

# Summer 2022: June 9 – end of season OUTDOOR POOLS: DROP-IN ACTIVITIES



## MASSEY POOL • 100 Massey Rd. • 306-777-7377

SWIM SCHEDULE							Effective June 9 – June 26, 2022	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim						8-10a.m.	8a.m.-12p.m.	
Youth Try Events						10a.m.-12p.m.		
Surprise and Swim							10a.m.-12p.m.	
Leisure Swim	12-8p.m.	12-6p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	
Toonie Teen Swim		6-8p.m.						
Free Swim	7-8p.m.		7-8p.m.	7-8p.m.	7-8p.m.	7-8p.m.	7-8p.m.	

SWIM SCHEDULE							Effective June 27, 2022 – end of season	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim*	8-10a.m.* 12-1p.m. & 4-6p.m.	8-10a.m. 12-1p.m. & 4-6p.m.	8-10a.m. 12-1p.m. & 4-6p.m.	8-10a.m. 12-1p.m. & 4-6p.m.	8-10a.m. 12-1p.m. & 4-6p.m.	8-10a.m. 12-1p.m. & 4-6p.m.	8a.m.-1p.m. & 4-6p.m.	
Youth Try Events						10a.m.-12p.m.		
Surprise and Swim							10a.m.-12p.m.	
Leisure Swim	12-8p.m.	12-6p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	
Toonie Teen Swim		6-8p.m.						
Free Swim	7-8p.m.		7-8p.m.	7-8p.m.	7-8p.m.	7-8p.m.	7-8p.m.	

\*Early lane swimming from 8-10a.m. begins **June 30**.  
• Once lessons have completed 10a.m.-12p.m. will be Lane Swim (Aug 15)

## REGENT POOL • 3600 McKinley Ave. • 306-777-7376

SWIM SCHEDULE							Effective June 9 – June 29, 2022	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8-10a.m. 12-8p.m.	8-10a.m. 12-8p.m.	8-10a.m. 12-8p.m.	8-10a.m. 12-6p.m.	8-10a.m. 12-8p.m.	8-10a.m. 12-5p.m.	8-10a.m. 12-8p.m.	
Lane Swim Shared	10a.m.-12p.m.	10a.m.-12p.m.	10a.m.-12p.m.	10a.m.-12p.m.	10a.m.-12p.m.			
Leisure Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-6p.m.	12-8p.m.	12-5p.m.	12-8p.m.	
Family Swim						5-8p.m.		
Toonie Teen Swim				6-8p.m.				
Free Swim	7-8p.m.	7-8p.m.	7-8p.m.		7-8p.m.		7-8p.m.	

SWIM SCHEDULE							Effective June 29, 2022 – end of season	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8-10a.m. 12-8p.m.	8-10a.m. 12-8p.m.	8-10a.m. 12-8p.m.	8-10a.m. 12-6p.m.	8-10a.m. 12-8p.m.	8a.m.-5p.m.	8-10a.m. 12-8p.m.	
Lane Swim Shared	10a.m.-12p.m.	10a.m.-12p.m.	10a.m.-12p.m.	10a.m.-12p.m.				
Fitness Class						10-10:45a.m. & 11-11:45a.m.		
Leisure Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-6p.m.	12-8p.m.	12-5p.m.	12-8p.m.	
Family Swim						5-8p.m.		
Toonie Teen Swim				6-8p.m.				
Free Swim	7-8p.m.	7-8p.m.	7-8p.m.		7-8p.m.		7-8p.m.	

• Once lessons have completed 10a.m.-12p.m. will be Lane Swim (Aug 15)

## MAPLE LEAF POOL • 1101 14<sup>th</sup> Ave. • 306-777-7374

SWIM SCHEDULE							Effective June 9 – June 29, 2022	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim						8-10a.m.	8-10a.m.	
Lifesaving Sport						10a.m.-12p.m.		
Leisure Swim	4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	12-8p.m.	12-8p.m.	

SWIM SCHEDULE							Effective June 30, 2022 – end of season	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lane Swim	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	
*Swim Lessons	10a.m.-12p.m.		10a.m.-12p.m.		10a.m.-12p.m.			
*Sport Clinics	10a.m.-12p.m.		10a.m.-12p.m.		10a.m.-12p.m.			
Aquacise		10-10:45a.m. 11-11:45a.m.		10-10:45a.m. 11-11:45a.m.				
Preschool Swim		10a.m.-12p.m.		10a.m.-12p.m.				
Lifesaving Sport						10a.m.-12p.m.		
Leisure Swim	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.	

• Admission is free during all swims. \*Sport Clinics and Swim Lessons alternate weekly. Please check [Regina.ca](http://Regina.ca) for the most up-to-date schedule. • Check the monthly changes & cancellations at [Regina.ca](http://Regina.ca)

**BUFFALO MEADOWS POOL • 1401 Montague St. • 306-777-7375**

SWIM SCHEDULE						Effective June 9 – June 29, 2022	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coffee & Swim						8-10a.m.	8-10a.m.
Weekend Tournaments						10a.m.-12p.m.	10a.m.-12p.m.
Leisure Swim	4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	4-8p.m.	12-8p.m.	12-8p.m.

• Admission is free during all swims.

BASKETBALL & ROLLERBLADING						Effective June 6 – June 26, 2022	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Coffee & Swim	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.	8-10a.m.
*Swim Lessons	10a.m.-12p.m.		10a.m.-12p.m.		10a.m.-12p.m.		
*Sport Clinics	10a.m.-12p.m.		10a.m.-12p.m.		10a.m.-12p.m.		
Surprise & Swim				10a.m.-12p.m.			
Weekend Tournaments						10a.m.-12p.m.	10a.m.-12p.m.
Leisure Swim	12-8p.m.	4-8p.m.	12-8p.m.	4-8p.m.	12-8p.m.	12-8p.m.	12-8p.m.

• Admission is free during all leisure swims.

\*Sport Clinics and Swim Lessons alternate weekly. Please check [Regina.ca](http://Regina.ca) for the most up-to-date schedule.

## OUTDOOR POOL CLASS DESCRIPTIONS

**PRESCHOOL SWIM** - A special time for parents and children 5 years of age and under to enjoy. Swim toys and floatation mats are available for use.

**FAMILY SWIM** - A time to enjoy the pool with your unique family unit for the reduced rate of \$4. Each family unit must have one member over the age of 16. Children under the age of 8 years must be within arms reach of an adult at all times.

**TOONIE TEEN SWIM** - An exclusive time for youth 13-18 years of age to enjoy the pool at a reduced rate of \$2.

**YOUTH TRY IT** - A time for youth 13-18 years of age to experience a variety of water activities.

**WEEKEND TOURNAMENTS** - A time for youth to try a variety of water activities in a competitive nature.

**COFFEE & SWIM** - A time for adults looking for social connection and fitness. Lap widths will be available to swim or walk at own pace.

**SURPRISE & SWIM** - Participate in a flexible laid-back class involving a fun, surprise activity and swim! In the first part of the class kids will enjoy either crafts, sports, storytelling, activities and games. Each day will be a surprise! The second part will involve fun and instructional swimming with a trained Lifeguard/Swim Instructor.

**LIFESAVING SPORT** - The Lifesaving Sport Fundamentals program is a new and exciting way for kids to learn and practice swimming and lifesaving skills. Different than a traditional swimming lesson, participants will learn things like rescuing and towing a manikin, obstacle swim, dives, workout skills, setting goals and team building. This program is a great way to build confidence in the water as well as prepare, and get participants excited for, the next steps to become a lifeguard. Lifesaving Sport Fundamentals is designed for kids around the ages of 8-12.