

# Low-Cost Programs

## Sports Jam - Adults (P. 45)

Why should kids have all the fun? Get moving and have fun with group sports and activities. Sports Jam (pg. 38), Adapted Sports Jam (pg. 30), and Go Girls Sports Jam (pg. 38) also available for kids!

### Fieldhouse – 2420 Elphinstone Street

- Ages: 16+ years
- Fridays 7–8 p.m.
- June 6–July 18 \$52.50
- **Registration Required**

## Basketball Fundamental Development (P. 37)

Kids will continue building and honing basketball fundamental skills. Game strategy and teamwork are also emphasized. Basketball Kids (ages 5–7 years) also available (pg 37).

### Core Ritchie Neighbourhood Centre – 445 14th Ave Fieldhouse – 1717 Elphinstone St.

- Saturdays Jun 21– Aug 9 at Core Ritchie
- Thursdays Jun 5–Jul 17 at the Fieldhouse
- 8–10 years and 11–13 years
- \$52.50–\$60
- **Registration Required**

## Yoga - Chair (P. 46)

Designed and modified to meet the unique needs of aging. Yoga postures and movements will build on learned poses to increase strength, balance, flexibility of body and mind.

### North West Leisure Centre–1127 Arnason St

- Tuesdays and Thursdays (10:30–11:30 a.m.) – multiple date options beginning June 3
- \$27.60–\$34.50
- **Registration Required**

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

## Abstract Art for Teens (P. 33)

This class will provide teens with an opportunity to learn about, and create, abstract art.

### Neil Balkwill Civic Arts Centre – 2420 Elphinstone St.

- Monday–Friday July 21–25 (1–3p.m.)
- \$90
- **Registration Required**

## Looking for a week-long Summer Sport and Recreation Day Camp?

For more information, see page 38 of the Summer 2025 Leisure Guide at [Regina.ca/leisureguide](http://Regina.ca/leisureguide).

# 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](http://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](http://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.

# Free and Low Cost Programs

Summer 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 Summer Leisure Guide** available online at [Regina.ca/leisureguide](https://regina.ca/leisureguide).

## Adapted Leisure Swim (P. 26)

For persons experiencing disabilities and their support persons. All ages welcome.

- **Registration required. Registrations open 30 days before the scheduled swim date.**

### Maple Leaf Outdoor Pool – 1104 14th Ave

- Saturdays (10 a.m. – 12 p.m.)
- Jun 21-Aug 30

### North West Leisure Centre – 1127 Arnason St

- Sundays (6-7:55 p.m.)
  - Jun 8 & 22, Jul 6 & 20, Aug 3
- \*Please note North West Leisure Centre is closed for scheduled maintenance from Aug 4-31 inclusive.*

### Regent Outdoor Pool – 3600 McKinley Ave

- Fridays (10 a.m. – 12 p.m.)
- Jun 20-Aug 29

### Sandra Schmirler Leisure Centre – 3130 East Woodhams Dr

- Saturdays (6-7:55 p.m.)
  - Jun 14, Aug 9 & 23
- \*Please note Sandra Schmirler Leisure Centre is closed for scheduled maintenance from Jun 23-Aug 3 inclusive.*

### Wascana Outdoor Pool – 2400 Wascana Dr

- Sundays (10 a.m. – 12 p.m.)
- Jun 15-Aug 31

## Sensory Science Exploration (P. 28)

An inclusive program for youth of all abilities to experiment with natural materials and encourage sensory exploration and discovery. For ages 6-12 years.

- **Registration Required**

### Core Ritchie Neighbourhood Centre – 445 14th Ave

- Mondays Jul 7-Aug 11 (6-8 p.m.)

## Free Children's Summer Program (P. 36)

Keep your kids active this summer with supervised play activities that build creativity, imagination and positive self-image. The Free Children's Summer Program is for children and youth 5-12 years old. Available for all children entering Kindergarten through Grade 7. Full-day, half-day and drop-in programs available.

- Programs run Monday to Friday, July 7-August 15
- Pre-Registration required. Registration is limited to two 1-week sessions per child.

**For more information about times and locations, how to register and to access the required Participant Information Form, visit [Regina.ca/freeprograms](https://regina.ca/freeprograms) or call 306-777-7529.**

# Fine Art Drop-In Programs

## Open Fibre Night

Neil Balkwill Civic Arts Centre – 2420 Elphinstone Street

- Ages: 14+ years
- Thursday (6:30-9:30 p.m.)
- July 24, August 28

## Painting & Drawing Drop-In

Neil Balkwill Civic Arts Centre – 2420 Elphinstone Street

- Ages: 14+ years
- Friday (9-11:30 a.m.)
- July 4-August 26

## Wood Carving Drop-In

Neil Balkwill Civic Arts Centre – 2420 Elphinstone Street

- Ages: 14+ years
- Tuesdays (9-11:30 a.m.)
- July 8-August 26

# Outdoor Pools (P.8)

Outdoor Pools are scheduled to open beginning June 12 except Wascana Pool which will open June 6. Estimated opening dates are subject to change for all outdoor pools.

### Buffalo Meadows Pool – 1401 Montague Street

- Free Admission

### Maple Leaf Pool – 1104 14th Avenue

- Free Admission

### Massey Pool – 100 Massey Road

- Free admission 7-8 p.m. daily, except during Toonie Teen Swim
- Toonie Teen Swim Tuesdays (6-8 p.m.)

### Regent Pool – 3600 McKinley Avenue

Free admission 7-8 p.m. daily except during Toonie Teen Swim and Family Swim

- Toonie Teen Swim Thursdays (6-8 p.m.)
- \$5 Family Swim Saturdays (5-8 p.m.)

### Wascana Pool – 2400 Wascana Drive

- Free admission Tuesday (5-7:50 p.m.) & Friday (9-11 a.m.)
- Toonie Teen Swim Mondays (6-7:50 p.m.)
- \$5 Family Swim Fridays (6-7:50 p.m.)

**For more information about outdoor pool schedules and drop-in activities, visit [Regina.ca/outdoorpools](https://regina.ca/outdoorpools).**



Spray pads are a great water play experience and an easy way to cool off during the summer! Open daily from 9 a.m. to 8 p.m., from May 17 to mid-September (weather permitting).

Visit [Regina.ca/spraypads](https://regina.ca/spraypads) for locations and information.