–12 years**

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

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

#### **LAC**

72202	Mon	Jan 8-Mar 18	5:35-6:15p.m.	\$76.50
73180	Thu	Jan 11-Mar 21	3-3:40p.m.	\$76.50
72203	Thu	Jan 11-Mar 21	6:10-6:50p.m.	\$76.50
72204	Sat	Jan 13-Mar 23	10:45-11:25a.m.	\$53.55
72205	Sat	Jan 13-Mar 23	12:05-12:45p.m.	\$53.55
72208	Sun	Jan 14-Mar 17	9:30-10:10a.m.	\$53.55
72211	Sun	Jan 14-Mar 24	12:10-12:50p.m.	\$61.20
73184	Mon	Mar 25-Jun 3	3-3:40p.m.	\$68.85
72792	Wed	Mar 27-Jun 56	05-6:45p.m.	\$76.50
72793	Thu	Mar 28-Jun 65	30-6:10p.m.	\$76.50
72794	Sat	Apr 13-Jun 8	9:35-10:15a.m.	\$53.55
72795	Sun	Apr 14-Jun 9	12:15-12:55p.m.	\$53.55

#### **SSLC**

71964	Mon	Jan 8-Mar 18	4:05-4:45p.m.	\$76.50
71976	Tue	Jan 9-Mar 19	4:40-5:20p.m.	\$76.50
72033	Wed	Jan 10-Mar 20	4:05-4:45p.m.	\$76.50

72159	Thu	Jan 11-Mar 21	4:40-5:20p.m.	\$76.50
72160	Thu	Jan 11-Mar 21	5:05-5:45p.m.	\$76.50
72170	Fri	Jan 12-Mar 22	5:35-6:15p.m.	\$76.50
72230	Sat	Jan 13-Mar 23	9-9:40a.m.	\$76.50
72344	Sat	Jan 13-Mar 23	10:25-11:05a.m.	\$76.50
72384	Sun	Jan 14-Mar 24	9:05-9:45a.m.	\$76.50
72491	Mon	Mar 25-Jun 34	05-4:45p.m.	\$68.85
72538	Tue	Mar 26-Jun 44	40-5:20p.m.	\$76.50
72539	Tue	Mar 26-Jun 45	05-5:45p.m.	\$76.50
72574	Wed	Mar 27-Jun 54	05-4:45p.m.	\$76.50
72625	Thu	Mar 28-Jun 64	40-5:20p.m.	\$76.50
72676	Fri	Apr 12-Jun 7	5:35-6:15p.m.	\$68.85
72750	Sat	Apr 13-Jun 8	9:05-9:45a.m.	\$68.85
72872	Sun	Apr 14-Jun 2	9-9:40a.m.	\$61.20
72873	Sun	Apr 14-Jun 2	10:25-11:05a.m.	\$61.20

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

### **Lifesaving Swim Patrol – Rookie Patrol**

**8–14 years**

**Pre-requisite:** Your child must be able to successfully perform stride entries, compact jumps, legs only surface support, eggbeater, scissor kick, breaststroke, front crawl, back crawl, head up front crawl.

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

### **LAC**

72233	Mon	Jan 8-Mar 18	5:30-6:20p.m.	\$88.50
72235	Thu	Jan 11-Mar 21	5:30-6:20p.m.	\$88.50
72237	Sat	Jan 13-Mar 23	1:10-2p.m.	\$61.95
72796	Mon	Mar 25-Jun 36	15-7:05p.m.	\$79.65
72797	Thu	Mar 28-Jun 65	30-6:20p.m.	\$88.50
72798	Sat	Apr 13-Jun 8	1:10-2p.m.	\$61.95

### **SSLC**

71977	Tue	Jan 9-Mar 19	5:05-5:55p.m.	\$88.50
72190	Fri	Jan 12-Mar 22	4:35-5:25p.m.	\$88.50
72628	Thu	Mar 28-Jun 65	05-5:55p.m.	\$88.50
72680	Fri	Apr 12-Jun 7	4:35-5:25p.m.	\$79.65

### **Lifesaving Swim Patrol – Ranger Patrol**

**8–14 years**

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

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

**LAC**

72240 Tue	Jan 9-Mar 19	5:35-6:25p.m.	\$88.50
72244 Wed	Jan 10-Mar 20	6:15-7:05p.m.	\$88.50
72248 Sat	Jan 13-Mar 23	12:50-1:40p.m.	\$61.95
72799 Tue	Mar 26-Jun 45	5:35-6:25p.m.	\$88.50
72804 Wed	Mar 27-Jun 56	6:20-7:10p.m.	\$88.50
72805 Sat	Apr 13-Jun 8	12:35-1:25p.m.	\$61.95

**SSLC**

72005 Tue	Jan 9-Mar 19	4-4:50p.m.	\$88.50
72049 Wed	Jan 10-Mar 20	5:20-6:10p.m.	\$88.50
72154 Thu	Jan 11-Mar 21	5:20-6:10p.m.	\$88.50
72188 Fri	Jan 12-Mar 22	5:20-6:10p.m.	\$88.50
72232 Sat	Jan 13-Mar 23	11:15a.m.-12:05p.m.	\$88.50
72387 Sun	Jan 14-Mar 24	10:45-11:35a.m.	\$88.50
72540 Tue	Mar 26-Jun 45	5:20-6:10p.m.	\$88.50
72576 Wed	Mar 27-Jun 55	5:20-6:10p.m.	\$88.50
72627 Thu	Mar 28-Jun 64	4-4:50p.m.	\$88.50
72678 Fri	Apr 12-Jun 7	5:20-6:10p.m.	\$79.65
72757 Sat	Apr 13-Jun 8	10:45-11:35a.m.	\$79.65
72875 Sun	Apr 14-Jun 2	11:15a.m.-12:05p.m.	\$70.80

**Lifesaving Swim Patrol – Star Patrol**

**8–14 years**

**Pre-requisite:** Your child must be able to successfully perform front crawl, back crawl, and breaststroke over 75m each, a 100m lifesaving medley and timed 200m swims.

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

**LAC**

72254 Mon	Jan 8-Mar 18	6:05-6:55p.m.	\$88.50
72256 Wed	Jan 10-Mar 20	5:30-6:20p.m.	\$88.50
72257 Sat	Jan 13-Mar 23	1:15-2:05p.m.	\$61.95
72258 Sun	Jan 14-Mar 24	12:05-12:55p.m.	\$70.80
72806 Mon	Mar 25-Jun 35	5:30-6:20p.m.	\$79.65
72807 Sat	Apr 13-Jun 8	1:05-1:55p.m.	\$61.95
72808 Sun	Apr 14-Jun 9	12:05-12:55p.m.	\$61.95

**SSLC**

71965 Mon	Jan 8-Mar	185:40-6:30p.m.	\$88.50
72493 Mon	Mar 25-Jun	35:40-6:30p.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

72309 Mon	Jan 8-Feb 5	6:25-6:55p.m.	\$169.50
72311 Tue	Jan 9-Feb 6	5:30-6p.m.	\$169.50
72313 Wed	Jan 10-Feb 7	6:10-6:40p.m.	\$169.50
72314 Thu	Jan 11-Feb 8	6:10-6:40p.m.	\$169.50
72316 Sat	Jan 13-Feb 3	11:25-11:55a.m.	\$101.70
72318 Sat	Jan 13-Feb 3	11:30a.m.-12p.m.	\$101.70
72319 Sat	Jan 13-Feb 3	12-12:30p.m.	\$101.70
72320 Sat	Jan 13-Feb 3	12:35-1:05p.m.	\$101.70
72327 Sat	Feb 10-Mar 23	11:25-11:55a.m.	\$135.60
72328 Sat	Feb 10-Mar 23	11:30a.m.-12p.m.	\$135.60
72329 Sat	Feb 10-Mar 23	12-12:30p.m.	\$135.60
72330 Sat	Feb 10-Mar 23	12:35-1:05p.m.	\$135.60
72321 Mon	Feb 12-Mar 18	6:25-6:55p.m.	\$169.50
72323 Tue	Feb 13-Mar 19	5:30-6p.m.	\$169.50
72324 Wed	Feb 14-Mar 20	6:10-6:40p.m.	\$169.50
72325 Thu	Feb 15-Mar 21	6:10-6:40p.m.	\$169.50
72828 Mon	Mar 25-Apr 29	6:10-6:40p.m.	\$169.50
72830 Tue	Mar 26-Apr 30	5:30-6p.m.	\$169.50
72832 Wed	Mar 27-May 1	6:40-7:10p.m.	\$169.50
72834 Wed	Mar 27-May 1	6:50-7:20p.m.	\$169.50
72836 Thu	Mar 28-May 2	6:10-6:40p.m.	\$169.50
72838 Thu	Mar 28-May 2	6:45-7:15p.m.	\$169.50
72840 Sat	Apr 13-May 4	12:20-12:50p.m.	\$101.70
72843 Sat	Apr 13-May 4	12:35-1:05p.m.	\$101.70
72848 Sun	Apr 14-May 5	9:30-10a.m.	\$101.70
72845 Sun	Apr 14-May 5	10:05-10:35a.m.	\$101.70
72849 Sun	Apr 14-May 5	10:40-11:10a.m.	\$101.70
72850 Sun	Apr 14-May 5	10:45-11:15a.m.	\$101.70
72862 Mon	May 6-Jun 3	6:10-6:40p.m.	\$169.50
72863 Tue	May 7-Jun 4	5:30-6p.m.	\$169.50
72868 Wed	May 8-Jun 5	6:40-7:10p.m.	\$169.50
72870 Wed	May 8-Jun 5	6:50-7:20p.m.	\$169.50
72972 Thu	May 9-Jun 6	6:10-6:40p.m.	\$169.50
72973 Thu	May 9-Jun 6	6:45-7:15p.m.	\$169.50
72851 Sat	May 18-Jun 8	12:20-12:50p.m.	\$135.60
72852 Sat	May 18-Jun 8	12:35-1:05p.m.	\$135.60



72854 Sun	May 19-Jun 9	9:30-10a.m.	\$135.60
72855 Sun	May 19-Jun 9	10:05-10:35a.m.	\$135.60
72857 Sun	May 19-Jun 9	10:40-11:10a.m.	\$135.60
72859 Sun	May 19-Jun 9	10:45-11:15a.m.	\$135.60

### NWLC

72654 Tue	Jan 9-Feb 6	5:10-5:40p.m.	\$169.50
72655 Tue	Jan 9-Feb 6	4:30-5p.m.	\$169.50
72656 Thu	Jan 11-Feb 8	5:45-6:15p.m.	\$169.50
72657 Fri	Jan 12-Feb 9	5:45-6:15p.m.	\$169.50
72658 Sat	Jan 13-Feb 10	12:40-1:10p.m.	\$169.50
72659 Sun	Jan 14-Feb 11	1-1:30p.m.	\$169.50
73108 Tue	Feb 6-Mar 19	4:30-5p.m.	\$169.50
73107 Tue	Feb 13-Mar 19	5:10-5:40p.m.	\$169.50
73109 Thu	Feb 15-Mar 21	5:45-6:15p.m.	\$169.50
73110 Fri	Feb 16-Mar 22	5:45-6:15p.m.	\$169.50
73111 Sat	Feb 17-Mar 23	12:40-1:10p.m.	\$169.50
73112 Sun	Feb 18-Mar 24	1-1:30p.m.	\$169.50
73143 Mon	Mar 25-Apr 29	5:45-6:15p.m.	\$169.50
73160 Wed	Mar 27-May 1	4:30-5p.m.	\$169.50
73159 Wed	Mar 27-May 1	5:10-5:40p.m.	\$169.50
73144 Fri	Apr 12-May 3	5:45-6:15p.m.	\$135.60
73145 Sat	Apr 13-May 4	1-1:30p.m.	\$135.60
73146 Mon	May 6-Jun 3	5:45-6:15p.m.	\$135.60
73161 Wed	May 8-Jun 5	4:30-5p.m.	\$135.60
73162 Wed	May 8-Jun 5	5:10-5:10p.m.	\$135.60
73147 Fri	May 10-Jun 7	5:45-6:15p.m.	\$169.50
73148 Sat	May 11-Jun 8	1-1:30p.m.	\$169.50

### SSLC

72011 Tue	Jan 9-Feb 6	4:15-4:45p.m.	\$169.50
72013 Tue	Jan 9-Feb 6	4:50-5:20p.m.	\$169.50
72015 Tue	Jan 9-Feb 6	5:25-5:55p.m.	\$169.50
72018 Tue	Jan 9-Feb 6	6-6:30p.m.	\$169.50
72050 Wed	Jan 10-Feb 7	4:05-4:35p.m.	\$169.50
72052 Wed	Jan 10-Feb 7	4:40-5:10p.m.	\$169.50
72054 Wed	Jan 10-Feb 7	5:15-5:45p.m.	\$169.50
72056 Wed	Jan 10-Feb 7	5:50-6:20p.m.	\$169.50
72350 Sat	Jan 13-Feb 10	9:30-10a.m.	\$169.50
72354 Sat	Jan 13-Feb 10	10:05-10:35a.m.	\$169.50
72360 Sat	Jan 13-Feb 10	10:40-11:10a.m.	\$169.50
72363 Sat	Jan 13-Feb 10	11:15-11:45a.m.	\$169.50
72367 Sat	Jan 13-Feb 10	12-12:30p.m.	\$169.50
72369 Sat	Jan 13-Feb 10	12:35-1:05p.m.	\$169.50
72417 Sun	Jan 14-Feb 11	9:10-9:40a.m.	\$169.50
72419 Sun	Jan 14-Feb 11	9:45-10:15a.m.	\$169.50

72421 Sun	Jan 14-Feb 11	10:20-10:50a.m.	\$169.50
72423 Sun	Jan 14-Feb 11	11-11:30a.m.	\$169.50
72427 Sun	Jan 14-Feb 11	11:35-12:05p.m.	\$169.50
72431 Sun	Jan 14-Feb 11	12:10-12:40p.m.	\$169.50
72012 Tue	Feb 13-Mar 19	4:15-4:45p.m.	\$169.50
72014 Tue	Feb 13-Mar 19	4:50-5:20p.m.	\$169.50
72017 Tue	Feb 13-Mar 19	5:25-5:55p.m.	\$169.50
72019 Tue	Feb 13-Mar 19	6-6:30p.m.	\$169.50
72051 Wed	Feb 14-Mar 20	4:05-4:35p.m.	\$169.50
72053 Wed	Feb 14-Mar 20	4:40-5:10p.m.	\$169.50
72055 Wed	Feb 14-Mar 20	5:15-5:45p.m.	\$169.50
72057 Wed	Feb 14-Mar 20	5:50-6:20p.m.	\$169.50
72353 Sat	Feb 17-Mar 23	9:30-10a.m.	\$169.50
72356 Sat	Feb 17-Mar 23	10:05-10:35a.m.	\$169.50
72362 Sat	Feb 17-Mar 23	10:40-11:10a.m.	\$169.50
72365 Sat	Feb 17-Mar 23	11:15-11:45a.m.	\$169.50
72368 Sat	Feb 17-Mar 23	12-12:30p.m.	\$169.50
72370 Sat	Feb 17-Mar 23	12:35-1:05p.m.	\$169.50
72418 Sun	Feb 18-Mar 24	9:10-9:40a.m.	\$169.50
72420 Sun	Feb 18-Mar 24	9:45-10:15a.m.	\$169.50
72422 Sun	Feb 18-Mar 24	10:20-10:50a.m.	\$169.50
72425 Sun	Feb 18-Mar 24	11-11:30a.m.	\$169.50
72429 Sun	Feb 18-Mar 24	11:35a.m.-12:05p.m.	\$169.50
72432 Sun	Feb 18-Mar 24	12:10-12:40p.m.	\$169.50
72578 Wed	Mar 27-May 1	4:05-4:35p.m.	\$169.50
72581 Wed	Mar 27-May 1	4:40-5:10p.m.	\$169.50
72583 Wed	Mar 27-May 1	5:15-5:45p.m.	\$169.50
72587 Wed	Mar 27-May 1	5:50-6:20p.m.	\$169.50
72629 Thu	Mar 28-May 2	4:15-4:45p.m.	\$169.50
72632 Thu	Mar 28-May 2	4:50-5:20p.m.	\$169.50
72634 Thu	Mar 28-May 2	5:25-5:55p.m.	\$169.50
72636 Thu	Mar 28-May 2	6-6:30p.m.	\$169.50
72761 Sat	Apr 13-May 4	9:10-9:40a.m.	\$135.60
72763 Sat	Apr 13-May 4	9:45-10:15a.m.	\$135.60
72764 Sat	Apr 13-May 4	10:20-10:50a.m.	\$135.60
72766 Sat	Apr 13-May 4	11-11:30a.m.	\$135.60
72767 Sat	Apr 13-May 4	11:35a.m.-12:05p.m.	\$135.60
72769 Sat	Apr 13-May 4	12:10-12:40p.m.	\$135.60
72876 Sun	Apr 14-May 5	9:30-10a.m.	\$135.60
72878 Sun	Apr 14-May 5	10:05-10:35a.m.	\$135.60
72880 Sun	Apr 14-May 5	10:40-11:10a.m.	\$135.60
72882 Sun	Apr 14-May 5	11:15-11:45a.m.	\$135.60
72885 Sun	Apr 14-May 5	12-12:30p.m.	\$135.60
72886 Sun	Apr 14-May 5	12:35-1:05p.m.	\$135.60
72579 Wed	May 8-Jun 5	4:05-4:35p.m.	\$169.50
72582 Wed	May 8-Jun 5	4:40-5:10p.m.	\$169.50
72585 Wed	May 8-Jun 5	5:15-5:45p.m.	\$169.50

72589	Wed	May 8-Jun 5	5:50-6:20p.m.	\$169.50
72631	Thu	May 9-Jun 6	4:15-4:45p.m.	\$169.50
72633	Thu	May 9-Jun 6	4:50-5:20p.m.	\$169.50
72635	Thu	May 9-Jun 6	5:25-5:55p.m.	\$169.50
72637	Thu	May 9-Jun 6	6-6:30p.m.	\$169.50
72770	Sat	May 11-Jun 8	9:10-9:40a.m.	\$169.50
72772	Sat	May 11-Jun 8	9:45-10:15a.m.	\$169.50
72773	Sat	May 11-Jun 8	10:20-10:50a.m.	\$169.50
72775	Sat	May 11-Jun 8	11-11:30a.m.	\$169.50
72776	Sat	May 11-Jun 8	11:35a.m.-12:05p.m.	\$169.50
72778	Sat	May 11-Jun 8	12:10-12:40p.m.	\$169.50
72877	Sun	May 12-Jun 2	9:30-10a.m.	\$135.60
72879	Sun	May 12-Jun 2	10:05-10:35a.m.	\$135.60
72881	Sun	May 12-Jun 2	10:40-11:10a.m.	\$135.60
72883	Sun	May 12-Jun 2	11:15-11:45a.m.	\$135.60
72884	Sun	May 12-Jun 2	12-12:30p.m.	\$135.60
72887	Sun	May 12-Jun 2	12:35-1:05p.m.	\$135.60

### Women's Only Swim

An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. All swims are supervised by an all-female staff.

**Cost:** General admission or free with a leisure pass.

### NWLC

73132	Sun	Jan 14	6:30-8:25p.m.
73133	Sun	Jan 28	6:30-8:25p.m.
73134	Sun	Feb 11	6:30-8:25p.m.
73135	Sun	Mar 10	6:30-8:25p.m.
73136	Sun	Mar 24	6:30-8:25p.m.
73137	Sun	Apr 21	6:30-8:25p.m.
73138	Sun	May 5	6:30-8:25p.m.
73139	Sun	May 19	6:30-8:25p.m.
73140	Sun	Jun 2	6:30-8:25p.m.

## 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.

### NWLC

71966 Mon	Jan 8-Mar 18	5:45-6:35p.m.	\$88.50	
71874 Thu	Jan 11-Mar 21	8:35-9:25p.m.		\$88.50
72252 Thu	Mar 28-Jun 8	8:35-9:25p.m.	\$88.50	

### SSLC

72157 Thu	Jan 11-Mar 21	5:15-6:05p.m.	\$88.50	
72216 Sat	Jan 13-Mar 23	9:15-10:05a.m.	\$88.50	
72371 Sun	Jan 14-Mar 24	10:30-11:20a.m.	\$88.50	
72453 Mon	Mar 25-Jun 3	5:45-6:35p.m.	\$79.65	
72541 Tue	Mar 26-Jun 4	5:15-6:05p.m.	\$88.50	
72682 Sat	Apr 13-Jun 8	10:30-11:20a.m.	\$79.65	
72809 Sun	Apr 14-Jun 2	9:15-10:05a.m.	\$70.80	

### 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.

### SSLC

72195 Fri	Jan 12-Mar 22	5:30-6:20p.m.	\$88.50	
72217 Sat	Jan 13-Mar 23	10:20-11:10a.m.	\$88.50	
72638 Fri	Apr 12-Jun 7	5:30-6:20p.m.	\$79.65	
72814 Sun	Apr 14-Jun 2	10:20-11:10a.m.	\$70.80	

## 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**

73124	Sat	Jan 13-Feb 10	9-9:30a.m.	\$87.25	
73126	Sun	Jan 14-Feb 11	12-12:30p.m.	\$87.25	
73125	Sat	Feb 17-Mar 23	9-9:30a.m.	\$87.25	
73127	Sun	Feb 18-Mar 24	12-12:30p.m.	\$87.25	
73128	Sat	Apr 13-May 4	12-12:30p.m.		\$69.80
73130	Sun	Apr 14-May 5	9:15-9:45a.m.		\$69.80
73129	Sat	May 11-Jun 8	12-12:30p.m.	\$87.25	
73131	Sun	May 12-Jun 2	9:15-9:45a.m.		\$69.80

**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**

73169	Wed	Jan 2-3	9a.m.-6p.m.	\$190.00
	Thu	Jan 4	9a.m.-1p.m.	
73029	Fri	Jan 12	5:30-9:30p.m.	\$190.00
	Sat-Sun	Jan 13-14	9a.m.-6p.m.	
73030	Fri	Feb 16	5:30-9:30p.m.	\$190.00
	Sat-Sun	Feb 17-18	9a.m.-6p.m.	
73031	Sat-Sun	Mar 16-17	9a.m.-6p.m.	\$190.00
	Sat	Mar 23	9a.m.-1p.m.	

**SSLC**

72446	Sun	Jan 14-Feb 11	4:30-8:30p.m.	\$190.00
72447	Sun	Feb 18-Mar 24	4:30-8:30p.m.	\$190.00
72803	Sun	Apr 14-May 5	3-8p.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**

73170	Fri-Sun	Jan 5-7	9a.m.-6p.m.	\$165.00
73032	Sat/Sun	Jan 27-Feb 3	9a.m.-6p.m.	\$165.00
73033	Mon-Wed	Feb 19-Feb 21	9a.m.-6p.m.	\$165.00
73034	Sat/Sun	Apr 13-Apr 20	9a.m.-6p.m.	\$165.00

**SSLC**

72448	Sun	Jan 14-Feb 11	4:30-9p.m.	\$165.00
72449	Sun	Feb 18-Mar 24	4:30-9p.m.	\$165.00
72802	Sun	May 12-Jun 9	4-8:30p.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**

73035	Fri	Feb 9 & 16	5:30-9:30p.m.	\$300.00
	Sat	Feb 10	9a.m.-6p.m.	
	Sun	Feb 4, 11 & 18	9am.-6p.m.	
73036	Sat-Wed	Mar 30-Apr 3	9a.m.-6p.m.	\$300.00
73037	Fri	May 31 & Jun 7	5:30-9:30p.m.	\$300.00
	Sat	Jun 1 & Jun 8	9a.m.-6p.m.	
	Sun	Jun 2 & Jun 9	9a.m.-6p.m.	

**SSLC**

72440	Tue-Sat	Jan 2-6	9a.m.-6p.m.	\$300.00
72444	Tue-Sat	Feb 20-24	8a.m.-5p.m.	\$300.00
72800	Sun	Apr 14-Jun 9	4-8:30p.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**

72989	Sat	Jan 13-Feb 17*	9a.m.-2p.m.	\$252.00
73027	Thu-Sat	Feb 22-24	9a.m.-6p.m.	\$252.00
	Sun	Feb 25	9a.m.-12p.m.	
73028	Sat/Sun	May 18-25	9a.m.-6p.m.	\$252.00

Sun                      May 26                      9a.m.-12p.m.

\*Please note, January 20 class takes place at NWLC

**SSLC**

72781 Tue-Fri                      Apr 2-5                      8a.m.-4p.m. \$252.00

**Red Cross First Aid/CPR/AED**

**12 years and up**

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

**NWLC**

73061 Sat-Sun	Jan 6-7	9a.m.-6p.m.	\$161.00
73063 Sat-Sun	Feb 10-11	9a.m.-6p.m.	\$161.00
73064 Sat-Sun	Mar 16-17	9a.m.-6p.m.	\$161.00
73065 Sat-Sun	Apr 20-21	9a.m.-6p.m.	\$161.00
73066 Sat-Sun	May 18-19	9a.m.-6p.m.	\$161.00

**Aquatic Recertification Courses**

**Lifesaving Society National Lifeguard Recertification and up**

**16 years**

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

**LAC**

73123 Sun	Jan 28	11a.m.-4p.m.	\$80.00
73196	Sun May 19	11a.m.-4p.m.	\$80.00

**SSLC**

72445 Sun	Mar 10	4-9p.m.	\$80.00
72801 Sun	May 12	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**

73062 Sat	Jan 13	9a.m.-1p.m.	\$90.00
73067 Sat	Feb 3	9a.m.-1p.m.	\$90.00
73068 Sun	Mar 3	9a.m.-1p.m.	\$90.00
73069 Sun	Mar 24	9a.m.-1p.m.	\$90.00
73070 Sat	Apr 27	9a.m.-1p.m.	\$90.00
73071 Sat	May 11	9a.m.-1p.m.	\$90.00

## Registered Adapted Programs

### Legend

FLDH – Fieldhouse

mâdawêyatitân centre

MOC – Mitakuyé Owâs'â Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

SLC – South Leisure Centre

## ADAPTIVE PROGRAMS

City of Regina programs are open to everyone. People experiencing a disability or specific needs are encouraged to participate in programs listed throughout this guide. Programs marked <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](mailto:socialinclusionprograms@regina.ca) or call 306-510-2025.

## Adapted Aquatic

### Adapted Leisure Swim <AP> <Free>

Enjoy a leisure swim in a relaxed and accessible pool environment, established for persons who have disabilities and their family members. The Sandra Schmirler Leisure Centre is home to a powered ceiling track lift in the accessible/family change room, and a ceiling lift system in the pool area for transferring individuals to and from the pool. The Northwest Leisure Centre is home to a zero-depth entry pool with a ramp and wheelchair that can be wheeled directly into the pool. City of Regina lifeguards will be on-site to supervise the program but are not able to transfer, lift, or reposition individuals.

### NWLC

73021 Sun	Jan 7	6:30-8:25p.m.	Free
73022 Sun	Jan 21	6:30-8:25p.m.	Free
73023 Sun	Feb 4	6:30-8:25p.m.	Free
73024 Sun	Feb 18	6:30-8:25p.m.	Free
73025 Sun	Mar 3	6:30-8:25p.m.	Free
73026 Sun	Mar 17	6:30-8:25p.m.	Free
73038 Sun	Apr 14	6:30-8:25p.m.	Free
73039 Sun	Apr 28	6:30-8:25p.m.	Free
73040 Sun	May 12	6:30-8:25p.m.	Free
73041 Sun	May 26	6:30-8:25p.m.	Free
73042 Sun	Jun 9	6:30-8:25p.m.	Free

### SSLC



73043 Sat	Jan 13	6:30-8:25p.m.	Free
73044 Sat	Jan 27	6:30-8:25p.m.	Free
73045 Sat	Feb 10	6:30-8:25p.m.	Free
73046 Sat	Feb 24	6-7:55p.m.	Free
73047 Sat	Mar 9	6:30-8:25p.m.	Free
73048 Sat	Mar 23	6:30-8:25p.m.	Free
73049 Sat	Apr 6	6-7:55p.m.	Free
73050 Sat	Apr 20	6:30-8:25p.m.	Free
73051 Sat	May 4	6:30-8:25p.m.	Free
73052 Sat	May 18	6:30-8:25p.m.	Free
73053 Sat	Jun 1	6:30-8:25p.m.	Free

### Adapted Group Swim Lessons <AP>

### 4-7 years

This adapted swim lesson is designed for children with disabilities and enjoy being in a group setting. Instructors will work with participants to support them in meeting their aquatic needs and goals. City of Regina staff will be on-site to facilitate the program, but are not able to transfer, lift, or reposition individuals and we recommend a parent or guardian be in the water for support.

### NWLC

73141 Sat	Jan 13-Mar 23	9-9:30a.m.	\$70.00
73142 Sun	Apr 14-Jun 2	9-9:30a.m.	\$56.00

### Adapted Swim Lessons <AP>

### 4 years and up

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

### NWLC

72647 Mon	Jan 8-Feb 5	5:40-6:10p.m.	\$84.75
72662 Tue	Jan 9-Feb 6	4-4:30p.m.	\$84.75
72667 Wed	Jan 10-Feb 7	5:20-5:50p.m.	\$84.75
72978 Fri	Jan 12-Feb 9	4:35-5:05p.m.	\$84.75
72985 Sun	Jan 14-Feb 11	10:20-10:50a.m.	\$84.75
72983 Sun	Jan 14-Feb 11	12:35-1:05p.m.	\$84.75
72650 Mon	Feb 12-Mar 18	5:40-6:10p.m.	\$84.75
72664 Tue	Feb 13-Mar 19	4-4:30p.m.	\$84.75
72671 Wed	Feb 14-Mar 20	5:20-5:50p.m.	\$84.75
72979 Fri	Feb 16-Mar 22	4:35-5:05p.m.	\$84.75
72986 Sun	Feb 18-Mar 24	10:20-10:50a.m.	\$84.75
72984 Sun	Feb 18-Mar 24	12:35-1:05p.m.	\$84.75
72987 Mon	Mar 25-Apr 29	4:35-5:05p.m.	\$84.75
72988 Mon	May 6-Jun 3	4:35-5:05p.m.	\$67.80
73149 Tue	Mar 26-Apr 30	5:40-6:10p.m.	\$84.75
73150 Wed	Mar 27-May 1	4-4:30p.m.	\$84.75

73151 Thu	Mar 28-May 2	5:20-5:50p.m.	\$84.75
73152 Sat	Apr 13-May 4	10:20-10:50a.m.	\$67.80
73153 Sat	Apr 13-May 4	12:35-1:05p.m.	\$67.80
73154 Tue	May 7-Jun 4	5:40-6:10p.m.	\$84.75
73155 Wed	May 8-Jun 5	4-4:30p.m.	\$84.75
73156 Thu	May 9-Jun 6	5:20-5:50p.m.	\$84.75
73157 Sat	May 11-Jun 8	10:20-10:50a.m.	\$84.75
73158 Sat	May 11-Jun 9	12:35-12:55p.m.	\$84.75

## Adapted Arts

### ABI Art Program <AP> <New> <Free> 18+ Years

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

SLC

73057 Thu Jan 11-Jun 6 1-2:30p.m. Free

### Adapted Art <AP> 13 years and up

Adapted Art is an art program designed for persons with disabilities. Join us for this introductory-level art program that will focus on art forms including painting, drawing, and working with many other textures and mediums. Join us as we immerse ourselves in learning about and creating beautiful works of art.

#### mâmwêyatitân centre,

71674 Sat Feb 3-Mar 23 1-2:30p.m. \$52.00

73163 Sat Apr 20- Jun 8 1-2:30 pm \$52.00

### Adapted Music Program <AP> <New>

This music program is designed for children and youth with disabilities. This program is led by a certified Music Therapist who will focus on everyone's strengths to create a fun and safe sensory experience that fosters fine motor development while promoting socialization.

5-9 years

**MOC**

73105 Sat Feb 10-Mar 16 1-1:45p.m. \$39.00

11-15 years

**MOC**

73106 Sat Feb 10-Mar 16 2-2:45p.m. \$39.00

### **Inclusive Craft Program <AP> <New>**

Designed for children with disabilities; however, all abilities are welcome. This program will focus on fun and easy crafts that promote fine motor development, socialization, and creativity. This course will use a variety of materials to create fun crafts, seasonal artwork, and more!

5-8 Years

#### **Core Ritchie Neighbourhood Centre**

71816 Sat Feb 3-Mar 30 10-11a.m. \$52.00

9-12 Years

#### **Core Ritchie Neighbourhood Centre**

73055 Sat Feb 3-Mar 30 11:15a.m.-12:15p.m. \$52.00

## **Adapted Sport and Fitness**

### **Adapted Adult Dance Fitness <AP> <New>**

**18 years and up**

A class for adults of all ages that breaks down dance steps and uses basic movements, at a slower pace, but still includes all the fun! This class can be adapted to all needs and abilities. Each session has a special theme and ends with a session wind up class!

#### **NWLC**

71793 Mon Jan 8-Feb 12 10:30-11:30a.m. \$43.50

71795 Mon Feb 26-Mar 25 10:30-11:30a.m. \$36.75

71798 Mon Apr 8-May 13 10:30-11:30a.m. \$43.50

### **Adapted Adult Fitness <AP> <New>**

**18 years and up**

This introductory-level class is geared towards empowering adults with disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. Each class will utilize a variety of equipment and bonus activities from week to week.

#### **FLDH**

71623 Mon Jan 22-Mar 4 3-4p.m. \$45.50

71625 Mon Mar 18-Apr 29 3-4p.m. \$45.50

### **Adapted Adult Strength Training <AP> <New>**

**50 years and up**

This introductory-level class is geared towards empowering older adults with disabilities or who experience barriers to accessing recreation. This class will focus on building up core strength while improving balance and mobility. Each class will utilize a variety of equipment and incorporate a bonus activity each week.

#### **NWLC**

71891 Fri Jan 12-Feb 16 10:30-11:30a.m. \$43.50

71894 Fri Mar 1-Mar 22 10:30-11:30a.m. \$29.00

71895 Fri Apr 12-May 17 10:30-11:30a.m. \$43.50

## **Adapted Sport and Fitness Try-it Days <Free> <AP> 13 years and up**

This once-a-month program is free for those with disabilities and their supports to enjoy a variety of adapted sports and fitness sessions. Led by an instructor who will create a safe and comfortable environment to facilitate participation in introductory-level sessions focused on leisure education and fun for all!

### **Badminton**

Want to learn how to play badminton or already love the sport? This free badminton try-it session will focus on inclusion for all and most of all fun.

FLDH  
73190      Fri      Jan 19                      6:30-7:30p.m.                      Free

### **Track & Field**

Want to learn new skills as they relate to track and field activities? This free session will focus on inclusion for all and most of all fun!

FLDH  
73191      Fri      Feb 16                      6:30-7:30p.m.                      Free

### **Sports Jam**

Join us as we combine a variety of sports like soccer, basketball and floor hockey. A variety of sport equipment will be available that can be adapted to meet all skills and abilities.

FLDH  
73192      Fri      March 15      6:30-7:30p.m.                      Free

### **Dance Fitness**

Dance Fitness breaks down dance steps and uses basic movements to focus on moving our bodies in a fun new way. This class can be adapted to all skills and abilities.

FLDH  
73193 Fri      Apr 19                      6:30-8:30p.m.                      Free

### **Adapted Teen Fitness <AP>**

**13-16 years**

This introductory-level class is geared towards empowering young teens with disabilities or who experience barriers to accessing recreation. This class will utilize the strengths of the group to build lifelong functional fitness skills. The 60-minute class includes a cardio warm-up activity, a strength training component, and a specialized fitness activity, and finishing each class with a cool-down stretching component. Each class will utilize a variety of equipment and bonus activities from week to week.

**FLDH**

71756 Sun	Jan 21-Mar 32	3:30-3:30p.m.	\$45.50
71758 Sun	Mar 17-Apr 28	2:30-3:30p.m.	\$45.50

### **Adapted Walk and Roll Fitness <AP>**

The Adapted Walk and Roll Fitness is for adults experiencing disabilities or rehabilitating from an injury. In this program, participants will utilize the walking track and equipment twice a week in a relaxed casual setting. This program will provide opportunities for individuals to learn, maintain and improve functional skills as they relate to physical fitness. Dedicated City of Regina staff members will be present at all times to assist with equipment and to keep the good times rolling. The group is encouraged to meet at the cafe in the facility after the program to socialize in a comfortable and safe environment.

#### **FLDH**

73058 Tue & Thu	Jan 9-Feb 29	1-2:30p.m.	\$56.00
73058 Tue & Thu	Mar 5-Apr 25	1-2:30p.m.	\$56.00
73058 Tue & Thu	Apr 30-Jun 6	1-2:30p.m.	\$42.00

### **Adapted Basketball <AP>**

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

#### **5–7 years**

##### **FLDH**

71523 Mon	Jan 8-Mar 4	5:30-6:30p.m.	\$58.00
71644 Mon	Mar 25-May 13	5:30-6:30p.m.	\$58.00

##### **NWLC**

72105 Fri	Jan 12-Feb 16	5:30-6:30p.m.	\$43.50
72439 Fri	Mar 1-Mar 22	5:30-6:30p.m.	\$29.00
72441 Fri	Apr 12-May 17	5:30-6:30p.m.	\$43.50

#### **8–12 years**

##### **FLDH**

71903 Mon	Jan 8-Mar 4	6:30-7:30p.m.	\$58.00
71928 Mon	Mar 25-May 13	6:30-7:30p.m.	\$58.00

##### **NWLC**

72730 Fri	Jan 12-Feb 16	6:30-7:30p.m.	\$43.50
72734 Fri	Mar 1-Mar 22	6:30-7:30p.m.	\$29.00
72738 Fri	Apr 12-May 17	6:30-7:30p.m.	\$43.50

### **Adapted Soccer <AP>**

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

5–7 years

#### **FLDH**

71584 Thu Jan 11-Feb 29 5-6p.m. \$58.00

71767 Thu Mar 28-May 16 5-6p.m. \$58.00

### **Adapted Sports Jam <AP>**

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

5–7 years

#### **FLDH**

71574 Tue Jan 9-Feb 27 5:30-6:30p.m. \$58.00

71654 Tue Mar 26-May 14 5:30-6:30p.m. \$58.00

8–12 years

#### **NWLC**

71560 Sat Jan 13-Feb 17 4:30-5:30p.m. \$43.50

72437 Sat Mar 2-23 4:30-5:30p.m. \$29.00

72438 Sat Apr 13-May 18 4:30-5:30p.m. \$43.50

14-18 years <New>

#### **NWLC**

72753 Sat Jan 13-Feb 17 3:30-4:30p.m. \$43.50

72755 Sat Mar 2-23 3:30-4:30p.m. \$29.00

72758 Sat Apr 13-May 18 3:30-4:30p.m. \$43.50

### **Inclusive Dance Class <AP><FREE>**

#### **5-11 years**

Join this dance class for smiles, fun, and something new! This free class is inclusive in nature, and open to all abilities. This program is adapted to meet the diverse needs of children and youth experiencing disabilities. Instruction is based on a variety of dance culture and movement skills, emphasizing enthusiasm, fun and friendship through the arts with an instructor from Listen to Dis'!

## mâdawêyatitân centre

71897 Sat	Jan 20-Mar 23	1-2p.m.	Free
71898 Sat	Jan 20-Mar 23	2:15-3:15p.m.	Free

## Adapted Social

### **Sensory-Friendly Youth Program <AP> <New> <Free> 10-15 years**

Join us for this free and inclusive registered program for ages 10–15. The program is designed for youth who would benefit from a sensory-friendly group setting. The program will promote social interaction, physical movement, and creativity through a variety of recreational activities. This program is a great opportunity for youth of all abilities to try something new. Registration is required and participants must have a Participant Information Form signed by a parent/guardian to attend. The form can be filled out on the first day of the program or found at [Regina.ca/freeprograms](http://Regina.ca/freeprograms).

### **MOC**

73054 Thu	Jan 18-Apr 25	6-8:30p.m.	Free
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### **Adult Community Outing Program <AP> <New> <Free> 19 years and up**

This program is designed for adults (19+) with disabilities. This weekly program provides an opportunity to get out to explore different spaces, activities, and events happening in Regina. These activities include local sporting events, recreational activities, and social gatherings. City staff will be present and meet everyone at the designated location for the week, but they are unable to assist with personal care. If 1 on 1 assistance is required, we kindly ask that you bring a support person to assist. Arranging transportation to and from each designated outing will be done independently.

71922 Fri	Jan 12-Mar 87-9p.m.	Free
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The first session on January 12<sup>th</sup> will be located at the Mitakuyé Owâs'â Centre. The full schedule with all of the outing locations and details will be provided on this date.

### **Afternoon Adult Program <AP> <New> <FREE> 18 years and up**

Designed for individuals experiencing disabilities to come together for a free program focused on functional fitness, socialization, and fun. This program welcomes adults of all ages and will provide family/caregivers an opportunity for respite. Participants are welcome to bring in creative projects or their favorite game or activity.

### **MOC**

73056 Tue,Thu	Jan 23-Jun 6 2-5p.m.	Free
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## Registered Preschool Programs

### 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

71404 Wed Jan 17-Mar 6 10:30a.m.-12p.m. \$110.00

71457 Wed Apr 10-May 29 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

71467 Tue May 7-28 9-10:30a.m. \$68.00

71468 Tue May 7-28 1-2:30p.m. \$68.00

## 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

72980 Fri Jan 12-Feb 9 2:30-3:35p.m. \$44.25

71875 Fri Feb 16-Mar 22 2:30-3:35p.m. \$44.25

72981 Fri Apr 12-May 10 2:30-3:35p.m. \$44.25

72982 Fri May 17-Jun 7 2:30-3:35p.m. \$35.40

## 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**

71639 Fri	Jan 5-Mar 8	5-6p.m.	\$50.75
71831 Fri	Apr 5-May 10	5-6p.m.	\$43.50

**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**

71640 Fri	Jan 5-Mar 8	6-7p.m.	\$43.50
71842 Fri	Apr 5-May 10	6-7p.m.	\$43.50

**Parent & Tot Soccer****3–5 years**

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

**FLDH**

71522 Mon	Jan 8-Mar 4	4:30-5:30p.m.	\$58.00
71643 Mon	Mar 25-May 13	4:30-5:30p.m.	\$58.00

**Parent & Tot Sports Jam****3–5 years**

All sorts of sports and activities for you and your tot! In a non-game based environment, parents and tots will play a different activity or sport every week.

**FLDH**

71572 Tue	Jan 9-Feb 27	4:30-5:30p.m.	\$58.00
71671 Tue	Mar 26-May 14	4:30-5:30p.m.	\$58.00

**NWLC**

71561 Thu	Jan 11-Feb 15	5:15-6:15p.m.	\$43.50
72435 Thu	Feb 29-Mar 28	5:15-6:15p.m.	\$36.25
72436 Thu	Apr 11-May 16	5:15-6:15p.m.	\$43.50

## Registered Child and Youth Programs

**Legend**

CRNC – Core Ritchie Neighbourhood Centre  
 FLDH – Fieldhouse



**Acrylics for Teens****12–16 years**

Have fun learning new techniques and creating amazing art pieces using acrylic paint. Explore composition, colour mixing and brush techniques. No previous experience necessary.

**NBAC**

71530 Wed Jan 17-Mar 6 7-8:30p.m. \$95.00

71653 Wed Apr 10-May 29 7-8:30p.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**

71395 Thu Jan 18-Mar 7 10a.m.-12p.m. \$125.00

71451 Thu Apr 11-May 30 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**

71396 Thu Jan 18-Mar 7 1-3p.m. \$125.00

71452 Thu Apr 11-May 30 1-3p.m. \$125.00

**Art Exploration****8–12 years**

Explore the work of various artists and styles throughout history and then create your own unique artworks. Take your art to the next level and develop further skills in colour theory, perspective, blending, light, shadows, and values. Experiment with several art mediums such as graphite pencils, watercolours, watercolour pencils, acrylics, and pastels. You will also learn colour theory through blending and devising a colour wheel.

**NBAC**

71397 Sat Jan 20-Mar 16 12:30-2:30p.m. \$125.00

71453 Sat Apr 13-Jun 8 12:30-2:30p.m. \$125.00

**Art Sampler****6–9 years**

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

**NBAC**

71399 Sat Jan 20-Mar 16 9:30-11:30a.m. \$125.00

71455 Sat Apr 13-Jun 8 9:30-11:30a.m. \$125.00

**Beginner Arduino <NEW>****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**

71535 Tue	Jan 16-Mar 5	7-9p.m.	\$120.00
71642 Tue	Apr 9-May 28	7-9p.m.	\$120.00

**Beginner Embroidery****11-15 years**

Students will learn a variety of basic embroidery stitches, how to follow an embroidery pattern, and will be given the creative freedom to create their own works of embroidery art.

**NBAC**

71533 Thu	Jan 18-Mar 7	7-8p.m.	\$82.00
71694 Thu	Apr 11-May 30	7-8p.m.	\$82.00

**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**

71403 Sat	Jan 20-Mar 16	1-2:30p.m.	\$98.00
71456 Sat	Apr 13-Jun 8	3-4:30p.m.	\$98.00

**Creative Art Therapy <NEW>****8-11 years**

This engaging class will help support the health and well-being of children and youth by using music, art, and play. It can help to build problem-solving skills, improve self-esteem and self-awareness, strengthen relationships, and advance social skills.

**NBAC**

71916 Sat	Apr 13-Jun 8	3-4:30p.m.	\$105.00
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**Drawing and Colouring Adventure****6-10 years**

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

**NBAC**

71406 Sat	Jan 20-Mar 16	11a.m.-12:30p.m.	\$98.00
71892 Sat	Apr 13-Jun 8	9-10:30a.m.	\$98.00

**Drawing Awesome Environments <NEW> 9-13 years**

Learn to draw all kinds of places, including room interiors, street scenes, and landscapes. Practice 3-D drawing techniques, including linear and atmospheric perspective, worms' eye and birds' eye views, light, shadow, and realistic details! Sketchbook required.

**NBAC**

71812 Sat Apr 13-Jun 8 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**

71407 Sun Jan 21-Mar 17 3-4:30p.m. \$95.00

71459 Sat Apr 13-Jun 8 1-2:30p.m. \$95.00

**Drawing Stories 7-12 years**

Do you love to draw and tell stories? Learn to draw characters in places and doing things! Create stories with a beginning, middle, and end! Make your own comics and picture books with awesome colour illustrations! Sketchbook required.

**NBAC**

71408 Sat Jan 20-Mar 16 10-11a.m. \$82.00

**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**

71558 Sun Jan 14 1-4p.m. \$35.00

71460 Sun Apr 7 1-4p.m. \$35.00

**Embroidery: Next Level <NEW> 11-15 years**

Students will need to have taken Beginner Embroidery or have some experience with basic embroidery stitches. Students will continue to build skills, learn a wider variety of stitches, follow an embroidery pattern, and be given the creative freedom to create their own works of embroidery art.

**NBAC**

71534 Mon Jan 15-Mar 11 7-8p.m. \$82.00

71695 Mon Apr 8-Jun 3 7-8p.m. \$82.00

**Evening Youth Art Program <Free> 10-15 years**

This Winter at Glencairn Neighbourhood Recreation Centre, we are working with local Indigenous artist to provide an art class for youth aged 10-15. Registration is required and supplies will be provided.

**GNRC**

71521 Tue Jan 30-Apr 16 5:30-8:30p.m. Free

**MOC**

71520 Sat Feb 3-Apr 20 3-5p.m. Free

**Fairy Tale Fun**

**6-10 years**

Learn basic storytelling elements and write your own fairy tale. Create a story and have the chance to share it with some new friends!

**NBAC**

71556 Sat Jan 13 1-2:30p.m. \$20.00

71462 Sat Apr 6 1-2:30p.m. \$20.00

**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**

71553 Sun Jan 21-Mar 17 1-2:30p.m. \$98.00

**Fantasy and Science Fiction Art**

**12-16 years**

This class allows students the opportunity to explore themes ranging from dragons to aliens and wizards to robots, through a variety of mediums. Classical art techniques including painting and sculpture will be introduced to allow the student's creations to go beyond the sketchbook.

**NBAC**

71543 Sat Jan 20-Mar 16 1-2:30p.m. \$95.00

**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**

71893 Sun Apr 14-Jun 9 3-4:30p.m. \$95.00

**From Oz to Wonderland**

**10-14 years**

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

art is necessary, only enthusiasm.

**NBAC**

71890 Sun Apr 14-Jun 9 1-2:30p.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**

71412 Sat Jan 20-Mar 16 2-4p.m. \$115.00

**Game Design 2 <NEW>**

**9-15 years**

Level up your game designs! Learn some advanced tabletop game design techniques, including tileset and action economy boardgames, deck building card games, and role-playing games "powered by the apocalypse". Create and playtest your own original tabletop game idea!

**NBAC**

71830 Sat Apr 13-Jun 8 2-4p.m. \$115.00

**Illustration for Teens**

**<NEW>**

**13–18 years**

Bring your favourite stories to life with fun illustration techniques. Learn watercolour, ink, pencil, pencil crayon, and mixed media methods to create many exciting and gripping moments of fiction.

**NBAC**

71557 Sat Jan 20-Mar 16 3-4:30p.m. \$95.00

**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**

71588 Sat Jan 20-Mar 16 3-4:30p.m. \$100.00

**Manga 1**

**9-14 years**

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

Sketchbook required.

**NBAC**

71531 Sat Jan 20-Mar 16 12-1:30p.m. \$95.00

**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**

71785 Sat Apr 13-Jun 8 12-1:30p.m. \$95.00

**Mask Making Adventures**

**<NEW>**

**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**

71909 Sat Apr 13-Jun 8 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**

71542 Sun Jan 21-Mar 17 1-2:30p.m. \$100.00

**Paper People Party**

**7-10 years**

Create cardstock characters and design them a set of paper costumes! Use your imagination or a premade cutout!

**NBAC**

71555 Sat Jan 13 3-4:30p.m. \$23.00

71486 Sat Apr 6 3-4:30p.m. \$23.00



**Roblox Coding for Beginners <NEW>****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**

71526 Sat Jan 20-Mar 16 1-2p.m. \$90.00

71641 Sat Apr 13-Jun 8 1-2p.m. \$90.00

**Watercolour for Teens****12-16 years**

Create beautiful watercolour paintings in this fun lighthearted class. Learn or enhance basic sketching techniques, composition, colour theory, and brush strokes. No previous experience is necessary.

**NBAC**

71529 Tue Jan 16-Mar 57-8:30p.m. \$95.00

71494 Tue Apr 9-May 28 7-8:30p.m. \$95.00

**Watercolour Wonderland****14-18 years**

Explore the use of watercolour paints in creating whimsical worlds combining imagination and elements from real life.

**NBAC**

71896 Sun Apr 14-Jun 9 1-2:30p.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**

71541 Sat Jan 20-Mar 16 9-10:30a.m. \$98.00

71499 Sat Apr 13-Jun 8 11a.m. -12:30p.m. \$98.00

**Youth Art Program <Free>****10-15 years**

This Winter at Mitakuyé Owâs'ā Centre, we are working with a local Indigenous artist to provide an art class for youth aged 10-15. Registration is required, all supplies will be provided.

**MOC**

71520 Sat Feb 3-Apr 20 3-5p.m.

Free

**Sports**

### **Badminton – Kids (Beginner)**

This class will be an introduction to the basic skills and game play of Badminton including; learning footwork, underhand strokes, overhand strokes, serving and scoring. Participants will be able to practice and review a variety of skills each week.

#### **7-9 years**

##### **NWLC**

71552 Sun	Jan 14-Feb 18	9:15-10:15a.m.	\$43.50
72424 Sun	Mar 3-Mar 24	9:15-10:15a.m.	\$29.00
72426 Sun	Apr 14-May 19	9:15-10:15a.m.	\$43.50

### **Badminton – Kids**

This class will teach the basics of Badminton such as footwork, overhand and underhand strokes, serving and scoring.

#### **5-7**

##### **FLDH**

71631 Sat	Jan 6-Mar 2	1-2p.m.	\$58.00
71796 Sat	Mar 30-May 18	1-2p.m.	\$58.00

### **Badminton – Junior**

Children will learn various Badminton Skills such as footwork, underhand and overhand strokes, serving and scoring.

#### **8-12**

##### **FLDH**

71632 Sat	Jan 6-Mar 2	2-3p.m.	\$58.00	71622 Mon,Wed	Jan 8-
Jan 31	5-6p.m.	\$58.00			
71624 Mon,Wed	Jan 8-Jan 31	6-7p.m.	\$58.00		
71626 Tue,Thu	Jan 9-Feb 1	5-6p.m.	\$58.00		
71628 Fri	Jan 12-Mar 8	5-6p.m.	\$58.00		
71635 Mon,Wed	Feb 5-Mar 4	5-6p.m.	\$58.00		
71636 Mon,Wed	Feb 5-Mar 4	6-7p.m.	\$58.00		
71637 Tue,Thu	Feb 6-Feb 29	5-6p.m.	\$58.00		
71788 Mon,Wed	Mar 25-Apr 17	5-6p.m.	\$58.00		
71789 Mon,Wed	Mar 25-Apr 17	6-7p.m.	\$58.00		
71790 Tue,Thu	Mar 26-Apr 18	5-6p.m.	\$58.00		
71797 Sat	Mar 30-May 18	2-3p.m.	\$58.00		
71792 Fri	Apr 5-May 17	5-6p.m.	\$50.75		
71814 Mon,Wed	Apr 29-May 22	6-7p.m.	\$58.00		
71813 Mon,Wed	Apr 29-May 22	5-6p.m.	\$58.00		
71817 Tue,Thu	Apr 30-May 28	5-6p.m.	\$58.00		

### **Badminton – Junior (Intermediate)**

In this class, participants will review their Badminton skills before moving into more advanced game play. Participants will have the opportunity to work on techniques such as; footwork, underhand strokes, overhand strokes, serving, shot making, and game strategy. Games of singles and doubles will also be played in this class.

11-14 years

#### **NWLC**

71551 Sun	Jan 14-Feb 18	10:30-11:30a.m.	\$43.50
72428 Sun	Mar 3-Mar 24	10:30-11:30a.m.	\$29.00
72430 Sun	Apr 14-May 19	10:30-11:30a.m.	\$43.50

### **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**

71633 Sat	Jan 6 – Mar 2	5-6p.m.	\$ 58.00
71627 Tue,Thu	Jan 9-Feb 1	6-7p.m.	\$58.00
71638 Tue,Thu	Feb 6-Feb 29	6-7p.m.	\$58.00
71791 Tue,Thu	Mar 26-Apr 18	6-7p.m.	\$58.00
71799 Sat	Mar 30-May 18	5-6p.m.	\$ 58.00
71829 Tue,Thu	Apr 30-May 28	6-7p.m.	\$58.00

### **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**

71576 Tue	Jan 9-Feb 27	6-7p.m.	\$58.00
71577 Tue	Jan 9-Feb 27	7-8p.m.	\$58.00
71582 Thu	Jan 11-Feb 29	4:30-5:30p.m.	\$58.00
71691 Tue	Mar 26-May 14	6-7p.m.	\$58.00
71692 Tue	Mar 26-May 14	7-8p.m.	\$58.00
71739 Thu	Mar 28-May 16	4:30-5:30p.m.	\$58.00

### **Basketball Fundamental Development**

**8–12 years**

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

#### **FLDH**

71614 Fri	Jan 5-Mar 8	5-6p.m.	\$50.75
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71651	Mon	Mar 25-May 13	6:30-7:30p.m.	\$58.00
71652	Mon	Mar 25-May 13	7:30-8:30p.m.	\$58.00
71769	Fri	Apr 5-May 31	5-6p.m.	\$43.50
71615	Fri	Jan 5-Mar 15	6-7p.m.	\$43.50
71771	Fri	Apr 5-May 10	6-7p.m.	\$43.50

### **Core Ritchie Neighbourhood Centre**

71908	Sat	Jan 13-Mar 29	10a.m.	\$58.00
71910	Sat	Jan 13-Mar 21	10-11a.m.	\$58.00
71911	Sat	Mar 16-May 11	9-10a.m.	\$58.00
71912	Sat	Mar 16-May 11	10-11a.m.	\$58.00

### **NWLC**

72106	Sat	Jan 13-Feb 17	11:30a.m.-12:30p.m.	\$43.50
72442	Sat	Mar 2-Mar 23	11:30a.m.-12:30p.m.	\$29.00
72443	Sat	Apr 13-May 18	11:30a.m.-12:30p.m.	\$43.50

### **Basketball – Advanced**

### **10–14years**

This program will hone further the participants' fundamental knowledge and skills in Basketball such as, passing, shooting, defense, dribbling and game strategy through intensive coaching, drills and training and by playing actual games.

### **FLDH**

71570	Mon	Jan 8-Mar 4	6:30-7:30p.m.	\$58.00
71651	Mon	Mar 25-May 13	6:30-7:30p.m.	\$58.00
71571	Mon	Jan 8-Mar 4	7:30-8:30p.m.	\$58.00

### **Fitness, Health & Wellness Yoga**

### **8–13 years**

Build healthy habits in your kids! Our youth yoga class is designed to inspire and engage young participants. This 60-minute class is open to youth aged 8-13 years. We'll move, bend and stretch while learning fun-filled yoga poses, easy breathing exercises and soothing relaxation techniques. Explore beginner yoga poses and unite in body, mind and spirit.

### **NWLC**

73100	Sat	Mar 2-Mar 23	12:15-1:15p.m.	\$27.60
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### **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**

71616	Sun	Jan 7-Feb 25	6-7p.m.	\$58.00
71773	Sun	Mar 31-May 19	6-7p.m.	\$58.00

### **Football – Kids**

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

8- 10 years

#### **FLDH**

71569	Wed	Jan 10-Feb 28	4:30-5:30p.m.	\$58.00
71650	Wed	Mar 27-May 15	4:30-5:30p.m.	\$58.00

### **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 session such as soccer, badminton, and track & field. Taught by a female instructor.

5–7 years

#### **FLDH**

71580	Thu	Jan 11-Feb 29	4:30-5:30p.m.	\$58.00
71707	Thu	Mar 28-May 16	4:30-5:30p.m.	\$58.00

8–12 years

#### **FLDH**

71581	Thu	Jan 11-Feb 29	5:30-6:30p.m.	\$58.00
71711	Thu	Mar 28-May 16	5:30-6:30p.m.	\$58.00

### **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.

### **Winter**

#### **MOC**

71518	Tue-Wed	Jan 30-Feb 28	4-7p.m.	\$75.00
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### **Spring**

#### **MOC**

71519	Tue-Wed	Mar 12-Apr 10	4-7p.m.	\$75.00
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### **Lacrosse – Kids**

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

**5-7 years****FLDH**

71579 Wed	Jan 10-Feb 28	5:30-6:30p.m.	\$58.00
71706 Wed	Mar 27-May 15	5:30-6:30p.m.	\$58.00

**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**

71524 Mon	Jan 8-Mar 4	5-6p.m.	\$58.00
71645 Mon	Mar 25-May 13	5-6p.m.	\$58.00

**8-12 years****FLDH**

71568 Tue	Jan 9-Feb 27	4:30-5:30p.m.	\$58.00
71649 Tue	Mar 26-May 14	4:30-5:30p.m.	\$58.00

**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 session such as soccer, badminton, track & field, and cooperative games.

**5-7 years****FLDH**

71575 Tue	Jan 9-Feb 27	5:30-6:30p.m.	\$58.00
71673 Tue	Mar 26-May 14	5:30-6:30p.m.	\$58.00

**NWLC**

71562 Mon	Jan 8-Feb 12	7:15-8:15p.m.	\$43.50
72433 Mon	Feb 26-Mar 25	7:15-8:15p.m.	\$36.25
72434 Mon	Apr 8-May 13	7:15-8:15p.m.	\$43.50

**Intro To Table Tennis (NEW)**

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**

71752 Mon,Wed	Jan 15-Feb 7	6-7p.m.	\$58.00
71754 Mon,Wed	Feb 12-Mar 6	6-7p.m.	\$58.00
71849 Mon,Wed	Mar 25-Apr 17	6-7p.m.	\$58.00
71861 Mon,Wed	Apr 22-May 15	6-7p.m.	\$58.00

## Teens

13 – 15 years

### FLDH

71753	Mon,Wed	Jan 15-Feb 7	7-8p.m.	\$58.00
71755	Mon,Wed	Feb 12-Mar 6	7-8p.m.	\$58.00
71851	Mon,Wed	Mar 25-Apr 17	7-8p.m.	\$58.00
71862	Mon,Wed	Apr 22-May 15	7-8p.m.	\$58.00

## Tennis – Kids & Junior

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.

Kids Level 1 8–10 years

### FLDH

<b>71618</b>	<b>Sun</b>	<b>Jan 7-Feb 25</b>	<b>10-11a.m.</b>	<b>\$43.50</b>
71776	Sat	Mar 30-May 11	10-11a.m.	\$ 50.75
71783	Sun	Mar 31-May 19	10-11a.m.	\$58.00

Junior Level 1 11–13 years

### FLDH

71619	Sun	Jan 7-Feb 25	11a.m.-12p.m.	\$43.50
71779	Sat	Mar 30-May 11	11a.m.-12p.m.	\$ 50.75
71786	Sun	Mar 31-May 19	11a.m.-12p.m.	\$58.00

## 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

71585	Sun	Jan 7-Mar 3	7-8p.m.	\$58.00
71768	Sun	Mar 31-May 19	7-8p.m.	\$58.00

## Volleyball – Skill Development 8-12 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

71573	Tue	Jan 9-Feb 27	5-6p.m.	\$58.00
71672	Tue	Mar 26-May 14	5-6p.m.	\$58.00

## Yoga – Youth

**8-13 years**

Build healthy habits in your kids! Our youth yoga class is designed to inspire and engage young participants. This 60-minute class is open to youth aged 8-13 years. We'll move, bend and stretch while learning fun-filled yoga poses, easy breathing exercises and soothing relaxation techniques. Explore beginner yoga poses and unite in body, mind and spirit.

### NWLC

72473 Sat	Jan 13-Feb 17	3:15-4:15p.m.	\$41.40
73101 Sat	Apr 13-May 18	3:15-4:15p.m.	\$41.40
73100 Sat	Mar 2-Mar 23	3:15-4:15p.m.	\$27.60

## Registered Adult Programs

### Legend

FLDH – Fieldhouse

LAC – Lawson Aquatic Centre

NBAC – Neil Balkwill Civic Arts Centre

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

### MATERIAL FEES

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

## Fine Arts – 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

71439 Thu	Jan 18-Mar 77-9p.m.	\$140.00
71447 Thu	Apr 11-May 30 7-9p.m.	\$140.00

### 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

71525 Wed	Jan 17-Mar 67-9p.m.	\$145.00
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**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**

71525 Wed Jan 17-Mar 67-9p.m. \$145.00

**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**

71454 Wed Apr 10-May 29 7-9p.m. \$140.00

**Café Sketchbook Tour****15 years and up**

Learn different sketchbook techniques to capture ideas for later inspiration. We will visit different coffee houses in Regina to sketch indoors or on their outdoor patios - weather permitting. Students will meet at the Neil Balkwill Centre on the first day then go to the Mercury Café on 13th Avenue. Subsequent locations will be discussed at each class.

**NBAC**

71901 Wed-Thu May 8-May 23 1-4p.m. \$125.00

**Colour Schemes****15 years and up**

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

**NBAC**

71587 Tue-Wed Jan 16-Jan 31 9a.m.-12p.m. \$125.00

**Commercial Portraiture <NEW>****15 years and up**

This course is designed for students who would like to take commissions, produce, and sell portraits. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to complete a human portrait by the end of the course.

**NBAC**

71923 Tue Apr 9-May 28 7-9p.m. \$115.00

**Connections Through Art <NEW> 55 years and up**

In this class, seniors will participate in art activities that enhance memory recall and sensory stimulation, while also promoting reminiscence and emotional support. The inclusion of group interactions will encourage participants to view things from unique perspectives and provide motivation for continued engagement.

**NBAC**

71915 Fri Apr 12-May 31 10a.m.-12p.m. \$125.00

**Drawing for Seniors <New> 55 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**

71919 Mon Apr 8-Jun 3 9a.m.-12p.m. \$165.00

**Drawing Hyperrealistic Eyes, Noses, Ears, and Mouths <NEW> 15 years and up**

The goal of this course is to help students dramatically improve the drawing of key facial features to professional standards. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to produce photo-realistic facial features by the end of the course.

**NBAC**

71592 Thu Jan 18-Mar 7 7-9p.m. \$115.00

**Expressive Watercolour Techniques 15 years and up**

Review basic watercolour techniques and explore techniques of sponging, crumpled wax paper, salt applications, splashing, wax resist, imprinting, collage, mixed mediums and more! These techniques will infuse new excitement into your watercolour paintings. Bring your own landscapes or florals for reference materials for the instructor to guide you in your selection of techniques.

**NBAC**

71409 Tue-Thu Mar 5-Mar 14 9a.m.-12p.m. \$125.00

**High Precision Pencil Sketching <NEW> 15 years and up**

In this course, students will be introduced to the grid method of precision drawing. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to reproduce a sketch of any image or object by the end of the course.

**NBAC**

71925 Thu Apr 11-May 30 7-9p.m. \$115.00

**Introduction to Photo-realistic Pet and Wildlife Drawing <NEW> 15 years and up**

In this course, students will learn simple techniques for achieving photo-realistic drawings in charcoal. With easy-to-understand methods and easy to use tools, students with or without prior knowledge or ability in art should be able to complete a photo-realistic animal drawing by the end of course.

**NBAC**

71591 Tue Jan 16-Mar 57-9p.m. \$115.00

**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**

71423 Mon Jan 15-Mar 11 7-10p.m. \$165.00  
71478 Tue Apr 9-May 28 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**

71424 Tue Jan 16-Mar 51-4p.m. \$165.00  
71479 Mon Apr 8-Jun 3 7-10p.m. \$165.00

**Mastering Coloured Pencil <NEW> 15 years and up**

Learn how to create intense, detailed and realistic coloured pencil drawings. Students should have prior drawing experience.

**NBAC**

71589 Mon Jan 15-Mar 11 1-4p.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**

71442 Wed Jan 17-Mar 67-10p.m. \$165.00

71482 Fri Apr 12-May 31 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**

71428 Fri Jan 5-Mar 22 9-11:30a.m. Free

71484 Fri Apr 5-Jun 28 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**

71429 Wed Jan 17-Mar 6 1-4p.m. \$165.00

71485 Wed Apr 10-May 29 9a.m.-12p.m. \$165.00

**Painting with Open Acrylics <NEW>**

**15 years and up**

Learn the basics of working with open acrylics. A new medium that blends the water mixable traits of acrylic with a longer blending time. They may be mixed with regular acrylic paints and acrylic mediums.

**NBAC**

71904 Wed-Thu Apr 10-Apr 25 1-4p.m. \$125.00

**Pysanka: The Art of Batik Eggs <Free>**

**6 years and up**

Made famous by Ukrainians, these beautiful eggs can be made by anyone age six and up. These free drop-in sessions are an opportunity for total beginners to learn to decorate eggs using the wax-resist (batik) method. It is also an opportunity for experienced artists to come together to share ideas and techniques, and to be part of this welcoming, artistic community. Supplies will be available in class for those that need them.

**NBAC**

71532 Sun Jan 21, Feb 18 Mar 17 1-4p.m. Free

**Sketching Dioramas**

**15 years and up**

Have you ever wanted to sketch Saskatchewan wildlife but found they move too much? Well, we will meet weekly at the Royal Saskatchewan Museum to sketch the subjects in their beautiful dioramas. We will be able to sketch details of animals depicted in motion

from several different angles. Only dry mediums are allowed.

### **NBAC**

71586 Mon-Fri Feb 5-Feb 9 9:30a.m.-12:30p.m. \$112.00

### **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**

71434 Fri Jan 19-Mar 8 1-3:30p.m. \$135.00

71490 Wed 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**

71436 Sat Jan 20-Mar 16 9a.m.-12p.m. \$165.00

71493 Sat Apr 13-Jun 8 9a.m.-12p.m. \$165.00

## **Fine Arts – Fibre Arts**

### **Fibre Felting Fun**

**14 years and up**

An introduction to fibre felting for beginners. Learn all about processing raw wool, carding, roving, dyeing, felt "painting", wet and needle felting. Felt pieces of art as well as whimsical creatures.

### **NBAC**

71411 Tue Jan 16-Mar 5 7-9:30p.m. \$155.00

71465 Tue Apr 9-May 28 7-9:30p.m. \$155.00

### **Introduction to Crochet**

**14 years and up**

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

### **NBAC**

71414 Tue Jan 16-Feb 20 7-8p.m. \$65.00

71469 Tue Apr 9-May 14 7-8p.m. \$65.00

### **Introduction to Knitting 14 years and up**

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

#### **NBAC**

71415 Mon Jan 15-Feb 26 7-8p.m. \$65.00

71470 Mon Apr 8-May 13 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**

71425 Sat Jan 13 10a.m.-3p.m. \$55.00

71480 Sat Apr 6 10a.m.-3p.m. \$55.00

### **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**

71567 Sat Jan 6 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**

71427 Thu Jan 25, Feb 22, Mar 28 7-10p.m. Free

71483 Thu Apr 25, May 23, Jun 27 7-10p.m. Free

### **Stitch-In <Free> 15 years and up**

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

#### **NBAC**

71435 Fri Jan 5-Mar 22 9-11:30a.m. Free

71492 Fri Apr 5-Jun 28 9-11:30a.m. Free

**Quilting Drop-in <Free>****15 years and up**

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

**NBAC**

71432 Thu Jan 4-Mar 28 9a.m.-2p.m. Free

71488 Thu Apr 4-Jun 27 9a.m.-2p.m. Free

**Fine Arts – Jewellery And Metalwork****Anodizing Titanium & Cold Connection****16 years and up**

Anodizing is applying electrical current to Titanium to produce brilliant and colourful patinas. Titanium cannot be soldered, so students will also learn a variety of cold connection techniques (riveting and tab setting). A materials fee, paid at the time of registration, will cover the cost of all materials.

**NBAC**

71539 Thu Jan 18-Mar 7 1-4p.m. \$290.00

**Corrugation and Metal Fusing <NEW>  
and up****16 years**

Students will learn various metal fusing techniques and corrugation to incorporate into their jewellery designs. With corrugation, a specific type of foldforming, you will learn to work with high-gauge metal. You will also learn how to fuse metal together for interesting effects.

**Prerequisite:** Jewellery 1 and Jewellery 2.

**NBAC**

71563 Sun Jan 21-Mar 17 1-4p.m. \$230.00

**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**

71461 Thu Apr 11-May 16 7-10p.m. \$188.00

**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**

71417 Tue Jan 16-Mar 57-10p.m. \$270.00  
71472 Tue Apr 9-May 28 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**

71418 Thu Jan 18-Mar 77-10p.m. \$230.00

**Jewellery Project 16 years and up**

Work on the jewellery projects of your choice, with the instructor's assistance and advice as required. **Prerequisite:** Jewellery 1 and Jewellery 2.

**NBAC**

71419 Tue Jan 16-Mar 51-4p.m. \$230.00  
71474 Thu Apr 11-May 30 1-4p.m. \$230.00

**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, and stripes and by using other fundamental techniques such as raking, poking, and twisting to make unique glass beads.

**NBAC**

71536 Wed Jan 17-Feb 21 7-10p.m. \$225.00  
71876 Sat Apr 13-May 25 9a.m.-12p.m. \$225.00

**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**

71420 Sat Jan 20-Mar 16 9a.m.-12p.m. \$245.00  
71476 Mon Apr 8-Jun 3 7-10p.m. \$245.00

**Lampwork – Beyond Beads 16 years and up**

This class will progress beyond the concept of the traditional round bead and cover the creation of other interesting objects such as beautiful glass buttons, decorative headpins, and more. Students should have a basic understanding of glass manipulation and heat control.



**Prerequisite:** Lampwork Beads

**NBAC**

71878 Wed Apr 10-May 29 7-10p.m. \$245.00

**Lampwork – Make Your Own Frit <NEW> 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**

71879 Sat-Sun Apr 6-Apr 7 9:30a.m.-4:30p.m. \$150.00

**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**

71537 Mon Jan 15-Mar 11 7-10p.m. \$245.00

**Torch-Fired Enameling Workshop**

**16 years and up**

Students will learn how to fuse colourful enamels to copper pieces using a studio torch. They will leave the workshop with an array of unique and colourful pieces. The workshop will also cover some specialized techniques such as crackle enamel, as time permits. Enamels will be supplied. Students may bring their own 18 to 24-gauge copper for enameling. The instructor will also have copper blanks for sale.

**Prerequisite:** Jewellery 1, or Lampwork 1, or equivalent

**NBAC**

71538 Sat-Sun Feb 17-Feb 18 9:30a.m.-4:30p.m. \$150.00

**Sand Casting Jewellery**

**16 years and up**

Sand casting is a low-tech way to cast your own solid jewellery pieces without the use of big equipment using sand as the mold. Students will learn how to pour molten sterling silver metal into molds to create unique shapes such as rings, pendants, and chain links. Students are encouraged to bring some scrap silver and purchased casting grain - to be discussed in first class.

**Prerequisite:** Jewellery 1 and Jewellery 2

**NBAC**

71489 Sun Apr 14-Jun 9 1-4p.m. \$255.00

## 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

71443	Mon	Jan 15-Feb 12	7-10p.m.	\$112.00
71430	Wed	Jan 17-Feb 14	7-10p.m.	\$112.00
71504	Mon	Apr 8-May 6	7-10p.m.	\$112.00
71487	Wed	Apr 10-May 8	7-10p.m.	\$112.00

### Photography 2 – Principles of Photography

**15 years and up**

Develop your understanding of the principles of photography, intricacies of camera operation and variables that control image quality, exposure, and white balance. Emphasis is on using your camera's creative controls to explore depth of field and motion. Participate in photographic assignments to develop your skills and achieve a better understanding of the technical aspects of photography. **Prerequisite:** Photography 1 or equivalent

#### NBAC

71431	Wed	Feb 21-Mar 20	7-10p.m.	\$112.00
71444	Mon	Feb 26-Mar 25	7-10p.m.	\$112.00
71505	Mon	May 13-Jun 17	7-10p.m.	\$112.00
71506	Wed	May 15-Jun 12	7-10p.m.	\$112.00

## 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

71394	Wed	Jan 17-Mar 20	7-10p.m.	\$280.00
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### 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**

71400 Tue Jan 16-Mar 19 7-9:30p.m. \$235.00

**Dovetailed Shaker-style Kitchen Caddy and up <NEW> 16 years**

Prepare for outdoor patio meals with a hand-dovetailed kitchen caddy, cutlery tray that evokes the classic Shaker style. Learn how hand-cut dovetails, and different cuts of wood enhance strength and aesthetics. Dimension, surface, and dovetail wood using handsaw, hand plane and chisel, and power tools as needed. An additional materials fee paid to the instructor will cover all required materials.

**NBAC**

72563 Thu Apr 11-May 30 7-10p.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**

71402 Sat Jan 20-Mar 23 9a.m.-12p.m.\$280.00

**Garden Furniture 15 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**

71466 Tue Apr 9-May 28 7-9:30p.m. \$200.00

**Infant Toy Making <NEW> 16 years and up**

Learn to make handmade wooden toys for the little ones in your life. Students will make an animal inspired baby rattle and then choose from an array of interactive baby toys, such as a portable floor mobile/baby gym, a ball runner, child-friendly learning knife, or a percussion alligator toy. Learn to use the drill press, cut out stock on the bandsaw, hand and machine sand to shape wood, and apply a child-friendly finish. An additional materials fee payable to the instructor will cover the cost of materials. No previous woodworking experience needed.

**NBAC**

72564 Sat Apr 13-Jun 8 9a.m.-12p.m.\$230.00

**Introductory Bowl Turning****16 years and up**

This introduction to bowl turning will include safety instruction, wood selection and orientation, and the use and sharpening of bowl gouges and relevant 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**

71440	Fri	Jan 12	7-9p.m.	\$205.00
	Sat-Sun	Jan 13-14	9a.m.-5p.m.	

**Introductory Wood Turning****16 years and up**

This introduction to spindle turning (turning between centres, as distinct from bowl turning) will include safety instruction, wood selection, use of the tools and sharpening. Students will practice different cuts (beading, coves, cylinders, tenons, etc.) and produce finished pieces. Register early!.

**NBAC**

71441	Fri	Jan 5	7-9p.m.	\$205.00
	Sat-Sun	Jan 6-7	9a.m.-5p.m.	

71471	Fri	Apr 5	7-9p.m.	\$205.00
	Sat-Sun	Apr 6-7	9a.m.-5p.m.	

**Japanese Sliding Lid Chest****<NEW>****16 years and up**

With hand tools, build a sliding lid chest in the style of Japanese craftsman Toshio Odate's toolbox. Size your chest to fit toys or tools for gardening and woodworking. Learn how classic cut, forged nails and hand-cut housing dado joints enhance strength and aesthetics. Learn to dimension and surface wood using hand tools with power tools as needed. An additional materials fee paid to the instructor will cover all required materials.

**NBAC**

72562 Thu Jan 18-Mar 21 7-10p.m. \$280.00

**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 buying a chisel ahead of the class, please discuss with the instructor for advice on what to purchase.

**NBAC**

71433 Sun Feb 11 1-5p.m. \$65.00

**Wood Carving Drop-in <Free>****15 years and up**

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

**NBAC**

71437 Tue Jan 2-Mar 26 9-11:30a.m. Free

71496 Tue Apr 2-Jun 25 9-11:30a.m. Free

**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**

71497 Wed Apr 10-May 29 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**

71438 Mon Jan 15-Mar 25 7-10p.m. \$280.00

71498 Mon Apr 8-Jun 3 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](http://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**

71342 Tue Jan 9-Feb13 6:15-7p.m. \$34.80

71343 Thu Jan 11-Feb 15 6:15-7p.m. \$34.80

71366 Tue Feb 27-Mar26 6:15-7p.m. \$29.00

71367 Thu Feb 29-Mar 28 6:15-7p.m. \$29.00

73171 Tue Apr 9-May 21 6:15-7p.m. \$40.60

73172 Thu Apr 11-May 23 6:15-7p.m. \$34.80

**NWLC**

72474	Mon	Jan 8-Feb 12	8:35-9:20p.m.	\$34.80
72480	Tue	Jan 9-Feb 13	8:35-9:20p.m.	\$34.80
72481	Wed	Jan 10-Feb 14	8:35-9:20p.m.	\$34.80
73007	Mon	Feb 26-Mar 25	8:35-9:20p.m.	\$29.00
73009	Tue	Feb 27-Mar 26	8:35-9:20p.m.	\$29.00
73011	Wed	Feb 28-Mar 27	8:35-9:20p.m.	\$29.00
73008	Mon	Apr 8-May 13	8:35-9:20p.m.	\$34.80
73010	Tue	Apr 9-May 21	8:35-9:20p.m.	\$40.60
73012	Wed	Apr 10-May 22	8:35-9:20p.m.	\$40.60

**SSLC**

72898	Mon	Jan 8-Feb 12	8:30-9:15p.m.	\$34.80
72899	Tue	Jan 9-Feb 13	8:30-9:15p.m.	\$34.80
72900	Wed	Jan 10-Feb 14	8:30-9:15p.m.	\$34.80
72901	Thu	Jan 11-Feb 15	8:30-9:15p.m.	\$34.80
72923	Mon	Feb 26-Mar 25	8:30-9:15p.m.	\$29.00
72924	Tue	Feb 27-Mar 26	8:30-9:15p.m.	\$29.00
72925	Wed	Feb 28-Mar 27	8:30-9:15p.m.	\$29.00
72926	Thu	Feb 29-Mar 28	8:30-9:15p.m.	\$29.00
72948	Mon	Apr 8-May 13	8:30-9:15p.m.	\$34.80
72949	Tue	Apr 9-May 21	8:30-9:15p.m.	\$40.60
72950	Wed	Apr 10-May 22	8:30-9:15p.m.	\$40.60
72951	Thu	Apr 11-May 23	8:30-9:15p.m.	\$40.60

**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**

72902	Wed	Jan 10-Feb 14	9:15-10a.m.	\$34.80
72927	Wed	Feb 28-Mar 27	9:15-10a.m.	\$29.00
72952	Wed	Apr 10-May 22	9:15-10a.m.	\$40.60

**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.

**NWLC**

73102	Wed	Jan 10-Feb 14	10:30-11:30a.m.	\$41.40
73103	Wed	Feb 28-Mar 27	10:30-11:30a.m.	\$34.50

73104 Wed Apr 10-May 22 10:30-11:30a.m. \$48.30

### **FLDH**

71344 Tue Jan 9-Feb 13 10:45-11:45a.m. \$41.40  
71345 Thu Jan 11-Feb 15 10:45-11:45a.m. \$41.40  
71368 Tue Feb 27-Mar 26 10:45-11:45a.m. \$34.50  
71369 Thu Feb 29-Mar 28 10:45-11:45a.m. \$34.50  
71599 Tue Apr 9-May 21 10:45-11:45a.m. \$48.30  
71600 Thu Apr 11-May 23 10:45-11:45a.m. \$41.40

## **Land Fitness, Health & Wellness**

### **Programming Note**

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at [Regina.ca/recreation](http://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.

### **Abs & Arms (M)**

**15 years and up**

A 45-minute class designed to work your abs and arms with various equipment and routines. Exercise will target both areas and more.

### **NWLC**

72479 Tue Jan 9-Feb 13 7:15-8p.m. \$34.80  
73073 Tue Feb 27-Mar 26 7:15-8p.m. \$29.00  
73074 Tue Apr 9-May 14 7:15-8p.m. \$34.80

### **Body Blast (M)**

**15 years and up**

Join this heart pumping, calorie burning, muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

### **NWLC**

73081 Wed Jan 10-Feb 14 6-7p.m. \$34.80  
73082 Wed Feb 28-Mar 27 6-7p.m. \$29.00  
73083 Wed Apr 10-May 22 6-7p.m. \$40.60

### **Cardio & Sculpt (M)**

**15 years and up**

A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing, and sculpting using hand weights.

**NWLC**

72460 Mon	Jan 8-Feb 12	6-7p.m.	\$34.80
72994 Thu	Jan 11-Feb 15	6:30-7:30p.m.	\$34.80
72462 Mon	Feb 26-Mar 25	6-7p.m.	\$29.00
72995 Thu	Feb 29-Mar 28	6:30-7:30p.m.	\$29.00
72463 Mon	Apr 8-May 13	6-7p.m.	\$34.80
72996 Thu	Apr 11-May 23	6:30-7:30p.m.	\$40.60

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

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

**SSLC**

72903 Fri	Jan 12-Feb 16	11:45a.m.-12:45p.m.	\$34.80
72928 Fri	Mar 1-Mar 22	11:45a.m.-12:45p.m.	\$23.20
72953 Fri	Apr 12-May 24	11:45a.m.-12:45p.m.	\$40.60

**Cardio Combo (M)****15 years and up**

A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

**NWLC**

72477 Tue	Jan 9-Feb 13	6-7p.m.	\$34.80
72478 Sat	Jan 13-Feb 17	9-10a.m.	\$34.80
73017 Tue	Feb 27-Mar 26	6-7p.m.	\$29.00
73019 Sat	Mar 2-Mar 23	9-10a.m.	\$23.20
73018 Tue	Apr 9-May 21	6-7p.m.	\$40.60
73020 Sat	Apr 13-May 25	9-10a.m.	\$40.60

**Fresh Air Fitness <NEW>****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**

72464 Fri	Jan 12-Feb 16	9-10a.m.	\$41.40
73099 Fri	Mar 1-Mar 22	9-10a.m.	\$27.60
73098 Fri	Apr 12-May 24	9-10a.m.	\$48.30

**FUNctional Fit****15 years and up**

This class focuses on undoing what occurs naturally during the aging process and throughout daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.

**NWLC**



72476 Tue	Jan 9-Feb 13	10:30-11:30a.m.	\$34.80
73015 Tue	Feb 27-Mar 26	10:30-11:30a.m.	\$29.00
73016 Tue	Apr 9-May 21	10:30-11:30a.m.	\$40.60

**Glutes Galore, Core & More! (M)**

**15 years and up**

This glute and core conditioning class will strengthen your hips, back, butt, and belly along with a focus on the lower body using bands, dumbbells, balls, and gliders.

**NWLC**

73084 Wed	Jan 10-Feb 14	7:15-8p.m.	\$34.80
73087 Sat	Jan 13-Feb 17	10:15-11a.m.	\$34.80
73085 Wed	Feb 28-Mar 27	7:15-8p.m.	\$29.00
73088 Sat	Mar 2-Mar 23	10:15-11a.m.	\$23.20
73086 Wed	Apr 10-May 22	7:15-8p.m.	\$40.60
73089 Sat	Apr 13-May 25	10:15-11a.m.	\$40.60

**HIIT (High Intensity Interval Training) (M)**

**15 years and up**

High Intensity Interval Training (HIIT) combines intervals of cardio mixed with weight training. Get ready for an action-based calorie burning workout! Suitable for all fitness levels.

**NWLC**

73189 Wed	Jan 10-Feb 14	9-10a.m.	\$34.80
73079 Wed	Feb 28-Mar 27	9-10a.m.	\$29.00
73080 Wed	Apr 10-May 22	9-10a.m.	\$40.60

**How to Fit – Resolution 2024 Pt. 1**

**16 years and up**

Welcome to 2024! How To Fitness gets you set up and on your way to brand new fitness goals. Come out and learn about cardio, strength and stretching.

**FLDH**

71346 Wed	Jan 10-Feb 14	5:30-6:30p.m.	\$41.40
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**How to Fit – Resolution 2024 Pt. 2**

Welcome to 2024! How To Fitness gets you set up and on your way to continue with your brand new fitness goals. Come out and learn about cardio, strength and stretching.

**FLDH**

71370 Wed	Feb 28-Mar 27	5:30-6:30p.m.	\$34.50
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**Ignite (M)**

**15 years and up**

Ignite your metabolism with this fun, well-rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.

**NWLC**

72102 Mon	Jan 8-Feb 12	9-10a.m.	\$34.80
72103 Mon	Feb 26-Mar 25	9-10a.m.	\$29.00
72104 Mon	Apr 8-May 13	9-10a.m.	\$34.80

### Just Dance

**16 years and up**

A class where you will learn different types of styles of dance and incorporate the fun of music and rhythm.

### FLDH

71347 Fri	Jan 12-Feb 16	5:45-6:45p.m.	\$34.50
71371 Fri	Mar 1-Mar 29	5:45-6:45p.m.	\$34.50
71601 Fri	Apr 12-May 24	5:45-6:45p.m.	\$41.40

### 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

71351 Tue,Thu	Jan 2-Feb 8	5:30-6:30p.m.	\$95.40
71349 Mon,Wed	Jan 3-Feb 7	10-11a.m.	\$95.40
71350 Mon,Wed	Jan 3-Feb 7	11a.m.-12p.m.	\$87.45
71348 Mon	Jan 8-Feb 5	11a.m.-12p.m.	\$39.75
71373 Mon,Wed	Feb 26-Mar 27	10-11a.m.	\$79.50
71372 Mon	Feb 26-Mar 25	11a.m.-12p.m.	\$39.75
71374 Mon,Wed	Feb 26-Mar 27	11a.m.-12p.m.	\$79.50
71375 Tue,Thu	Feb 27-Mar 28	5:30-6:30p.m.	\$79.50
71594 Mon,Wed	Apr 8-May 22	10-11a.m.	\$111.30
71593 Mon	Apr 8-May 20	11a.m.-12p.m.	\$55.65
71595 Mon,Wed	Apr 8-May 22	11a.m.-12p.m.	\$111.30
71598 Tue,Thu	Apr 9-May 23	4:30-5:30p.m.	\$111.30
71596 Tue	Apr 9-May 21	5:30-6:30p.m.	\$55.65
71597 Tue,Thu	Apr 9-May 23	5:30-6:30p.m.	\$111.30

### 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@alzheimersk.ca](mailto:mindsinmotion@alzheimersk.ca) or visit [alzheimersk.ca](http://alzheimersk.ca). **Must Register in pairs.**

### NWLC

73165	Thu	Jan 25-Mar 28	1:30-3:30pm	\$30
73166	Thu	Apr 25-Jun 13	1:30-3:30pm	\$25

**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**

71352	Mon	Jan 8-Feb12	7-8pm	\$41.40
71376	Mon	Feb 26-Mar 25	7-8pm	\$34.50
71602	Mon	Apr-8-May 20	7-8pm	\$48.30

**Mobility & Steel Mace** **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**

71356	Mon	Jan 8-Feb 12	12:10-12:55p.m.	\$47.70
71607	Mon	Apr 8-May 20	12:10-12:55p.m.	\$55.65

**Ninja Sweat** **18 years and up**

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

Class is open to all levels of fitness.

**FLDH**

71603	Wed	Apr 10-May 22	5:30-6:30p.m.	\$48.30
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**Qigong** **15 years and up**

A movement class that has a focus on breathing, movement, strength, stretching and energizing. The flowing, smooth and repetitive movements are connected to traditional acupuncture and creating balance in the body. It's great for improving back pain, anxiety, depression and general health. The class will be lead by Siheng Wybo Ottenbreit-Born who has studied Qigong under Sifu Eric James for over 10 years.

**FLDH**

71759 Tue	Jan 9-Feb 27	6:30-7:30a.m.	\$55.20
71761 Tue	Feb 27-Mar 26	6:30-7:30a.m.	\$34.50
71763 Tue	Apr 9-May 21	6:30-7:30a.m.	\$55.20

### **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**

71353 Thu	Jan 11-Feb 15	6:45-7:45p.m.	\$41.40
71377 Thu	Feb 29-Mar 28	6:45-7:45p.m.	\$34.50
71604 Thu	Apr 11-May 23	6:45-7:45p.m.	\$41.40

### **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**

71354 Sat	Jan 13-Feb 17	9:45-10:45a.m.	\$34.50
71378 Sat	Mar 2-Mar 30	9:45-10:45a.m.	\$34.50
71605 Sat	Apr 13-May 25	9:45-10:45a.m.	\$41.40

### **STEP (M)**

**15 years and up**

A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

### **NWLC**

72475 Tue	Jan 9-Feb 13	9-10a.m.	\$41.40
73013 Tue	Feb 27-Mar 26	9-10a.m.	\$34.50
73014 Tue	Apr 9-May 21	9-10a.m.	\$48.30

### **StepFit**

**<New>**

**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**

72897 Mon	Jan 8-Feb 12	5:30-6:30p.m.	\$34.80
72922 Mon	Feb 26-Mar 25	5:30-6:30p.m.	\$29.00
72947 Mon	Apr 8-May 13	5:30-6:30p.m.	\$34.80

### **Stretch & Tone**

**15 years and up**

A beginner/moderate level class designed to enhance flexibility, body awareness and alignment and to relax and reduce muscle tension and stress. Use of hand weights for

muscle toning. This class will also use dancing and cardio movements to help with balance and stamina.

**SSLC**

72904 Wed	Jan 10-Feb 14	10:30-11:30a.m.	\$34.80
72929 Wed	Feb 28-Mar 27	10:30-11:30a.m.	\$29.00
72954 Wed	Apr 10-May 22	10:30-11:30a.m.	\$40.60

**SWAT (M)**

**15 years and up**

Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

**NWLC**

73095 Thu	Jan 11-Feb 15	9-10a.m.	\$34.80
73096 Thu	Feb 29-Mar 28	9-10a.m.	\$29.00
73097 Thu	Apr 11-May 23	9-10a.m.	\$40.60

**Tai Chi**

**15 years and up**

Tai Chi Chuan is a martial art incorporating various forms for self-defense, Qi Gong, weapons, and push hands. In this class we will be focusing on learning the Yang style 24 form as a martial art as well as promotion of health. The class will also include Qi Gong sets with a focus on health through breathing and movement. The class will be led by Siheng Wybo Ottenbreit-Born who has studied Tai Chi under Sifu Eric James for over 10 years.

**FLDH**

71760 Thu	Jan 11-Feb 29	6:30-7:30a.m.	\$55.20
71762 Thu	Feb 29-Mar 28	6:30-7:30a.m.	\$34.50
71764 Thu	Apr 11-May 23	6:30-7:30a.m.	\$48.30

**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**

72905 Tue	Jan 9-Feb 13	6:45-7:45p.m.	\$34.80
72906 Wed	Jan 10-Feb 14	5:30-6:30p.m.	\$34.80
72930 Tue	Feb 27-Mar 26	6:45-7:45p.m.	\$29.00
72931 Wed	Feb 28-Mar 27	5:30-6:30p.m.	\$29.00
72955 Tue	Apr 9-May 21	6:45-7:45p.m.	\$40.60
72956 Wed	Apr 10-May 22	5:30-6:30p.m.	\$40.60

**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**

71357 Wed	Jan 10-Feb 14	5:30-6:30p.m.	\$47.70
71381 Wed	Feb 28-Mar 27	5:30-6:30p.m.	\$39.75
71608 Wed	Apr 10-May 22	5:30-6:30p.m.	\$55.65

### **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**

72466 Tue	Jan 9-Feb 13	10:15-11:15a.m.	\$41.40
72465 Thu	Jan 11-Feb 15	10:15-11:15a.m.	\$41.40
73075 Tue	Feb 27-Mar 26	10:15-11:15a.m.	\$34.50
73077 Thu	Feb 29-Mar 28	10:15-11:15a.m.	\$34.50
73076 Tue	Apr 9-May 14	10:15-11:15a.m.	\$41.40
73078 Thu	Apr 11-May 23	10:15-11:15a.m.	\$48.30

### **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**

72469 Mon	Jan 8-Feb 12	7:15-8:15p.m.	\$41.40
72468 Tue	Jan 9-Feb 13	6-7p.m.	\$41.40
73003 Mon	Feb 26-Mar 25	7:15-8:15p.m.	\$34.50
73005 Tue	Feb 27-Mar 26	6-7p.m.	\$34.50
73004 Mon	Apr 8-May 13	7:15-8:15p.m.	\$41.40
73006 Tue	Apr 9-May 21	6-7p.m.	\$48.30

### **SSLC**

72909 Mon	Jan 8-Feb 12	8-9p.m.	\$41.40
72934 Mon	Feb 26-Mar 25	8-9p.m.	\$34.50
72959 Mon	Apr 8-May 13	8-9p.m.	\$41.40

### **Yoga – Gentle**

**15 years and up**

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

### **FLDH**

71358 Mon	Jan 8-Feb 12	5:45-6:45p.m.	\$41.40
71382 Mon	Feb 26-Mar 25	5:45-6:45p.m.	\$34.50
71609 Mon	Apr 8-May 13	5:45-6:45p.m.	\$41.40

### **NWLC**

72470 Mon	Jan 8-Feb 12	6-7p.m.	\$41.40
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72471	Wed	Jan 10-Feb 14	5:45-6:45p.m.	\$41.40
72472	Sat	Jan 13-Feb 17	1:30-2:30p.m.	\$41.40
72997	Mon	Feb 26-Mar 25	6-7p.m.	\$34.50
72999	Wed	Feb 28-Mar 27	5:45-6:45p.m.	\$34.50
73001	Sat	Mar 2-Mar 23	1:30-2:30p.m.	\$27.60
72998	Mon	Apr 8-May 13	6-7p.m.	\$41.40
73000	Wed	Apr 10-May 8	5:45-6:45p.m.	\$34.50
73002	Sat	Apr 13-May 18	1:30-2:30p.m.	\$41.40

### SSLC

72910	Mon	Jan 8-Feb 12	9:15-10:15a.m.	\$41.40
72911	Mon	Jan 8-Feb 12	10:30-11:30a.m.	\$41.40
72912	Mon	Jan 8-Feb 12	6:45-7:45p.m.	\$41.40
72914	Thu	Jan 11-Feb 15	11:45a.m.-12:45p.m.	\$41.40
72913	Thu	Jan 11-Feb 15	6:45-7:45p.m.	\$41.40
72915	Fri	Jan 12-Feb 16	9:15-10:15a.m.	\$41.40
72916	Fri	Jan 12-Feb 16	10:30-11:30a.m.	\$41.40
72935	Mon	Feb 26-Mar 25	9:15-10:15a.m.	\$34.50
72936	Mon	Feb 26-Mar 25	10:30-11:30a.m.	\$34.50
72937	Mon	Feb 26-Mar 25	6:45-7:45p.m.	\$34.50
72939	Thu	Feb 29-Mar 28	11:45a.m.-12:45p.m.	\$34.50
72938	Thu	Feb 29-Mar 28	6:45-7:45p.m.	\$34.50
72940	Fri	Mar 1-Mar 22	9:15-10:15a.m.	\$27.60
72941	Fri	Mar 1-Mar 22	10:30-11:30a.m.	\$27.60
72960	Mon	Apr 8-May 13	9:15-10:15a.m.	\$41.40
72961	Mon	Apr 8-May 13	10:30-11:30a.m.	\$41.40
72962	Mon	Apr 8-May 13	6:45-7:45p.m.	\$41.40
72964	Thu	Apr 11-May 23	11:45a.m.-12:45p.m.	\$48.30
72963	Thu	Apr 11-May 23	6:45-7:45p.m.	\$48.30
72965	Fri	Apr 12-May 24	9:15-10:15a.m.	\$48.30
72966	Fri	Apr 12-May 24	10:30-11:30a.m.	\$48.30

### 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

71359	Tue	Jan 9-Feb 13	10:30-11:30a.m.	\$41.40
71383	Tue	Feb 27-Mar 26	10:30-11:30a.m.	\$34.50
71610	Tue	Apr 9-May 21	10:30-11:30a.m.	\$48.30

### 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**

72917 Tue	Jan 9-Feb 13	8-9p.m.	\$41.40
72942 Tue	Feb 27-Mar 26	8-9p.m.	\$34.50
72967 Tue	Apr 9-May 21	8-9p.m.	\$48.30

**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**

73092 Wed	Jan 10-Feb 14	10:30-11:30a.m.	\$34.80
73093 Wed	Feb 28-Mar 27	10:30-11:30a.m.	\$29.00
73094 Wed	Apr 10-May 22	10:30-11:30a.m.	\$40.60

**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**

71360 Wed	Jan 10-Feb 14	6:45-7:45p.m.	\$47.70
71384 Wed	Feb 28-Mar 27	6:45-7:45p.m.	\$39.75
71611 Wed	Apr 10-May 22	6:45-7:45p.m.	\$55.65

**SSLC**

72918 Thu	Jan 11-Feb 15	8-9p.m.	\$41.40
72919 Sat	Jan 13-Feb 17	9-10a.m.	\$41.40
72943 Thu	Feb 29-Mar 28	8-9p.m.	\$34.50
72944 Sat	Mar 2-Mar 23	9-10a.m.	\$27.60
72968 Thu	Apr 11-May 23	8-9p.m.	\$48.30
72969 Sat	Apr 13-May 25	9-10a.m.	\$48.30

**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**

71621 Sun	Jan 7-Feb 25	12:15-1:15p.m.	\$43.50
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71780 Sat	Mar 30-May 11	12:15-1:15p.m.	\$50.75
71787 Sun	Mar 31-May 19	12:15-1:15p.m.	\$58.00

### 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 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

71634 Sat	Jan 6-Mar 2	6-7:30p.m.	\$87.00
71629 Fri	Jan 12-Mar 8	6-7:30p.m.	\$87.00
71802 Sat	Mar 30-May 18	6-7:30p.m.	\$87.00
71794 Fri	Apr 5-May 17	6-7:30p.m.	\$76.13

## Registered Older Adult Programs

### Legend

NWLC – North West Leisure Centre

SSLC – Sandra Schmirler Leisure Centre

### Programming Note

All City of Regina fitness programs in this section **REQUIRE REGISTRATION** online at [Regina.ca/recreation](http://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.

### 20/20/20 <AP>

This class is designed for older adults or those with mobility issues. This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs for stability.

### NWLC

72450 Mon	Jan 8-Feb 12	10:30-11:30a.m.	\$34.80
72991 Thu	Jan 11-Feb 15	10:30-11:30a.m.	\$34.80
72451 Mon	Feb 26-Mar 25	10:30-11:30a.m.	\$29.00
72992 Thu	Feb 29-Mar 28	10:30-11:30a.m.	\$29.00
72452 Mon	Apr 8-May 13	10:30-11:30a.m.	\$34.80
72993 Thu	Apr 11-May 16	10:30-11:30a.m.	\$34.80

### Yoga - Chair

Agnes 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**

72907 Mon	Jan 8-Feb 12	11:45a.m.-12:45p.m.	\$41.40
72908 Wed	Jan 10-Feb 14	11:45a.m.-12:45p.m.	\$41.40
72932 Mon	Feb 26-Mar 25	11:45a.m.-12:45p.m.	\$34.50
72933 Wed	Feb 28-Mar 27	11:45a.m.-12:45p.m.	\$34.50
72957 Mon	Apr 8-May 13	11:45a.m.-12:45p.m.	\$41.40
72958 Wed	Apr 10-May 22	11:45a.m.-12:45p.m.	\$48.30

**NWLC**

72467 Wed	Jan 10-Feb 14	1-2p.m.	\$41.40
73090 Wed	Feb 28-Mar 27	1-2p.m.	\$34.50
73091 Wed	Apr 10-May 15	1-2p.m.	\$41.40

**Zumba Gold**

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

**SSLC**

72920 Tue	Jan 9-Feb 13	10:30-11:30a.m.	\$41.40
72921 Thu	Jan 11-Feb 15	10:30-11:30a.m.	\$41.40
72945 Tue	Feb 27-Mar 26	10:30-11:30a.m.	\$34.50
72946 Thu	Feb 29-Mar 28	10:30-11:30a.m.	\$34.50
72970 Tue	Apr 9-May 21	10:30-11:30a.m.	\$48.30
72971 Thu	Apr 11-May 23	10:30-11:30a.m.	\$48.30

**Adapted Adult Strength Training <AP> <New> and up**

**50 years**

This introductory-level class is geared towards empowering older adults with disabilities or who experience barriers to accessing recreation. This class will focus on building up core strength while improving balance and mobility. Each class will utilize a variety of equipment and incorporate a bonus activity each week.

**NWLC**

71891 Fri	Jan 12-Feb 16	10:30-11:30a.m.	\$43.50
71894 Fri	Mar 1-Mar 22	10:30-11:30a.m.	\$29.00
71895 Fri	Apr 12-May 17	10:30-11:30a.m.	\$43.50

**Afternoon Adult Program <AP> <New> <FREE> and up**

**18 years**

Designed for individuals experiencing disabilities to come together for a free program focused on functional fitness, socialization, and fun. This program welcomes adults of

all ages and will provide family/caregivers an opportunity for respite. Participants are welcome to bring in creative projects or their favorite game or activity.

**MOC**

73056 Tue,Thu

Jan 23-Jun 6 2-5p.m.

Free