

Free Fine Art Drop-In Programs

Neil Balkwill Civic Arts Centre

- 2420 Elphinstone Street
- **Registration is not Required**

Open Fibre Night

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

- Ages: 14+ years
- Thursdays Jul 23, Aug 27
- 6:30 to 9:30 p.m.

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 July 3 to Aug 28
- 9 to 11:30 a.m.

Wood Carving Drop-In

Drop in for some carving and camaraderie with other carvers.

- Ages: 14+ years
- Tuesdays Jul 7 to Aug 25
- 9 to 11:30 a.m.

Free Swims at Outdoor Pools

Buffalo Meadows – 1401 Montague St.
Maple Leaf Pool – 1104 14th Avenue

- Always free! See website for schedules.

Massey Pool – 100 Massey Road

- Monday to Friday 7 to 8 p.m.

Regent Pool – 3600 McKinley Avenue

- Monday to Friday, Sunday 7 to 8 p.m.

Wascana Pool – 2400 Wascana Dr.

- Tuesdays 5 to 7:50 p.m.
- Fridays 9 to 11 a.m.

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

Summer 2026



See full outdoor pool schedules at Regina.ca/OutdoorPools

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 Summer Leisure Guide** available online at Regina.ca/LeisureGuide. Register online or call 306-777-PLAY (7529).



FUN Spots

Free summer fun is popping up near you.



Regina.ca/FreePrograms

Free Children's Summer Program

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 to 12 years old. Children must be 5 years old by the start of the program.

- Program runs weekly from, July to August 13.
- Pre-Registration required. Registration is limited to two (2) one-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 or call 306-777-PLAY (7529).



Scan here to view the Leisure Guide.

After School Program

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

Cathedral Neighbourhood Centre – 2900 13 Ave.

- Apr 27 to Jun 24
- Monday, Wednesday 3:15 to 5:30 p.m.
- 8 to 12 years

Glencairn Neighbourhood Centre – 2626 Dewdney Ave. E

- Apr 27 to Jun 24
- Monday to Friday: 3:15 to 5:30 p.m.
- 8 to 12 years

Core Ritchie Neighbourhood Centre – 445 14 Ave.

- Apr 27 to Jun 24
- Monday to Friday 3:15 to 5:30 p.m.
- 8 to 16 years

South Leisure Centre – 170 Sunset Dr.

- Apr 28 to Jun 23 3:15 to 5:45 p.m.
- Except May 5
- All Ages

Free Drop-in at Neighbourhood Centres

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cathedral Neighbourhood Centre 2900 13th Ave. July 7 to August 25		Caregiver and Infant Play & Socialize 2:45 to 4 p.m. except Jul 28					
Glencairn Neighbourhood Recreation Centre 2626 Dewdney Ave. E July 3 to August 31	Indoor Walking 8 to 9 a.m. except Aug 3, 24	Indoor Walking 8 to 9 a.m. except Aug 25	Indoor Walking 8 to 9 a.m. except Aug 26	Indoor Walking 8 to 9 a.m. except Aug 27	Indoor Walking 8 to 9 a.m. except Aug 28		
Mitakuyé Owâs'â Centre 1770 Halifax St.		Basketball 3 to 6 p.m. except Aug 30	Basketball 3 to 6 p.m. except Aug 31	Basketball 3 to 6 p.m.	Basketball 3 to 6 p.m. except Aug 28	Basketball 3 to 6 p.m. except Aug 29	
South Leisure Centre 170 Sunset Dr. July 6 to August 30	Indoor Walking, Rolling and Strolling 8 to 9 a.m. Except Aug 3, 31	Indoor Walking, Rolling and Strolling 8 to 9 a.m. Table Tennis 9 to 11 a.m.	Indoor Walking, Rolling and Strolling 8 to 9 a.m. Walk, Talk, Roll & Stroll 8-10a.m. except Feb 18, Jun 3	Indoor Walking, Rolling and Strolling 8 to 9 a.m.	Indoor Walking, Rolling and Strolling 8 to 9 a.m. Basketball 3-5p.m. except Apr 3, Jun 5		

See Regina.ca/Droplin for details on these activities and more!



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 for locations and information.