

Free Evening Youth Program

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

Glencairn Neighbourhood Centre 2626 Dewdney Ave E	Thursdays 5:45 to 8:15 p.m. Sep 3 to Dec 17
Thomson High School 2033 Toronto St	Tuesdays 6:15 to 8:45 p.m. Sep 8 to Dec 15
Argyle North Community Association 35 Davin Cres	Wednesdays 5:45 to 8:15 p.m. Sep 2 to Dec 16
Eastview Community Centre 615 6th Ave	Wednesdays 6 to 8:30 p.m. Sep 2 to Dec 16
Ruth Pawson 40 Weekes Cres	Mondays 6:15 to 8:45 p.m. Sep 14 to Dec 14
Rosemont Community School 841 Horace St	Tuesdays/Thursdays 6:15 to 8:45 p.m. Sep 3 to Dec 17
W.F. Ready Elementary School 2710 Helmsing St	Mondays 6:15 to 8:45 p.m. Sep 14 to Dec 14

Affordable Access

The Affordable Access Program provides Regina residents with financial barriers the opportunity to access City of Regina transit passes, recreation facilities as well as arts, culture, recreation, and leisure programs at discounted rates. For more information, eligibility, or an application form:

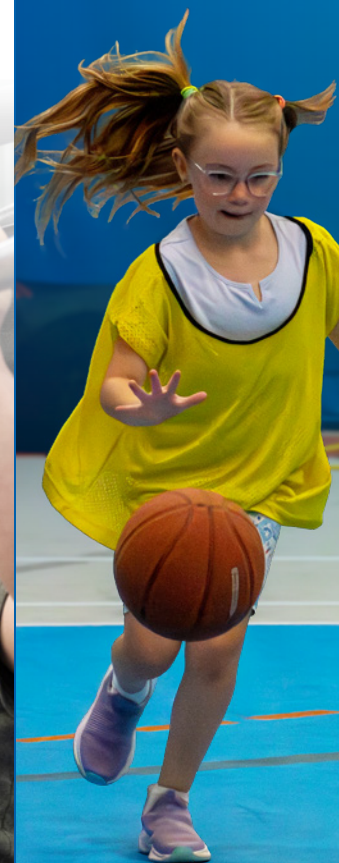
- Visit Regina.ca/AffordableFun
- Visit a major facility
- Call 306-777-PLAY (7529)

Adapted Recreation

Adapted recreation programs have been changed or designed specifically to be more accessible to people with disabilities and will continue to be adapted based on individual needs. Adaptations might include changes to equipment, content, support, technology and/or environment. Find out more information and what programs are currently available at Regina.ca/RecForAll.

Free Programs

Fall 2026



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 Programs

For more information on these programs and to learn more about other great programs that the City of Regina has to offer, check out the **2026 Fall Leisure Guide** available online at [Regina.ca/LeisureGuide](https://regina.ca/LeisureGuide). Register online or call 306-777-PLAY (7529).

Free Fine Art Drop-In Programs

Neil Balkwill Civic Arts Centre -
2420 Elphinstone Street

Open Fibre Night

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

- Ages: 14+ years
- Thursdays (7 to 10 p.m.)
- Sep 24, Oct 22, Nov 26

Painting & Drawing Drop-In

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

- Ages: 14+ years
- Fridays (9 to 11:30 a.m.)
- Sep 4 to Dec 18

Quilting Drop-In

Join volunteers of Connected Threads Inc. to make quilts for non-profit and charitable agencies in the community.

- Ages: 15+ years
- Thursdays (9 a.m. to 2 p.m.)
- Sep 3 to Dec 17

Stitch-In

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

- Ages: 15+ years
- Fridays (9 to 11:30 a.m.)
- Sep 4 to Dec 18

Wood Carving Drop-In

Drop in for some carving and camaraderie with other carvers.

- Ages: 14+ years
- Tuesdays (9 to 11:30 a.m.)
- Sep 1 to Dec 29



Scan here to view
the full drop-in
schedule.

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](https://regina.ca/FreePrograms) for more information.

Core Ritchie Neighbourhood Centre - 445 14 Ave.

- Sep to Dec 18
- Monday to Friday 3:15 to 5:30 p.m.
- 8 to 16 years

Glencairn Neighbourhood Centre - 2626 Dewdney Ave. E

- Sep 2 to Dec 18
- Monday to Friday: 3:15 to 5:30 p.m.
- 8 to 12 years

Explore FREE winter programs and activities at [Regina.ca/WinterCity](https://regina.ca/WinterCity) such as:

- ❄ 50+ outdoor ice surfaces
- ❄ 44 km of cross-country ski trails
- ❄ 19 designated toboggan hills
- ❄ 15 community fire pits
- ❄ 3 crokicurl sites



This season, all public skating is **FREE!**

Free Drop-in at Neighbourhood Centres

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	See Regina.ca/DropIn for details on these activities and more!	
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 to 7:30 p.m. Sep 4 to Dec 18 except Dec 25		
Mitakuyé Owâ'sâ 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.		



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. beginning May 22 to mid-September (weather permitting).
See [Regina.ca/SprayPads](https://regina.ca/SprayPads) for locations and information.