

WINTER/SPRING 2025 DROP-IN ACTIVITIES

Updated December 6, 2024

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*Price is for an Adult Annual Leisure Pass. General admission, monthly, annual and bulk pass rates available at Regina.ca/leisurepass or call 306-777-PLAY (7529) for details.

Aquatic Fitness

Activity Descriptions

Lawson Aquatic Centre

Aquatic Fitness						Effective Jan 6–May 31
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
10:30 a.m.	Keenagers		Keenagers		Keenagers	
12 p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	

• All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.

Swim Schedule								Effective Jan 6–May 31
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	7a.m.–8p.m.	7a.m.–8p.m.	
Leisure Swim					7–9:30p.m.	2–4p.m.	1–4p.m.	
Part of the Pool Swim	7:30–9:30 p.m.	7:30–9:30 p.m.	7:30–9:30 p.m.	7:30–9:30 p.m.				
Preschool Swim	12–3:55 p.m.		12–3:55 p.m.		12–3:55 p.m.			

• All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.

North West Leisure Centre

Aquatic Fitness						Effective Jan 6–May 31
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
11:15 a.m.	Aquacise	Aquacise	Aquacise			
12:05 p.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	

• Most workouts are 45 mins. • Schedule may be adjusted due to program/facility needs. • See daily and 7–day schedules at Regina.ca/dropin.

Swim Schedule								Effective Jan 6–May 31
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Adult Swim 18+	8–9 a.m.	8–9 a.m.	8–9 a.m.	8–9 a.m.	8–9 a.m.			
Leisure Swim	6:30–8:25 p.m.		6:30–8:25 p.m.	6:30–8:25 p.m.	6:30–8:25 p.m.	1:30–8:25 p.m.	3:30–6:25 p.m.	
Hot Tub & Sauna	9 a.m.–3:55 p.m. 6:30–8:25 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m. 6:30–8:25 p.m.	9 a.m.–3:55 p.m. 6:30–8:25 p.m.	9 a.m.–3:55 p.m. 6:30–8:25 p.m.	1:30–8:25 p.m.	3:30–6:25 p.m.	
Part of the Pool Swim	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.			
Women's Only Swim							6:30–8:25 p.m.*	

Schedule may be adjusted due to program/facility needs. • See daily and 7–day schedules at Regina.ca/dropin.

* Women's Only Swim will run Jan 12, 26, Feb 9, 23, Mar 2, 9, 23, Apr 6, 20, May 4, 18, Jun 1.

Sandra Schmirler Leisure Centre

Aquatic Fitness						Effective Jan 6–May 31
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:15 a.m.		Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance		
3 p.m.	Keenagers	Aquacise	Keenagers	Aquacise		
8:30 p.m.	*Aquacise	*Aquacise	*Aquacise	*Aquacise		

* Drop-ins welcome if space permits. To guarantee your spot, please register. • Schedule may be adjusted due to program/facility needs.

• All classes are subject to change or cancellation. • See daily and 7–day schedules at Regina.ca/dropin.

Swim Schedule								Effective Jan 6–May 31
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Adult Swim 19+	8:30–9:25p.m.	8:30–9:25p.m.	8:30–9:25p.m.	8:30–9:25p.m.				
Lane Swim	6:45–9 a.m. & 11:30–1 p.m.	6:45–9 a.m. & 11:30–1 p.m.	6:45–9 a.m. & 11:30–1 p.m.	6:45–9 a.m. & 11:30–1 p.m.	6:45–9 a.m. & 11:30–1 p.m.			
Leisure Swim		6:45–8:25 p.m.	6:45–8:25 p.m.	6:45–8:25 p.m.	6:45–9:25 p.m.	*3:30–8:25 p.m.	1:30–5:30 p.m.	
Hot Tub & On Deck Sauna	6:45 a.m.–3:55 p.m. & 8:30–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	*3:30–8:25 p.m.	1:30–5:30 p.m.	
Part of the Pool Swim	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.			

• Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.

* Leisure Swim and Hot Tub & On Deck Sauna will end at 6:30p.m. on Jan. 11, 25, Feb. 8, Mar. 8, 22, Apr. 5, 19, May 3, 17, 31

Fieldhouse

Land Fitness								Effective Jan 6–May 31	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:30 a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core		
9:30 a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Cycle & Core		Total Body Sculpting		
10:40 a.m.	MELT**				LifeLong Yoga				
12:10 p.m.	Yoga–Flow*	Yoga–Gentle*	Yoga–Flow*	Yoga–Yin*	Yoga–Stretch & Relaxation*				
		Total Body Bootcamp*							
5:30 p.m.		Group Cycle		Total Body Sculpting	Group Cycle				
6:45 p.m.		Body Blast							

• Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change or cancellation. • Check the monthly changes & cancellations at Regina.ca.
 • Schedule may be adjusted due to program/facility needs **Begins Feb 24.

Fieldhouse Stat Holiday Fitness		
Date	Activity	Time
Feb 17	Cardio Combo	10–11 a.m.
April 18	Cardio Combo	10–11 a.m.
April 21	Cardio Combo	10–11 a.m.
May 19	Cardio Combo	10–11 a.m.
Feb 17	Cardio Combo	10–11 a.m.

Fieldhouse Basketball & Rollerblading								Effective Jan 1–May 31	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Drop-in Basketball (All Ages)	1–3:30 p.m.		12–2 p.m.	2–5 p.m.		3–5 p.m.			
Rollerblading		2–4 p.m.			7:30–9:30 p.m.	6–8 p.m.			

• Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court.
 • Please visit Regina.ca to view the Live Schedule or call 306-777-PLAY (7529) for updated court times.
 • Basketball schedule may change without notice. • All rollerblading times are space permitting.

North West Leisure Centre

Land Fitness								Effective Jan 6–May 31	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9 a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo			
10:15 a.m.						Glutes Galore, Core & More*			
10:30 a.m.	20–20–20	20–20–20		20–20–20					
11 a.m.					FUNCTIONal Fit*				
5:30 p.m.				Cardio & Sculpt					
6 p.m.	Cardio & Sculpt	Cardio Combo	Total Body Sculpting						
7:15 p.m.		Abs & Arms*	Glutes Galore, Core & More						

• Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change or cancellation.
 • Schedule may be adjusted due to program/facility needs • Check the monthly changes & cancellations at Regina.ca.

Strength & Conditioning Areas

Strength & Conditioning Areas								Effective Jan 6–May 31	
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Fieldhouse	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	7 a.m.–8 p.m.	7 a.m.–8 p.m.		
Lawson Aquatic Centre	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	7 a.m.–8 p.m.	7 a.m.–8 p.m.		
North West Leisure Centre	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	9 a.m.–8:30 p.m.	9 a.m.–8:30 p.m.		
Sandra Schmirler Leisure Centre	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	9 a.m.–8:30 p.m.	9 a.m.–8:30 p.m.		

Strength and Conditioning Area Rules: Youth ages 12–15 may use the equipment when directly supervised by an adult. A Weight Training Access Card will allow clients under the age of 16 to use equipment without adult supervision. Personal Training is required to obtain the access card. Fitness equipment is not available to clients under the age of 12.

Mitakuyé Owâs'â Centre–1770 Halifax St.

Free Drop-in					
	Tuesday	Wednesday	Thursday	Friday	Saturday
*Drop-in Basketball					3–6 p.m.
*Drop-in Gym Time	3:15–5:45 p.m.	3–6 p.m.	3:15–5:30 p.m.	3–6 p.m.	
Family Art Program					3:30–5:30 p.m.

*Except Tuesday & Thursday: January 2, April 17, Saturday: Mar 1, 8, 29, Jun 21. Mosaic June 3–9

Fall/Winter Public Skate Schedule

Location / Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jack Hamilton 1010 McCarthy Blvd.	6–8 p.m. Free Oct 14–Mar 10						
Clarence Mahon 130 Brotherton Ave.		6–8 p.m. Free Oct 15–Mar 18		6–8 p.m. Free Dec 26 only			
Al Ritchie 2230 Lindsay Ave.			6–7:45 p.m. Free Oct 2–Mar 19 (Closed Dec 25 & Jan 1)	1:15–4:15 p.m. Free Jan 2 only	8:45–11:45 a.m. Free Jan 3 only		
Murray Balfour 68 Massey Rd.						6–8 p.m.** Oct 5–Mar 22	
Doug Wickenheiser 1127 Arnason St. N	12:15–3:15 p.m. Free Dec 30 only		12:30–3 p.m. Free Feb 19 only		8:45–11:45 a.m. Free Jan 3 only		6–8 p.m.** Oct 6–Feb 23
Optimist 222 Sunset Dr.							12–2 p.m.** Oct 23–Mar 2 *skate aids welcome
Jack Staples 444 Broad St. N	Closed for renovations						

• Visit Regina.ca for more information on the Public Skate Guidelines, changes and cancellations to the schedule. • Additional public skate times are also offered at the Co-operators Centre located at Evraz Place, 1700 Elphinstone Street. For dates and times, please visit cooperatorscentre.com **General admission applies.

Fine Arts Drop-in

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Fibre Night Jan 23, Feb 27, Mar 27, Apr 24, May 22, Jun 26				7–10 p.m.			
Painting and Drawing Jan 3–Jun 27 (no Drop-in Apr 18)					9–11:30 a.m.		
Quilting Drop-in Jan 2–Jun 26				9 a.m.–2 p.m.			
Stitch-In Jan 3–Jun 27 (no Drop-in Apr 18)					9–11:30 a.m.		
Wood Carving Drop-in Jan 7–Jun 24		9–11:30 a.m.					

Inclusive Recreation

Inclusive Recreation Drop-in

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
All Bodies Swim (All Ages)* North West Leisure Centre 1127 Arnason St.					7–8:25p.m. Jan 24, Feb 14, Mar 21, Apr 18, May 23
South Leisure Drop-in Gym (All Ages) 170 Sunset Dr Dates: Jan 7–Jun 24**		3:15 p.m.–5:45 p.m.		3:15 p.m.–5:45 p.m.	

*For more information about Inclusive programs, please email socialinclusionprograms@regina.ca. **no drop-in Feb 25 & Jun 5

Adapted Recreation Fitness Drop-in

Adapted Programs are for people with disabilities or who experience barriers to accessing and participating in recreational programs and services. For more information on City of Regina Adapted programs and services please email socialinclusionprograms@regina.ca

Adapted Recreation Fitness Drop-in

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Inclusive Free Drop-In Gym Time Dates: January 16– April 24 *No Drop-in on February 13, 20, 23.				6–8:30 p.m. (Fieldhouse–1717 Elphinstone St.) General Admission			6–8 p.m. (North West Leisure Centre–1127 Arnason St.) Free

Child & Youth Drop-in

Free Evening Youth Program

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Argyle North Community Association –35 Davin Cres Dates: Jan 15– Apr 16 (except Feb 19)				6:15–8:45 p.m.	
Eastview Community Centre –615 6 th Ave Dates: Jan 15–Apr 16 (except Feb 19)				6–8:30 p.m.	
Glencairn Neighbourhood Centre –2626 Dewdney Ave E Dates: Jan 16–Apr 17 (except Feb 20)					5:45–8:15 p.m.
Huda School –40 Sheppard St Dates: Jan 14–Feb 25 (except Feb 18 & 19)		(boys only) 6–8:30p.m.	(girls only) 6–8:30 p.m.		
Imperial Community School –200 Broad St Dates: Jan 15–Apr 16 (except Feb 19)				6–8:30 p.m.	
Mitakuyé Owás’á Centre –1770 Halifax St Dates: Jan 14–Apr 15 (except Feb 18)			5:45–8:15 p.m.		
Rosemont Community School –841 Horace St Dates: Jan 14–Apr 17 (except Feb 18 & 20)			6:30–8:30 p.m.		6:30–8:30 p.m.
W.F. Ready Elementary School –2710 Helmsing St Ages 11-15 Dates: Jan 13–Apr 14 (except Feb 17)	6–8 p.m.				

After School Program

Drop-In After School Program

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Glencairn Neighbourhood Centre 2626 Dewdney Ave E Dates:Jan 6–Jun 25*	(ages 7–11) 3:15–5:45p.m.	(ages 7–11) 3:15 p.m.–5:45 p.m.	(ages 11– 16) 3:15 p.m.–5:45 p.m.	(ages 11–16) 3:15 p.m.–5:45 p.m.	(drop-in Basketball, all ages) 3:15–5:45 p.m.
Cathedral Neighbourhood Centre 2900 13 th Ave Dates: Jan 6–Jun 25*	(ages 8–12) 3:15–5:45p.m		(ages 8–12) 3:15–5:45p.m		
Core Ritchie Neighbourhood Centre 445 14 th Ave Dates:Jan 6–Jun 25*	(ages 8–16) 3:15–5:45p.m	(ages 8–16) 3:15–5:45p.m	(ages 8–16) 3:15–5:45p.m	(ages 8–16) 3:15–5:45p.m	(ages 8–16) 3:15–5:45p.m

*no program February 17–21 and April 18–25

Aquatic Class Descriptions

Adult Swim —A leisure swim for adults 19 and over.	Keenagers (55+) —A water workout followed by a relaxing cooldown.
Aquacise/Social Aquacise —A fitness class using the natural resistance and buoyancy of the water.	Lane Swim —Lane swimming in a roped-off, designated area of the pool.
Baby & Me Aquacise —Bring baby along and have a complete workout in the pool. You get the exercise while babies get the fun. Babies ages 3 to 18 months can attend.	Leisure Swim —Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.
Deep Water Workout —A totally non-impact workout done in deep water using a flotation belt.	Preschool Swim —A special time for parents and children 5 years of age and under to enjoy.
Joint Muscular Strength & Endurance —A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.	Part of the Pool Swim —A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals.
	Women's Only Swim —An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted.

[Return to Aquatic Schedules](#)

Land Fitness Class Descriptions

20/20/20 —Cardio, strength, and flexibility all in 60 minutes! 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability.	FUNCTIONal Fit —This class focuses on undoing what occurs naturally during the aging process and throughout the daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.	SWAT —Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics and TRX for a complete body workout.
Abs & Arms —A 45-minute class designed to work your abs and arms with various equipment and routines. Exercise will target both areas and more.	Group Cycle —A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.	Total Body Bootcamp —
Body Blast —Join this muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.	HIIT —High Intensity Interval Training (HIIT) combines intervals of cardio mixed with weight training. Get ready for an action-based calorie-burning workout! Suitable for all fitness levels.	Total Body Sculpting —In this class you will sculpt and tone muscles above and below the belt. Your chest, back, arms, shoulders, abs, butt, and legs will get a great workout with a relaxing stretch to wrap up the class.
Cardio Combo —A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.	Ignite —Ignite your metabolism with this fun, well rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.	Yoga: Flow —This fun flowing class is moderately paced and focuses on synchronizing yoga postures with your breath. Breath work, relaxation and meditation are part of this well-rounded class.
Cycle & Core (all levels)—a group cycling workout followed by core strengthening exercises.	LifeLong Yoga —Using classical yoga asanas and other mindful movements, we'll cultivate whole body strength, length, and balance. For a new or continuing yoga practitioners.	Yoga: Gentle —A gentle yoga class that blends balance, strength and flexibility
Cardio & Sculpt —A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing and sculpting using hand weights.	MELT—for Joint Health —Revolutionize your health with a MELT Self-Care Class. Led by MELT Method L5 NeuroStrength and Exercise Therapist Michelle Downs, this beginner-level session will provide you with a step-by-step guide to learn how to MELT, one section of the body at a time.	Yoga: Strength & Relaxation — This uplifting class will build strength, flexibility, and balance. Breath work, relaxation and meditation are part of this well-rounded class. You will leave feeling refreshed, renewed, and rejuvenated.
Cycle & Stretch —A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.	STEP —A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.	Yoga: Yin —After a slow and gentle warm-up, go deep into restorative yoga postures using props to support passive opening of the body. This quiet practice emphasizes space and stillness and is very meditative.
Fitness Walking —A beginner/ moderate level class combining walking on the track with various muscle conditioning exercises.	Stretch & Tone —This beginner to moderate level class focuses on flexibility and muscular strengthening with dumbbells. Enhance your flexibility, body awareness and alignment to relax and reduce muscle tension and stress.	

[Return to Land Fitness Schedules](#)

Mitakuyé Owâs'â Free Programs:

Youth/Family Art Program (All Ages) FREE—Come work with a local Indigenous artist in a family friendly environment. This program allows everyone to express themselves through a special art project. This is a free drop-in family class and supplies will be provided.

[Return to Mitakuyé Owâs'â Schedule](#)

Fine Art Drop-in Activity Descriptions

Open Fibre Night (Free)	The Regina Weavers and Spinners Guild welcomes you to the world of fibre. Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more. Feel free to bring your work in progress. All ages and skill levels welcome. Registration is not necessary for this drop-in. 14 years and up.
Painting and Drawing Drop-in (Free)	Spend Friday mornings painting or drawing in your medium of choice. This is a great opportunity to share enthusiasm, experience and inspiration. Participants must supply their own materials. You don't need to register, and it's free! 14 years and up.
Quilting Drop-in (Free)	Join members of the Prairie Piecemakers Quilters' Guild when they meet each Thursday morning to make donation quilts for infants and children in hospitals and shelters. 15 years and up.
Stitch-In (Free)	Come and enjoy working on your needlework with members of the Regina Stitchery Guild. Open to everyone at any level of experience. Registration is not necessary for this drop-in. 15 years and up.
Wood Carving Drop In (Free)	Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program. 14 years and up.

[Return to Fine Art Drop-in Schedule](#)

Inclusive Recreation Drop-in Activity Descriptions

South Leisure Gym Time	All ages are welcome to this free open gym time at the South Leisure Centre Gymnasium. Bring your indoor shoes!
All Bodies Swim	A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. All ages welcome. General Admission

[Return to Inclusive Recreation Schedule](#)

Adapted Recreation Drop-in Activity Descriptions

Inclusive Open Gym Time—Everyone is welcome for this drop-in gym time*. Come and have fun while reaching your fitness goals! City of Regina Staff will be on-site to assist with all recreational needs and accessing adapted sport and fitness equipment. *Children under 12 require adult supervision.

- The **Northwest Leisure Centre** will be opening its Gymnasium for a **free** drop-in program on Sunday evenings for all abilities and ages. Come by with your friends or family to join in on the fun. This weekly drop-in program will provide an inclusive environment along with adaptive equipment to participate in self-guided recreational activities. City of Regina Staff will be on-site to assist with all recreational needs. Children under the age of 12 require adult supervision.
- The Fieldhouse is now offering a drop-in sport and fitness program on Thursday evenings for all abilities and ages. This weekly drop-in program will provide an inclusive environment along with adaptive equipment to participate in self-guided recreational activities. The fitness equipment, sports equipment, walking track, badminton court & basketball court will be available to all who drop in for this program. **All participants must pay the admission fee or use their leisure pass each week to access the designated fitness areas.** City of Regina Staff will be on-site to assist with all recreational needs.

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