

# WINTER/SPRING 2026

## DROP-IN ACTIVITIES



### Aquatic Fitness

#### Lawson Aquatic Centre

Aquatic Fitness						Effective January 5 to June 7	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:30 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
10:30 a.m.	Keenagers		Keenagers		Keenagers		
12 p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout		

Swim Schedule								Effective January 5 to June 7	
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.					
Preschool Swim	12-3:55p.m.	12-3:55p.m.	12-3:55p.m.	12-3:55p.m.	12-3:55p.m.				

#### North West Leisure Centre

Aquatic Fitness						Effective January 5 to June 7	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
11 a.m.	Aquacise	Aquacise	Aquacise				
12:05 p.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		

\* Most workouts are 45 mins.

Swim Schedule								Effective January 5 to June 7	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Adult Swim 18+	8-9a.m.	8-9a.m.	8-9a.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m.				
Leisure Swim	9a.m.-3:55p.m. 6:30-9:25p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m. 6:30-9:25p.m.	9a.m.-3:55p.m. 6:30-9:25p.m.	9a.m.-3:55p.m. 6:30-8:25p.m.	1:30-8:25p.m.	3:30-6:25p.m.		
Hot Tub & Sauna	6:30-8:25p.m.		6:30-8:25p.m.	6:30-8:25p.m.	6:30-8:25p.m.	1:30-8:25p.m.	3:30-6:25p.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.				
Women's Only Swim							6:30-8:25p.m.*		
All Bodies Swim					7-8:25p.m.**				

\* Women's Only Swim will run Jan 11, 25, Feb 8, March 8, 22 April 19, May 3, 17, 31. \*\*All Bodies Swim will run on Jan 23, Feb 27, Mar 27, Apr 24, May 22

#### Sandra Schmirler Leisure Centre

Aquatic Fitness						Effective January 5 to June 7	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:15 a.m.		Joint Muscular Strength & Endurance		Joint Muscular Strength & Endurance	Keenagers		
3 p.m.	Keenagers	Aquacise	Keenagers	Aquacise			

\* All classes are subject to change or cancellation.

Swim Schedule								Effective January 5 to June 7	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Adult Swim 19+	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.	8:30-9:25p.m.					
Lane Swim	6:45-9a.m. & 11:30a.m.-1p.m.	6:45-9a.m. & 11:30a.m.-1p.m.	6:45-9a.m. & 11:30a.m.-1p.m.	6:45-9a.m. & 11:30a.m.-1p.m.	6:45-9a.m. & 11:30a.m.-1p.m.				
Leisure Swim		6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-9:25p.m.	*3:30-8:25p.m.	1:30-5:25p.m.		
Hot Tub & On Deck Sauna	6:45a.m.-3:55p.m. & 8:30-9:25p.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.	*3:30-8:25p.m.	1:30-5:25p.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.				

\* Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at [Regina.ca](http://Regina.ca). • See daily and 7-day schedules at [Regina.ca/dropin](http://Regina.ca/dropin).

\* Leisure Swim and Hot Tub & On Deck Sauna will end at 6:30p.m. on Jan. 10, 24, Feb. 7, Mar. 7, 21, Apr. 18, May 2, 16 & 30

## Land Fitness & Sport

### Fieldhouse

Land Fitness Effective January 5 to June 7							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Group Cycle	Stretch & Tone	Group Cycle	Cycle & Core
9:30 a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Group Cycle		Total Body Sculpting
10:40 a.m.	MELT				LifeLong Yoga		
12:10 p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga-Flow* Total Body Bootcamp*	Yoga-Yin*	Yoga-Stretch & Relaxation*		
5:30 p.m.		Group Cycle		Total Body Sculpting	Group Cycle		
6:45 p.m.		Body Blast					

• Most workouts are 1 hour long unless indicated: (\*) 45 minutes. • All classes are subject to change or cancellation. • Check the monthly changes & cancellations at [Regina.ca](http://Regina.ca).  
• Schedule may be adjusted due to program/facility needs

Fieldhouse Stat Holiday Fitness		
Date	Activity	Time
Feb 16	Cardio Combo	10-11a.m.
Apr 3	Cardio Combo	10-11a.m.
Apr 6	Cardio Combo	10-11a.m.
May 18	Cardio Combo	10-11a.m.

Fieldhouse Basketball & Rollerblading Effective January 5 to June 7							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	1-3:30p.m.			2-5p.m.	1-3p.m.	3-5p.m.	
Rollerblading		2-4p.m.			7:30-9:30p.m.	6-8p.m.	

• Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court. • All rollerblading times are space permitting.  
• 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

### North West Leisure Centre

Land Fitness Effective January 5 to June 7							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo	
9:15a.m.					20-20-20		
10:30a.m.	20-20-20	20-20-20		20-20-20			
11a.m.					FUNctional Fit		
12p.m.							
6p.m.	Cardio & Sculpt	Cardio Combo	Total Body Sculpting				

• Most workouts are 1 hour long unless indicated: (\*) 45 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](http://Regina.ca).

## Strength & Conditioning Areas

Effective January 5 to June 7							
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse	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.
Lawson Aquatic Centre	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.-9:30 p.m.	7a.m.-8p.m.	7a.m.-8p.m.
North West Leisure Centre	8a.m.-9:30p.m.	8a.m.-9:30p.m.	8a.m.-9:30p.m.	8a.m.-9:30p.m.	8a.m.-8:30p.m.	9a.m.-8:30p.m.	9a.m.-8:30p.m.
Sandra Schmirler Leisure Centre	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.	9a.m.-8:30p.m.	9a.m.-8:30p.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.

## Aquatic Descriptions

<b>Adult Swim</b> —A leisure swim for adults 19 and over.	<b>Keenagers (55+)</b> —A water workout followed by a relaxing cooldown.
<b>All Bodies Swim</b> —A Drop-in leisure swim for people who are transgender, non-binary and/or gender non-conforming and their friends and families.	<b>Lane Swim</b> —Lane swimming in a roped-off, designated area of the pool.
<b>Aquacise/Social Aquacise</b> —A fitness class using the natural resistance and buoyancy of the water.	<b>Leisure Swim</b> —Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.
<b>Deep Water Workout</b> —A totally non-impact workout done in deep water using a flotation belt.	<b>Preschool Swim</b> —A special time for parents and children 5 years of age and under to enjoy.
<b>Hot Tub &amp; Sauna</b> —The hot tub and sauna only are available for use.	<b>Part of the Pool Swim</b> —A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals.
<b>Joint Muscular Strength &amp; Endurance</b> —A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.	<b>Women's Only Swim</b> —An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted.

## Land Fitness Descriptions

<b>20/20/20</b> —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.	<b>FUNctional Fit</b> —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.	<b>SWAT</b> —Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics and TRX for a complete body workout.
<b>Body Blast</b> —Join this muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.	<b>Group Cycle</b> —A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.	<b>Total Body Bootcamp/Sculpting</b> — 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
<b>Cardio Combo</b> —A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.	<b>HIIT</b> —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.	<b>Yoga: Flow</b> —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.
<b>Cycle &amp; Core</b> (all levels)—a group cycling workout followed by core strengthening exercises.	<b>Ignite</b> —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.	<b>Yoga: Gentle</b> —A gentle yoga class that blends balance, strength and flexibility
<b>Cardio &amp; Sculpt</b> —A beginner level class that will introduce you to cycle, cardio intervals, step, kickboxing and sculpting using hand weights.	<b>MELT—for Joint Health</b> —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.	<b>Yoga:Strength &amp; Relaxation</b> — 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.
<b>Cycle &amp; Stretch</b> —A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.	<b>STEP</b> —A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.	<b>Yoga: Yin</b> —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.
<b>Fitness Walking</b> —A beginner/ moderate level class combining walking on the track with various muscle conditioning exercises.	<b>Stretch &amp; Tone</b> —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.	