

SUMMER 2026 DROP-IN ACTIVITIES



Outdoor Pools see full outdoor pool schedules at Regina.ca/outdoorpools

Aquatic Fitness See class descriptions at Regina.ca/Dropln
Lawson Aquatic Centre

Lawson Aquatic Centre will be closed for annual maintenance July 27 to August 16 inclusive. The Strength & Conditioning area will remain open.

Aquatic Fitness						Effective June 8 to 26
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30am.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
10:30 a.m.	Keenagers*		Keenagers*		Keenagers*	
12p.m.	Deep Water Workout		Deep Water Workout		Deep Water Workout	

Aquatic Fitness						Effective June 29 to July 26 and August 17 to September 4
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:15a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
12p.m.	Deep Water Workout		Deep Water Workout		Deep Water Workout	

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

Swim Schedule								Effective June 8 to 28
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.	12-3:55p.m.	12-3:55p.m.			

Swim Schedule								Effective June 29 to July 26 and August 17 to September 4
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 to 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 to 9:30p.m.						
Pre-School Swim	12-1p.m.	12-1p.m.	12-1p.m.	12-1p.m.	12-1p.m.			

North West Leisure Centre will be closed for annual maintenance June 8 to 21 inclusive.

North West Leisure Centre

Aquatic Fitness						Effective June 22 to August 30
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
12:05p.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	

Swim Schedule								Effective June 22 to July 5
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.			
Part of the Pool Swim	9a.m.-4p.m.	9a.m.-4p.m.	9a.m.-4p.m.	9a.m.-4p.m.	9a.m.-4p.m.			
Leisure Swim	6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	12-7:55p.m.	12-5:55p.m.	
Hot Tub & Sauna	6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	12-7:55p.m.	12-5:55p.m.	
Women's Only Swim*							6-7:55p.m.	
All Bodies Swim***					7-8:25p.m.			

Swim Schedule								Effective July 6 to August 30
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.			
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.	12-5:55p.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.	12-5:55p.m.	
Women's Only Swim*							6-7:55p.m.	
All Bodies Swim***					7-8:25p.m.			

* Women's Only Swim runs June 28, July 12, 26, August 9, 23 **All Bodies Swim runs June 26, July 24, August 21 (no Leisure Swim at this time)

Sandra Schmirler Leisure Centre

Sandra Schmirler Leisure Centre will be closed for annual maintenance August 17 to September 13 inclusive.

Aquatic Fitness						Effective June 8 to 30
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 July 2 to August 16
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
8:15a.m.	Keenagers	Joint Muscular Strength & Endurance		Joint Muscular Strength & Endurance	Keenagers	

Sandra Schmirler Leisure Centre will be closed for annual maintenance August 17 to September 13 inclusive.

Sandra Schmirler Leisure Centre Cont'd

Swim Schedule							Effective June 8 to 30	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	6:45-8:30p.m.	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. 11:30 a.m.-1p.m.	6:45-9a.m. 11:30 a.m.-1p.m.	6:45-9a.m. 11:30 a.m.-1p.m.	6:45-9a.m. 11:30 a.m.-1p.m.	6:45-9a.m. 11:30 a.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. 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.	6:45a.m.-3:55p.m. 6:45-9:25p.m.	*12-7:55p.m.	12-7:55p.m.	

Swim Schedule							Effective July 2 to August 16	
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	6:45-9a.m. 12-3:55p.m. 6:45-9:25p.m.	6:45-9a.m. 12-3:55p.m. 6:45-9:25p.m.	6:45-9a.m. 12-3:55p.m. 6:45-9:25p.m.	6:45-9a.m. 12-3:55p.m. 6:45-9:25p.m.	6:45-9a.m. 12-3:55p.m. 6:45-9:25p.m.	*12-7:55p.m.	12-7:55p.m.	

*Ends at 6p.m. on June 13 & 27, July 11 & 25, August 8

Land Fitness & Sport See class descriptions at Regina.ca/DropIn

Fieldhouse will be closed for annual maintenance June 22 to 28 inclusive.

Fieldhouse

Land Fitness							Effective June 1 to 30	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Group Cycle	Stretch & Tone	Group Cycle	Cycle & Core	
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Group Cycle			
10a.m.							Total Body Sculpt	
10:40a.m.					LifeLong Yoga			
12:10p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga Flow* Total Body Bootcamp*	Yoga-Yin*	Yoga-Stretch & Relaxation*			
5:30p.m.		Group Cycle Stadium Stairs**						
6:45p.m.		Body Blast						

Land Fitness							Effective July 2 to September 6	
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 Sculpt	
10:40a.m.	MELT				LifeLong Yoga			
12:10p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga-Flow* Total Body Bootcamp*	Yoga-Yin*	Yoga-Stretch & Relaxation*			
5:30p.m.		Stadium Stairs*		Total Body Sculpt				

• Most workouts are 1 hour long unless indicated: (*) 45 minutes **Free Stadium Stairs class on June 2, 16 and 30 as part of Parks & Recreation Month!

Fieldhouse Stat Holiday Fitness

Date	Activity	Time
Jul 1	Cardio Combo	10-11a.m.
Aug 3	Cardio Combo	10-11a.m.
Sept 7	Cardio Combo	10-11a.m.

Fieldhouse Basketball & Rollerblading

Fieldhouse Basketball & Rollerblading							Effective June 1 to September 6	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Basketball (All Ages)	1-4p.m.		1-4p.m.		1-4p.m.	2-6p.m.	1-5p.m.	
Rollerblading		4-7p.m.		4-7p.m.		2-5p.m.	2-5p.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 will be closed for annual maintenance June 8 to 21 inclusive.

North West Leisure Centre

Land Fitness							Effective June 22 to August 30	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9a.m.	20-20-20	Walk & Workout	Cardio & Sculpt	Ignite				
9:30a.m.					20-20-20			
6p.m.	Total Body Sculpt	Cardio Combo	Total Body 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 June 22 to 28	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	7a.m.-7:55p.m.	7a.m.-7:55p.m.
Lawson Aquatic Centre *Open throughout	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	5:30a.m.-9:25p.m.	7a.m.-7:55p.m.	7a.m.-7:55p.m.
North West Leisure Centre *Closed June 8 to 21	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	8a.m.-8:25p.m.	12-7:55p.m.	12-7:55p.m.
Sandra Schmirler Leisure Centre *Closed Aug 17 to Sep 13	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.