



Leisure Guide
Fall 2023

Registration dates:
August 12
Non-Resident, August 14
Resident

**Find Your Fun
this Fall**

REGINA

Adapted Badminton – Teens (P.33)

Mitakuyé Owâs'ā Centre - 1770 Halifax St

- Ages 13-16 years
 - Mondays Sep 8-Oct 20 or Nov 3-Dec 8 (5-6 p.m.)
- \$45.00

Strength and stability exercises to warm up the boxy and fine tune motor control and increase flexibility.

Registration Required.

Fieldhouse-1717 Elphinstone Street

- Ages 16 years and up
 - Monday Sep 8-Oct 27 or Nov 3-Dec 15 (7-8 p.m.)
- \$48.30

Go Girls Sports Jam (P. 41)

Girls only! Focus on a different activity or sport every class such as soccer, badminton, track & field and more!

Registration Required.

Fieldhouse-2420 Elphinstone St

- Mon Nov 3-Dec 22 \$60.00
- 4:30-5:30 p.m. (5-7 years)
- 5:30-6:30 p.m. (8-12 years)

Learn to Sew (P. 48)

Learn basic machine stitches and much more. Previous sewing experience an asset but not necessary. Sewing machines provided. **Registration Required.**

Neil Balkwill Civic Arts Centre-2420 Elphinstone St

- Ages 15 years and up
- Saturday Sep 13 (10 a.m.-3 p.m.) \$55.00

All Bodies Swim

A drop-in leisure swim for people who are transgender, non-binary and/or gender non-conforming and their allies. For more information email socialinclusion@regina.ca

Women's Only Swim

An open time for girls and women to enjoy the pool. Boys under the age of 4 are also permitted. **Registration Suggested.**

North West Leisure Centre – 1127 Arnason Street

- Women of all ages
- Sundays Sep 7 and 21, Oct 5 and 19, Nov 2, 16, 30, Dec 14
- 6:30-8:25 p.m.
- **Cost: General admission or free with a leisure pass.**

Affordable Access

The Affordable Access Program provides Regina residents with financial barriers the opportunity to access City of Regina recreation facilities as well as arts, culture, recreation, and leisure programs at discounted rates. Upon approval, single admissions can be purchased for 50 per cent off the regular price, Leisure Passes for 80 per cent off and residents can participate in registered programs at 80 per cent off the regular price, to a maximum of \$160 discount per family member. For more information, eligibility, or an application form:

- Visit Regina.ca
- Visit a major facility
- Call 306-777-PLAY (7529)

Transit passes can also be purchased at 20 per cent reduced rate. When approved, passes must be purchased from the Transit Information Centre (2124 11th Avenue).

See full details and apply for Affordable Access at Regina.ca/affordablefun.

Payment Methods

Payment for registered classes can be made online and by phone by credit card only. For those who wish to use cash or debit, a credit may be placed on your Regina Recreation Online account prior to registration day by visiting one of our recreation facilities.

Disclaimer: Occasionally programs and information in this publication are incorrect or subject to change to accommodate an event. Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

Free and Low Cost Programs

Fall 2025

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Free Programs

For more information on these and to learn more about other great programs that the City of Regina has to offer, check out the **2025 Fall Leisure Guide** available online at [Regina.ca/LeisureGuide](https://regina.ca/LeisureGuide).

After School Program

A drop-in after school program that promotes play, learning and activity in an inclusive environment. Free. Find more details at [Regina.ca/FreePrograms](https://regina.ca/FreePrograms).

Glencairn Neighbourhood Centre—2626 Dewdney Avenue E

- Monday–Friday Sep 9–Dec 18 (3:30–5:30 p.m.).

Cathedral Neighbourhood Centre—2900 13th Avenue

- Mondays & Wednesdays Sep 8–Dec 17 (3:30–5:30 p.m.)

Core Ritchie Neighbourhood Centre—445 14th Avenue

- Monday–Friday Sep 5–Dec 19 (3:30–5:30 p.m.)

South Leisure Centre—170 Sunset Dr

- Tuesdays & Thursdays Sep 9–Dec 18 (3:30–5:30 p.m.)
- All ages welcome.



Evening Youth Program

The Free Evening Youth Program is a fun, free, drop-in and inclusive program for youth aged 11–15 years. See [Regina.ca/FreePrograms](https://regina.ca/FreePrograms) for full details.

Argyle North Community Centre

- 35 Davin Crescent
- Wednesdays Oct 1–Dec 10 (6–8 p.m.)

Eastview Community Centre

- 615 6th Avenue
- Wednesdays Sep 10–Oct 8 and Nov 19–Dec 10 (6:15–8:15 p.m.)

Glencairn Neighbourhood Centre

- 2626 Dewdney Avenue E
- Thursdays Oct 9–Dec 11 (6–8 p.m.)

Regina Huda School

- 40 Sheppard Street
- Oct 7–Dec 9 (Boys) and Oct 1–Dec 10 (Girls)
- Tuesdays (6:30–8:30 p.m.) Boys
- Wednesdays (6:30–8:30 p.m.) Girls

Rosemont School

- 841 Horace Street
- Tuesdays and Thursdays Oct 7–Dec 11 (6:15–8:15 p.m.)

Ruth Pawson School

- 40 Weekes Cres
- Mondays Oct 6–Dec 8 (6–8 p.m.)

Thomson High School

- 2033 Toronto St
- Tuesdays Oct 7–Dec 9 (6–8 p.m.)

W.F. Ready School

- 2710 Helmsing Street
- Mondays Oct 6–Dec 8 (6–8 p.m.)

Free Fine Art Drop-In Programs

Neil Balkwill Civic Arts Centre –
2420 Elphinstone Street

Open Fibre Night (P. 48)

Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more.

- Ages: 14+ years
- Thursdays (7–10 p.m.)
- Sep 25, Oct 23, Nov 27

Painting & Drawing Drop-In (P. 47)

Spend Friday mornings painting or drawing in your medium of choice. Participants must supply their own materials.

- Ages: 14+ years
- Fridays Sep 5–Dec 19 (9–11:30 a.m.)

Quilting Drop-In (P. 52)

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.

- Ages: 15+ years
- Thursdays Sep 5–Dec 19 (9 a.m.–2 p.m.)

Stitch-In (P. 48)

Come and enjoy working on your needlework with members of the Regina Stitchery Guild.

- Ages: 15+ years
- Fridays Sep 5–Dec 19 (9–11:30 a.m.)

Wood Carving Drop-In (P. 51)

Drop in for some carving and camaraderie with other carvers.

- Ages: 14+ years
- Tuesdays Sep 2–Dec 30 (9–11:30 a.m.)

Public skate times begin in October and are a fun way to stay active in the winter! More information on locations of skating rinks and a list of free and paid public skate times can be found at [Regina.ca/Rinks](https://regina.ca/Rinks)

