

REGINA SPORTPLEX CHANGE STRENGTH AND CONDITIONING CANCELLATIONS
February 2026

LAWSON AQUATIC CENTRE

DATE	SPECIAL EVENT	AVAILABLE	CANCELLED
Saturday, February 7	Water Polo NCL 14U	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	RMC Open Water Long Course Swim and Water Polo NCL 14U	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	Family Day	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	Marlins Mini Meet	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	Special Olympics Swim Meet	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	Water Polo CLA and CLM Finals	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
REMINDER: Passes and Bulk Tickets are honoured at the Fieldhouse, North West and Sandra Schmirler Leisure Centres.			

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FIELDHOUSE

DATE	SPECIAL EVENT	AVAILABLE	CANCELLED
Sunday, February 1	Tennis Sask Tournament	5:30 a.m. to 8 p.m. Track, Badminton 1,2 and 3 Strength and Conditioning Area 8:30 to 9:30 a.m. Cycle and Core	Tennis 1, 2, 3 and 4 Badminton 4 and 5 10 to 11 a.m.: Total Body Sculpting
Friday, February 6	Regina Indoor Games Track and Field Meet	5:30 to 9.30 a.m. Badminton, Tennis, Track and Strength and Conditioning Area	8:30 to 9:30 a.m. Stretch and Tone 9:30 to 10:15 a.m. Cycle and Core 9:30 to 10:15 a.m. Group Cycle 10:40 to 11:40 a.m. LifeLong Yoga 12:10 to 12:55 p.m. Yoga Stretch and Relaxation 1 to 3 p.m. Drop-in Basketball 1:45 to 5 p.m. Short Breaks 5 to 6 p.m. Badminton Junior 5:30 to 6:30 p.m. Group Cycle 6 to 7:30 p.m. Badminton Adults
Saturday, February 7	Regina Indoor Games Track and Field Meet	FIELDHOUSE CLOSED TO PUBLIC	5:30 a.m. to 8 p.m. Badminton, Tennis, Track and Strength and Conditioning Area All Regularly Scheduled Fitness and Sports Classes Drop-in Basketball

Sunday, February 22	Tennis Sask Tournament	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
Continued on back.			
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	Handball Heritage Tournament	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	Handball Heritage Tournament	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.			