

# REGINA SPORTPLEX CHANGESTRENGTH AND CONDITIONING CANCELLATIONS

February 2026

## LAWSON AQUATIC CENTRE

DATE	SPECIAL EVENT	AVAILABLE	CANCELLED
Saturday, February 7	<b>Water Polo NCL 14U</b>	7 a.m. to 8 p.m. Strength and Conditioning Area 7 a.m. to 8 p.m. Lane Swim and Swirl Pool	2 to 4 p.m. Leisure Swim
Sunday, February 8	<b>RMC Open Water Long Course Swim and Water Polo NCL 14U</b>	7 a.m. to 8 p.m. Strength and Conditioning Area 9:30 a.m. to 8 p.m. Lane Swim and Swirl Pool	7 to 9:30 a.m. Lane Swim and Swirl Pool 1 to 4 p.m. Leisure Swim
Monday, February 16	<b>Family Day</b>	9 a.m. to 7 p.m. Strength and Conditioning Area 9 a.m. to 7 p.m. Lane Swim and Swirl Pool 12 to 7 p.m. Leisure Swim	All Regularly Scheduled Fitness Classes
Saturday, February 21	<b>Marlins Mini Meet</b>	7 a.m. to 8 p.m. Strength and Conditioning Area 7 a.m. to 8 p.m. Lane Swim and Swirl Pool	2 to 4 p.m. Leisure Swim
Sunday, February 22	<b>Special Olympics Swim Meet</b>	7 a.m. to 8 p.m. Strength and Conditioning Area 1 to 8 p.m. Lane Swim and Swirl Pool 1 to 4 p.m. Leisure Swim	7 a.m. to 1 p.m. Lane Swim and Swirl Pool
Saturday, February 28	<b>Water Polo CLA and CLM Finals</b>	7 a.m. to 8 p.m. Strength and Conditioning Area 7 a.m. to 8 p.m. Lane Swim and Swirl Pool	2 to 4 p.m. Leisure Swim
<b>REMINDER: Passes and Bulk Tickets are honoured at the Fieldhouse, North West and Sandra Schmirler Leisure Centres.</b>			

# REGINA SPORTPLEX CHANGESTRENGTH AND CONDITIONING CANCELLATIONS

## February 2026

### FIELDHOUSE

DATE	SPECIAL EVENT	AVAILABLE	CANCELLED
Sunday, February 1	<b>Tennis Sask Tournament</b>	<p>5:30 a.m. to 8 p.m. Track, Badminton 1,2 and 3 Strength and Conditioning Area</p> <p>8:30 to 9:30 a.m. Cycle and Core</p>	<p>Tennis 1, 2, 3 and 4</p> <p>Badminton 4 and 5</p> <p>10 to 11 a.m.: Total Body Sculpting</p>
Friday, February 6	<b>Regina Indoor Games Track and Field Meet</b>	5:30 to 9:30 a.m. Badminton, Tennis, Track and Strength and Conditioning Area	<p>8:30 to 9:30 a.m. Stretch and Tone</p> <p>9:30 to 10:15 a.m. Cycle and Core</p> <p>9:30 to 10:15 a.m. Group Cycle</p> <p>10:40 to 11:40 a.m. LifeLong Yoga</p> <p>12:10 to 12:55 p.m. Yoga Stretch and Relaxation</p> <p>1 to 3 p.m. Drop-in Basketball</p> <p>1:45 to 5 p.m. Short Breaks</p> <p>5 to 6 p.m. Badminton Junior</p> <p>5:30 to 6:30 p.m. Group Cycle</p> <p>6 to 7:30 p.m. Badminton Adults</p>
Saturday, February 7	<b>Regina Indoor Games Track and Field Meet</b>	<b>FIELDHOUSE CLOSED TO PUBLIC</b>	<p>5:30 a.m. to 8 p.m. Badminton, Tennis, Track and Strength and Conditioning Area</p> <p>All Regularly Scheduled Fitness and Sports Classes</p> <p>Drop-in Basketball</p>

Sunday, February 22	<b>Tennis Sask Tournament</b>	5:30 a.m. to 8 p.m. Badminton (4), Tennis (4), Track and Strength and Conditioning Area	10:30 a.m. to 3:30 p.m.: Badminton 5, Tennis 1, 2 and 3 10 to 11 a.m.: Total Body Sculpting
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**REMINDER: Passes and Bulk Tickets are honoured at the Fieldhouse, North West and Sandra Schmirler Leisure Centres.**

DATE	SPECIAL EVENT	AVAILABLE	CANCELLED
Friday, February 27	<b>Handball Heritage Tournament</b>	5:30 a.m. to 9:30 p.m.: Track, Badminton 1, 2, 3 All Regularly Scheduled Sport and Fitness	3 to 9:30 p.m.: Badminton 4 and 5, Tennis 1, 2, 3 and 4 1 to 4 p.m.: Drop-in Basketball
Saturday, February 28	<b>Handball Heritage Tournament</b>	5:30 a.m. to 9:30 p.m.: Track, Badminton 1, 2, 3 All Regularly Scheduled Sport and Fitness	7 a.m. to 9:30 p.m.: Badminton 4 and 5, Tennis 1, 2, 3 and 4 3 to 5 p.m.: Drop-in Basketball

**REMINDER: Passes and Bulk Tickets are honoured at the Lawson Aquatic Centre, North West and Sandra Schmirler Leisure Centres.**