

SUMMER 2025 DROP-IN ACTIVITIES



Find a list of all drop-in activities including fine arts, youth drop-ins and more at [Regina.ca/dropin](https://regina.ca/dropin)



Qualified Lifeguards Supervise All Swims

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.

Outdoor Pools see full outdoor pool schedules at [Regina.ca/outdoorpools](https://regina.ca/outdoorpools)

Aquatic Fitness

Lawson Aquatic Centre will be closed for annual maintenance August 18 to September 28 inclusive. The Strength & Conditioning area will be closed August 18–24.

Lawson Aquatic Centre

Aquatic Fitness - Effective June 9 to June 29						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30am.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
10:30 am	Keenagers		Keenagers		Keenagers	
12p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout
Effective June 30 to August 15						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:15 am	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
12 pm	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](https://regina.ca).

Swim Schedule - Effective June 9 to July 6							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	5:30am–9:30pm	5:30am–9:30pm	5:30am–9:30pm	5:30am–9:30pm	5:30am–9:30pm	7am–8pm	7am–8pm
Leisure Swim*					7:30–9:30pm	2–4pm	1–4pm
Part of the Pool Swim	7:30–9:30pm	7:30–9:30pm	7:30–9:30pm	7:30–9:30pm			
Pre-School Swim	12–3:55pm		12–3:55pm		12–3:55pm		

Swim Schedule - Effective July 7 to August 17							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim	5:30am–9:30pm	5:30am–9:30pm	5:30am–9:30pm	5:30am–9:30pm	5:30am–9:30pm	7am–8pm	7am–8pm
Leisure Swim*	1–4pm 7–9:30pm	1–4pm	1–4pm 7–9:30pm	1–4pm	1–4pm 7–9:30pm	12pm – 8pm	12–8pm
Adult Swim 18+*		7–9:30pm					
Pre-School Swim	12–1pm	12–1pm	12–1pm	12–1pm	12–1pm		

North West Leisure Centre will be closed for annual maintenance August 4– 31 inclusive.

North West Leisure Centre

Aquatic Fitness - Effective June 2 to Aug 3						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
12:05p.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise

Swim Schedule - Effective June 9 to July 6							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 19+	8–9am	8–9am	8–9am	8–9am	8–9am		
Part of the Pool Swim	9am–4pm	9am–4pm	9am–4pm	9am–4pm	9am–4pm		
Leisure Swim	6:30–8:25pm	6:30–8:25pm	6:30–8:25pm	6:30–8:25pm	6:30–8:25pm**	12–7:55pm	12–5:55pm
Hot Tub & Sauna	6:30–8:25pm	6:30–8:25pm	6:30–8:25pm	6:30–8:25pm	6:30–8:25pm**	12–7:55pm	12–5:55pm
Women's Only Swim*							6–7:55pm
All Bodies Swim***					7–8:25p.m.		

Swim Schedule - Effective July 7 to Aug 3							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 19+	8–9am	8–9am	8–9am	8–9am	8–9am		
Leisure Swim	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm**	12–7:55pm	12–5:55pm
Hot Tub & Sauna	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm	1–3:55pm 6:30–8:25pm**	12–7:55pm	12–5:55pm
Women's Only Swim*							6–7:55pm
All Bodies Swim***					7–8:25p.m.		

* Women's Only Swim runs June 1, 15, 29 July 13, 27 **Leisure Swim and Hot Tub & Sauna end at 6:55pm on June 13 and July 18.

***All Bodies Swim runs May 23, June 13, July 18 (no Leisure Swim during this time)

Schedules may be adjusted due to program needs. See [Regina.ca/dropin](https://regina.ca/dropin) for live schedules and more.

Purchase a one-year Leisure Pass today for less than \$45.00* each month! Punch cards are also a flexible option.

[Regina.ca/leisurepass](https://regina.ca/leisurepass)



*Price is for an Adult Annual Leisure Pass.

General admission, monthly, annual and bulk pass rates available at [Regina.ca/leisurepass](https://regina.ca/leisurepass) or call 306-777-PLAY (7529).

Sandra Schmirler Leisure Centre will be closed for annual maintenance June 23-August 3 inclusive.

Sandra Schmirler Leisure Centre

Aquatic Fitness - Effective June 2-23

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15a.m.		Joint Muscular Strength & Endurance		Joint Muscular Strength & Endurance	Keenagers
3p.m.	Keenagers	Aquacise	Keenagers	Aquacise	

Effective August 5-30

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15a.m.	Keenagers	Joint Muscular Strength & Endurance		Joint Muscular Strength & Endurance	Keenagers

Swim Schedule - Effective June 8-22

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	6:45-9am 11:30-1pm	6:45-9am 11:30-1pm	6:45-9am 11:30-1pm	6:45-9am 11:30-1pm	6:45-9am 11:30-1pm		
Adult Swim 19+	8:30-9:25pm	8:30-9:25pm	8:30-9:25pm	8:30-9:25pm			
Part of the Pool Swim	9am-3:55pm	9am-3:55pm	9am-3:55pm	9am-3:55pm	9am-3:55pm		
Hot Tub & On Deck Sauna	6:45am-3:55pm 8:30-9:25pm	6:45am-3:55pm 6:45-9:25pm	6:45am-3:55pm 6:45-9:25pm	6:45am-3:55pm 6:45-9:25pm	6:45am-3:55pm 6:45-9:25pm	12-7:55p.m.*	12-7:55p.m.

Swim Schedule - Effective August 5-30

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 June 14, August 9 and 23

Land Fitness & Sport

Fieldhouse will be closed for annual maintenance July 21 to August 3 inclusive.

Fieldhouse

Land Fitness - Effective June 2-29

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a.m.	Stretch & Tone	Group Cycle	Fitness Walking	Group Cycle	Stretch & Tone	Group Cycle	
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Group Cycle		
10a.m.							Total Body Sculpting
10:40a.m.	MELT				LifeLong Yoga		
12:10p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga-Flow* Total Body Conditioning*	Yoga-Yin*	Yoga-Stretch & Relaxation*		
5:30p.m.		Group Cycle Stadium Stairs**		Total Body Sculpting	Group Cycle		

Land Fitness - Effective July 2 to August 31

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a.m.	Stretch & Tone		Fitness Walking		Stretch & Tone	Group Cycle	
9a.m.							
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast			
10a.m.							Total Body Sculpting
10:40a.m.	MELT				LifeLong Yoga		
12:10p.m.	Yoga - Flow	Yoga - Gentle	Yoga-Flow Total Body Conditioning	Yoga - Yin	Yoga-Stretch & Relaxation		
5:30p.m.		Stadium Stairs		Total Body Sculpting			

**Begins May 20 • Most workouts are 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change or cancellation.

Fieldhouse Stat Holiday Fitness

Date	Activity	Time
July 1 & Aug 4	Cardio Combo	10-11 a.m.

Fieldhouse Basketball & Rollerblading - Effective June 1 to Aug 31

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	1-4pm		1-4pm		1-4pm	2-6pm	1-5pm
Rollerblading		4-7pm		4-7pm		2-5pm	2-5pm

• Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court. • Basketball schedule may change without notice. • Please visit Regina.ca to view the Live Schedule or call 306-777-PLAY (7529) for updated court times. • All rollerblading times are space permitting.

North West Leisure Centre

North West Leisure Centre will be closed for annual maintenance August 4- 31 inclusive.

Land Fitness - Effective June 2-29

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo	
10:30am	20-20-20	20-20-20		20-20-20			
11a.m.							FUNCTIONal Fit
6p.m.	Cardio & Sculpt	Cardio Combo	Total Body Sculpting				

Land Fitness - Effective June 30 to Aug 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a.m.	20-20-20	Walk n Workout	Cardio & Sculpt	Ignite			
6p.m.	Body Blast	Cardio Combo	Evolve Bootcamp				

• Most workouts are 1 hour long unless indicated: (*) 45 minutes.

Strength & Conditioning Areas

Effective June 2-August 31

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse *Closed July 21-Aug 3	5:30am-9:25pm	5:30am-9:25pm	5:30am-9:25pm	5:30am-9:25pm	5:30am-9:25pm	7am-7:55pm	7am-7:55pm
Lawson Aquatic Centre *Closed Aug 18-24	5:30am-9:25pm	5:30am-9:25pm	5:30am-9:25pm	5:30am-9:25pm	5:30am-9:25pm	7am-7:55pm	7am-7:55pm
North West Leisure Centre *Closed August 4-31	8am-8:25pm	8am-8:25pm	8am-8:25pm	8am-8:25pm	8am-8:25pm	12-7:55pm	12-7:55pm
Sandra Schmirler Leisure Centre *Closed June 23-August 3	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	6am-9:30pm	12-8pm	12-8pm

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.

Schedules may be adjusted due to program needs. See Regina.ca/dropin for live schedules and more.