



SUMMER 2024 DROP-IN ACTIVITIES

Qualified Lifeguards Supervise All Swims

Drop-in Activities can also be found at Regina.ca/dropin

Our accident prevention policy requires that an adult or responsible youth must accompany a child seven years of age and under in the pool area. The supervising adult or youth must always remain within arm's reach of the child. For more information on our pool admission supervisory standards, please contact the aquatic facility.

Leisure Fees

Visit Regina.ca/recreation for full admission details.

Aquatic Fitness [\(click here for class descriptions\)](#)

Lawson Aquatic Centre will be closed for annual maintenance August 19 to September 8 inclusive. The Strength & Conditioning area will be closed August 19 to 25.

Lawson Aquatic Centre

Aquatic Fitness Effective May 27 to June 30

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
10:30a.m.	Keenagers		Keenagers		Keenagers
12:00p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout

- Most workouts are 45 min long unless indicated: (*) 30 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.

Aquatic Fitness Effective July 2 to August 18

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15a.m.	Aquacise		Aquacise		Aquacise
12:00p.m.	Deep Water Workout		Deep Water Workout		Deep Water Workout

- Most workouts are 45 min long unless indicated: (*) 30 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.

Swim Schedule Effective June 10 to June 30

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.			
Pre-School Swim	12–3:55p.m.		12–3:55p.m.		12–3:55p.m.		

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

Swim Schedule Effective July 2 to August 18

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*	1–4p.m. 7–9:30p.m.	1–4p.m.	1–4p.m. 7–9:30p.m.	1–4p.m. 7–9:30p.m.	1–4p.m. 7–9:30p.m.	12–8p.m.	12–8p.m.
Adult Swim 18+*		7–9:30p.m.					
Pre-School Swim	12–1p.m.	12–1p.m.	12–1p.m.	12–1p.m.	12–1p.m.		

- Schedule may be adjusted due to program needs.
- All classes are subject to change or cancellation. • Check the monthly changes & cancellations at Regina.ca.
- *Leisure Swim & Adult Swim will be cancelled July 3–7 and July 15–21. Please check Regina.ca for any additional cancellations.

North West Leisure Centre will be closed for annual maintenance June 10 to July 2 inclusive.

North West Leisure Centre

Aquatic Fitness Effective July 8 to August 30

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:05p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise

- * Drop-ins welcome if space permits • Most workouts are 45 mins. • Schedule may be adjusted due to program/facility needs.
- All classes are subject to change or cancellation. • Check the monthly changes & cancellations at Regina.ca.

Swim Schedule Effective July 8 to September 1, 2024

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 19+	8–9a.m.	8–9a.m.	8–9a.m.	8–9a.m.	8–9a.m.		
All Bodies Swim					9–10:30p.m.		
Leisure Swim	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	12–7:55p.m.	12–7:55p.m.
Hot Tub & Sauna	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	12–7:55p.m.	12–7:55p.m.
Women's Only Swim*							6–7:55p.m.

- Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at Regina.ca.
- * Women's Only Swim will run July 14, July 28, August 11, August 12
- ** All Bodies Swim will run May 24, July 26, Aug 30 12–7:55 p.m.

Sandra Schmirler Leisure Centre

Sandra Schmirler Leisure Centre will be closed for annual maintenance July 22 to August 5 inclusive.

Aquatic Fitness						Effective June 10-30	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:15a.m.		Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance	Keenagers		
3:00p.m.	Keenagers	Aquacise	Keenagers	Aquacise			
8:30p.m.	*Aquacise	*Aquacise	*Aquacise	*Aquacise			

Aquatic Fitness						Effective July 8-21 and August 6 to September 1	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
8:15a.m.	Keenagers	Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance	Keenagers		
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. • Check the monthly changes & cancellations at Regina.ca.

Swim Schedule								Effective June 10-30	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim		6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-9:25p.m.	12-7:55p.m.*	12-7:55p.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.				
Adult Swim 19+	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.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.				
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.	12-7:55p.m.*	12-7:55p.m.		

*Ends at 6p.m. on June 15 and June 29.

Swim Schedule								Effective July 2-21 and August 6-September 1	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-8:25p.m.	1-3:55p.m. 6:45-9:25p.m.	12-7:55p.m.*	12-7:55p.m.		
Lane Swim	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.	6:45-8a.m. 12-1p.m.				
Adult Swim 19+	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.					
Hot Tub & On Deck Sauna	1-3:55p.m. 6:45-9:25p.m.	1-3:55p.m. 6:45-9:25p.m.	1-3:55p.m. 6:45-9:25p.m.	1-3:55p.m. 6:45-9:25p.m.	1-3:55p.m. 6:45-9:25p.m.	12-7:55p.m.*	12-7:55p.m.		

*Ends at 6p.m. on July 13, August 10, August 24.

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

Land Fitness & Sport [\(click here for class descriptions\)](#)

Fieldhouse will be closed for annual maintenance July 2 to July 15 inclusive.

Fieldhouse

Land Fitness								Effective May 27 to June 30	
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		
9a.m.									
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Cycle & Core				
10a.m.							Total Body Sculpting		
10:40a.m.	MELT-For Joint Health				LifeLong Yoga				
12:10p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga-Flow*	Yoga-Yin*	Yoga-Strength & Relaxation*				
5:30p.m.		Group Cycle		Total Body Sculpting					
6:45p.m.		Stadium Stairs Body Blast							

(*) 45 minutes.

Land Fitness								Effective July 16 to September 1	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:30a.m.	Stretch & Tone		Fitness Walking		Stretch & Tone		Cycle & Core		
9a.m.									
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast					
10a.m.							Total Body Sculpting		
10:40a.m.	MELT-for Joint Health				LifeLong Yoga				
12:10p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga-Flow*	Yoga-Yin*	Yoga-Strength & Relaxation*				
5:30p.m.		Stadium Stairs		Total Body Sculpting					

• 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
July 1 & Aug 5	Cardio Combo	10-11a.m.

Basketball & Rollerblading								Effective June 10 to August 31	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Drop-in Basketball (All Ages)	1-4:30p.m.	3-8p.m.		1-4:30p.m.	10a.m.-2p.m.	3:30-8p.m.	1-8p.m.		
Rollerblading	4:30-9:30p.m.		4:30-9:30p.m.		4:30-9:30p.m.	1-5p.m.	1-5p.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 July 8 to August 2	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9a.m.	20–20–20	Walk n' Workout	Cardio & Sculpt	Ignite		20–20–20	Walk n' Workout	
9:30a.m.			Zumba					
10:30a.m.		Yoga – Boomers					Yoga – Boomers	
6p.m.	Body Blast	Cardio Combo	Yoga–Gentle	Yoga – Boomers		Body Blast	Cardio Combo	
			Evolve Bootcamp					

- 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.

Basketball							Effective July 13 to August 24	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Basketball – Fundamental (All Ages)						4:30–5:30p.m.		
Drop-in Basketball – Developmental (All Ages)						5:45–6:45p.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.

Badminton							Effective July 7 to August 25	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Badminton – Basics (All Ages)							9–10a.m.	
Drop-in Basketball – Intermediate (All Ages)							10:30–11:30a.m.	

Strength & Conditioning Areas

Strength & Conditioning Areas							Effective June 1 to August 31	
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fieldhouse *Closed July 2–15	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 *Closed August 19–25	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 *Closed June 10–July 2	8a.m.–8:30p.m.	8a.m.–8:30p.m.	8a.m.–8:30p.m.	8a.m.–8:30p.m.	8a.m.–8:30p.m.	12–8p.m.	12–8p.m.	
Sandra Schmirler Leisure Centre *Closed July 22–August 5	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.	12–8p.m.	12–8p.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-ā Centre – 1770 Halifax St.

Drop-in Activities				Effective June 1–August 31		
	Tuesday	Wednesday	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.				

Indigenous Health & Wellness Event (click here for more info)		All Welcome*
Activity and Location	Date and Time	
Elder Blessing & Introduction – Activity Room	Thursday, June 20 5-7p.m.	
Beginner Yoga - Gym	Thursday, June 27 4-5p.m.	
Boxing Fundamentals – Gym (North Side)	Thursday, July 11 3:30-5:30p.m.	
Food is Our Medicine	Thursday, July 18 3:30-5:30p.m.	
Self-Care Workshop	Thursday, July 25 5-7p.m.	

*Children must be accompanied by an adult

Outdoor Pools

see full outdoor pool schedules at Regina.ca/outdoorpools

Buffalo Meadows Pool

Swim Schedule							Effective June 13–26	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	12–8p.m.	12–8p.m.	

Swim Schedule							Effective June 27 to September 2	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	

• Admission is free at Buffalo Meadows Pool.

Maple Leaf Pool

Swim Schedule							Effective June 13–26	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim						8a.m.–10a.m.	8a.m.–10a.m.	
Leisure Swim	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	4–8p.m.	12–8p.m.	12–8p.m.	
Preschool Swim						10a.m.–12p.m.		

Swim Schedule							Effective June 27 to September 2	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Aquacise		10–10:45a.m. 11–11:45a.m.		10–10:45a.m. 11–11:45a.m.				
Lane Swim	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	8–10a.m.	
Leisure Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	
Preschool Swim		10a.m.–12p.m.		10a.m.–12p.m.		10a.m.–12p.m.		

• Admission is free at Maple Leaf Pool.

Massey Pool

Swim Schedule							Effective June 13–26	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	
Leisure Swim	12–8p.m.	12–6p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	
Toonie Teen Swim		6–8p.m.						
Free Swim	7–8p.m.		7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	

Swim Schedule							Effective June 27 to September 2	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	12–1p.m. 5–6p.m.	
Leisure Swim	12–8p.m.	12–6p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	12–8p.m.	
Toonie Teen Swim		6–8p.m.						
Free Swim	7–8p.m.		7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	7–8p.m.	

Regent Pool

Swim Schedule							Effective June 13–26	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Family Swim						5–8p.m.		
Lane Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–6p.m.	12–8p.m.	12–5p.m.	12–8p.m.	
Leisure Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–6p.m.	12–8p.m.	12–5p.m.	12–8p.m.	
Toonie Teen Swim				6–8p.m.				
Free Swim	7–8p.m.	7–8p.m.	7–8p.m.		7–8p.m.		7–8p.m.	

• Additional Leisure Swim times may be added subject to school bookings.

Swim Schedule							Effective June 27 to September 1	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Family Swim						5–8p.m.		
Lane Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–6p.m.	12–8p.m.	12–5p.m.	12–8p.m.	
Leisure Swim	12–8p.m.	12–8p.m.	12–8p.m.	12–6p.m.	12–8p.m.	12–5p.m.	12–8p.m.	
Toonie Teen Swim				6–8p.m.				
Free Swim	7–8p.m.	7–8p.m.	7–8p.m.		7–8p.m.		7–8p.m.	

Wascana Pool

Swim Schedule							Effective June 6–26	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Family Swim					6–7:50p.m.			
Free Swim		5–7:50p.m.			9–11a.m.			
Lane Swim	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	
Leisure Swim	12–6p.m.	12–5p.m.	12–7:50p.m.	12–7:50p.m.	12–6p.m.	12–7:50p.m.	12–7:50p.m.	
Preschool Swim					11a.m.–12p.m.			
Toonie Teen Swim	6–7:50p.m.							

• Waterslides close 20 minutes prior to end of Leisure Swim. • 25–Metre Lap Pool closes 5 minutes prior to end of Leisure Swim.

• Additional Leisure Swim times may be added subject to school bookings.

Swim Schedule							Effective June 27–September 2	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Family Swim					6–7:50p.m.			
Free Swim		5–7:50p.m.			9–11a.m.			
Lane Swim	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	7a.m.–7:45p.m.	
Leisure Swim	12–6p.m.	12–5p.m.	12–7:50p.m.	12–7:50p.m.	12–6p.m.	12–7:50p.m.	12–7:50p.m.	
Preschool Swim					11a.m.–12p.m.			
Toonie Teen Swim	6–7:50p.m.							
Aquacise	9:30–10:15a.m.		9:30–10:15a.m.	9:15–10a.m.				
Against the Flow Water Running	10:30–11:15a.m.		10:30–11:15a.m.					

• Waterslides close 20 minutes prior to end of Leisure Swim. • 25–Metre Lap Pool closes 5 minutes prior to end of Leisure Swim.

• Amenities may be available subject to facility needs.

Fine Art Drop-in at the Neil Balkwill Centre

Open Fibre Night Free 14 years and up
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.

Painting and Drawing Free 14 years and up
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!

Wood Carving Drop In Free 14 years and up
Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program.

Fine Arts Drop-in							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Fibre Night Jul 25, Aug 22				6:30–9:30p.m.*			
Painting and Drawing *Jul 5–Aug 30					9–11:30a.m.*		
Wood Carving Drop-in *Jul 2–Aug 27		9–11:30a.m.*					

Inclusive Recreation

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

2SLGBTQIAP+ Drop-in Gym

A weekly gym time for people who are transgender, non-binary and/or gender nonconforming and their allies. All ages welcome. **Free**

South Leisure Gym Time

All ages are welcome to this open gym time at the South Leisure Centre Gymnasium. Bring your indoor shoes! **Free**

All Bodies Swim

A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. **General Admission**

Inclusive Recreation Drop-in					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
*2SLGBTQIAP+ Drop-in Gym (All Ages) Mitakuyé Owás'ā Centre 1770 Halifax St June 3–August 26	11:30a.m.–1:30p.m. (ends May 27) 6–8 p.m.				
*All Bodies Swim (All Ages) North West Leisure Centre 1127 Arnason St.					9–10:30p.m. (May 24, Jul 26, Aug 30)
South Leisure Gym Time (All Ages) 170 Sunset Dr June 4–26			3:30–5:45p.m.		3:30–5:45p.m.

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

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 admission pass each week to access the designated fitness areas.** City of Regina Staff will be on-site to assist with all recreational needs.

Adapted Recreation Fitness Drop-in							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Inclusive Open Gym Time Northwest Leisure Centre 1127 Arnason St. *May 5–Jun 9 & Jul 7–Sep 1							6:15-8:15p.m.*
Inclusive Open Gym Time Fieldhouse 1717 Elphinstone St. *May 2–Jun 27 & Jul 18–Aug 29				6:30–8:30p.m.*			

Child & Youth Drop-in

Free Children’s Summer Program: Drop-in Locations

For full details and all sites including registered sites visit Regina.ca/freeprograms

Free Children’s Summer Program					
Location	Monday	Tuesday	Wednesday	Thursday	Friday
Arcola East Community Association 3860 Buckingham Dr July 29–Aug 16	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.
Argyle North Community Association 35 Davin Cres July 8–July 26	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.
Uplands Community School 20 Weekes Cres July 29–Aug 15	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	
École Harbour Landing School 4419 James Hill Rd July 15–Aug 2	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.
École Wascana Plains School 5125 E Green Brooks Way July 8–July 26	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.

- There is a capacity at each site for 30 children to provide quality programming to all in attendance. Days are filled on a first come first serve basis.
- Drop-Off time is between 9:30–10a.m.
- For more details about the Free Children's Summer Program see Regina.ca/freeprograms.

Aquatic Class Descriptions

Adult Swim—A leisure swim for adults 19 and over.

Against the Flow Water Running—Welcome to our all new “not-so-lazy river” aquatic fitness class! A fun and unique way to exercise in the water: a low-impact workout for developing muscular strength and endurance, core conditioning and dynamic flexibility. For those looking to make a splash in Summer 2024!

All Bodies Swim—A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. For dates and times contact socialinclusionprograms@regina.ca.

Aquacise/Social Aquacise—A fitness class using the natural resistance and buoyancy of the water.

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.

Deep Water Workout—A totally non-impact workout done in deep water using a flotation belt.

Joint Muscular Strength & Endurance—A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.

Keenagers (55+)—A water workout followed by a relaxing cooldown.

Lane Swim—Lane swimming in a roped-off, designated area of the pool.

Leisure Swim—Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.

Preschool Swim—A special time for parents and children 5 years of age and under to enjoy.

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—Get it all! Cardio, strength, and flexibility all in 60 minutes! This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability.

Body Blast—Join this muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

Cardio Combo—A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

Cycle & Core (all levels)—a group cycling workout followed by core strengthening exercises.

Cycle & Stretch—A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.

Evolve Bootcamp—Watch yourself evolve in this challenging boot camp suitable for all levels. This class varies weekly and incorporates cardio, balance, core, agility, speed, strength and endurance exercises.

Fitness Walking—A beginner/ moderate level class combining walking on the track with various muscle conditioning exercises

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.

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.

LifeLong Yoga—Using classical yoga asanas and other mindful movements, we'll cultivate whole body strength, length, and balance. Whether you are a new or continuing yoga practitioner, these sessions will offer accessible practices to care for body, mind, and spirit.

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.

Stadium Stairs—meet at the front desk of the Fieldhouse and head over to Mosaic Stadium for a new fitness adventure. This instructor-led class will challenge you on the stairs and the ramps.

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.

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.

Walk 'n Workout—A beginner/moderate level class combining walking with various muscle strengthening and conditioning exercises.

Yoga: Boomers and Beyond—This class is designed to meet the unique needs of aging. Yoga postures and movements are modified to meet your physical health challenges.

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. You will leave feeling refreshed, renewed, and rejuvenated.

Yoga: Gentle—A gentle yoga class that blends balance, strength and flexibility

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.

[Return to Land Fitness Schedules](#)

Indigenous Health and Wellness Event

Embrace a healthier you with our Indigenous Health and Wellness Workshops!

We're thrilled to offer a series of FREE workshops that promote holistic health and wellness for all ages. Our sessions are led by passionate facilitators such as Saskatoon-based marathoner Tarrant Cross Child and boxing coach Trent Katcheech, who bring their expertise and enthusiasm to every session. See more information at Regina.ca/recreation.

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