

# SUMMER 2017 DROP-IN SCHEDULE



**Active People  
have an  
Active Pass!**



Leisure Pass (GST Included):					
	One-Month	Three-Month	Six-Month	Nine-Month	One-Year
Adult (25-64)	\$55.71	\$151.85	\$287.31	\$405.29	\$506.89
Senior (65+)	\$41.52	\$112.52	\$213.02	\$299.32	\$374.70
Young Adult (19-24)	\$41.52	\$112.52	\$213.02	\$299.32	\$374.70
Youth (13-18)	\$33.86	\$90.67	\$172.60	\$242.52	\$303.69
Child (2-12)	\$27.31	\$71.01	\$135.46	\$191.17	\$238.15
Family	\$110.33	\$297.14	\$562.60	\$794.19	\$991.91

Single Admission (GST Included):			
	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$6.81	\$61.10	\$115.40
Senior (65+)	\$5.19	\$46.60	\$88.00
Young Adult (19-24)	\$5.19	\$46.60	\$88.00
Youth (13-18)	\$4.43	\$40.10	\$75.60
Child (2-12)	\$3.08	\$27.50	\$52.00
Family	\$13.30	\$119.80	\$226.20

## SANDRA SCHMIRLER LEISURE CENTRE • 3130 E Woodhams Dr. • 306-777-PLAY (7529)

AQUATIC FITNESS						Effective June 12 – July 3, 2017
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9 a.m.		Joint Muscular Strength and Endurance			Joint Muscular Strength and Endurance	
10 a.m.					Keenagers	
3 p.m.	Keenagers	Aquacise	Keenagers	Aquacise		
8:30 p.m.	*Water Running	*Aqua Kickboxing	*Deep Water Workout	*Aqua Kickboxing		

AQUATIC FITNESS						Effective July 4 – September 1, 2017
Closed for annual maintenance July 24 – August 7, 2017						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8 a.m.		Joint Muscular Strength and Endurance		Joint Muscular Strength and Endurance		
3:15 p.m.	Keenagers	Aquacise	Keenagers	Aquacise	Keenagers	
8:30 p.m.	*Water Running	*Aqua Kickboxing	*Deep Water Workout	*Aqua Kickboxing		

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.  
 • Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

SWIM SCHEDULE								Effective June 12 – July 3, 2017
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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.	6:30-8:25 p.m.	1-8:25 p.m.	1-8:25 p.m.	
Lane Swim	7-9 a.m. 11:30 a.m.-1 p.m.	6:30-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	6:30-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	12-1 p.m.	12-1 p.m.	
Adult Swim	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.				
Part of the Pool Swim	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.			
Hot Tub & On Deck Sauna	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	12-8:25 p.m.	12-8:25 p.m.	

SWIM SCHEDULE								Effective July 4 – September 1, 2017
Closed for annual maintenance July 24 – August 7, 2017								
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	1-3:25 p.m. 6:30-8:25 p.m.	1-3:25 p.m. 6:30-8:25 p.m.	1-3:25 p.m. 6:30-8:25 p.m.	1-3:25 p.m. 6:30-8:25 p.m.	1-3:25 p.m. 6:30-8:25 p.m.	1-8:25 p.m.	1-8:25 p.m.	
Lane Swim	6:30-9 a.m. 12-1 p.m.	6:30-8 a.m. 12-1 p.m.	6:30-9 a.m. 12-1 p.m.	6:30-8 a.m. 12-1 p.m.	6:30-9 a.m. 12-1 p.m.	12-1 p.m.	12-1 p.m.	
Adult Swim	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.				
Hot Tub & On Deck Sauna	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	12-8:25 p.m.	12-8:25 p.m.	

• Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

## NORTH WEST LEISURE CENTRE • 1127 Arnason St. • 306-777-PLAY (7529)

### AQUATIC FITNESS Effective July 24 – September 3, 2017 Closed for annual maintenance June 12 – July 23, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:15-1 p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Senior Swim

### SWIM SCHEDULE Effective July 24 – September 3, 2017 Closed for annual maintenance June 12 – July 23, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	1-4:30 p.m. 6:30-8:25 p.m.	1-4:30 p.m. 6:30-8:25 p.m.	1-4:30 p.m. 6:30-8:25 p.m.	1-4:30 p.m.	1-4:30 p.m. 6:30-8:25 p.m.	12-8 p.m.	12-8 p.m.
Women Only Swim				6:45-8:30 p.m.			
Hot Tub & Sauna	12:15-4:30 p.m. 6:30-8:25 p.m.	12:15-4:30 p.m. 6:30-8:25 p.m.	12:15-4:30 p.m. 6:30-8:25 p.m.	12:15-4:30 p.m.	12:15-4:30 p.m. 6:30-8:25 p.m.	12-8 p.m.	12-8 p.m.

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### LAND FITNESS Effective July 24 – September 3, 2017 Closed for annual maintenance June 12 – July 23, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 a.m.	Group Cycle*		Yoga				
6 p.m.	Butts & Guts*	Cardio Combo	Total Body Sculpting	Group Cycle*			

• Most workouts are one hour long unless indicated: (\*) 45 minutes • Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

## SPORTPLEX • 1717 Elphinstone St. • 306-777-PLAY (7529) Lawson Aquatic Centre

### AQUATIC FITNESS Effective June 5 – August 4, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
12:10 p.m.	Deep Water Workout		Deep Water Workout		Deep Water Workout
1 p.m. (Last class June 23)	Keenagers		Keenagers		Keenagers
6 p.m.	*Aquacise				*Aquacise
6:45 p.m.		*Deep Water Bootcamp			

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

### SWIM SCHEDULE Effective June 12 – June 25, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure 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.	2-7:55 p.m.	12-4:55 p.m.
Lane Swim	5:30 a.m.-9:25 p.m.	5:30 a.m.-7:30 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-5 p.m.
Adult Swim		7:30-9:25 p.m.					5-7:55 p.m.
Parent & Preschool Swim	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m. 7:30-9:25 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	9 a.m.-12 p.m.	9 a.m.-12 p.m.
Part of the Pool Swim	2:30-3:55 p.m.	2:30-3:55 p.m.	2:30-3:55 p.m.	2:30-3:55 p.m.	2:30-3:55 p.m.		

• Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

### SWIM SCHEDULE Effective June 26 – August 7, 2017 Closed for annual maintenance August 8 – September 24, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	1-3:55 p.m. 7-9:25 p.m.	1-3:55 p.m.	1-3:55 p.m. 7-9:25 p.m.	1-3:55 p.m. 7-9:25 p.m.	1-3:55 p.m. 7-9:25 p.m.	12-7:55 p.m.	12-7:55 p.m.
Lane Swim	5:30 a.m.-9:25 p.m.	5:30 a.m.-7:30 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-5 p.m.
Adult Swim		7-9:25 p.m.					
Parent & Preschool Swim	12-1 p.m.	12-1 p.m. 7-9:25 p.m.	12-1 p.m.	12-1 p.m.	12-1 p.m.	9 a.m.-12 p.m.	9 a.m.-12 p.m.

• Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

## Fieldhouse

### LAND FITNESS Effective June 5 – September 4, 2017 Closed for annual maintenance June 26 – July 3, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.	Stretch & Tone	Cycle & Stretch (Ends June 20)	Fitness Walking	Cycle & Stretch* (Ends June 22)	Stretch & Tone		
9:15 a.m.						Cycle Combo	Group Cycle*
9:30 a.m.	Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core		
10 a.m.							Body Blast
12:10 p.m.	Boot Camp*	Body Blast*	Group Cycle* Yoga Flow*	Power Circuit*	TRX Circuit* Yoga Flow*		
5 p.m.			Group Cycle*				
5:30 p.m.		Cycle & Core Stadium Stair		Body Blast			
5:45 p.m.			Abs Plus*				
6 p.m.	Cardio Sculpt (Ends June 19)						
6:45 p.m.		Body Blast					

• Most workouts are one hour long unless indicated: (\*) 45 minutes • All classes are subject to change/cancellation • Check the monthly changes and cancellations on [Regina.ca](http://Regina.ca)

#### Fieldhouse Stat Holiday Fitness Classes

Cardio Combo classes will be held on May 22, August 7 and September 4 from 10-11 a.m.

### BASKETBALL & ROLLERBLADING Effective June 5 – September 4, 2017

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Co-ed Basketball (All Ages)	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	2:30-8 p.m.	2:30-8 p.m.

• Based on client need, facility usage and special events, this schedule may change without notice. Please call 306-777-PLAY (7529) to confirm times  
• Additional basketball time may be available when there are no scheduled fitness classes, programs, or events • All rollerblading times are space permitting

### STRENGTH AND CONDITIONING AREAS

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-7:55 p.m.
Lawson Aquatic Centre	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-7:55 p.m.
North West Leisure Centre	8 a.m.-8:30 p.m.	8 a.m.-8:30 p.m.	8 a.m.-8:30 p.m.	8 a.m.-8:30 p.m.	8 a.m.-8:30 p.m.	12-8 p.m.	12-8 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.-8:30 p.m.	12-8:30 p.m.	12-8:30 p.m.

• Schedule may be adjusted due to program needs.