

SUMMER 2025 DROP-IN ACTIVITIES



See all Drop-in Schedules at Regina.ca/Dropin



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

Regina.ca/leisurepass



*Price is for an Adult Annual Leisure Pass.

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

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

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

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		
						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		

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

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				
							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		

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***					7-8:25pm				

North West Leisure Centre 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***					7-8:25pm***		

* 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 at this time)

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	

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

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

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

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.
- 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 will be closed for annual maintenance August 4- 31 inclusive.

North West Leisure Centre

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.

Mitakuyé Owâs-ā Centre-1770 Halifax St.

Drop-in Activities - Effective June 2-August 31

	Tuesday	Wednesday	Thursday	Friday	Saturday
Drop-in Gym Time	3-6p.m.	3-6p.m.	3-6p.m.	3-6p.m.	3-6p.m.

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.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Fibre *Jul 24 and Aug 28				6:30-9:30p.m.*			
Painting and Drawing *Jul 4-Aug 29					9-11:30a.m.*		
Wood Carving Drop-in *Jul 8-Aug 26		9-11:30a.m.*					

Inclusive Recreation

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

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**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
*All Bodies Swim (All Ages) North West Leisure Centre 1127 Arnason St. May 23, June 13, July 18					7-8:25p.m.
South Leisure Gym Time (All Ages) South Leisure Centre 170 Sunset Dr May 4-June 24			3:15-5:45p.m.	3:15-5:45p.m.	

After School Program

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

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Glencairn Neighbourhood Centre 2626 Dewdney Ave E May 5-Jun 25	(ages 7-11) 3:15-5:45p.m.	(ages 7-11) 3:15-5:45 p.m.	(ages 11-16) 3:15-5:45 p.m.	(ages 11-16) 3:15-5:45 p.m.	drop-in Basketball (all ages) 3:15-5:45 p.m.
Cathedral Neighbourhood Centre 2900 13th Ave May 5-Jun 25	(ages 8-12) 3:15-5:45p.m		(ages 8-12) 3:15-5:45p.m		
Core Ritchie Neighbourhood Centre 445 14th Ave May 5-Jun 25	(ages 8-16) 3:15-5:45p.m	(ages 8-16) 3:15-5:45p.m	(ages 8-16) 3:15-5:45p.m	(ages 8-16) 3:15-5:45p.m	(ages 8-16) 3:15-5:45p.m

Free Children's Summer Program Drop-in Locations

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

Drop-in Location	Monday	Tuesday	Wednesday	Thursday	Friday
Arcola East Community Association 3860 Buckingham Dr July 28–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.	9:30a.m.–4:30p.m.
Argyle North Community Association 35 Davin Cres July 7–25	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 28–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.	9:30a.m.–4:30p.m.
École Harbour Landing School 4419 James Hill Rd July 14–Aug 1	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 7–25	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.
Douglas Park Elementary School 635 Douglas Ave E July 14–Aug 1	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 Activity Descriptions

Adult Swim—A leisure swim for adults 18 and over.

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

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 Activity Descriptions

20-20-20—Cardio, strength, and flexibility all in 60 minutes! 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.

Cardio & Sculpt—A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing and sculpting using hand weights.

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.

FUNctional Fit— This class focuses on undoing what occurs naturally during the aging process and throughout the daily living. Join us for functional cardio, strength and flexibility exercises designed to make daily living easier.

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.

HIIT— High Intensity Interval Training (HIIT) combines intervals of cardio mixed with weight training. Get ready for an action-based calorie-burning workout! Suitable 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.

STEP— A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

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.

SWAT— Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics and TRX for a complete body workout.

Total Body Conditioning/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: 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.

Yoga: Yin— After a slow and gentle warm-up, go deep into restorative yoga postures using props to support passive opening of the body. This quiet practice emphasizes space and stillness and is very meditative.

[Return to Land Fitness Schedules](#)