



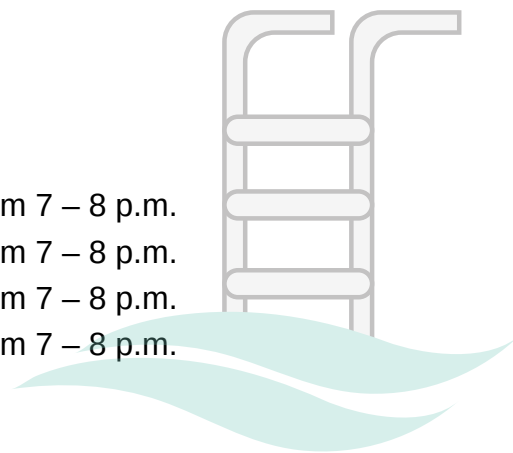
# SUMMER ACTIVITIES

REGINA 2019



## OUTDOOR POOLS

<b>Wascana Pool</b>	2211 College Avenue	Free admission from 7 – 8 p.m.
<b>Regent Pool</b>	3600 McKinley Avenue	Free admission from 7 – 8 p.m.
<b>Massey Pool</b>	100 Massey Road	Free admission from 7 – 8 p.m.
<b>Dewdney Pool</b>	1401 Montague Street	Free admission from 7 – 8 p.m.



## PLAY ESCAPE REGINA:

Play Escapes is a free and inclusive summer drop-in programme offered by the City of Regina for children entering Kindergarten (must be 5 years old by December 31, 2019) through to Grade 7. The program will run Monday to Friday, July 4 to August 9, 2019 (no program on August 5 & morning only on August 9).

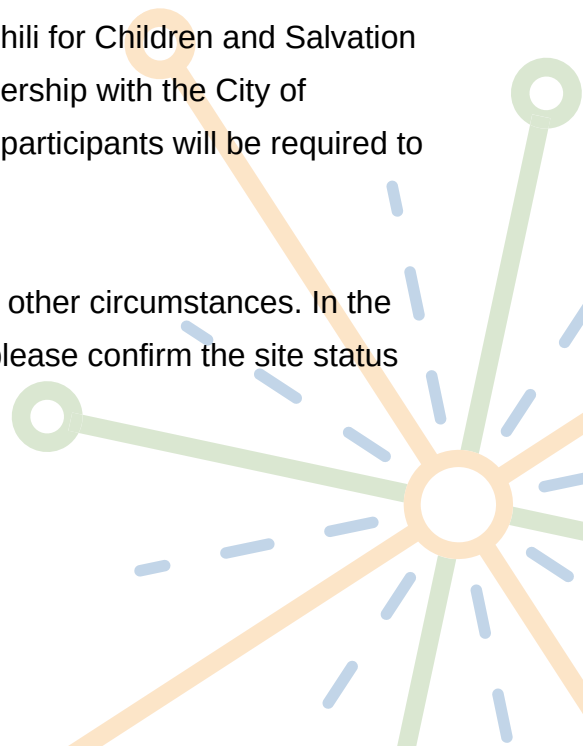
The programme offers leader-facilitated play opportunities that develop and foster life skills, creativity, imagination and positive self-image, while also promoting a physical, active lifestyle.

Play Escapes welcomes children and youth of all abilities. Due to the high number of participants, we ask that individuals requiring one-on-one support/assistance please bring an attendant/support person.

To register please fill out a Participant Information Form which are available online and on-site the first day of the programme.

Regina Education and Action on Child Hunger (REACH), Chili for Children and Salvation Army offers a take home lunch at some of the sites in partnership with the City of Regina. Supervision is not provided during lunch time, and participants will be required to leave the site from 12- 1:30 p.m.

Locations are subject to change due to program space and other circumstances. In the event of inclement weather or unforeseen circumstances, please confirm the site status at: **[Regina.ca/play\\_escapes](http://Regina.ca/play_escapes)**

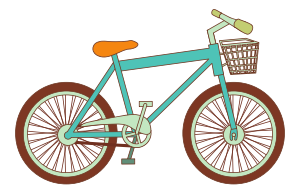


## 2019 PLAY ESCAPES LOCATIONS:

Timings: 9:30 a.m. to 12 p.m. and 1:30 to 4:30 p.m.

- Mâdawêyatitân Centre 3355 6th Avenue
- Argyle North Community Centre 35 Davin Street
- Core Ritchie Neighborhood Centre 4445 14th Avenue
- East view Community Centre 615 6th Avenue
- Glencairn Neighborhood Recreation Centre 2626 Dewdney Avenue E
- North West Leisure Centre 1127 Arnason Street. (outdoor site)
- South Leisure Centre 170 Sunset Drive
- Uplands Community Centre 20 Weekes Cressent (Mon-Thu)
- W.F. Ready School 2710 Helmsing Street
- NEW! Thomson School 2033 Toronto Street

For more information about Play Escapes, call 306-777-7146 or visit:  
[www.regina.ca/playescapes](http://www.regina.ca/playescapes)



## CITY OF REGINA BIKE PROGRAM:

The City of Regina Bike Program runs May 1 - May 31, 2019 and offers Regina residents and groups the opportunity to receive a free used bicycle. Bicycles will be given out in as is condition and may require repair.

Application forms can be found online at [Regina.ca](http://Regina.ca), and submitted to your local Neighborhood Centre or any major recreation facility, such as the Sportplex or one of the Leisure Centers. Applications will be considered on a first-come first-serve basis.

For more information on the City of Regina Bike Program, please call 306-777-7047

## CONSERVATORY SUMMER CREATIVE CAMPS:

The University of Regina will be launching their annual Summer camps with community initiative funds will start different camps from July 2nd until August 23rd 2019. These camps will be for children ages 3 to 14 and will mainly focus on Music; Drama; Arts and Culture. There will be singing; story telling; dancing; running and other activities that will keep the children on their toes all day. To register:

**On-line:** [www.uregina.ca/cce](http://www.uregina.ca/cce)

**Call:** 306-585 5748

**Student Services:** College building room 118, 2155 College Avenue



## CITY OF REGINA RECREATION:

Enjoy year round sport, fitness, leisure, cultural and arts programs offered by the City of Regina at their indoor and outdoor facilities around town.

Learn more about the City's facilities and hundreds of leisure and recreation programs

- By calling the Play Line at 306-777-PLAY (7529) weekdays between 9 a.m. – 8 p.m. or weekends between 9 a.m. – 7 p.m.

- By using your Login ID and Family PIN to register online through e-registration

Resource: Leisure Guide

## YMCA INCLUSIVE SUMMER PROGRAMS:

Inclusive Summer Programs are available for participants with and without disabilities.

Participants of all abilities will gain new skills, challenge personal limits and have fun.

YMCA Inclusive Summer Programs have a structure and routine of active living and recreation.

Participants will enjoy outdoor activities, sports and drama activities,

swimming, outings into the community, crafts, science experiments and more. There are

15 reserved spots a week for Autism Resource Centre (ARC) members (Downtown

location only). There are also spots available at both Downtown and Northwest locations

for participants with disabilities who are not ARC members. Participants with disabilities

and ARC members are expected to schedule an 'intake interview' with our Camp

Director. All other participants can register at the front desk of either YMCA location

### **MIGHTY MUNCHKINS:**

This half-day camp is perfect for your preschooler as this is a great way to get your child

ready for preschool or Kindergarten. Creative games, songs, crafts, theme based

activities, recreational swimming, and out trips will fill little campers' half day.

### **SPORT DEVELOPMENT CAMP:**

Come join us at our sport development camp! Our YMCA staff is NCCP certified in

Fundamental Movement Skills and will encourage campers to explore all sport areas and

help develop a sense of physical literacy. Fun games and action packed activities will

boost campers' confidence to live healthy and be active for life. Time to bring the heat

and have some fun!



### **ATHLETIC DEVELOPMENT CAMP:**

This camp will focus on the Learn to Train and Train to Train components of the Long Term Athlete Development Model. As one-sport specialization is not recommended at this age for most sports, this camp will help develop skills and athletic abilities that transfer to all sport performance. Participants will learn principles for strength, power, speed, agility, and conditioning and practice these as a group, while also having time each day to focus on their own goals while under staff supervision. Participants will also receive Fit Start training appropriate for their age group so they can get the most out of their YMCA membership.

### **TRIATHLON CAMP:**

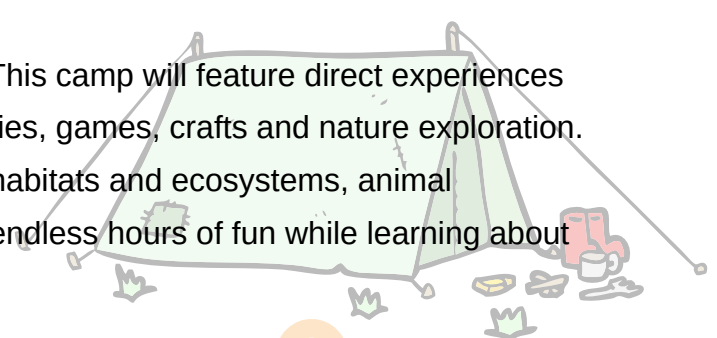
Come try Triathlon! This multi-sport camp will have you challenging your abilities on land, on wheels, and in the water. Test your endurance and create a new personal best. Participants will also receive Fit Start training appropriate for their age group so they can get the most out of their YMCA membership.

### **COLOR ME HAPPY:**

Add a little art adventure to your summer! Join us as we explore the earth, experiment with natural materials, create amazing art projects, and play outdoors with new friends. This special week focuses on how everything is related to our wonderful earth and how artists can use clay, paint, wood, flowers and leaves, paper and shells for one of a kind works of art.

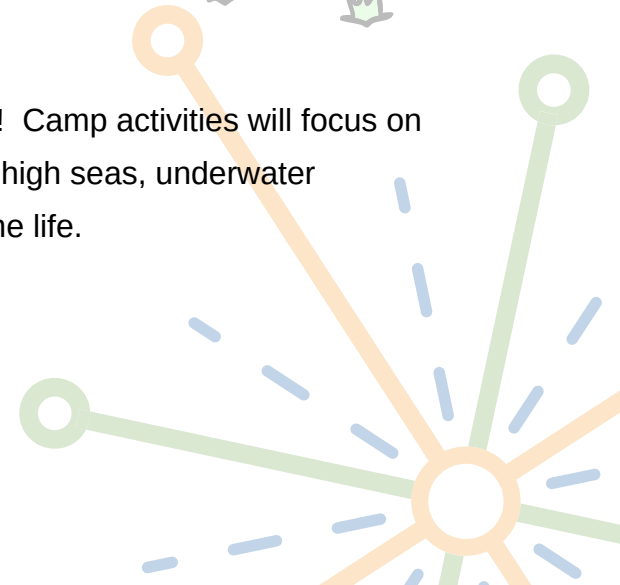
### **GREAT OUTDOORS CAMPS:**

Share the wonders of nature with your child. This camp will feature direct experiences with the natural world through hands-on activities, games, crafts and nature exploration. We will explore the world of animals, insects, habitats and ecosystems, animal adaptations and survival. Our campers have endless hours of fun while learning about our natural environment.



### **H2WOW:**

Let's splash and splash through the hot days of summer! Camp activities will focus on everything H2O. Get ready for pirate adventures on the high seas, underwater explorations, and learning all about the wonders of marine life.



### **Camp Rewind:**

Wish you could relive the fun games, sport activities or splash able moments from summer? Well, this is the week you've been waiting for! We are going to take some of the most fun and action filled moments over summer and jam them all into one week of awesomeness. Let's play games, move, shake and splash with a full blown camp REWIND!

### **Summer Day Camp Information:**

- Day Camp Hours 9:00 am-4:30 pm
- Pre Care\* 7:30-9:00 am
- Post Care\* 4:30-5:30 pm

## **REGINA SOCCER ASSOCIATION:**

The Regina Soccer Association is a non-profit organization that offers programs and leagues for soccer players from Regina and the surrounding district. The association and its members are affiliated and governed by the Saskatchewan Soccer Association and the Canadian Soccer Association.

For youth players, the RSA operates developmental programs for Under 6 and Under 8, as well as structured leagues for Under 10 to Under 18. For adult players, both competitive and recreational divisions are offered in Men's, Women's, and Co-ed leagues.

### **Contact Details:**

The office is located on Evraz Place, next to the Credit Union EventPlex. The entrance is on the east side of the Evraz Place Administration Building.

**Hours:** Monday to Friday - 11:30 am - 5:30 pm.

**Phone:** (306) 352-8040 **Fax:** (306) 347-8055 **Email:** [info@reginasoccer.com](mailto:info@reginasoccer.com)

## **WASCANA RACING CANOE CLUB:**

### **RACING PROGRAM:**

Racing Program is a great program for youth ages 10-14 years of age. Participants have the opportunity to race at local and regional competitions. The Racing Program is an introduction to a structured training program which follows Long Term Athlete Development Principles.

Participants in the Racing Program build canoe/kayak skills, increase flexibility, endurance, develop focus and learn effective goal setting. The Racing Program aims to develop not only strong athletes but strong individuals.

## LEARN TO KAYAK:

Learn to Kayak is a program developed to help introduce sprint canoe/kayak skills to youths age 10-14 years of age. Participants will learn to paddle a recreation canoe and single kayaks. They are receiving instruction, a t-shirt and a booklet to help them keep track of their new skills.

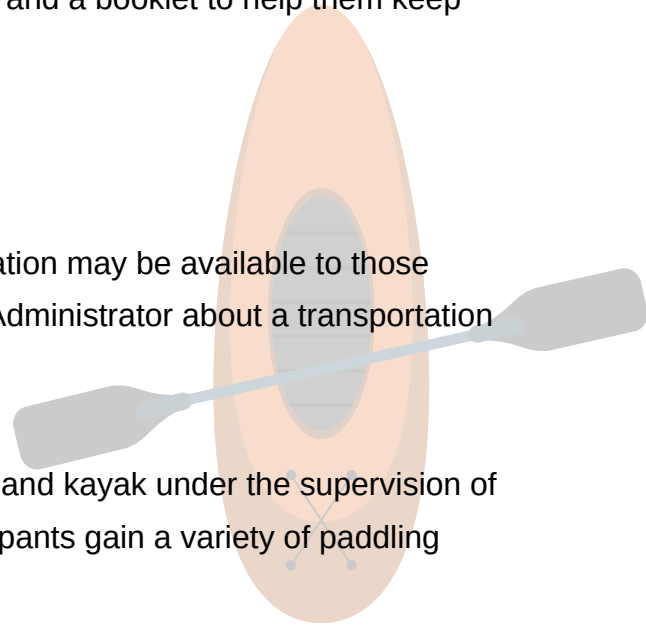
### 2019 Sessions:

- 1) Monday/Wednesdays starting May 20, 4 - 5:45pm
- 2) Tuesday/Thursdays starting May 20, 4 - 5:45pm

Both sessions run through until June 26th. Transportation may be available to those within an identified zone. Please contact the WRCC Administrator about a transportation option if you are interested.

### KAYAK KAMP:

Kayak Kamp provides an introduction to sprint canoe and kayak under the supervision of certified coaches for youths 9-14 years of age. Participants gain a variety of paddling skills and knowledge in a fun, safe environment.



## KIDS BOWL FREE:

June 01-August 31, 2019

**Registering for Kids Bowl Free 2019:** Visit Kids Bowl Free and click on your state to see a list of bowling alleys that are participating in Kids Bowl Free 2019.

### Locations in Regina:

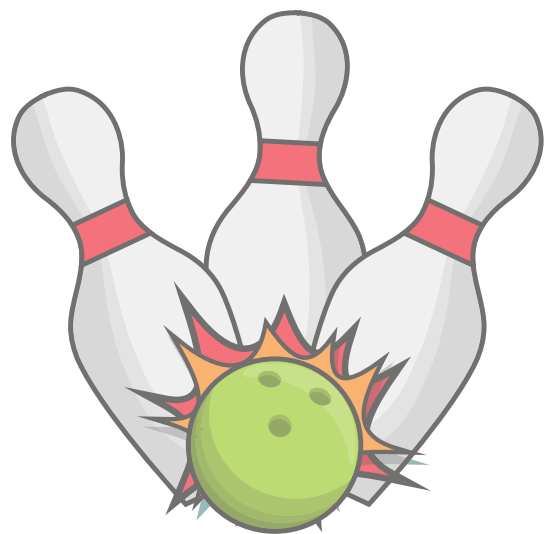
#### Golden Mile Lanes

3806 Albert street (306) 586-2626

#### Nortown Bowling Lanes

6831 Rochdale Blvd (306) 525-2776

Rental fees for bowling shoes may apply





# LOW PRICE /FREE PROGRAMS:

## **AFFORDABLE FUN PROGRAM:**

Affordable Fun is an opportunity for Regina residents facing financial barriers in accessing arts, culture, recreation and leisure opportunities to participate in City of Regina programs.

### **With the Affordable Fun Program you can:**

Purchase a leisure pass for City of Regina facilities at 50% off the original price.

Leisure passes can be used at the following locations:

- Fieldhouse
- Lawson Aquatic Centre
- North West Leisure Centre
- Sandra Schmirler Leisure Centre

Participate in City of Regina registered programs for 80% off the original price (up to a maximum of \$200/person per year).

\* The City of Regina offers a range of registered programs for all ages. This includes arts and crafts, swimming, fitness and sport development programs offered through the Neil Balkwill Civic Arts Centre, Pasqua Recreation Centre, Sportplex (Fieldhouse & Lawson Aquatic Centre), and North West & Sandra Schmirler Leisure Centres.

You are eligible for the Affordable Fun Program if your annual household income before taxes is below the following Levels:


- 1 person - \$19,094
- 2 people - \$23,769
- 3 people - \$29,222
- 4 people - \$35,480
- 5 people - \$40,239
- 6 people - \$45,385
- 7 or more people - \$50,529

If you are eligible for the Affordable Fun Program in 2010, you may apply at any time. To find out more about the Affordable Fun Program, please contact Community Services at 777-7733.

**Lawson Aquatic Centre-SportPlex 1717 Elphinstone Street - 306-777-7323**

The SportPlex (Lawson Aquatic Centre/Fieldhouse) is part of the City of Regina. Find swimming, badminton and tennis courts, an indoor track, fitness area and more!





**North West Leisure Centre** 1127 Arnason Street - 306-777-7529

More than just swimming, this City of Regina leisure center offers multi-purpose rooms, strength and conditioning and more!

## **ROYAL SASKATCHEWAN MUSEUM:**

### **Free entrance year round**

For children entering grades 1 to 5.

To register, call our Program Registration line at 306-787-7271 with your credit card or visit the RSM website: <http://royalsaskmuseum.ca/programs/public-programs-in-regina/sasktel-summer-cool-camps>

## **SCIENCE CENTER:**

Different camping activities are available for children from ages 6 – 8 and ages 9 – 11. Campers experience themed activities and experiments, science demonstrations, award-winning exhibits, an IMAX film and ample time to run around and enjoy a Science Centre experience. They'll also meet new friends and create memories that will stick around for a lifetime.

To register your child call at 306-791-7943 or email: [bookings@sasksciencecentre.com](mailto:bookings@sasksciencecentre.com)

**For more details: [www.sasksciencecentre.com/daycamps](http://www.sasksciencecentre.com/daycamps)**

## **FINANCIAL ASSISTANCE FOR ACTIVITIES:**

### **ACTIVE FAMILY BENEFITS REGINA:**

The Government of Saskatchewan delivered on its promise to improve the quality of life for Saskatchewan families with the introduction of the Active Families Benefit (AFB). A parent or legal guardian of a child six to fourteen years old is eligible to receive an annual tax benefit of up to \$150 per child per taxation year.

### **REGINA KID SPORT**

The mission of Kid Sport is to increase the accessibility of sporting opportunities to financially disadvantaged children so that these children may achieve mental, physical, social and personal development through participation in community sport programs.

**Address:** 1870 Lorne St.

**Phone:** 306-775-3433

**Email:** [reginakidsport@sasksport.sk.ca](mailto:reginakidsport@sasksport.sk.ca)

**Website:** [www.reginakidsport.com](http://www.reginakidsport.com)

**SWISS - Regina Open Door Society - pg. 8**





## CREATIVE KIDS

We believe that all children, regardless of their family's financial situation, should get a chance to experience quality cultural activities in areas such as dance, music, language, theatre, visual arts and more. Due to demand, we have mostly been able to help families with gross income less than \$40,000, although we do consider other family circumstances.

### Our guidelines are:

- Creative Kids is open to Saskatchewan residents
- Citizens of Lloydminster (as a border community) are eligible
- Applicants can be 4 to 19 years old
- Newcomers to Saskatchewan may apply if they are Permanent Residents of Canada

Creative Kids may provide up to \$750 per child per calendar year.

Families will be informed of results within one month of an application date.

404 - 2125 11th Avenue, Regina; (306) 780-9361; Toll Free: 1-855-277-9469;  
cnenson@saskculture.sk.ca

**Address:** 404 – 2125 11th Avenue, Regina, SK S4P 3X3

**Phone:** 306- 780-936

**Email:** info@creativekidssask.ca

**Website:** www.creativekidssask.ca

## IMPORTANT NOTE:

This booklet was prepared and printed by SSWIS all the information provided was obtained by the respective organization that offers the programmes. For further details kindly contact the particular organizations directly.