

# Low-Cost Programs

## Outdoor Bootcamp (P. 46)

An outdoor bootcamp suitable for all fitness levels. The workout includes a variety of cardio, balance, core, agility, speed strength and endurance exercises.

### Sandra Schmirler Leisure Centre – 2420 Elphinstone Street

- Ages: 15+ years
- Wednesday 5:30-6:30 p.m.
- May 29-July 17 \$46.40 (74236) or  
Aug 7-28 \$23.20 (74326)
- **Registration Required**

## Adapted Music Program (P. 29)

A music program designed for children and youth with disabilities. A certified Music Therapist will create a fun and safe sensory experience to promote socialization and fine motor development.

### Mitakuyé Owâs'ā – 1770 Halifax St.

- Saturday, June 8-29
- 3-5 years: 1-1:45 p.m. (73630) or  
6-12 years: 1-2:30 p.m. (73631)
- \$32.50
- **Registration Required**

## Volleyball - Elementary (P. 39)

Kids ages 7-10 (73812) and 11-13 (73813) will learn volleyball or sharpen skills for the upcoming season. This co-ed program teaches skill development like bumping, setting, serving and more.

### Fieldhouse - 1717 Elphinstone Street

- Friday June 14-Aug 16
- 7-10 years (5:30-6:30 p.m.)  
11-13 years (6:30-7:30 p.m.)
- \$58.00
- **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.

## Oil Pastels for Teens Workshop (P. 36)

An introductory workshop for beginners ages 13-18 years. Use oil pastels to create rich and expressive scenes with endless potential.

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

- Monday-Tuesday July 29-30
- \$30.00
- **Registration Required**

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

For more information, see page 39  
of the Summer 2024 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 2024

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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 **2024 Summer Leisure Guide** available online at [Regina.ca/leisureguide](https://regina.ca/leisureguide).

## Adapted Leisure Swim (P. 27)

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

- **Registration required. Registrations open**

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

- Sundays (10 a.m. – 12 p.m.)
- Jun 16-Sep 1

### North West Leisure Centre – 1127 Arnason St

- Sundays (6-7:55 p.m.)
  - Jun 7, Jul 21, Aug 4 & 18, Sep 1
- \*Please note North West Leisure Centre is closed for scheduled maintenance from June 10-July 2 inclusive.*

### Regent Outdoor Pool – 3600 McKinley Ave

- Fridays (10 a.m. – 12 p.m.)
- Jun 14-Aug 30

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

- Saturdays
  - Jun 15 & 29, Jul 13, Aug 10 & 24
- \*Please note Sandra Schmirler Leisure Centre is closed for scheduled maintenance from July 22-Aug 5 inclusive.*

### Wascana Outdoor Pool – 2400 Wascana Dr

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

## Inclusive Dance Class (P. 29)

A dance class for all abilities. Adapted to meet the diverse needs of children and youth with disabilities. For ages 5-12 years.

- **Registration Required**

### mamaweyatitan centre – 3355 6th Avenue

- Saturdays June 8-July 27 (1-2 p.m.) or (2:15-3:15 p.m.)

## Free Children's Summer Program (P. 37)

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 8-August 16
- 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 (P. 42)

Neil Balkwill Civic Arts Centre – 2420 Elphinstone Street

- Ages: 14+ years
- Thursday (6:30-9:30 p.m.)
- July 25, August 22

## Painting & Drawing Drop-In (P. 41)

Neil Balkwill Civic Arts Centre – 2420 Elphinstone Street

- Ages: 14+ years
- Friday (9-11:30 a.m.)
- July 5-August 30

## Wood Carving Drop-In (P. 44)

Neil Balkwill Civic Arts Centre – 2420 Elphinstone Street

- Ages: 14+ years
- Tuesdays (9-11:30 a.m.)
- July 2-August 27

# Outdoor Pools (P.16)

Outdoor Pools are scheduled to open June 13 except Wascana Pool which will open June 6. Estimated opening dates are subject to change based on weather 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 Swims Thursdays (6-8 p.m.)
- \$5 Family Swims 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 Swims Mondays (6-7:50 p.m.)
- \$5 Family Swims 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.