

# SSWIS

Settlement Support Workers in Schools

## 2023 SUMMER PROGRAMS AND ACTIVITIES

**Prepared and distributed by SSWIS Regina**



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# Free Children's Summer Program or PlayEscapes

**Free!**

## ■ About:

- Play escapes offers leader-facilitated playing opportunities to help develop and foster life skills, creativity, imagination, and positive self-image while promoting a physically active lifestyle.
- Self-directed play is also encouraged to explore and discover with the safety of supervision.

## ■ Age:

- An inclusive summer program for ages 5 to 12.
  - Must be 5 years old by start date of program

## ■ Dates & Times:

- For summer 2023, program will run from July 10 to August 18, Monday to Friday.
- The sessions for Free Children's Summer Program are as follows: July 10-July 14, July 17-21, July 24-28, July 31-Aug 4, Aug 8-11 and Aug 14-18. There will be no program on statutory holidays (August 7th).
- There are some locations that run the program from 9:30am to 4:30 pm and others from 12:30 to 4:30 p.m.
- Program will be offered in one-week session blocks; participants will be eligible to sign up for two of the one-week blocks and will be placed on a waitlist for more sessions.

## ■ Lunch:

- Will be available at selected locations and will be provided by Regina Education and Action on Child Hunger (REACH) and Chili for Children.

## ■ Registration:

- [Register Online](#) or
- Call the City of Regina PlayLine at [306-777-PLAY \(7529\)](tel:306-777-PLAY).
- Participants may register for two one-week blocks. If you wish to register for more weeks, please call the PlayLine to be added to the waitlist. If a location is not full after the first day of program, the waitlist will be called to add participants to the program.
- Due to the number of participants, we ask that the individuals requiring one-on-one support/assistance please bring a support person/attendant.

**SUMMER**



### About:

- New Beginnings is a program for New Comers to Canada. It focuses on providing recreation and classroom activities to support children as they get used to living in Canada. This program is run in partnership with Immigration, Refugees and Citizenship Canada.
- This program is restricted to refugees & newcomers to Canada, with preference for those who are new to Canada within the year.

### Age:

- 6 - 12 years old



### Date:

- July 4 - August 25
- Drop off and Pick up times will be emailed closer to the start of the program.

### Address:

- Gym 3 of the Kinesiology Building at the University of Regina.



University  
of Regina

### Cost:

- Admission is free.

### Registration:

- Fill out attached registration form and deliver to the University of Regina Recreation Services Office at 3737 Wascana Parkway Regina, SK.
- Or call the University of Regina Intramural Sports Office at 306-337-2247
- Or Email attached registration form to: [khs.youth-programs@uregina.ca](mailto:khs.youth-programs@uregina.ca)
- Form: <https://www.uregina.ca/recservices/new-beginnings-registration-and-parental-consent-form-2023.pdf>

### Additional Information:

- Nut Free Camp.
- Snack is provided during the day, but must bring own lunch.

### Contact Information:

- Chris Fesalbon & Logan Neumann - New Beginnings Coordinators
- Phone: (306) 337-2247
- Email: [khs.youth-programs@uregina.ca](mailto:khs.youth-programs@uregina.ca)

### About:

- For more information about our summer programs, call 306-295-4009 or email [info@royalsaskmuseum.ca](mailto:info@royalsaskmuseum.ca)

### Age:

- Any age.

### Some of the Summer Programs Offered:

- Scotty the World's Largest *T. rex*, plus Prehistoric Mammal Gallery.
  - Guided and self-guided tours available. See Scotty's real fossil bones on display.
- Canada Discovery Theatre.
  - Watch 'Dinosaur Hunters' about the discovery and unearthing of Scotty the *T. rex*.
- Indoor and Outdoor Kids Activities.
  - New stop animation station for visitors of all ages.
  - Gallery scavenger hunt.
  - Children's 'Dinosaur Hunters' activities.
  - Children's outdoor sandpit excavation area.

### Address:

- 2445 Albert Street

### Dates & Times:

- 9:30 a.m. - 5 p.m. daily

### Cost:

- Admission is free. Donations are gratefully accepted.

### Additional Information:

- View current events on the Royal Saskatchewan Museum website under Visit - Events.
  - <https://royalsaskmuseum.ca/visit/events>
- Follow them on their social media (Facebook, Instagram, and Twitter) to be up-to-date on events and activities



# Government House

Free!

## About:

- Government House is a National Historic Site and Provincial Heritage Property. Our mission is to provide visitors as accessible historic place to preserve, promote and celebrate Saskatchewan's living heritage.
- We are stewards of a vibrant collection and historic property that is living and ever changing. Through educational experiences, engaging programs, and collaborate partnerships we deliver the story of Government House.
- The Government House collection is comprised of objects original to the house in 1898-1910, period pieces, and replicas totaling over 10,000 articles plus documents and photos.

## Cost:

- Admission is free. Donations are gratefully accepted.

## Hours:

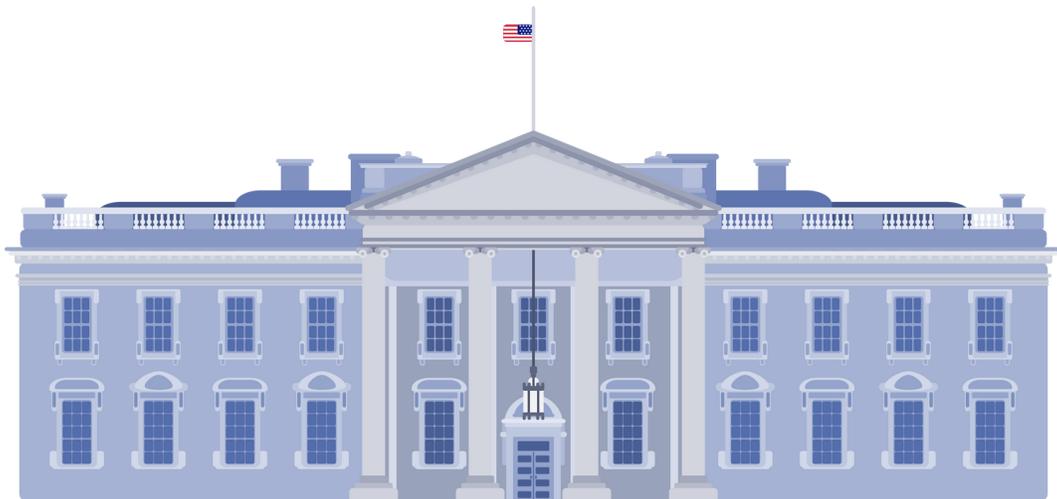
- Summer Hours (Victoria Day to Labour Day)
  - 9 a.m. - 5 p.m. daily

## Address:

- 4607 Dewdney Ave.

## Additional Information:

- Website: <https://governmenthousesk.ca/>



# Outdoor Pools and Spray Pads

Free!

## About:

- Spray pads and outdoor pools are typically open from late-May (weather dependent) until September.
- Spray pads will open from May 20, 2023, and are open daily from 9 a.m. to 8 p.m.
- Please be aware that the outdoor pools will close if the temperature is less than 14 degrees, during a steady rain, or when lightning has been spotted.

## Buffalo Meadows Pool:

- 1401 Montague Street
- Free admission.
- Leisure Swim:
  - Monday-Friday 4-8 p.m.
  - Saturday-Sunday 12-8 p.m

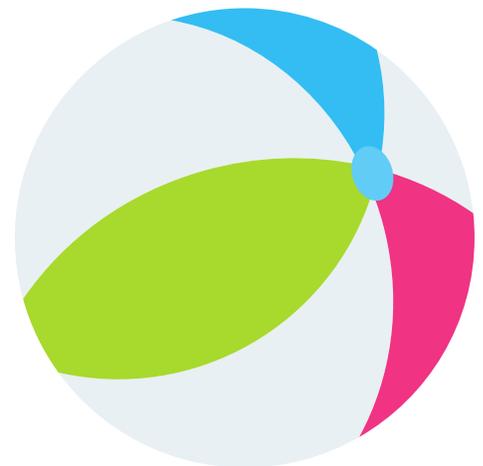


## Maple Leaf Pool:

- .1104 14th Avenue
- Free admission.
- Leisure Swim:
  - June 8-28: Monday-Friday 4-8 p.m. Saturday-Sunday 12-8 p.m.
  - June 29-September 4 Monday-Sunday 12-8 p.m.

## Regent Pool:

- 3800 McKinley Avenue
- Free admission from 7-8 p.m. daily.
- Leisure Swim:
  - Monday-Wednesday, Friday, Sunday 12-8 p.m.
  - Thursday 12-6 p.m.
  - Saturday 12-5 p.m.



## Massey Pool:

- 100 Massey Road
- Free admission from 7-8 p.m. daily.
- Leisure Swim:
  - Wednesday-Monday 12-8 p.m.
  - Tuesday 12-6 p.m.

- View complete pool schedule on the City of Regina website.
- <https://www.regina.ca/parks-recreation-culture/recreation-facilities/outdoor-swimming-pools-spray-pads/>

# Evraz Pool and Park

Free!

## About:

- Meet prairie animals, including buffalo and fallow deer, at Regina's Evraz Pool and Park, a wildlife farm and recreational park.
- The facility's features include heated swimming pool, play area (including sand playground area, mini train ride and giant slide), picnic areas and concession.
- Gas and propane barbecues are not permitted in picnic area, charcoal-burning barbecues are available, please bring your own charcoal.
- No pets or smoking allowed.

## Date and Time:

- May 19 - September 4
- Daily 11 a.m. - 7 p.m.

## Address:

- Evraz plant grounds, 6.4 km N of Regina via Hwy 6 and Armour Rd.
- Located next to the Turvey Center

## Activities:

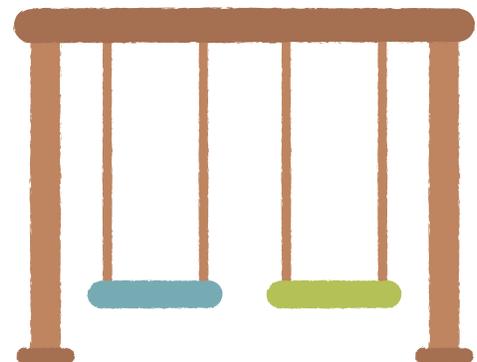
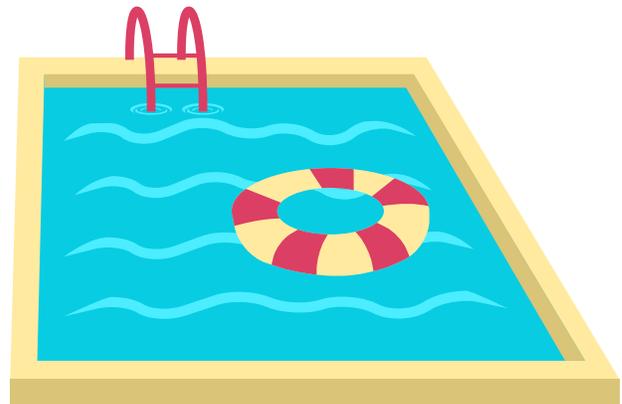
- Birding / Wildlife viewing
- Children's activities
- Swimming

## Cost:

- Admission is free.

## Contact Information:

- Phone(s): 306-924-7450
- [Evrazpoolandpark.bookings@evrazna.com](mailto:Evrazpoolandpark.bookings@evrazna.com)



# Wascana Trails Hiking

Free!

## About:

- Locally known as Wascana Trails, the Wascana Valley Natural Area Recreation Site boasts 15 km of trails that are perfect for all abilities and activities including mountain biking, hiking, trail running, snowshoeing and cross-country skiing. There is one pit toilet available on site. Dog walking is permitted, but pets must be leashed at all times.
- Wascana Trails features breathtaking views of valley surrounding Wascana Creek and offers a variety of challenges such as gradual hills, sharp and winding descents, and steep climbs. The valley is home to many wildlife species such as deer, hawks, muskrats, and owls. Snowshoers and cross-country skiers use the ungroomed trails during the winter. No motorized vehicles, including snowmobiles, are allowed.

## Address:

- From Regina: approximately 10 km NW on Hwy 11 to Exit A at Condie Nature Refuge, then 10 km W.

## Activities:

- Birding / Wildlife viewing
- Cross-country skiing
- Cycling
- Hiking
- Mountain biking
- Snowshoeing



## Cost:

- Admission is free.

## Contact Information:

- Phone(s): 306-725-5200 | 1-800-205-7070 |
- [rowansravine@gov.sk.ca](mailto:rowansravine@gov.sk.ca)



# Conservatory Creative Summer Camps

## ■ About:

- Have your child enjoy an educational and fun learning journey with arts educators and artists in unique performing and visual arts themes.
- Camps will focus on music, drama, arts and culture.

## ■ Age:

- These camps will be for the children aged from 3 till 14

## ■ Date:

- July 4 until August 25, 2023
  - Different camps have different lengths of time

## ■ Cost:

- There are different camps for different age groups, all with varying costs that range from (\$80-\$550)

## ■ Some of the Camps Offered:

- Ages 3-4 Plants and Animals
- Ages 5-7 Visual Art Explorer
- Age 8-12 Music Explorer
- Age 11-14 Filmmaking Camp: Filmmaking 101

## ■ Registration and Additional Information:

- View the various camps, dates, and costs on the University of Regina - Centre of Continuing Education page
  - <https://www.uregina.ca/cce/conservatory/day-camps/summer.html>



# YMCA Summer Day Camps

## About:

- YMCA summer day camps are structured around active living, and recreation with opportunities for campers to learn new skills, engage their imaginations, and have fun!
- YMCA Summer Day Camp activities are planned with certain outcomes in mind:
  - To play and have fun;
  - To build positive relationships and feel a sense of community;
  - To promote physical activity and well-being;
  - To support children's natural curiosity and interests;
  - To be challenged or learn something new

## Age:

- School Age Camps: 6 to 12 years old
- Pre-School Camps: 4 to 5 years old

## Dates & Times:

- School Age Camps: July 3-August 25, 9 AM - 4:30 PM
- Pre-School Camps: July 10-August 25, 9AM - 12 PM
- Note: Camp themes are different throughout the duration of Summer Day Camps

## Cost:

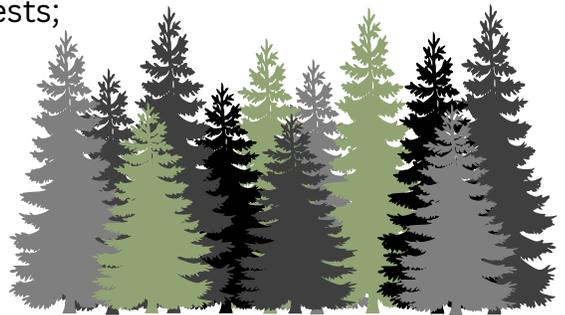
- School Age Camps: Varies between \$200-\$271 for non-members and slightly cheaper for members
- Pre-School Camps: Varies between \$80-\$100 for non-members and slightly cheaper for members

## Address:

- School Age Camps: *NW YMCA (5939 Rochdale Blvd.)*
- Pre-School Camps: South YMCA (3801 B Albert St)

## Registration and Additional Information:

- Registrations are completed online through your [YMCA of Regina Member Portal](#), over the phone (306) 757-9622, or in person (3801 B Albert St.)
- View the various camps, dates, and costs on the YMCA Regina - Regina Programs - YMCA Camps - Summer Camps
  - <https://regina.ymca.ca/summer-day-camps/>



# Wascana Centre - Canoe/Kayak Rentals

## About:

- Visitors can get a taste of the great outdoors in the centre of the city by renting a canoe or kayak for an afternoon or evening paddle on Wascana Lake (west side of Broad Street Bridge only).

## Date and Times:

- May through September
- Weekdays: 12 pm - 8 pm
- Weekends & Holidays: 10 am - 8 pm

## Address:

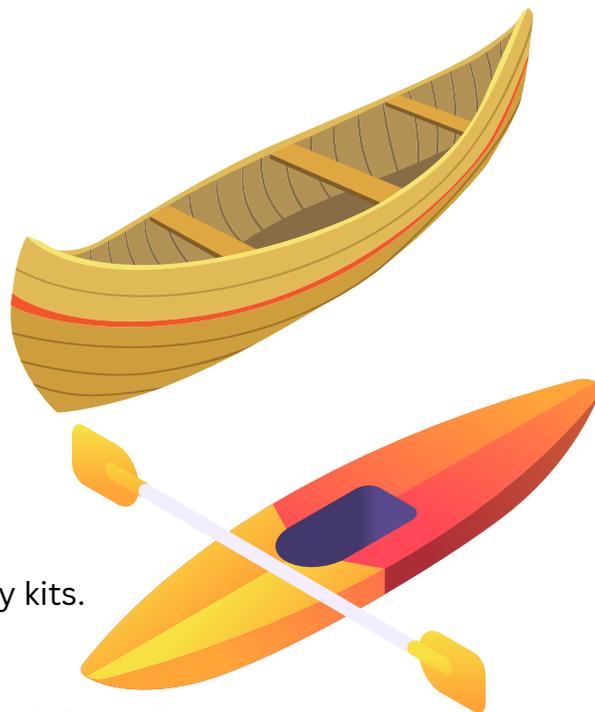
- Wascana Marina - 2900 Wascana Drive

## Cost:

- Canoes: \$20/hour
- Kayaks: Single - \$15/hour, Double - \$20/hour
- Paddle Boards: \$20/hour
- Rentals include life jackets, paddles and safety kits.

## Contact Information:

- Call (306) 757-2628 or email us at [wscanarentals@gmail.com](mailto:wscanarentals@gmail.com)



# Wascana Centre - Kids Paddle Camps

## About:

- Learn to paddle on beautiful Lake Wascana while making lifelong friends.

## Ages, Costs, and Times:

- Ages 7-19. \$150. July 4 - August 25. 5 half days. 9 AM - 12 PM
- Ages 10-13. \$255. July 4 - August 25. 5 full days. 9 AM - 4 PM

## Address:

- Wascana Racing Canoe Club - 3000 Wascana Drive

## Registration:

- [www.wrccpaddle.com](http://www.wrccpaddle.com)

# Run Regina

## ■ About:

- Run Regina is a not-for-profit organization dedicated to engaging our community in running and walking experiences that promote the wellbeing of the individual and pride in our community.

## ■ Some of the Races Offered:

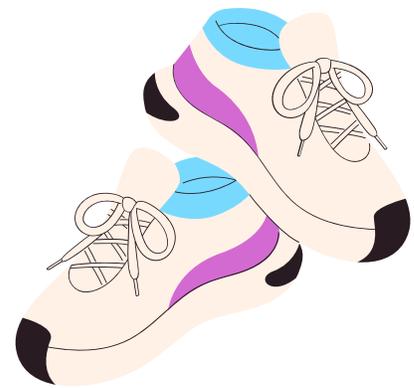
- 2023 GMS Queen City Marathon
  - September 8-10
  - September 9 - Alair Homes Mini-Marathon (kids 2-14 years of age)
  - Online Registration: <https://raceroster.com/events/2023/61641/gms-queen-city-marathon-2023>
- I Love Regina Run
  - August 19
  - Online Registration: <https://raceroster.com/events/2023/64832/i-love-regina-run-and-walk>

## ■ Cost:

- The registration fee with the races varies.

## ■ Additional Information & Email:

- Website: <https://runregina.ca/index>
- Email: [runqcm@hotmail.com](mailto:runqcm@hotmail.com)



# Saskatchewan Science Center Summer Day Camps

## ■ Important Note:

- **All the 2023 Summer Day Camps are now SOLD OUT!**
- Please use this information for future years!

## ■ About:

- 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 will meet new friends and create memories that will stick around for a lifetime.

## ■ Age:

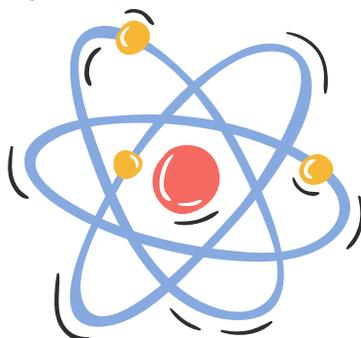
- Different camping activities are available for children from ages 6 – 8 and ages 9 – 11. Please visit the website for further details.  
[www.sasksciencecentre.com/daycamps](http://www.sasksciencecentre.com/daycamps)

## ■ Address:

- 2903 Powerhouse Drive

## ■ Cost:

- 5 Day Camps:
  - Members: \$220
  - Non-Members: \$275
- 4 Day Camps:
  - Members: \$184
  - Non-Members: \$230



## ■ Registration:

- Call Peg at 306-791-7943, or
- Download a registration form below and fax it to 306-525-0194, or
- Download a registration form below and email it directly to [bookings@sasksciencecentre.com](mailto:bookings@sasksciencecentre.com)
- Registration form link: <https://www.sasksciencecentre.com/daycamps#register>

# Useful Links

## ■ City of Regina:

- Classes & Programs in Regina.
  - <https://www.regina.ca/parks-recreation-culture/classes-programs/>

## ■ AllEvents:

- Stay up-to-do with events (entertainment, food & drinks, festivals, etc.) in Regina
  - <https://allevents.in/regina>

## ■ OneStopYQR:

- When you're in a hurry, ONE STOP makes sifting through businesses, services and events easy.
  - <https://onestopyqr.com/>

## ■ KidSport Regina:

- KidSport provides grants to help cover the cost of registration fees for kids aged 5-18 years in Regina can play a season of sport.
- For full information, contact below:
  - Phone#: 306-780-9318
  - Email: [kidsport@sasksport.ca](mailto:kidsport@sasksport.ca)
  - <https://kidsportcanada.ca/saskatchewan/regina/>

