



FREE PROGRAMS & ACTIVITIES FOR NEWCOMERS

Prepared and distributed by: SSWIS Regina



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Free Children's Summer Program & PlayEscapes

Free!

■ About:

- PlayEscapes offer leader-facilitated playing opportunities to help develop and foster life skills, creativity, imagination, and positive self-image while promoting a physically active lifestyle. Self-directed play is also encouraged to explore and discover with the safety of supervision.

■ Ages:

5 to 12 years old (must be 5 years old by the start date of the program)

■ Times & Dates:

July 8 to August 16 (in one-week session blocks, Monday to Friday). There will be no program on statutory holidays (August 5th).

There are some locations that run the program from 9:30 a.m. to 4:30 p.m. and others from 12:30 p.m. to 4:30 p.m.



■ Lunch:

- Will be available at selected locations and will be provided by Regina Education and Action on Child Hunger (REACH) and Chili for Children.

■ Registration:

Register Online or Call the City of Regina PlayLine at (306)-777-7529. Participants may register for two one-week blocks. If you wish to register for more weeks, please call the PlayLine to be added to the waitlist. If a location is not full after the first day of program, the waitlist will be called to add participants to the program. Due to the number of participants, we ask that the individuals requiring one-on-one support/assistance please bring a support person/attendant.

New Beginnings

Free!

About:

New Beginnings is a free program provided by Immigration, Refugee and Citizenship Canada and the University of Regina Faculty of Kinesiology and Health Studies. This year's camp is for children who have arrived in Canada **after May 3, 2023**. It focuses on providing recreation and classroom activities to support children as they get used to living in Canada.

Ages:

- 5-12 years old



Dates and Times:

- 9:00 a.m. - 3:45 p.m., July 2 - August 23, 2024 (in one-week session blocks)
- Drop off and pick up times will be emailed closer to the start of the program.

Address:

Gym 3 of the Kinesiology Building at the University of Regina.

Cost:

- Admission is free.

Registration:

- Registration form download at [NEW BEGINNINGS REGISTRATION AND PARENTAL CONSENT FORM 2024 pdf.pdf](#)
- Email registration form to: khs.youth-programs@uregina.ca
- Website: www.uregina.ca/recservices

Additional Information:

- Nut Free Camp.
- Snack is provided during the day, but must bring own lunch.

Contact Information:

- Chris Fesalbon & Logan Neumann - New Beginnings Coordinators
- Phone: (306) 337-2247
- Email: khs.youth-programs@uregina.ca

Royal Saskatchewan Museum

Free!

About:

- A great place to learn about Saskatchewan's geography and history. Originally known as the Saskatchewan Museum of Natural History, the museum received royal patronage from Queen Elizabeth II, and was renamed the Royal Saskatchewan Museum in 1993.

Ages:

Some of the Summer Programs Offered:

Scotty the World's Largest *T. rex*, plus Prehistoric Mammal Gallery.

Guided and self-guided tours available. See Scotty's real fossil bones on display.

Canada Discovery Theatre.

Watch 'Dinosaur Hunters' about the discovery and unearthing of Scotty the *T. rex*.

Indoor and Outdoor Kids Activities.

- New stop animation station for visitors of all ages.

- Gallery scavenger hunt.

- Children's 'Dinosaur Hunters' activities.

- Children's outdoor sandpit excavation area.

Address:

- 2445 Albert Street



Times & Dates:

- 9:30 a.m. - 5 p.m. daily

Cost:

Admission is free. Donations are gratefully accepted.

Additional Information:



Website: <https://royalsaskmuseum.ca>

Phone: (306)295-4009

Email: info@royalsaskmuseum.ca

Government House

Free!

About:

- Government House is a National Historic Site and Provincial Heritage Property. The mission is to provide visitors an accessible historic place to preserve, promote and celebrate Saskatchewan's living heritage. The story of Government House is delivered through educational experiences, engaging programs, and collaborate partnerships. The Government House collection is comprised of objects original to the house in 1898-1910, period pieces, and replicas totaling over 10,000 articles plus documents and photos.

Cost:

Admission is free. Donations are gratefully accepted.

Times and Dates:

- Summer Hours (Victoria Day to Labour Day), 9 a.m. - 5 p.m. daily

Address:

4607 Dewdney Ave.

Additional Information:

Website: <https://governmenthousesk.ca/>

Phone: (306) 787-5773

Email: government.house@gov.sk.ca



Outdoor Pools and Spray Pads

Free!

About:

Spray pads are open beginning May 17, 2024 (weather dependent) and are open daily from 9 a.m. to 8 p.m..

Outdoor pool pools are open starting June 13, 2024 (Wascana Pool, June 6).

For full outdoor pool schedules visit Regina.ca/outdoorpools.



Buffalo Meadows Pool:

- 1401 Montague Street
- **Free admission**
- Leisure Swim:

June 13-June 26: Monday-Friday 4 p.m. - 8 p.m. Saturday-Sunday 12 p.m.- 8 p.m.

June 27-September 2: Monday-Sunday 12 p.m. - 8 p.m.



Maple Leaf Pool:

- 1104 14th Avenue
- **Free admission**
- Leisure Swim:
 - June 13-June 26: Monday-Friday 4 p.m. - 8 p.m. Saturday-Sunday 12 p.m. - 8 p.m.
 - June 29-September 4: Monday-Sunday 12 p.m.- 8 p.m.

Regent Pool:

- 3600 McKinley Avenue
- **Free admission:** Monday-Wednesday, Friday, Sunday 7 p.m. - 8 p.m.
- Leisure Swim :
 - Monday-Wednesday, Friday, Sunday 12 p.m. - 8 p.m.
 - Thursday 12 p.m. - 6 p.m. Saturday 12 p.m. - 5 p.m.



Massey Pool:

- 100 Massey Road
- **Free admission:** Monday, Wednesday-Sunday 7 p.m.- 8 p.m.
- Leisure Swim: Wednesday-Monday 12 p.m.- 8 p.m. Tuesday 12 p.m.- 6 p.m.



Wascana Pool:

- 2400 Wascana Drive
- **Free admission:** Tuesday 5 p.m.- 7:50 p.m. Friday 9 a.m. - 11 a.m.
- Leisure Swim: Monday 12 p.m. - 6 p.m. Tuesday 12 p.m.- 5 p.m. Wednesday, Thursday 12 p.m. - 7:50 p.m. Friday 12 p.m.- 6 p.m. Saturday, Sunday 12 p.m. - 7:50 pm

Evraz Pool and Park

Free!

About:

- Meet prairie animals, including buffalo and fallow deer, at Regina's Evraz Pool and Park, a wildlife farm and recreational park. The facility's features include
- heated swimming pool, play area (including sand playground area, mini train ride and giant slide), picnic areas and concession. Gas and propane barbecues
- are not permitted in picnic area, charcoal-burning barbecues are available, please bring your own charcoal. No pets or smoking allowed.



Times & Dates:

- 11 a.m. - 7 p.m. daily, May 18 - September 2, 2024

Address:

Evraz plant grounds, 6.4 km N of Regina via Hwy 6 and Armour Rd.
(Located next to the Turvey Center)



Activities:

- Birding / Wildlife viewing
- Children's activities
- Swimming



Cost:

- Admission is free.

Additional Information:

Website: <https://turveycenter.com/pool-park/>
Phone: (306)924-7450
Email: Evrazpoolandpark.bookings@evrazna.com



Wascana Trails Hiking

Free!

About:

- Locally known as Wascana Trails, the Wascana Valley Natural Area Recreation Site boasts 15 km of trails that are perfect for all abilities and activities including mountain biking, hiking, trail running, snowshoeing and cross-country skiing. Wascana Trails features breathtaking views of valley surrounding Wascana Creek and offers a variety of challenges such as gradual hills, sharp and winding descents, and steep climbs. The valley is home to many wildlife species such as deer, hawks, muskrats, and owls.

Address:

From Regina: approximately 10 km NW on Hwy 11 to Exit A at Condie Nature Refuge, then 10 km W.

Activities:

- Birding / Wildlife viewing
- Cross-country skiing
- Cycling
- Hiking
- Mountain biking
- Snowshoeing



Cost:

- Admission is free.

Additional Information:

- Website:
<https://www.tourismsaskatchewan.com/listings/1003/regina---wascana-valley-trails>
- Phone: (306)725-5200 Email: rowansravine@gov.sk.ca

The Regina Floral Conservatory

Free!

About:

- The Regina Floral Conservatory is operated and maintained by volunteers of the Regina Garden Associates, a non-profit, charitable organization, in partnership with the City of Regina. The Conservatory is home to Regina's premiere indoor garden display and is open seven days a week from September to June.
-

Cost:

Admission to explore the indoor garden is by donation (give what you can)



Times and Dates:

- Open daily from 1:00 PM to 4:30 PM (noon to 4:30 PM on Fridays).

Address:

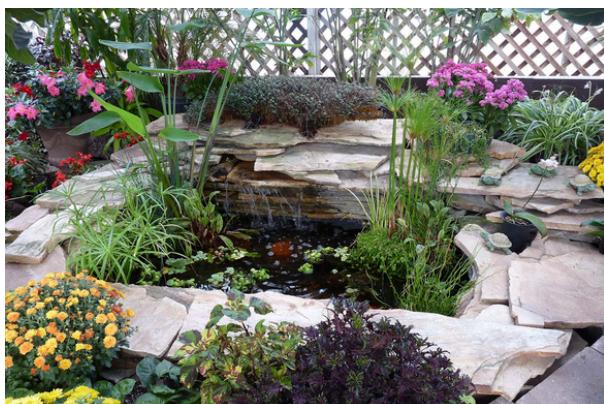
1450B Fourth Avenue

Additional Information:

Website: reginafloralconservatory.ca

Phone: 306.781.4769

Email: info@reginafloralconservatory.ca



Ehrlo Sport Venture

Free!

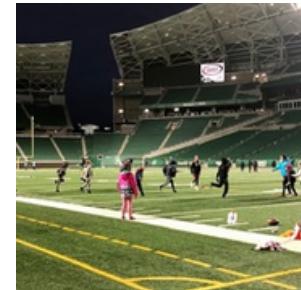
■ About:

- Ehrlo Sport Venture Program (Sport Venture) works to provide youth and families with control of, and access to, a variety of recreational programs. They offer free sports leagues (hockey, basketball, soccer, baseball, and football) and have a library where you can borrow sports equipment, free of charge.

■ Ages: age 6 to 16

■ Some of the Sports/leagues Offered:

- Outdoor Hockey League
- Ehrlo Basketball League
- Ehrlo Soccer League
- Monday Night Football League
- Ehrlo Baseball Rookie League



■ Location:

- Different sports are held at multiple locations

■ Times & Dates:

- Registration must be completed in advance, and details regarding timing, locations, and schedules will be shared annually on website.

■ Cost:

- Free - all skills welcome



■ Contact Information:

Ehrlo Sport Venture
2730 - 5th Avenue, Regina, SK
S4T 7S5
PH: 306-751-2411
Fax: 306-751-2410
Email: sportventure@ranchehrlo.ca

Regina Public Library

Free!

About:

RPL is an urban library system committed to providing community services, spaces, and technologies to inspire discovery, learning, and connection. We're an essential gateway for all people to advance themselves through literacy, lifelong learning, social engagement, and cultural enrichment.

Ages:

There are programs for every age group

Some of the programs offered:



Health and Wellness Programs
Story times
STEAM Labs
Conversation Circle
Yoga
Different Fair
Games and Puzzles for family
Tax Clinic
Pro Bono Family law Clinic
RPL Family Theatre
Gale Course

Location:

Check Website for Locations and Standard Hours

Times & Dates:

Some of the programs are drop in and some programs require registration, and details regarding timing, locations, and registration will be shared on website.

Cost:

Library card can be made free of cost to access different services.

Contact Information:

Regina Public Library
2311 12th Avenue
Regina, SK
S4P 0N3
306.777.6000



Mackenzie Art Gallery Studio Sundays

Free!

About:

The MacKenzie is a centre for art and culture that holds a collection in trust for the community.

Ages:

Free for everyone

Some of the other programs offered:

Free admission days: Rawlco Radio and the MacKenzie Art Gallery
Free Admission Days

REALI: with the partnership of Regina Immigrant Women Centre to welcome immigrant and refugee women and children every 2nd and 4th Saturday of the month for morning drop-in art workshops.



Location:

Different sports are held at multiple locations

Times & Dates:

Sundays in the Learning Centre from 1 to 3 PM

Cost:

There is no cost to attend these drop-in sessions. All materials are provided.

Contact Information:

3475 Albert St, Regina, Saskatchewan,
Canada, S4S 6X6
Phone: 306-584-4250
Visit Website for more information



Evening Youth and After School Program

Free!

About:

- Evening Youth Program is designed to create fun group activities for youth of all abilities, through recreation, sports, arts and games!
- After School Program encourages play, learn and keep active in an environment that develops and fosters creativity and positive self-image in inclusive environment.
- These two programs are offered by City of Regina.

Ages:

Evening Youth Program: youth ages 11-15

After School Program: Kids ages 7 to 15 (depending on location)

Times & Dates:

After School Program: Drop-in activities start back up September 11 to June.

Evening Youth Program takes place in the evening, with timing varying by location.

Please check city of Regina website for specific details.

Location:

Evening Youth Program is available at various locations, which can be found on City of Regina website.

After School Program occurs at Glencairn Neighbourhood Centre and Mitakuyé Owâs'ā Centre, Monday to Friday and Cathedral Neighbourhood Centre (Monday & Wednesday) between 3:30-5:30 p.m.

Drop-in open gym time is available at both Core Ritchie Neighbourhood Centre (Monday to Friday) for those aged 8-15 and South Leisure Centre (Tuesday & Thursday) for all ages.

Contact Information:

Check City of Regina website for detailed information about location and timing.



The Home Depot Kids Workshop

Free!

About:

- The Home Depot offers fun activity to do with the family, they've got a great workshop for kids that will teach them about building. Kids can learn how to build their own things. Each child can bring home a newly constructed project, an achievement pin and certificate.
-

Cost:

Free. Preregistration required. While Supplies Last.



Times and Dates:

8:30 a.m. or 10:30 a.m., Second Saturday of Every Month.

Address:

All The Home Depot stores

Contact Information:

Check The Home Depot website for registration every month.



About:

Nature Regina promotes and encourages human connection directly with nature, our life source, through our programs and events. Nature Regina engages people in exploring and enjoying nature, learning about our interconnected world, and conserving natural systems and biodiversity

Some of the programs offered:

- FIELD TRIPS
- Get Outside! Outdoor programs
- Get Outside! Kids Club
- Get Outside! Preschool Club
- Get Outside! Free Public Events
- FREE PD Day Events

Ages:

Different programs has different age requirements.

Registration:

Advanced registration is required
Check website for Registration details



Additional Information:

Check website for further information:

<https://www.natureregina.ca/>

Email: natureregina@gmail.com



Arenas & Outdoor Skating Rinks

Free!

About:

The City maintains and operates eight indoor arenas, over 50 outdoor skating rinks and six shinny sites. Arenas are open for public skating from September to March. The outdoor ice season is weather dependant. Outdoor skating rinks typically operate from mid-December to mid-February.

Ages: Any age.



Locations:

Check website for address of different locations

Times & Dates:

There is different schedule for every location

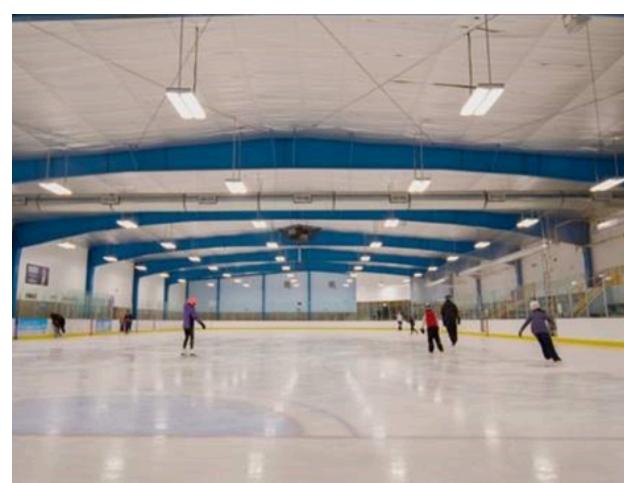
Cost:

Some of the rinks are free and first-come, first-served basis while other rinks have some free admissions days and timings.

Additional Information:

Check website for further information:

<https://www.regina.ca/parks-recreation-culture/recreation-facilities/skating-rinks/#outline-outdoor-skating-rinks>



Staples Kids Activities

Free!

About:

Join Staples across Canada at multiple locations for FREE programs for the young and young at heart. Follow your ideal location for up to date information for events as they become available.

Cost:

Admission is free but the registration is required.

Times and Dates:

First wednesday of every month: 5 to 7 pm

Address:

Check Staples location near your location



winter activities

Glow-In-The-Dark Slime Lab
Bring out your child's inner mad scientist by letting them create their own gooey, glowing slime!

5 pm to 7 pm

Wednesday, Dec 4th

staples kids | spotlightspace

Additional Information:

Check the Staples website or Eventbrite for the dates of activities near your location.

<https://www.eventbrite.ca/d/canada--regina/kids-workshop/>



Useful Links

City of Regina:

- Classes & Programs in Regina.
<https://www.regina.ca/parks-recreation-culture/classes-programs/>

All Events:

- Stay up-to-do with events (entertainment, food & drinks, festivals, etc.) in Regina
Website: <https://allevents.in/regina>

OneStopYQR:

When you're in a hurry, ONE STOP makes sifting through businesses, services and events easy.
Website: <https://onestopyqr.com/>

KidSport Regina:

KidSport provides grants to help cover the cost of registration fees for kids aged 5-18 years in Regina can play a season of sport.
Website: <https://kidsportcanada.ca/>
Phone: 306-780-9318 Email: kidsport@sasksport.ca

Creative Kids Regina:

Creative Kids provide financial support to Saskatchewan families so all kids have an opportunity to participate in creative activities like theatre, art, dance, heritage, and music. Website: <https://creativekidssask.ca/> Email: kidsport@sasksport.ca

Jumpstart:

- Founded in 2005, Jumpstart helps kids overcome financial and accessibility barriers to sport and recreation in an effort to provide inclusive play for kids of all abilities.
Website: <https://jumpstart.canadiantire.ca/> Phone: 1.844.937.7529

Regina Early learning centre:

Founded in 1977, the Regina Early Learning Centre is a family and child development centre working with families to foster the healthy development of children, from prenatal to five years of age. Website: <https://earlylearning.ca/>