

WINTER/SPRING 2025 DROP-IN ACTIVITIES



Find a list of all drop-in activities including fine arts, youth drop-ins and more at Regina.ca/dropin



Purchase a one-year Leisure Pass today for less than \$45.00* each month! Punch cards are also a flexible option.

Regina.ca/leisurepass



*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

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.	7 a.m.–8 p.m.	7 a.m.–8 p.m.
Leisure Swim					7–9:30 p.m.	2–4 p.m.	1–4 p.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	Keenagers
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+	8:30–9:25 p.m.	8:30–9:25 p.m.	8:30–9:25 p.m.	8:30–9:25 p.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 6:30 p.m. on Jan. 11, 25, Feb. 8, Mar. 8, 22, Apr. 5, 19, May 3, 17, 31

Land Fitness & Sport

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* Total Body Bootcamp*	Yoga–Flow*	Yoga–Yin*	Yoga–Stretch & Relaxation*			
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.

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.

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.	FUNCTIONal Fit —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 —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 —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.
Cycle & Core (all levels)—a group cycling workout followed by core strengthening exercises.	LifeLong Yoga —Explore classical poses and mindful movements to build strength, flexibility and balance. Suitable for all levels.	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 —Join Michelle Downs, MELT Method L5 NeuroStrenth expert, for a beginner-friendly self-care class to improve joint health step by step.	Yoga: Strength & Relaxation — Build strength, flexibility and balance while enjoying breath work, relaxation and meditation. Leave feeling refreshed
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 —Start with a gentle warm-up then ease into restorative poses with props, focusing on stillness and meditation.
Fitness Walking —A beginner/ moderate level class combining walking on the track with various muscle conditioning exercises.	Stretch & Tone —A beginner to moderate class using dumbbells to improve flexibility, strength, alignment and relaxation.	