



THE FIRST STEP
PROGRAM

FIRST STEP PROGRAM PARTICIPANT INFORMATION SHEET



Saskatchewan
Health Authority



Welcome to the First Step Program

First Step is a partnership between the Saskatchewan Health Authority and City of Saskatoon Community Services Department.

Together we offer a supervised exercise and education program for individuals looking to make exercise a regular part of their life.

PROGRAM TIMES:

The First Step Program runs 2 times per week. Tuesday & Thursday.

*You have the option to attend within the following program times. Your start and end time is up to you as long as you are done within the program times below.

Tuesday & Thursday:

08:00 – 11:30am – Exercise program time (Year round). See back for strength class time options.

04:30 – 07:30pm – Exercise program time.

- Track times in the Evening vary seasonally
- (Early May – End of Oct) **full track access**
- (Early Nov – End of Apr) **No track access until 6:30pm**

Education Sessions (Seasonal) - Tuesdays 10:30 – 11:15am Meeting Rm. #3 **and 5:30pm** Wellness Rm.

- For Any Questions Contact:
Shannon D-K at (306) 975-3121
- Exercise Start Date & Time:

- **FEES:** The cost of the First Step Program includes up to 4 months of exercise (2 times/week)

**Prices valid until March 31st, 2026.*

Main participant - **\$ 284.75** including tax

Support person - **\$ 89.50** including tax (spouse, friend, relative, etc.)

If cost is a concern for you, we have accessibility funding that you may apply for to cover a part or the entire fee. Please call to discuss this individually with a program coordinator if cost is a concern for you.

- **PARTICIPANT CARD:** First Step participants may enter the facility no sooner than **the set program start times** listed above. You may not exercise until the program starts. When entering the facility, please show your First Step participant card to the cashier at the front kiosk. We ask you clip your card on your shirt and display it during your attendance at the program. Your card only allows access during the times listed above.
- **EDUCATION:** A schedule will be posted on our First Step Bulletin Board or ask your Instructor for more information. We encourage you to learn as much as you can about healthy lifestyles and chronic conditions.
- **TRACK USE:** There are designated walking & running lanes on the track. Please note the lane direction signs posted and it is your responsibility to look in both directions before you make your way on and off the track, as lane changes are posted daily. The Field House is a multi-use facility, and we share the space with outside groups. Occasionally throughout the year the track will be unavailable, or program will be cancelled due to special events (ie: track meets).
- **EXERCISE LOGS:** You will have the option to keep an exercise log to record your workouts. There is a bin to keep these at the program for Phase 1 participants only. Phase 1 means you are in the 4 month initial program.
- **STORING CLOTHING & VALUABLES:** Please refrain from bringing your valuables to the program. You may bring a lock and secure your items in the locker room. Fanny packs are a good option for wallets, keys, and medical supplies (ie: rescue inhaler). Please bring a pair of clean indoor shoes as outdoor shoes are not permitted. Coat racks are in the hallway. Please wear comfortable, loose-fitting clothing and walking shoes for exercise.

- **AMENITIES:** Washrooms, showers, change rooms and lockers are accessed in the main hallway. One water fountain is located outside the ladies change room, one at the end of the hall across from meeting room #3, and another on the far north side of the track. These include **touchless water bottle fill stations**.
- **PARKING:** You may use the main lot (Lot #19) and university's east gravel lot (Lot #15). Please do not park in Merlis Belsher Place lot (Lot #20) or in an Accessibility Parking zone without a pass, or your vehicle may be ticketed. If you are using the facility between the hours of 8:00am – 3:00pm on weekdays plate registration in the lobby is mandatory every time or inquire about a parking permit sticker for your windshield. **New parking stickers are required yearly usually in September**. Watch for posted signs in the parking lot and inside the building or ask staff for clarification.
- Please **AVOID WEARING SCENTS**. To make the environment comfortable for everyone, please refrain from wearing any perfumes, colognes, lotions, or scented hairspray while exercising. We also expect that you maintain proper hygiene and to wear clothes that are laundered regularly. Thank you in advance for cooperating as some participants have breathing difficulties and/or allergies.
- **CHILDCARE:** Childminding is available through the Field House weekday mornings from 9:00 to 11:45 am. Check at the front desk for more information and cost.
- During the First Step Program we value you as a primary team member, please see us with questions, needing modifications and advice. Uncontrolled health conditions? Please check with your exercise therapist on how often to monitor your blood pressure or other health signs and symptoms that may affect how hard you exercise each day.

Please let an instructor know if you are feeling unwell in any way or if you want to change your exercise prescription to progress towards your individual goals.

Standardized Strength Class Times (Chair Class):

Class is around **25 minutes long** with a “Coaches Choice” focus for the last 5-10 minutes. “Coaches Choice” could be on balance, agility, specific strength for fine motor activities, functional simulations of everyday safe lifting or play activities to give this class variety for ideas of how to do everyday or seasonal activities safely. The starting times vary to accommodate your individualized program start and end times as follows:

- **Morning times = 8:30am, 9:30am, or 10:30am**
- **Evening time = 5:00pm & 6:30pm**

Mat Class with Progression of Exercise Focus:

- **Morning time = 9:00 – 9:40am or 10:00 – 10:40am**
- **Evening time = 5:45pm**

This class is for individuals who have attended chair class for several weeks and are looking to take the next step towards participating in a mainstream muscle sculpt type class. It is **35-40 minutes long**.