

# Summer 2022: June 6 – July 3, 2022

## DROP-IN ACTIVITIES



### NORTH WEST LEISURE CENTRE • 1127 Arnason St. • 306-777-PLAY (7529)

AQUATIC FITNESS						Effective June 6 – July 3, 2022
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
11a.m.	*Aquacise	*Aquacise	*Aquacise			
12p.m.	*Social Aquacise	*Social Aquacise	*Social Aquacise	*Social Aquacise	*Social Aquacise	*Social Aquacise

\* Drop-ins welcome if space permits. • 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](http://Regina.ca).

SWIM SCHEDULE								Effective June 6 – July 3, 2022
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	1-4p.m. 6:30-8:30p.m.	1-4p.m. 6:30-8:30p.m.	1-4p.m. 6:30-8:30p.m.	1-4p.m. 6:30-8:30p.m.	1-4p.m. 6:30-8:30p.m.	12-8p.m.	12-6p.m.	
Adult Swim	8-9a.m.	8-9a.m.	8-9a.m.	8-9a.m.	8-9a.m.			
Part of the Pool Swim	9-11a.m.	9-11a.m.	9-11a.m.	9-11a.m.	9-11a.m.			
*Adapted Leisure Swim							6-8p.m.	
**Women's Only Swim							6-8p.m.	
Hot Tub & On Deck Sauna	8a.m.-4p.m. 6:30-8:30p.m.	8a.m.-4p.m. 6:30-8:30p.m.	8a.m.-4p.m. 6:30-8:30p.m.	8a.m.-4p.m. 6:30-8:30p.m.	8a.m.-4p.m. 6:30-8:30p.m.	12-8p.m.	12-6p.m.	
Strength & Conditioning Area	8a.m.-8:30p.m.	8a.m.-8:30p.m.	8a.m.-8:30p.m.	8a.m.-8:30p.m.	8a.m.-8:30p.m.	12-8p.m.	12-8p.m.	

• Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca).

\*Adapted Leisure Swim will run **June 19, July 3, July 17, July 31 & August 28.**

\*\*Women's Only Swim will run **June 12, June 26, July 10, July 24, August 7 & August 21.**

LAND FITNESS						Effective June 6 – August 28, 2022
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9a.m.	Walk n' Workout	20/20/20	Cardio & Sculpt	Ignite		
10:30a.m.	Yoga Gentle			Yoga Boomers & Beyond		
6p.m.	Body Blast	Stretch & Tone	Evolve Bootcamp			
		Yoga Flow	Yoga Gentle			

• 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](http://Regina.ca). • Drop-ins welcome if space permits.

BASKETBALL & WALKING						Effective June 6 – August 28, 2022
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
Drop-in Basketball (All Ages)		3:30-5:30p.m.		3-4:30p.m.		
Walk n' Talk (Free)		12:15-1:15p.m.				

• Based on client need, facility usage and special events, this schedule may change without notice. Please call 306-777-PLAY (7529) to confirm times

• Additional basketball time may be available when there are no scheduled fitness classes, programs, or events.

### SANDRA SCHMIRLER LEISURE CENTRE • 3130 E Woodhams Dr. • 306-777-PLAY (7529)

AQUATIC FITNESS						Effective June 6 – July 3, 2022
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
9:15a.m.		*Joint Muscular Strength & Endurance		*Joint Muscular Strength & Endurance		
3p.m.	*Keenagers	*Aquacise	*Keenagers	*Aquacise	*Keenagers	

• 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](http://Regina.ca).

SWIM SCHEDULE								Effective June 6 – July 3, 2022
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim		6:45-8:25p.m.	6:45-8:25p.m.	6:45-8:25p.m.	6:45-9:25p.m.	12-7:55p.m.	12-7:55p.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.			
Adult Swim	8:25-9:25p.m.	8:25-9:25p.m.	8:25-9:25p.m.	8:25-9:25p.m.				
Part of the Pool Swim	9a.m.-4p.m.	9a.m.-4p.m.	9a.m.-4p.m.	9a.m.-4p.m.	9a.m.-4p.m.			
*Adapted Leisure Swim						6-7:55p.m.		
Hot Tub & On Deck Sauna	6:45a.m.- 3:55p.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.			
Strength & Conditioning Area	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-9:30p.m.	6a.m.-8:30p.m.	6a.m.-9:30p.m.	12-8p.m.	12-8p.m.	

• All classes are subject to change or cancellation. • Check the monthly changes & cancellations at [Regina.ca](http://Regina.ca).

\*Adapted Leisure Swim will run **June 11, June 25, August 6 and August 20.**

**SPORTPLEX • 1717 Elphinstone St. • 306-777-PLAY (7529)**

**Lawson Aquatic Centre**

**AQUATIC FITNESS** Effective June 6 – July 3, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30a.m.	*Aquacise	*Aquacise	*Aquacise	*Aquacise	*Aquacise
10:30a.m.	*Keenagers		*Keenagers		*Keenagers
12p.m.	*Deep Water Workout	*Deep Water Workout	*Deep Water Workout	*Deep Water Workout	*Deep Water Workout

(\*) Indicates workouts are 45 minutes long. (\*\*) Indicates workout are 30 minutes long. • 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](http://Regina.ca).

**SWIM SCHEDULE** Effective June 6 – July 3, 2022

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						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.	7:30-9:30p.m.		

• Schedule may be adjusted due to program needs • All classes are subject to change or cancellation.  
• Check the monthly changes & cancellations at [Regina.ca](http://Regina.ca)

**SPORTPLEX • 1717 Elphinstone St. • 306-777-PLAY (7529)**

**Fieldhouse**

Closed for annual maintenance August 22-28

**LAND FITNESS** Effective June 6 – July 3, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	*Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core
9:30a.m.	*Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core		
10a.m.							Body Blast
12:10p.m.	Yoga-Flow*	Yoga-Gentle*	Yoga-Flow*	Yoga-Yin*	Yoga-Flow*		
5:30p.m.		Group Cycle		Body Blast	Group Cycle		
6:45p.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](http://Regina.ca)

**BASKETBALL & ROLLERBLADING** Effective June 6 – June 26, 2022

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	2:15-5p.m.		2:15-5p.m.		2:15-5p.m.	1-3:45p.m.	1-3:45p.m.
Drop-in Basketball (Families with children under 14 years)						11:15a.m.-1p.m.	11:15a.m.-1p.m.
Rollerblading	1-4p.m.	9a.m.-12p.m.	1-4p.m.	9a.m.-12p.m.	1-4p.m.		

• Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court. Please visit [Regina.ca](http://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.

**STRENGTH AND CONDITIONING**

**FACILITY SCHEDULE**

Facility	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.-8:30p.m.	8a.m.-8:30p.m.	8a.m.-8:30p.m.	8a.m.-8:30p.m.	8a.m.-8:30p.m.	12.-8p.m.	12-8p.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.	6-9:30p.m.	12-8p.m.	12-8p.m.

• Schedule may be adjusted due to program/facility needs.

**OUTDOOR POOLS**

**OPEN JUNE 9, 2022**

*Estimated opening date is subject to change based on weather.*

Check out our outdoor pool schedule at [regina.ca/outdoorpools](http://regina.ca/outdoorpools) for a complete list of drop-in activities.

**Massey Pool**

100 Massey Rd.  
306-777-7377

**Regent Pool**

3600 McKinley Ave.  
306-777-7376

**Maple Leaf Pool**

1101 14<sup>th</sup> Ave.  
306-777-7374

**Buffalo Meadows Pool**

1401 Montague St.  
306-777-7375