

FALL 2022

DROP-IN ACTIVITIES



September 6 – December 23, 2022

Active People
have an
Active Pass!



Leisure Pass (Plus Applicable Taxes):

	One-Month	Three-Month	Six-Month	One-Year
Adult (25-64)	\$54.14	\$147.38	\$278.86	\$492.00
Senior (65+)	\$40.29	\$109.24	\$206.76	\$363.71
Young Adult (19-24)	\$40.29	\$109.24	\$206.76	\$363.71
Youth (13-18)	\$32.86	\$88.00	\$167.52	\$294.76
Child (2-12)	\$26.52	\$68.60	\$131.48	\$231.14
Family*	\$107.14	\$268.42	\$546.14	\$962.81

Single & Bulk Admissions (Plus Applicable Taxes):

	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$6.67	\$60.00	\$113.33
Senior (65+)	\$5.00	\$44.95	\$84.95
Young Adult (19-24)	\$5.00	\$44.95	\$84.95
Youth (13-18)	\$4.29	\$38.57	\$72.76
Child (2-12)	\$2.86	\$25.71	\$48.57
Family*	\$13.33	\$120.00	\$226.67

*Applies to all persons living in the same household with a maximum of two adults.
Prices in effect until December 31, 2022.

NORTH WEST LEISURE CENTRE • 1127 Arnason St. • 306-777-PLAY (7529)

AQUATIC FITNESS Effective September 6 – December 23, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11 a.m.	Aquacise*	Aquacise*	Aquacise*		
12:05 p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise
8:35 p.m.	Aquacise	Aquacise	Aquacise		

* Check the monthly changes & cancellations at Regina.ca.

SWIM SCHEDULE Effective September 6 – December 23, 2022

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	6:30-8:25 p.m.	No Leisure Swim	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	1:30-8:25 p.m.	3:30-8:25 p.m.
Adult Swim	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m. 8:30-9:25 p.m.	8-9 a.m.		
Part of the Pool Swim	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.		
Swimming Lessons	12:50-6:30 p.m.	9-11:35 a.m. *4-6:30 p.m. **1-6:30 p.m.	9-11:35 a.m. 4-6:30 p.m.	4-6:30 p.m.	3-6:30 p.m.	9 a.m.-1:30 p.m.	9 a.m.-1:30 p.m.
Hot Tub & Sauna	8 a.m.-4 p.m. 6:30-9:45 p.m.	8 a.m.-4 p.m. 6:30-9:45 p.m.	8 a.m.-4 p.m. 6:30-9:45 p.m.	8 a.m.-4 p.m. 6:30-9:45 p.m.	8 a.m.-4 p.m. 6:30-9:45 p.m.	1:30-8:25 p.m.	1:30-8:25 p.m.
¹ Women's Only Swim							6:30-8:30 p.m.
² Adapted Leisure Swim							6:30-8:30 p.m.

* Schedule may be adjusted due to program needs • Check the monthly changes & cancellations at Regina.ca

* September 5 - October 30 **October 31 - December 23

¹ Women's Only Swim runs Sep 18, Oct 2, Oct 16, Oct 30, Nov 13, Nov 17 & Dec 18

² Adapted Leisure Swim runs Sep 11, Sep 25, Oct 9, Oct 23, Nov 6, Nov 20, Dec 4, Dec 11

LAND FITNESS Effective September 6 – December 23, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 a.m.	Ignite	STEP	HIIT	SWAT	Yoga Flow	Cardio Combo	
10:15 a.m.		Yoga Boomers & Beyond		Yoga Boomers & Beyond		*Glutes Galore, Core & More	
10:30 a.m.	20/20/20	FUNctional Fit	Baby & Me Bootcamp	20/20/20			
5:45 p.m.			Yoga Gentle				
6 p.m.	*Glutes Galore, Core & More	Cardio Combo	Body Blast	Yoga Flow			
7:15 p.m.		Abs and Arms	Stretch & Tone	Cardio & Sculpt			

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

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at Regina.ca

SANDRA SCHMIRLER LEISURE CENTRE • 3130 E Woodhams Dr. • 306-777-PLAY (7529)

AQUATIC FITNESS		Effective September 6 – December 23, 2022				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:15 a.m.		Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance	Keenagers	
3 p.m.	Keenagers		Keenagers	Aquacise		
8:30 p.m.	*Aquacise		*Aquacise			

* Drop-ins welcome if space permits. To guarantee your spot, please register for the program. • Schedule may be adjusted due to program needs
 • All classes are subject to change/cancellation • Check the monthly changes and cancellations at Regina.ca

SWIM SCHEDULE		Effective September 6 – December 23, 2022						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim		6:45-8:25 p.m.	6:45-8:25 p.m.	6:45-8:25 p.m.	6:45-9:25 p.m.	3:30-8:25 p.m.	1:30-5:25 p.m.	
Lane Swim	6:45-9 a.m. 11:30 a.m.-1 p.m.	6:45-9 a.m. 11:30 a.m.-1 p.m.	6:45-9 a.m. 11:30 a.m.-1 p.m.	6:45-9 a.m. 11:30 a.m.-1 p.m.	6:45-9 a.m. 11:30 a.m.-1 p.m.			
Adult Swim	8:30-9:25 p.m.	8:30-9:25 p.m.	8:30-9:25 p.m.	8:30-9:25 p.m.				
Part of the Pool Swim	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.			
Hot Tub & On Deck Sauna	6:45 a.m.-3:55 p.m. 6:45-9:25 p.m.	6:45 a.m.-3:55 p.m. 6:45-9:25 p.m.	6:45 a.m.-3:55 p.m. 6:45-9:25 p.m.	6:45 a.m.-3:55 p.m. 6:45-9:25 p.m.	6:45 a.m.-3:55 p.m. 6:45-9:25 p.m.	3:30-8:25 p.m.	1:30-5:25 p.m.	
*Adapted Leisure Swim						6:30-8:30 p.m.		
Strength & Conditioning Area	6a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.	

* Adapted Leisure Swim will run **Sep 17, Oct 1, Oct 15, Oct 29, Nov 12, Nov 26, Dec 10, Dec 17**
 • Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at Regina.ca

SPORTPLEX • 1717 Elphinstone St. • 306-777-PLAY (7529) Lawson Aquatic Centre

AQUATIC FITNESS		Effective September 6 – December 23, 2022				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:30 a.m.	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 September 6 – December 23, 2022						
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim					7-9:30 p.m.	2-4 p.m.	1-4 p.m.	
Lane Swim	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-8 p.m.	5:30 a.m.-8 p.m.	
Parent & Preschool Swim	12-3:55 p.m.		12-3:55 p.m.		12-3:55 p.m.			
Part of the Pool Swim	7:30-9:30 p.m.	7:30-9:30 p.m.	7:30-9:30 p.m.	7:30-9:30 p.m.				
Strength & Conditioning Area	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-8 p.m.	5:30 a.m.-8 p.m.	

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Fieldhouse

Fieldhouse Stat Holiday Drop-in Programs

• Body Blast classes will be held at the Fieldhouse on October 10 and November 11 from 10-11 a.m.
 • Pre-school Drop-in Basketball at the Fieldhouse September 30, October 10 and Nov 11 from 12:15-2:45 p.m.
 • All Ages Drop-in Basketball at the Fieldhouse September 30, October 10 and Nov 11 from 2:45-5:45 p.m.

LAND FITNESS		Effective September 6 – December 23, 2022						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30 a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core	
9:30 a.m.	Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core			
10 a.m.							Body Blast	
12:10 p.m.	Yoga-Flow	Total Body Bootcamp Yoga Gentle	Body Blast Yoga-Flow	Yoga-Yin	Yoga-Flow			
5:30 p.m.		Group Cycle		Body Blast	Group Cycle			
6:45 p.m.		Body Blast						

Most workouts are one hour long unless indicated • All classes are subject to change/cancellation • Check the monthly changes and cancellations on Regina.ca

BASKETBALL & ROLLERBLADING		Effective September 6 – December 23, 2022						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Basketball (All Ages)	2:15-5 p.m.		2:15-5 p.m.		2:15-5 p.m.	11 a.m.-12:30 p.m.	11 a.m.-12 p.m.	
Drop-in Basketball (Families w/ children under 14)						12:30-2:45 p.m.	1:15-3:45 p.m.	
Rollerblading	1-4 p.m.	9 a.m.-12 p.m.	1-4 p.m.	9 a.m.-12 p.m.	1-4 p.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.

STRENGTH AND CONDITIONING AREAS - FACILITY SCHEDULE								
Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fieldhouse	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-8 p.m.	5:30 a.m.-8 p.m.	
Lawson Aquatic Centre	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-9:30 p.m.	5:30 a.m.-8 p.m.	5:30 a.m.-8 p.m.	
North West Leisure Centre	8 a.m.-9:30 p.m.	8 a.m.-9:30 p.m.	8 a.m.-9:30 p.m.	8 a.m.-9:30 p.m.	8 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.	
Sandra Schmirler Leisure Centre	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	6 a.m.-9:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.	

• Schedule may be adjusted due to program needs.

PUBLIC SKATE SCHEDULE								
Location	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Jack Hamilton 1010 McCarthy Blvd.	Oct 17 - Mar 20	6-8 p.m.						
Clarence Mahon 130 Brotherton Ave.	Oct 11 - Mar 21		6-7:45 p.m. FREE					
Al Ritchie 2230 Lindsay Ave.	Oct 5 - Mar 22			6-7:45 p.m. FREE				
Jack Staples 444 Broad St. N	Oct 7 - Mar 17 Closed Nov 11					6-7:45 p.m. FREE		
Murray Balfour 68 Massey Rd.	TBD - Under Construction							
Doug Wickenheiser 1127 Arnason St. N	Oct 2 - Mar 19 Closed Dec 25 & Jan 1*							6-8 p.m.
Optimist 222 Sunset Dr.	Oct 23 - Mar 5 Closed Dec 25 & Jan 1							12-2 p.m. Skate Aids Welcome

*From 6-7 p.m. there will be a free outdoor skate offered at the Rochdale Park Outdoor Rink.

• Visit Regina.ca for more information on the Public Skate Guidelines, changes, and cancellations to the schedule.

• Additional public skate times are also offered at the Co-operators Centre located at Evraz Place, 1700 Elphinstone Street. For dates and times, please visit cooperatorscentre.com.