Aquatic Fitness

Activity Descriptions

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

Lawson Aquatic Centre

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

• 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					
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	
9:15 a.m.					20-20-20		
10:30 a.m.	20-20-20	20-20-20		20-20-20			
11 a.m.					FUNctional Fit		
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

Free Drop-in at Neighbourhood Centres

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

REGINA

Cathedral Neighbourhood Centre 2900 13th Ave. Sep 8 to Dec 18	**Pickleball** 10 a.m. to 12 p.m. except Sep 7, Oct 12	**Caregiver and Infant Play & Socialize** 3 to 5 p.m.			**Pickleball** 3-4:30 p.m. except Sep 18, 25		
Glencairn Neighbourhood Recreation Centre 2626 Dewdney Ave. E Sep 2 to Dec 31	**Indoor Walking** 8 to 8:45 a.m. except Sep 7, Oct 12, Dec 28	**Pickleball** 8 to 10 a.m.	**Family Gym** 8 to 10 a.m. except Sep 30, Nov 11	**Indoor Walking** 8 to 9 a.m.	**Pickleball** 8 to 10 a.m. except Dec 25 **2SLGBTQIAP+ Rainbow Zumba 18+** 6:30-7:30 p.m. Sep 4 to Dec 18 Except Dec 25		
Mitakuyé Owâs'ā Centre 1770 Halifax St. Sep 1 to Dec 31		**Basketball** 3 to 6 p.m.	**Basketball** 3 to 6 p.m.	**Basketball** 3 to 6 p.m.	**Basketball** 3 to 6 p.m.	**Basketball** 3 to 6 p.m.	
South Leisure Centre 170 Sunset Dr. Sep 10 to Dec 18	**Family Gym Time** 3 to 5 p.m.	**Supervised Drop-in Gym Time (All Ages)** 3:30 to 5:30 p.m.	**Indoor Walking, Rolling and Strolling** 8 to 9:30 a.m.	**Supervised Drop-in Gym Time (All Ages)** 3:30 to 5:30 p.m.	**Basketball** 3 to 5 p.m.		

Fine Art Drop–in at the Neil Balkwill Centre

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
Open Fibre Night Sep 24, Oct 22, Nov 26 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 are welcome. Registration is not necessary for this drop–in. 14 years and up.				7-10p.m.	
Painting and Drawing Sep 4-Dec 18 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! 14 years and up.					9-11:30a.m.
Quilting Drop-in Sep 3-Dec 17 Join volunteers of Connected Threads Network Inc. when they meet each Thursday morning to make donation quilts for donation to non-profit and charitable agencies in the community. 15 years and up.				9a.m.-2p.m.	
Stitch-In Sep 4-Dec 18 Come and enjoy working on your needlework with members of the Regina Stitchery Guild. Open to everyone at any level of experience. Registration is not necessary for this drop-in. 15 years and up.					9-11:30a.m.
Wood Carving Drop-in Sep 1-Dec 29 Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop–in program. 14 years and up.		9-11:30a.m.			

Inclusive and Adapted Recreation

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2SLGBTQIAP+ Rainbow Zumba (18+) – Glow in the Dark Glencairn Neighbourhood Centre 2626 Dewdney Ave E					6:30-730p.m.		

REGINA

Dates: Sep 4-Dec 18 A free weekly glow in the dark Zumba fitness class for 18+ 2SLGBTQIAP+ and their allies.							
All Bodies Swim (All Ages) North West Leisure Centre 1127 Arnason St. Dates: Sep 18, Oct 23, Nov 20 & Dec 18 monthly leisure swim for people who are transgender, non– binary and/or gender nonconforming and their allies. All ages welcome. General Admission					7-8:30p.m.		
Inclusive Free Drop-In Gym Time North West Leisure Centre 1127 Arnason St. Dates: Sep 6-Dec 20 a **free** drop-in program on Sunday evenings for all abilities and ages. Come by with friends or family to join in on the fun. This is an inclusive environment with adaptive equipment for users to participate in self–guided recreational activities. City of Regina Staff will be on–site to assist with all recreational needs.							6-8p.m.
Inclusive Drop-In Gym Time Fieldhouse 1717 Elphinstone St. Dates: Sep 3-Dec 17 a drop-in sport and fitness program on Thursday evenings for all abilities and ages. This weekly drop–in program provides an inclusive environment along with adaptive equipment for users to participate in self-guided recreational activities. The fitness equipment, sports equipment, walking track, badminton court & basketball court will be available to all who drop in for this program. General admission or use your Leisure Pass! City of Regina Staff will be on–site to assist with all recreational needs. General Admission				6:30-8:30p.m.			

For more information about Inclusive programs, please email socialinclusionprograms@regina.ca.

Child & Youth Drop–in

After School Program

A free inclusive drop-in program for children 8 to 12 years to play, learn and keep active after school. See Regina.ca/freeprograms for more information.

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Glencairn Neighbourhood Centre 2626 Dewdney Ave E Dates: Sep 2-Dec 18	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.
Core Ritchie Neighbourhood Centre 445 14th Ave Dates: Sep 2-Dec 18	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.

Free Evening Youth Program

A free and inclusive drop-in program for youth ages 11-15. The program is designed to create fun group activities for youth of all abilities. Visit Regina.ca/FreePrograms for more information.

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Glencairn Neighbourhood Centre 2626 Dewdney Ave E Dates: Sep 3-Dec 17				5:45-8:15p.m.	
Thomson High School 2033 Toronto St Dates: Sep 8-Dec 15		6:15-8:45p.m.			
Argyle North Community Association 35 Davin Cres Dates: Sep 2-Dec 16			5:45-8:15p.m.		
Eastview Community Centre 615 6th Ave Dates: Sep 2-Dec 16			6-8:30p.m.		
Ruth Pawson 40 Weekes Cres Dates: Sep 14-Dec 14	6:15-8:45p.m.				
Rosemont Community School 841 Horace St Dates: Sep 3-Dec 17		6:15-8:45p.m.		6:15-8:45p.m.	
W.F. Ready Elementary School 2710 Helmsing St Dates: Sep 14-Dec 14	6:15-8:45p.m.				

REGINA