

Registered Programs

CHILDREN'S RECREATION PROGRAMS

Flag Football

7-9 yrs. This non-contact program will provide an introduction to football basics such as punting, passing, catching and game strategy. A short scrimmage each class will allow children to practice skills.

Saskatoon Field House

Sep 11-Oct 16 Su 10:45 AM-11:45 AM \$45 25469
Oct 30-Nov 27 Su 10:45 AM-11:45 AM \$45 25486

Floor Hockey for Kids

Ages 8-12 yrs. Develop fundamentals and skills of floor hockey in this fun, five-week class. Time for recreational play is included.

Cosmo Civic Centre

Sep 17-Oct 29 Sa 10:30 AM-11:15 AM \$36.50 25462
Nov 5-Dec 10 Sa 10:30 AM-11:15 AM \$36.50 25470

Volleyball for Kids

Ages 8-12 yrs. Bump, set, spike! Develop your volleyball skills and teamwork in this five-week class. Time for recreational play is included.

Cosmo Civic Centre

Sep 17-Oct 29 Sa 11:30 AM-12:15 PM \$36.50 25472

LWC BIRTHDAY PARTY PACKAGE

Birthday party fun made easy at Lakewood Civic Centre. Relax while our party host leads children's activities in one of our themed party rooms. Party

theme choices include: Hawaiian Luau, Pirate or Princess package. Your birthday party experience also includes an unsupervised swim between 1-5pm during our regular public swim time. Book your party today by calling 975-8388.

Lakewood Civic Centre (\$155/up to 10 people)

Sep 10	Sa	01:30 PM-03:00 PM	25628
Sep 11	Su	01:30 PM-03:00 PM	25629
Sep 11	Su	04:00 PM-05:30 PM	25630
Sep 17	Sa	01:30 PM-03:00 PM	25631
Sep 18	Su	01:30 PM-03:00 PM	25632
Sep 18	Su	04:00 PM-05:30 PM	25633
Sep 24	Sa	01:30 PM-03:00 PM	25634
Sep 25	Su	01:30 PM-03:00 PM	25635
Sep 25	Su	04:00 PM-05:30 PM	25636
Oct 1	Sa	01:30 PM-03:00 PM	25637
Oct 2	Su	01:30 PM-03:00 PM	25638
Oct 2	Su	04:00 PM-05:30 PM	25639
Oct 15	Sa	01:30 PM-03:00 PM	25640
Oct 16	Su	01:30 PM-03:00 PM	25641
Oct 16	Su	04:00 PM-05:30 PM	25642
Oct 22	Sa	01:30 PM-03:00 PM	25643
Oct 23	Su	01:30 PM-03:00 PM	25644
Oct 23	Su	04:00 PM-05:30 PM	25645
Oct 29	Sa	01:30 PM-03:00 PM	25646
Oct 30	Su	01:30 PM-03:00 PM	25647
Oct 30	Su	04:00 PM-05:30 PM	25648

Nov 5	Sa	01:30 PM-03:00 PM	25649
Nov 6	Su	01:30 PM-03:00 PM	25650
Nov 6	Su	04:00 PM-05:30 PM	25651
Nov 12	Sa	01:30 PM-03:00 PM	25652
Nov 13	Su	01:30 PM-03:00 PM	25653
Nov 13	Su	04:00 PM-05:30 PM	25654
Nov 19	Sa	01:30 PM-03:00 PM	25655
Nov 20	Su	01:30 PM-03:00 PM	25656
Nov 20	Su	04:00 PM-05:30 PM	25657
Nov 26	Sa	01:30 PM-03:00 PM	25658
Nov 27	Su	01:30 PM-03:00 PM	25659
Nov 27	Su	04:00 PM-05:30 PM	25660
Dec 17	Sa	01:30 PM-03:00 PM	25661
Dec 18	Su	01:30 PM-03:00 PM	25662
Dec 18	Su	04:00 PM-05:30 PM	25663

(\$200 up to 15 people/\$250 up to 20 people)

Sep 10	Sa	04:00 PM-05:30 PM	25664
Sep 17	Sa	04:00 PM-05:30 PM	25665
Sep 24	Sa	04:00 PM-05:30 PM	25666
Oct 1	Sa	04:00 PM-05:30 PM	25667
Oct 15	Sa	04:00 PM-05:30 PM	25668
Oct 22	Sa	04:00 PM-05:30 PM	25669
Oct 29	Sa	04:00 PM-05:30 PM	25670
Nov 5	Sa	04:00 PM-05:30 PM	25671
Nov 12	Sa	04:00 PM-05:30 PM	25672
Nov 19	Sa	04:00 PM-05:30 PM	25673
Nov 26	Sa	04:00 PM-05:30 PM	25674
Dec 17	Sa	04:00 PM-05:30 PM	25675

YOUTH RECREATION PROGRAMS

YOUTH CONSULTATION CLASSES

Personal Training

13-18 yrs. For those looking for specific results from their exercise program. A personal trainer will design and monitor each workout based on your needs. One hour sessions determined by you and your trainer.

11 1-Hour Sessions \$347.50

Lakewood Civic Centre 25497
Saskatoon Field House 25498
Shaw Centre 25499

6 1-Hour Sessions \$189.50

Lakewood Civic Centre 25500
Saskatoon Field House 25501
Shaw Centre 25502

3 1-Hour Sessions \$94.75

Lakewood Civic Centre 25503
Saskatoon Field House 25504
Shaw Centre 25505

YOUTH WEIGHT TRAINING

Weight Training \$41

13-18 yrs. Learn the proper use of the cardio and weight training equipment at the leisure facility of your choice. You will leave with a personalized program.

Lakewood Civic Centre 25771
Saskatoon Field House 25772
Shaw Centre 25773

YOUTH LIFE SKILLS

Red Cross Babysitting Course

12-15 yrs. Introduction to handling first aid & problem solving situations with children. Led by the Canadian Red Cross. Manual, certificate and exam included in course.

Harry Bailey Aquatic Centre

Oct 29 Sa 10:00 AM-06:30 PM \$58.50 25279

YOUTH SPORT

Wallyball for Teens

10-13 yrs. If you love playing volleyball and want a new challenge, wallyball is for you! Played on a racquetball court, the instructor-led program will teach you the rules of wallyball and include time for recreational play.

Cosmo Civic Centre

Sep 14-Oct 12 W 07:00 PM-08:00 PM \$36.50 25473
Oct 19-Nov 16 W 07:00 PM-08:00 PM \$36.50 25474

NEIGHBOURHOOD YOUTH CENTRES

The neighbourhood youth centres provide a gathering place for youth to learn healthy lifestyles through sports, recreation and cultural activities. Two leaders provide a fun and active atmosphere while sharing crafts, games and other activities. Everyone is welcome to attend and drop-in programs are free to all participants. Bring your friends and hang out, play a sports or participate in other games and activities.

For more Youth Programming opportunities, refer to the Community Association listings on pages 43-64.

Dundonald Park - Girls on the Move - 10 to 14 yrs

Dundonald School FREE 162 Wedge Road
Sep 30-Dec 2 F 08:00 PM-10:00 PM

East College Park - Girls on the Move - 10 to 16 yrs

Roland Michener School FREE 4215 Degeer Street
Sep 9-Dec 2 F 07:00 PM-09:00 PM

Meadowgreen Sport, Culture & Recreation Group - Gr. 5-8

W.P. Bates School FREE 2515 18th Street West
Sep 30-Dec 2 F 03:30 PM-04:30 PM

Eastview - Age TBA

Pop John Paul II School TBA 3035 Arlington Avenue
TBA Th 06:00 PM-08:00 PM

Fairhaven - Co-ed Youth Sports Night - 10-16 yrs

St. Marks School FREE 414 Pendygrass Road
Sep 28-Nov 30 W 06:00 PM-08:00 PM

Hudson Bay Park/Mayfair - Girls on the Move - Gr 5-8

St. Edward School TBA 1002 Avenue P North
Sep 16-Nov 25 F 08:00 PM-10:00 PM

Lakeridge - 10 yrs & up

Lakeridge School FREE 305 Waterbury Road
Sep 30-Nov 25 F 07:00 PM-09:00 PM

Mount Royal - 8 to 14 yrs

Howard Coad School FREE 431 Avenue T North
Sep 25-Nov 16 W 03:30 PM-05:30 PM

Pacific Heights - 13-17 yrs

Lester B. Pearson School TBA 3620 Centennial Drive
Sep 30-Dec 2 F TBA

Pleasant Hill - Girls on the Move - 9 to 14 yrs

St. Mary Community School FREE 337 Avenue O South
Oct 7-Dec 15 F 03:00 PM-05:00 PM

Pleasant Hill - Youth Centre - 9 to 14 yrs

St. Mary Community School FREE 337 Avenue O South
Oct 4-Dec 6 Tu TBA

Sutherland/Forest Grove - 6 to 14 yrs

Sutherland School FREE 1008 Egbert Avenue
Sep 27-Nov 29 Tu 07:00 PM-09:00pm

Westview - 10 to 13 yrs

Various locations \$25.00
TBA TBA TBA

MÈ TA WÈ TÀN PROGRAMS



MèTaWèTàn programs are a fun way for all ages to get active in sport, recreation and culture. Connect with others with similar interests and experience something new in a comfortable environment.

For more information on Mè Ta Wè Tàn programs call 975-1429 or visit the City of Saskatoon website at www.saskatoon.ca (look under 'M' in the alphabetical listing for Mè Ta Wè Tàn).

ADULT

Aquafitness for Women

This aquafitness program features low impact level exercises. Classes consist of a warm up, strength session and cool down. The Aboriginal cultural concept is added. Participants exercise in waist deep water using a variety of equipment. The program encourages women to socialize with each other and have FUN! Please register with the instructor on the first day of class at the YMCA.

YMCA 25-22nd Street East
Sep 28-Nov 30 W 07:00 PM-09:00 PM

FAMILY

Volleyball Skill Development

Men's & women's volleyball will be offered to young people ages 14 to 30 yrs. Basic volleyball skills will be taught by certified coaches. Program is FREE.

For more information call Chris at 244-0174.

Saskatoon Indian and Métis Friendship Centre
168 Wall Street

Sep 27-Nov 29 Tu 06:30 PM-08:30 PM

YOUTH

Youth Basketball

This program works to get youth active and develop basketball skills. Youth of any age may participate. For more information please call Mary Johnson @ 975-8464.

Oskayak High School 919 Broadway Avenue
Sep 23-Dec 9 W 06:00 PM-09:00 PM

MÈTAWÈTÀN YOUTH CENTRES

The MèTaWèTàn community youth centres provide a gathering place for youth to learn healthy lifestyles through sports, recreation, and cultural activities. Two leaders provide a fun and active

atmosphere while sharing crafts, games, and other activities. Everyone is welcome to attend. The DROP-IN program is FREE to all participants. Bring your friends and hang out, play a sport, or participate in other games offered by local Community Associations.

King George - 10 to 14 yrs

King George School 721 Avenue K South
Oct 6-Dec 8 Tu 06:30 PM-08:30 PM

Pleasant Hill - 10 to 14 yrs

St. Mary School 337 Avenue O South
Oct 4-Dec 6 Tu 06:00 PM-08:00 PM

Westmount - 10 to 14 yrs

Westmount Community School 411 Avenue J North
Oct 4-Dec 6 Tu 06:30 PM-08:30 PM



Caswell Hill - 10 to 14 yrs

Caswell Hill School 204-30th Street West
Sep 21-Nov 26 W 06:30 PM-08:30 PM

A SMART START TO ADULT BEGINNER FITNESS!



Smart Start adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you. It was created with the beginner in mind and for those who have not been active for some time. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

- Smart Start Guides - available at www.saskatoon.ca (look under 'S' for Smart Start)
- Smart Start How to Get Started Workshops
- Smart Start Learn To Classes
- Personal/Group Fitness Consultations (look for the Smart Start symbol )
- Drop-in & Registered Classes (look for the Smart Start symbol )

If you're not sure where to begin, try our **How To Get Started Workshops** that will now make it easier to get started right away. For a small commitment of \$20, you will receive:

- An overview of Smart Start programs available to you
- Help to determine what program opportunities will work best for you
- A \$40 coupon to use towards the purchase of a new adult LeisureCard, an adult bulk ticket package, or a fitness consultation. You must attend the program to receive the coupon.

Becoming more physically active will benefit you:

- PHYSICALLY** - increase health-related quality of life
- MENTALLY** - improve mental clarity, alertness and overall mood
- EMOTIONALLY** - increase self-esteem and sense of worth



supported by



Upcoming How To Get Get Started Workshops

Please see page 27 for information on how to register for these workshops.


Saskatoon Field House

Sep 20 Tu 06:00 PM-07:30 PM \$20 25507

Shaw Centre

Sep 14 W 07:00 PM-08:30 PM \$20 25508



Look for the Smart Start symbol  on the facility drop-in calendars on pages 12-25 and in the Adult Programs section of the Leisure Guide (page 37-40) for specific classes, dates, times and locations. For more information on Smart Start Programs call 975-7808.