

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

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

2012 Winter PROGRAM SCHEDULE

Revised November 10th, 2011

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	10:30-11 am 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



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.

Finished Star 6? What's next?

- Master Swimmer
- Junior Lifeguard Club
- Aquatic Leadership courses

(Questions? Please contact the Aquatic Director)

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
- (See Aquatics Leadership Brochure for more details)*