



THE FIRST STEP
PROGRAM

FIRST STEP PROGRAM PARTICIPANT INFORMATION SHEET

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 3 times per week. Tuesday, Thursday and Saturdays.

*You may alternate between morning and evening times.

Tuesday/Thursday Mornings:

08:00 – 11:00 am (Year Round)

Tuesday/Thursday Evenings:

05:00 – 08:00 pm (May – Oct)

05:00 – 08:00 pm (Nov – Apr) → **Walking track is unavailable between 5:00 - 6:30pm.**

Saturdays:

09:00 – 11:00 am (May – Oct)

09:00 – 11:30 am (Nov – April)

- For any questions contact
Catherine at **306-975-3121**.
- Exercise Start Date & Time:

- **FEES:** The cost of the First Step Program includes 3 months of exercise (3 times/week) plus the education cycle. (*Prices valid until March 31st, 2021*)

Main participant - **\$ 257.75** including tax

Support person - **\$ 81.00** 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 discuss this individually with a program coordinator if cost is a concern for you.

- **EDUCATION:** Check the First Step bulletin board for the current class schedule as they are offered seasonally through the year. The classes are usually held Tuesdays mornings at *9:30am* or in the evenings at *6:15pm* or *7:15pm* and range in duration from 20-60min depending on the presentation. You have ongoing access to all the education classes for as long as you are a First Step Participant.
- **PARTICIPANT CARD:** First Step participants may enter the facility no sooner than **15 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. You are required to 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.
- **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 to our program due to special events (ie: track meets). 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. 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. Please bring a pair of clean indoor shoes. You may not wear outdoor shoes on the track area. 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 a parking permit is required. 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. 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.**

Phase 1 Group Strength Class Times

Before you join the group exercise class a Movement Assessment needs to be booked with your therapist. If you feel like you are ready to add on the strengthening component, please talk to your Exercise Therapist.

Tuesday/Thursday AM

Tuesday/Thursday PM

08:00 – 08:25	Group Strength Chair Class	05:45 – 06:10	Group Strength Chair Class
08:30 – 08:55	Group Strength Chair Class		➔ (Added for months May to Oct)
09:00 – 09:25	Group Strength Chair Class	06:45 – 07:10	Group Strength Chair Class
09:30 – 09:55	Group Strength Chair Class		
10:00 – 10:25	Group Strength Chair Class		

Saturday Mornings

09:00 – 09:25	Group Strength Chair Class
09:30 – 09:55	Group Strength Chair Class
10:00 – 10:30	Group Strength Chair Class
10:30 – 10:45	Stretch/Cool-Down Class ➔ (Added for months Nov to April)