



# SUMMER 2024

## DROP-IN ACTIVITIES

Qualified Lifeguards Supervise All Swims Drop-in Activities can also be found at [Regina.ca/dropin](https://regina.ca/dropin)

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

Visit [Regina.ca/recreation](https://regina.ca/recreation) for full admission details.

### Aquatic Fitness [\(click here for class descriptions\)](#)

Lawson Aquatic Centre will be closed for annual maintenance August 19 to September 8 inclusive. The Strength & Conditioning area will be closed August 19 to 25.

### Lawson Aquatic Centre

Aquatic Fitness						Effective July 2 to August 18	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
8:15a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise		
12:00p.m.	Deep Water Workout		Deep Water Workout		Deep Water Workout		

- Most workouts are 45 min 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](https://regina.ca).

Swim Schedule							Effective July 2 to August 18	
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*	1–4p.m. 7–9:30p.m.	1–4p.m.	1–4p.m. 7–9:30p.m.	1–4p.m. 7–9:30p.m.	1–4p.m. 7–9:30p.m.	12–8p.m.	12–8p.m.	
Adult Swim 18+*		7–9:30p.m.						
Pre-School Swim	12–1p.m.	12–1p.m.	12–1p.m.	12–1p.m.	12–1p.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](https://regina.ca).
- \*Leisure Swim & Adult Swim will be cancelled July 3–7 and July 15–21. Please check [Regina.ca](https://regina.ca) for any additional cancellations.

### North West Leisure Centre

Aquatic Fitness						Effective July 8 to August 30	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:05p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social 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

Swim Schedule								Effective July 8 to September 1, 2024	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Adult Swim 19+	8–9a.m.	8–9a.m.	8–9a.m.	8–9a.m.	8–9a.m.				
All Bodies Swim					9–10:30p.m.				
Leisure Swim	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	12–7:55p.m.	12–7:55p.m.		
Hot Tub & Sauna	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	1–3:55p.m. 6:30–8:25p.m.	12–7:55p.m.	12–7:55p.m.		
Women's Only Swim*							6–7:55p.m.		

Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at [Regina.ca](https://regina.ca). \* Women's Only Swim will run July 14, July 28, August 11, August 12 \*\* All Bodies Swim will run May 24, July 26, Aug 30 12–7:55 p.m.

Sandra Schmirler Leisure Centre will be closed for annual maintenance July 22 to August 5 inclusive.

### Sandra Schmirler Leisure Centre

Aquatic Fitness						Effective July 8–21 and August 6 to September 1	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15a.m.	Keenagers	Joint Muscular Strength & Endurance	*Baby & Me Aquacise	Joint Muscular Strength & Endurance	Keenagers		
8:30p.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](https://regina.ca).

Swim Schedule								Effective July 2–21 and August 6–September 1	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–8:25p.m.	1–3:55p.m. 6:45–9:25p.m.	12–7:55p.m.*	12–7:55p.m.		
Lane Swim	6:45–8a.m. 12–1p.m.	6:45–8a.m. 12–1p.m.	6:45–8a.m. 12–1p.m.	6:45–8a.m. 12–1p.m.	6:45–8a.m. 12–1p.m.				
Adult Swim 19+	8:30–9:25p.m.	8:30–9:25p.m.	8:30–9:25p.m.	8:30–9:25p.m.					
Hot Tub & On Deck Sauna	1–3:55p.m. 6:45–9:25p.m.	1–3:55p.m. 6:45–9:25p.m.	1–3:55p.m. 6:45–9:25p.m.	1–3:55p.m. 6:45–9:25p.m.	1–3:55p.m. 6:45–9:25p.m.	12–7:55p.m.*	12–7:55p.m.		

- \*Ends at 6p.m. on July 13, August 10, August 24.
- Schedule may be adjusted due to program/facility needs. • Check the monthly changes & cancellations at [Regina.ca](https://regina.ca).

Fieldhouse will be closed for annual maintenance  
July 2 to July 14 inclusive.

Fieldhouse

Land Fitness							Effective July 16 to September 1
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30a.m.	Stretch & Tone		Fitness Walking		Stretch & Tone		Cycle & Core
9a.m.							
9:30a.m.	Cardio Combo	Body Blast	Cardio Combo	Body Blast			
10a.m.							Total Body Sculpting
10:40a.m.	MELT—for Joint Health				LifeLong Yoga		
12:10p.m.	Yoga—Flow*	Yoga—Gentle*	Yoga—Flow*	Yoga—Yin*	Yoga—Strength & Relaxation*		
5:30p.m.		Stadium Stairs		Total Body Sculpting			

- 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](#).

Fieldhouse Stat Holiday Fitness		
Date	Activity	Time
July 1 & Aug 5	Cardio Combo	10–11a.m.

Basketball & Rollerblading							Effective June 10 to August 31
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Basketball (All Ages)	1–4:30p.m.	3–8p.m.		1–4:30p.m.	10a.m.–2p.m.	3:30–8p.m.	1–8p.m.
Rollerblading	4:30–9:30p.m.		4:30–9:30p.m.		4:30–9:30p.m.	1–5p.m.	1–5p.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

Land Fitness							Effective July 8 to August 2
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9a.m.	20–20–20	Walk n’ Workout	Cardio & Sculpt	Ignite		20–20–20	Walk n’ Workout
9:30a.m.			Zumba				
10:30a.m.		Yoga – Boomers					Yoga – Boomers
6p.m.	Body Blast	Cardio Combo	Yoga—Gentle	Yoga – Boomers		Body Blast	Cardio Combo
			Evolve Bootcamp				

- 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								Effective July 13 to August 24
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Drop-in Basketball – Fundamental (All Ages)						4:30–5:30p.m.		
Drop-in Basketball – Developmental (All Ages)						5:45–6:45p.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.

Badminton							Effective July 7 to August 25
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Drop-in Badminton – Basics (All Ages)							9–10a.m.
Drop-in Basketball – Intermediate (All Ages)							10:30–11:30a.m.

Strength & Conditioning Areas

Strength & Conditioning Areas								Effective June 1 to August 31
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Fieldhouse *Closed July 2–15	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 *Closed August 19–25	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 *Closed June 10–July 2	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 *Closed July 22–August 5	6a.m.–9:30p.m.	6a.m.–9:30p.m.	6a.m.–9:30p.m.	6a.m.–9:30p.m.	6a.m.–9:30p.m.	12–8p.m.	12–8p.m.	

**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.

Mitakuyé Owâs–ā Centre – 1770 Halifax St.

Drop-in Activities				Effective June 1–August 31
	Tuesday	Wednesday	Saturday	
Family Gym Drop-in			3–4p.m.	
Family Crafts and Activities			3–6p.m.	
Drop-in Basketball			4–6p.m.	
Drop-in Gym Time	3–6p.m.	3–6p.m.		

Fine Art Drop-in at the Neil Balkwill Centre

<b>Open Fibre Night Free</b> 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.	<b>Painting and Drawing Free</b> 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!	<b>Wood Carving Drop In Free</b> 14 years and up Drop in for some carving and camaraderie with other carvers. Registration is not necessary for this drop-in program.
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Fine Arts Drop-in							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Fibre Night Jul 25, Aug 22				6:30-9:30p.m.*			
Painting and Drawing *Jul 5–Aug 30					9–11:30a.m.*		
Wood Carving Drop-in *Jul 2–Aug 27		9–11:30a.m.*					

Inclusive Recreation

For more information about Inclusive programs, please email [socialinclusionprograms@regina.ca](mailto:socialinclusionprograms@regina.ca).

<b>2SLGBTQIAP+ Drop-in Gym</b> A weekly gym time for people who are transgender, non- binary and/or gender nonconforming and their allies. All ages welcome. <b>Free</b>	<b>South Leisure Gym Time</b> All ages are welcome to this open gym time at the South Leisure Centre Gymnasium. Bring your indoor shoes! <b>Free</b>	<b>All Bodies Swim</b> A monthly leisure swim for people who are transgender, non- binary and/or gender nonconforming and their allies. <b>General Admission</b>
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Inclusive Recreation Drop-in					
Activity	Monday	Tuesday	Wednesday	Thursday	Friday
*2SLGBTQIAP+ Drop-in Gym (All Ages) Mitakuyé Owâs'â Centre 1770 Halifax St June 3–August 26	11:30a.m.–1:30p.m. (ends May 27)  6–8 p.m				
*All Bodies Swim (All Ages) North West Leisure Centre 1127 Arnason St.					9–10:30p.m. (May 24, Jul 26, Aug 30)
South Leisure Gym Time (All Ages) 170 Sunset Dr June 4–26		3:30–5:45p.m.			3:30–5:45p.m.

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](mailto: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.
- The **Northwest Leisure Centre** will be opening its Gymnasium for a **free** drop-in program on Sunday evenings for all abilities and ages. Come by with your friends or family to join in on the fun. This weekly drop-in program will provide an inclusive environment along with adaptive equipment to participate in self-guided recreational activities. City of Regina Staff will be on-site to assist with all recreational needs. Children under the age of 12 require adult supervision.
  - The Fieldhouse is now offering a drop-in sport and fitness program on Thursday evenings for all abilities and ages. This weekly drop-in program will provide an inclusive environment along with adaptive equipment to participate in self-guided recreational activities. The fitness equipment, sports equipment, walking track, badminton court & basketball court will be available to all who drop in for this program. **All participants must pay the admission fee or use their admission pass each week to access the designated fitness areas.** City of Regina Staff will be on-site to assist with all recreational needs.

Adapted Recreation Fitness Drop-in							
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Inclusive Open Gym Time Northwest Leisure Centre 1127 Arnason St. *May 5–Jun 9 & Jul 7–Sep 1							6:15-8:15p.m.*
Inclusive Open Gym Time Fieldhouse 1717 Elphinstone St. *May 2–Jun 27 & Jul 18–Aug 29				6:30–8:30p.m.*			

Child & Youth Drop-in

Free Children’s Summer Program: Drop-in Locations

For full details and all sites including registered sites visit [Regina.ca/freeprograms](http://Regina.ca/freeprograms)

Free Children’s Summer Program					
Location	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Arcola East Community Association</b> 3860 Buckingham Dr July 29–Aug 16	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.
<b>Argyle North Community Association</b> 35 Davin Cres July 8–July 26	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.
<b>Uplands Community School</b> 20 Weekes Cres July 29–Aug 15	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	
<b>École Harbour Landing School</b> 4419 James Hill Rd July 15–Aug 2	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.
<b>École Wascana Plains School</b> 5125 E Green Brooks Way July 8–July 26	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.	9:30a.m.–4:30p.m.

- There is a capacity at each site for 30 children to provide quality programming to all in attendance. Days are filled on a first come first serve basis.
- Drop-Off time is between 9:30–10a.m.
- For more details about the Free Children's Summer Program see [Regina.ca/freeprograms](http://Regina.ca/freeprograms).

# Aquatic Class Descriptions

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

**Against the Flow Water Running**—Welcome to our all new “not-so-lazy river” aquatic fitness class! A fun and unique way to exercise in the water: a low-impact workout for developing muscular strength and endurance, core conditioning and dynamic flexibility. For those looking to make a splash in Summer 2024!

**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](mailto: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.

**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

**20/20/20**—Get it all! Cardio, strength, and flexibility all in 60 minutes! This class will give participants 20 minutes of cardio, 20 minutes of strength and 20 minutes of flexibility and stretching all while incorporating chairs and different equipment for stability.

**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.

**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.

**Evolve Bootcamp**—Watch yourself evolve in this challenging boot camp suitable for all levels. This class varies weekly and incorporates cardio, balance, core, agility, speed, strength and endurance exercises.

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

**Group Cycle**—A challenging ride including fast and slow intervals as well as flats for endurance and hills for strength. Great for all fitness levels.

**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—for Joint Health**—Revolutionize your health with a MELT Self-Care Class. 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.

**Stadium Stairs**—meet at the front desk of the Fieldhouse and head over to Mosaic Stadium for a new fitness adventure. This instructor-led class will challenge you on the stairs and the ramps.

**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.

**Total Body Sculpting**—In this class you will 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 Workout**—A beginner/moderate level class combining walking with various muscle strengthening and conditioning exercises.

**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:Strength & Relaxation**— This uplifting class will build strength, flexibility, and balance. Breath work, relaxation and meditation are part of this well-rounded class. You will leave feeling refreshed, renewed, and rejuvenated.

[Return to Land Fitness Schedules](#)