

Leisure Centres

NORTH WEST LEISURE CENTRE

1127 Arnason St.

777-7046

Facility hours: Monday - Thursday 8:00 a.m. - 9:30 p.m.
 Friday 8:00 a.m. - 8:30 p.m.
 Saturday - Sunday 9:00 a.m. - 8:30 p.m.
 Stat holidays 12:00 p.m. - 6:00 p.m.

Leisure pool ranging in depth from .20 to 1.5 metres
 Co-ed dry sauna
 Whirlpool
 Pool slide
 Aquatic Wheel Chair/Pool Ramp
 Accessible family change room
 Strength and Conditioning Area
 Multi-purpose gym
 Meeting rooms
 Doug Wickenheiser Ice Arena (777-7073)
 Group Spin Bike Area **NEW**

The pool water temperature is very warm, usually 32°C.

Facility hours may be adjusted during summer months. Check facility for details.

SANDRA SCHMIRLER LEISURE CENTRE

3130 East Woodhams Dr.

777-7590

Facility hours: Monday - Thursday 6:00 a.m. - 10:00 p.m.
 Friday 6:00 a.m. - 8:30 p.m.
 Saturday 9:00 a.m. - 8:30 p.m.
 Sunday 9:00 a.m. - 7:30 p.m.
 Stat holidays 12:00 noon - 6:00 p.m.

Accessible family change rooms
 Strength and Conditioning Area
 Activity Room
 Birthday Party Room **NEW**

The pool water temperature is quite warm, usually 31°C.

Main pool ranging in depth from .45 to 3 metres with slide, frog slide, umbrella rain tree, 1-metre diving board and accessible chair lift.

Large warm tot pool with spray bar, tot slide and spraying rubber rock.

Large whirlpool and co-ed dry sauna. Facility hours may be adjusted during summer months. Check facility for details.

SPORTPLEX - FIELDHOUSE AND LAWSON AQUATIC CENTRE

1717 Elphinstone St.

777-7156 (Fieldhouse)

777-7323 (Lawson)

Facility hours: Monday - Friday, 5:30 a.m. - 9:25 p.m., Saturday and Sunday, 7:00 a.m. - 7:55 p.m., Stat holidays 9:00 a.m. - 6:55 p.m.

Regina Fieldhouse

Impact-absorbing synthetic floor
 200-metre oval track — six lanes
 Four tennis courts
 Five badminton courts
 Strength and conditioning area (wheelchair accessible)
 Two classrooms

Lawson Aquatic Centre

Eight lane 65-metre pool - 28°C
 Warm toddler pool 33°C
 Whirlpool
 Men's and women's dry sauna
 Strength and conditioning area
 1 and 3-metre diving boards: 5, 7.5 and 10-metre diving towers
 Outdoor suntanning area
 Chair lift