



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 choose one of the following sessions.

Tuesday/Thursday:

08:00 – 11:30am

04:30 – 07:30pm

(Mar – Oct) full track access

(Nov – Apr) *walking track open 6:30 – 7:30pm

- 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, 2024.*

Main participant - **\$ 273.75** including tax

Support person - **\$ 86.00** 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 **5 MINUTES BEFORE** any of the program times listed above. This extra time is for you to lock up your belongings and put on your indoor shoes – 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 Boards 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. SFH 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. This would be something you bring each time to 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 located 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 and another on the far north side of the track.

- **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. If you use an accessible parking pass AND park in an accessible stall, plate registration is not required in Lot #19. 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 check your blood sugars and how often to monitor your blood pressure. **Please let an instructor know if you are feeling unwell in any way or if you want to change your exercise prescription.**

Standardized Strength Classes Times (Chair Class):

Class is around 25 minutes long and the starting times are:

- **8:30am**
- **9:30am**
- **10:30am**
- **5:45pm**

Mat Class with Progression of Exercise Focus:

- **9:00 – 9:40am**
- **6:30 – 7:10pm**

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.