

# SUMMER 2026 DROP-IN ACTIVITIES



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

## Aquatic Fitness See class descriptions at [Regina.ca/Dropln](http://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.

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							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](http://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.

## Cathedral Neighbourhood Centre - 2900 13 Ave.

Effective July 7 to August 25					
Drop-in Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Caregiver and Infant Play and Socialize		2:45-4p.m. except Jul 28			

## Glencairn Neighbourhood Centre – 2626 Dewdney Ave. E

Effective July 3 to August 31					
Drop-in Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Walking	8-9a.m. except Aug 3, 24	8-9a.m. except Aug 25	8-9a.m. except Aug 26	8-9a.m. except Aug 27	8-9a.m. except Aug 28

## Mitakuyé Owâs-ā Centre - 1770 Halifax St.

Effective July 2 to August 31					
Drop-in Activities	Tuesday	Wednesday	Thursday	Friday	Saturday
Basketball	3-6p.m. except Aug 30	3-6p.m. except Aug 31	3-6p.m.	3-6p.m. except Aug 28	3-6p.m. except Aug 29

## South Leisure Centre - 170 Sunset Dr.

Effective July 6 to Aug 30					
Drop-in Activities	Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Walking, Rolling and Strolling	8-9a.m. except Aug 3, 31	8-9a.m.	8-9a.m.	8-9a.m.	8-9a.m.
Table Tennis (Multi-purpose Room)		9- 11a.m.			
Drop-In Gym Time (All Ages) April 28 to June 23		3:15- 5:45p.m. except May 5		3:15-5:45p.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 23, Aug 27			6:30-9:30p.m.			
Painting and Drawing	Jul 3 to Aug 28				9-11:30a.m.		
Wood Carving Drop-in	Jul 7 to Aug 25	9-11:30a.m.					

## Inclusive Recreation

For more information about Inclusive programs, please email [socialinclusionprograms@regina.ca](mailto:socialinclusionprograms@regina.ca).

**All Bodies Swim** A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. **General Admission**

**Inclusive Gym Time** All ages and abilities are welcome to these open gym times at various City Facilities. Bring your indoor shoes!

**South Leisure Gym Time** All ages are welcome to this open gym time at the South Leisure Centre Gymnasium. Bring your indoor shoes! **Free**

**Rainbow Zumba (Glow in the Dark) 18+** A weekly Zumba fitness class for people who are 2SLGBTQIAP+ and their allies. **Free**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*All Bodies Swim (All Ages)</b> North West Leisure Centre 1127 Arnason St. Dates: Jun 26, Jul 24, Aug 21					7-8:25p.m.		
<b>Inclusive Drop-in Gym Time (Free)</b> Northwest Leisure Centre 1127 Arnason St Dates: May 31 to Aug 30 except June 14, 21							6-8p.m.
<b>Inclusive Drop-in Gym Time</b> Fieldhouse 1717 Elphinstone St Dates: Jun 2-Aug 25 except June 23 General admission applies		4-6p.m.					
<b>Rainbow Zumba (Glow in the Dark) 18+</b> Cathedral Neighbourhood Center 2900 13 Ave Dates: June 16 to Aug 25, except June 23, July 28		6-7p.m.					
<b>South Leisure Gym Time (All Ages)</b> South Leisure Centre 170 Sunset Dr Dates: April 28- June 23 except May 5, June 4		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](http://Regina.ca/freeprograms)

Location	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Glencairn Neighbourhood Centre</b> 2626 Dewdney Ave E Apr 27 to Jun 24	3:15-5:30p.m.	3:15-5:30p.m.	3:15-5:30p.m.	3:15-5:30p.m.	3:15-5:30p.m.
<b>Cathedral Neighbourhood Centre</b> 2900 13th Ave Apr 27 to Jun 24	3:15-5:30p.m.		3:15-5:30p.m.		
<b>Core Ritchie Neighbourhood Centre</b> 445 14th Ave Apr 27 to Jun 24	3:15-5:30p.m.	3:15-5:30p.m.	3:15-5:30p.m.	3:15-5:30p.m.	3:15-5:30p.m.

**FUN Spots**

Free summer fun is popping up near you.

Scan the QR code for locations, schedules and more program details.

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