

Low-Cost Programs

20/20/20 (P. 57)

Get it all! Cardio, strength, and flexibility all within 60 minutes.

North West Leisure Centre – 1127 Arnason St

- Ages 16 years and up
- Various dates and times available
- \$29.00 and up
- **Registration Required**

Adapted Music Program (P. 33)

Designed for children and youth with disabilities. Led by a Certified Music Therapist who will focus on everyone's strengths to create a fun and safe sensory experience while promoting socialization

Mitakuyé Owás'ā – 1770 Halifax Street

Ages 5-7 years:

- Saturdays Feb 10– Mar 16 (1-1:45 p.m.) \$39.00
- **Registration Required**

Ages 11-15 years:

- Saturdays Feb 10–Mar 16 (2-2:45 p.m.) \$39.00
- **Registration Required**

Easy Sewing – Fun Felt Friends (P. 40)

A class for new and beginner stitchers. Learn two easy stitches and simple patterns to sew an adorable animal character with colourful felt and embroidery thread.

Neil Balkwill Civic Arts Centre -

2420 Elphinstone Street

- Ages 10-15 years
- Sunday Jan 14 (1-4 p.m.) \$35.00
- Sunday Apr 7 (1-4 p.m.) \$35.00
- **Registration Required**



Parent & Tot Sports Jam (P. 38)

All sorts of sports and activities for you and your tot! Play a different activity or sport every week.

Fieldhouse – 1717 Elphinstone Street

- Ages 3-5 years
- Tuesdays Jan 9–Feb 27 or Mar 26–May 14 (4:30–5:30p.m.) \$58
- **Registration Required**

North West Leisure Centre – 1127 Arnason St

- Ages 3-5 years
- Thursdays Jan 11–Feb 15, Feb 29–Mar 28 or Apr 11–May 16 (5:15–6:15 p.m.) \$36.25 and up
- **Registration Required**

Fitness, Health, Wellness & Yoga (P. 43)

Build healthy habits in your kids! This 60-minute class for youth aged 8 to 13 years will explore beginner yoga poses and unite in body, mind and spirit.

North West Leisure Centre – 1127 Arnason St

- Saturdays Mar 2-23 (12:15-1:15 p.m.) \$27.60
- **Registration Required**

Women's Only Swim (P. 28)

An open time for girls and women to enjoy the pool.

North West Leisure Centre – 1127 Arnason St

- All Ages
- Sundays Jan 14, Jan 28, Feb 11, Mar 10, Mar 24, Apr 21, May 5, May 19, Jun 2
- 6:30-8:25 p.m.
- Cost: General admission or free with a leisure pass.
- **Registration Required**

Affordable Access

The Affordable Access Program provides Regina residents with financial barriers the opportunity to access City of Regina transit passes, recreation facilities as well as arts, culture, recreation, and leisure programs at discounted rates. For more information, eligibility, or an application form:

- Visit Regina.ca
- Visit a major facility
- Call 306-777-PLAY (7529)

Disclaimer: Occasionally programs and information in this publication are incorrect or subject to change to accommodate an event. Visit Regina.ca or call 306-777-PLAY (7529) for the most up-to-date information.

Free and Low Cost Programs

Winter/Spring 2024

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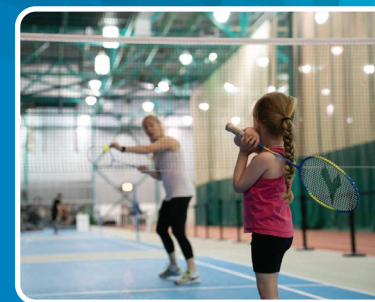
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Free Programs

For more information on these and to learn more about other great programs that the City of Regina has to offer, check out the **2024 Winter/Spring Leisure Guide** available online at Regina.ca/leisureguide.

Adapted Leisure Swim (P. 32)

A free family swim open to those who experience disability and their family

- **Registration Required**

Sandra Schmirler Leisure Centre – 3130 East Woodhams Dr

- Saturdays (6:30-8:25 p.m.)
- Jan 13, Jan 27, Feb 10, Feb 24, Mar 9, Mar 23, Apr 6, Apr 20, May 4, May 18, Jun 1

North West Leisure Centre – 1127 Arnason St

- Sundays (6:30-8:25 p.m.)
- Jan 7, Jan 21, Feb 4, Feb 18, Mar 3, Mar 17, Apr 14, Apr 28, May 12, May 26, Jun 9

Adult Community Outing Program (P. 35)

Designed for adults 19+ who have disabilities. This weekly program provides an opportunity to get out and explore difference spaces, activities and events happening in Regina. If 1 on 1 assistance is required, please bring a support person to assist.

Mitakuyé Owâs'â Centre – 1770 Halifax Street

- **Registration is Required**
- Fridays: Jan 12-Mar 8 (7-9 p.m.)

Sensory-Friendly Youth Program (P. 35)

A weekly program designed for youth who would benefit from a sensory-friendly group setting. Focusing on social interaction, physical movement and creativity through a variety of recreational activities.

Mitakuyé Owâs'â Centre – 1770 Halifax Street

- **Registration Required**
- 10-15 years, Thursday Jan 18-Apr 25 (6-8:30 p.m.) **Free**

Youth Art Program (P. 42)

An art class for youth aged 10-15 led by a local Indigenous artist. Supplies will be provided.

- **Registration Required**

Mitakuyé Owâs'â Centre – 1770 Halifax Street

- Saturdays Feb 3-Apr 20 (3-5 p.m.)

Glencairn Neighbourhood Centre – 2626 Dewdney Ave East

- Tuesdays Jan 30-Apr 16 (5:30-8:30 p.m.)

Free Youth Evening Program (See Regina.ca/freeprograms)

MyTime is a free inclusive program free and fun for youth.

- Ages 11-15 years

Argyle North Community Association

- 35 Davin Crescent
- Wednesdays Feb 8-Apr 26* (6:15 - 8:45 p.m.)
- *No program Feb 21, Apr 3*

Glencairn Neighbourhood Centre

- 2626 Dewdney Avenue East
- Thursdays Feb 1-Apr 25 (5:45 - 8:15 p.m.)

Harbour Landing School

- 4419 James Hill Road
- Tuesdays Jan 30-Apr 23* (6 - 8 p.m.)
- *No program Feb 20, Apr 2*

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- 3355 6th Ave
- Wednesdays Feb 1-Apr 25 (5:45-8:15 p.m.)

McDermid School

- 139 Toronto Street
- Tuesdays Jan 31-Apr 17* (6 - 8:30 p.m.)
- *No program Feb 21, Apr 3*

Mitakuyé Owâs'â

- 1770 Halifax Street
- Tuesdays and Wednesdays Jan 30-Apr 24 (6 - 8:30 p.m.)

Queen City Eastview Community Association

- 615 – 6th Avenue
- Wednesdays Jan 31-Apr 17* (6 - 8:30 p.m.)
- *No program Feb 21, Apr 3*

Regina Huda School

- 40 Sheppard Street
- Tuesdays Jan 30-Apr 17* (6 - 8:30 p.m.) – Boys Only
- Tuesdays Jan 30-Apr 17* (6 - 8:30 p.m.) – Girls Only
- *No program Feb 20, Feb 21, Apr 2, Apr 3*

Rosemont Community School

- 841 Horace Street
- Tuesdays and Thursdays Jan 30-Apr 25* (6 - 8:30 p.m.)
- *No program Feb 20, Feb 22, Apr 2, Apr 4*

Thomson Community School

- 2033 Toronto Street
- Thursdays Feb 1-Apr 25* (6 - 8:30 p.m.)
- *No program Feb 22, Apr 4*

W.F. Ready Elementary School

- 2710 Helmsing Street
- Mondays Jan 29-Apr 22* (6 - 8 p.m.)
- *No program Feb 19, Apr 1*

W.S. Hawrylak Elementary School

- 2530 Assiniboine Ave E
- Wednesdays Jan 29-Apr 22* (6 - 8 p.m.)
- *No program Feb 19, Apr 1*

Free Fine Art Drop-In Programs

Neil Balkwill Civic Arts Centre

- 2420 Elphinstone Street
- **Registration is not Required**

Open Fibre Night (P. 48)

Join us to learn and visit about spinning, weaving, knitting, crocheting, felting and much more.

- Ages: 14+ years
- Thursdays Jan 25, Feb 22, Mar 28, Apr 25, May 23, Jun 27 (7 - 10 p.m.)

Painting & Drawing Drop-In (P. 47)

Spend Friday mornings painting or drawing in your medium of choice. Participants must supply their own materials.

- Ages: 14+ years
- Fridays Jan 5-Jun 28* (9 - 11:30 a.m.)
- *No drop-in Mar 29*

Pysanka: The Art of Batik Eggs (P. 48)

Made famous by Ukrainians, these beautiful eggs can be made by anyone age six and up. Supplies available if needed.

- Ages: 6 years and up
- Sundays Jan 21, Feb 18, Mar 17 (1-4 p.m.)

Quilting Drop-In (P. 48)

Join members of the Prairie Piecemakers Quilters' Guild when they meet each Thursday morning to make donation quilts for infants and children in hospitals and shelters.

- Ages: 15+ years
- Thursdays Jan 4-Jun 27 (9 a.m. - 2p.m.)

Stitch-In (P. 49)

Come and enjoy working on your needlework with members of the Regina Stitchery Guild.

- Ages: 15+ years
- Fridays Jan 5-Jun 28 (9 - 11:30 a.m.)
- *No drop-in Mar 29*

Wood Carving Drop-In (P. 51)

Drop in for some carving and camaraderie with other carvers.

- Ages: 14+ years
- Tuesdays Jan 2-Jun 25 (9 - 11:30 a.m.)



Public skate times begin in October and are a fun way to stay active in the winter! More information on locations of skating rinks and a list of public skate times can be found at Regina.ca/rinks