

WINTER 2024 DROP-IN ACTIVITIES



Qualified Lifeguards Supervise All Swims

Our accident prevention policy requires that an adult or responsible youth must accompany a child seven years of age and under in the pool area. The supervising adult or youth must always remain within arm's reach of the child. For more information on our pool admission supervisory standards, please contact the aquatic facility.

Leisure Fees

see Regina.ca/recreation for full admission details.

Aquatic Fitness

[Aquatics Schedules \(click here for class descriptions\)](#)

Lawson Aquatic Centre Effective Jan 8—Jun 9, 2024

Aquatic Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
10:30 a.m.	*Keenagers		*Keenagers		*Keenagers
12:00 p.m.	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout	Deep Water Workout

- Most workouts are 45min long unless indicated: (*) 30 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.

Swim Schedule

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim					7–9:30 p.m.	2–4 p.m.	1–4 p.m.
Lane Swim	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	5:30 a.m.–9:30 p.m.	7 a.m.–8 p.m.	7 a.m.–8 p.m.
Preschool Swim	12–3:55 p.m.		12–3:55 p.m.		12–3:55 p.m.		
Part of the Pool Swim	7:30–9:30 p.m.	7:30–9:30 p.m.	7:30–9:30 p.m.	7:30–9:30 p.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.

North West Leisure Centre Effective Jan 8—Jun 9, 2024

Aquatic Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:15 a.m.	Aquacise	Aquacise	Aquacise		
12:05 p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise
8:35 p.m.	Aquacise*	Aquacise*	Aquacise*		

- * Drop-ins welcome if space permits • Most workouts are 45 mins. • Schedule may be adjusted due to program/facility needs.
- All classes are subject to change or cancellation. • Check the monthly changes & cancellations at Regina.ca.

Swim Schedule

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim	6:30–8:25 p.m.		6:30–8:25 p.m.	6:30–8:25 p.m.	6:30–8:25 p.m.	1:30–8:25 p.m.	3:30–6:25 p.m.
Adult Swim	8–9 a.m. 8:30–9:25 p.m.	8–9 a.m. 8:30–9:25 p.m.	8–9 a.m. 8:30–9:25 p.m.	8–9 a.m. 8:30–9:25 p.m.	8–9 a.m.		
Part of the Pool Swim	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.		
Hot Tub & Sauna	9 a.m.–3:55 p.m. 6:30–9:45 p.m.	9 a.m.–3:55 p.m. 6:30–9:45 p.m.	9 a.m.–3:55 p.m. 6:30–9:45 p.m.	9 a.m.–3:55 p.m. 6:30–9:45 p.m.	9 a.m.–3:55 p.m. 6:30–9:45 p.m.	1:30–8:25 p.m.	3:30–6:25 p.m.
Women's Only Swim*							6:30–8:25 p.m.

- Most workouts are 45 mins. • Schedule may be adjusted due to program/facility needs.
- All classes are subject to change or cancellation. • Check the monthly changes & cancellations at Regina.ca.

* Women's Only Swim will run Jan 14, Jan 28, Feb 11, Mar 10, Mar 24, Apr 21, May 5, May 19, Jun 2

Sandra Schmirler Leisure Centre Effective Jan 8—Jun 9, 2024

Aquatic Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 a.m.		Joint Muscular Strength & Endurance	Baby & Me Aquacise*	Joint Muscular Strength & Endurance	Keenagers
3 p.m.	Keenagers	Aquacise	Keenager	Aquacise	
8:30 p.m.	Aquacise*	Aquacise*	Aquacise*	Aquacise*	

* Drop-ins welcome if space permits. To guarantee your spot, please register. • Schedule may be adjusted due to program/facility needs.

• All classes are subject to change or cancellation. • Check the monthly changes & cancellations at Regina.ca.

Swim Schedule

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Leisure Swim		6:45–8:25 p.m.	6:45–8:25 p.m.	6:45–8:25 p.m.	6:45–9:25 p.m.	3:30–8:25 p.m.*	1:30–5:25 p.m.
Lane Swim	6:45–9 a.m. & 11:30 a.m.–1 p.m.	6:45–9 a.m. & 11:30 a.m.–1 p.m.	6:45–9 a.m. & 11:30 a.m.–1 p.m.	6:45–9 a.m. & 11:30 a.m.–1 p.m.	6:45–9 a.m. & 11:30 a.m.–1 p.m.		
Adult Swim	8:30–9:25 p.m.	8:30–9:25 p.m.	8:30–9:25 p.m.	8:30–9:25 p.m.			
Part of the Pool Swim	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.	9 a.m.–3:55 p.m.		
Hot Tub & On Deck Sauna	6:45 a.m.–3:55 p.m. & 8:30–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	6:45 a.m.–3:55 p.m. & 6:45–9:25 p.m.	3:30–8:25 p.m.*	1:30–5:25 p.m.

• Schedule may be adjusted due to program/facility needs. • All classes are subject to change or cancellation.

• Check the monthly changes & cancellations at Regina.ca.

*Leisure Swim and Hot Tub & On Deck Sauna will end at 6:30 p.m. on Jan 13, Jan 27, Mar 9, Mar 23, May 14, May 18, and June 1.

Land Fitness

Land Fitness Schedules (click here for class descriptions)

Fieldhouse Effective Jan 2—Jun 9, 2024

Land Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.	Stretch & Tone	Cycle & Stretch	Fitness Walking	Cycle & Stretch	Stretch & Tone	Group Cycle	Cycle & Core
9 a.m.							
9:30 a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast	Cycle & Core		
10 a.m.							Total Body Sculpting
10:40 a.m.	MELT Self-Care (begins Mar 4)		Senior Boxing		Lifelong Yoga		
12:10 p.m.	Yoga–Flow*	Yoga–Gentle*	Yoga–Flow*	Yoga–Yin*	Yoga–Stretch & Relaxation*		
		Total Body Sculpting*					
5:30 p.m.	Move it Mondays*	Group Cycle		Total Body Sculpting	Group Cycle		
6:45 p.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.

Basketball & Rollerblading Effective Jan 9—Jun 9, 2024

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	1–3 p.m.		4–5:30 p.m.				1:15–3 p.m.
Rollerblading			2–4 p.m.			3– 5 p.m.	4–5:30 p.m.

• Additional basketball times may be available when there are no fitness classes, programs, or events scheduled on the court.

• Please visit 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.

North West Leisure Centre Effective Jan 8—Jun 9, 2024

Land Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 a.m.	Ignite	STEP	HIIT	SWAT		Cardio Combo	
10:15 a.m.						Glutes, Galore, Core & More*	
10:30 a.m.	20/20/20	FUNctional Fit	Baby & Me Bootcamp	20/20/20			
6 p.m.	Cardio & Sculpt	Cardio Combo	Body Blast				
6:30 p.m.				Cardio & Sculpt			
7:15 p.m.		Abs & Arms*	Glutes, Galore, Core & More*				

• 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.

Mitakuyé Owâs-ā Centre Effective Mar 2—Jun 28, 2024

1770 Halifax St.

Land Fitness

Time	Saturday
3–4 p.m.	Family Gym Drop-in Time
3–6 p.m.	Family Crafts & Activities (No drop-in May 18, Jun 1)
4–6 p.m.	Drop-in Basketball (No drop-in Apr 13, 27, May 11, 18, 25, Jun 1)

Strength and Conditioning Areas Effective Jan 8—Jun 9, 2024

Strength and Conditioning Area Rules: Youth ages 12–15 may use the equipment when directly supervised by an adult. A Weight Training Access Card will allow clients under the age of 16 to use equipment without adult supervision. Personal Training is required to obtain the access card. Fitness equipment is not available to clients under the age of 12.

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	7 a.m.–7:55 p.m.	7 a.m.–7:55 p.m.
Lawson Aquatic Centre	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	5:30 a.m.–9:25 p.m.	7 a.m.–7:55 p.m.	7 a.m.–7:55 p.m.
North West Leisure Centre	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	8 a.m.–9:30 p.m.	8 a.m.–8:30 p.m.	9 a.m.–8:30 p.m.	9 a.m.–8:30 p.m.
Sandra Schmirler Leisure Centre	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	6 a.m.–9:30 p.m.	6 a.m.–8:30 p.m.	9 a.m.–8:30 p.m.	9 a.m.–8:30 p.m.

Public Skate Schedule Effective Oct 2023—Mar 2024

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Al Ritchie 2230 Lindsay Ave. Oct 4–Mar 20			6–7:45 p.m. FREE				
Clarence Mahon 130 Brotherton Ave. Oct 10–Mar 19		6–8 p.m. FREE					
Doug Wickenheiser 1127 Arnason St. Oct 8–Feb 25							6–8 p.m. No skate Dec 24, Dec 31, Jan 21
Jack Hamilton 1010 McCarthy Blvd. Closed for renovations							
Jack Staples 444 Broad St. N Oct 6–Mar 22					6–7:45 p.m. FREE		
Murray Balfour 68 Massey Rd. Oct 21–Mar 16						6–8 p.m.	
Optimist Arena 222 Sunset Dr. Oct 22–Mar 3							Beginner Skate 12–2 p.m. No skate Dec 24

• Please call Central Scheduling at 306–777–7529 to confirm arena openings, or for more information.

• Visit [Regina.ca/rinks](https://regina.ca/rinks) for more information on the Public Skate Guidelines, changes and cancellations to the schedule.

• Additional public skate times are also offered at the Co-operators Centre located at Evraz Place, 1700 Elphinstone Street. For dates and times, visit cooperatorscentre.com.

Adapted Recreation Fitness Drop-in

***Adapted Programs** are for people with disabilities or who experience barriers to accessing and participating in recreational programs and services. For more information on City of Regina Adapted programs and services please email socialinclusionprograms@regina.ca

Inclusive Open Gym Time—Everyone is welcome for this drop-in gym time*. Come and have fun while reaching your fitness goals! City of Regina Staff will be on-site to assist with all recreational needs and accessing adapted sport and fitness equipment.

*Children under 12 require adult supervision

North West Leisure Centre
Sundays
Jan 14–Jun 9, 2024
No drop-in Feb 22, Mar 21
6:15–8:15 p.m.
FREE

Fieldhouse
Thursdays
Jan 11–Jun 6, 2024
No drop-in Feb 25
6:30–8:30 p.m.
General Admission

Fine Art Drop-in at the Neil Balkwill Centre

Open Fibre Night FREE 14 years and up
The Regina Weavers and Spinners Guild welcomes you to the world of fibre. Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more. Feel free to bring your work in progress. All ages and skill levels welcome. Registration is not necessary for this drop-in.

- Thursdays 7–10 p.m.
- Jan 25, Feb 22, Mar 28, Apr 25, May 23, Jun 27

Pysanka: The Art of Batik Eggs FREE 6 years and up
Learn the art of creating beautifully designed eggs made famous by Ukrainians in this free, drop-in class. You don't need to register, and materials will be provided for those that need them.

- Sundays 1–4 p.m.
- Jan 21, Feb 18, Mar 17

Stitch-In FREE 15 years and up
Come and enjoy working on your needlework with members of the Regina Stitchery Guild. Open to everyone at any level of experience. Registration is not necessary for this drop-in.

- Fridays 9–11:30 a.m.
- Jan 5–Jun 28 (No drop-in on Mar 29. Closed for Good Friday)

Painting and Drawing FREE 14 years and up
Spend Friday mornings painting or drawing in your medium of choice. This is a great opportunity to share enthusiasm, experience and inspiration. Participants must supply their own materials. You don't need to register, and it's free!

- Fridays 9–11:30 a.m.
- Jan 5–Jun 28 (No drop-in on Mar 29. Closed for Good Friday)

Quilting Drop-In FREE 15 years and up
Join members of the Prairie Piecemakers Quilters' Guild when they meet each Thursday morning to make donation quilts for infants and children in hospitals and shelters. All levels of experience are welcome, and registration is not necessary.

- Thursdays 9 a.m.–2 p.m.
- Jan 4–Jun 27

Wood Carving Drop In FREE 14 years and up
Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program.

- Tuesdays 9 a.m.–11:30 a.m.
- Jan 2–Jun 25

Inclusive Recreation

For more information about Inclusive programs, please email socialinclusionprograms@regina.ca.

All Bodies Drop-in Gym—A weekly gym time for people who are transgender, non-binary and/or gender nonconforming and their allies. All ages welcome. **FREE**

South Leisure Gym Time —All ages are welcome to this open gym time at the South Leisure Centre Gymnasium. Bring your indoor shoes! **FREE**

All Bodies Swim—A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. **General Admission**

Activity	Monday	Tuesday	Wednesday	Thursday	Friday
*All Bodies Gym (All Ages) Mitakuyé Owás'ā Centre 1770 Halifax St Starting Jan 8th	11:30 a.m. 1:30 p.m. 6–8 p.m.				
*All Bodies Swim (All Ages) North West Leisure Centre 1127 Arnason St.					9-10:30 p.m. Jan 26, Feb 23, Mar 22 Apr 26
South Leisure Gym Time (All Ages) 170 Sunset Dr Jan 9-Apr 18		3:30–5:45 p.m.		3:30–5:45 p.m.	

Child & Youth Drop-in

Free After School Programs

For full details visit Regina.ca/freeprograms

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Cathedral Neighbourhood Centre (Grades K-8) 2900 13th Ave Jan 15-Jun 19	3:30–5:30 p.m.		3:30–5:30 p.m.		
Core Ritchie (8–12 yrs) 445 14th Ave Jan 15-Jun 21	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.
Glencairn Neighbourhood Centre (Grade K–8) 2626 Dewdney Ave E Jan 15-Jun 21	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.
Mitakuyé Owás'ā Centre (Grade K–8) 1770 Halifax Street Jan 15-Jun 21	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.	3:30–5:30 p.m.

Free Evening Youth Program

For full details visit Regina.ca/freeprograms

Location	Monday	Tuesday	Wednesday	Thursday	Friday
Argyle North Community Association 35 Davin Cres			6:15–8:45 p.m. Jan 31-Apr 17* *excl Feb 21, Apr 3		
Queen City Eastview Community Association 615 6th Ave			6–8:30 p.m. Jan 31-Apr 17* *excl Feb 21, Apr 3		
Glencairn Neighbourhood Centre 2626 Dewdney Ave E				5:45–8:15 p.m. Feb 1-Apr 25	
Harbour Landing School 4419 James Hill Rd		6–8p.m Jan 30-Apr 23* *excl Feb 20, Apr 2			
Mitakuyé Owás'ā 1770 Halifax St.		5:45–8:15 p.m. Jan 30-Apr 24	5:45–8:15p.m Jan 30-Apr 24.		
Huda School 40 Sheppard St		6–8:30 p.m. Boys only Jan 30-Apr 17* *excl Feb 20 & 21, Apr 2 & 3	6–8:30 p.m. Girls only Jan 30-Apr 17* *excl Feb 20 & 21, Apr 2 & 3		
mâwawêyatitân centre 3355 6th Ave			5:45–8:15 p.m. Feb 1-Apr 25		
McDermid Community School 139 Toronto St		6–8:30 p.m. Jan 31-Apr 17* *excl Feb 21, Apr 3			
Rosemont Community School 841 Horace St		6–8:30 p.m. Jan 30-Apr 25* *excl Feb 20 & 22, Apr 2 & 4		6–8:30 p.m. Jan 30-Apr 25* *excl Feb 20 & 22, Apr 2 & 4	
Thomson Community School 2033 Toronto St				6–8:30 p.m. Feb 1-Apr 25* *excl Feb 22, Apr 4	
W.F. Ready Elementary School 2710 Helmsing St	6–8 p.m. Jan 29-Apr 22* *excl Feb 19, Apr 1				
W.S. Hawrylak Elementary School 2530 Assiniboine Ave E	6–8 p.m. Jan 29-Apr 22* *excl Feb 19, Apr 1				

Aquatic Class Descriptions

Adult Swim—A leisure swim for adults 19 and over.

All Bodies Swim—A monthly leisure swim for people who are transgender, non-binary and/or gender nonconforming and their allies. For dates and times contact socialinclusionprograms@regina.ca.

Aquacise/Social Aquacise—A fitness class using the natural resistance and buoyancy of the water.

Baby & Me Aquacise—Bring baby along and have a complete workout in the pool. You get the exercise while babies get the fun. Babies ages 3 to 18 months can attend.

Deep Water Workout—A totally non-impact workout done in deep water using a flotation belt.

Joint Muscular Strength & Endurance—A strength and stretch class emphasizing range of motion and flexibility. Excellent for those with joint problems.

Keenagers (55+)—A water workout followed by a relaxing cooldown.

Lane Swim—Lane swimming in a roped-off, designated area of the pool.

Leisure Swim—Everyone welcome! Leisure swim time is open to people of all ages and swimming abilities.

Parent and Preschool Swim—A special time for parents and children 5 years of age and under to enjoy.

Part of the Pool Swim—A leisure swim open to the public, utilizing any available pool space not being used for facility programs or rentals.

Women's Only Swim—An open time for girls and women to enjoy the pool. **Boys under the age of 4 are also permitted**

[Return to Aquatic Schedules](#)

Land Fitness Class Descriptions

Body Blast—Join this muscle building circuit/conditioning class. Increase your strength, stamina, and muscular endurance to help achieve your fitness goals.

Cardio Combo—A variety of cardio and strength conditioning workouts easily adaptable to all fitness levels.

Cardio & Sculpt—Suitable for all levels that will introduce you to cardio intervals, conditioning drills, step, and sculpting using weights.

Cycle & Core (all levels)—a group cycling workout followed by core strengthening exercises.

Cycle & Stretch—A beginner/moderate level class combining half an hour of cycling and 15 minutes of yoga stretches.

Fitness Walking—A beginner/ moderate level class combining walking on the track with various muscle conditioning exercises

Ignite—Ignite your metabolism with this fun, well rounded workout that will leave you feeling the burn. Alternate between cardio and resistance exercises. Increase your stamina and muscular endurance. This class is suitable for all levels.

LifeLong Yoga—Using classical yoga asanas and other mindful movements, we'll cultivate whole body strength, length, and balance. Whether you are a new or continuing yoga practitioner, these sessions will offer accessible practices to care for body, mind, and spirit.

MELT Self Care—Led by MELT Method L5 NeuroStrength and Exercise Therapist Michelle Downs, this beginner-level session will provide you with a step-by-step guide to learn how to MELT, one section of the body at a time.

Senior Boxing—Combination of boxing demonstrations, practicing rituals, fundamental techniques, as well as conditioning exercises. A course that is done seated and can be done by those using walkers, wheelchairs or any other mobility assist.

STEP—A moderate to advanced step workout incorporating athletic moves that emphasize metabolic training, intervals, resistance, and strength training.

StepFit— This workout benefits the body with using the step for cardio, weight work, and body conditioning sets. All equipment provided, bring your water to hydrate.

Stretch & Tone—This beginner to moderate level class focuses on flexibility and muscular strengthening with dumbbells. Enhance your flexibility, body awareness and alignment to relax and reduce muscle tension and stress.

SWAT—Join the SWAT team! Enjoy a workout program that incorporates steps, weights, aerobics, and TRX for a complete body workout.

Total Body Sculpting—Sculpt and tone muscles above and below the belt. Your chest, back, arms, shoulders, abs, butt, and legs will get a great workout with a relaxing stretch to wrap up the class.

Walk 'n Talk—Join us at NWLC to walk in a warm, no-slip space as the seasons change. Bring your shoes, tell a friend and have a chat while staying healthy. *Strollers are welcome.

Yoga: Boomers and Beyond—This class is designed to meet the unique needs of aging. Yoga postures and movements are modified to meet your physical health challenges.

Yoga: Flow—This fun flowing class is moderately paced and focuses on synchronizing yoga postures with your breath. Breath work, relaxation and meditation are part of this well-rounded class. You will leave feeling refreshed, renewed, and rejuvenated.

Yoga: Gentle—A gentle yoga class that blends balance, strength and flexibility

Yoga-Yin—After a slow and gentle warm up, go deep into restorative yoga postures using props to support passive opening of the body. This quiet practice emphasizes space and stillness and is very meditative for the mind.

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