

Low-Cost Programs

Adapted Teen Boxing Fitness (P. 36)

Designed for teens with disabilities or experiencing barriers to accessing recreation. This introductory boxing fitness class is a fun way to stay in shape with adaptations when required.

Fieldhouse-1717 Elphinstone Street

- Ages 12-18 years
- Wednesdays Sep 11-Oct 16 (5:30-6:30 p.m.) \$43.50
- **Registration Required**

Mobility-Strength, Flexibility & Relaxation (P. 55)

Strength and stability exercises to warm up the body and fine tune motor control and increase flexibility.

Fieldhouse-1717 Elphinstone Street

- Ages 16 years and up
- Monday Sep 9-Oct 30 or Nov 4-Dec 16 (7-8 p.m.) \$48.30
- **Registration Required**

Learn to Sew a Shoulder Bag (P. 51)

Learn to sew a simple but versatile shoulder bag. Previous sewing machine experience is an asset but not necessary.

Neil Balkwill Civic Arts Centre- 2420 Elphinstone Street

- Ages 14 years and up
- Sunday Sep 15 (1-4 p.m.) \$40.00
- **Registration Required**

2SLGBTQIAP+ Drop-In Gym

A free drop-in gym time for people who are transgender, non-binary and/or gender non-conforming and their allies.

Mitakuyé Owás'ā Centre – 1770 Halifax Street

- All ages
- Mondays Sep 9 to Dec 16 *excluding stat holidays
- 9 -10:30 p.m.
- **Cost: Free**

Disclaimer: Occasionally programs and information in this publication are incorrect or subject to change to accommodate an event. Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

All Bodies Swim

A drop-in leisure swim for people who are transgender, non-binary and/or gender non-conforming and their allies. For more information email socialinclusion@regina.ca

North West Leisure Centre – 1127 Arnason Street

- All ages
- Fridays Sep 27, Oct 25, Nov 22, Dec 20 (9-10:30 p.m.)
- **Cost: General admission or free with a leisure pass**

Women's Only Swim (P. 28)

An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted.

North West Leisure Centre – 1127 Arnason Street

- Women of all ages
- Sundays Sep 8 and 22, Oct 6 and 20, Nov 3 and 17, Dec 1 and 15
- 6:30-8:25p.m.
- **Cost: General admission or free with a leisure pass.**
- **Registration Suggested**

Affordable Access

The Affordable Access Program provides Regina residents with financial barriers the opportunity to access City of Regina recreation facilities as well as arts, culture, recreation, and leisure programs at discounted rates. Upon approval, single admissions can be purchased for 50 per cent off the regular price, Leisure Passes for 80 per cent off and residents can participate in registered programs at 80 per cent off the regular price, to a maximum of \$160 discount per family member. For more information, eligibility, or an application form:

- Visit Regina.ca
- Visit a major facility
- Call 306-777-PLAY (7529)

Transit passes can also be purchased at 20 per cent reduced rate. When approved, passes must be purchased from the Transit Information Centre (2124 11th Avenue).

See full details and apply for Affordable Access at Regina.ca/affordablefun.

Payment Methods

Payment for registered classes can be made online and by phone by credit card only. For those who wish to use cash or debit, a credit may be placed on your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

Free and Low Cost Programs

Fall 2024

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Free Programs

For more information on these and to learn more about other great programs that the City of Regina has to offer, check out the **2024 Fall Leisure Guide** available online at [Regina.ca/leisureguide](https://regina.ca/leisureguide).

Adapted Sport and Fitness Try-it Days (P. 37)

For ages 13+ experiencing disability and their support(s) to try a variety of adapted sports and fitness activities.

- **Registration Required**

Fieldhouse–1717 Elphinstone Street

Bashminton – An adapted version of badminton using an oversized, lightweight racket.

- Friday Sep 20 6:30-7:30 p.m.

Soccer – Learn basic soccer skills with adaptations to suit diverse abilities.

- Friday Oct 18 6:30-7:30 p.m.

Basketball – Learn introductory basketball skills with adaptations to suit diverse abilities.

- Friday Nov 15 6:30-7:30 p.m.

Reindeer Games – An inclusive, holiday-themed session to try a variety of fun activities.

- Fri Dec 20 6:30-7:30 p.m.

After School Program

A drop-in after school program that promotes play, learning and activity in an inclusive environment. Free.

Begins September 9-December 20, 2024. Find more details at [Regina.ca/freeprograms](https://regina.ca/freeprograms).

Glencairn Neighbourhood Centre–2626 Dewdney Avenue E

- Mondays & Tuesdays (Ages 7-11) 3:15-5:45 p.m.
- Wednesdays & Thursdays (Ages 11-16) 3:15-5:45 p.m.
- Fridays Drop-in Basketball (Ages 7-16) 3:15-5:45 p.m.

Cathedral Neighbourhood Centre –2900 13th Avenue

- Mondays & Wednesdays (Ages 8-12) 3:15-5:45 p.m.

Core Ritchie Neighbourhood Centre –445 14th Avenue

- Monday to Friday (Ages 8-16) 3:15-5:45 p.m.

Evening Youth Program

MyTime is a free inclusive program free and fun for youth.

- Ages 11-15 years
- See [Regina.ca/freeprograms](https://regina.ca/freeprograms) for full details

Argyle North Community Centre

- 35 Davin Crescent
- Wednesdays Oct 2-Dec 18 (6:15-8:45p.m.)

Eastview Community Centre

- 615 6th Avenue
- Wednesdays Oct-Dec 18 (6-8:30p.m.)

Glencairn Neighbourhood Centre

- 2626 Dewdney Avenue E
- Tuesdays and Thursdays Oct 1 – Dec 19 (5:45-8:15p.m.)

Mitakuyé Owâs'ā Centre

- 1770 Halifax Street
- Tuesdays Oct 1–Dec 17 (5:45-8:15 p.m.)

Regina Huda School (Boys Only)

- 40 Sheppard Street
- Tuesdays Oct 1-Dec 18 (6-8:30p.m.)

Regina Huda School (Girls Only)

- 40 Sheppard Street
- Wednesdays Oct 1-Dec 18 (6-8:30p.m.)

Rosemont School

- 841 Horace Street
- Tuesdays and Thursdays Oct 1–Dec 19 (6-8:30p.m.)

Imperial Community School

- 2000 Broad Street
- Wednesdays Oct 2-Dec 18 (6-8:30p.m.)

W.F. Ready School

- 2710 Helmsing Street
- Mondays Oct 7-Dec 16 (6-8p.m.)

Free Fine Art Drop-In Programs

Neil Balkwill Civic Arts Centre –
2420 Elphinstone Street

Open Fibre Night (P. 51)

Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more.

- Ages: 14+ years
- Thursdays (7-10p.m.)
- Sep 26, Oct 24, Nov 28

Painting & Drawing Drop-In (P.50)

Spend Friday mornings painting or drawing in your medium of choice. Participants must supply their own materials.

- Ages: 14+ years
- Fridays Sep 6-Dec 27 (9 - 11:30 a.m.)

Quilting Drop-In (P. 51)

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.

- Ages: 15+ years
- Thursdays Sep 5-Dec 19 (9a.m.-2p.m.)

Stitch-In (P. 51)

Come and enjoy working on your needlework with members of the Regina Stitchery Guild.

- Ages: 15+ years
- Fridays Sep 6 – Dec 27 (9-11:30 a.m.)

Wood Carving Drop-In (P. 54)

Drop in for some carving and camaraderie with other carvers.

- Ages: 14+ years
- Tuesdays Sep 3-Dec 17 (9-11:30 a.m.)

Public skate times begin in October and are a fun way to stay active in the winter!
More information on locations of skating rinks and a list of free and paid public skate times can be found at [Regina.ca/rinks](https://regina.ca/rinks)

