

RAINBOW YOUTH CENTRE



YOUTH CARE

providing opportunities for youth
(ages 11—19 years)
to explore aspects of personal growth
in an environment that promotes
physical and emotional safety.

SUMMER 2023 !!

Youth CARE Schedule

TUESDAYS and THURSDAYS 3:30 pm — 8:30 pm

3:30 pm — 6:15 pm	Drop in Activity
4:45 pm — 5:15 pm	Supper & Supper Cleanup
5:15 pm — 6:15 pm	Drop in Activity
6:30 pm — 8:30 pm	Evening Activity
8:30 pm	End of Night & Cleanup

WEDNESDAYS and FRIDAYS pre-registration required weekly

Summer Canoeing & Hiking ventures from 3:00 pm—8:45 pm.

Limited number of program spaces due to transportation. Details on other side.

Need more information?

call Youth CARE at 306-757-9743

or email Sandra at spfeifer@rainbowyouth.com

All programming activities are **FREE** to youth ages 11—19 years

SEE REVERSE SIDE FOR PROGRAMMING DETAILS

Rainbow Youth Centre 977 McTavish Street Regina, Saskatchewan S4T 3V2

Phone Number: 306-757-9743 Fax: 306-757-9759

Website: www.rainbowyouth.com

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YOUTH CARE

SUMMER 2023 Program Schedule

July 5 — September 1

After School Drop-in Activities

3:30 to 6:15 pm

Tuesdays and Thursdays only in Summer.
Drop in any time to use the gym, computers,
music corner, play games, hangout with friends,
and talk with Youth CARE staff.

Saskatchewan 



All Drop-in Activities stop from 4:30 pm to 5:15 pm
so **Supper** can be served at **4:45**
Supper is available for youth ages 11—18 years.

 REACH

Summer Activities **FREE**

306-757-9743



Please be on time for the summer activities by arriving at least 15 minutes before start time.

TUESDAYS

MVP NITE

6:30 pm - 8:30 pm

Be a **STAR** player!
Discover new ways to
play team sports.
Never been on a team
before? Perfect!

Run ,
Jump ,
Throw ,
Catch ,
Balance ,
be **active** your way.
Fun starts here.



 REGINA

WEDNESDAYS

CANOEING

3:00 pm—8:30 pm

Paddles at the ready!



Never canoed before?
NO worries. We go
through canoeing
basics every trip.
These are out-of-city
trips to beach & lake.
Life jackets, meals,
& transport provided.
Registration required.

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THURSDAYS

ANYTHING GOES

6:30 pm—8:30 pm

It's Games Nite!
You choose the FUN.



board games?
card games?
word games?
strategy games?
group games?
tag games?
hide 'n seek?

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FRIDAYS

HIKING

2:45 pm—8:30 pm

STEP into it!
Connect with the land
and learn to protect it.
These are full day,
out-of-city road trips
to hike in spaces like
Fairy Hill, Wascana Trails,
Condie, Castle Butte ...



Meals provided.
Registration required.

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Youth can start coming to Activities at any point in the program period.

