

Urban Youth Sport Initiative

The Urban Youth Sport Initiative, through SaskSport and other organizations, are able to offer sport programming to all youth throughout the city of Regina. We believe that all youth should have the opportunity to learn, develop and practice a wide range of sport skills in a positive setting. Participating in sport contributes not only to healthier living but also to increased levels of self-esteem, confidence, and pride. Simultaneously, sport is an outlet where youth can turn to meet new people and develop important life skills such as commitment, worth ethic, teamwork, and pride.

Some of the programs we run, on an annual basis, at no cost to the participant are:

Girl Power Water Fun

- Partnership with Swim Sask., Water Polo Sask., and Synchro Sask.
- Girl's ages 9 – 13 yrs are welcome
- Learn skills in Swimming, Water Polo, and Synchronized Swimming by certified instructors
- The program starts in October and runs for 12 weeks to the end of March with one session per week at the Lawson Aquatic Centre.
- Swim caps and goggles will be provided at each session for the girls to swim comfortably
- Transportation is available upon request
- Girl Power Water Fun (GPWF) is our most popular program

Learn to Curl

- Partnership with Curl Regina.
- Open to male and female youth ages 8 – 14 yrs.
- Program begins in October and runs for sixteen weeks with one session per week until the end of March.
- Learn and practice specific skills provided by qualified curling instructors.
- Mini-bonspiel is held at season's end for youth to play in front of family and friends.
- Transportation is provided from schools to curling club.

Learn to Golf

- Partnership with CN Future Links.
- Lessons focus on introductory skills and are taught by highly qualified instructor.
- 12 (1 ½ hour) sessions in May, June and July (twice a week).
- Transportation is available upon request.

Regina Warriors Lacrosse Club

- Peewee division boys ages 9-11 years, girls 9-12 years in Queen City Box Lacrosse League
- Learn the game of Lacrosse and play in an organized league setting.
- Season runs from the beginning of April until the end of June.
- Teams practice once every week at the Scott Collegiate tennis courts.
- Teams will compete once/twice each week and game locations will vary.

Atom House Hockey Team

- Atom House Division is for boys and girls ages 9 and 10 years of age.
- Learn the game of hockey and play in an organized league setting.
- One team (16 players) is eligible to play in the Hockey Regina League.

Cobra Martial Arts

- Learn the basics of four different martial art disciplines: Karate, Tae Kwon Do, Judo and Ji Kung from certified instructors.
- Family orientated program – all ages welcome.

Things to Consider

There will be no participation fee or charges of any kind for any of the programs that the Urban Youth Sport Initiative sector provides:

Parental volunteering and participation is greatly encouraged, welcomed and appreciated in all of our programs:

- Support and encouragement during competition
- Transportation to and from programs (carpooling) where transportation is not provided
- Encouraging commitment to programs youth are involved in

The ReginaSport Inc. Urban Youth Sport Initiative would like to thank the following organizations for their continued support:

Saskatchewan Lotteries

Heritage Canada

Saskatchewan Culture, Youth and Recreation

City of Regina

If there are any comments, questions, concerns or suggestions regarding any of the above mentioned programming please feel free to contact the ReginaSport Inc. Urban Youth Sport Initiative at 780-9315 or email urbanyouth@sasktel.net.