

Winter 2024

FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+

Sports for 50+

Court sports are not often associated with seniors, but that doesn't mean we should hang up the racquets and running shoes as we get older. The City of Saskatoon Leisure Centres offer a variety of drop-in sports that are excellent for seniors whether a beginner or seasoned player.

Participating in your favourite sport or trying something new at a modified level will help to improve your physical literacy which includes balance, agility, spatial awareness and reaction time. This in turn will decrease the occurrence of injuries and help prevent falls.

The beginner fitness classes can be great for new participants or those returning to an active lifestyle. Class content is designed to build confidence and ensure participant safety. Introduction to Pickleball is one of these instructional classes and is offered at Cosmo Civic Centre and Saskatoon Field House. Participants will learn the basics of the sport in a friendly, social environment. You can learn more about the sport from one of our instructors, Dexter Wyse, highlighted inside this flyer. Then consider picking up a paddle and trying one of Canada's fastest growing sports. Registration will open on Sunday, December 3 and equipment is supplied.

Pickleball is also offered as drop-in reserve program at Lakewood and Cosmo Civic Centres. This means, no commitment is required, join in when it works for you. A reservation is required for select drop-in programs that have limited facility space or program equipment. Drop-in programs requiring a reservation are noted on Leisure Online and can be booked up to 2 days in advance. New sessions open for reservations at 7:00 a.m. each day. Racquetball is also offered in the same format at Cosmo Civic Centre. You can also gather your friends together and reserve a full court for an hour to play pickleball or badminton. Call Saskatoon Field House up to 2 days in advance.

Meet new people during a pick-up game of basketball or participate in your favourite gym activity at Lakewood Civic



What's inside?

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Spotlight on Fitness: Pickleball

Centre or Shaw Centre during open gym. It's as simple as showing up during drop-in times which are listed on Leisure Online at saskatoon.ca/leisureonline.

All of these sports are available through general admission, LeisureCard or bulk ticket at the Leisure Centres.

Tennis and walleyball enthusiasts can get court time by renting court space at Saskatoon Field House or Cosmo Civic Centre, respectively for one-hour blocks.

It's never too late to grab some friends and rally your way to better health! Both your mind and body will thank you. Pick up a copy of the Winter Leisure Guide for details on how you can find your fit!



LEISURE CENTRES

COSMO CIVIC CENTRE • HARRY BAILEY AQUATIC CENTRE* • LAKEWOOD CIVIC CENTRE
LAWSON CIVIC CENTRE • SASKATOON FIELD HOUSE • SHAW CENTRE

*Closed for facility upgrades

Drop-in Fitness Programs

Drop in for fun and fitness at the City of Saskatoon Leisure Centres! Access drop-in programs with a paid admission, City of Saskatoon LeisureCard or Bulk Tickets.

Aqua Fitness/Gentle Aqua Fitness Uses a variety of equipment and exercises in waist to chest deep water. No swimming ability is required. **LWC, LCC, SCC**

Aqua Walk Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. **LWC, LCC*, SCC**

**Deep Water Aqua Walk also available.*

Chair Yoga Incorporates strength and flexibility components with yoga-based movements using chair support. **LWC, LCC, SCC**

Deep Water Aqua Fitness Minimizes joint stress using flotation belts to provide support while you work out in the deep end. **SCC***

**Tethers may be utilized during class at Shaw Centre.*

Fitness Yoga Introduces fundamental strength conditioning and flexibility components with yoga-based movement. **CCC, LWC, LCC, SFH, SCC**

Functional Fitness Utilizes stretching exercises and mild aerobic activity. **CCC, LCC, SCC**

Registered Programs

Register at least **one week** prior to start of class. Refer to the back of this brochure for information on how to register.

Strollin' & Polin' Enjoy the many benefits of pole walking in this friendly, social program. Your instructor will lead you through a warm-up, walking, and strength and stretch components. Poles are optional and are provided.

Saskatoon Field House

Jan 3-29	M/W/F	01:15 PM-02:15 PM	\$51.50	FH1365-01
Jan 31-Feb 26	M/W/F	01:15 PM-02:15 PM	\$51.50	FH1365-02
Feb 28-Mar 26	M/W/F	01:15 PM-02:15 PM	\$51.50	FH1365-03

Minds in Motion A community-based fitness and social activity program incorporating physical activity and mental stimulation for those with early symptoms of Alzheimer's disease and other dementias to enjoy with a family member or friend. Develop new friendships in a relaxed atmosphere with others living similar experiences. For more information, contact Connie at 1-800-263-3367, by email at mindsinmotion@alzheimer.sk.ca or visit alzheimer.ca/sk. To register call the Saskatoon Field House at 306-975-3354.

Saskatoon Field House

Jan 23-Mar 26	Tu	01:30 PM-03:30 PM	\$30	FH1510-01
Feb 1-Apr 4	Th	01:30 PM-03:30 PM	\$30	FH1510-02

Minds in Motion® is provided in partnership with the City of Saskatoon, Alzheimer Society of Saskatchewan and Information Services Corporation.

For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Winter Leisure Guide, call 306-975-7808, or visit saskatoon.ca/leisureguide.

Gentle Fitness Yoga A slower paced class with emphasis on the warm up, basic postures, modifications, gentle strengthening and flexibility. **LCC, LWC, SCC**

Low Impact & Sculpt Combines cardiovascular, light weight training and flexibility exercises. **LWC, LCC**

Pickleball Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **CCC, LWC, SFH**

Walk & Sculpt A brisk walk followed by a muscle strengthening routine. **LWC**

...and many more!

Save with Bulk Tickets & LeisureCards!

BULK TICKETS Buy 10 for less than the price of 8! Bulk Tickets never expire, are transferable and make great gifts.

LEISURECARD Get unlimited access to all six Leisure Centres, outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit these facilities more than two times per week.

Learn more at saskatoon.ca/admissions.

Stay Connected!

Subscribe to the Fit Over 50 eNewsletter to receive program updates delivered to your inbox.

Visit saskatoon.ca/fitover50 or scan the QR code to subscribe now.



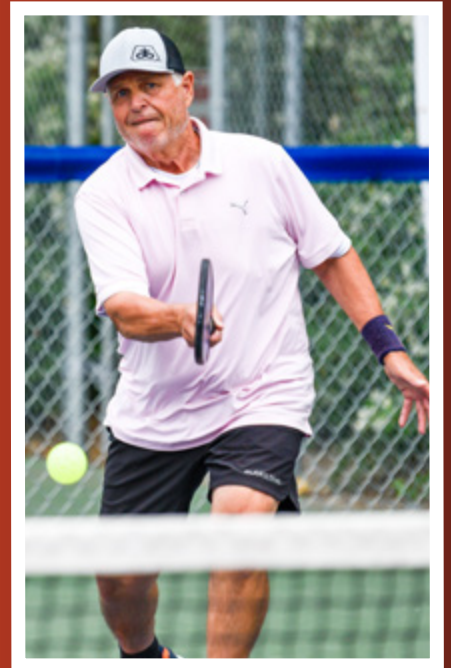


Spotlight on Fitness:

Pickleball

Dexter Wyse became hooked on pickleball 10 years ago when on holiday in Arizona. "I loved the game right from the start. When I got home, I looked for places to play pickleball in Saskatoon and found a group of players like me – snowbirds".

Wyse continued to get involved and learn the sport before becoming an instructor. "When I retired one of my objectives was to stay physically active. Pickleball is easy to play and provides plenty of exercise. It helped me to meet my goal of staying active".



We are lucky to have Wyse instruct Introduction to Pickleball at the Saskatoon Field House. He is a nationally certified instructor, member of Saskatoon Pickleball Inc and an instructor for the group.

The Introduction to Pickleball class offers participants the basics of the sport in a friendly, social environment. "People have to have fun in the first hour. If that goal is achieved, they are usually hooked. Pickleball will give you the chance to have fun with others and meet new people", explains Wyse.

Wyse encourages all abilities to try the game. "One thing I found, it's easy to learn and it can be played at different levels. People who don't have an athletic background can join and will fit in".



LEISURE CENTRES

Cosmo Civic Centre (CCC)	306-975-3344
Lakewood Civic Centre (LWC)	306-975-2944
Lawson Civic Centre (LCC)	306-975-7873
Saskatoon Field House (SFH)	306-975-3354
Shaw Centre (SCC)	306-975-7744

saskatoon.ca/leisurecentres

Beginner Fitness

Registration must be done at least **one week** prior to start of class. See below for information on how to register.

Finally, a workout that works!

Adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you.

Beginner Fitness Introductory classes

These classes will introduce you to the basics before starting your own fitness regime or program.

- Introduction to Pickleball **CCC, SFH**

Beginner Fitness Learn To Classes

Designed with the beginner in mind, our Learn To Classes include three 45-minute sessions with an additional 15-minutes provided after each class to ask the instructor your individual questions.

- Learn to Fitness Yoga **LWC, SFH, SCC**
- Learn to Group Cycle **SFH, SCC**
- Learn to Pole Walk **SFH**

Get Motivated with a Personal Trainer

A fitness consultant will keep your goals, current fitness status and lifestyle needs in mind while developing a training program that is right for you. For more information about personal training options call 306-975-7808.

For more information on beginner fitness programs call 306-975-7808. Registration information can be found on page 15 of the Winter Leisure Guide or at saskatoon.ca/leisureguide.



For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Winter Leisure Guide, call 306-975-7808 or visit saskatoon.ca/leisureguide.

The First Step Program™

If you have pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol, and/or chronic kidney disease, First Step can help to improve your quality of life and help reduce the risk of developing future health concerns.



The First Step Program™ is a supervised exercise and education program for individuals looking to make exercise a regular part of their life. The key is taking the first step to preventing chronic conditions from affecting your health.

You will be assigned a highly trained exercise specialist who will assess your own individual needs and design an exercise program specifically for you.

Exercise sessions are two times per week at the Saskatoon Field House (Tuesday & Thursday mornings or evenings). Once you graduate from this program you can continue with this excellent support three times/week adding on Saturday mornings and further options of utilizing all leisure facilities to continue your healthy lifestyle.

For more information and application forms, please call 306-975-3121 or visit saskatoon.ca/firststep.

Walking Tracks

Set your pace at one of the City indoor tracks no matter the weather.

Hamm Walking Track (Shaw Centre): Three-lane, 165 m

Saskatoon Field House: Six-lane, 200 m

Terry Fox Track (Saskatoon Sports Centre): Two-lane, 365 m

How to register

In this flyer and in the Leisure Guide, you will find a variety of fitness, lifestyle and water safety programs that require pre-registration and may require payment of a class fee to participate.

Phone or visit the Leisure Centre of your choice:

Cosmo Civic Centre	3130 Laurier Dr.	306-975-3344
Lakewood Civic Centre	1635 McKercher Dr.	306-975-2944
Lawson Civic Centre	225 Primrose Dr.	306-975-7873
Saskatoon Field House	2020 College Dr.	306-975-3354
Shaw Centre	122 Bowlt Cres.	306-975-7744

Leisure Online at leisureonline.saskatoon.ca

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Signing up for your favourite City of Saskatoon programs is easier than ever.