



THE FIRST STEP
PROGRAM

FIRST STEP PROGRAM PARTICIPANT INFORMATION SHEET

Welcome to the First Step Program

First Step is a partnership between the Saskatoon Health Region and City of Saskatoon Community Services



Optimizing Chronic
Disease Management

- **PROGRAM TIMES:**

The First Step Program runs 3 times per week. Tuesday, Thursday and Saturdays.

Tuesday/Thursday Mornings:

08:00 – 11:00 am	Exercise	(Year round)
10:45 – 11:45 am	Education	(Seasonal)

You may alternate between morning and evening times.

Tuesday/Thursday Evenings:

05:00 – 08:00 pm	Exercise	(May – Oct)
05:00 – 08:00 pm	Exercise	(Nov – May) <i>No Track access until 6:30pm</i>
05:30 – 06:30 pm	Education	(Seasonal)

Saturdays: (Exercise only)

09:00 – 11:00 am	(May – Oct)
09:00 – 11:30 am	(Nov – May)

***Remember: You may alternate between morning and evening times.**

- **FEES:** The cost of the First Step Program includes 3 months of exercise (3 times/week) plus the education cycle (12 classes). (*Prices valid until March 31st, 2015*)

Main participant - **\$220.25** including tax

Support person - **\$69.25** including tax (spouse, friend, relative, etc.)

If you have **Diabetes, Pre-Diabetes OR Chronic Kidney Disease**, part of the cost is subsidized through the Saskatoon Health Region. So, you would pay:

Main participant - **\$75.00** including tax

Support person - **\$45.00** including tax (spouse, friend, relative, etc.)

- ❖ **Receiving a medical referral will not automatically give you the subsidization from the Saskatoon Health Region.**

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

- **EDUCATION:** The education classes are offered as a six-week cycle. You may begin the cycle nearest to your exercise program start date. If you miss any education classes, you may attend the class in the next cycle. **Check the First Step bulletin board for the current class schedule.**
- **PARTICIPANT CARD:** First Step participants can come into the facility **15 MINUTES BEFORE** any of the program times listed above. When entering the facility, please show your First Step participant card to the cashier at the front kiosk. You are required to clip your card on your shirt (clips will be supplied) and display it during your attendance at the program. Your card only allows access during First Step Times.

- **TRACK USE:** There are designated walking & running lanes on the track. Lanes 1, 2, 3 & 4 are regular walking lanes. Please note the lane direction signs posted and look in both directions before you make your way onto the track, as lane changes are posted daily. Please ask a staff member if you have any questions.
- **EXERCISE LOGS:** All participants are asked to keep an exercise log to record information of each workout. The logs will be available in the portable files placed out on the track. If you have questions about your exercise log please ask the staff for help.
- **STORING CLOTHING & VALUABLES:** Please refrain from bringing your valuables to the program. Fanny packs are a good option for wallets, keys, and medical supplies. Please remove wet or dirty footwear before entering the track area. Coat racks are located in the hallway. Please wear comfortable, loose fitting clothing and walking shoes for exercise.
- **AMMENITIES:** 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 side of the track.
- **PARKING:** Please do not park in the Accessibility Parking zone without a pass, or your vehicle will be ticketed.
- We are a **SCENT FREE FACILITY**. To make the environment comfortable for everyone, please refrain from wearing any perfumes, colognes, lotions or scented hairspray while exercising. Because this is a shared facility, we 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:** Childcare is available through the Field House on Tuesday and Thursday mornings from 9:00 to 11:30 am. Check at the front desk for more information and cost.
- **DIABETES:** For Individuals with **diabetes**, we encourage you to bring your own monitors for testing blood glucose levels. If you are not feeling well and suspect your sugars are low, please ask a staff member for assistance.
- **INSTRUCTORS:** You will have a specific instructor that will follow up with you but remember you have all instructors available for you.
- During the First Step Program we value you as a primary team member, please see us with questions, needing modifications and advice. 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.**

Group Class Times

Tuesday/Thursday AM		Tuesday/Thursday PM	
08:00 – 08:25	Group Strength Chair Class	05:45 – 06:10	Group Strength Chair Class → May – Oct
08:00 – 08:40	Group Strength Mat Class	06:45 – 07:10	Group Strength Chair Class
08:30 – 08:55	Group Strength Chair Class	06:50 – 07:20	Group Strength Mat Class
09:00 – 09:25	Group Strength Chair Class		
09:00 – 09:40	Group Strength Mat Class		
09:30 – 09:55	Group Strength Chair Class		
10:00 – 10:25	Group Strength Chair Class		
 Saturday			
	09:00 – 09:25	Group Strength Chair Class	
	09:00 – 09:40	Group Strength Mat Class	
	09:30 – 09:55	Group Strength Chair Class	
	10:00 – 10:30	Group Strength Chair Class	
	10:30 – 10:55	Group Strength Chair Class	→ Nov - May