

# WINTER/SPRING 2018 DROP-IN SCHEDULE



## Active People have an Active Pass!



Leisure Pass (GST Included):					Effective September 1, 2017
	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):				Effective September 1, 2017
	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	

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

AQUATIC FITNESS						Effective January 8 – June 3, 2018	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
11:15 a.m.	Aquacise	Aquacise	Aquacise				
12:05 p.m.	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise	Social Aquacise		
8:15 p.m.	* Aquacise		* Aquacise				
9 p.m.	*Aqua Kickboxing (Last day Apr 23)		*Aqua Kickboxing				

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.

SWIM SCHEDULE							Effective January 8 – June 10, 2018	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Leisure Swim	6:30-8:15 p.m.	6:30-8:25 p.m.	6:30-8:15 p.m.	6:30-8:15 p.m.	6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-6:30 p.m.	
Lane Swim	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.	8-9 a.m.			
Part of the Pool Swim	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.	9 a.m.-4:25 p.m.			
Hot Tub & Sauna	9 a.m.-4:25 p.m. 6:30-8:15 p.m.	9 a.m.-4:25 p.m. 6:30-8:25 p.m.	9 a.m.-4:25 p.m. 6:30-8:15 p.m.	9 a.m.-4:25 p.m. 6:30-8:15 p.m.	9 a.m.-4:25 p.m. 6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-8:25 p.m.	
Woman Only Swim				8:30-9:30 p.m.				
Family Swim							6:30-8:25 p.m.	

• Schedule may be adjusted due to program needs • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

LAND FITNESS							Effective January 8 – June 3, 2018	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
9 a.m.	Tabata	Step Cross Training	HIIT	SWAT	Yoga Flow	Cardio Combo	HIIT	
10:10 a.m.						Butts & Guts*		
10:15 a.m.							Group Cycle* (Last day Apr 29)	
10:30 a.m.	20-20-20							
11:15 a.m.							Yoga Fitness**	
6 p.m.	Boot Camp	Cardio Combo	Body Blast	Group Cycle* (Last day Apr 26)				
7:15 p.m.	Group Cycle* Butts & Guts*	Abs Plus*	Group Cycle*	Butts & Guts*				

• Most workouts are one hour long unless indicated: (\*) 45 minutes \*\* Starting May 6 this class is from 10:15-11:15 a.m.

• All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](http://Regina.ca)

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

AQUATIC FITNESS						Effective January 8 – June 9, 2018	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:10 a.m.		Joint Muscular Strength and Endurance				Joint Muscular Strength and Endurance	
10 a.m.		*Baby & Me Aquacise				Keenagers	
3 p.m.	Keenagers	Aquacise	Keenagers		Aquacise		
8:30 p.m.	*Aquacise	*Aqua Kickboxing	*Aquacise		*Aqua Kickboxing		

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](#)

SWIM SCHEDULE								Effective January 8 – June 9, 2018	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-5:25 p.m.		
Lane Swim	7-9 a.m. 11:30 a.m.-1 p.m.	6:30-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 p.m.	6:30-9 a.m. 11:30 a.m.-1 p.m.	7-9 a.m. 11:30 a.m.-1 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.					
Part of the Pool Swim	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.	9 a.m.-4 p.m.				
Hot Tub & On Deck Sauna	7 a.m.-4 p.m. 6:30-9:25 p.m.	6:30 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-9:25 p.m.	6:30 a.m.-4 p.m. 6:30-9:25 p.m.	7 a.m.-4 p.m. 6:30-8:25 p.m.	1:30-8:25 p.m.	1:30-5:25 p.m.		

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

### Lawson Aquatic Centre

AQUATIC FITNESS						Effective January 2 – June 1, 2018	
Time	Monday	Tuesday	Wednesday	Thursday	Friday		
9:30-10:15 a.m.	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	
11-11:45 a.m.		Deep Water Workout			Deep Water Workout		
12:10-12:40 p.m.	Deep Water Workout			Deep Water Workout			Deep Water Workout
1-1:30 p.m.	Keenagers			Keenagers			Keenagers
6:05-6:50 p.m.	*Aquacise				*Aquacise		
6:45-7:30 p.m.		*Deep Water Workout					

\*Drop-ins welcome if space permits, to guarantee your spot please register for the program.

• Schedule may be adjusted due to program needs • All classes are subject to change/cancellation • Check the monthly changes and cancellations at [Regina.ca](#)

SWIM SCHEDULE								Effective January 8 – June 10, 2018	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Leisure Swim	7:30-9:25 p.m.		7:30-9:25 p.m.	7:30-9:25 p.m.	7:30-9:25 p.m.	2-7:55 p.m.	12-4:55 p.m.		
Lane Swim	5:30 a.m.-9:25 p.m.	5:30 a.m.-7:30 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-5 p.m.		
Adult Swim		7:30-9:25 p.m.					5-7:55 p.m.		
Parent & Preschool Swim	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m. 7:30-9:25 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.	10:30 a.m.-1 p.m.				
Part of the Pool Swim	2:30-4 p.m.	2:30-4 p.m.	2:30-4 p.m.	2:30-4 p.m.	2:30-4 p.m.				

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## Fieldhouse

LAND FITNESS								Effective January 2 – June 3, 2018	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
8:30 a.m.	Stretch & Tone	Cycle & Stretch*	Fitness Walking	Cycle & Stretch*	Stretch & Tone				
9 a.m.						Group Cycle*	Group Cycle*		
9:30 a.m.	Cardio Combo	Body Blast	HIIT	Body Blast	Cycle & Core				
10 a.m.						BeachBody PiYo	Body Blast		
10:30 a.m.						Power Circuit			
12:10 p.m.	Boot Camp* Yoga Flow*	Body Blast*	Group Cycle* Yoga Flow*	Power Circuit*	TRX Circuit* Yoga Flow*				
5 p.m.			Cycle & Core						
5:30 p.m.	Duathlon Training	Cycle & Core HIIT		Body Blast	Cycle & Core				
5:45 p.m.			BeachBody INSANITY*						
6 p.m.	Cardio Sculpt		Cardio Sculpt						
6:45 p.m.		Body Blast							
8 p.m.		Group Cycle*							

• Most workouts are one hour long unless indicated: (\*) 45 minutes • All classes are subject to change/cancellation • Check the monthly changes and cancellations on [Regina.ca](#)

BASKETBALL & ROLLERBLADING								Effective January 2 – June 3, 2018	
Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Co-ed Basketball (All Ages)	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	3:30-5 p.m.	2:30-5 p.m.	2:30-5 p.m.		
Co-ed Basketball 18 Years & Over						5-8 p.m.	5-6:30 p.m.		
Rollerblading	5:30 a.m.-4 p.m.	5:30 a.m.-4 p.m.	5:30 a.m.-4 p.m.	5:30 a.m.-4 p.m.	8 a.m.-9:30 p.m.				

• Based on client need, facility usage and special events, this schedule may change without notice. Please call 306-777-PLAY (7529) to confirm times

• Additional basketball time may be available when there are no scheduled fitness classes, programs, or events • All rollerblading times are space permitting

STRENGTH AND CONDITIONING AREAS							
Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fieldhouse	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-7:55 p.m.
Lawson Aquatic Centre	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	5:30 a.m.-9:25 p.m.	7 a.m.-7:55 p.m.	7 a.m.-7:55 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.-8:30 p.m.	9 a.m.-8:30 p.m.	9 a.m.-8:30 p.m.

• Schedule may be adjusted due to program needs.

**Fieldhouse Stat Holiday Fitness Classes**  
Cardio Combo classes will be held on January 1, February 19, March 30, April 1 and April 2 from 12-1 p.m. and May 21 from 10-11 a.m.