

FIND YOUR FIT «

Submitted by the City of Saskatoon

It can be tough to find time and energy for fitness classes and recreational activities. But toss in a little fun, spice it up with lots of variety, flavour it with convenient locations throughout the city, and you have a recipe that's guaranteed to be a perfect fit.

The City of Saskatoon offers six Leisure Centres plus the Fitness Circuit & Terry Fox Track. No two Centres are alike, and each provides a wide range of activities for families or individuals of all ages at affordable prices. There's everything from yoga, boxercise and cooking classes to family boot camp, swimming lessons, public skating, neighbourhood youth centres, one-on-one sessions with a personal trainer and more.

Smart Start Beginner Fitness

Walking into a fitness centre for the first time can be intimidating. Saskatoon's Leisure Centres offer a full range of Smart Start fitness programs that have been specifically designed for beginners and for people who haven't been active for some time. Experienced instructors help you to develop a fitness program that works and gives you the tools and techniques so that you'll feel at ease in a wide variety of classes – beginner yoga, circuit training, aqua fitness, spinning, pole walking and more.

Once you've picked up the basic skills, the Centres offer intermediate and advanced classes as well as personal trainer sessions to revamp your workout.

From toddlers to teens

There are programs for people of all ages from tiny babies to seniors.

In the *Toddlers on the Move* program, two to three year olds play with parachutes, mats, a balance beam and more. Preschoolers can also learn to skate or play tennis with scaled-down racquets and modified balls. In addition, some of the Leisure Centres provide child minding services and indoor play areas for younger children.

Older children can participate in recreational soccer, basketball, volleyball and flag football. There is weight training for 13 to 18 year olds.

It's party time!

The Harry Bailey Aquatic Centre offers incredible thrills, chills and spills with their new aquatic inflatables and toys. Wiggle, slip and slide on the iceberg, climbing wall and zoom slide. The slide is in place every Saturday afternoon from 1 to 4 pm during the Public Swim. After-hours event packages are also available.

The Lakewood Civic Centre offers hassle-free birthday party packages on Saturday and Sunday afternoons. A trained party host leads games and crafts in one of the themed party rooms (Hawaiian luau, princess, pirate).

Pool parties are also available at the Lawson Civic Centre and the Shaw Centre.



TAKE YOUR PICK

The City of Saskatoon LeisureCard provides unlimited admission to public open times and drop-in sports, fitness and aqua fitness classes at any of the six Leisure Centres and the Fitness Centre & Terry Fox Track.

There are youth, adult and family rates, and you can purchase a pass for durations of one to 12 months. There are also daily admission rates and bulk tickets if you prefer to participate on a more casual basis.

Cosmo Civic Centre

Located in the northwest part of the city the Cosmo Civic Centre offers an ice skating arena, gymnasium, walleyball/raquetball court, fitness and meeting rooms. It's connected to the Carlyle King Library and across the street from Confederation Mall.

Harry Bailey Aquatic Centre

Harry Bailey's central location makes it easy to access from all parts of the city. This aquatic facility provides an ideal environment for learning new skills (kayaking or scuba diving), strengthening existing ones (swimming, diving, water polo) or taking a fun break with the new zoom slide and climbing wall.

Lakewood Civic Centre

The spacious tropical pool and waterslide are the focal point of the Lakewood facility, which also offers fitness facilities, meeting and recreational space, and the Cliff Wright Branch Library.

Lawson Civic Centre

Across the street from Lawson Heights Mall, the Lawson Civic Centre offers an indoor playground, weight training and exercise machines, a multipurpose room and Saskatoon's only wave pool. The Rusty Mac-

Donald Branch Library is in the same building, and the Saskatoon Kinsmen/Henk Ruys Soccer Centre is right next door.

Saskatoon Field House

The Field House is extremely versatile. The main floor can accommodate up to 4,500 people, while the second level includes a large weight room and a dance studio. It serves as a high-performance athletic training centre in addition to hosting exercise classes, workshops and world-class events.

Shaw Centre

This state-of-the-art aquatic and fitness facility is a tremendous addition to the City's array of recreational facilities. It includes a high performance pool for competitions and swim meets as well as a family pool and water slide, a two-level fitness centre, a walking track and two community gymnasiums.

Fitness Circuit & Terry Fox Track

Saskatoon's Fitness Circuit & Terry Fox Track are housed in the SaskTel Sports Centre in Forest Park. The circuit-like resistance machines offer an effective, total-body workout in just minutes. The walking track is located around the perimeter of the indoor soccer field.

Picture above and inset: Shaw Centre (photo City of Saskatoon)

Family programs include walk and stroller sessions for new parents and their babies, parent and child floor hockey for five to seven year olds, and a high-energy boot camp using weights, bands, steps and balls for adults and youth/teens ages 11 to 18.

Let's play!

Fun is a key ingredient in all Leisure Centre activities. If your three to five year olds are still bursting with energy after supper, check out *Moonlight Monkey Madness*, a 45-minute evening program where they can burn off all their fuel with music, balls, hoops, sports equipment and parachute games.

Little girls will be delighted to attend the *Princess Ball*. Dressed in their princess best, they'll sing, dance and make fancy princess crafts like a tiara and jewellery.

It's easy to imagine that you're in the tropics as you relax beside the pool at the Lawson Civic Centre or take advantage of the indoor playground.

The City's municipal rinks are open from October through March with ice rentals and public skating programs, including special parent and tot skates.

Neighbourhood youth centres provide a fun and active atmosphere for pre-teens and teens, with leaders sharing crafts, games and other activities. Everyone is welcome to attend and drop-in programs are free to all participants.

Learn new skills

There are lots of opportunities to learn new skills. The Red Cross Swim Program is available at all the City's pools for people of all ages. Instructor training and certification includes first aid, CPR, lifesaving and fitness. There are basic and advanced digital photography classes, and you can take your cooking skills to a new level with one of the many cooking classes offered at the Cosmo Civic Centre.

Active Ager programs

Active seniors are healthy seniors, and the City provides a variety of programs specifically designed for residents over 50, such as *Zumba Gold*, which puts the fun into fitness by combining Latin dance moves

with aerobic exercises. There's circuit/strength training at the Fitness Circuit & Terry Fox Track and pole walking classes led by a Certified Personal Trainer.


Drop-in programs include *Gentle Aqua Motion*, *Assisted Chair Yoga* and *Gentle Muscle Sculpt*. The *Low Impact* cardio workout is suitable for all fitness levels.

As Marion, who is 83, will attest, there are fitness opportunities for everyone. Marion started with *Staying on Your Feet*, a progressive exercise program that helps seniors to improve their balance and reduce their risk of falling. Marion says it's made the world of difference in her life and strongly encourages her friends to join. She now participates in the *Forever in Motion* classes that focus on mobility, strength and endurance to help participants continue to enjoy a full range of everyday activities.

The City of Saskatoon has also partnered with the Saskatoon Health Region, Live Well and the Chronic Disease Management Program to provide the *First Step Program*, a supervised exercise and education program for people with chronic health problems, such as pre-diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease.

Drop-In Online

In addition to the many registered programs provided by the City, the Leisure Centres also offer a wide array of drop-in sessions, including adult and public swims and skates, aqua fitness, cardio classes, yoga and open gym.

The drop-in schedules are available online, making it easy for you to find activities that will fit your schedule. You can check the schedules from your mobile phone by scanning the QR code below. 



Sol and Alejandro Barrones moved to Saskatoon from Mexico a year and a half ago. They like to swim, so they started looking for a swimming pool. "We went to visit the Shaw Centre and loved it! It is clean, spacious and affordable for a newcomer. There is public swimming, and we only paid on the days we went swimming. We used to go on Friday nights and enjoyed the pool, the slide and the hot tub," says Sol.

Sol's 16-year old nephew visited in July and loved the Shaw Centre so much that he registered for the whole month and went to the fitness centre every day.

Sol was a criminal lawyer in Mexico for 14 years. She now sells hand-decorated cookies at the Saskatoon Farmers' Market. Her husband is an aircraft mechanic.

Picture above: Shaw Centre (photo City of Saskatoon)