

# 2012 Spring PROGRAM SCHEDULE

Revised February 13<sup>th</sup>, 2012

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b>	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
<b>Family Swim</b>					6:30-8pm	3:30-6pm	3:30-6pm
<b>Fitness Class</b>	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
<b>Lane Swim</b>	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		
<b>Family Swim</b>					6:30-8pm	3:30-6pm	3:30-6pm
<b>Fitness Class</b>	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
<b>Spring Session Dates</b>	<b>Mar 26-June10</b>	<b>Member Registration Feb 29</b>	<b>Public Registration Mar 14</b>

**\*\*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](http://ymca.regina.ca)

	Cost	Age	Level	Wednesday	Saturday	Sunday
<b>Parented L'il Dippers</b>	Member/free 2 <sup>nd</sup> 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
<b>L'il Dippers</b>	Member/free 2 <sup>nd</sup> 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
<b>Learn To Swim</b>	Member/free 2 <sup>nd</sup> 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
<b>Star Swimmer</b>	Member/free 2 <sup>nd</sup> 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 <sup>nd</sup> 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
<b>Master Swimmer</b>	Member/free 2 <sup>nd</sup> class/\$36 Public \$70			4:30-6:30pm		
<b>Junior Lifeguard Club</b>	Member/free 2 <sup>nd</sup> class/\$36 Public \$70				2-3:30pm	
 <b>Semi-Private Lessons</b>	Member \$78 Public \$105 (max 3 per class)			4:35-5:05pm	9:30-10:00am 11:30-12pm	3-3:30pm
<b>Youth Stroke Development</b>	Member/free 2 <sup>nd</sup> class/\$36 Public \$70			4:00-4:30	1:30-2pm	
<b>Bronze Star</b>	Member \$70 Public \$95				2-3:30pm	
<b>Adult Lessons</b>	Member/free 2 <sup>nd</sup> 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)*