

FALL 2026

DROP-IN ACTIVITIES



Find a list of all drop-in activities including fine arts, youth drop-ins and more at Regina.ca/DropIn

Aquatic Fitness

Lawson Aquatic Centre

Activity Descriptions

Lawson Aquatic Centre will be closed for annual maintenance July 27 to Aug 16.

Aquatic Fitness					
Effective September 8 to December 20					
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

• All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at Regina.ca/dropin.

Swim Schedule							
Effective September 8 to December 20							
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.		

• All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at Regina.ca/dropin.

North West Leisure Centre

Aquatic Fitness					
Effective September 8 to December 20					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
11 a.m.	Aquacise	Aquacise	Aquacise		
12:05 p.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
8:35 p.m.	Aquacise	Aquacise	Aquacise		

• Most workouts are 45 mins. • Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at Regina.ca/dropin.

Swim Schedule							
Effective September 8 to December 20							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m. 8:30-9:25p.m.	8-9a.m.		
Hot Tub & Sauna	9a.m.-3:55p.m. 6:30-8:25p.m.	9a.m.-3:55p.m.	9a.m.-3:55p.m. 6:30-8:25p.m.	9a.m.-3:55p.m. 6:30-8:25p.m.	9a.m.-3:55p.m. 6:30-8:25p.m.	1:30-8:25p.m.	3:30-6:25p.m.
Leisure Swim	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.**		

Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at Regina.ca/dropin. **All Bodies Swim runs Sept 18, Oct 23, Nov 20, Dec 18.

Sandra Schmirler Leisure Centre

Sandra Schmirler Leisure Centre will be closed for annual maintenance Aug 17 to Sep 13 inclusive.

Aquatic Fitness					
Effective September 14 to December 20					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 a.m.		Joint Muscular Strength & Endurance		Joint Muscular Strength & Endurance	
3 p.m.	Keenagers	Aquacise	Keenagers	Aquacise	

• All classes are subject to change or cancellation. • Schedule may be adjusted due to program/facility needs. • See daily and 7-day schedules at Regina.ca/dropin.

Swim Schedule							
Effective September 14 to December 20							
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.

*Adapted Leisure Swim runs Sept. 19, Oct 3, 17, 31, Nov. 14, 28, and Dec. 12. Please note Leisure Swim/Hot Tub is from 3:30-6:30p.m. on Adapted Leisure Swim dates.

Land Fitness & Sport

Activity Descriptions

Fieldhouse

Land Fitness				Effective September 8 to December 20			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 a.m.				Rise & Grind*			
8:30 a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Core	Stretch & Tone	Group Cycle	Cycle & Core
9:30 a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Group Cycle		
10 a.m.							Total Body Sculpt
10:40 a.m.	MELT				LifeLong Yoga		
12:10 p.m.	Yoga – Flow*	Yoga – Gentle*	Yoga – Flow* Total Body Bootcamp*	Yoga – Yin*	Yoga – Flow*		
5:30 p.m.		Group Cycle		Total Body Sculpt	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.
- Schedule may be adjusted due to program/facility needs • Check the monthly changes & cancellations at Regina.ca.

Fieldhouse Stat Holiday Fitness		
Date	Activity	Time
Sep 7	Cardio Combo	10-11a.m.
Sep 30	Cardio Combo	10-11a.m.
Oct 12	Cardio Combo	10-11a.m.
Nov 11	Cardio Combo	10-11a.m.

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

Regina.ca/leisurepass



Fieldhouse Basketball & Rollerblading				Effective September 1 to December 31			
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	1-4p.m.		2-4:45p.m.			12-3p.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. • 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

Land Fitness				Effective September 8 to December 20			
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo	
9:30 a.m.					20-20-20		
10:30 a.m.	20-20-20	20-20-20		20-20-20			
11 a.m.					FUNctional Fit		
12 p.m.				Silver Circuit			
6 p.m.	Cardio & Sculpt	Cardio Combo	Total Body Sculpting				
6:30 p.m.				Volleyball Skill Development 6:30-8p.m.			

- 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.

Strength & Conditioning Areas

Strength & Conditioning Areas				Effective September 1 to December 30			
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.-9:30p.m.	7a.m.-8p.m.	7a.m.-8p.m.
North West Leisure Centre	8a.m.-9:25p.m.	8a.m.-9:25p.m.	8a.m.-9:25p.m.	8a.m.-9:25p.m.	8a.m.-8:25p.m.	9a.m.-8:25p.m.	9a.m.-8:25p.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.

Fall/Winter Public Skate Schedule – See Regina.ca/DropIn