

FALL 2024 DROP-IN ACTIVITIES



Updated September 20, 2024

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Aquatic Fitness

Lawson Aquatic Centre

Activity Descriptions

Aquatic Fitness						Effective Sep 8–Dec 20, 2024
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
10:30am	Keenagers		Keenagers		Keenagers	Keenagers
12p.m.	Deep Water Workout	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](https://regina.ca).

Swim Schedule							Effective Sep 9–Dec 23, 2024
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.m.	5:30a.m.-9:30p.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	7:30-9:30p.m.	7:30-9:30p.m.	7:30-9:30p.m.	7:30-9:30p.m.			
Preschool Swim	12-3:55p.m.		12-3:55p.m.		12-3:55p.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](https://regina.ca).

North West Leisure Centre

Activity Descriptions

Aquatic Fitness						Effective Sep 3–Dec 22, 2024
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
11 a.m.	Aquacise	Aquacise	Aquacise			
12:05p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise
8:35 p.m.	Aquacise	Aquacise	Aquacise			

* Drop-ins welcome if space permits • Most workouts are 45 mins. • Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at [Regina.ca/dropin](https://regina.ca/dropin).

Swim Schedule								Effective Sep 3–Dec 22, 2024
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Adult Swim	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8-9a.m.			
Hot Tub & Sauna	8a.m-3:55p.m. 6:45-9:25p.m.	8a.m-3:55p.m. 6:45-9:25p.m.	8a.m-3:55p.m. 6:45-9:25p.m.	8a.m-3:55p.m. 6:45-9:30p.m.	8a.m-3:55p.m. 6:45-8:30p.m.	1:30-8:25p.m.	3:30-6:25p.m.	
Leisure Swim	6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	1:30-8:25p.m.	3:30-6:25p.m.	
Part of the Pool Swim	9a.m-3:55p.m.	9a.m-3:55p.m.	9a.m-3:55p.m.	9a.m-3:55p.m.	9a.m-3:55p.m.			
Women's Only Swim							6:30-7:55p.m*	

Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at [Regina.ca/dropin](https://regina.ca/dropin).

* Women's Only Swim will run Sep 8 and 22, Oct 6 and 20, Nov 3 and 17, Dec 1 and 15

Aquatic Fitness						Effective Sep 3–Dec 22, 2024	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15a.m.		Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance			Keenagers
3p.m.	Keenagers	Aquacise	Keenagers	Aquacise			
8:30p.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 Sep 3–Dec 22, 2024	
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	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.	6:45-9a.m. 11:30a.m.-1p.m.			
Leisure Swim		6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-9:25p.m.	*3:30-8:25p.m.	1:30-5:25p.m.	
Hot Tub & On Deck Sauna	6:45a.m.-3:55p.m. 8:30-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	*3:30-8:25p.m.	1:30-5:25p.m.	
Part of the Pool Swim	9a.m.-3:55p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m.			

• Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.
 *Adapted Leisure Swim runs Sep 7, 21, Oct 5, 19, Nov 2, 16, 30, and Dec 14. Please note Leisure Swim/Hot Tub is from 3:30-6:30p.m. on Adapted Leisure Swim dates.

Land Fitness & Sport

Fieldhouse

Activity Descriptions

Land Fitness								Effective Sep 3–Dec 21, 2024	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:30a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core		
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Cycle & Core				
10a.m.							Total Body Sculpting		
10:40a.m.	MELT				LifeLong Yoga				
12:10p.m.	Yoga–Flow*	Yoga–Gentle* Total Body Conditioning*	Yoga–Flow*	Yoga–Yin*	Yoga–Stretch & Relaxation*				
5:30p.m.		Group Cycle		Total Body Sculpting	Group Cycle				
6:45p.m.		Body Blast							

• 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.

Fieldhouse Stat Holiday Fitness

Date	Activity	Time
Sept 2, 2024	Cardio Combo	10-11a.m.
Sept 30, 2024	Cardio Combo	10-11a.m.
Oct 14, 2024	Cardio Combo	10-11a.m.
Nov 11, 2024	Cardio Combo	10-11a.m.

Fieldhouse Basketball & Rollerblading							Effective Sep 3–Dec 31, 2024	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Basketball (All Ages)	1–4p.m.		2–5p.m.			12–3p.m.		
Rollerblading		2–4p.m.			7:30–9:30p.m.	6–8p.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

Activity Descriptions

Land Fitness							Effective Sep 3–Dec 22, 2024	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo		
10:15a.m.						Glutes Galore Core & More		
10:30a.m.	20-20-20	20-20-20		20-20-20				
11a.m.					FUNCTIONal Fit			
6p.m.	Cardio & Sculpt	Cardio Combo	Total Body Sculpting					
6:30p.m.				Cardio & Sculpt				
7:15p.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 Sep 3 - Dec 23	
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fieldhouse	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	7a.m.–8p.m.	7a.m.–8p.m.	
Lawson Aquatic Centre	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	5:30a.m.–9:30p.m.	7a.m.–8p.m.	7a.m.–8p.m.	
North West Leisure Centre	8a.m.–9:30p.m.	8a.m.–9:30p.m.	8a.m.–9:30p.m.	8a.m.–9:30p.m.	8a.m.–8:30p.m.	9a.m.–8:30p.m.	9a.m.–8:30p.m.	
Sandra Schmirler Leisure Centre	6a.m.–9:30p.m.	6a.m.–9:30p.m.	6a.m.–9:30p.m.	6a.m.–9:30p.m.	6a.m.–9:30p.m.	9a.m.–8:30p.m.	9a.m.–8:30p.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.

Activity Descriptions

Free Drop-in

	Tuesday	Wednesday	Thursday	Friday	Saturday
*Family Gym Drop-in					3-4p.m.
*Family Crafts and Activities					3-6p.m.
*Drop-in Basketball					4-6p.m.
*Drop-in Gym Time	3-6p.m.	3-6p.m.	3-6p.m.	3-6p.m.	
Youth & Family Art Program Sep 7, Oct 5, Nov 2, Dec 7					3:30-5:30p.m.

*Except Wed Nov 13, Sat Sep 21, Oct 19, Nov 16, Dec 7

Fall/Winter Public Skate Schedule

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

Activity Descriptions

Fine Arts Drop-in

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Fibre Night Sep 26, Oct 24, Nov 28				7-10p.m.			
Painting and Drawing Sep 6-Dec 27					9-11:30a.m.		
Quilting Drop-in Sep 5-Dec 19				9a.m.-2p.m.			
Stitch-In Sep 6-Dec 27					9-11:30a.m.		
Wood Carving Drop-in Sep 3-Dec 17		9-11:30a.m.					

Inclusive Recreation

Activity Descriptions

For more information about Inclusive programs, please email socialinclusionprograms@regina.ca.

Inclusive Recreation Drop-in					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
*2SLGBTQIAP+ Drop-in Gym (All Ages) Mitakuyé Owás'a Centre 1770 Halifax St Dates: Sep 9–Dec 16 *No program on Stat Holidays	5:45-8:15p.m.				
*All Bodies Swim (All Ages) North West Leisure Centre 1127 Arnason St.					9-10:30p.m. Sept 27, Oct 25, Nov 22, Dec 20
South Leisure Drop-in Gym (All Ages) 170 Sunset Dr Dates: Sept 10-Dec 19		3:15-5:45p.m.		3:15-5:45p.m.	

Adapted Recreation Fitness Drop-in

Activity Descriptions

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 Northwest Leisure Centre 1127 Arnason St. Dates: September 8–December 15* *No Drop-in November 3							6:15-8:15p.m.
Inclusive Drop-In Gym Time Fieldhouse 1717 Elphinstone St. Dates: September 5–December 19 General Admission Applies				6:30-8:30p.m.			

Child & Youth Drop-in

A free and inclusive drop-in program for youth ages 11-15. The program is designed to create fun group activities for youth of all abilities. Visit Regina.ca/freeprograms for more information.

Evening Youth Program

Evening Youth Program					
Location	Monday	Tuesday	Wednesday	Thursday	Friday
Glencairn Neighbourhood Centre 2626 Dewdney Ave E Dates: Oct 1–Dec 19		5:45-8:15p.m.		5:45-8:15p.m.	
Mitakuyé Owás'a Centre 1770 Halifax St Dates: Oct 1–Dec 17		5:45-8:15p.m.			
Argyle North Community Association 35 Davin Cres Dates: Oct 2–Dec 18			6:15-8:45p.m.		
Eastview Community Centre 615 6 th Ave Dates: Oct 2–Nov 20			6-8:30p.m.		
Huda School 40 Sheppard St Dates: Oct 1–Dec 18		(boys only) 6-8:30p.m.	(girls only) 6-8:30p.m.		
Imperial Community School 200 Broad St Dates: Oct 2–Dec 18			6-8:30p.m.		
Rosemont Community School 841 Horace St Dates: Oct 1–Dec 19		6-8:30p.m.		6-8:30p.m.	
W.F. Ready Elementary School 2710 Helmsing St Dates: Oct 7–Dec 16	6-8p.m.				

After School Program

A free, drop-in after school program that promotes play, learning and activity in an inclusive environment. Visit Regina.ca/freeprograms for more information.

Drop-In After School Program					
Location	Monday	Tuesday	Wednesday	Thursday	Friday
Glencairn Neighbourhood Centre 2626 Dewdney Ave E Dates: Sep 9–Dec 20	(ages 7-11) 3:15-5:45p.m.	(ages 7-11) 3:15-5:45p.m.	(ages 11-16) 3:15-5:45p.m.	(ages 11-16) 3:15-5:45p.m.	(drop-in Basketball, all ages) 3:15-5:45p.m.
Cathedral Neighbourhood Centre 2900 13 th Ave Dates: Sep 9–Dec 18	(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: Sep 9–Dec 20	(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.

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.	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.
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.	Glutes Galore, Core & More! —This glute and core conditioning class will strengthen your hips, back, butt and belly along with a focus on the lower body using bands, dumbbells, balls and gliders.	SWAT —Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics and TRX for a complete body workout.
Body Blast —Join this muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.	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 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.	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.	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.	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: 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.	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: 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.	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: 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.	STEP —A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.	

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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 Fall. 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

2SLGBTQIAP+ Drop-in Gym	A free weekly gym time for people who are transgender, non-binary and/or gender nonconforming and their allies. All ages welcome.
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

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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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