

Newcomer FAQ

(Frequently Asked Questions)

Somali

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Daryeelka caruurtaada

Daryeelka waxa loo sameeyay si loo ilaaliyo cunugaaga ama ilamaaga inta aad ka qayb qaadanayo adeegyada kala duwan ee xarunta leesharku kuu diyaarisay **Waalidku waa in ay joogaan xarunta leesharka (leisure centre)** inta caruurtooda ay daryeelayaan shaqaalaha hay'adda daryeelka caruurta ee City

Daryeelka caruurtu waxa uu ka diyaar yahay:

- Saskatoon Field House, 2020 College Drive, Tilifoonka: 975-3354
- Lakewood Civic Centre, 1635 McKercher Drive, Tilifoonka: 975-2944
- Shaw Centre, 122 Bowlt Crescent, Tilifoonka: 975-7744

Wixii daryeel gaar ah sida sii ilaalinta caruurta, saacadaha iyo qiimaha, fadlan wixii faahfaahina kala xidhiidh xarunta leeshar

Shaqaalaha u adeega macmiishuna ee aad kula kulmi karto xarunta leesharka waxay diyaar u yihin in ay kaa caawiyaan wixii su'aalo ah ee aad qabto



Caruurta yaryar iyo Xafaayaduhuba waa goobta dabaasha

Hadii aad wadato caruur xafaayado ama baambaris loo xidho, fadlan **gaar'ahaan isticmaal xafaayadaha ama baambariska marka kaliyaata la isticmaalo** ee dabaasha loogu talo galay. Hadii uu Ilmuuu uu ku saxaroodo meesha lagu dabaasho biyaha dhexdooda waxa laxidhayaa qaypta dabaasha si loo nadiifiyo.

➤ Is diiwaan galinta casharrada dabaasha

Waanu kaa kaalmayn karnaa si aad u qorto ama diiwaan galiso Ilmahaaga si uu uga qayb qaato casharada dabaasha Xaafadda Saskatoon waxa ku yaala oo ay leedahay far waaxood oo dadan oo lagu dabaashaa.

- Harry Bailey Aquatic Centre, 1110 Idylwyld Drive, Tilifoonka: 975-3321
- Lawson Civic Centre, 225 Primrose Drive, Tilifoonka: 975-7873
- Lakewood Civic Centre, 1635 McKercher Drive, Tilifoonka: 975-2944
- Shaw Centre, 122 Bowlt Crescent, Tilifoonka: 975-7744

Xaafadda Saskatoon waxa kale oo ay leedahay Afar waaxood oo lagu dabaasho oo banaaka ku yaal waxaana la furaa xilliga xagaaga waxayna bixiyaan casharo dabaasha ah.

- George Ward Pool, 1915 5th St East, Tilifoonka: 975-3350
- Lathey Pool, 815 Taylor Street, Tilifoonka: 975-3333
- Mayfair Pool, 1025 Ave F North, Tilifoonka: 975-3352
- Riversdale Pool, 822 Avenue H South, Tilifoonka: 975-3353

Waa hadii Ilmahaagu waligii **hore dabaasha cashar u qaadan**, ama muddo dheer ka dabaysay xillidgii uu qaatay cashar dabaasha ah, waxaannu kuula diyaarnahay in aanu **cashar bilaasha oo lacag la'aana ku siino si loo eego aqoonta uu u leeyahay dabaasha**. Tababare dhinaca dabaasha ah ayaabaa imtixaan ka qaadi doona oo qiimayn doona inta Ilmuu ka yaqaano dabaasha iyo fasalka uu la qaadan karo casharada dabaasha. Fadlan la xidhiidh xarumaha dabaasha si aad u hesho kaalmada lacag la'aanta ah.



Dhinaca sharciga amaanka caruurta ee biyaha

Amaanak agagaarka biyuhu goorwalba waaa arin muhiim ah. Si loo kaalmeeyo caruurta yar yar een wili Iskuul billabini sidii ay aamin ku noqon lahaaayeen, Magaalada Saskatoon waxay doonaysaa **in qofwaliba uu raaco qawaaniintan**:

Qofka wayn ama dhalinyarada (16 Jirka ama ka wayn) waa in u dhawaadaan in gacan dherarkeed jirta 2 badii caruur ah een wili Iskuul bilaabin ee 5 jira ama ka yar. qofka wayan, (ama dhalinyarada mas'uulka ah), waxa laga doonayaa in ay ilaaliyaan caruurta yaryar een wili Iskuul bilaabin ee ku ciyaaraysa biyaha iyo wax yaabo kalaba."

Adidgaa ah qofka Ilmahaaga noloshiisa badbaadin kara!

Qolalka qoyska ee lagu badasho

Qolalka qoyska ee lagu badasho waxa loogu talo galay in ay u fududeeyaan waalidiinta ama dadka ka mas'uulka ah in ay ka caawiso caruurta labka iyo dhadiga ahba in ay ku badalan lahaaayeen dabaasha. Tusaale ahaan, Qolka Qoysak ee lagu badasho wuxuu u fududaynayaa hooyada/dumarka mas'uulka si ay u kaaleeyaan wiilkooda ama (wiilashoodaba) ay ugu soo labisi lahayeen ama aabuhu/ama ninka mas'uulika ahi sidii uu gugu soo badali lahaa gabadhiisa waa inanta uu dhalay ama ka mas'uulka yahay. Dhamaan rag iyo dumarba way isticmaali karaan qololka lagu badashoRagga iyo dumarkuba way mari karaan luugaqa ama qaybta guud ee bulshada loogu talo galay.

Shaqaalahi xarunta leesharku su'aalay waydiin doonaan **xilliga ay ku arkaan rag ama dumar aan caruur** wadan oo ku jira qolkii Qoyska loogu talo galay Sidaa darteed fadlan isticmaal qolka dumarka ama ragga loogu talagalay







Dharka dabaasha

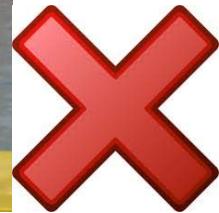
Fadlan dhar nadiifa u soo qaado dabaasha. Kastoomooyinka ama nigisyada iyo dharka banaanka loogu talogalay,(sida, dharka aad u soo gashato xarunta leesharka), waa in aan loogu talo galin in lagu dabaasho.

Caruurta yaryar iyo Xafaayaduhuba waa goobta dabaasha

Hadii aad wadato caruur xafaayado ama baambaris loo xidho, fadlan **gaar'ahaan isticmaal xafaayadaha ama baambariska bacda ka samaysan marka kaliyaata la isticmaalo** ee dabaasha loogu talo galay. Hadii uu Ilmuuu uu ku saxaroodo meesha lagu dabaasho biyaha dhexdooda waxa laxidhayaa qaybta dabaasha si loo nadiifiyo.

Fadlan raac shuruucda ama qawaaniinta loogu talo galay badbaadadaada ama aaankaaga

- Fadlan **soco** goobaha dabaasha u dhow. **Marnaba ha ordin**
- Fadlan **cunto ama xanjo ha ku cunin** meel u dhow dabaashaWaad ku cuni kartaa goob kasta oo miisas iyo kuraasi taalo.Xanjo ha cunin goorta aad dabaalanayo
- Fadlan **dhagaxaanta Suunad (sauna rocks) qolka uumiga biyo ha ku shubin** waay waxay **sababaysaa in dhagxaana** burburiyaan.
- **Lagu ma dagaalami karogoobta** dabaasha.
- Biyaha gaaban ee qaybta Harry Bailey Aquatic Centre iyo Shaw Centre aad hoos uguma dheera sidaa darteed si digtoon adoo is ilaalinaya u quus . **Fadlan lugahaaga ku bood**.Quusitaanku waxa loo ogolyahay dhamaadka xarunta Harry Baily Aquatic.
- Lawson Civic Centre iyo Lakewood- Aadbay u gaabanayihiin in la quuso. **ku bood lugahaaga** meelkasto oo dabaasha ka mida.
- Meelaha gaagaaban ku eekaw hadii aanad haysan qalabka dabaasha ee heerka 5 ama aanad dabaalan kari 50 mitir. Waa fadhiisan kartaa waanad jilbo joogsan kartaa goorta aad.
- Waad **fadhiisan kartaa waanad jilbo joogsan kartaa goorta aad isticmaalayso salliga ama sijaayaddabiyaha** dul sabaynaysaHaku dul istaagin waayo ma ah aamin



Qaanuunka amaanka biyaha ee caruurta 5 jirka ka yar: Caruurta, dhalaan ilaa 5 jir, waa in uu goor walba qof wayni la joogo, (qof ka wayn 16), waa in aanay ka fogaan in gacan la fidiyo gaadhaysa.Hadii uu qofka wayni uu biyaha ka baxayo waa in uu Ilmaha yar sii kaxaysto.

- Lakewood Civic Centre Water Slide:

- Waad silban kartaa goorta uu nalku ama laydhku uu cagaar noqdo.



- Kolba qof ayaa silban kara.



- Dhabarka u seexo ama fadhiiso oo lugahaaga fidi.



- Madaxaagu yaanu horaynин goorta aad silbanayso.



Barkadda biyaha kulul- iyo inta ugu badan ee qof ee loo ogolyahay

Inta ugu badan, (oo ay kamid yihgiin caruurta yaryar), oo suurto gala in ay biyaha kulul ku jiraan:

- Xarunta Lakewood Civic – 20 qof
- Xarunta Harry Bailey Aquatic – 12 qof
- Xarunta Lawson Civic – 18 qof
- Xarunta Qoyska loogu talo galay ee biyaha kulul ee Shaw waa - 30 qof
- Xarunta biyaha kulul ee Shaw dadka waawayn – 25 qof

Waxa lagugula talainaya in aanad **ku jirin biyaha kulul in ka badan 20 minidh.**



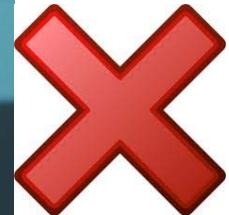
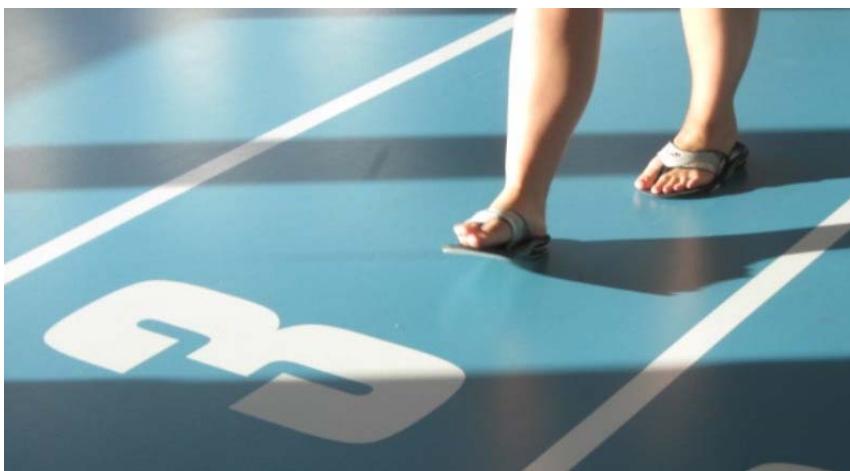
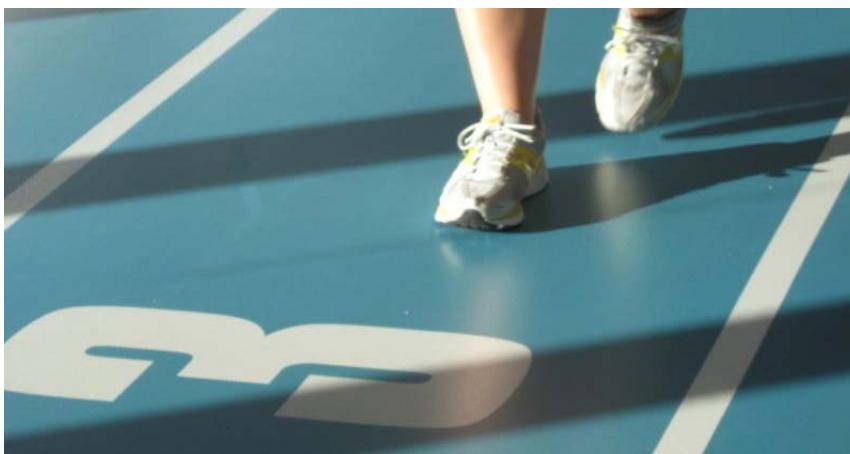
Qola isticmaalka Biraha ee Jidhka lagu dhiso

Dhinaca caafimaadka, badbaadada iyo ku raaxaysiga ee dhamaan loogu talo galay:

- Noqo qof ansha iyo xaq dhoor leh goorta aad la joogto dadka kale ee isticmaalaya qalabaka jidhaka lagu dhiso ee qolka jooga
- Cay ama aflagaado iyo/wax xun ka sheeg ama dhaqan xumo shukaansi aha looma dulqaadan karo.
- Xidho dharka ama hunka jimicsiga loogu talao galay.
- Boorsooyinka ama shandadah ciyaartoyda looma ogola qolka biraha lagu qaadqaado.Fadlan ku soo dhaaf kabadhada loogu talo galay ee qolka lagu badasho.
- Wixii qiimo kuule ku soo dhaaf aqalkaaga.Saskatoon kama mas'uul aha wixii luma.
- Fadlan biyaha waxa aad a cabtaa caagado ama weel aan da'ay oo aan daadinayn.
- Goorta qolka biruhu aad u buuxo, fadlan wakhtigaaga 30 daqiiqadood ku soo koob goorta aad isticmaalayo qalabka kaardiyaha.
- Ha ku tuurin dhulka biraha miisaanka leh.Fadlan isticmaal saliga ama sijaedad mishiinada agtaala.Kadinban biraha meeshii loogu talo galay dhig goorta aad ka dhamaysato.
- Goorta aad qalab isticmaasho, fadlan harqad ama xaashi ama maro ku masax ama tirtir si qofka xigaa iyadoo nadiifa u isticmaalo.
- Goorta aad biraha isticmaalayo u ogolow qofaka kale in uu ku caawiyo si aanay wax yeelo kuu sooo gaadhin.



- Fadlan gasho kabaha ciyaartoya loogu talo galay.Dacas, sandal ama kabaha farahaagu banaanyihiin laguuma ogola waayo ma daryeelayaan dhamaan lugtaada.



Ogolaanshaha Caruurta/Dhalin yarada iyo Qolka biraha lagu qaado

- Dhinaca amaanka awgii, caruurta 7 jirka ah looma ogola qolka biraha.
- Caruurta da'doodu u dhaxayso 7-12 waa loo ogolyahay hadii ay cidi la socoto, waxaana loo ogolyahay oo kaliyaata qalabka aardiyoga sida orodak iyo jimicsiga (Biraha muruqyada lgu dheso looma ogola)Waa in waalidku/barbariyuuhu ka mas'uul noqdo.
- Dhalinyarada da'doodu u dhaxayso 13-15 kaligood waa loo ogolyahay iyagoon cidna wadin hadii ay ka sitaan waaxda kaalmada ee dhalinyarada ee biraha caddayn iyo kaadh, (kaas oo loo yaqaano 'Kaadhka Cagaaran').
- Dhalin yarada 16 jirka ah iyo wixii ka wayn in ay cidi u raacdoo qolka biraha uma baahna.

Tusmada loogu talo galay dhalin yarada ee wadada orodka (Track)

- Dhalin yarada da'doodu tahay 13 jir waa suurto gal in ay isticmaalaan wadada orodka ama garoonka orodka iyadoon cidi wadin, waxase looga baahanyahay in ay sitaa 'cadayntii qagaarnayd', ama uu ka qayb qaataay kooraskii habaka qalaba loo isticmaali lahaa Hadii aad wax su'aala aad ka qabto fadlan la xiriir oo waydii shaqaalaha xarunta Leesharka
- caruurta 13 ka yar waa in waalidku/daryeeluhi ama babaariyuuhu ag joogo goorta uu ilmuhi qaybta orodka joogo.
- Dhalin yarada 16 jirka ah iyo wixii ka wayn in ay cidi u raacdoo qolka biraha uma baahna.dhaliyaroda waawayni uma baahna kaadhka cagaaran, iyo in ay ka qayb qaataan kooraska habaka qalaba loo isticmaalo.



YOUTH WEIGHT ROOM CARD

**City of
Saskatoon**

Name: _____
Age: _____

This card entitles the bearer to use the fitness rooms noted below without supervision:

Harry Bailey Aquatic Ctr. – Cosmo Civic Ctr.
Lakewood Civic Ctr. – Lawson Civic Ctr.
Saskatoon Field House – Shaw Centre