

Hours of Operation
 Monday to Friday
 5:45 am- 10:00pm
 Saturday, Sunday, & Holidays
 7:00 am- 7:00pm



YMCA

We build strong kids,
 strong families, strong communities.

Downtown YMCA
 2400 13th Ave
 Regina, Sk
 S4P0V9
 T: 757-9622
 F: 525-5508
regina.ymca.ca

2012 Winter PROGRAM SCHEDULE

Revised February 13th, 2012

Large Pool Schedule – Downtown (Effective September 6th, 2011)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|--------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------|--------------------------|----------|------------------------|
| Lane Swim | 6-8:30am 11:30-1pm 3-4:30pm 8:30-9:45pm | 6-8:30am (1 lane only 6-6:45am) 11:30-12:10pm 3-4:30pm 8:30-9:45pm | 6-8:30am 11:30-1pm 3-4:30pm 8:30-9:45pm | 6-8:30am (1 lane only 6-6:45am) 11:30-12:10pm 3-4:30pm 8:30-9:45pm | 6-8:30am 11:30-4:30pm | | 9-11:30am |
| Family Swim | | | | | 6:30-8pm | 3:30-6pm | 3:30-6pm |
| Fitness Class | 5:30-6:30 Aquafit | 6-6:45am Water Running 12:10-12:40 Swimfit 6:30-7:30 Aquafit | 5:30-6:30 Aquafit | 6-6:45am Water Running 12:10-12:50 Swimfit 6:30-7:30 Aquafit | | | 11:30-12:30 Aquafit |

Small Pool Schedule - Downtown (Effective September 6th, 2011)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------|----------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------|----------|----------|
| Lane Swim | 6-9:30am 11:30-12:10pm 4-4:30pm 8:30-9:45pm | 6-9:30 am 11:30-1pm 4-4:30pm 8:30-9:45pm | 6-9:30am 11:30-12:10pm 8:30-9:45pm | 6-9:30am 11:30-1pm 4-4:30pm 8:30-9:45pm | 6-9:30am 11:30-12:10pm 4-4:30pm | | |
| Family Swim | | | | | 6:30-8pm | 3:30-6pm | 3:30-6pm |
| Fitness Class | 10:45-11:30 Fit for Two 12:10-12:50 Aquafit 3-4pm Ageless Aqua | 3-4:00pm Arthritis Aqua 5:15-6:15 pm Prenatal Aquafit | 12:10-12:50 Aquafit 3-4pm Ageless Aqua | 12:10-12:50pm Ai chi 3-4:00pm Arthritis Aqua 1:30-2:15 Fit for Two 5:15-6:15pm Prenatal Aquafit | 12:10-12:50 Aquafit 3-4 Ageless Aquafit | | |

Member Information


| | | | |
|----------------------|---------------|----------------------------|----------------------------|
| Fall Session Dates | Sept 19-Nov28 | Member Registration Aug 17 | Public Registration Sept 7 |
| Winter Session Dates | Jan 9-Mar19 | Member Registration Dec 7 | Public Registration Dec 21 |
| Spring Session Dates | Mar 26-June10 | Member Registration Feb 29 | Public Registration Mar 14 |


****NO CLASSES – February 20, April 6-12, 2012**

We recommend that all children 12 and under be supervised by a parent or guardian unless they are participating in YMCA programs
 Persons utilizing the fitness equipment must be 16 years of age unless they have completed the YFS course
 Schedules subject to change

For more detailed information on any YMCA of Regina program please contact the front desk or visit our website at ymca.regina.ca

SWIMMING PROGRAM – DOWNTOWN (JANUARY 9-MARCH 19 2012)

| | Cost | Age | Level | Wednesday | Saturday | Sunday |
|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|-----|-------------------------------------------------|------------------------------------------------------|--------------------------------------------|-----------------------------------------|
| Parented L'il Dippers | Member/free 2 nd class/\$36 Public \$60 | 0-3 | Splashers Bubblers | 10-10:30am 5:25-5:55pm 7-7:30pm | 10:55-11:25am 12:55-1:25pm | 12:30-1pm 1:05-1:35pm |
| L'il Dippers | Member/free 2 nd class/\$36 Public \$60 | 3-5 | Bobbers Floaters Gliders | 10:30-11am 4:00-4:30pm 6-6:30pm 6:30-7:00pm | 10:20-10:50am 12:20-12:50pm 1:30-2pm | 12:30-1pm 1:40-2:10pm 2:15-2:45pm |
| | | | Divers Surfers Dippers | 11-11:30am 4:00-4:30pm 6-6:30pm 7:00-7:30pm | 10:20-10:50am 12:20-12:50pm 1:30-2pm | 12:30-1pm 1:40-2:10pm 2:15-2:45pm |
| Learn To Swim | Member/free 2 nd class/\$36 Public \$60 | 6+ | Otter Seal | 4:00-4:30pm 5:25-5:55pm | 10:55-11:25am 12:55-1:25pm | 1:05-1:35pm 3:00-3:30pm |
| | | | Dolphin Swimmer | 4:00-4:30pm 5:25-5:55pm | 10:55-11:25am 12:55-1:25pm | 1:05-1:35pm 3:00-3:30pm |
| Star Swimmer | Member/free 2 nd class/\$36 Public \$63 | 8+ | Star One Star Two Star Three Star Four | 4:35-5:20pm | 9:30-10:15am 11:30-12:15pm | 12:30-1:15pm 2:15-3:00pm |
| | Member/free 2 nd class/\$36 Public \$70 | | Star Five Star Six | 4:35-5:30pm | 9:30-10:30am 11:30-12:30pm | 12:30-1:15pm 2:15-3:15pm |
| Master Swimmer | Member/free 2 nd class/\$36 Public \$70 | | | 4:30-6:30pm | | |
| Junior Lifeguard Club | Member/free 2 nd class/\$36 Public \$70 | | | | 2-3:30pm | |
|  Semi-Private Lessons | Member \$78 Public \$105 (max 3 per class) | | | 4:35-5:05pm | 9:30-10:00am 11:30-12pm | 3-3:30pm |
| Youth Stroke Development | Member/free 2 nd class/\$36 Public \$70 | | | 4:00-4:30 | 1:30-2pm | |
| Bronze Star | Member \$70 Public \$95 | | | | 2-3:30pm | |
| Adult Lessons | Member/free 2 nd class/\$36 Public \$70 | | | | 2:15-3:00pm | 3:30-4:15pm |

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|  <p>Private Lessons Member \$16 / Public \$21 per ½ hour Get personalized attention with our one-on-one private swim lessons! Dates and times only available as our schedule dictates. Please call the Aquatic Director, ext 254 to be placed on the waitlist.</p> | <p>Finished Star 6? What's next? -Master Swimmer -Junior Lifeguard Club -Aquatic Leadership courses</p> <p>(Questions? Please contact the Aquatic Director)</p> | <p>Aquatic Leadership Courses: Bronze Star & CPR A Bronze Medallion & CPR B Bronze Cross & CPR C Aquatic Emergency Care & CPR C National Lifeguard Service YMCA Swim Instructor Course Lifesaving Instructor Course <i>(See Aquatics Leadership Brochure for more details)</i></p> |
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Fitness Schedule –Downtown Effective January 9th, 2012 – (Revised January 4th, 2012)

Schedule subject to change/cancellations

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------|
| Power Pacing @6:15 | Ball Blast @ 6:00am Water Running @ 6am Power Pacing @ 6:15am (Advanced) | ☺ Bellyfit @ 6:15am PowerPacing @ 6:15am | Water Running @ 6am BodyBlast @ 6:00am | Power Pacing @ 6:15am ☺ Cardio 2 @ 6:15am | | |
| Aquasize @ 8:30am | | Aquasize @ 8:30am | | | Muscle Blast @ 8:00 | |
| | MS Aquasize @ 9am | | MS Aquasize @ 9am | | Yoga Fusion@9am Powerpacing@ 9:30 | PowerPacing @ 9:30am |
| Fit for 2 Aqua @ 10:45am | | | | | Step @ 10:00am Judo(Advance) @10am* | |
| | | | | | ☺ZUMBA @ 11am | Aquasize @ 11:30am BodyBlast @ 11:30am |
| Power Pacing @ 12:10pm Bodyblast @12:10pm Step @ 12:10pm Aquasize @ 12:10pm Pilates @ 12:10pm | Power Pacing @ 12:10pm On The Ball @ 12:10pm Yoga Stretch @ 12:10pm Bootcamp @ 12:10pm Swimfit @ 12:10pm Core Conditioning @12:50pm Karate @12:10pm | Power Pacing @ 12:10pm Bodyblast @12:10pm Step @ 12:10pm Aquasize @ 12:10pm | Power Pacing @12:10pm ☺ZUMBA @ 12:10pm Bootcamp @ 12:10pm Swimfit @ 12:10pm Yoga Stretch@12:10pm AiChi@12:10pm Karate@12:10pm | Power Pacing @ 12:10pm Bodyblast @ 12:10pm Step @ 12:10pm Aquasize@ 12:10pm Abs, Core and Stretch@12:10pm | Yoga Stretch @ 12 :00pm | |
| Ageless Cycle & Weights@ 2:00pm | | Ageless Fitness @2:00pm | Fit for Two Aqua @ 1:30pm | Ageless Fitness @2:00pm | | |
| Ageless Aquasize @ 3pm | Arthritis Aquasize @ 3pm | Ageless Aquasize @ 3pm | Arthritis Aquasize @ 3pm | Ageless Aquasize @ 3pm | | |
| Intense Intervals@ 5:30pm Aquasize Deep/Shallow Water @ 5:30pm PowerPacing @5:30pm Yoga for Meditation@5:30pm | Prenatal Aquasize @ 5:15pm ☺ Yoga Stretch @5:30pm Ultra Body Blast @ 5:30pm PowerPacing @ 5:30pm | Intense Intervals @ 5:30 Aquasize @ 5:30pm Powerpacing @ 5 :30pm ☺ZUMBA@5:30 | Prenatal Aquasize @ 5:15pm ☺ PowerPacing @5:30pm Yoga Stretch @ 5:30pm | Step @5pm | Conditioning Centre Orientation 4pm Meet at Front Desk | |
| Judo (youth) @ 6pm* Karate @ 6:30pm* | Volleyball @ 6:15 Aquasize @ 6:30pm Taekwondo (youth) @ 6:30pm* | Judo (youth) @ 6pm* Karate @ 6:30pm* | Aquasize @ 6:30pm Taekwondo (youth) @ 6:30pm* | | | |
| Judo (Adult)@ 7pm* Basketball @ 7:00pm | Advanced Volleyball@ 7:00 until 10:00 p.m. Taekwondo @ 7:30pm* | Judo (Adult)@ 7pm* Basketball @ 8:30pm | Taekwondo @ 7:30pm* | | | |

☺ Family Friendly Classes

Racquetball and Squash Leagues and Lessons – Contact Front Desk Information

*Register for martial arts classes at the front desk

Special Programs

For information regarding special programs or classes for schools, teams, small group training and other interested groups please contact the Fitness Director at extension 228

Fitness Leadership

Always wanted to lead your own fitness class? We would love to have you on board! For information on becoming a Certified Fitness Leader please inquire at the front desk or contact the Fitness Director at 757-9622 ext 228.

Fitness Assessment

16+ years

A Certified Fitness Consultant will evaluate your present level of fitness using CPAFLA protocol including body composition, cardiovascular fitness, flexibility, muscular endurance and muscular strength.

\$60.00/Member

Personal Training

16+ years

A Certified YMCA Consultant will coach you, adapt and update your exercise routine and provide motivation to help achieve your goals.

| | |
|------------|----------------|
| 1 Session | \$45 ● Member |
| 3 session | \$111 ● Member |
| 9 session | \$270 ● Member |
| 18 session | \$441 ● Member |

*We require 24 hours written notice to cancellations/rescheduling or a session fee will be charged.

Conditioning Centre Orientations

This active session is an introduction to safe and effective use of fitness equipment and etiquette. Learn how to use the equipment in the conditioning center. Saturday's at 4pm.

Youth Fit Start

All members 12-15 years are required to attend a registered session called Youth Fit Start, in order to use the circuit machines certain areas of the fitness facility. Please contact the Fitness Director at ext. 228

Small Group Training

Train with family and friends with a YMCA Fitness Consultant to accomplish goals and get in shape. The programs are designed to meet the needs of the group members and help them attain their fitness goals and enhance quality of life.

Group of 2-3 people

| | |
|------------|----------------|
| 1 Session | \$22 ● Member |
| 4 session | \$70 ● Member |
| 8 session | \$114 ● Member |
| 12 session | \$141 ● Member |

Group of 4-8 people

| | |
|------------|----------------|
| 1 Session | \$20 ● Member |
| 4 Session | \$60 ● Member |
| 8 Session | \$96 ● Member |
| 12 Session | \$111 ● Member |

Downtown Youth Programs

Winter Session Schedule (January 9- March 19, 2012)

Preschool Programs (Ages 3-5)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|--------------|---------------------------|
| 10:30- 1:15 Kiddie Kare | 10:45- 1:15 Kiddie Kare | 10:45- 1:15 Kiddie Kare | 10:00- 1:15 Kiddie Kare | 10:45- 1:15 Kiddie Kare | 9:00- 12:30 | Kiddie Kare |
| | | | | | 10:15- 11:00 | Drop-In Kinder Gym |
| | | | | | 10:15- 10:45 | @Mini Fit Kids |
| | | | | | 11:00- 11:30 | *Mini Chefs & Story |
| | | | | | 11:45- 12:15 | @Mini Fit Kids |
| | | | | | 12:30- 1:00 | @Soccer Mites |

Youth Programs (Ages 6- 15)

| Monday | Tuesday | Wednesday | Thursday | Saturday | |
|----------------------|-------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|--------------|--------------|
| 6:00 Judo (Youth) | 6:30- 7:30 Taekwondo | 6:00 Judo (Youth) | 6:30- 7:30 Taekwondo | 9:30- 10:20 | *Baking |
| | | 6:30- 8:30 Young Adventurers & Girls Growing Strong (Gr. 4-6) | 6:30- 8:30 TYL Leaders (Age 12-18) & LIT's (Gr. 7-9)/ Leaders (Gr. 10-12) | 10:30- 11:20 | *Mad Science |
| | 11:30- 12:20 | | | @Kids Fit | |
| | 12:30- 1:20 | | | @Drama | |

Fees

Drop-In Classes: Free for members/Day pass required for non-members.

*Registered Classes: \$32 members/\$61 non-members.

@Registered Class: No Fee

Special Programs

Please ask at the Front Desk or check the website for information on any of the following special programs:
Schools Out Day Camps, TYL, Leadership Programs, Kiddie Kare, Tutoring & NW Birthday Parties

Additional Programs Offered At the YMCA

Massage Therapy (Downtown Only)

- Remedial Massage Therapists
- Pregnancy and Infant Massage
- Cranial Massage

Perinatal Programs (Downtown Only)

- Childbirth Preparation
- Childbirth Refresher
- Multiple Pregnancy and Birth
- Y's Mom's Groups

Community Development

- Tutoring Programs
- Before and After School Programs
- Child Minding (Kiddie Kare)
- Youth Internship Program
- Tomorrow's Y's Leaders

Fitness

- Fitness Leadership Course
- Conditioning Centre Orientations
- Personal Training
- Group Fitness Training
- Youth Fit Start
- Squash (Downtown Only)
- Racquetball (Downtown Only)
- Karate
- Taekwondo-Do
- Judo

Strong Kids Campaign

Please visit www.regina.ymca.ca or call 757-9622 for more information