

FALL 2020 PRE-REGISTERED ACTIVITIES



August 31 - October 25, 2020

Active People have an Active Pass!



Leisure Pass (GST Included):					
	One-Month	Three-Month	Six-Month	Nine-Month	One-Year
Adult (25-64)	\$56.85	\$154.75	\$292.80	\$413.05	\$516.60
Senior (65+)	\$42.30	\$114.70	\$217.10	\$305.05	\$381.90
Young Adult (19-24)	\$42.30	\$114.70	\$217.10	\$305.05	\$381.90
Youth (13-18)	\$34.50	\$92.40	\$175.90	\$247.15	\$309.50
Child (2-12)	\$27.85	\$72.35	\$138.05	\$194.85	\$242.70
Family*	\$112.50	\$302.85	\$573.45	\$809.45	\$1,010.95

Single Admission (GST Included):			
	Drop-in Fee	Bulk Admissions (10)	Bulk Admissions (20)
Adult (25-64)	\$7.00	\$63.00	\$119.00
Senior (65+)	\$5.25	\$47.20	\$89.20
Young Adult (19-24)	\$5.25	\$47.20	\$89.20
Youth (13-18)	\$4.50	\$40.50	\$76.40
Child (2-12)	\$3.00	\$27.00	\$51.00
Family*	\$14.00	\$126.00	\$238.00

*Applies to all persons living in the same household with a maximum of two adults.

Pre-registration through Regina.ca/recreation or call 306-777-PLAY (7529) is recommended for all Major Recreation Centre activities.

- This includes leisure and lane swims, drop-in fitness classes and strength and conditioning times.
- Pre-registration ensures access to the maximum number of residents, ensures social distancing and allows for enhanced cleaning.

SANDRA SCHMIRLER LEISURE CENTRE • 3130 E Woodhams Dr. • 306-777-PLAY (7529)

AQUATIC FITNESS						Effective August 31 – October 25, 2020	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:30 a.m.		Joint Muscular Strength & Endurance	Baby & Me Aquacise	Joint Muscular Strength & Endurance			
3 p.m.	Keenagers	Aquacise	Keenagers	Aquacise	Keenagers		
8:30 p.m.	Aquacise	Aqua Kickboxing	Aquacise	Aqua Kickboxing	Deep Water Workout		

• Schedule may be adjusted due to program/facility needs • All classes are subject to change or cancellation • Most workouts are 1 hour long unless indicated: (*) 45 minutes.
• Please check the monthly changes & cancellations at Regina.ca

SWIM SCHEDULE							Effective August 31 – October 25, 2020	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	7-8:45 a.m. 11:30 a.m.-1 p.m.	7-8:45 a.m. 11:30 a.m.-1 p.m.	7-8:45 a.m. 11:30 a.m.-1 p.m.	7-8:45 a.m. 11:30 a.m.-1 p.m.	7-8:45 a.m. 11:30 a.m.-1 p.m.			
Hot Tub & On Deck Sauna	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
Part of the Pool Swim	9 a.m.-3:45 p.m.	9 a.m.-3:45 p.m.	9 a.m.-3:45 p.m.	9 a.m.-3:45 p.m.	9 a.m.-3:45 p.m.			
Leisure Swim	6:45-8:25 p.m.	6:45-8:25 p.m.	6:45-8:25 p.m.	6:45-8:25 p.m.	6:45-8:25 p.m.	1:30-8:25 p.m.	1:30-8:25 p.m.	
Adult Swim	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.	8:25-9:25 p.m.			
*Laugh & Splash Adaptive Swim FREE						9:30-11:30 a.m.		

• Schedule may be adjusted due to program/facility needs • All classes are subject to change or cancellation • Please check the monthly changes & cancellations at Regina.ca
• Sauna and hot tub are currently closed due to recommendations from Saskatchewan Health Authority.
* Laugh & Splash Adaptive Swims will run Sep 12, Sep 26, Oct 10, and Oct 24

NORTH WEST LEISURE CENTRE • 1127 Arnason St. • 306-777-PLAY (7529)

AQUATIC FITNESS						Effective August 31 – October 25, 2020	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 a.m.	Aquacise*	Aquacise*	Aquacise*				
12 p.m.	Social Aquacise*	Social Aquacise*	Social Aquacise*	Social Aquacise*	Social Aquacise*		Social Aquacise*
8:35 p.m.	Aquacise*		Aquacise*				

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• Check the monthly changes & cancellations at Regina.ca

SWIM SCHEDULE								Effective August 31 – October 25, 2020	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lane Swim	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.				
Hot Tub & Sauna	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		CLOSED
Part of the Pool Swim	9:15 a.m.-1 p.m.	9:15 a.m.-1 p.m.	9:15 a.m.-1 p.m.	9:15 a.m.-1 p.m.	9:15 a.m.-1 p.m.				
Leisure Swim	1-5:45 p.m.	1-5:45 p.m.	1-5:45 p.m.	1-5:45 p.m.	1-5:45 p.m.	1:30-8:30 p.m.	1:30-8:30 p.m.		
Adult Swim	8:35-9:25 p.m.	8:35-9:25 p.m.	8:35-9:25 p.m.	8:35-9:25 p.m.	8:35-9:25 p.m.				
*Parent & Preschool Swim							12-1:30 p.m.		12-1:30 p.m.
**Laugh & Splash Adaptive Swim	FREE								9:30-11:30 a.m.
***Women's Only Swim							9:30-11:30 a.m.		

• Schedule may be adjusted due to program/facility needs • All classes are subject to change or cancellation • Please check the monthly changes & cancellations at Regina.ca
• Sauna and hot tub are currently closed due to recommendations from Saskatchewan Health Authority.
*Parent & Preschool Swim will run Sep 5, Sep 6, Sep 19, Sep 20, Oct 3, Oct 4, Oct 17, and Oct 18
Laugh & Splash Adaptive Swim will run Sep 6, Sep 20, Oct 4, and Oct 18 *Women's Only Swim will run Sep 5, Sep 19, Oct 3, and Oct 17

LAND FITNESS								Effective August 31 – October 25, 2020	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
9 a.m.	Ignite	HIIT*	STEP Cross Training	SWAT					
10 a.m.									Cardio Sculpt
11:15 a.m.						Glutes Galore, Core & More!*			
6 p.m.	Evolve Bootcamp*	Ignite	Body Blast	Cardio & Sculpt					
7:15 p.m.	Glutes Galore, Core & More!*	Abs and Arms*	Stretch & Tone						

• 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 • Please check the monthly changes & cancellations at Regina.ca

SPORTPLEX • 1717 Elphinstone St. • 306-777-PLAY (7529)

Lawson Aquatic Centre

AQUATIC FITNESS						Effective August 31 – October 25, 2020	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 a.m.	Aquacise*		Aquacise*				
12 p.m.		Deep Water Workout*			Deep Water Workout*		

• Most workouts are one 1 hour long unless indicated: (*) 45 minutes. • All classes are subject to change/cancellation.
• Schedule may be adjusted due to program/facility needs • Please check the monthly changes & cancellations at Regina.ca

SWIM SCHEDULE								Effective August 31 – October 25, 2020	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Registered 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.		
Registered Leisure Swim		8-9:30 p.m.		8-9:30 p.m.					1:30-4:30 p.m.
Sauna	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED		CLOSED

• Schedule may be adjusted due to program needs • All classes are subject to change or cancellation • Check the monthly changes & cancellations at Regina.ca
• Sauna is currently closed due to recommendations from Saskatchewan Health Authority.

Fieldhouse

LAND FITNESS								Effective September 28 - October 25, 2020	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:30 a.m.				Cycle & Stretch	Stretch & Tone				
9 a.m.						Group Cycle			
9:30 a.m.		Body Blast	HIIT						
10 a.m.									Body Blast
12:10 p.m.	Evolve Bootcamp*		Yoga Flow*		Yoga Flow*				
5:30 p.m.		Group Cycle	Evolve Bootcamp	Body Blast					
6 p.m.	Cardio Sculpt								

• 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 • Please check the monthly changes & cancellations at Regina.ca

STRENGTH AND CONDITIONING AREAS							
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse*	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.
Lawson Aquatic Centre	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.
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.-9:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.

*The Fieldhouse will be closed to September 13 inclusive for annual maintenance.
• Strength and Conditioning areas are limited to one-hour visits. • Schedule may be adjusted due to program needs.