

# LEISURE GUIDE

FREE!

Fall 2025



## Making Waves!

Enjoy a fun workout and bond with baby at Baby & Me Aqua Fitness.

p 32



City of  
Saskatoon



## Find us online!

All of the great arts, culture and recreation programs listed in the *Leisure Guide* are also available online, anytime.



View the current Leisure Guide online:  
**[saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide)**



Browse and register for Registered Programs with Leisure Online:  
**[saskatoon.ca/leisureonline](http://saskatoon.ca/leisureonline)**



Check out Drop-in Program times and locations on Leisure Online:  
**[dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca)**



Connect with your neighbourhood Community Association to see what they have to offer this season:  
**[saskatoon.ca/communityassociations](http://saskatoon.ca/communityassociations)**



## Attention Advertisers! Get in the Guide!

The Leisure Guide is Saskatoon's go-to source for sport, culture and recreation information. Reach a wider audience by advertising your community programs in the City of Saskatoon Leisure Guide. With 30,000 copies available for pick up throughout the city and an online readership of over 10,000 views per season, the Leisure Guide offers a strong platform to promote your programs to the community.



**Available  
November 21!**

### Book Today!

Contact the StarPhoenix at 306-203-3419 or visit  
**[getintheguide.com](http://getintheguide.com)**



Deadline:  
Friday, October 10, 2025



**[saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide)**



## Respect is expected.

Our employees and customers both deserve to feel safe and respected while accessing our programs, services, and facilities, and while in our workplaces.

**Let's all choose kindness in every interaction.**

Service  
SASKATOON





The City of Saskatoon Leisure Guide is your community source for sports, culture and recreation programs in Saskatoon!

Find a variety of Registered and Drop-in Programs designed to help you get fit or learn a new skill. You'll also find out about sports, culture and recreation opportunities offered by community organizations throughout the city.

The Leisure Guide is available each season two weeks in advance of program registration and can be picked up at any City leisure facility, Saskatoon public library or wherever the StarPhoenix is sold. The Guide is also available online at [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).



*Mark your calendars!*

- ✓ Registration for Fall programs begins Sunday, August 17, 2025.
- ✓ 2026 Winter Leisure Guide will be available Friday, November 14, 2025 and registration will begin Sunday, November 30, 2025 at 6:00 p.m.

**Wheelchair Accessibility and Individuals with Special Needs**

The City of Saskatoon works to remove barriers to full participation. People with special needs are invited and encouraged to participate in all Recreation & Community Development programs. Please contact the site you are registering at to let us know if you or a member of your family requires assistance to participate in a program. Every effort will be made to address individual needs and ensure a positive experience for all program participants. Accessibility to our facilities is provided with wheelchair ramps, elevators, zero-depth pools, a portable aquatic lift (Shaw Centre) and other amenities.

Should you require assistance to participate in the program of your choice, or would like further information on any of our facilities, call 306-975-3392.



Fall Leisure Guide cover photo taken at Shaw Centre featuring Baby & Me Aqua fitness. Refer to page 32 or visit [saskatoon.ca/leisureonline](http://saskatoon.ca/leisureonline) for more information about this fun program designed for babies ages 6 to 18 months.

**WHAT'S INSIDE...**

**RECREATION MAP** .....4-5

**LEISURE CENTRES** .....6-11

Cosmo Civic Centre (CCC) .....6

Harry Bailey Aquatic Centre (HBC) .....7

Lakewood Civic Centre (LWC) .....7

Lawson Civic Centre (LCC) .....8

Saskatoon Field House (SFH) .....8

Shaw Centre (SCC) .....9

Terry Fox Track .....9

Admission Rates & Options .....10-11

Child Minding .....10

**PROGRAMS & ACTIVITIES** .....12-35

Leisure Centre Drop-in Programs .....12-14

Registered Programs .....15-34

How to Register .....15-16

Lifesaving Society Swim Lessons .....16-27

Lesson Level Descriptions .....16-18

Parent & Tot, Preschool & Swimmer Lessons .....18-26

End-of-Summer Lesson Sets .....19

Lakewood Civic Centre (LWC) .....20-21

5-Day Lesson Sets (LWC) .....22

Lawson Civic Centre (LCC) .....22-24

Multi-Level Swim Lessons for Families (LCC) .....24

Shaw Centre (SCC) .....25-26

New! Youth Swimmer Lessons .....26

Adult Swim Lessons .....27

Additional Swim Lesson Options .....27

Free Community Programming .....28

Preschool Recreation Programs .....28-29

Children Recreation Programs .....29

Youth Recreation Programs .....30

Adult Recreation Programs .....30-32

Beginner Fitness .....30-31

Adult Personal & Group Exercise Training .....31

Fit Over 50 Personal & Group Exercise Training .....31

General Fitness .....32

Specialized Wellness Programs .....33

Training & Certification Programs .....33-35

**SEASONAL FUN!** .....36-37

Ice Skating .....36-37

Cross Country Skiing .....37

Dog Parks .....37

Saskatoon Forestry Farm Park & Zoo .....38

**RENTAL OPTIONS** .....39

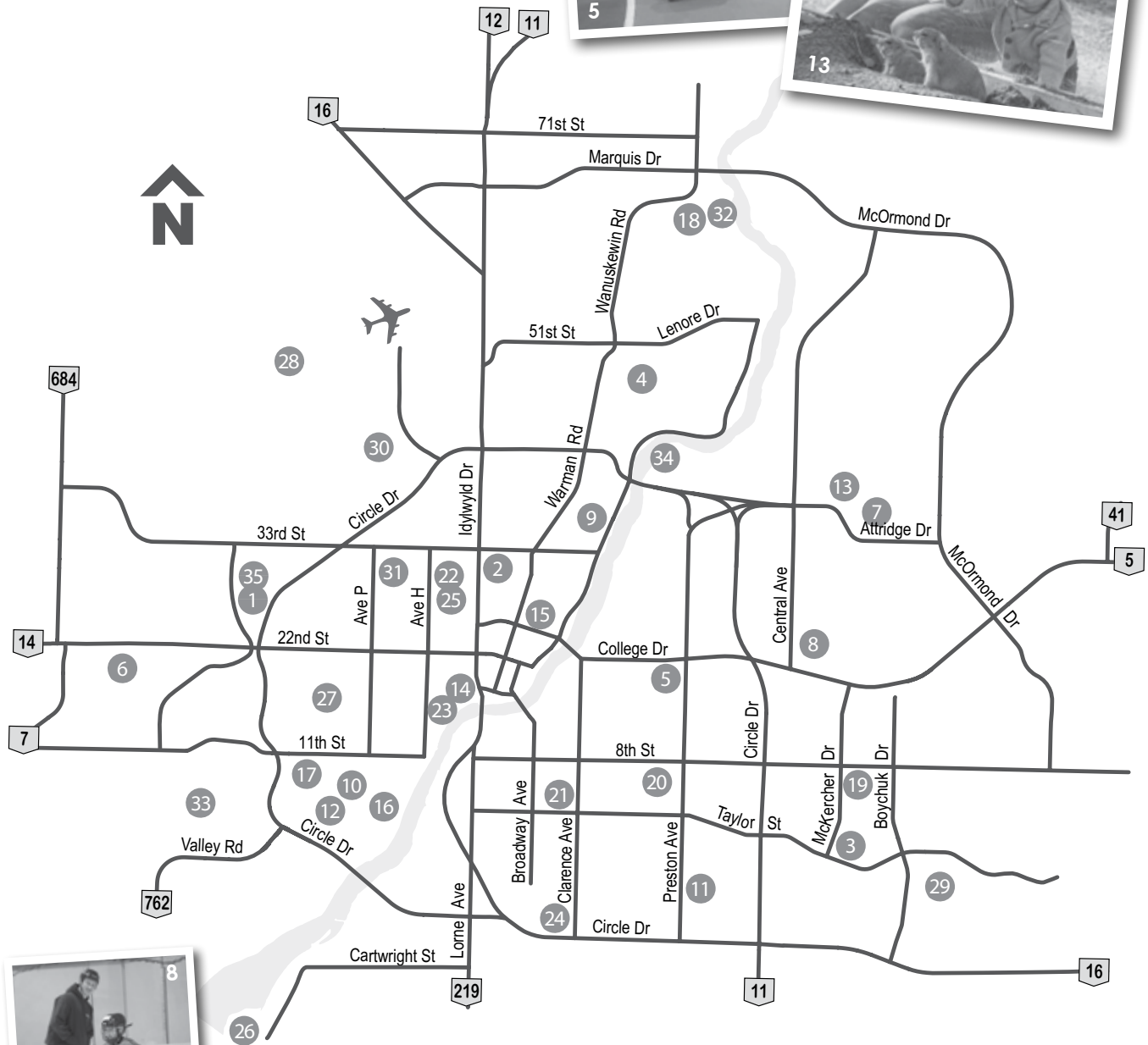
**COMMUNITY ASSOCIATIONS** .....40-45

**ADVERTISERS' INDEX** .....46

# RECREATION MAP

## Find Your Fun!

The City of Saskatoon offers a variety of sport, culture and recreation programs and activities at various leisure facilities located throughout the city.



.....  
 Visit [saskatoon.ca/recreation](http://saskatoon.ca/recreation) for more information  
 on these great amenities!



## INDOOR LEISURE CENTRES

- 1 **COSMO CIVIC CENTRE** .....6  
3130 Laurier Drive
- 2 **HARRY BAILEY AQUATIC CENTRE** .....7  
1110 Idylwyld Drive North Closed for  
facility upgrade
- 3 **LAKEWOOD CIVIC CENTRE** .....7  
1635 McKercher Drive
- 4 **LAWSON CIVIC CENTRE** .....8  
225 Primrose Drive
- 5 **SASKATOON FIELD HOUSE** .....8  
2020 College Drive
- 6 **SHAW CENTRE** .....9  
122 Bowlt Crescent
- 7 **TERRY FOX TRACK** .....9  
150 Nelson Road

## ICE SKATING

- 8 **ACT ARENA** .....36  
107-105th Street East
- 9 **ARCHIBALD ARENA** .....36  
1410 Windsor Street
- 1 **COSMO ARENA** .....36  
3130 Laurier Drive
- 10 **GORDIE HOWE KINSMEN ARENA** .....36  
1405 Avenue P South (*Rentals only*)
- 11 **LIONS ARENA** .....36  
2205 McEown Avenue
- 12 **CLARENCE DOWNEY SPEED  
SKATING OVAL** .....37  
Dudley Street & Avenue R South

## OTHER ATTRACTIONS

- 13 **SASKATOON FORESTRY FARM  
PARK & ZOO** .....38  
1903 Forestry Farm Park Drive
- 14 **OUTDOOR FITNESS CIRCUIT  
AT RIVER LANDING**
- 15 **NUTRIEN PLAYLAND AT KINSMEN PARK**  
945 Spadina Crescent East
- 16 **GORDON HOWE CAMPGROUND**  
1640 Avenue P South (off 11th Street)

## GOLF COURSES

- 17 **HOLIDAY PARK GOLF COURSE**  
1630 Avenue U South (off 11th Street)
- 18 **SILVERWOOD GOLF COURSE**  
3503 Kinnear Avenue
- 19 **WILDWOOD GOLF COURSE**  
4050 8th Street East

## OUTDOOR POOLS

- 20 **GEORGE WARD POOL** 1915 5th Street East
- 21 **LATHEY POOL** 815 Taylor Street East
- 22 **MAYFAIR POOL** 1025 Avenue F North
- 23 **RIVERSDALE POOL** 822 Avenue H South

## DOG PARKS

- 24 **AVALON**  
South end of Broadway at Glasgow Street
- 25 **CASWELL**  
Avenue F North and 31st Street West
- 26 **CHIEF WHITECAP**  
Access via Saskatchewan Crescent off of  
Cartwright Street
- 27 **FRED MENDEL**  
Avenue W South and 17th Street West
- 28 **HAMPTON**  
North on Range Road 3060, near the airport
- 29 **HYDE**  
South end of Hyde Park, adjacent to  
Boychuck Drive
- 29 **HYDE (SMALL DOGS ONLY)**  
North end of Hyde Park adjacent  
to Boychuck Drive
- 30 **PAUL MOSTOWAY**  
Richardson Road east of McClocklin Road
- 31 **PIERRE RADISSON**  
Between 32nd Street and 33rd Street at Faulkner  
Crescent
- 32 **SILVERWOOD**  
Access off Kinnear Avenue or the east  
end of Adilman Drive
- 33 **SOUTHWEST**  
Off Valley Road, near Cedar Villa Estates
- 34 **SUTHERLAND BEACH**  
West off Central Avenue just north  
of Attridge Drive
- 35 **CHARLOTTETOWN (SMALL DOGS ONLY)**  
Off Bennett Place, near Cosmo Civic Centre



## Find Your Fun!

Saskatoon has six indoor Leisure Centres located throughout the city, plus the Terry Fox Track. More than just a gym, each Centre is unique and features amenities like swimming pools, waterslides, indoor tracks, gymnasiums, sport courts, fitness and weight rooms, child minding and even a skating rink and wave pool!

Leisure Centres offer fun and fitness for all ages and abilities. Learn more about Drop-in and Registered Program opportunities on pages 12-35 or visit [saskatoon.ca/leisurecentres](http://saskatoon.ca/leisurecentres).



# LEISURE CENTRES

## COSMO CIVIC CENTRE (CCC)



**3130 Laurier Drive • 306.975.3344 • [saskatoon.ca/cosmo](http://saskatoon.ca/cosmo)**

Workout in the fitness and weight room, hit the wallyball court or go for a skate - all under the same roof. Cosmo has both Registered and Drop-in Programs for adults and children, space for meetings or birthday parties and the Carlyle King Branch Library\*\* is a popular stop.

### HOURS OF OPERATION\*

Monday to Friday 9:00 AM-10:00 PM

Saturday 9:00 AM-6:00 PM • Sunday 12:00 PM-6:00 PM

*Closed on statutory holidays. \*Facility hours are subject to change. Check out Drop-in Program times at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).*

*\*\*Visit [saskatoonlibrary.ca](http://saskatoonlibrary.ca) for library hours and programming information.*

### FACILITY FEATURES

- Gymnasium • Fitness & Weight Room • Rink
- Racquetball & Wallyball Court • Lockers • Meeting Rooms
- Theatre • Library • Multi-Purpose Room • WiFi available
- Vending Machines • Fitness / Dance Studio

***New!** Saskatoon Transit fares and passes are now available for purchase at the Cosmo Civic Centre Customer Service Counter.*



## HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive North • [saskatoon.ca/harrybailey](http://saskatoon.ca/harrybailey)



Harry Bailey Aquatic Centre is currently closed for a major facility upgrade.  
Visit [saskatoon.ca/harrybailey](http://saskatoon.ca/harrybailey) for project updates.

## LAKEWOOD CIVIC CENTRE (LWC)



1635 McKercher Drive • 306.975.2944 • [saskatoon.ca/lakewood](http://saskatoon.ca/lakewood)

Float past the tropical trees, ride the waterslide and enjoy the water features of the beach-entry pool. Be sure to also stop at the Cliff Wright Branch Library\*.

### HOURS OF OPERATION\*

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-8:00 PM • Sunday 10:00 AM-6:00 PM

\*Facility hours are subject to change. Check out Drop-in Program times at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).

\*\*Visit [saskatoonlibrary.ca](http://saskatoonlibrary.ca) for library hours and programming information.

### FACILITY FEATURES

- Zero-depth Leisure Pool • Hot Tub • Sauna
- Gymnasium • Water Spray Features with 150 ft Waterslide
- Lockers • WiFi available • Multi-Purpose Room
- Child Minding Room • Library • Fitness & Weight Rooms
- Meeting Room • Poolside & Outdoor Decks
- Vending Machines • FREE Level 2 EV Charging Station
- Universal Change Room



# Get fit and fully charged!

Lakewood and Lawson Civic Centres now have a **Level 2 EV charging station**.

For more information visit [saskatoon.ca/EV](http://saskatoon.ca/EV)

 **greener  
TOGETHER**



## LAWSON CIVIC CENTRE (LCC)



**225 Primrose Drive • 306.975.7873 • [saskatoon.ca/lawson](http://saskatoon.ca/lawson)**

Ride the waves to fun in Saskatoon's only wave pool! Drop in for a fitness class, watch swimming lessons from the treadmill or bring your kids to enjoy the indoor playground. Complete your visit with a browse through the Rusty Macdonald Branch Library\*\*.

### HOURS OF OPERATION\*

Monday to Thursday 6:00 AM-10:00 PM

Friday 6:00 AM-9:00 PM

Saturday 9:00 AM-06:00 PM

Sunday 10:00 AM-6:00 PM

\*Facility hours are subject to change. Check out Drop-in Program times at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).

\*\*Visit [saskatoonlibrary.ca](http://saskatoonlibrary.ca) for library hours and programming information.

### FACILITY FEATURES

- Zero-depth Wave Pool • Water Spray Features
- Hot Tub • Multi-Purpose Room • Indoor Playground
- Fitness & Weight Room • Poolside & Outdoor Decks
- WiFi available • Lockers • Library • Vending Machines
- Sauna • FREE Level 2 EV Charging Station
- Universal Change Room



## SASKATOON FIELD HOUSE (SFH)



**2020 College Drive • 306.975.3354 • [saskatoon.ca/fieldhouse](http://saskatoon.ca/fieldhouse)**

Focus on health and wellness with fitness equipment, a track, sport courts and fitness classes — all under one roof. The six-lane track is great for walkers, joggers, runners and strollers too. Fitness classes range from high-intensity spin classes, to Fit Over 50 programs, to yoga. Challenge a friend to a round of badminton or pickleball on the sports courts when drop-in time is available.

### HOURS OF OPERATION\*

Monday to Friday 6:30 AM-10:00 PM

Saturday & Sunday 9:00 AM-5:00 PM

\*Facility hours are subject to change. Check out Drop-in Program times at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).

### FACILITY FEATURES

- 6-lane, 200 metre Indoor Track
- Indoor Courts • Dance Studio • Lockers
- Fitness & Weight Room • WiFi available
- Steam Room/Sauna • Multi-Purpose Rooms
- Child Minding Rooms • Vending Machines



**[saskatoon.ca/facilityrentals](http://saskatoon.ca/facilityrentals)**

## SHAW CENTRE (SCC)



**122 Bowlt Crescent • 306.975.7744 • [saskatoon.ca/shawcentre](http://saskatoon.ca/shawcentre)**

Children love the water sprayers, floating around the rapids and watching the colourful water buckets fill and tip. The waterslide is fun for all with a shallow exit that is perfect for little ones. The fitness centre overlooks the pool and offers excellent variety for your workout, offering weight machines, free weights and treadmills, ellipticals, rowers and cycling. Walkers, joggers, runners and strollers are welcome on the walking track. The Shaw Centre also offers a variety of aquatic and dryland fitness classes. Check the schedule – you may catch a world-class aquatic event in the competitive pool!

### HOURS OF OPERATION\*

Monday to Friday 6:00 AM-10:00 PM

Saturday 8:30 AM-9:00 PM

Sunday 9:00 AM-8:00 PM

*\*Facility hours are subject to change. Check out Drop-in Program times at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).*

### FACILITY FEATURES

- 10-lane High Performance Competitive Pool
- Diving Boards & Platforms • 6-lane Warm-Up Pool
- Family Pool with Waterslide & Water Spray Features
- Portable Aquatic Lift • Family & Adult Hot Tubs
- Fitness Centre • Walking Track • Lockers
- Vending Machines • Community Gymnasiums
- Multi-Purpose Room • Child Minding Room
- Universal Change Room • WiFi Available
- Large Playground\*\*\*
- Multi-Purpose Fields\*\*\*

\*\*\*Outdoors



## TERRY FOX TRACK (TFT)



**150 Nelson Road (inside the Saskatoon Sports Centre)  
306.975.3354 • [saskatoon.ca/terryfoxtrack](http://saskatoon.ca/terryfoxtrack)**

This synthetic sports track is designed for fitness. Circling the indoor soccer fields of the Saskatoon Sports Centre, the lanes measure more than 350 m and are available for rent.

### HOURS OF OPERATION\*

Monday to Friday 10:00 AM-1:00 PM\* & 4:00 PM-8:00 PM

Saturday & Sunday 10:00 AM-4:00 PM

*Closed on statutory holidays.*

*\*Facility hours are subject to change.*

### FACILITY FEATURES

- 2-lane, 365 metre Indoor Track
- Cafeteria (Lobby)
- Lockers



Check out Drop-in Program times and locations on Leisure Online.

**[dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca)**

All general, Bulk Ticket and LeisureCard admission options provide access to Leisure Centre program offerings including: public, family and lane swimming; aquafitness and fitness classes; indoor walking and jogging tracks; fitness and weight rooms; suspension training; open gym, racquet and court sports; and indoor playgrounds for ages seven and under.

To learn more about admission options, visit [saskatoon.ca/admissions](http://saskatoon.ca/admissions) or contact any Leisure Centre (pages 6-9).

## GENERAL ADMISSION

No membership required! Simply pay a general admission to enjoy any indoor Leisure Centre.

|                    | Adult<br>(19+) | Youth<br>(6-18 yrs) | Preschool<br>(0-5 yrs) | Family   |
|--------------------|----------------|---------------------|------------------------|----------|
| Single Admission†  | \$10.50        | \$6.30              | FREE                   | \$21.00  |
| Bulk Tickets (10)† | \$89.50        | \$53.50             | FREE                   | \$179.00 |

Prices include applicable taxes.

### What is a Bulk Ticket?

Buy 10 general admissions at a discounted price. Bulk Tickets never expire and are transferable to family and friends. They also make great birthday gifts or additions to treat bags.

### Last Hour Promotion

Take advantage of the last hour of operation at any Leisure Centre fitness and weight room, walking track and open gym, seven days a week for a \$3.50 admission. Excludes swimming pools, the Terry Fox Track, and badminton and pickleball at Saskatoon Field House.

### Child Minding

Child Minding is FREE with the purchase of a Family General Admission, Family Bulk Ticket or Family LeisureCard.

General Admission is non-refundable.

† Terry Fox Track: General Admission is \$4.45. Bulk Tickets are \$37.85. Prices include applicable taxes.

## GIFT CARDS

Leisure Gift Cards are available in any amount and perfect for all ages. Good for use at the Leisure Centres, Outdoor Pools, Indoor Rinks, Saskatoon Forestry Farm Park & Zoo, Golf Courses, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

## CHILD MINDING

Child Minding provides a safe and fun environment for children six years of age and under while their parent or guardian participates in a Leisure Centre activity. Offered at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre. For hours visit [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).



|                        | First Child | Each Additional Child |
|------------------------|-------------|-----------------------|
| General Admission      | \$3.90/hr   | \$2.35/hr             |
| Bulk Ticket (10 hours) | \$32.00     | \$19.00               |

Prices include applicable taxes.

FREE with a Family LeisureCard, Family Bulk Ticket or Family General Admission.

## THE FINE PRINT

**Family Rates** Family is defined as a group up to seven individuals with a maximum of two adults.

**Children Under 6 Years** Children under the age of six are admitted FREE of charge when accompanied by a parent or guardian. To help children stay safe in and around the water, the City requires that all participants comply with the following policy: "For every two children under the age of six, there must be one adult or responsible youth (16 years or older) within arm's length, supervising the children's water play and activity." The best life preserver for your child is YOU! Infants and toddlers participating in water play must wear an appropriate swim diaper.

**Youth Use of Fitness & Weight Rooms** Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 16 and older to participate in an instructor-led fitness program.





# LEISURECARD

A LeisureCard provides unlimited access to all six Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track. It's the best discount admission option for those who visit a Leisure Centre more than two times per week.

|                             | Adult<br>(19+) | Youth<br>(6-18 yrs) | Family   |
|-----------------------------|----------------|---------------------|----------|
| LeisureCard* (Monthly Rate) | \$63.00        | \$37.80             | \$126.00 |
| Summer Indoor LeisureCard   | \$126.00       | \$75.60             | \$252.00 |
| 2-Week Trial Pass           | \$31.50        | \$18.90             | \$63.00  |

Prices include applicable taxes.

## 2-Week Trial Pass

Not sure if a LeisureCard is right for you? Try it out for two weeks at a discounted rate!

For new LeisureCard customers only. Must present valid photo ID at time of purchase. Non-refundable, non-transferable and no extension for medical, vacation or facility shutdowns.

## Corporate LeisureCard

The Corporate LeisureCard is available to businesses and organizations who have a minimum of 25 employees and have their offices physically located in Saskatoon. The Corporate LeisureCard offers the employees of eligible businesses a 20% discount on their LeisureCard purchases, including Family LeisureCards! There is no fee to register.

For more information visit [saskatoon.ca/corporateleisurecard](http://saskatoon.ca/corporateleisurecard).

## Weight Room Orientation

A 20-minute fitness and weight room orientation is provided with the purchase of every LeisureCard.

## Child Minding

Child Minding is FREE with the purchase of a Family LeisureCard, Family Bulk Ticket or Family General Admission.

\* LeisureCards are non-transferable. Refunds not available for one-month cards. Payment plans available for six and 12-month cards.



## LeisureCard Reward Programs

### PICK YOUR PERK

Being a 12-month LeisureCard holder has its perks! Simply sign up for a 12-month LeisureCard, pay either in full or installments, and if your card is still active at the end of its term you will be eligible to pick from one of the following:

**Perk 1 Early Bird Registration.** Enjoy a full-year of 24-hour advance registration access for leisure programs, including swimming lessons!

**Perk 2 12 months for the price of 11.** Renew your 12-month LeisureCard for the price of 11 months.

**Perk 3 \$63.00 PerkCard.** Give as a gift or keep for yourself. The promotional \$63.00 PerkCard is valid for one year and can be used towards purchases\* at the following leisure facilities:

- Leisure Centres • Outdoor Pools • Municipal Golf Courses
- Nutrien Playland at Kinsmen Park • Gordon Howe Campground
- Saskatoon Forestry Farm Park & Zoo • Indoor Rinks

\*some facility-specific restrictions apply.

### REFER A FRIEND

Attention LeisureCard holders! Recommend a LeisureCard to friends and family and if they purchase three months or more your current LeisureCard will be extended by one month!

Some restrictions apply.

For more information on LeisureCard Reward Programs, contact any Leisure Centre (see pages 6-9) or visit [saskatoon.ca/admissions](http://saskatoon.ca/admissions).

## LEISURE ACCESS PROGRAM

The Leisure Access Program provides access for eligible low-income residents within the city to participate in City of Saskatoon leisure facilities and programs. The program includes unlimited admission to Drop-in Programs at any indoor Leisure Centre, one registered recreation program per year, complimentary ride tickets for Nutrien Playland at Kinsmen Park and single-use family passes\* to the Western Development Museum. Free child minding is available for children six years of age and under at Lakewood Civic Centre, Shaw Centre and Saskatoon Field House while their parent or guardian participates in a Leisure Centre activity.

To review eligibility criteria or apply online, please visit [saskatoon.ca/leisureaccess](http://saskatoon.ca/leisureaccess). Application forms are also available at any Leisure Centre. For further information about the Leisure Access Program call 306-975-3378 or email [leisureaccess@saskatoon.ca](mailto:leisureaccess@saskatoon.ca).

\* Family passes are available while supplies last.



## Drop-in Programs

Short on time or scared to commit? Drop-in Programs offer the flexibility of swimming or working out when it is convenient for you. All general, Bulk Ticket and LeisureCard admission options provide drop-in access to Leisure Centre program offerings, including:

- public, family and lane swimming
- aquafitness and fitness classes
- indoor walking/jogging tracks
- fitness and weight rooms; suspension training
- open gym, racquet and court sports
- indoor playground (ages seven and under)

Fall Drop-in Programs run from September 1 to December 31. Check out Drop-in Program times and locations at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).

*Search for  
Drop-in Programs  
Online!*



Search for drop-in program information, including facility, fitness and weight room hours, public swim sessions and fitness programs on Leisure Online at [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca).

NOTE: Some drop-in programs have limited space/equipment and require a reservation, which can be made online or by calling the respective Leisure Centre. Reservations open at 7 a.m. daily and can be booked up to two days in advance. To cancel, log into your Leisure Online account and go to My Account/Cancel a Reserved Drop-in Program, or call any Leisure Centre during regular hours of operation (pages 6-9).



### SWIMMING

*Includes access to pool area and amenities during public open times.*

**Aqua Walk** Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. Deep Water Aqua Walk is available at Lawson Civic Centre. **LWC, LCC, SCC**

**Family Swim\*** Time for families only. **LWC, LCC, SCC**

**Lane Swim** Self-directed swimming for fitness. 25m and 50m lanes (50m available only at SCC). **LWC, LCC, SCC**

**Parented Splash Time\*** (formerly known as Parent & Tot Swim). For children under the age of six and a supervising adult(s). Children must be within arm's length of an adult at all times (maximum two children per adult). Access to pool space and water features varies at each pool. **LWC, LCC, SCC**

**Public Swim\*** Open time for everyone. **LWC, LCC, SCC**

\* Refer to The Fine Print below for the Children Under 6 Years policy.

**CCC** Cosmo Civic Centre  
**LWC** Lakewood Civic Centre  
**LCC** Lawson Civic Centre  
**SFH** Saskatoon Field House  
**SCC** Shaw Centre

### RECREATION & SPORT

*Includes access to fitness and weight rooms, indoor tracks and other amenities.*

**Badminton** Birdies and racquets not provided. Birdies can be purchased from Customer Service. Book a court up to two days in advance. **CCC, LWC, SFH**

**Basketball** An opportunity to play pick-up games. **LWC, SCC**

**Family Gym** Participate together as a family in the gym. Sports equipment is provided for use. **LWC**

**Indoor Playground** 7 yrs & under. Climb, slide and run around in a space filled with toys and play equipment. Adult supervision required. **LWC, LCC**

**Indoor Play Zone** 6 yrs & under. Prepare to enter the zone of endless fun and giggles, where kids can run, climb and play to their heart's content in a large space filled with balls, hoops, tunnels and more! Parents/guardians must be present. **CCC, LCC**

**Pickleball** Combines elements of tennis, badminton and ping pong. Paddles not provided. Book a court up to two days in advance. **CCC, LWC, SFH**

**Public Gym** Participate in your favourite gym activity. **LWC, SCC**

**Racquetball** Racquet sport played in a four-walled court. Bring your own equipment. **CCC**

**Teen Open Gym** 10-18 yrs. Play basketball with your friends or participate in your favourite gym activity. Supervised by facility staff. **FREE! CCC**

**Wallyball** A fast-paced game similar to volleyball played on a racquetball court. Players utilize the walls to bounce the ball across the net. Call Cosmo to reserve the court for one-hour blocks. **CCC**

### Find Your Fit **FREE!**

Find your *Fit* at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for this 90-minute session to learn about the Drop-in and Registered fitness and aquatic programs, personal training and flexible admission options as well as tour the facility to see the unique amenities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

Sessions will be offered at Lakewood Civic Centre, Lawson Civic Centre, Shaw Centre and Saskatoon Field House. Visit page 32 for more information.

### GENERAL FITNESS CLASSES

*16 yrs+. Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.*

**Aqua Fitness** Enjoy the unique benefits of a total body workout in shallow water, alternating between cardio and muscle conditioning. No swimming skills required. **LWC, LCC, SCC**

#### Aqua Fitness by Video Instruction

Participants are led by video instruction and will receive a similar total body workout as a traditional aqua fitness class by following exercises projected on a large TV screen at the edge of the pool deck. This class is offered when an instructor is not available to instruct the class.

**LWC, LCC, SCC**

**Aqua HIIT** Aqua HIIT (High Intensity Interval Training) combines cardio, core and muscular strength intervals with the added resistance of water. **LCC**

### THE FINE PRINT

**Instructor-led Fitness Classes** A separate admission fee (General Admission, Bulk Ticket or LeisureCard) is required for each instructor-led fitness class.

**Youth ages 7-12** Youth ages 7-12 are allowed to use cardio equipment only and must be directly supervised by an adult. Youth ages 13-15 are allowed to use cardio and strength equipment and must be directly supervised by an adult (unsupervised if they have a Youth Weight Room Card). Youth must be 16 and older to participate in an instructor-led fitness program.

**Children Under 6 Years** To help children stay safe in and around the water, the City requires that all participants comply with the following policy: "For every two children under the age of six, there must be one adult or responsible youth (16 years or older) within arm's length, supervising the children's water play and activity." The best life preserver for your child is YOU! Infants and toddlers participating in water play must wear an appropriate swim diaper.

**Racquet and Court Sports** Badminton and pickleball bookings are one hour in duration. The drop-in admission fee is charged for each hour booked.





**Boxercise** Utilizes footwork, sparring, and cardio for a fast paced workout. **SFH**

**Cardio & Sculpt** A combination of cardio and strength building exercises for a complete workout using a variety of equipment. Cardio types include: Step, hi/lo and HIIT. **LWC, LCC, SFH**

**Fitness Yoga** Introduces fundamental strength conditioning and flexibility components with yoga-based movement. Not recommended for women who are pregnant. **CCC, LWC, LCC, SCC, SFH**

**Group Cycle** Uses varying degrees of tension and techniques through hills, speed drills, intervals, strength and core endurance. **SFH, SCC**

**Group Cycle & Sculpt** Alternates beginner/intermediate stationary cycling with intensive muscle conditioning. **SCC, SFH**

**HIIT** High Intensity Interval Training classes alternate between high and low intensity exercises. **SCC, SFH**

**Intermediate Fitness Yoga** Increase the challenge with the addition of intermediate poses and new variations of beginner poses. Not recommended for women who are pregnant. **SFH**

**Muscle Sculpt** Improves flexibility, muscular strength and endurance with a variety of muscle conditioning and stretching techniques with equipment. **LWC, LCC, SCC, SFH**

**Step** Improves cardio endurance with step combinations. **LWC**

**Zumba® Fitness** Burn calories and get energized through movements that fuse Latin rhythms and easy to follow steps. Learn the steps to the four basic rhythms of merengue, salsa, cumbia and samba. **CCC, SCC, SFH**

## GENTLE FITNESS CLASSES

*16 yrs+. Classes offer moderately-paced exercises with a focus on maintaining or restoring functional fitness and mobility.*

**Chair Yoga** Gentle yoga using chair support to improve strength, flexibility and balance. **LWC, LCC, SCC, SFH**

**Deep Water Aqua Fitness** Minimizes joint stress using flotation belts to provide support while you work out in the deep end. Tethers may be utilized during class at Shaw Centre. **SCC**

**Functional Fitness** Prepares your body for real life movements and daily tasks through strength training, balance, range of motion and mobility exercises. **CCC, LCC, SCC**



**Gentle Aqua Fitness** Strengthens muscles and improves mobility, utilizing the buoyancy of waist to chest deep water to reduce the stress on joints. **LWC, LCC**

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

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

**New! Strollin' & Polin'** An instructor will lead you through a 1-hour session incorporating pole walking, strength and stretch components. Poles are provided and are optional during this program. **SCC**

**Walk & Sculpt** A brisk walk followed by a muscle strengthening routine using hand weights, tubing or other equipment. **CCC, LWC, SCC**

**CCC** Cosmo Civic Centre  
**LWC** Lakewood Civic Centre  
**LCC** Lawson Civic Centre  
**SFH** Saskatoon Field House  
**SCC** Shaw Centre

## Save with the Corporate LeisureCard

Attention business owners and managers! Does your business or organization have 25 or more employees?

We invite you to register your business for the City of Saskatoon Corporate LeisureCard Program and your employees will save 20% on all LeisureCard purchases. A LeisureCard provides unlimited drop-in access to all Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track.



## Registered Programs

Leisure Centres offer a wide range of Registered Programs each season – from Lifesaving Society swimming lessons, to preschool and youth recreation programs and adult fitness and specialized wellness programs.

Pre-registration and payment of a class fee is required to participate in a Registered Program. Access is not included with a General Admission, Bulk Ticket or LeisureCard.

Registration for Spring and Summer programs begins **Sunday, August 17 at 6:00 PM.**

## HOW TO REGISTER

*The first day of registration is busy. Please be patient as it may take several attempts to get through.*

### ONLINE [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Online registration begins Sunday, August 17 at 6:00 PM.



### Be Prepared!

- 1 To use Leisure Online you will require a username and password. Visit [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca) prior to registration day to set up your account, if you haven't already done so.
- 2 Classes fill quickly, so be prepared with 2nd and 3rd choices. Make a list with the programs (including codes) you want and your alternate choices.
- 3 Consider registering at other Leisure Centres if your nearest location isn't available.

How to Register continued on next page. ➤

## PHONE 306.975.2800

Phone registrations for Fall programs start on Sunday, August 17 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, August 17 – 6:00 PM to 9:00 PM\*

Monday, August 18 – 8:00 AM to 1:00 PM

Tuesday, August 19 – 8:00 AM to 1:00 PM

To register by phone after August 19, contact any Leisure Centre (see pages 6-9).

\* NOTE: This excludes Private & Semi-Private swim lessons (page 27) and Multi-level Swim Lessons for Families (page 24), which will open on **Monday, August 18**.

## VISIT A FACILITY

Walk-in registrations for Fall programs begin Monday, August 18 at 6:30 AM at the following locations:

**Cosmo Civic Centre\***, 3130 Laurier Drive

**Lakewood Civic Centre**, 1635 McKercher Drive

**Lawson Civic Centre**, 225 Primrose Drive

**Saskatoon Field House**, 2020 College Drive

**Shaw Centre**, 122 Bowlit Crescent

\* Walk-in registration begins at 9 AM.

### THE FINE PRINT

**Registration Confirmation** All registrations will receive a confirmation receipt by email after payment is complete. The confirmation will identify dates and times of classes, cancelled dates, information on equipment and materials or supplies to bring to your first class. If you do not receive confirmation of your registration within five days, please call the facility where your program is being held.

**Active Families Benefit** The Active Families Benefit is an annual refundable tax benefit that helps Saskatchewan families with the costs of their children's participation in cultural, recreational and sports activities. Families with an annual household income of up to \$60,000 and a child 18 years of age or younger as of the last day of the taxation year, are eligible for a fully refundable tax benefit up to \$150 per child or \$200 per child with a disability. Remember to keep your program receipt for income tax purposes.

**Refunds** All classes are subject to minimum and maximum enrolments. If minimum enrolment is not received, the class will be cancelled and a full refund issued. Other refund instances: • Full refund if cancellation is received seven days prior to course start. 50% refund if cancellation is received less than seven days prior to course start. Full refund if your vacated spot is filled by another registrant before course starts. • 50% refund if cancellation is received after course has started, but no more than 20% completed. • Pro-rated refund for cancellations at any time due to medical reasons (certificate required).

**Prices** All registered program prices include applicable taxes.

**Leisure Online Convenience Fee** Leisure program registrations processed through Leisure Online will be charged an additional \$1.00 (plus GST) convenience fee on each program registration.

### PROGRAMS & ACTIVITIES

## LIFESAVING SOCIETY SWIM LESSONS

The City of Saskatoon offers Lifesaving Society Canada swim lessons. If your most recent swim lessons were with Red Cross prior to 2023, visit [saskatoon.ca/swimming-lessons](http://saskatoon.ca/swimming-lessons) and review the transfer chart before making your class selection or call any Leisure Centre (with a pool) and ask to speak to the Aquatic Technician.



### Swim Lesson Schedule Options

Many class options are available for you and your family's busy life.

Five day swim lesson sets • Once per week for 8-10 weeks

**New!** Youth Swim Lessons • Monday-Thursday for 2 weeks

Twice per week for 4 weeks • Private swim lessons

Semi-private swim lessons • Adult swim lessons

Multi-Level Swim Lessons for Families

### LESSON LEVEL DESCRIPTIONS

#### PARENT AND TOT (PARENTED)

The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play, developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Parent & Tot levels.

|         |              |   |
|---------|--------------|---|
| P&T 1   | 4-12 months  | Designed for the 4 to 12-month-old and their caregiver. Focus on introduction to the water.   |
| P&T 2   | 12-24 months | Designed for the 12 to 24-month old and their caregiver. Focus on introduction to floating and kicking.   |
| P&T 2/3 | 12-36 months | Designed for the 12- to 36-month-old and their caregiver. Parent & Tot 2/3 is a combined level program that will focus on floating, kicking, independent entries, assisted floats and glides. |
| P&T 3   | 24-36 months | Designed for the 2-3 year old. Focus on independent entries, assisted floats and glides.  |



### LESSON LEVEL DESCRIPTIONS

#### PRESCHOOL (UNPARENTED)

An instructor leads the lesson in water (no caregiver). Preschool levels cover basic swimming skills and orientation such as getting face wet, front and back floats, glides, use of a personal flotation device (PFD), basic front and back swims, and entries and exits. Water Smart education is also incorporated into levels.

|                      |  |
|----------------------|--|
| <b>Preschool 1</b>   | 3-5 yrs. These preschoolers learn to safely get in and out of the water and move around in shallow water. They will use a PFD to become comfortable with floating and gliding. The caregiver may participate with their child until they can participate on their own.   |
| <b>Preschool 1/2</b> | 3-5 yrs. Preschool 1/2 is a combined level program that will have preschoolers learning to get in and out of the water. We'll help them jump into chest deep water. They will learn to float and glide on their front and back with and without a PFD. They will submerge and exhale under water.  |
| <b>Preschool 2</b>   | 3-5 yrs. These preschoolers learn to jump into chest deep water by themselves, and get in and get out wearing a PFD. They'll submerge and exhale underwater. Using a buoyant aid, they'll glide on their front and back.   |
| <b>Preschool 3</b>   | 3-5 yrs. These preschoolers will master their floats, glides and short swims on their front and back (3 m). They'll be able to pick up objects from waist deep water and use their PFD to jump and roll into the deep end.   |
| <b>Preschool 4</b>   | 3-5 yrs. Advanced preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and in the end they'll do solo jumps and side rolls into deep water. Their PFD will support them while they learn to tread water and swim to safety (7 m) in the deep end. |
| <b>Preschool 4/5</b> | 3-5 yrs. Preschool 4/5 is a combined level program that will have these advanced preschoolers strengthening their flutter kicks, working on front crawl, back crawl and treading water for 10 seconds. Their PFD will also support them while they learn to tread water and swim to safety (7 m) in the deep end.                          |
| <b>Preschool 5</b>   | 3-5 yrs. These youngsters get more adventuresome with a forward roll entry wearing a PFD and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and try whip kick.   |

#### SWIMMER (UNPARENTED)

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water smart education is part of every level.

|                    |  |
|--------------------|--|
| <b>Swimmer 1</b>   | 6+ yrs. These beginners will become comfortable jumping into water with and without a PFD. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on treading water, floats, glides, and kicking through the water on their front and back.   |
| <b>Swimmer 2</b>   | 6+ yrs. These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a PFD. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).   |
| <b>Swimmer 3</b>   | 6+ yrs. These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.   |
| <b>Swimmer 4</b>   | 6+ yrs. These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. It will also include treading water for 1 minute, front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.  |
| <b>Swimmer 4/5</b> | 6+ yrs. Swimmer 4/5 program is a combined level program that will have these intermediate swimmers mastering water entries, swimming lengths of front, back crawl, whip kick and breaststroke. They will swim sprints and perform interval training.   |
| <b>Swimmer 5</b>   | 6+ yrs. These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.             |
| <b>Swimmer 5/6</b> | 6+ yrs. Swimmer 5/6 program is a combined level program that will have swimmers master water entries and refine their front and back crawl, and breaststroke working towards a 300 m workout.  |
| <b>Swimmer 6</b>   | 6+ yrs. These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They will continue to swim lengths of front crawl, back crawl, and breaststroke, and a 300 m workout. |



## LESSON LEVEL DESCRIPTIONS

**SWIMMER (UNPARENTED)** *Continued from page 17*

|                                  |   |
|----------------------------------|---|
| <b>Rookie Patrol</b>             | 8+ yrs. Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.  |
| <b>Rookie/<br/>Ranger Patrol</b> | 8+ yrs. Rookie/Ranger Patrol is a combined level program that will have swimmers develop better strokes and Lifesaving Sport skills. First aid focused on assessment of conscious and unconscious victims, contacting EMS and treatment of shock and obstructed airway procedures will be covered.  |
| <b>Ranger Patrol</b>             | 8+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving swim, (200 m) timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.   |
| <b>Star Patrol</b>               | 8+ yrs. Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water. |

**New! YOUTH SWIMMER (UNPARENTED)**

Designed for beginner swimmers aged 9 to 15 with little to no swimming experience. This program teaches basic swimming skills, develops various strokes, and promotes water smart education. Build confidence and become a proficient swimmer!

|                          |   |
|--------------------------|---|
| <b>Youth Swimmer 1</b>   | 9-15 yrs. These beginners will become comfortable jumping into water with and without a PFD. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on treading water, floats, glides, and kicking through the water on their front and back.   |
| <b>Youth Swimmer 1/2</b> | 9-15 yrs. Swimmer 1/2 is a combined program focused on building foundational swimming skills. Participants will practise techniques such as entering and exiting the water, floating, gliding, and basic water safety. As they progress, swimmers will gain confidence in deeper water, learn sideways entries, and develop basic swimming strokes. |
| <b>Youth Swimmer 2</b>   | 9-15 yrs. These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m)                    |
| <b>Youth Swimmer 3</b>   | 9-15 yrs. These junior swimmers will dive and do in-waterfront somersaults and handstands. They'll work on 15 m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.  |

**ADULT SWIMMER**

You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.

|                        |   |
|------------------------|---|
| <b>Adult Swimmer 1</b> | 16+ yrs. You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.         |
| <b>Adult Swimmer 2</b> | 16+ yrs. Participants will complete two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes. |



*Love to swim?  
With the purchase of a LeisureCard you can  
enjoy unlimited access to public swim times.*

*See page 10.*

### LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|------|--------|------|----------|-----|------|------|--------|------|----------|-----|------|
|------|--------|------|----------|-----|------|------|--------|------|----------|-----|------|



*There is still time to register in end-of-summer swim lessons!*

Visit [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca) for more information or to register.

#### LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

##### Preschool 1 (Ages 3-5 yrs)

|           |     |  |    |         |           |
|-----------|-----|--|----|---------|-----------|
| Aug 18-22 | M-F | 11:25 AM-11:55 AM<br>06:25 PM-06:55 PM | 10 | \$92.50 | LW3717-12 |
|-----------|-----|--|----|---------|-----------|

##### Preschool 2 (Ages 3-5 yrs)

|           |     |  |    |         |           |
|-----------|-----|--|----|---------|-----------|
| Aug 18-22 | M-F | 10:50 AM-11:20 AM<br>05:50 PM-06:20 PM | 10 | \$92.50 | LW3722-11 |
|-----------|-----|--|----|---------|-----------|

##### Preschool 3 (Ages 3-5 yrs)

|           |     |  |    |         |           |
|-----------|-----|--|----|---------|-----------|
| Aug 18-22 | M-F | 10:50 AM-11:20 AM<br>05:50 PM-06:20 PM | 10 | \$92.50 | LW3727-07 |
|-----------|-----|--|----|---------|-----------|

##### Swimmer 2 (Ages 6+)

|           |     |  |    |         |           |
|-----------|-----|--|----|---------|-----------|
| Aug 18-22 | M-F | 10:00 AM-10:30 AM<br>05:00 PM-05:30 PM | 10 | \$92.50 | LW3747-07 |
|-----------|-----|--|----|---------|-----------|

##### Swimmer 3 (Ages 6+)

|           |     |  |    |         |           |
|-----------|-----|--|----|---------|-----------|
| Aug 18-22 | M-F | 11:25 AM-11:55 AM<br>06:25 PM-06:55 PM | 10 | \$92.50 | LW3752-06 |
|-----------|-----|--|----|---------|-----------|

##### Swimmer 5 (Ages 6+)

|           |     |  |    |          |           |
|-----------|-----|--|----|----------|-----------|
| Aug 18-22 | M-F | 10:00 AM-10:45 AM<br>05:00 PM-05:45 PM | 10 | \$121.50 | LW3762-03 |
|-----------|-----|--|----|----------|-----------|

##### Swimmer 6 (Ages 6+)

|           |     |  |    |          |           |
|-----------|-----|--|----|----------|-----------|
| Aug 18-22 | M-F | 11:10 AM-11:55 AM<br>06:10 PM-06:55 PM | 10 | \$121.50 | LW3767-03 |
|-----------|-----|--|----|----------|-----------|

##### Ranger Patrol (Ages 8+)

|           |     |  |    |          |           |
|-----------|-----|--|----|----------|-----------|
| Aug 18-22 | M-F | 10:35 AM-11:35 AM<br>05:35 PM-06:35 PM | 10 | \$139.00 | LW3777-03 |
|-----------|-----|--|----|----------|-----------|

.....  
*End-of summer 5-day lesson sets are still available at Riversdale Pool and Lakewood Civic Centre. These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water.*

#### RIVERSDALE POOL 822 Avenue H South

##### Preschool 1 (Ages 3-5 yrs)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 10:50 AM-11:20 AM | 5 | \$39.50 | RD3976-01 |
|-----------|-----|-------------------|---|---------|-----------|

##### Preschool 2 (Ages 3-5 yrs)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 11:25 AM-11:55 AM | 5 | \$39.50 | RD3977-01 |
|-----------|-----|-------------------|---|---------|-----------|

##### Swimmer 1 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:55 AM-10:25 AM | 5 | \$39.50 | RD3981-01 |
| Aug 25-29 | M-F | 10:50 AM-11:20 AM | 5 | \$39.50 | RD3981-02 |

##### Swimmer 2 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 10:10 AM-10:40 AM | 5 | \$39.50 | RD3982-01 |
| Aug 25-29 | M-F | 10:35 AM-11:05 AM | 5 | \$39.50 | RD3982-02 |
| Aug 25-29 | M-F | 11:25 AM-11:55 AM | 5 | \$39.50 | RD3982-03 |

##### Swimmer 3 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:20 AM-09:50 AM | 5 | \$39.50 | RD3983-01 |
| Aug 25-29 | M-F | 10:10 AM-10:40 AM | 5 | \$39.50 | RD3983-02 |

##### Swimmer 4 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:20 AM-10:05 AM | 5 | \$51.75 | RD3984-01 |
|-----------|-----|-------------------|---|---------|-----------|

##### Swimmer 6 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 11:10 AM-11:55 AM | 5 | \$51.75 | RD3986-01 |
|-----------|-----|-------------------|---|---------|-----------|

#### LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

##### Preschool 1 (Ages 3-5 yrs)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:10 AM-09:40 AM | 5 | \$52.00 | LW3916-01 |
| Aug 25-29 | M-F | 11:15 AM-11:45 AM | 5 | \$52.00 | LW3916-02 |

##### Preschool 2 (Ages 3-5 yrs)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:10 AM-09:40 AM | 5 | \$52.00 | LW3917-01 |
| Aug 25-29 | M-F | 11:35 AM-12:05 PM | 5 | \$52.00 | LW3917-02 |

##### Preschool 3 (Ages 3-5 yrs)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 11:00 AM-11:30 AM | 5 | \$52.00 | LW3918-02 |
|-----------|-----|-------------------|---|---------|-----------|

##### Swimmer 1 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:25 AM-09:55 AM | 5 | \$52.00 | LW3921-01 |
| Aug 25-29 | M-F | 10:25 AM-10:55 AM | 5 | \$52.00 | LW3921-02 |

##### Swimmer 2 (Ages 6+)

|           |     |                   |   |         |           |
|-----------|-----|-------------------|---|---------|-----------|
| Aug 25-29 | M-F | 09:45 AM-10:15 AM | 5 | \$52.00 | LW3922-01 |
|-----------|-----|-------------------|---|---------|-----------|



Find programs and register online at [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)



## LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT &amp; TOT, PRESCHOOL &amp; SWIMMER)

| Date   | Day(s) | Time              | #Classes | Fee     | Code      | Date                              | Day(s) | Time              | #Classes | Fee     | Code      |
|--|--------|-------------------|----------|---------|-----------|-----------------------------------|--------|-------------------|----------|---------|-----------|
| <b>LAKEWOOD CIVIC CENTRE 1635 McKercher Drive</b>            |        |                   |          |         |           | Sep 13-Nov 1                      | Sa     | 12:25 PM-12:55 PM | 8        | \$74.00 | LW4715-30 |
| <i>Classes cancelled on Sep 30; Oct 13 &amp; 31; Nov 11.</i> |        |                   |          |         |           | Nov 2-Dec 21                      | Su     | 05:30 PM-06:00 PM | 8        | \$74.00 | LW4715-31 |
| <b>Parent &amp; Tot 1 (Ages 4-12 mos)</b>                    |        |                   |          |         |           | Nov 2-Dec 21                      | Su     | 07:25 PM-07:55 PM | 8        | \$74.00 | LW4715-32 |
| Sep 8-Nov 3  | M      | 10:20 AM-10:50 AM | 8        | \$74.00 | LW4700-01 | Nov 10-Dec 10                     | M/W    | 09:45 AM-10:15 AM | 10       | \$92.50 | LW4717-01 |
| Sep 9-Nov 4  | Tu     | 03:00 PM-03:30 PM | 8        | \$74.00 | LW4700-02 | Nov 10-Dec 10                     | M/W    | 04:30 PM-05:00 PM | 10       | \$92.50 | LW4717-02 |
| Sep 10-Oct 29  | W      | 10:20 AM-10:50 AM | 8        | \$74.00 | LW4700-03 | Nov 10-Dec 10                     | M/W    | 05:45 PM-06:15 PM | 10       | \$92.50 | LW4717-03 |
| Sep 11-Oct 30  | Th     | 10:20 AM-10:50 AM | 8        | \$74.00 | LW4700-04 | Nov 18-Dec 18                     | Tu/Th  | 09:10 AM-09:40 AM | 10       | \$92.50 | LW4717-04 |
| Sep 11-Oct 30  | Th     | 03:00 PM-03:30 PM | 8        | \$74.00 | LW4700-05 | Nov 18-Dec 18                     | Tu/Th  | 02:25 PM-02:55 PM | 10       | \$92.50 | LW4717-05 |
| Sep 11-Oct 30  | Th     | 05:15 PM-05:45 PM | 8        | \$74.00 | LW4700-06 | Nov 18-Dec 18                     | Tu/Th  | 05:05 PM-05:35 PM | 10       | \$92.50 | LW4717-06 |
| Sep 13-Nov 1   | Sa     | 09:55 AM-10:25 AM | 8        | \$74.00 | LW4700-07 | Nov 18-Dec 18                     | Tu/Th  | 05:15 PM-05:45 PM | 10       | \$92.50 | LW4717-07 |
| Nov 2-Dec 21   | Su     | 06:40 PM-07:10 PM | 8        | \$74.00 | LW4700-08 | Nov 18-Dec 18                     | Tu/Th  | 06:45 PM-07:15 PM | 10       | \$92.50 | LW4717-08 |
| Nov 18-Dec 18  | Tu/Th  | 10:20 AM-10:50 AM | 10       | \$92.50 | LW4702-01 | Nov 18-Dec 18                     | Tu/Th  | 07:05 PM-07:35 PM | 10       | \$92.50 | LW4717-09 |
| Nov 18-Dec 18  | Tu/Th  | 03:00 PM-03:30 PM | 10       | \$92.50 | LW4702-02 | <b>Preschool 2 (Ages 3-5 yrs)</b> |        |                   |          |         |           |
| <b>Parent &amp; Tot 2 (Ages 12-24 mos)</b>                   |        |                   |          |         |           | Sep 7-Oct 26                      | Su     | 05:30 PM-06:00 PM | 8        | \$74.00 | LW4720-01 |
| Sep 7-Oct 26   | Su     | 06:05 PM-06:35 PM | 8        | \$74.00 | LW4705-01 | Sep 7-Oct 26                      | Su     | 07:25 PM-07:55 PM | 8        | \$74.00 | LW4720-02 |
| Sep 8-Nov 3  | M      | 06:30 PM-07:00 PM | 8        | \$74.00 | LW4705-02 | Sep 8-Nov 3                       | M      | 09:45 AM-10:15 AM | 8        | \$74.00 | LW4720-03 |
| Sep 9-Nov 4  | Tu     | 09:10 AM-09:40 AM | 8        | \$74.00 | LW4705-03 | Sep 8-Nov 3                       | M      | 05:10 PM-05:40 PM | 8        | \$74.00 | LW4720-04 |
| Sep 10-Oct 29  | W      | 05:05 PM-05:35 PM | 8        | \$74.00 | LW4705-04 | Sep 8-Nov 3                       | M      | 06:30 PM-07:00 PM | 8        | \$74.00 | LW4720-05 |
| Sep 11-Oct 30  | Th     | 01:50 PM-02:20 PM | 8        | \$74.00 | LW4705-05 | Sep 9-Nov 4                       | Tu     | 10:20 AM-10:50 AM | 8        | \$74.00 | LW4720-06 |
| Sep 12-Nov 7   | F      | 04:30 PM-05:00 PM | 8        | \$74.00 | LW4705-06 | Sep 9-Nov 4                       | Tu     | 01:15 PM-01:45 PM | 8        | \$74.00 | LW4720-07 |
| Sep 13-Nov 1   | Sa     | 09:40 AM-10:10 AM | 8        | \$74.00 | LW4705-07 | Sep 9-Nov 4                       | Tu     | 04:45 PM-05:15 PM | 8        | \$74.00 | LW4720-08 |
| Sep 13-Nov 1   | Sa     | 12:20 PM-12:50 PM | 8        | \$74.00 | LW4705-08 | Sep 9-Nov 4                       | Tu     | 05:40 PM-06:10 PM | 8        | \$74.00 | LW4720-09 |
| Nov 2-Dec 21   | Su     | 06:05 PM-06:35 PM | 8        | \$74.00 | LW4705-09 | Sep 9-Nov 4                       | Tu     | 06:35 PM-07:05 PM | 8        | \$74.00 | LW4720-10 |
| Nov 10-Dec 10  | M/W    | 09:10 AM-09:40 AM | 10       | \$92.50 | LW4707-01 | Sep 9-Nov 4                       | Tu     | 07:35 PM-08:05 PM | 8        | \$74.00 | LW4720-11 |
| Nov 10-Dec 10  | M/W    | 06:30 PM-07:00 PM | 10       | \$92.50 | LW4707-02 | Sep 10-Oct 29                     | W      | 09:10 AM-09:40 AM | 8        | \$74.00 | LW4720-12 |
| Nov 18-Dec 18  | Tu/Th  | 01:50 PM-02:20 PM | 10       | \$92.50 | LW4707-03 | Sep 10-Oct 29                     | W      | 04:35 PM-05:05 PM | 8        | \$74.00 | LW4720-13 |
| <b>Parent &amp; Tot 3 (Ages 24-36 mos)</b>                   |        |                   |          |         |           | Sep 10-Oct 29                     | W      | 07:00 PM-07:30 PM | 8        | \$74.00 | LW4720-14 |
| Sep 7-Oct 26   | Su     | 05:30 PM-06:00 PM | 8        | \$74.00 | LW4710-01 | Sep 10-Oct 29                     | W      | 07:15 PM-07:45 PM | 8        | \$74.00 | LW4720-15 |
| Sep 8-Nov 3  | M      | 04:35 PM-05:05 PM | 8        | \$74.00 | LW4710-02 | Sep 11-Oct 30                     | Th     | 09:45 AM-10:15 AM | 8        | \$74.00 | LW4720-16 |
| Sep 9-Nov 4  | Tu     | 02:25 PM-02:55 PM | 8        | \$74.00 | LW4710-03 | Sep 11-Oct 30                     | Th     | 01:15 PM-01:45 PM | 8        | \$74.00 | LW4720-17 |
| Sep 10-Oct 29  | W      | 05:55 PM-06:25 PM | 8        | \$74.00 | LW4710-04 | Sep 11-Oct 30                     | Th     | 04:40 PM-05:10 PM | 8        | \$74.00 | LW4720-18 |
| Sep 12-Nov 7   | F      | 10:20 AM-10:50 AM | 8        | \$74.00 | LW4710-05 | Sep 11-Oct 30                     | Th     | 05:15 PM-05:45 PM | 8        | \$74.00 | LW4720-19 |
| Sep 13-Nov 1   | Sa     | 10:50 AM-11:20 AM | 8        | \$74.00 | LW4710-06 | Sep 11-Oct 30                     | Th     | 06:00 PM-06:30 PM | 8        | \$74.00 | LW4720-20 |
| Nov 2-Dec 21   | Su     | 05:30 PM-06:00 PM | 8        | \$74.00 | LW4710-07 | Sep 11-Oct 30                     | Th     | 07:30 PM-08:00 PM | 8        | \$74.00 | LW4720-21 |
| Nov 10-Dec 10  | M/W    | 04:35 PM-05:05 PM | 10       | \$92.50 | LW4712-01 | Sep 12-Nov 7                      | F      | 09:10 AM-09:40 AM | 8        | \$74.00 | LW4720-22 |
| <b>Preschool 1 (Ages 3-5 yrs)</b>                            |        |                   |          |         |           | Sep 12-Nov 7                      | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | LW4720-23 |
| Sep 7-Oct 26   | Su     | 05:35 PM-06:05 PM | 8        | \$74.00 | LW4715-01 | Sep 12-Nov 7                      | F      | 05:50 PM-06:20 PM | 8        | \$74.00 | LW4720-24 |
| Sep 7-Oct 26   | Su     | 06:20 PM-06:50 PM | 8        | \$74.00 | LW4715-02 | Sep 13-Nov 1                      | Sa     | 11:10 AM-11:40 AM | 8        | \$74.00 | LW4720-25 |
| Sep 7-Oct 26   | Su     | 07:25 PM-07:55 PM | 8        | \$74.00 | LW4715-03 | Sep 13-Nov 1                      | Sa     | 12:10 PM-12:40 PM | 8        | \$74.00 | LW4720-26 |
| Sep 8-Nov 3  | M      | 09:10 AM-09:40 AM | 8        | \$74.00 | LW4715-04 | Nov 2-Dec 21                      | Su     | 05:30 PM-06:00 PM | 8        | \$74.00 | LW4720-27 |
| Sep 8-Nov 3  | M      | 04:30 PM-05:00 PM | 8        | \$74.00 | LW4715-05 | Nov 10-Dec 10                     | M/W    | 10:20 AM-10:50 AM | 10       | \$92.50 | LW4722-01 |
| Sep 8-Nov 3  | M      | 05:45 PM-06:15 PM | 8        | \$74.00 | LW4715-06 | Nov 10-Dec 10                     | M/W    | 05:10 PM-05:40 PM | 10       | \$92.50 | LW4722-02 |
| Sep 9-Nov 4  | Tu     | 09:45 AM-10:15 AM | 8        | \$74.00 | LW4715-07 | Nov 10-Dec 10                     | M/W    | 06:30 PM-07:00 PM | 10       | \$92.50 | LW4722-03 |
| Sep 9-Nov 4  | Tu     | 01:50 PM-02:20 PM | 8        | \$74.00 | LW4715-08 | Nov 18-Dec 18                     | Tu/Th  | 09:45 AM-10:15 AM | 10       | \$92.50 | LW4722-04 |
| Sep 9-Nov 4  | Tu     | 05:25 PM-05:55 PM | 8        | \$74.00 | LW4715-09 | Nov 18-Dec 18                     | Tu/Th  | 01:15 PM-01:45 PM | 10       | \$92.50 | LW4722-05 |
| Sep 9-Nov 4  | Tu     | 06:25 PM-06:55 PM | 8        | \$74.00 | LW4715-10 | Nov 18-Dec 18                     | Tu/Th  | 04:40 PM-05:10 PM | 10       | \$92.50 | LW4722-06 |
| Sep 9-Nov 4  | Tu     | 07:20 PM-07:50 PM | 8        | \$74.00 | LW4715-11 | Nov 18-Dec 18                     | Tu/Th  | 05:15 PM-05:45 PM | 10       | \$92.50 | LW4722-07 |
| Sep 10-Oct 29  | W      | 09:45 AM-10:15 AM | 8        | \$74.00 | LW4715-12 | Nov 18-Dec 18                     | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50 | LW4722-08 |
| Sep 10-Oct 29  | W      | 04:40 PM-05:10 PM | 8        | \$74.00 | LW4715-13 | Nov 18-Dec 18                     | Tu/Th  | 06:55 PM-07:25 PM | 10       | \$92.50 | LW4722-09 |
| Sep 10-Oct 29  | W      | 05:20 PM-05:50 PM | 8        | \$74.00 | LW4715-14 | <b>Preschool 3 (Ages 3-5 yrs)</b> |        |                   |          |         |           |
| Sep 10-Oct 29  | W      | 05:45 PM-06:15 PM | 8        | \$74.00 | LW4715-15 | Sep 7-Oct 26                      | Su     | 06:10 PM-06:40 PM | 8        | \$74.00 | LW4725-01 |
| Sep 10-Oct 29  | W      | 06:25 PM-06:55 PM | 8        | \$74.00 | LW4715-16 | Sep 7-Oct 26                      | Su     | 06:40 PM-07:10 PM | 8        | \$74.00 | LW4725-02 |
| Sep 10-Oct 29  | W      | 06:50 PM-07:20 PM | 8        | \$74.00 | LW4715-17 | Sep 8-Nov 3                       | M      | 04:35 PM-05:05 PM | 8        | \$74.00 | LW4725-03 |
| Sep 11-Oct 30  | Th     | 09:10 AM-09:40 AM | 8        | \$74.00 | LW4715-18 | Sep 8-Nov 3                       | M      | 05:35 PM-06:05 PM | 8        | \$74.00 | LW4725-04 |
| Sep 11-Oct 30  | Th     | 02:25 PM-02:55 PM | 8        | \$74.00 | LW4715-19 | Sep 8-Nov 3                       | M      | 06:20 PM-06:50 PM | 8        | \$74.00 | LW4725-05 |
| Sep 11-Oct 30  | Th     | 05:05 PM-05:35 PM | 8        | \$74.00 | LW4715-20 | Sep 9-Nov 4                       | Tu     | 04:30 PM-05:00 PM | 8        | \$74.00 | LW4725-06 |
| Sep 11-Oct 30  | Th     | 05:50 PM-06:20 PM | 8        | \$74.00 | LW4715-21 | Sep 9-Nov 4                       | Tu     | 06:35 PM-07:05 PM | 8        | \$74.00 | LW4725-07 |
| Sep 11-Oct 30  | Th     | 06:45 PM-07:15 PM | 8        | \$74.00 | LW4715-22 | Sep 10-Oct 29                     | W      | 04:40 PM-05:10 PM | 8        | \$74.00 | LW4725-08 |
| Sep 11-Oct 30  | Th     | 07:05 PM-07:35 PM | 8        | \$74.00 | LW4715-23 | Sep 10-Oct 29                     | W      | 07:40 PM-08:10 PM | 8        | \$74.00 | LW4725-09 |
| Sep 12-Nov 7   | F      | 09:45 AM-10:15 AM | 8        | \$74.00 | LW4715-24 | Sep 11-Oct 30                     | Th     | 06:00 PM-06:30 PM | 8        | \$74.00 | LW4725-10 |
| Sep 12-Nov 7   | F      | 05:05 PM-05:35 PM | 8        | \$74.00 | LW4715-25 | Sep 11-Oct 30                     | Th     | 07:20 PM-07:50 PM | 8        | \$74.00 | LW4725-11 |
| Sep 12-Nov 7   | F      | 06:25 PM-06:55 PM | 8        | \$74.00 | LW4715-26 | Sep 12-Nov 7                      | F      | 04:40 PM-05:10 PM | 8        | \$74.00 | LW4725-12 |
| Sep 13-Nov 1   | Sa     | 09:35 AM-10:05 AM | 8        | \$74.00 | LW4715-27 | Sep 12-Nov 7                      | F      | 06:20 PM-06:50 PM | 8        | \$74.00 | LW4725-13 |
| Sep 13-Nov 1   | Sa     | 10:15 AM-10:45 AM | 8        | \$74.00 | LW4715-28 | Sep 13-Nov 1                      | Sa     | 09:00 AM-09:30 AM | 8        | \$74.00 | LW4725-14 |
| Sep 13-Nov 1   | Sa     | 11:45 AM-12:15 PM | 8        | \$74.00 | LW4715-29 | Sep 13-Nov 1                      | Sa     | 10:30 AM-11:00 AM | 8        | \$74.00 | LW4725-15 |
|  |        |                   |          |         |           | Nov 2-Dec 21                      | Su     | 06:05 PM-06:35 PM | 8        | \$74.00 | LW4725-16 |
|  |        |                   |          |         |           | Nov 2-Dec 21                      | Su     | 06:40 PM-07:10 PM | 8        | \$74.00 | LW4725-17 |

# LIFESAVING SOCIETY SWIM LESSONS

## PROGRAMS & ACTIVITIES

### LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

| Date   | Day(s) | Time              | #Classes | Fee     | Code      | Date                           | Day(s) | Time              | #Classes | Fee      | Code      |
|--|--------|-------------------|----------|---------|-----------|--------------------------------|--------|-------------------|----------|----------|-----------|
| <b>Preschool 3 (Ages 3-5 yrs) <i>continued</i></b> |        |                   |          |         |           | Sep 8-Nov 3                    | M      | 05:05 PM-05:35 PM | 8        | \$74.00  | LW4750-03 |
| Nov 10-Dec 10                                      | M/W    | 04:35 PM-05:05 PM | 10       | \$92.50 | LW4727-01 | Sep 9-Nov 4                    | Tu     | 05:20 PM-05:50 PM | 8        | \$74.00  | LW4750-04 |
| Nov 10-Dec 10                                      | M/W    | 05:35 PM-06:05 PM | 10       | \$92.50 | LW4727-02 | Sep 9-Nov 4                    | Tu     | 06:00 PM-06:30 PM | 8        | \$74.00  | LW4750-05 |
| Nov 10-Dec 10                                      | M/W    | 06:20 PM-06:50 PM | 10       | \$92.50 | LW4727-03 | Sep 10-Oct 29                  | W      | 06:05 PM-06:35 PM | 8        | \$74.00  | LW4750-06 |
| Nov 18-Dec 18                                      | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50 | LW4727-04 | Sep 10-Oct 29                  | W      | 07:35 PM-08:05 PM | 8        | \$74.00  | LW4750-07 |
| Nov 18-Dec 18                                      | Tu/Th  | 07:20 PM-07:50 PM | 10       | \$92.50 | LW4727-05 | Sep 11-Oct 30                  | Th     | 05:25 PM-05:55 PM | 8        | \$74.00  | LW4750-08 |
| <b>Preschool 4 (Ages 3-5 yrs)</b>                  |        |                   |          |         |           | Sep 11-Oct 30                  | Th     | 06:55 PM-07:25 PM | 8        | \$74.00  | LW4750-09 |
| Sep 7-Oct 26                                       | Su     | 06:05 PM-06:35 PM | 8        | \$74.00 | LW4730-01 | Sep 12-Nov 7                   | F      | 05:15 PM-05:45 PM | 8        | \$74.00  | LW4750-10 |
| Sep 9-Nov 4  | Tu     | 05:25 PM-05:55 PM | 8        | \$74.00 | LW4730-02 | Sep 13-Nov 1                   | Sa     | 11:15 AM-11:45 AM | 8        | \$74.00  | LW4750-11 |
| Sep 10-Oct 29                                      | W      | 05:40 PM-06:10 PM | 8        | \$74.00 | LW4730-03 | Sep 13-Nov 1                   | Sa     | 12:20 PM-12:50 PM | 8        | \$74.00  | LW4750-12 |
| Sep 11-Oct 30                                      | Th     | 05:25 PM-05:55 PM | 8        | \$74.00 | LW4730-04 | Nov 2-Dec 21                   | Su     | 06:40 PM-07:10 PM | 8        | \$74.00  | LW4750-13 |
| Sep 13-Nov 1                                       | Sa     | 09:05 AM-09:35 AM | 8        | \$74.00 | LW4730-05 | Nov 10-Dec 10                  | M/W    | 06:10 PM-06:40 PM | 10       | \$92.50  | LW4752-01 |
| Nov 2-Dec 21                                       | Su     | 06:05 PM-06:35 PM | 8        | \$74.00 | LW4730-06 | Nov 18-Dec 18                  | Tu/Th  | 04:30 PM-05:00 PM | 10       | \$92.50  | LW4752-02 |
| Nov 18-Dec 18                                      | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50 | LW4732-01 | Nov 18-Dec 18                  | Tu/Th  | 06:45 PM-07:15 PM | 10       | \$92.50  | LW4752-03 |
| <b>Preschool 5 (Ages 3-5 yrs)</b>                  |        |                   |          |         |           | <b>Swimmer 4 (Ages 6+)</b>     |        |                   |          |          |           |
| Sep 13-Nov 1                                       | Sa     | 11:50 AM-12:20 PM | 8        | \$74.00 | LW4735-01 | Sep 7-Oct 26                   | Su     | 05:30 PM-06:15 PM | 8        | \$97.25  | LW4755-01 |
| <b>Swimmer 1 (Ages 6+)</b>                         |        |                   |          |         |           | Sep 7-Oct 26                   | Su     | 06:55 PM-07:40 PM | 8        | \$97.25  | LW4755-02 |
| Sep 7-Oct 26                                       | Su     | 07:25 PM-07:55 PM | 8        | \$74.00 | LW4740-01 | Sep 8-Nov 3                    | M      | 06:10 PM-06:55 PM | 8        | \$97.25  | LW4755-03 |
| Sep 7-Oct 26                                       | Su     | 08:00 PM-08:30 PM | 8        | \$74.00 | LW4740-02 | Sep 9-Nov 4                    | Tu     | 06:00 PM-06:45 PM | 8        | \$97.25  | LW4755-04 |
| Sep 8-Nov 3  | M      | 05:45 PM-06:15 PM | 8        | \$74.00 | LW4740-03 | Sep 9-Nov 4                    | Tu     | 07:10 PM-07:55 PM | 8        | \$97.25  | LW4755-05 |
| Sep 8-Nov 3  | M      | 05:55 PM-06:25 PM | 8        | \$74.00 | LW4740-04 | Sep 10-Oct 29                  | W      | 04:30 PM-05:15 PM | 8        | \$97.25  | LW4755-06 |
| Sep 9-Nov 4  | Tu     | 04:45 PM-05:15 PM | 8        | \$74.00 | LW4740-05 | Sep 10-Oct 29                  | W      | 06:05 PM-06:50 PM | 8        | \$97.25  | LW4755-07 |
| Sep 9-Nov 4  | Tu     | 05:55 PM-06:25 PM | 8        | \$74.00 | LW4740-06 | Sep 10-Oct 29                  | W      | 07:25 PM-08:10 PM | 8        | \$97.25  | LW4755-08 |
| Sep 9-Nov 4  | Tu     | 06:45 PM-07:15 PM | 8        | \$74.00 | LW4740-07 | Sep 11-Oct 30                  | Th     | 07:20 PM-08:05 PM | 8        | \$97.25  | LW4755-09 |
| Sep 10-Oct 29                                      | W      | 04:30 PM-05:00 PM | 8        | \$74.00 | LW4740-08 | Sep 12-Nov 7                   | F      | 04:30 PM-05:15 PM | 8        | \$97.25  | LW4755-10 |
| Sep 10-Oct 29                                      | W      | 05:10 PM-05:40 PM | 8        | \$74.00 | LW4740-09 | Sep 12-Nov 7                   | F      | 05:40 PM-06:25 PM | 8        | \$97.25  | LW4755-11 |
| Sep 10-Oct 29                                      | W      | 06:30 PM-07:00 PM | 8        | \$74.00 | LW4740-10 | Sep 13-Nov 1                   | Sa     | 09:05 AM-09:50 AM | 8        | \$97.25  | LW4755-12 |
| Sep 11-Oct 30                                      | Th     | 04:40 PM-05:10 PM | 8        | \$74.00 | LW4740-11 | Sep 13-Nov 1                   | Sa     | 11:00 AM-11:45 AM | 8        | \$97.25  | LW4755-13 |
| Sep 11-Oct 30                                      | Th     | 06:45 PM-07:15 PM | 8        | \$74.00 | LW4740-12 | Nov 18-Dec 18                  | Tu/Th  | 06:35 PM-07:20 PM | 10       | \$121.50 | LW4757-01 |
| Sep 12-Nov 7                                       | F      | 05:45 PM-06:15 PM | 8        | \$74.00 | LW4740-13 | Nov 18-Dec 18                  | Tu/Th  | 07:20 PM-08:05 PM | 10       | \$121.50 | LW4757-02 |
| Sep 13-Nov 1                                       | Sa     | 09:35 AM-10:05 AM | 8        | \$74.00 | LW4740-14 | <b>Swimmer 5 (Ages 6+)</b>     |        |                   |          |          |           |
| Sep 13-Nov 1                                       | Sa     | 11:35 AM-12:05 PM | 8        | \$74.00 | LW4740-15 | Sep 7-Oct 26                   | Su     | 07:05 PM-07:50 PM | 8        | \$97.25  | LW4760-01 |
| Sep 13-Nov 1                                       | Sa     | 11:45 AM-12:15 PM | 8        | \$74.00 | LW4740-16 | Sep 8-Nov 3                    | M      | 04:30 PM-05:15 PM | 8        | \$97.25  | LW4760-02 |
| Nov 2-Dec 21                                       | Su     | 07:25 PM-07:55 PM | 8        | \$74.00 | LW4740-17 | Sep 9-Nov 4                    | Tu     | 04:35 PM-05:20 PM | 8        | \$97.25  | LW4760-03 |
| Nov 10-Dec 10                                      | M/W    | 05:05 PM-05:35 PM | 10       | \$92.50 | LW4742-01 | Sep 10-Oct 29                  | W      | 05:15 PM-06:00 PM | 8        | \$97.25  | LW4760-04 |
| Nov 10-Dec 10                                      | M/W    | 05:45 PM-06:15 PM | 10       | \$92.50 | LW4742-02 | Sep 11-Oct 20                  | Th     | 04:35 PM-05:20 PM | 8        | \$97.25  | LW4760-05 |
| Nov 10-Dec 10                                      | M/W    | 05:55 PM-06:25 PM | 10       | \$92.50 | LW4742-03 | Sep 12-Nov 7                   | F      | 05:20 PM-06:05 PM | 8        | \$97.25  | LW4760-06 |
| Nov 18-Dec 18                                      | Tu/Th  | 04:40 PM-05:10 PM | 10       | \$92.50 | LW4742-04 | Sep 13-Nov 1                   | Sa     | 10:10 AM-10:55 AM | 8        | \$97.25  | LW4760-07 |
| Nov 18-Dec 18                                      | Tu/Th  | 07:30 PM-08:00 PM | 10       | \$92.50 | LW4742-05 | Nov 10-Dec 10                  | M/W    | 04:30 PM-05:15 PM | 10       | \$121.50 | LW4762-01 |
| <b>Swimmer 2 (Ages 6+)</b>                         |        |                   |          |         |           | Nov 18-Dec 18                  | Tu/Th  | 04:35 PM-05:20 PM | 10       | \$121.50 | LW4762-02 |
| Sep 7-Oct 26                                       | Su     | 07:55 PM-08:25 PM | 8        | \$74.00 | LW4745-01 | Nov 18-Dec 18                  | Tu/Th  | 07:25 PM-08:10 PM | 10       | \$121.50 | LW4762-03 |
| Sep 8-Nov 3  | M      | 05:10 PM-05:40 PM | 8        | \$74.00 | LW4745-02 | <b>Swimmer 6 (Ages 6+)</b>     |        |                   |          |          |           |
| Sep 8-Nov 3  | M      | 05:20 PM-05:50 PM | 8        | \$74.00 | LW4745-03 | Sep 8-Nov 3                    | M      | 05:40 PM-06:25 PM | 8        | \$97.25  | LW4765-01 |
| Sep 8-Nov 3  | M      | 06:20 PM-06:50 PM | 8        | \$74.00 | LW4745-04 | Sep 9-Nov 4                    | Tu     | 04:35 PM-05:20 PM | 8        | \$97.25  | LW4765-02 |
| Sep 9-Nov 4  | Tu     | 05:05 PM-05:35 PM | 8        | \$74.00 | LW4745-05 | Sep 10-Oct 29                  | W      | 05:15 PM-06:00 PM | 8        | \$97.25  | LW4765-03 |
| Sep 9-Nov 4  | Tu     | 07:00 PM-07:30 PM | 8        | \$74.00 | LW4745-06 | Sep 11-Oct 30                  | Th     | 04:35 PM-05:20 PM | 8        | \$97.25  | LW4765-04 |
| Sep 9-Nov 4  | Tu     | 07:20 PM-07:50 PM | 8        | \$74.00 | LW4745-07 | Sep 12-Nov 7                   | F      | 06:10 PM-06:55 PM | 8        | \$97.25  | LW4765-05 |
| Sep 10-Oct 29                                      | W      | 06:40 PM-07:10 PM | 8        | \$74.00 | LW4745-08 | Sep 13-Nov 1                   | Sa     | 10:10 AM-10:55 AM | 8        | \$97.25  | LW4765-06 |
| Sep 10-Oct 29                                      | W      | 07:05 PM-07:35 PM | 8        | \$74.00 | LW4745-09 | Nov 10-Dec 10                  | M/W    | 05:40 PM-06:25 PM | 10       | \$121.50 | LW4767-01 |
| Sep 11-Oct 30                                      | Th     | 04:30 PM-05:00 PM | 8        | \$74.00 | LW4745-10 | Nov 18-Dec 18                  | Tu/Th  | 04:35 PM-05:20 PM | 10       | \$121.50 | LW4767-02 |
| Sep 11-Oct 30                                      | Th     | 06:35 PM-07:05 PM | 8        | \$74.00 | LW4745-11 | <b>Rookie Patrol (Ages 8+)</b> |        |                   |          |          |           |
| Sep 11-Oct 30                                      | Th     | 07:40 PM-08:10 PM | 8        | \$74.00 | LW4745-12 | Sep 9-Nov 4                    | Tu     | 05:20 PM-06:20 PM | 8        | \$111.25 | LW4770-01 |
| Sep 12-Nov 7                                       | F      | 04:35 PM-05:05 PM | 8        | \$74.00 | LW4745-13 | Sep 11-Oct 30                  | Th     | 05:50 PM-06:50 PM | 8        | \$111.25 | LW4770-02 |
| Sep 12-Nov 7                                       | F      | 06:30 PM-07:00 PM | 8        | \$74.00 | LW4745-14 | Sep 13-Nov 1                   | Sa     | 09:10 AM-10:10 AM | 8        | \$111.25 | LW4770-03 |
| Sep 13-Nov 1                                       | Sa     | 10:15 AM-10:45 AM | 8        | \$74.00 | LW4745-15 | Nov 18-Dec 18                  | Tu/Th  | 05:50 PM-06:50 PM | 10       | \$139.00 | LW4772-01 |
| Sep 13-Nov 1                                       | Sa     | 11:10 AM-11:40 AM | 8        | \$74.00 | LW4745-16 | <b>Ranger Patrol (Ages 8+)</b> |        |                   |          |          |           |
| Nov 2-Dec 21                                       | Su     | 07:25 PM-07:55 PM | 8        | \$74.00 | LW4745-17 | Sep 8-Nov 3                    | M      | 04:30 PM-05:30 PM | 8        | \$111.25 | LW4775-01 |
| Nov 10-Dec 10                                      | M/W    | 05:10 PM-05:40 PM | 10       | \$92.50 | LW4747-01 | Sep 10-Oct 29                  | W      | 07:05 PM-08:05 PM | 8        | \$111.25 | LW4775-02 |
| Nov 10-Dec 10                                      | M/W    | 05:20 PM-05:50 PM | 10       | \$92.50 | LW4747-02 | Sep 13-Nov 1                   | Sa     | 11:50 AM-12:50 PM | 8        | \$111.25 | LW4775-03 |
| Nov 10-Dec 10                                      | M/W    | 06:20 PM-06:50 PM | 10       | \$92.50 | LW4747-03 | Nov 10-Dec 10                  | M/W    | 04:30 PM-05:30 PM | 10       | \$139.00 | LW4777-01 |
| Nov 18-Dec 18                                      | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50 | LW4747-04 | <b>Star Patrol (Ages 8+)</b>   |        |                   |          |          |           |
| Nov 18-Dec 18                                      | Tu/Th  | 05:50 PM-06:20 PM | 10       | \$92.50 | LW4747-05 | Sep 7-Oct 26                   | Su     | 06:10 PM-07:10 PM | 8        | \$111.25 | LW4780-01 |
| Nov 18-Dec 18                                      | Tu/Th  | 07:40 PM-08:10 PM | 10       | \$92.50 | LW4747-06 | Sep 9-Nov 4                    | Tu     | 07:00 PM-08:00 PM | 8        | \$111.25 | LW4780-02 |
| <b>Swimmer 3 (Ages 6+)</b>                         |        |                   |          |         |           | Sep 11-Oct 30                  | Th     | 05:50 PM-06:50 PM | 8        | \$111.25 | LW4780-03 |
| Sep 7-Oct 26                                       | Su     | 05:35 PM-06:05 PM | 8        | \$74.00 | LW4750-01 | Nov 18-Dec 18                  | Tu/Th  | 05:40 PM-06:40 PM | 10       | \$139.00 | LW4782-01 |
| Sep 7-Oct 26                                       | Su     | 06:40 PM-07:10 PM | 8        | \$74.00 | LW4750-02 |                                |        |                   |          |          |           |

## LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT &amp; TOT, PRESCHOOL &amp; SWIMMER)

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|------|--------|------|----------|-----|------|------|--------|------|----------|-----|------|
|------|--------|------|----------|-----|------|------|--------|------|----------|-----|------|



## 5-Day Lesson Sets

5-day lesson sets are available at Lakewood Civic Centre this Fall. These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water.

### LAKEWOOD CIVIC CENTRE 1635 Mc Kercher Drive

Classes cancelled on Sep 30; Oct 13 & 31; Nov 11.

#### Parent & Tot 1 (Ages 4-12 mos)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 10:15 AM-10:45 AM | 5 | \$52.00 | LW4913-01 |
| Nov 21-Dec 19 | F  | 05:15 PM-05:45 PM | 5 | \$52.00 | LW4913-02 |

#### Parent & Tot 2 (Ages 12-24 mos)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 09:40 AM-10:10 AM | 5 | \$52.00 | LW4914-01 |
| Nov 21-Dec 19 | F  | 04:30 PM-05:00 PM | 5 | \$52.00 | LW4914-02 |

#### Parent & Tot 3 (Ages 24-36 mos)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 12:05 PM-12:35 PM | 5 | \$52.00 | LW4915-01 |
| Nov 21-Dec 19 | F  | 10:20 AM-10:50 AM | 5 | \$52.00 | LW4915-02 |
| Nov 21-Dec 19 | F  | 05:40 PM-06:10 PM | 5 | \$52.00 | LW4915-03 |

#### Preschool 1 (Ages 3-5 yrs)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 10:15 AM-10:45 AM | 5 | \$52.00 | LW4916-01 |
| Nov 8-Dec 6   | Sa | 11:00 AM-11:30 AM | 5 | \$52.00 | LW4916-02 |
| Nov 8-Dec 6   | Sa | 11:30 AM-12:00 PM | 5 | \$52.00 | LW4916-03 |
| Nov 21-Dec 19 | F  | 09:45 AM-10:15 AM | 5 | \$52.00 | LW4916-04 |
| Nov 21-Dec 19 | F  | 04:40 PM-05:10 PM | 5 | \$52.00 | LW4916-05 |
| Nov 21-Dec 19 | F  | 05:05 PM-05:35 PM | 5 | \$52.00 | LW4916-06 |

#### Preschool 2 (Ages 3-5 yrs)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 09:05 AM-09:35 AM | 5 | \$52.00 | LW4917-01 |
| Nov 8-Dec 6   | Sa | 11:35 AM-12:05 PM | 5 | \$52.00 | LW4917-02 |
| Nov 21-Dec 19 | F  | 09:10 AM-09:40 AM | 5 | \$52.00 | LW4917-03 |
| Nov 21-Dec 19 | F  | 05:05 PM-05:35 PM | 5 | \$52.00 | LW4917-04 |
| Nov 21-Dec 19 | F  | 05:40 PM-06:10 PM | 5 | \$52.00 | LW4917-05 |
| Nov 21-Dec 19 | F  | 05:50 PM-06:20 PM | 5 | \$52.00 | LW4917-06 |

#### Preschool 3 (Ages 3-5 yrs)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 09:00 AM-09:30 AM | 5 | \$52.00 | LW4918-01 |
| Nov 8-Dec 6   | Sa | 11:00 AM-11:30 AM | 5 | \$52.00 | LW4918-02 |
| Nov 21-Dec 19 | F  | 05:50 PM-06:20 PM | 5 | \$52.00 | LW4918-03 |

#### Preschool 4 (Ages 3-5 yrs)

|             |    |                   |   |         |           |
|-------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6 | Sa | 09:05 AM-09:35 AM | 5 | \$52.00 | LW4919-01 |
|-------------|----|-------------------|---|---------|-----------|

#### Preschool 5 (Ages 3-5 yrs)

|             |    |                   |   |         |           |
|-------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6 | Sa | 11:35 AM-12:05 PM | 5 | \$52.00 | LW4920-01 |
|-------------|----|-------------------|---|---------|-----------|

#### Swimmer 1 (Ages 6+)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 09:35 AM-10:05 AM | 5 | \$52.00 | LW4921-01 |
| Nov 21-Dec 19 | F  | 04:40 PM-05:10 PM | 5 | \$52.00 | LW4921-02 |
| Nov 21-Dec 19 | F  | 05:15 PM-05:45 PM | 5 | \$52.00 | LW4921-03 |

#### Swimmer 2 (Ages 6+)

|               |    |                   |   |         |           |
|---------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6   | Sa | 09:40 AM-10:10 AM | 5 | \$52.00 | LW4922-01 |
| Nov 8-Dec 6   | Sa | 10:55 AM-11:25 AM | 5 | \$52.00 | LW4922-02 |
| Nov 21-Dec 19 | F  | 04:30 PM-05:00 PM | 5 | \$52.00 | LW4922-03 |
| Nov 21-Dec 19 | F  | 06:25 PM-06:55 PM | 5 | \$52.00 | LW4922-04 |

#### Swimmer 3 (Ages 6+)

|             |    |                   |   |         |           |
|-------------|----|-------------------|---|---------|-----------|
| Nov 8-Dec 6 | Sa | 10:10 AM-10:40 AM | 5 | \$52.00 | LW4923-01 |
|-------------|----|-------------------|---|---------|-----------|

### LAWSON CIVIC CENTRE 225 Primrose Drive

Classes cancelled on Sep 30; Oct 12, 13 & 31; Nov 11.

#### Parent & Tot 1 (Ages 4-12 mos)

|              |       |                   |    |         |           |
|--------------|-------|-------------------|----|---------|-----------|
| Sep 4-Oct 2  | Tu/Th | 11:20 AM-11:50 AM | 8  | \$74.00 | LC4700-01 |
| Sep 5-Nov 14 | F     | 10:45 AM-11:15 AM | 10 | \$92.50 | LC4702-01 |
| Sep 8-Oct 1  | M/W   | 10:05 AM-10:35 AM | 8  | \$74.00 | LC4700-02 |
| Sep 8-Oct 1  | M/W   | 05:00 PM-05:30 PM | 8  | \$74.00 | LC4700-03 |
| Oct 6-Dec 1  | M     | 11:15 AM-11:45 AM | 8  | \$74.00 | LC4700-04 |
| Oct 7-Dec 2  | Tu    | 06:15 PM-06:45 PM | 8  | \$74.00 | LC4700-05 |
| Oct 8-Dec 3  | W     | 09:35 AM-10:05 AM | 9  | \$83.25 | LC4701-01 |
| Oct 9-Nov 27 | Th    | 10:05 AM-10:35 AM | 8  | \$74.00 | LC4700-06 |
| Oct 9-Nov 27 | Th    | 04:30 PM-05:00 PM | 8  | \$74.00 | LC4700-07 |

#### Parent & Tot 2 (Ages 12-24 mos)

|              |    |                   |    |         |           |
|--------------|----|-------------------|----|---------|-----------|
| Sep 6-Nov 8  | Sa | 10:20 AM-10:50 AM | 10 | \$92.50 | LC4707-01 |
| Oct 6-Dec 1  | M  | 05:05 PM-05:35 PM | 8  | \$74.00 | LC4705-01 |
| Oct 7-Dec 2  | Tu | 05:45 PM-06:15 PM | 8  | \$74.00 | LC4705-02 |
| Oct 8-Dec 3  | W  | 10:10 AM-10:40 AM | 9  | \$83.25 | LC4706-01 |
| Oct 9-Nov 27 | Th | 06:35 PM-07:05 PM | 8  | \$74.00 | LC4705-03 |

#### Parent & Tot 2/3 (Ages 12-36 mos)

|              |       |                   |    |         |           |
|--------------|-------|-------------------|----|---------|-----------|
| Sep 4-Oct 2  | Tu/Th | 10:00 AM-10:30 AM | 8  | \$74.00 | LC4926-01 |
| Sep 5-Nov 14 | F     | 04:30 PM-05:00 PM | 10 | \$92.50 | LC4924-01 |
| Sep 8-Oct 1  | M/W   | 10:45 AM-11:15 AM | 8  | \$74.00 | LC4926-02 |
| Sep 8-Oct 1  | M/W   | 04:35 PM-05:05 PM | 8  | \$74.00 | LC4926-03 |
| Oct 6-Dec 1  | M     | 10:45 AM-11:15 AM | 8  | \$74.00 | LC4926-04 |
| Oct 9-Nov 27 | Th    | 11:15 AM-11:45 AM | 8  | \$74.00 | LC4926-05 |

#### Parent & Tot 3 (Ages 24-36 mos)

|              |       |                   |    |         |           |
|--------------|-------|-------------------|----|---------|-----------|
| Sep 4-Oct 2  | Tu/Th | 05:55 PM-06:25 PM | 8  | \$74.00 | LC4710-01 |
| Sep 5-Nov 14 | F     | 10:05 AM-10:35 AM | 10 | \$92.50 | LC4712-01 |
| Sep 6-Nov 8  | Sa    | 11:25 AM-11:55 AM | 10 | \$92.50 | LC4712-02 |
| Oct 6-Dec 1  | M     | 04:35 PM-05:05 PM | 8  | \$74.00 | LC4710-02 |
| Oct 7-Dec 2  | Tu    | 10:00 AM-10:30 AM | 8  | \$74.00 | LC4710-03 |
| Oct 8-Dec 3  | W     | 10:40 AM-11:10 AM | 9  | \$83.25 | LC4711-01 |
| Dec 8-18     | M-Th  | 05:55 PM-06:25 PM | 8  | \$74.00 | LC4710-04 |

#### Preschool 1 (Ages 3-5 yrs)

|              |       |                   |    |         |           |
|--------------|-------|-------------------|----|---------|-----------|
| Sep 4-Oct 2  | Tu/Th | 10:35 AM-11:05 AM | 8  | \$74.00 | LC4715-01 |
| Sep 4-Oct 2  | Tu/Th | 04:35 PM-05:05 PM | 8  | \$74.00 | LC4715-02 |
| Sep 4-Oct 2  | Tu/Th | 05:20 PM-05:50 PM | 8  | \$74.00 | LC4715-03 |
| Sep 4-Oct 2  | Tu/Th | 06:30 PM-07:00 PM | 8  | \$74.00 | LC4715-04 |
| Sep 5-Nov 14 | F     | 10:10 AM-10:40 AM | 10 | \$92.50 | LC4717-01 |
| Sep 5-Nov 14 | F     | 04:30 PM-05:00 PM | 10 | \$92.50 | LC4717-02 |
| Sep 5-Nov 14 | F     | 05:40 PM-06:10 PM | 10 | \$92.50 | LC4717-03 |
| Sep 6-Nov 8  | Sa    | 10:05 AM-10:35 AM | 10 | \$92.50 | LC4717-04 |
| Sep 6-Nov 8  | Sa    | 10:35 AM-11:05 AM | 10 | \$92.50 | LC4717-05 |
| Sep 6-Nov 8  | Sa    | 12:00 PM-12:30 PM | 10 | \$92.50 | LC4717-06 |
| Sep 8-Oct 1  | M/W   | 10:10 AM-10:40 AM | 8  | \$74.00 | LC4715-05 |

Find programs and register online at  
[leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)



# LIFESAVING SOCIETY SWIM LESSONS

## PROGRAMS & ACTIVITIES

### LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

| Date   | Day(s) | Time              | #Classes | Fee     | Code      | Date   | Day(s) | Time              | #Classes | Fee     | Code      |
|--|--------|-------------------|----------|---------|-----------|--|--------|-------------------|----------|---------|-----------|
| <b>Preschool 1 (Ages 3-5 yrs) <i>continued</i></b> |        |                   |          |         |           | <div>Looking for a fun aquatic program<br/>for children ages 3-5?</div> <div>Check out Lil' Movers Swim &amp; Play available at<br/>Lawson Civic Centre. Refer to page 28 to learn more.</div> |        |                   |          |         |           |
| Sep 8-Oct 1  | M/W    | 04:35 PM-05:05 PM | 8        | \$74.00 | LC4715-06 | Sep 5-Nov 14   | F      | 10:40 AM-11:10 AM | 10       | \$92.50 | LC4727-01 |
| Sep 8-Oct 1  | M/W    | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4715-07 | Sep 5-Nov 14   | F      | 06:15 PM-06:45 PM | 10       | \$92.50 | LC4727-02 |
| Sep 8-Oct 1  | M/W    | 05:45 PM-06:15 PM | 8        | \$74.00 | LC4715-08 | Sep 6-Nov 8  | Sa     | 10:40 AM-11:10 AM | 10       | \$92.50 | LC4727-03 |
| Sep 8-Oct 1  | M/W    | 06:30 PM-07:00 PM | 8        | \$74.00 | LC4715-09 | Sep 8-Oct 1  | M/W    | 11:20 AM-11:50 AM | 8        | \$74.00 | LC4725-04 |
| Sep 14-Nov 9                                       | Su     | 05:30 PM-06:00 PM | 8        | \$74.00 | LC4715-10 | Sep 14-Nov 9   | Su     | 05:10 PM-05:40 PM | 8        | \$74.00 | LC4725-05 |
| Sep 14-Nov 9                                       | Su     | 06:20 PM-06:50 PM | 8        | \$74.00 | LC4715-11 | Sep 14-Nov 9   | Su     | 06:05 PM-06:35 PM | 8        | \$74.00 | LC4725-06 |
| Oct 6-Dec 1  | M      | 10:10 AM-10:40 AM | 8        | \$74.00 | LC4715-12 | Sep 14-Nov 9   | Su     | 06:55 PM-07:25 PM | 8        | \$74.00 | LC4725-07 |
| Oct 6-Dec 1  | M      | 11:50 AM-12:20 PM | 8        | \$74.00 | LC4715-13 | Oct 6-Dec 1  | M      | 12:25 PM-12:55 PM | 8        | \$74.00 | LC4725-08 |
| Oct 6-Dec 1  | M      | 04:35 PM-05:05 PM | 8        | \$74.00 | LC4715-14 | Oct 6-Dec 1  | M      | 05:40 PM-06:10 PM | 8        | \$74.00 | LC4725-09 |
| Oct 6-Dec 1  | M      | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4715-15 | Oct 7-Dec 2  | Tu     | 10:45 AM-11:15 AM | 8        | \$74.00 | LC4725-10 |
| Oct 6-Dec 1  | M      | 05:45 PM-06:15 PM | 8        | \$74.00 | LC4715-16 | Oct 8-Dec 3  | W      | 11:15 AM-11:45 AM | 9        | \$83.25 | LC4726-01 |
| Oct 6-Dec 1  | M      | 05:55 PM-06:25 PM | 8        | \$74.00 | LC4715-17 | Oct 9-Nov 27   | Th     | 05:10 PM-05:40 PM | 8        | \$74.00 | LC4725-11 |
| Oct 6-Dec 1  | M      | 06:30 PM-07:00 PM | 8        | \$74.00 | LC4715-18 | Dec 8-18   | M-Th   | 06:30 PM-07:00 PM | 8        | \$74.00 | LC4725-12 |
| Oct 7-Dec 2  | Tu     | 10:35 AM-11:05 AM | 8        | \$74.00 | LC4715-19 | <b>Preschool 4 (Ages 3-5 yrs)</b>  |        |                   |          |         |           |
| Oct 7-Dec 2  | Tu     | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4715-20 | Sep 4-Oct 2  | Tu/Th  | 06:55 PM-07:25 PM | 8        | \$74.00 | LC4730-01 |
| Oct 7-Dec 2  | Tu     | 05:40 PM-06:10 PM | 8        | \$74.00 | LC4715-21 | Sep 6-Nov 8  | Sa     | 11:50 AM-12:20 PM | 10       | \$92.50 | LC4732-01 |
| Oct 7-Dec 2  | Tu     | 06:30 PM-07:00 PM | 8        | \$74.00 | LC4715-22 | Sep 8-Oct 1  | M/W    | 05:35 PM-06:05 PM | 8        | \$74.00 | LC4730-02 |
| Oct 8-Dec 3  | W      | 11:20 AM-11:50 AM | 9        | \$83.25 | LC4716-01 | Sep 14-Nov 9   | Su     | 07:30 PM-08:00 PM | 8        | \$74.00 | LC4730-03 |
| Oct 9-Nov 27                                       | Th     | 10:40 AM-11:10 AM | 8        | \$74.00 | LC4715-23 | Oct 7-Dec 2  | Tu     | 05:10 PM-05:40 PM | 8        | \$74.00 | LC4730-04 |
| Oct 9-Nov 27                                       | Th     | 04:35 PM-05:05 PM | 8        | \$74.00 | LC4715-24 | Oct 8-Dec 3  | W      | 11:50 AM-12:20 PM | 9        | \$83.25 | LC4731-01 |
| Oct 9-Nov 27                                       | Th     | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4715-25 | <b>Preschool 4/5 (Ages 3-5 yrs)</b>  |        |                   |          |         |           |
| Oct 9-Nov 27                                       | Th     | 06:00 PM-06:30 PM | 8        | \$74.00 | LC4715-26 | Sep 4-Oct 2  | Tu/Th  | 11:10 AM-11:40 AM | 8        | \$74.00 | LC4932-01 |
| Oct 9-Nov 27                                       | Th     | 06:30 PM-07:00 PM | 8        | \$74.00 | LC4715-27 | Sep 5-Nov 14   | F      | 11:20 AM-11:50 AM | 10       | \$92.50 | LC4930-01 |
| Dec 8-18   | M-Th   | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4715-28 | Sep 8-Oct 1  | M/W    | 10:40 AM-11:10 AM | 8        | \$74.00 | LC4932-02 |
| <b>Preschool 1/2 (Ages 3-5 yrs)</b>                |        |                   |          |         |           | Oct 6-Dec 1  | M      | 10:40 AM-11:10 AM | 8        | \$74.00 | LC4932-03 |
| Sep 5-Nov 14                                       | F      | 11:15 AM-11:45 AM | 10       | \$92.50 | LC4927-01 | Oct 9-Nov 27   | Th     | 10:40 AM-11:10 AM | 8        | \$74.00 | LC4932-04 |
| Oct 8-Dec 3  | W      | 12:25 PM-12:55 PM | 9        | \$83.25 | LC4928-01 | <b>Preschool 5 (Ages 3-5 yrs)</b>  |        |                   |          |         |           |
| Oct 9-Nov 27                                       | Th     | 11:15 AM-11:45 AM | 8        | \$74.00 | LC4929-01 | Sep 5-Nov 14   | F      | 04:30 PM-05:00 PM | 10       | \$92.50 | LC4737-01 |
| <b>Preschool 2 (Ages 3-5 yrs)</b>                  |        |                   |          |         |           | Sep 6-Nov 8  | Sa     | 12:25 PM-12:55 PM | 10       | \$92.50 | LC4737-02 |
| Sep 4-Oct 2  | Tu/Th  | 10:10 AM-10:40 AM | 8        | \$74.00 | LC4720-01 | Sep 8-Oct 1  | M/W    | 06:50 PM-07:20 PM | 8        | \$74.00 | LC4735-01 |
| Sep 4-Oct 2  | Tu/Th  | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4720-02 | Oct 6-Dec 1  | M      | 06:20 PM-06:50 PM | 8        | \$74.00 | LC4735-02 |
| Sep 4-Oct 2  | Tu/Th  | 05:45 PM-06:15 PM | 8        | \$74.00 | LC4720-03 | Oct 7-Dec 2  | Tu     | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4735-03 |
| Sep 4-Oct 2  | Tu/Th  | 06:20 PM-06:50 PM | 8        | \$74.00 | LC4720-04 | Oct 9-Nov 27   | Th     | 06:20 PM-06:50 PM | 8        | \$74.00 | LC4735-04 |
| Sep 5-Nov 14                                       | F      | 09:35 AM-10:05 AM | 10       | \$92.50 | LC4722-01 | <b>Swimmer 1 (Ages 6+)</b>   |        |                   |          |         |           |
| Sep 5-Nov 14                                       | F      | 05:05 PM-05:35 PM | 10       | \$92.50 | LC4722-02 | Sep 4-Oct 2  | Tu/Th  | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4740-01 |
| Sep 5-Nov 14                                       | F      | 05:55 PM-06:25 PM | 10       | \$92.50 | LC4722-03 | Sep 4-Oct 2  | Tu/Th  | 05:10 PM-05:40 PM | 8        | \$74.00 | LC4740-02 |
| Sep 5-Nov 14                                       | F      | 06:20 PM-06:50 PM | 10       | \$92.50 | LC4722-04 | Sep 4-Oct 2  | Tu/Th  | 07:05 PM-07:35 PM | 8        | \$74.00 | LC4740-03 |
| Sep 6-Nov 8  | Sa     | 10:05 AM-10:35 AM | 10       | \$92.50 | LC4722-05 | Sep 5-Nov 14   | F      | 05:05 PM-05:35 PM | 10       | \$92.50 | LC4742-01 |
| Sep 6-Nov 8  | Sa     | 10:50 AM-11:20 AM | 10       | \$92.50 | LC4722-06 | Sep 5-Nov 14   | F      | 05:45 PM-06:15 PM | 10       | \$92.50 | LC4742-02 |
| Sep 6-Nov 8  | Sa     | 11:10 AM-11:40 AM | 10       | \$92.50 | LC4722-07 | Sep 5-Nov 14   | F      | 06:30 PM-07:00 PM | 10       | \$92.50 | LC4742-03 |
| Sep 6-Nov 8  | Sa     | 11:50 AM-12:20 PM | 10       | \$92.50 | LC4722-08 | Sep 6-Nov 8  | Sa     | 10:00 AM-10:30 AM | 10       | \$92.50 | LC4742-04 |
| Sep 8-Oct 1  | M/W    | 09:35 AM-10:05 AM | 8        | \$74.00 | LC4720-05 | Sep 6-Nov 8  | Sa     | 10:40 AM-11:10 AM | 10       | \$92.50 | LC4742-05 |
| Sep 8-Oct 1  | M/W    | 04:25 PM-04:55 PM | 8        | \$74.00 | LC4720-06 | Sep 6-Nov 8  | Sa     | 11:45 AM-12:15 PM | 10       | \$92.50 | LC4742-06 |
| Sep 8-Oct 1  | M/W    | 05:20 PM-05:50 PM | 8        | \$74.00 | LC4720-07 | Sep 6-Nov 8  | Sa     | 12:25 PM-12:55 PM | 10       | \$92.50 | LC4742-07 |
| Sep 8-Oct 1  | M/W    | 06:15 PM-06:45 PM | 8        | \$74.00 | LC4720-08 | Sep 8-Oct 1  | M/W    | 11:15 AM-11:45 AM | 8        | \$74.00 | LC4740-04 |
| Sep 14-Nov 9                                       | Su     | 05:45 PM-06:15 PM | 8        | \$74.00 | LC4720-09 | Sep 8-Oct 1  | M/W    | 11:55 AM-12:25 PM | 8        | \$74.00 | LC4740-05 |
| Sep 14-Nov 9                                       | Su     | 06:40 PM-07:10 PM | 8        | \$74.00 | LC4720-10 | Sep 8-Oct 1  | M/W    | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4740-06 |
| Oct 6-Dec 1  | M      | 09:35 AM-10:05 AM | 8        | \$74.00 | LC4720-11 | Sep 8-Oct 1  | M/W    | 05:45 PM-06:15 PM | 8        | \$74.00 | LC4740-07 |
| Oct 6-Dec 1  | M      | 10:05 AM-10:35 AM | 8        | \$74.00 | LC4720-12 | Sep 8-Oct 1  | M/W    | 05:55 PM-06:25 PM | 8        | \$74.00 | LC4740-08 |
| Oct 6-Dec 1  | M      | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4720-13 | Sep 8-Oct 1  | M/W    | 06:20 PM-06:50 PM | 8        | \$74.00 | LC4740-09 |
| Oct 6-Dec 1  | M      | 05:20 PM-05:50 PM | 8        | \$74.00 | LC4720-14 | Oct 6-Dec 1  | M      | 11:20 AM-11:50 AM | 8        | \$74.00 | LC4740-10 |
| Oct 6-Dec 1  | M      | 06:15 PM-06:45 PM | 8        | \$74.00 | LC4720-15 | Oct 6-Dec 1  | M      | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4740-11 |
| Oct 7-Dec 2  | Tu     | 10:10 AM-10:40 AM | 8        | \$74.00 | LC4720-16 | Oct 6-Dec 1  | M      | 05:45 PM-06:15 PM | 8        | \$74.00 | LC4740-12 |
| Oct 7-Dec 2  | Tu     | 04:35 PM-05:05 PM | 8        | \$74.00 | LC4720-17 | Oct 6-Dec 1  | M      | 06:50 PM-07:20 PM | 8        | \$74.00 | LC4740-13 |
| Oct 7-Dec 2  | Tu     | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4720-18 | Oct 7-Dec 2  | Tu     | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4740-14 |
| Oct 7-Dec 2  | Tu     | 05:55 PM-06:25 PM | 8        | \$74.00 | LC4720-19 |  |        |                   |          |         |           |
| Oct 7-Dec 2  | Tu     | 06:50 PM-07:20 PM | 8        | \$74.00 | LC4720-20 |  |        |                   |          |         |           |
| Oct 8-Dec 3  | W      | 10:05 AM-10:35 AM | 9        | \$83.25 | LC4721-01 |  |        |                   |          |         |           |
| Oct 9-Nov 27                                       | Th     | 10:05 AM-10:35 AM | 8        | \$74.00 | LC4720-21 |  |        |                   |          |         |           |
| Oct 9-Nov 27                                       | Th     | 05:10 PM-05:40 PM | 8        | \$74.00 | LC4720-22 |  |        |                   |          |         |           |
| Oct 9-Nov 27                                       | Th     | 05:40 PM-06:10 PM | 8        | \$74.00 | LC4720-23 |  |        |                   |          |         |           |
| Dec 8-18   | M-Th   | 05:05 PM-05:35 PM | 8        | \$74.00 | LC4720-24 |  |        |                   |          |         |           |
| <b>Preschool 3 (Ages 3-5 yrs)</b>                  |        |                   |          |         |           |  |        |                   |          |         |           |
| Sep 4-Oct 2  | Tu/Th  | 10:45 AM-11:15 AM | 8        | \$74.00 | LC4725-01 |  |        |                   |          |         |           |
| Sep 4-Oct 2  | Tu/Th  | 04:30 PM-05:00 PM | 8        | \$74.00 | LC4725-02 |  |        |                   |          |         |           |
| Sep 4-Oct 2  | Tu/Th  | 05:55 PM-06:25 PM | 8        | \$74.00 | LC4725-03 |  |        |                   |          |         |           |

## LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT &amp; TOT, PRESCHOOL &amp; SWIMMER)

| Date  | Day(s) | Time              | #Classes | Fee      | Code      | Date | Day(s) | Time | #Classes | Fee | Code |
|---|--------|-------------------|----------|----------|-----------|------|--------|------|----------|-----|------|
| <b>Swimmer 1 (Ages 6+) <i>continued</i></b> |        |                   |          |          |           |      |        |      |          |     |      |
| Oct 7-Dec 2                                 | Tu     | 05:40 PM-06:10 PM | 8        | \$74.00  | LC4740-15 |      |        |      |          |     |      |
| Oct 8-Dec 3                                 | W      | 10:45 AM-11:15 AM | 9        | \$83.25  | LC4741-01 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 04:30 PM-05:00 PM | 8        | \$74.00  | LC4740-16 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 05:25 PM-05:55 PM | 8        | \$74.00  | LC4740-17 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 05:45 PM-06:15 PM | 8        | \$74.00  | LC4740-18 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 04:30 PM-05:00 PM | 8        | \$74.00  | LC4740-19 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 05:40 PM-06:10 PM | 8        | \$74.00  | LC4740-20 |      |        |      |          |     |      |
| <b>Swimmer 2 (Ages 6+)</b>                  |        |                   |          |          |           |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 05:45 PM-06:15 PM | 8        | \$74.00  | LC4745-01 |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 06:20 PM-06:50 PM | 8        | \$74.00  | LC4745-02 |      |        |      |          |     |      |
| Sep 5-Nov 14                                | F      | 05:10 PM-05:40 PM | 10       | \$92.50  | LC4747-01 |      |        |      |          |     |      |
| Sep 5-Nov 14                                | F      | 05:40 PM-06:10 PM | 10       | \$92.50  | LC4747-02 |      |        |      |          |     |      |
| Sep 6-Nov 8                                 | Sa     | 11:15 AM-11:45 AM | 10       | \$92.50  | LC4747-03 |      |        |      |          |     |      |
| Sep 8-Oct 1                                 | M/W    | 05:10 PM-05:40 PM | 8        | \$74.00  | LC4745-03 |      |        |      |          |     |      |
| Sep 8-Oct 1                                 | M/W    | 06:10 PM-06:40 PM | 8        | \$74.00  | LC4745-04 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 05:10 PM-05:40 PM | 8        | \$74.00  | LC4745-05 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 06:15 PM-06:45 PM | 8        | \$74.00  | LC4745-06 |      |        |      |          |     |      |
| Oct 7-Dec 2                                 | Tu     | 04:30 PM-05:00 PM | 8        | \$74.00  | LC4745-07 |      |        |      |          |     |      |
| Oct 7-Dec 2                                 | Tu     | 05:05 PM-05:35 PM | 8        | \$74.00  | LC4745-08 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 05:55 PM-06:25 PM | 8        | \$74.00  | LC4745-09 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 05:20 PM-05:50 PM | 8        | \$74.00  | LC4745-10 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 06:30 PM-07:00 PM | 8        | \$74.00  | LC4745-11 |      |        |      |          |     |      |
| <b>Swimmer 3 (Ages 6+)</b>                  |        |                   |          |          |           |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 04:35 PM-05:05 PM | 8        | \$74.00  | LC4750-01 |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 05:10 PM-05:40 PM | 8        | \$74.00  | LC4750-02 |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 06:30 PM-07:00 PM | 8        | \$74.00  | LC4750-03 |      |        |      |          |     |      |
| Sep 5-Nov 14                                | F      | 04:35 PM-05:05 PM | 10       | \$92.50  | LC4752-01 |      |        |      |          |     |      |
| Sep 6-Nov 8                                 | Sa     | 11:15 AM-11:45 AM | 10       | \$92.50  | LC4752-02 |      |        |      |          |     |      |
| Sep 6-Nov 8                                 | Sa     | 12:20 PM-12:50 PM | 10       | \$92.50  | LC4752-03 |      |        |      |          |     |      |
| Sep 8-Oct 1                                 | M/W    | 05:10 PM-05:40 PM | 8        | \$74.00  | LC4750-04 |      |        |      |          |     |      |
| Sep 8-Oct 1                                 | M/W    | 05:40 PM-06:10 PM | 8        | \$74.00  | LC4750-05 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 05:10 PM-05:40 PM | 8        | \$74.00  | LC4750-06 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 05:40 PM-06:10 PM | 8        | \$74.00  | LC4750-07 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 06:50 PM-07:20 PM | 8        | \$74.00  | LC4750-08 |      |        |      |          |     |      |
| Oct 7-Dec 2                                 | Tu     | 04:30 PM-05:00 PM | 8        | \$74.00  | LC4750-09 |      |        |      |          |     |      |
| Oct 7-Dec 2                                 | Tu     | 05:40 PM-06:10 PM | 8        | \$74.00  | LC4750-10 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 05:45 PM-06:15 PM | 8        | \$74.00  | LC4750-11 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 05:55 PM-06:25 PM | 8        | \$74.00  | LC4750-12 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 06:15 PM-06:45 PM | 8        | \$74.00  | LC4750-13 |      |        |      |          |     |      |
| <b>Swimmer 4 (Ages 6+)</b>                  |        |                   |          |          |           |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 05:05 PM-05:50 PM | 8        | \$97.25  | LC4755-01 |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 06:30 PM-07:15 PM | 8        | \$97.25  | LC4755-02 |      |        |      |          |     |      |
| Sep 5-Nov 14                                | F      | 05:05 PM-05:50 PM | 10       | \$121.50 | LC4757-01 |      |        |      |          |     |      |
| Sep 6-Nov 8                                 | Sa     | 10:00 AM-10:45 AM | 10       | \$121.50 | LC4757-02 |      |        |      |          |     |      |
| Sep 6-Nov 8                                 | Sa     | 10:55 AM-11:40 AM | 10       | \$121.50 | LC4757-03 |      |        |      |          |     |      |
| Sep 8-Oct 1                                 | M/W    | 04:30 PM-05:15 PM | 8        | \$97.25  | LC4755-03 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 04:30 PM-05:15 PM | 8        | \$97.25  | LC4755-04 |      |        |      |          |     |      |
| Oct 7-Dec 2                                 | Tu     | 05:05 PM-05:50 PM | 8        | \$97.25  | LC4755-05 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 04:35 PM-05:20 PM | 8        | \$97.25  | LC4755-06 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 04:30 PM-05:15 PM | 8        | \$97.25  | LC4755-07 |      |        |      |          |     |      |
| Dec 8-18                                    | M-Th   | 05:05 PM-05:50 PM | 8        | \$97.25  | LC4755-08 |      |        |      |          |     |      |
| <b>Swimmer 5 (Ages 6+)</b>                  |        |                   |          |          |           |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 04:30 PM-05:15 PM | 8        | \$97.25  | LC4760-01 |      |        |      |          |     |      |
| Sep 6-Nov 8                                 | Sa     | 11:45 AM-12:30 PM | 10       | \$121.50 | LC4762-01 |      |        |      |          |     |      |
| Sep 8-Oct 1                                 | M/W    | 06:20 PM-07:05 PM | 8        | \$97.25  | LC4760-02 |      |        |      |          |     |      |
| Oct 6-Dec 1                                 | M      | 06:20 PM-07:05 PM | 8        | \$97.25  | LC4760-03 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 06:15 PM-07:00 PM | 8        | \$97.25  | LC4760-04 |      |        |      |          |     |      |
| <b>Swimmer 6 (Ages 6+)</b>                  |        |                   |          |          |           |      |        |      |          |     |      |
| Sep 4-Oct 2                                 | Tu/Th  | 05:40 PM-06:25 PM | 8        | \$97.25  | LC4765-01 |      |        |      |          |     |      |
| Sep 5-Nov 14                                | F      | 06:15 PM-07:00 PM | 10       | \$121.50 | LC4767-01 |      |        |      |          |     |      |
| Oct 9-Nov 27                                | Th     | 05:05 PM-05:50 PM | 8        | \$97.25  | LC4765-02 |      |        |      |          |     |      |



## Multi-Level Swim Lessons for Families

(Formerly known as Block Lessons)

Designed for families with more than one child seeking Life Saving Society swim lessons; this option accommodates multiple swim levels within a single class. Registrants can choose their preferred time slot by phone. Simply inform us of your children's swim levels, and we'll ensure they receive instruction at the same time. Available at Lawson Civic Centre. Registrations are accepted by phone only beginning Monday, August 18. Call 306-975-7873 to register.

### Preschool 1 – Swimmer 3

|             |   |                   |   |         |           |
|-------------|---|-------------------|---|---------|-----------|
| Oct 8-Dec 3 | W | 04:35 PM-05:05 PM | 9 | \$83.25 | LC4512-01 |
| Oct 8-Dec 3 | W | 05:10 PM-05:40 PM | 9 | \$83.25 | LC4512-02 |
| Oct 8-Dec 3 | W | 05:50 PM-06:20 PM | 9 | \$83.25 | LC4512-03 |
| Oct 8-Dec 3 | W | 06:25 PM-06:55 PM | 9 | \$83.25 | LC4512-04 |

### Swimmer 4 – 6

|             |   |                   |   |          |           |
|-------------|---|-------------------|---|----------|-----------|
| Oct 8-Dec 3 | W | 05:50 PM-06:35 PM | 9 | \$109.25 | LC4515-01 |
|-------------|---|-------------------|---|----------|-----------|



Find programs and register online at  
[leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)

# LIFESAVING SOCIETY SWIM LESSONS

## PROGRAMS & ACTIVITIES

### LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

| Date   | Day(s) | Time              | #Classes | Fee     | Code      | Date  | Day(s) | Time              | #Classes | Fee     | Code      |
|--|--------|-------------------|----------|---------|-----------|---|--------|-------------------|----------|---------|-----------|
| <b>SHAW CENTRE 122 Bowlt Crescent</b><br>Classes cancelled on Sep 30 and Nov 11. |        |                   |          |         |           | <i>Not sure what swim level<br/>would suit your child?</i><br>Refer to pages 16-18 for lesson level descriptions. |        |                   |          |         |           |
| <b>Parent &amp; Tot 1 (Ages 4-12 mos)</b>  |        |                   |          |         |           |   |        |                   |          |         |           |
| Sep 2-Oct 7  | Tu/Th  | 04:35 PM-05:05 PM | 10       | \$92.50 | SC4702-01 |   |        |                   |          |         |           |
| <b>Parent &amp; Tot 2 (Ages 12-24 mos)</b>                                       |        |                   |          |         |           |   |        |                   |          |         |           |
| Sep 5-Oct 24   | F      | 04:35 PM-05:05 PM | 8        | \$74.00 | SC4705-01 | Oct 9-Nov 13  | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50 | SC4727-03 |
| Oct 9-Nov 13   | Tu/Th  | 05:55 PM-06:25 PM | 10       | \$92.50 | SC4707-01 | Oct 31-Dec 19   | F      | 04:35 PM-05:05 PM | 8        | \$74.00 | SC4725-04 |
| Oct 31-Dec 19  | F      | 05:45 PM-06:15 PM | 8        | \$74.00 | SC4705-02 | Oct 31-Dec 19   | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | SC4725-05 |
| Nov 18-Dec 18  | Tu/Th  | 06:05 PM-06:35 PM | 10       | \$92.50 | SC4707-02 | Nov 1-Dec 20  | Sa     | 10:20 AM-10:50 AM | 8        | \$74.00 | SC4725-06 |
| <b>Parent &amp; Tot 3 (Ages 24-36 mos)</b>                                       |        |                   |          |         |           | Nov 1-Dec 20  | Sa     | 10:55 AM-11:25 AM | 8        | \$74.00 | SC4725-07 |
| Sep 5-Oct 24   | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4710-01 | Nov 1-Dec 20  | Sa     | 11:25 AM-11:55 AM | 8        | \$74.00 | SC4725-08 |
| Sep 6-Oct 25   | Sa     | 09:00 AM-09:30 AM | 8        | \$74.00 | SC4710-02 | Nov 18-Dec 18   | Tu/Th  | 05:10 PM-05:40 PM | 10       | \$92.50 | SC4727-04 |
| Oct 9-Nov 13   | Tu/Th  | 06:35 PM-07:05 PM | 10       | \$92.50 | SC4712-01 | Nov 18-Dec 18   | Tu/Th  | 06:35 PM-07:05 PM | 10       | \$92.50 | SC4727-05 |
| Oct 31-Dec 19  | F      | 06:00 PM-06:30 PM | 8        | \$74.00 | SC4710-03 | <b>Preschool 4 (Ages 3-5 yrs)</b>   |        |                   |          |         |           |
| Nov 1-Dec 20   | Sa     | 09:00 AM-09:30 AM | 8        | \$74.00 | SC4710-04 | Sep 2-Oct 7   | Tu/Th  | 06:20 PM-06:50 PM | 10       | \$92.50 | SC4732-01 |
| <b>Preschool 1 (Ages 3-5 yrs)</b>  |        |                   |          |         |           | Sep 6-Oct 25  | Sa     | 11:00 AM-11:30 AM | 8        | \$74.00 | SC4730-01 |
| Sep 2-Oct 7  | Tu/Th  | 04:50 PM-05:20 PM | 10       | \$92.50 | SC4717-01 | Oct 31-Dec 19   | F      | 04:35 PM-05:05 PM | 8        | \$74.00 | SC4730-02 |
| Sep 2-Oct 7  | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50 | SC4717-02 | Nov 18-Dec 18   | Tu/Th  | 07:25 PM-07:55 PM | 10       | \$92.50 | SC4732-02 |
| Sep 2-Oct 7  | Tu/Th  | 06:50 PM-07:20 PM | 10       | \$92.50 | SC4717-03 | <b>Preschool 5 (Ages 3-5 yrs)</b>   |        |                   |          |         |           |
| Sep 2-Oct 7  | Tu/Th  | 07:25 PM-07:55 PM | 10       | \$92.50 | SC4717-04 | Sep 5-Oct 24  | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4735-01 |
| Sep 5-Oct 24   | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | SC4715-01 | Sep 6-Oct 25  | Sa     | 11:25 AM-11:55 AM | 8        | \$74.00 | SC4735-02 |
| Sep 5-Oct 24   | F      | 06:15 PM-06:45 PM | 8        | \$74.00 | SC4715-02 | Oct 9-Nov 13  | Tu/Th  | 04:45 PM-05:15 PM | 10       | \$92.50 | SC4737-01 |
| Sep 6-Oct 25   | Sa     | 09:00 AM-09:30 AM | 8        | \$74.00 | SC4715-03 | Nov 18-Dec 18   | Tu/Th  | 04:35 PM-05:05 PM | 10       | \$92.50 | SC4737-02 |
| Sep 6-Oct 25   | Sa     | 09:50 AM-10:20 AM | 8        | \$74.00 | SC4715-04 | <b>Swimmer 1 (Ages 6+)</b>  |        |                   |          |         |           |
| Sep 6-Oct 25   | Sa     | 11:30 AM-12:00 PM | 8        | \$74.00 | SC4715-05 | Sep 2-Oct 7   | Tu/Th  | 04:35 PM-05:05 PM | 10       | \$92.50 | SC4742-01 |
| Oct 9-Nov 13   | Tu/Th  | 04:40 PM-05:10 PM | 10       | \$92.50 | SC4717-05 | Sep 2-Oct 7   | Tu/Th  | 05:10 PM-05:40 PM | 10       | \$92.50 | SC4742-02 |
| Oct 9-Nov 13   | Tu/Th  | 06:50 PM-07:20 PM | 10       | \$92.50 | SC4717-06 | Sep 2-Oct 7   | Tu/Th  | 06:55 PM-07:25 PM | 10       | \$92.50 | SC4742-03 |
| Oct 9-Nov 13   | Tu/Th  | 07:10 PM-07:40 PM | 10       | \$92.50 | SC4717-07 | Sep 2-Oct 7   | Tu/Th  | 07:25 PM-07:55 PM | 10       | \$92.50 | SC4742-04 |
| Oct 31-Dec 19  | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4715-06 | Sep 5-Oct 24  | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4740-01 |
| Oct 31-Dec 19  | F      | 06:35 PM-07:05 PM | 8        | \$74.00 | SC4715-07 | Sep 5-Oct 24  | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | SC4740-02 |
| Nov 1-Dec 20   | Sa     | 09:00 AM-09:30 AM | 8        | \$74.00 | SC4715-08 | Sep 5-Oct 24  | F      | 06:20 PM-06:50 PM | 8        | \$74.00 | SC4740-03 |
| Nov 1-Dec 20   | Sa     | 09:50 AM-10:20 AM | 8        | \$74.00 | SC4715-09 | Sep 6-Oct 25  | Sa     | 09:10 AM-09:40 AM | 8        | \$74.00 | SC4740-04 |
| Nov 1-Dec 20   | Sa     | 10:15 AM-10:45 AM | 8        | \$74.00 | SC4715-10 | Sep 6-Oct 25  | Sa     | 10:25 AM-10:55 AM | 8        | \$74.00 | SC4740-05 |
| Nov 1-Dec 20   | Sa     | 11:00 AM-11:30 AM | 8        | \$74.00 | SC4715-11 | Sep 6-Oct 25  | Sa     | 11:00 AM-11:30 AM | 8        | \$74.00 | SC4740-06 |
| Nov 1-Dec 20   | Sa     | 11:30 AM-12:00 PM | 8        | \$74.00 | SC4715-12 | Oct 9-Nov 13  | Tu/Th  | 05:20 PM-05:50 PM | 10       | \$92.50 | SC4742-05 |
| Nov 18-Dec 18  | Tu/Th  | 04:40 PM-05:10 PM | 10       | \$92.50 | SC4717-08 | Oct 9-Nov 13  | Tu/Th  | 06:30 PM-07:00 PM | 10       | \$92.50 | SC4742-06 |
| Nov 18-Dec 18  | Tu/Th  | 06:50 PM-07:20 PM | 10       | \$92.50 | SC4717-09 | Oct 9-Nov 13  | Tu/Th  | 07:10 PM-07:40 PM | 10       | \$92.50 | SC4742-07 |
| <b>Preschool 2 (Ages 3-5 yrs)</b>  |        |                   |          |         |           | Oct 31-Dec 19   | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4740-08 |
| Sep 2-Oct 7  | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50 | SC4722-01 | Oct 31-Dec 19   | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | SC4740-09 |
| Sep 2-Oct 7  | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50 | SC4722-02 | Oct 31-Dec 19   | F      | 05:25 PM-05:55 PM | 8        | \$74.00 | SC4740-10 |
| Sep 2-Oct 7  | Tu/Th  | 06:35 PM-07:05 PM | 10       | \$92.50 | SC4722-03 | Oct 31-Dec 19   | F      | 06:20 PM-06:50 PM | 8        | \$74.00 | SC4740-11 |
| Sep 5-Oct 24   | F      | 05:40 PM-06:10 PM | 8        | \$74.00 | SC4720-01 | Oct 31-Dec 19   | F      | 06:35 PM-07:05 PM | 8        | \$74.00 | SC4740-12 |
| Sep 5-Oct 24   | F      | 05:45 PM-06:15 PM | 8        | \$74.00 | SC4720-02 | Nov 1-Dec 20  | Sa     | 09:05 AM-09:35 AM | 8        | \$74.00 | SC4740-13 |
| Sep 5-Oct 24   | F      | 06:35 PM-07:05 PM | 8        | \$74.00 | SC4720-03 | Nov 1-Dec 20  | Sa     | 09:10 AM-09:40 AM | 8        | \$74.00 | SC4740-14 |
| Sep 6-Oct 25   | Sa     | 09:35 AM-10:05 AM | 8        | \$74.00 | SC4720-04 | Nov 1-Dec 20  | Sa     | 09:35 AM-10:05 AM | 8        | \$74.00 | SC4740-15 |
| Sep 6-Oct 25   | Sa     | 10:15 AM-10:45 AM | 8        | \$74.00 | SC4720-05 | Nov 1-Dec 20  | Sa     | 09:40 AM-10:10 AM | 8        | \$74.00 | SC4740-16 |
| Sep 6-Oct 25   | Sa     | 10:55 AM-11:25 AM | 8        | \$74.00 | SC4720-06 | Nov 1-Dec 20  | Sa     | 10:25 AM-10:55 AM | 8        | \$74.00 | SC4740-17 |
| Oct 9-Nov 13   | Tu/Th  | 05:15 PM-05:45 PM | 10       | \$92.50 | SC4722-04 | Nov 1-Dec 20  | Sa     | 11:00 AM-11:30 AM | 8        | \$74.00 | SC4740-18 |
| Oct 9-Nov 13   | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50 | SC4722-05 | Nov 1-Dec 20  | Sa     | 11:35 AM-12:05 PM | 8        | \$74.00 | SC4740-19 |
| Oct 9-Nov 13   | Tu/Th  | 06:25 PM-06:55 PM | 10       | \$92.50 | SC4722-06 | Nov 18-Dec 18   | Tu/Th  | 05:15 PM-05:45 PM | 10       | \$92.50 | SC4742-08 |
| Oct 31-Dec 19  | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4720-07 | Nov 18-Dec 18   | Tu/Th  | 06:20 PM-06:50 PM | 10       | \$92.50 | SC4742-09 |
| Oct 31-Dec 19  | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | SC4720-08 | Nov 18-Dec 18   | Tu/Th  | 06:40 PM-07:10 PM | 10       | \$92.50 | SC4742-10 |
| Oct 31-Dec 19  | F      | 05:45 PM-06:15 PM | 8        | \$74.00 | SC4720-09 | Nov 18-Dec 18   | Tu/Th  | 07:10 PM-07:40 PM | 10       | \$92.50 | SC4742-11 |
| Nov 1-Dec 20   | Sa     | 09:35 AM-10:05 AM | 8        | \$74.00 | SC4720-10 | <b>Swimmer 2 (Ages 6+)</b>  |        |                   |          |         |           |
| Nov 18-Dec 18  | Tu/Th  | 05:30 PM-06:00 PM | 10       | \$92.50 | SC4722-07 | Sep 2-Oct 7   | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50 | SC4747-01 |
| Nov 18-Dec 18  | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50 | SC4722-08 | Sep 2-Oct 7   | Tu/Th  | 06:15 PM-06:45 PM | 10       | \$92.50 | SC4747-02 |
| Nov 18-Dec 18  | Tu/Th  | 06:25 PM-06:55 PM | 10       | \$92.50 | SC4722-09 | Sep 2-Oct 7   | Tu/Th  | 06:50 PM-07:20 PM | 10       | \$92.50 | SC4747-03 |
| <b>Preschool 3 (Ages 3-5 yrs)</b>  |        |                   |          |         |           | Sep 2-Oct 7   | Tu/Th  | 07:30 PM-08:00 PM | 10       | \$92.50 | SC4747-04 |
| Sep 2-Oct 7  | Tu/Th  | 05:10 PM-05:40 PM | 10       | \$92.50 | SC4727-01 | Sep 5-Oct 24  | F      | 04:00 PM-04:30 PM | 8        | \$74.00 | SC4745-01 |
| Sep 2-Oct 7  | Tu/Th  | 07:10 PM-07:40 PM | 10       | \$92.50 | SC4727-02 | Sep 5-Oct 24  | F      | 04:35 PM-05:05 PM | 8        | \$74.00 | SC4745-02 |
| Sep 5-Oct 24   | F      | 04:35 PM-05:05 PM | 8        | \$74.00 | SC4725-01 | Sep 5-Oct 24  | F      | 06:00 PM-06:30 PM | 8        | \$74.00 | SC4745-03 |
| Sep 5-Oct 24   | F      | 05:10 PM-05:40 PM | 8        | \$74.00 | SC4725-02 | Sep 6-Oct 25  | Sa     | 09:45 AM-10:15 AM | 8        | \$74.00 | SC4745-04 |
| Sep 6-Oct 25   | Sa     | 10:20 AM-10:50 AM | 8        | \$74.00 | SC4725-03 | Sep 6-Oct 25  | Sa     | 11:35 AM-12:05 PM | 8        | \$74.00 | SC4745-05 |
|  |        |                   |          |         |           | Oct 9-Nov 13  | Tu/Th  | 04:35 PM-05:05 PM | 10       | \$92.50 | SC4747-05 |



## LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT &amp; TOT, PRESCHOOL &amp; SWIMMER)

| Date                       | Day(s) | Time              | #Classes | Fee      | Code      | Date                           | Day(s) | Time              | #Classes | Fee      | Code      |
|----------------------------|--------|-------------------|----------|----------|-----------|--------------------------------|--------|-------------------|----------|----------|-----------|
| Oct 9-Nov 13               | Tu/Th  | 06:00 PM-06:30 PM | 10       | \$92.50  | SC4747-06 | Sep 6-Oct 25                   | Sa     | 09:00 AM-09:45 AM | 8        | \$97.25  | SC4755-02 |
| Oct 9-Nov 13               | Tu/Th  | 06:35 PM-07:05 PM | 10       | \$92.50  | SC4747-07 | Sep 6-Oct 25                   | Sa     | 10:10 AM-10:55 AM | 8        | \$97.25  | SC4755-03 |
| Oct 31-Dec 19              | F      | 04:00 PM-04:30 PM | 8        | \$74.00  | SC4745-06 | Oct 9-Nov 13                   | Tu/Th  | 04:35 PM-05:20 PM | 10       | \$121.50 | SC4757-02 |
| Oct 31-Dec 19              | F      | 04:35 PM-05:05 PM | 8        | \$74.00  | SC4745-07 | Oct 9-Nov 13                   | Tu/Th  | 05:10 PM-05:55 PM | 10       | \$121.50 | SC4757-03 |
| Oct 31-Dec 19              | F      | 06:00 PM-06:30 PM | 8        | \$74.00  | SC4745-08 | Oct 31-Dec 19                  | F      | 05:10 PM-05:55 PM | 8        | \$97.25  | SC4755-04 |
| Nov 1-Dec 20               | Sa     | 09:45 AM-10:15 AM | 8        | \$74.00  | SC4745-09 | Oct 31-Dec 19                  | F      | 06:20 PM-07:05 PM | 8        | \$97.25  | SC4755-05 |
| Nov 1-Dec 20               | Sa     | 11:00 AM-11:30 AM | 8        | \$74.00  | SC4745-10 | Nov 18-Dec 18                  | Tu/Th  | 04:35 PM-05:20 PM | 10       | \$121.50 | SC4757-04 |
| Nov 1-Dec 20               | Sa     | 11:35 AM-12:05 PM | 8        | \$74.00  | SC4745-11 | Nov 18-Dec 18                  | Tu/Th  | 05:10 PM-05:55 PM | 10       | \$121.50 | SC4757-05 |
| Nov 18-Dec 18              | Tu/Th  | 04:35 PM-05:05 PM | 10       | \$92.50  | SC4747-08 | <b>Swimmer 5 (Ages 6+)</b>     |        |                   |          |          |           |
| Nov 18-Dec 18              | Tu/Th  | 05:45 PM-06:15 PM | 10       | \$92.50  | SC4747-09 | Sep 2-Oct 7                    | Tu/Th  | 04:35 PM-05:20 PM | 10       | \$121.50 | SC4762-01 |
| Nov 18-Dec 18              | Tu/Th  | 06:55 PM-07:25 PM | 10       | \$92.50  | SC4747-10 | Sep 5-Oct 24                   | F      | 06:20 PM-07:05 PM | 8        | \$97.25  | SC4760-01 |
| <b>Swimmer 3 (Ages 6+)</b> |        |                   |          |          |           | Sep 6-Oct 25                   | Sa     | 10:10 AM-10:55 AM | 8        | \$97.25  | SC4760-02 |
| Sep 2-Oct 7                | Tu/Th  | 05:45 PM-06:15 PM | 10       | \$92.50  | SC4752-01 | Oct 9-Nov 13                   | Tu/Th  | 04:35 PM-05:20 PM | 10       | \$121.50 | SC4762-02 |
| Sep 2-Oct 7                | Tu/Th  | 07:25 PM-07:55 PM | 10       | \$92.50  | SC4752-02 | Oct 31-Dec 19                  | F      | 04:35 PM-05:20 PM | 8        | \$97.25  | SC4760-03 |
| Sep 5-Oct 24               | F      | 04:00 PM-04:30 PM | 8        | \$74.00  | SC4750-01 | Nov 1-Dec 20                   | Sa     | 10:10 AM-10:55 AM | 8        | \$97.25  | SC4760-04 |
| Sep 5-Oct 24               | F      | 04:35 PM-05:05 PM | 8        | \$74.00  | SC4750-02 | Nov 18-Dec 18                  | Tu/Th  | 04:40 PM-05:25 PM | 10       | \$121.50 | SC4762-03 |
| Sep 5-Oct 24               | F      | 05:45 PM-06:15 PM | 8        | \$74.00  | SC4750-03 | <b>Swimmer 6 (Ages 6+)</b>     |        |                   |          |          |           |
| Sep 5-Oct 24               | F      | 06:35 PM-07:05 PM | 8        | \$74.00  | SC4750-04 | Sep 2-Oct 7                    | Tu/Th  | 06:35 PM-07:20 PM | 10       | \$121.50 | SC4767-01 |
| Sep 6-Oct 25               | Sa     | 09:35 AM-10:05 AM | 8        | \$74.00  | SC4750-05 | Sep 5-Oct 24                   | F      | 05:45 PM-06:30 PM | 8        | \$97.25  | SC4765-01 |
| Sep 6-Oct 25               | Sa     | 10:50 AM-11:20 AM | 8        | \$74.00  | SC4750-06 | Sep 6-Oct 25                   | Sa     | 11:00 AM-11:45 AM | 8        | \$97.25  | SC4765-02 |
| Oct 9-Nov 13               | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50  | SC4752-03 | Oct 9-Nov 13                   | Tu/Th  | 06:00 PM-06:45 PM | 10       | \$121.50 | SC4767-02 |
| Oct 9-Nov 13               | Tu/Th  | 05:50 PM-06:20 PM | 10       | \$92.50  | SC4752-04 | Oct 31-Dec 19                  | F      | 05:45 PM-06:30 PM | 8        | \$97.25  | SC4765-03 |
| Oct 9-Nov 13               | Tu/Th  | 07:25 PM-07:55 PM | 10       | \$92.50  | SC4752-05 | Nov 18-Dec 18                  | Tu/Th  | 06:00 PM-06:45 PM | 10       | \$121.50 | SC4767-03 |
| Oct 31-Dec 19              | F      | 04:35 PM-05:05 PM | 8        | \$74.00  | SC4750-07 | <b>Rookie Patrol (Ages 8+)</b> |        |                   |          |          |           |
| Oct 31-Dec 19              | F      | 06:35 PM-07:05 PM | 8        | \$74.00  | SC4750-08 | Sep 2-Oct 7                    | Tu/Th  | 05:45 PM-06:45 PM | 10       | \$139.00 | SC4772-01 |
| Nov 1-Dec 20               | Sa     | 10:50 AM-11:20 AM | 8        | \$74.00  | SC4750-09 | Sep 6-Oct 25                   | Sa     | 09:10 AM-10:10 AM | 8        | \$111.25 | SC4770-01 |
| Nov 1-Dec 20               | Sa     | 11:35 AM-12:05 PM | 8        | \$74.00  | SC4750-10 | <b>Ranger Patrol (Ages 8+)</b> |        |                   |          |          |           |
| Nov 18-Dec 18              | Tu/Th  | 05:25 PM-05:55 PM | 10       | \$92.50  | SC4752-06 | Sep 5-Oct 24                   | F      | 04:35 PM-05:35 PM | 8        | \$111.25 | SC4775-01 |
| Nov 18-Dec 18              | Tu/Th  | 05:50 PM-06:20 PM | 10       | \$92.50  | SC4752-07 | Nov 18-Dec 18                  | Tu/Th  | 07:00 PM-08:00 PM | 10       | \$139.00 | SC4777-01 |
| Nov 18-Dec 18              | Tu/Th  | 07:30 PM-08:00 PM | 10       | \$92.50  | SC4752-08 | <b>Star Patrol (Ages 8+)</b>   |        |                   |          |          |           |
| <b>Swimmer 4 (Ages 6+)</b> |        |                   |          |          |           | Oct 9-Nov 13                   | Tu/Th  | 07:00 PM-08:00 PM | 10       | \$139.00 | SC4782-01 |
| Sep 2-Oct 7                | Tu/Th  | 05:25 PM-06:10 PM | 10       | \$121.50 | SC4757-01 |                                |        |                   |          |          |           |
| Sep 5-Oct 24               | F      | 05:10 PM-05:55 PM | 8        | \$97.25  | SC4755-01 |                                |        |                   |          |          |           |

New!

## LIFESAVING SOCIETY SWIM LESSON LISTINGS (YOUTH SWIMMER)

Designed for beginner swimmers aged 9 to 15 with little to no swimming experience. This program teaches basic swimming skills, develops various strokes, and promotes water smart education. Build confidence and become a proficient swimmer!

**LAWSON CIVIC CENTRE** 225 Primrose Drive

Classes cancelled on Nov 11.

**Youth Swimmer 1**

|              |    |                   |   |         |           |
|--------------|----|-------------------|---|---------|-----------|
| Oct 7-Dec 2  | Tu | 06:20 PM-06:50 PM | 8 | \$74.00 | LC4542-01 |
| Oct 9-Nov 27 | Th | 06:20 PM-06:50 PM | 8 | \$74.00 | LC4542-02 |

**Youth Swimmer 2**

|              |    |                   |   |         |           |
|--------------|----|-------------------|---|---------|-----------|
| Oct 7-Dec 2  | Tu | 06:55 PM-07:25 PM | 8 | \$74.00 | LC4543-01 |
| Oct 9-Nov 27 | Th | 06:55 PM-07:25 PM | 8 | \$74.00 | LC4543-02 |

**Youth Swimmer 3**

|             |     |                   |   |         |           |
|-------------|-----|-------------------|---|---------|-----------|
| Sep 8-Oct 1 | M/W | 06:45 PM-07:15 PM | 8 | \$74.00 | LC4544-01 |
|-------------|-----|-------------------|---|---------|-----------|

**SHAW CENTRE** 122 Bowlt Crescent

Classes cancelled on Sep 30.

**Youth Swimmer 1/2**

|               |       |                   |    |         |           |
|---------------|-------|-------------------|----|---------|-----------|
| Sep 2-Oct 7   | Tu/Th | 04:50 PM-05:20 PM | 10 | \$92.50 | SC4537-01 |
| Sep 6-Oct 25  | Sa    | 11:35 AM-12:05 PM | 8  | \$74.00 | SC4545-02 |
| Oct 31-Dec 19 | F     | 04:00 PM-04:30 PM | 8  | \$74.00 | SC4545-01 |



Find programs and register online at  
[leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)

### LIFESAVING SOCIETY SWIM LESSON LISTINGS (ADULT SWIMMER)

| Date | Day(s) | Time | #Classes | Fee | Code | Date | Day(s) | Time | #Classes | Fee | Code |
|------|--------|------|----------|-----|------|------|--------|------|----------|-----|------|
|------|--------|------|----------|-----|------|------|--------|------|----------|-----|------|

#### LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Classes cancelled on Sep 30; Oct 13 & 31; Nov 11.

##### Adult Swimmer 1

|               |    |                   |   |          |           |
|---------------|----|-------------------|---|----------|-----------|
| Sep 7-Oct 26  | Su | 08:00 PM-08:45 PM | 8 | \$122.00 | LW4901-01 |
| Sep 11-Oct 30 | Th | 07:10 PM-07:55 PM | 8 | \$122.00 | LW4901-02 |
| Nov 2-Dec 21  | Su | 08:00 PM-08:45 PM | 8 | \$122.00 | LW4901-03 |
| Nov 8-Dec 6   | Sa | 12:10 PM-12:55 PM | 5 | \$76.25  | LW4947-01 |
| Nov 21-Dec 19 | F  | 06:15 PM-07:00 PM | 5 | \$76.25  | LW4947-02 |

##### Adult Swimmer 2

|               |    |                   |   |          |           |
|---------------|----|-------------------|---|----------|-----------|
| Sep 7-Oct 26  | Su | 07:45 PM-08:30 PM | 8 | \$122.00 | LW4902-01 |
| Nov 2-Dec 21  | Su | 08:00 PM-08:45 PM | 8 | \$122.00 | LW4902-02 |
| Nov 8-Dec 6   | Sa | 12:10 PM-12:55 PM | 5 | \$76.25  | LW4948-01 |
| Nov 21-Dec 19 | F  | 06:15 PM-07:00 PM | 5 | \$76.25  | LW4948-02 |



#### LAWSON CIVIC CENTRE 225 Primrose Drive

Classes cancelled on Oct 31 & Nov 11.

##### Adult Swimmer 1

|              |    |                   |    |          |           |
|--------------|----|-------------------|----|----------|-----------|
| Sep 5-Nov 14 | F  | 11:55 AM-12:40 PM | 10 | \$152.50 | LC4907-01 |
| Oct 7-Dec 2  | Tu | 11:10 AM-11:55 AM | 8  | \$122.00 | LC4901-01 |
| Oct 7-Dec 2  | Tu | 06:15 PM-07:00 PM | 8  | \$122.00 | LC4901-02 |

##### Adult Swimmer 2

|             |    |                   |   |          |           |
|-------------|----|-------------------|---|----------|-----------|
| Oct 7-Dec 2 | Tu | 06:15 PM-07:00 PM | 8 | \$122.00 | LC4902-01 |
|-------------|----|-------------------|---|----------|-----------|

#### SHAW CENTRE 122 Bowlf Crescent

Classes cancelled on Nov 11.

##### Adult Swimmer 1

|              |       |                   |    |          |           |
|--------------|-------|-------------------|----|----------|-----------|
| Oct 9-Nov 13 | Tu/Th | 07:05 PM-07:50 PM | 10 | \$152.00 | SC4907-01 |
| Nov 1-Dec 20 | Sa    | 09:00 AM-09:45 AM | 8  | \$122.00 | SC4901-01 |

##### Adult Swimmer 2

|               |       |                   |    |          |           |
|---------------|-------|-------------------|----|----------|-----------|
| Nov 1-Dec 20  | Sa    | 10:10 AM-10:55 AM | 8  | \$122.00 | SC4902-01 |
| Nov 18-Dec 18 | Tu/Th | 07:15 PM-08:00 PM | 10 | \$152.00 | SC4909-01 |

### ADDITIONAL SWIM LESSON OPTIONS

Note: registration for Private & Semi-Private swim lessons and Multi-level Swim Lessons for Families will open on **Monday, August 18**.

#### Private Swim Lessons

Receive personalized attention with one-on-one private swim lessons. With the instructor's full attention, these half-hour sessions are an excellent opportunity to get to the next level of development. Available at Lakewood Civic Centre and Lawson Civic Centre. Call any facility for more information or to register.

**Youth** 1 session \$39.75 • 3 sessions \$116.50 • 5 sessions \$189.75  
**Adult** 1 session \$44.25 • 3 sessions \$125.75 • 5 sessions \$205.25

#### Semi-Private Swim Lessons

Groups of two receive personalized instruction in semi-private swim lessons. Available at Lakewood Civic Centre and Lawson Civic Centre. Call any facility for more information or to register. All sessions are half-hour; prices are per person.

**Youth** 1 session \$29.75 • 3 sessions \$85.25 • 5 sessions \$139.00  
**Adult** 1 session \$34.75 • 3 sessions \$98.50 • 5 sessions \$160.00

*Timesaving swim lesson options are available!*

#### Multi-Level Swim Lessons for Families

Designed for families with more than one child seeking Lifesaving Society swim lessons; this option accommodates multiple swim levels within a single class. Available at Lawson Civic Centre. Refer to page 24 for more information.

#### 5-Day Lesson Sets

These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water. Available at Lakewood Civic Centre. Refer to page 22 for more information.

*Stay Connected!* **Subscribe to the Leisure eNewsletter**

Visit [saskatoon.ca/leisurecentres](http://saskatoon.ca/leisurecentres) to sign up for updates on Leisure Centre programming, the Leisure Guide and other seasonal leisure facilities and attractions.

The eNewsletter is sent out five to six times a year and you can unsubscribe at any time.



## PROGRAMS & ACTIVITIES

## FREE COMMUNITY PROGRAMMING

For more information about these **FREE** programs and events, visit [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca) or call 306-975-3378. Unless noted otherwise, pre-registration is required.

### Girls in Motion

Half-day event to inspire youth ages 10-14 to live healthy, active lives. Physical activities facilitated by qualified instructors. Snacks provided.

**Saskatoon Soccer Centre** (150 Nelson Road)  
Nov 10 M 01:00 PM-04:00 PM FREE CD4314-01

### Taking to the Court

Half-day event for youth ages 10 to 14 to get active and learn and practice a mix of sports. Snacks provided.

**Saskatoon Soccer Centre** (150 Nelson Road)  
Nov 10 M 09:00 AM-12:00 PM FREE CD4366-01

### Movies in the Gym

Fill your afternoon with laughter and come enjoy a free movie with popcorn and refreshments on the big screen. It's a great way to spend time with your friends and family on the next day off school. Watch for movie listings being announced on [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca). Lawn chairs, pillows, and blankets welcome, however, there will be chairs provided. Please refrain from bringing outside food and beverages. Drop-in; pre-registration is not required.

**Cosmo Civic Centre** (3130 Laurier Drive)  
Dec 22 M 02:00 PM-05:30 PM FREE

### New! Crafted, Created and On the Move

10-14 yrs. This dynamic program is designed to empower youth to stay active, ignite their creativity and discover new skills. Participants will explore ways to grow, connect and have fun through an exciting blend of movement, artistic expression and playful activities.

**Cosmo Civic Centre**  
Pumpkin Painting Party Oct 19 Su 01:00 PM-03:00 PM FREE CD4660-01  
Pumpkin Painting Party Oct 26 Su 01:00 PM-03:00 PM FREE CD4660-02



### Drop N' Shop

6-12 yrs. This holiday season entrust your children with certified leaders who will supervise child-friendly activities including arts and crafts, giving you the opportunity to get away and get your shopping done!

**Lawson Civic Centre**  
Nov 29 Sa 01:00 PM-04:00 PM FREE CD4627-01  
**Lakewood Civic Centre**  
Dec 6 Sa 01:00 PM-04:00 PM FREE CD4627-02  
**Cosmo Civic Centre**  
Dec 13 Sa 01:00 PM-04:00 PM FREE CD4627-03

## PROGRAMS & ACTIVITIES

## PRESCHOOL RECREATION PROGRAMS

### LEARN TO SKATE

#### Preschool Learn to Skate

3-5 yrs. This recreational program will help your child become comfortable on the ice, while learning fundamental skills such as balance and how to steer. No experience required. Each participant must bring their own skates and helmet; without these they will not be allowed on the ice. Skate aids are prohibited on the ice during the class. (Note: unparented class).

**ACT Arena**  
Oct 21-Dec 16\* Tu 04:15 PM-04:45 PM \$76.50 AC4352-01  
**Cosmo Arena**  
Oct 22-Dec 10 W 04:15 PM-04:45 PM \$76.50 CA4352-01  
Oct 23-Dec 11 Th 04:15 PM-04:45 PM \$76.50 CA4352-02

\*Cancelled Nov 11.

#### Parent & Tot Learn to Skate

3-5 yrs. Kids will have fun learning how to skate with their parent or guardian helping along the way. Instructors are on the ice to teach the basic fundamentals of skating. One parent or guardian must be on the ice at all times with their child. Each participant must bring their own skates and helmet; without these they will not be allowed on the ice.

**Lions Arena**  
Oct 20-Dec 8 M 04:15 PM-04:45 PM \$76.50 LI4343-01

### LIL' MOVERS PROGRAMS

3-5 yrs. Run, hop, throw and roll! Children will develop fundamental movement skills through games and activities in these fun, instructor-led programs. Participants need to have indoor running shoes and a water bottle.

#### Lil' Movers Active Games

Children will develop fundamental movement skills while playing games and having fun.

**Lakewood Civic Centre**  
Sep 7-Oct 5 Su 11:15 AM-12:00 PM \$47.00 LW4401-01  
Nov 1-29 Sa 11:15 AM-12:00 PM \$47.00 LW4401-02  
**Lawson Civic Centre**  
Sep 12-Oct 10 F 02:10 PM-02:55 PM \$47.00 LC4401-02  
Sep 14-Oct 19\* Su 02:30 PM-03:15 PM \$47.00 LC4401-01  
Oct 26-Nov 23 Su 03:30 PM-04:15 PM \$47.00 LC4401-03  
**Shaw Centre**  
Sep 6-Oct 4 Sa 10:15 AM-11:00 AM \$47.00 SC4401-01

\*Cancelled Oct 12.

#### Lil' Movers Swim & Play

Children will participate in a story time before entering the water for games and activities.

**Lawson Civic Centre**  
Sep 8-Oct 1 M/W 11:50 AM-12:35 PM \$78.00 LC4176-01  
Oct 6-Dec 1\* M 11:55 AM-12:40 PM \$78.00 LC4176-02  
Oct 7-Dec 2\*\* Tu 11:20 AM-12:05 PM \$78.00 LC4176-03

\*Cancelled Oct 13. \*\*Cancelled Nov 11.



# PRESCHOOL RECREATION PROGRAMS

## PROGRAMS & ACTIVITIES



### MINI MOVERS PROGRAMS

2-3 yrs. Toddlers will develop fundamental movement skills through games, and activities in these fun, instructor-led programs. Participants need to have indoor running shoes and a water bottle. Parent/Guardian participation is encouraged.

#### Mini Movers Active Games

Toddlers will develop fundamental movement skills while playing games and having fun.

##### Cosmo Civic Centre

|               |    |                   |         |           |
|---------------|----|-------------------|---------|-----------|
| Sep 7-Oct 5   | Su | 10:30 AM-11:15 AM | \$47.00 | CC4402-01 |
| Oct 19-Nov 16 | Su | 10:30 AM-11:15 AM | \$47.00 | CC4402-02 |

##### Lakewood Civic Centre

|             |    |                   |         |           |
|-------------|----|-------------------|---------|-----------|
| Sep 6-Oct 4 | Sa | 10:15 AM-11:00 AM | \$47.00 | LW4402-01 |
| Nov 1-29    | Sa | 09:15 AM-10:00 AM | \$47.00 | LW4402-02 |
| Nov 2-30    | Su | 10:15 AM-11:00 AM | \$47.00 | LW4402-03 |

##### Lawson Civic Centre

|                |    |                   |         |           |
|----------------|----|-------------------|---------|-----------|
| Sep 14-Oct 19* | Su | 01:30 PM-02:15 PM | \$47.00 | LC4402-01 |
| Oct 24-Nov 21  | F  | 01:10 PM-01:55 PM | \$47.00 | LC4402-03 |
| Oct 26-Nov 23  | Su | 02:30 PM-03:15 PM | \$47.00 | LC4402-02 |

##### Shaw Centre

|               |    |                   |         |           |
|---------------|----|-------------------|---------|-----------|
| Sep 6-Oct 4   | Sa | 09:15 AM-10:00 AM | \$47.00 | SC4402-01 |
| Oct 18-Nov 15 | Sa | 09:15 AM-10:00 AM | \$47.00 | SC4402-02 |

\*Cancelled Oct 12.

## PRESCHOOL SPORT

### Sporty Stars

3-5 yrs. An instructor will introduce children to a variety of sports including soccer, floor hockey and basketball. Something new each week.

##### Lakewood Civic Centre

|             |    |                   |         |           |
|-------------|----|-------------------|---------|-----------|
| Sep 6-Oct 4 | Sa | 09:15 AM-10:00 AM | \$47.50 | LW4364-01 |
| Sep 7-Oct 5 | Su | 10:15 AM-11:00 AM | \$47.50 | LW4364-02 |
| Nov 1-29    | Sa | 10:15 AM-11:00 AM | \$47.50 | LW4364-03 |
| Nov 2-30    | Su | 11:15 AM-12:00 PM | \$47.50 | LW4364-04 |

##### Lawson Civic Centre

|                |    |                   |         |           |
|----------------|----|-------------------|---------|-----------|
| Sep 12-Oct 10  | F  | 01:10 PM-01:55 PM | \$47.50 | LC4364-02 |
| Sep 14-Oct 19* | Su | 03:30 PM-04:15 PM | \$47.50 | LC4364-01 |
| Oct 24-Nov 21  | F  | 02:10 PM-02:55 PM | \$47.50 | LC4364-04 |
| Oct 26-Nov 23  | Su | 01:30 PM-02:15 PM | \$47.50 | LC4364-03 |

\*Cancelled Oct 12.

# CHILDREN'S RECREATION PROGRAMS

## PROGRAMS & ACTIVITIES

## LEARN TO SKATE

### Children Learn to Skate

6-9 yrs. This recreational program will help your child become comfortable on the ice, while learning fundamental skills such as balance and how to steer. No experience required. Each participant must provide their own skates and helmet; without these they will not be allowed on the ice. Skate aids are prohibited on the ice during the program. (Note: unparented class).

##### ACT Arena

|                |    |                   |         |           |
|----------------|----|-------------------|---------|-----------|
| Oct 21-Dec 16* | Tu | 04:00 PM-04:45 PM | \$99.00 | AC4305-01 |
|----------------|----|-------------------|---------|-----------|

##### Cosmo Arena

|               |   |                   |         |           |
|---------------|---|-------------------|---------|-----------|
| Oct 22-Dec 10 | W | 04:00 PM-04:45 PM | \$99.00 | CA4305-01 |
|---------------|---|-------------------|---------|-----------|

|               |    |                   |         |           |
|---------------|----|-------------------|---------|-----------|
| Oct 23-Dec 11 | Th | 04:00 PM-04:45 PM | \$99.00 | CA4305-02 |
|---------------|----|-------------------|---------|-----------|

##### Lions Arena

|              |   |                   |         |           |
|--------------|---|-------------------|---------|-----------|
| Oct 20-Dec 8 | M | 04:00 PM-04:45 PM | \$99.00 | LI4305-01 |
|--------------|---|-------------------|---------|-----------|

\*Cancelled Nov 11.

## CHILDREN SPORT

### Flag Football

6-9 yrs. This non-contact program will provide an introduction to football basics, such as punting, passing, catching and game strategy. A short scrimmage each class will allow children to practise these skills.

##### Saskatoon Field House

|          |    |                   |         |           |
|----------|----|-------------------|---------|-----------|
| Nov 2-30 | Su | 09:15 AM-10:15 AM | \$66.00 | FH4313-01 |
|----------|----|-------------------|---------|-----------|

### T-Ball

5-6 yrs. This is an introductory program for children to learn basic skills for softball/baseball, such as throwing, catching and hitting. A short game each class will allow children to practise these skills. Participants need to bring their own ball glove.

##### Saskatoon Field House

|          |    |                   |         |           |
|----------|----|-------------------|---------|-----------|
| Nov 2-30 | Su | 10:30 AM-11:30 AM | \$66.00 | FH4367-01 |
|----------|----|-------------------|---------|-----------|

### Sport Mash-up

6-10 yrs. Basketball, soccer, floor hockey, badminton, flag football... try them all! This program introduces your child to a variety of sports, in a non-competitive environment. Basic drills and a fun game happen each week.

##### Cosmo Civic Centre

|               |    |                   |         |           |
|---------------|----|-------------------|---------|-----------|
| Sep 7-Oct 5   | Su | 09:15 AM-10:15 AM | \$60.00 | CC4363-01 |
| Oct 19-Nov 16 | Su | 09:15 AM-10:15 AM | \$60.00 | CC4363-02 |

##### Lakewood Civic Centre

|             |    |                   |         |           |
|-------------|----|-------------------|---------|-----------|
| Sep 6-Oct 4 | Sa | 11:15 AM-12:15 PM | \$60.00 | LW4363-01 |
|-------------|----|-------------------|---------|-----------|

##### Shaw Centre

|               |    |                   |         |           |
|---------------|----|-------------------|---------|-----------|
| Oct 18-Nov 15 | Sa | 10:15 AM-11:15 AM | \$60.00 | SC4363-01 |
|---------------|----|-------------------|---------|-----------|



## YOUTH PERSONAL &amp; GROUP EXERCISE TRAINING

## Personal Training

13-18 yrs. For those looking for specific results from their exercise program. A Certified Personal Trainer will design and monitor each workout based on your needs. One-hour sessions determined by you and your trainer.

|                       |           |
|-----------------------|-----------|
| 3 Sessions            | \$138.50  |
| Lakewood Civic Centre | LW4349-01 |
| Lawson Civic Centre   | LC4349-01 |
| Saskatoon Field House | FH4349-01 |
| Shaw Centre           | SC4349-01 |

## Youth Weight Room Card Session

13-15 yrs. A Certified Personal Trainer will guide you through the proper use of the cardio and weight training equipment at the Leisure Centre of your choice. In this session the trainer will emphasize safety and ensure that you also learn proper weight room etiquette. After the session you will receive a Youth Weight Room Card that allows you to use the weight room without supervision.

|                       |           |
|-----------------------|-----------|
| 1-hour session        | \$41.50   |
| Lakewood Civic Centre | LW4381-01 |
| Lawson Civic Centre   | LC4381-01 |
| Saskatoon Field House | FH4381-01 |
| Shaw Centre           | SC4381-01 |

## Youth Introduction to Weight Room Training

13-18 yrs. A Certified Personal Trainer will guide you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, biomechanics, lifting technique and weight room etiquette. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

|                              |    |                   |         |           |
|------------------------------|----|-------------------|---------|-----------|
| <b>Lakewood Civic Centre</b> |    |                   |         |           |
| Sep 13-27                    | Sa | 02:30 PM-03:30 PM | \$52.25 | LW4658-01 |
| Oct 11-25                    | Sa | 02:30 PM-03:30 PM | \$52.25 | LW4658-02 |
| <b>Shaw Centre</b>           |    |                   |         |           |
| Sep 9-23                     | Tu | 04:00 PM-05:00 PM | \$52.25 | SC4658-01 |
| Oct 7-21                     | Tu | 04:00 PM-05:00 PM | \$52.25 | SC4658-02 |



## Youth Small Group Training

13-18 yrs. A Certified Personal Trainer will guide you through a small group (up to six people) exercise program with your peers. A fun and challenging approach to getting stronger will keep you motivated and involved. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

|                              |       |                   |          |           |
|------------------------------|-------|-------------------|----------|-----------|
| <b>Saskatoon Field House</b> |       |                   |          |           |
| Oct 4-25                     | Sa    | 12:00 PM-12:45 PM | \$82.50  | FH4522-01 |
| <b>Shaw Centre</b>           |       |                   |          |           |
| Oct 28-Nov 25*               | Tu/Th | 04:00 PM-04:45 PM | \$163.00 | SC4652-01 |

\*Cancelled Nov 11.

**New!** Youth Swimmer Swim Lessons are now available for youth ages 9-15 years. For more information visit pages 18 and 26.

## BEGINNER FITNESS

Classes offer fitness opportunities, resources and education for those new or returning to an active lifestyle. Class content is designed to build confidence and ensure participant safety.

## Introduction to Pickleball

Pickleball combines elements of badminton, tennis and table tennis and is great for all ages and skill levels. Participants will learn the basics of the sport in a friendly environment. Equipment is provided. Space is limited, please call the facility in advance to reserve a spot.

|                              |    |                   |         |           |
|------------------------------|----|-------------------|---------|-----------|
| <b>Cosmo Civic Centre</b>    |    |                   |         |           |
| Sep 6-20                     | Sa | 09:15 AM-10:15 AM | \$42.00 | CC4320-01 |
| <b>Saskatoon Field House</b> |    |                   |         |           |
| Sep 8-22                     | M  | 07:00 PM-08:00 PM | \$42.00 | FH4320-01 |
| Sep 8-22                     | M  | 08:00 PM-09:00 PM | \$42.00 | FH4320-02 |
| Sep 10-24                    | W  | 07:00 PM-08:00 PM | \$42.00 | FH4320-03 |
| Sep 10-24                    | W  | 08:00 PM-09:00 PM | \$42.00 | FH4320-04 |
| Oct 6-27                     | M  | 07:00 PM-08:00 PM | \$42.00 | FH4320-05 |
| Oct 6-27                     | M  | 08:00 PM-09:00 PM | \$42.00 | FH4320-06 |
| Oct 8-22                     | W  | 07:00 PM-08:00 PM | \$42.00 | FH4320-07 |
| Oct 8-22                     | W  | 08:00 PM-09:00 PM | \$42.00 | FH4320-08 |
| Nov 8-22                     | Sa | 01:00 PM-02:00 PM | \$42.00 | FH4320-09 |
| Nov 8-22                     | Sa | 02:00 PM-03:00 PM | \$42.00 | FH4320-10 |

|          |    |                   |         |           |
|----------|----|-------------------|---------|-----------|
| Dec 6-20 | Sa | 01:00 PM-02:00 PM | \$42.00 | FH4320-11 |
| Dec 6-20 | Sa | 02:00 PM-03:00 PM | \$42.00 | FH4320-12 |

## Learn to Fitness Yoga

No flexibility experience required. This intro to yoga will show you that yoga truly is for every 'body'. Breathing and technique of a sun salutation and other poses are taught with the support and instruction needed to master these moves.

|                              |   |                   |         |           |
|------------------------------|---|-------------------|---------|-----------|
| <b>Lakewood Civic Centre</b> |   |                   |         |           |
| Sep 10-24                    | W | 05:30 PM-06:30 PM | \$15.00 | LW4327-01 |
| <b>Shaw Centre</b>           |   |                   |         |           |
| Oct 3-17                     | F | 07:00 PM-08:00 PM | \$15.00 | SC4327-01 |

## Learn to Group Cycle

An indoor ride can be just as thrilling as outdoor when you are taught how to pace, visualize and ride as a team. Hills, drills, core and technique are all included.

|                    |    |                   |         |           |
|--------------------|----|-------------------|---------|-----------|
| <b>Shaw Centre</b> |    |                   |         |           |
| Sep 21-Oct 5       | Su | 09:15 AM-10:15 AM | \$15.00 | SC4333-01 |

## What is a Learn to Program?

Designed with the beginner in mind, Learn to Classes offer a 15 minute session at the end of each class to ask the instructor individual questions. Gain skills and become comfortable in tackling a new fitness activity.

# ADULT RECREATION PROGRAMS

## PROGRAMS & ACTIVITIES

### Learn to Pole Walk

Step into a fun cardiovascular workout! Simplified moves and supported instruction will help you master the basic moves.

#### Saskatoon Field House

Sep 13-27 Sa 01:30 PM-02:30 PM \$15.00 FH4330-01

## ADULT PERSONAL & GROUP EXERCISE TRAINING

### Personal Training

A Certified Personal Trainer will design and monitor each workout based on your needs and goals. One-hour sessions determined by you and your trainer.

3 Sessions \$174.50

Lakewood Civic Centre LW4346-01

Lawson Civic Centre LC4346-01

Saskatoon Field House FH4346-01

Shaw Centre SC4346-01

### Adult Introduction to Weight Room Training

A Certified Personal Trainer will guide you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, biomechanics and lifting techniques.

#### Saskatoon Field House

Sep 9-23 Tu 07:00 PM-08:00 PM \$52.25 FH4655-01

Shaw Centre Oct 4-18 Sa 01:00 PM-02:00 PM \$52.25 SC4655-01

### Adult Small Group Training

A Certified Personal Trainer will guide you through a small group (up to six people) exercise program tailored to all fitness levels with a progressive approach to maintain motivation and improvement. The introduction of new exercises will keep the routine engaging, dynamic and fun.

#### Saskatoon Field House

Sep 8-Oct 2 M/Th 07:00 PM-07:45 PM \$163.00 FH4653-01

Nov 3-27 M/Th 07:00 PM-07:45 PM \$163.00 FH4653-02

#### Shaw Centre

Sep 20-Nov 8 Sa 09:30 AM-10:15 AM \$163.00 SC4653-01

## FIT OVER 50 PERSONAL & GROUP EXERCISE TRAINING

### Fit Over 50 Personal Training

A Certified Personal Trainer will work with you to develop an exercise plan to achieve your health and wellness goals. One-hour sessions determined by you and your trainer.

3 Sessions \$174.50

Lakewood Civic Centre LW4657-01

Lawson Civic Centre LC4657-01

Saskatoon Field House FH4657-01

Shaw Centre SC4657-01

### Fit Over 50 Introduction to Weight Room Training

A Certified Personal Trainer will lead you through the safe use of the cardio and weight training equipment in the weight room. Participants will also learn proper warm-up/cool down, basic movement patterns and proper technique to feel comfortable exercising independently.

#### Lakewood Civic Centre

Nov 8-22 Sa 10:30 AM-11:30 AM \$52.25 LW4656-01

Lawson Civic Centre Sep 17-Oct 1 W 05:30 PM-06:30 PM \$52.25 LC4656-01

Shaw Centre Oct 1-15 W 10:00 AM-11:00 AM \$52.25 SC4656-01



### Fit Over 50 Small Group Training

A Certified Personal Trainer will lead you through a small group (up to six people) exercise program tailored to all fitness levels ensuring that each session is not only progressive but also supportive and enjoyable. You will feel a sense of achievement in the pursuit of your health and wellness goals.

#### Lakewood Civic Centre

Sep 15-Oct 6 M 01:00 PM-01:45 PM \$82.50 LW4520-01

Nov 3-24 M 01:00 PM-01:45 PM \$82.50 LW4520-02

#### Lawson Civic Centre

Oct 2-23 Th 05:45 PM-06:30 PM \$82.50 LC4520-01

Oct 30-Nov 20 Th 05:45 PM-06:30 PM \$82.50 LC4520-02

#### Saskatoon Field House

Oct 9-30 Th 10:30 AM-11:15 AM \$82.50 FH4520-01



*Give the Gift of Fun!*

**Gift Cards** Leisure Gift Cards are available in any amount and perfect for all ages.

Good for use at the Leisure Centres, Outdoor Pools, Golf Courses, Saskatoon Forestry Farm Park & Zoo, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Available for purchase at any Leisure Centre, Holiday Park Golf Course or Saskatoon Forestry Park & Zoo administration office.

**Bulk Tickets** Buy 10 general admissions at a discounted price! Split up or give as a pack. Bulk Tickets never expire and are available for Leisure Centres and Outdoor Pools.



**LEISURE CENTRES**

saskatoon.ca/admissions



**Find Your Fit**

Find your *Fit* at the City of Saskatoon Leisure Centres!

Everyone is welcome to join us for this 90-minute session to learn about the Drop-in and Registered fitness and aquatic programs, personal training and flexible admission options as well as tour the facility to see the unique amenities. Whether you've been a customer for many years, or are brand new to the Leisure Centres, this is the perfect setting to get started.

Visit [saskatoon.ca/leisureonline](http://saskatoon.ca/leisureonline) to reserve your spot in advance. Drop-in guests are also welcome.

**Shaw Centre**

Wed, Oct 1: 9:00 AM-10:30 AM • Tue, Oct 21: 6:00 PM-7:30 PM

**Lawson Civic Centre**

Sun, Oct 26: 10:30 AM-12:00 PM • Thu, Oct 30: 7:00 PM-8:30 PM

**Saskatoon Field House**

Wed, Oct 15: 10:00 AM-11:30 AM • Tue, Oct 21: 10:00 AM-11:30 AM

**Lakewood Civic Centre**

Wed, Sep 24: 9:00 AM-10:30 AM • Thu, Oct 16: 7:00 PM-8:30 PM

**FREE!****GENERAL FITNESS**

*Classes offer varying intensity and exercise modifications for fitness levels from basic to advanced.*

**Strollin' & Polin'**

Take in and enjoy the many benefits of pole walking during this friendly, social, fitness program. The instructor will lead you through an hour-long session incorporating pole walking, strength and stretch components.

Poles are provided and are optional during this program.

**Saskatoon Field House**

|             |       |                   |         |           |
|-------------|-------|-------------------|---------|-----------|
| Sep 8-Oct 1 | M/W/F | 01:15 PM-02:15 PM | \$53.50 | FH4365-01 |
| Oct 6-29    | M/W/F | 01:15 PM-02:15 PM | \$53.50 | FH4365-02 |
| Nov 3-24    | M/W/F | 01:15 PM-02:15 PM | \$53.50 | FH4365-03 |

**New! Group Cycle**

Uses varying degrees of tension and techniques through hills, speed drills, intervals, strength and core endurance.

**Lakewood Civic Centre**

|              |    |                   |         |           |
|--------------|----|-------------------|---------|-----------|
| Sep 9-Oct 21 | Tu | 12:15 PM-01:00 PM | \$56.00 | LW4565-01 |
| Nov 4-Dec 16 | Tu | 12:15 PM-01:00 PM | \$56.00 | LW4565-02 |

**Baby and Me Muscle Fusion**

Bring baby for a fun, challenging workout with the opportunity to connect with other moms in your community. Experience a combination of cardio, muscular endurance, postnatal specific core work and flexibility. Benefit from increased energy, improved posture, less aches and pains and a stronger core. This is a great next step for those who have participated in the Baby and Me Strollfit class or for those who just need a little more challenge. A baby carrier is recommended. Fussy baby? No problem! It is recommended moms be six weeks postpartum (8+ weeks for caesarean).

**Shaw Centre**

|               |   |                   |         |           |
|---------------|---|-------------------|---------|-----------|
| Sep 5-Oct 24  | F | 09:45 AM-10:30 AM | \$60.00 | SC4338-01 |
| Oct 31-Dec 19 | F | 09:45 AM-10:30 AM | \$60.00 | SC4338-02 |

**Saskatoon Field House**

|              |       |                   |         |           |
|--------------|-------|-------------------|---------|-----------|
| Oct 7-30     | Tu/Th | 10:45 AM-11:30 AM | \$60.00 | FH4338-01 |
| Nov 13-Dec 9 | Tu/Th | 10:45 AM-11:30 AM | \$60.00 | FH4338-02 |

*Child Minding*

Make time for you! Available at the Saskatoon Field House, Lakewood Civic Centre and Shaw Centre.

See page 10 or visit [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca) for hours.

**Baby and Me Strollfit**

Perfect for new parents and their babies. Combines walking the track with your baby as well as muscle strengthening and postnatal core-specific work. It is recommended moms be six weeks postpartum (8+ for caesarean).

**Cosmo Civic Centre**

|                 |    |                   |         |           |
|-----------------|----|-------------------|---------|-----------|
| Sep 2-Oct 14*   | Tu | 09:30 AM-10:15 AM | \$45.50 | CC4570-01 |
| Oct 21-Dec 16** | Tu | 09:30 AM-10:15 AM | \$60.00 | CC4339-01 |

**Saskatoon Field House**

|          |     |                   |         |           |
|----------|-----|-------------------|---------|-----------|
| Oct 1-29 | M/W | 10:45 AM-11:30 AM | \$60.00 | FH4339-01 |
| Nov 3-26 | M/W | 10:45 AM-11:30 AM | \$60.00 | FH4339-02 |

\*Cancelled Sep 30. \*\*Cancelled Nov 11.

**New! Baby & Me Aqua Fitness**

Enjoy a 45-minute workout in the water while your baby floats in a seat alongside. Open to all parents and caregivers. It is recommended babies be between the ages of 6 to 18 months.

**Lawson Civic Centre**

|                |    |                   |         |           |
|----------------|----|-------------------|---------|-----------|
| Sep 16-Oct 28* | Tu | 10:50 AM-11:35 AM | \$68.25 | LC4562-01 |
| Sep 18-Oct 23  | Th | 10:50 AM-11:35 AM | \$68.25 | LC4562-02 |
| Oct 30-Dec 4   | Th | 10:50 AM-11:35 AM | \$68.25 | LC4562-04 |
| Nov 4-Dec 16** | Tu | 10:50 AM-11:35 AM | \$68.25 | LC4562-03 |

**Shaw Centre**

|                |   |                   |         |           |
|----------------|---|-------------------|---------|-----------|
| Sep 3-Oct 22   | W | 09:45 AM-10:30 AM | \$90.75 | SC4563-01 |
| Sep 8-Nov 3*** | M | 09:45 AM-10:30 AM | \$90.75 | SC4563-02 |
| Oct 29-Dec 17  | W | 09:45 AM-10:30 AM | \$90.75 | SC4563-03 |
| Nov 10-Dec 15  | M | 09:45 AM-10:30 AM | \$68.25 | SC4562-01 |

\*Cancelled Sep 30. \*\*Cancelled Nov 11. \*\*\*Cancelled Oct 13.

## SPECIALIZED WELLNESS PROGRAMS

## PROGRAMS & ACTIVITIES



### The First Step Program™

This program offers supervised exercise and education components for individuals looking to make exercise a regular part of their life. It is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, cancer, abnormal cholesterol and/or chronic kidney disease. You can begin at any time. For more information or to apply, call 306-975-3121 or visit [saskatoon.ca/firststep](http://saskatoon.ca/firststep). Must complete application form.

#### Saskatoon Field House

4 month program\* Tu & Th 8:00 AM-11:30 AM and/or 4:30 PM-07:30 PM\*\*

\*A graduate program is available after completion for continued support 3 times/week.

\*\*Exercise sessions start small and progress to 60+ minutes.

The First Step Program™ is provided in partnership with the City of Saskatoon and Saskatchewan Health Authority.

### 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. *New!* Participants have the option to walk the track for 30 minutes following the program. For more information, call 1-800-263-3367, email [mindsinmotion@alzheimer.sk.ca](mailto:mindsinmotion@alzheimer.sk.ca), or visit [alzheimer.ca/sk](http://alzheimer.ca/sk). To register call the Saskatoon Field House at 306-975-3354.

#### Saskatoon Field House

|              |    |                   |         |           |
|--------------|----|-------------------|---------|-----------|
| Oct 7-Dec 16 | Tu | 01:30 PM-03:30 PM | \$30.00 | FH4510-01 |
| Oct 9-Dec 11 | Th | 01:30 PM-03:30 PM | \$30.00 | FH4510-02 |

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

### Neuro (Stroke) and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatchewan Health Authority with the aim to improve functional ability through improving fitness. The program includes stretching, strengthening, balance and mild aerobic activities. For more information or to register, call 306-655-4595.

#### Saskatoon Field House

##### Neuro (Stroke) Exercise

Tu, Th 01:15 PM-02:45 PM

##### Parkinson's Exercise

M, W, F 02:45 PM-03:45 PM

## TRAINING & CERTIFICATION PROGRAMS

## PROGRAMS & ACTIVITIES

**NOTE:** Pre-registration is required for most items listed in this section. For details on how to register, see page 15 unless other instructions are provided in the course details.

**Full attendance is mandatory for training and certification programs.**

### FIRST AID & CPR CERTIFICATION

#### Red Cross Standard First Aid & CPR and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course. Fee does not include manual cost of \$28.61 (applicable taxes included). 100% attendance is mandatory.

##### Cosmo Civic Centre

|             |       |                   |          |           |
|-------------|-------|-------------------|----------|-----------|
| Oct 25 & 26 | Sa/Su | 09:00 AM-05:30 PM | \$166.50 | CC4609-01 |
| Nov 22 & 23 | Sa/Su | 09:00 AM-05:30 PM | \$166.50 | CC4609-02 |

#### Red Cross Standard First Aid & CPR and AED Recertification

Annual recertification is recommended. Refresh your First Aid, CPR and AED skills in this course. A current certification is required to register. 100% attendance is mandatory.

##### Cosmo Civic Centre

|        |    |                   |         |           |
|--------|----|-------------------|---------|-----------|
| Sep 21 | Su | 09:00 AM-05:30 PM | \$98.75 | CC4610-01 |
|--------|----|-------------------|---------|-----------|

### LIFESAVING & GUARDING

#### Lifesaving Society Bronze Star

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Fee does not include manual cost of \$46.44 (applicable taxes included), which is also required for Bronze Medallion and Bronze Cross. 100% attendance is mandatory.

##### Lakewood Civic Centre

|               |   |                   |          |           |
|---------------|---|-------------------|----------|-----------|
| Nov 21-Dec 19 | F | 04:30 PM-07:00 PM | \$142.50 | LW4605-01 |
|---------------|---|-------------------|----------|-----------|

#### Lifesaving Society Bronze Medallion

Prerequisites: Minimum 13 years of age or Bronze Star. Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Fee does not include manual cost of \$46.44 (applicable taxes included). 100% attendance is mandatory.

##### Lawson Civic Centre

|               |    |                   |          |           |
|---------------|----|-------------------|----------|-----------|
| Sep 14-Oct 12 | Su | 05:00 PM-09:00 PM | \$187.25 | LC4604-01 |
|---------------|----|-------------------|----------|-----------|

##### Lakewood Civic Centre

|             |    |                   |          |           |
|-------------|----|-------------------|----------|-----------|
| Nov 8-Dec 6 | Sa | 09:00 AM-01:00 PM | \$187.25 | LW4604-01 |
|-------------|----|-------------------|----------|-----------|



Find programs and register online at [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)



## BECOME A LIFEGUARD!

As a City of Saskatoon Lifeguard you will...

- Earn \$\$\$ • Be a role model • Work as part of a team
- Build confidence and life skills • Earn bathing suit reimbursements
- Meet new friends • Receive a free LeisureCard to use at City facilities
- Eligible for free recertification of awards
- Receive medical and dental benefits
- Have flexibility to choose your hours of availability

For more employment\* information contact 306-975-2944.

\* To obtain employment as a Lifeguard with the City of Saskatoon, both the Lifesaving Society National Lifeguard Award and the Lifesaving Society Combined Swim for Life and Lifesaving Instructor Program must be completed.

### STEPS TO BECOMING A LIFEGUARD

- 1 LIFESAVING SOCIETY BRONZE MEDALLION  
Pre-requisites: 13 years old or Lifesaving Society Bronze Star
- 2 LIFESAVING SOCIETY BRONZE CROSS  
Pre-requisites: Lifesaving Society Bronze Medallion
- 3 STANDARD FIRST AID/CPR-C AED  
Pre-requisites: None
- 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)  
Pre-requisites: 15 years old, Standard First Aid & CPR "C" or Aquatic Emergency Care, Lifesaving Bronze Cross

LIFESAVING SOCIETY COMBINED SWIM FOR LIFE & LIFESAVING INSTRUCTOR PROGRAM  
Pre-requisites: 15 years old, Lifesaving Society Bronze Cross Award (need not be current)

### Lifesaving Society Bronze Cross

Prerequisites: Bronze Medallion. The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs. Fee does not include manual cost of \$46.44 (applicable taxes included). 100% attendance is mandatory.

#### Lawson Civic Centre

Oct 19-Nov 16 Su 04:30 PM-09:00 PM \$187.25 LC4603-01

#### Lakewood Civic Centre

Nov 2-Dec 21 Su 05:00 PM-08:00 PM \$187.25 LW4603-01

### Lifesaving Society National Lifeguard Award

15 yrs+. Pre-requisite: Bronze Cross and Standard First Aid, CPR C and AED certification. Builds on fundamental skills, knowledge and values taught in the lifesaving awards to further the development of the practical skills required of lifeguards. Fee does not include manual cost of \$47.52 (applicable taxes included). 100% attendance is mandatory.

#### Shaw Centre

Sep 26 & Oct 3 F 05:30 PM-09:30 PM \$286.00 SC4606-01

Sep 27 & Oct 4 Sa 09:00 AM-06:30 PM

Sep 28 & Oct 5 Su 09:00 AM-06:30 PM

### Lifesaving Society National Lifeguard Recertification

Pre-requisite: Proof of National Lifeguard Award certification. This is a recertification course for the National Lifeguard Award, which must be done every two years in order to remain certified.

#### Shaw Centre

Sep 21 Su 09:00 AM-01:00 PM \$92.00 SC4607-01

### Combined Lifesaving Society Lifesaving Instructor Course

Pre-requisite: 15 years old and Bronze Cross award (need not be current). This leadership course provides candidates with theory, knowledge and skill, and practice to become certified and teach the following Lifesaving Society programs and awards:

- Swim for Life Program: Parent & Tot, Preschool, Swimmer, Adult Swimmer and Fitness Swimmer
- Canadian Swim Patrol Program: Rookie Patrol, Ranger Patrol and Star Patrol levels
- CPR and AED
- Bronze Star
- Bronze Medallion\*
- Bronze Cross\*

Fee does not include manual cost of \$124.20 (applicable taxes included).

\*Mentorship required to become Examiner

#### Lawson Civic Centre

Nov 14, 21 & 28 F 04:00 PM-08:00 PM \$442.00 LC4601-01

Nov 15, 22 & 29 Sa 08:00 AM-02:00 PM

Nov 16, 23 & 30 Su 08:00 AM-02:00 PM

*Subscribe to  
the Leisure  
eNewsletter!*

Visit [saskatoon.ca/leisurecentres](http://saskatoon.ca/leisurecentres) to sign up for updates on Leisure Centre programming, the Leisure Guide and other seasonal leisure facilities and attractions.

The Leisure eNewsletter is sent out five to six times a year and you can unsubscribe at any time.







### SPRA FITNESS LEADERSHIP CERTIFICATION PROGRAM

Becoming a fitness leader requires a minimum of two Saskatchewan Parks and Recreation Association (SPRA) courses. Each course has a written exam following the course and every certification requires a practical assessment. Participants must complete CPR and Standard First Aid prior to certification. For more information on the SPRA Fitness Leadership Certification Program visit [spra.sk.ca](http://spra.sk.ca).

#### STEPS TO BECOMING A CERTIFIED SPRA FITNESS INSTRUCTOR

- 1 EXERCISE THEORY COURSE  
Prerequisite: 16 years old.
- 2 Then select one or more courses:
  - a GROUP EXERCISE FUNDAMENTALS COURSE  
Plus one or more GROUP SPECIALTY COURSES:
    - Total Body Conditioning
    - Step and Choreography
    - Group Cycle
    - Fitness Yoga
  - b AQUATIC EXERCISE COURSE
  - c EXERCISE FOR OLDER ADULTS COURSE

#### How to Become a Certified Fitness Instructor

16 yrs+. This free information session will review the application process and requirements to become a City of Saskatoon contract fitness instructor. We will review the courses required to teach the National Fitness Leadership Alliance certifications (exercise theory, group exercise, aquatic exercise, etc). We will also discuss the City's mentoring program, bursary program and the benefits of being a fitness instructor for the City and neighbourhood Community Associations.

##### Virtual Session

|       |    |                   |      |           |
|-------|----|-------------------|------|-----------|
| Sep 3 | W  | 06:00 PM-07:30 PM | FREE | VT4318-01 |
| Sep 4 | Th | 06:00 PM-07:30 PM | FREE | VT4318-02 |

#### SPRA Exercise Theory Course

16 yrs+. This 24-hour course introduces basic exercise theory, nutrition, anatomy, physiology, communication and leadership. Written exam is held at the conclusion of the course. Manual and pre-course information can be picked up at the host site one week prior to start date. Fee does not include manual cost of \$79.80 (applicable taxes included).

##### Cosmo Civic Centre

|                |    |                   |          |           |
|----------------|----|-------------------|----------|-----------|
| Sep 17-Oct 1*  | W  | 06:00 PM-09:00 PM | \$336.50 | CC4613-01 |
| Sep 27 & Oct 4 | Sa | 09:00 AM-05:00 PM |          |           |

\*Virtual sessions

#### SPRA Aquatic Exercise Course

16 yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 20-hour course will increase your knowledge and confidence level in leading a group exercise class in the water. An individualized practical component must be completed following the course for certification. Course manual and pre-course information can be picked up from the host site one week prior to course start date. Practical exam fee of \$50 is not included in registration fee and is payable on exam day. Fee does not include manual cost of \$61.95 (applicable taxes included).

##### Lawson Civic Centre

|              |    |                   |          |           |
|--------------|----|-------------------|----------|-----------|
| Nov 12 & 19* | W  | 05:00 PM-08:00 PM | \$290.75 | LC4624-01 |
| Nov 15 & 22  | Sa | 10:00 AM-06:00 PM |          |           |

\*Virtual sessions

#### SPRA Group Exercise Fundamentals Course

16 yrs+. Pre-requisite: SPRA Exercise Theory Module. A 12-hour course covering a variety of topics for leading group exercise classes including leadership, safety, class design, use of music, movement and cuing, exercise analysis and more. Fee does not include manual cost of \$70.35 (applicable taxes included).

##### Saskatoon Field House

|        |    |                   |          |           |
|--------|----|-------------------|----------|-----------|
| Oct 17 | F  | 05:00 PM-09:00 PM | \$235.00 | FH4614-01 |
| Oct 18 | Sa | 09:00 AM-05:00 PM |          |           |

#### SPRA Step and Choreography Specialty Course

16 yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 8-hour practical-based course covers specific information for planning and developing floor-based land choreography and step classes. Practical exam fee of \$50 is not included in registration fee and is payable on exam day.

##### Saskatoon Field House

|        |    |                   |          |           |
|--------|----|-------------------|----------|-----------|
| Oct 19 | Su | 09:00 AM-05:00 PM | \$136.50 | FH4629-01 |
|--------|----|-------------------|----------|-----------|

Note: SPRA Exercise for Older Adults, Group Cycle Specialty, Fitness Yoga Specialty and Total Body Conditioning Specialty Courses will be offered in upcoming seasons. Watch for more details!

### EMPLOYMENT OPPORTUNITIES

#### Qualified Instructors Wanted

The City of Saskatoon maintains a registry which is used to place paid instructors with the Leisure Centres and local Community Associations for recreation, art and cultural programming. If you are interested in being placed in the registry, contact [instructors@saskatoon.ca](mailto:instructors@saskatoon.ca) or call 306-975-3378.

## SEASONAL FUN!



### Fall into fun!

No need to head inside as the weather cools down. Saskatoon has great programs and amenities for all ages and interests. Get the whole family out to a rink for a fun-filled afternoon, sign the kids up for a great edZOOcational program or simply get out and play with your dog. Fall is a great time to get out and get active.

## SEASONAL FUN!

## ICE SKATING

Saskatoon offers many fun and exciting programs at five indoor rinks, over 50 city-wide outdoor rinks and the Clarence Downey Speed Skating Oval. Get more information on these great facilities and the programs offered at each at [saskatoon.ca/rinks](http://saskatoon.ca/rinks).

### INDOOR RINKS

The City of Saskatoon's five indoor ice rinks are home to hockey, ringette, figure skating and speed skating clubs, as well as public skating, Parent and Tot and Learn-to-Skate programs. Wi-Fi is available at all locations.

For more information on public skating and Parent and Tot times visit [dropinschedule.saskatoon.ca](http://dropinschedule.saskatoon.ca). For more information on Learn-to-Skate programs refer to pages 28 and 29.

#### ACT Arena

107-105th Street East • 306-975-3316 • Open year-round!

#### Archibald Arena

1410 Windsor Street • 306-975-3313 • Opens Oct 1

#### Cosmo Arena

3130 Laurier Drive • 306-975-3370 • Opens Oct 1

#### Lions Arena

2205 McEown Avenue • 306-975-3306 • Opens Oct 1

Gordie Howe Kinsmen Arena (available for rentals only starting Sep 16)

1405 Avenue P South • 306-975-3310



### ADMISSIONS Prices include applicable taxes.

| Adult (19+) | Youth (6-18 yrs) | Preschool (0-5 yrs) | Family* | Parent & Tot |
|-------------|------------------|---------------------|---------|--------------|
| \$6.75      | \$4.75           | FREE                | \$13.50 | FREE         |

Cash, Debit, Credit, LeisureCards and Leisure Gift Cards accepted. Children under the age of six must be accompanied by an adult minimum of 16 years of age. Maximum two preschoolers per adult. \*Family is defined as a group up to seven individuals, related by birth, legal status, or marriage, with a maximum of two adults.

### RENTALS

All rinks are available for rental for a variety of activities. For bookings and assistance with available times and rental rates, call the Allocations Office at 306-975-3366 or email [allocations@saskatoon.ca](mailto:allocations@saskatoon.ca).



## ICE SKATING

SEASONAL FUN!

### CLARENCE DOWNEY SPEED SKATING OVAL

**Dudley Street & Avenue R South in Gordie Howe Sports Complex**

The Clarence Downey Speed Skating Oval offers an exciting change of pace for skating enthusiasts! No need for speed skates to enjoy a day on this 400-metre oval — there are different lanes for different speeds and lots of room for every level of skater. The new K + S Multi-Sports Centre will be open during the Oval hours of operation to support public skating and Nordic skiing at the Gordie Howe Sports Complex. Amenities include washrooms, change rooms and showers, warm-up and gathering area, exterior bleacher seating during public skating, vending machines for snacks and beverages. *Admission is FREE.*

**Open December 15-March 1** (*weather & ice conditions permitting*)

Monday to Thursday 11:00 AM-05:00 PM & 07:30 PM-08:30 PM

Saturday & Sunday 11:00 AM-06:00 PM



### OUTDOOR RINKS

Saskatoon's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy. Visit pages 40-45 or check your Community Association's website or Facebook page for up-to-date schedule information.



## CROSS COUNTRY SKIING

SEASONAL FUN!



Whether a novice, intermediate or advanced skier, you can enjoy a cross country ski experience right here in Saskatoon! Ski trails are groomed and maintained by the City of Saskatoon and the Saskatoon Nordic Ski Club. Call the Ski Trail Information Line at 306-975-3300 to find out more about ski locations and daily snow conditions. Saskatoon Nordic Ski Club offers lessons for all ages at Holiday Park Golf Course/Gordie Howe Sports Complex. For more information visit their website at [saskatoonnordicski.ca](http://saskatoonnordicski.ca).

*Did you know?* Some Community Associations sponsor the placement and grooming of ski trails in neighbourhood parks across the city. Visit [saskatoon.ca/ski](http://saskatoon.ca/ski) for locations.

## DOG PARKS

SEASONAL FUN!



Dog parks are naturalized spaces where dogs are permitted to be off-leash while under the control of their owner. Ensure your dog remains on a leash until in the Dog Park and don't forget to pick up your dog's poop and drop in available waste containers. Find a dog park near you on pages 4-5 or visit [saskatoon.ca/dogparks](http://saskatoon.ca/dogparks).

**DOG PARKS FOR SMALL DOGS** Dedicated off-leash areas for small dogs are available at Charlottetown and Hyde Dog Parks. Dogs must be under 40 cm (16") at the shoulder and less than 9 kg (20 lbs). Visit [saskatoon.ca/dogparks](http://saskatoon.ca/dogparks) for more information.

**SUBSIDIZED SPRAY AND NEUTER PROGRAM (SSNP)** Financial resources are available to assist low-income pet owners to get their pets spayed or neutered. Visit [saskatoon.ca/ssnp](http://saskatoon.ca/ssnp) for more information.

**PET LICENSE** A valid Pet License is required to access any dog park. Visit [saskatoon.ca/petlicensing](http://saskatoon.ca/petlicensing) to learn about the many benefits of Pet Licensing or to purchase or renew your annual license online.



1903 Forestry Farm Park Drive • 306-975-3382 • [saskatoon.ca/zoo](http://saskatoon.ca/zoo)**ZOO HOURS**

Until Sep 1 09:00 AM-05:00 PM  
 Sep 2-Dec 31 10:00 AM-04:00 PM

**PARK HOURS**

Until Sep 1 07:30 AM-09:00 PM  
 Sep 2-30 07:30 AM-07:00 PM  
 Oct 1-Dec 31 07:30 PM-04:30 PM



Saskatoon Forestry Farm Park & Zoo is closed on Dec 25. Hours of operation are subject to change, visit [saskatoon.ca/zoo](http://saskatoon.ca/zoo) for the latest updates.

Rekindle a sense of childhood wonder with a trip to the Saskatoon Forestry Farm Park & Zoo. Meet an impossibly cute mob of meerkats, the cheeky Goeldi's monkeys, majestic grizzly bears and many other species at Saskatchewan's only CAZA-accredited zoo.

**ZOO ADMISSION RATES** Prices include applicable taxes.

(Until Oct 31. Admission is by donation Nov 1-Dec 31)

|                 | Adult<br>(19+) | Youth<br>(6-18 yrs) | Preschool<br>(0-5 yrs) | Family*  |
|-----------------|----------------|---------------------|------------------------|----------|
| Daily Admission | \$16.50        | \$10.00             | FREE                   | \$33.00  |
| Season Pass     | \$65.00        | \$39.00             | FREE                   | \$130.00 |

Group Rates available for eight or more people (\$1.00 off each individual daily admission rate).

\* Family is defined as a group of up to seven individuals with a maximum of two adults.

**PARKING FEE**

Daily \$5.00/vehicle

(Until September 1)

Season Pass \$20.00

60% of parking fee supports redevelopment projects at the Zoo.

**Who's at the Zoo?**

KuneKune pigs, ring-tailed lemurs, naked mole rats, plains zebras, Pallas's cat and more! Learn more about the wild and wonderful animals that call the Zoo home.

**Forestry Farm Park**

Discover carefully crafted garden spaces, picnic sites, fishing pond, walking trails, a naturally-themed playground and so much more at the Forestry Farm Park. Whether your visit is lively and exciting or quietly reflective, the experience is sure to be a memorable one.

**Rental Facilities**

The hall, Lions Pavilion, gazebo and wedding garden are available for private rental. Functional, quiet and secluded, these areas provide an enchanting backdrop for gatherings of all kinds. Call 306-975-3382 or visit [saskatoon.ca/zoorentals](http://saskatoon.ca/zoorentals) for information.

**Saskatoon Zoo Foundation**

The Saskatoon Zoo Foundation raises funds for capital projects and improvements within the Zoo while connecting citizens to nature. Help us build the bears a new home and donate today at [saskatoonzoofoundation.ca](http://saskatoonzoofoundation.ca).

The BHP Enchanted Forest Holiday Light Tour runs November 15-January 4. Saskatchewan Blue Cross Walk Nights will be held November 13 & 14.

The Saskatoon Forestry Farm Park & Zoo is a City of Saskatoon facility working with the Friends of the Forestry Farm House, Saskatoon Zoo Foundation, Saskatchewan

Perennial Society and Saskatoon Zoo Society.

**EdZOOcational Opportunities**

The Saskatoon Zoo Society offers a variety of curriculum-based education programs for all ages—both in person and online! Programs are available for school groups, preschools, homeschoolers, senior groups and more.

Visit [saskatoonzoosociety.ca](http://saskatoonzoosociety.ca) for a full list of programs and events, or to book your next birthday party. For more information call 306-975-3395.

Note: Some programs come with a nominal charge to cover expenses.

**Pond Dipping (all ages)**

Aug 1-Sep 1 M-Su 10:30 AM-12:30 PM FREE\*  
 Aug 1-Sep 1 M-Su 01:30 PM-03:30 PM FREE\*

\*With Zoo admission.

**ZOOventures (all ages)**

Hands-on Zoo tours that go beyond the glass! At the end of each experience, you'll get to meet one of the Zoo's animal ambassadors.

Caribou-t the Wild Aug 1-31 Sa/Su 09:30 AM-10:30 AM \$15\*  
 Meer-Quill Experience Aug 1-31 Sa/Su 11:15 AM-12:15 PM \$15\*  
 KuneKune-For Pig's Sake Aug 1-31 Sa/Su 01:15 PM-02:15 PM \$15\*  
 Un-bear-lievable Bears Aug 1-31 Sa/Su 03:00 PM-04:00 PM \$15\*

\*With Zoo admission. Children under 2 admitted free.

**Young Naturalists Programs (5-11 yrs)**

Register at [saskatoonnaturekids@gmail.com](mailto:saskatoonnaturekids@gmail.com).

Pike Lake Pond Dipping Sep 6 TBD  
 Bird Feeder Workshop Nov 1 01:00 PM  
 Christmas Bird Count for Kids Dec 27 01:00 PM

**Zoo Crew PD Days (5-12 yrs)**

Additional dates will be added at [saskatoonzoosociety.ca](http://saskatoonzoosociety.ca).

Sep 30 Tu 09:00 AM-04:00 PM \$60  
 Oct 10 F 09:00 AM-04:00 PM \$60  
 Nov 10 M 09:00 AM-04:00 PM \$60



## RENTAL OPTIONS

FIND YOUR SPACE!

## Find Your Space!

Bored with boardrooms? Parties aren't panning out?  
Seeking an unconventional convention or event venue?  
The City of Saskatoon offers a wide range of unique event options from portable stages, outdoor facilities, scenic River Landing venues, sports fields, Leisure Centres and rinks.

Learn more about rental options for any occasion at [saskatoon.ca/facilityrentals](http://saskatoon.ca/facilityrentals).



Check out the Recreation Facility Options guide at [saskatoon.ca/facilityrentals](http://saskatoon.ca/facilityrentals).

### INDOOR LEISURE CENTRES

Leisure Centres can accommodate groups for almost every kind of occasion. For bookings, contact Customer Service at the Leisure Centre of your choice:

Cosmo Civic Centre • 306-975-3344

Lakewood Civic Centre • 306-975-2944

Lawson Civic Centre • 306-975-2951

Saskatoon Field House • 306-975-3354

Shaw Centre • 306-975-7772

Harry Bailey Aquatic Centre\*

\* Closed for facility upgrade.

Rental space is available outside of scheduled programming.

### AMENITIES & STAFF CHARGES

Bookings for meeting and multi-purpose rooms include standard meeting set-up of up to 25 chairs and four tables set up in theatre, boardroom or classroom style. Additional charges may apply for setup, clean-up and repair to any rented facility. These fees will be assessed by the Site Administrator in conjunction with the Building Operator and may be billed post event if necessary. Pool rentals will incur additional charges for Lifeguard staff. Additional charges may apply.

### Hourly Rentals (\*All rates effective September 1, 2025 to August 31, 2026; GST extra)

| RENTAL SPACE           | HOURLY FEE*         | CCC | LWC                        | LCC                       | HBC                      | SFH | SCC                            |
|------------------------|---------------------|-----|----------------------------|---------------------------|--------------------------|-----|--------------------------------|
| Small Meeting Room     | \$25.00             | ●   | ●                          |                           | ●                        | ●   | ●                              |
| Large Meeting Room     | \$34.60             | ●   |                            |                           |                          |     | ●                              |
| Multi-Purpose Room     | \$34.60             | ●   | ●                          | ●                         |                          | ●   | ●                              |
| Theatre                | \$34.60             | ●   |                            |                           |                          |     |                                |
| Fitness / Dance Studio | \$34.60             | ●   |                            |                           |                          | ●   |                                |
| Gymnasium              | \$60.00             | ●   | ●                          |                           |                          |     | ●                              |
| Competitive Pool       | \$303.90            |     |                            |                           | Diving Boards<br>8 Lanes |     | Diving Boards<br>50m, 10 Lanes |
| Leisure Pool           | \$170.00            |     | Waterslide<br>25m, 4 Lanes | Wave Pool<br>25m, 4 Lanes | 25m, 6 Lanes             |     | 25m, 6 Lanes                   |
| Warm Up Pool           | \$125.00            |     |                            |                           |                          |     | Waterslide &<br>Watertoys      |
| Family Pool            | \$125.00            |     |                            |                           |                          |     | 200m<br>6 Lanes                |
| Indoor Track           | \$162.30<br>\$81.15 |     |                            |                           |                          |     | 165m<br>3 Lanes                |
| Sports Court           | \$40.60             |     |                            |                           |                          | ●   |                                |
| Wallyball Court        | \$34.60             | ●   |                            |                           |                          |     |                                |
| Track Warm-Up Area     | \$46.40             |     |                            |                           |                          | ●   |                                |

Additional charges are added to after hours rentals. Inquire for details.

CCC Cosmo Civic Centre • HBC Harry Bailey Aquatic Centre • SCC Shaw Centre  
LCC Lawson Civic Centre • LWC Lakewood Civic Centre • SFH Saskatoon Field House

### PARKS, SPORTS FIELDS & ATTRACTIONS

#### Rink & Sports Field Rentals

There are a number of outdoor sport fields and indoor rinks located throughout Saskatoon that offer various levels of hosting capabilities.

For more information:

Contact the Allocations Office at 306-975-3366 or [allocations@saskatoon.ca](mailto:allocations@saskatoon.ca) to book a sport field or indoor rink.

#### Unique Facility Rental & Booking Opportunities

- Park & River Landing Event Space
- Vimy Memorial Band Shell
- Saskatoon Forestry Farm Park & Zoo  
(call 306-975-3382 for information)
- Nutrien Playland at Kinsmen Park  
(call 306-975-2951 for information)

For more information:

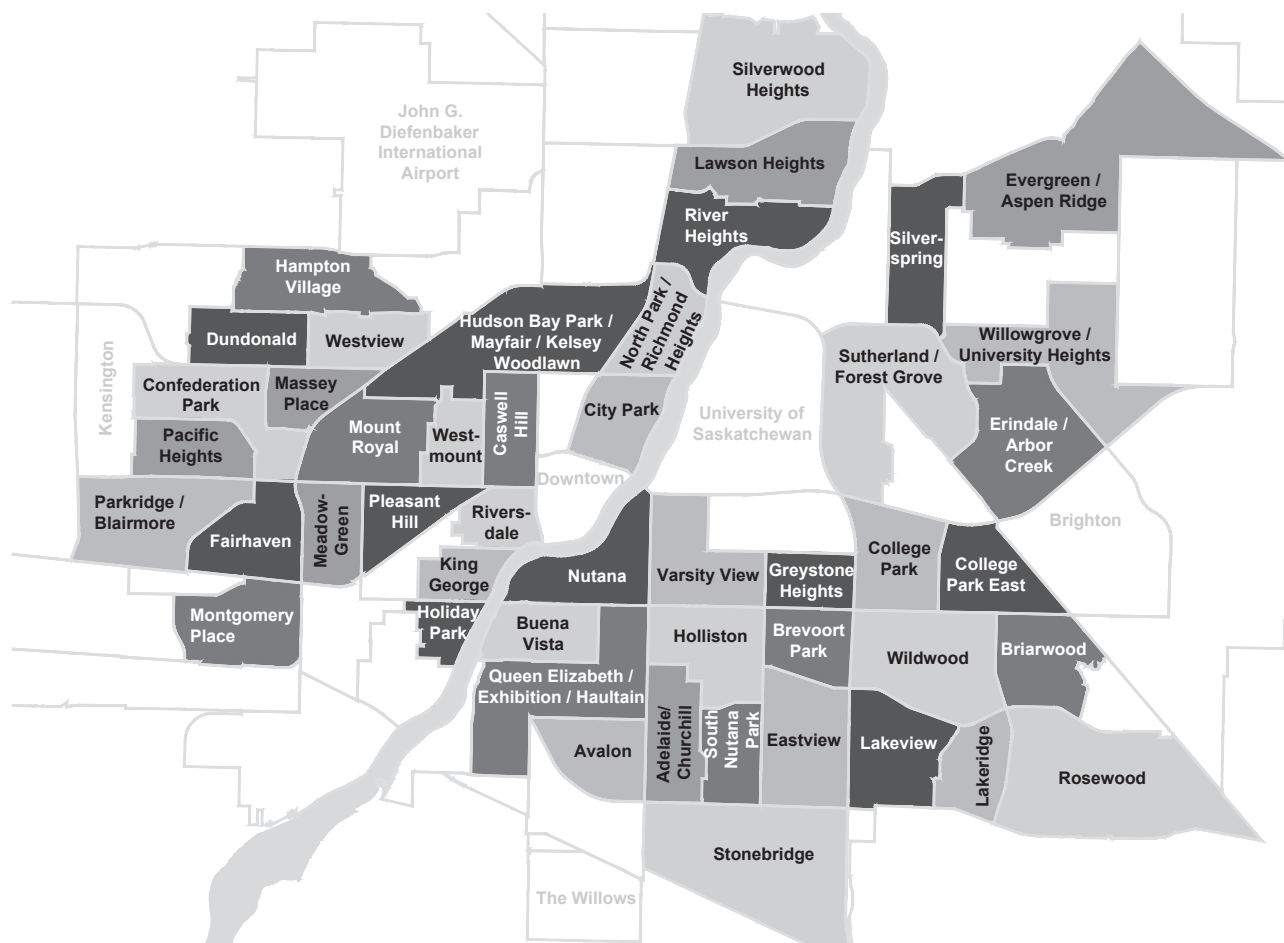
Contact the Special Events Office at 306-986-3079 or [specialevents@saskatoon.ca](mailto:specialevents@saskatoon.ca) to book a special event or for assistance in selecting a location that is right for your event.



Community Associations are volunteer-run groups that offer low-cost sport, culture and recreation programs throughout the year.

- **Affordable programs for all ages and abilities.** To find the perfect program for you or your family visit [saskatoon.ca/communityassociations](http://saskatoon.ca/communityassociations) or refer to your Community Association's newsletter, website or Facebook page.
- **Outdoor rinks.** Enjoy free skating at over 50 Community Association owned and operated outdoor rinks throughout Saskatoon. Visit [saskatoon.ca/outdoorrinks](http://saskatoon.ca/outdoorrinks) for locations and times.
- **Community events.** Meet your neighbours at community coordinated events like neighbourhood clean-ups, movie nights in the park and more.
- **Volunteers make it happen.** There are many ways to volunteer with your neighbourhood Community Association. Learn more at [saskatoon.ca/volunteer](http://saskatoon.ca/volunteer).

To discover more about Community Associations and their program offerings, visit [saskatoon.ca/communityassociations](http://saskatoon.ca/communityassociations) or call 306-975-3378.





For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.

To ensure everyone who wants to participate in a program can, cost-as-a-barrier and/or KidSport assistance may be available for those facing financial hardships. Please contact your Community Association directly for more information. All inquiries are kept confidential.

### ADELAIDE PARK / CHURCHILL

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per household  
**Web:** www.myapcca.ca  
**Email:** info@adelaidchurchill.ca  
**Facebook:** www.facebook.com/adelaidparkchurchillcommunityassociation  
**Outdoor Rink(s):** Hugh Cairns VC School, 2621 Cairns Avenue  
 Thur 7-9 PM / Fri 3:30-5 PM  
 St. Philip School, 1901 Haultain Avenue  
 Wed 3:30-5 PM / Sun 11:30 AM-4 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

### AVALON

**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** www.avalonca.ca  
**Email:** president@avalonca.ca  
**Facebook:** www.facebook.com/avaloncommunity  
**Outdoor Rink(s):** John Lake School, 2606 Broadway Avenue  
 Mon & Wed 6-8 PM / Sun 1-3 PM

**Programs include:** ADULT: Boot Camp • Yoga • YOUTH: Masterchef • Home Alone • Babysitting Course • Tae Kwon Do • CHILDREN: Beginner Ballet • PRESCHOOL: Tiny Tots Ballet

### BREVOORT PARK

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** www.brevoortpark.ca  
**Email:** indoorcoordinator@brevoortpark.ca  
**Facebook:** www.facebook.com/brevoortpark  
**Outdoor Rink(s):** Brevoort Park School, 2809 Early Drive

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

### BRIARWOOD

**Online registration:** See website/Facebook for details  
**Annual membership:** \$15 per household  
**Web:** www.briarwoodca.com  
**Email:** briarwoodipc@gmail.com  
**Facebook:** www.facebook.com/Briarwood-Community-Association-Saskatoon-1660240454205476/  
**Outdoor Rink(s):** Briarwood Park, 602 Briarwood Road

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

### BUENA VISTA

**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** www.bvcasaskatoon.ca  
**Email:** BuenaVista1910@gmail.com  
**Facebook:** www.facebook.com/YourBVCA  
**Outdoor Rink(s):** Buena Vista School, 100 7th Street East & MacPherson Avenue  
 Mon 6-8 PM / Fri 8-10 PM / Sat 1-3 PM

**Programs include:** ADULT: Yoga • Pilates • Pickleball • Boot Camp • Social Dance • Book Club • Volleyball • CHILDREN: Drop-in Soccer\* • Soccer • PRESCHOOL: Family Kinder Gym • Kinder Soccer

### CASWELL HILL

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** www.caswellhill.ca  
**Email:** programs@caswellhill.ca  
**Facebook:** www.facebook.com/CaswellCA  
**Outdoor Rink(s):** Caswell School, 204 30th Street West  
 Tue & Thu 7-9 PM / Sun 2-4 PM

**Programs include:** ADULT: Ball Hockey • A variety of fun programs are being planned for all ages. Please refer to our website for more information.

### CITY PARK

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** www.cityparksask.ca  
**Email:** cityparkprograms@gmail.com  
**Facebook:** www.facebook.com/CityParkSask  
**Outdoor Rink(s):** Affinity Credit Union, 710 Duke Street  
 Tue & Thu 6-8 PM / Sun 12-2 PM

**Programs include:** ADULT: All Level Yoga • Men's Basketball • Pickleball/Badminton • PARENT & CHILD: Family Gym Time\*

### COLLEGE PARK RECREATION ASSOCIATION (CPRA)

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** www.collegeparksaskatoon.com  
**Email:** outdoor@collegeparksaskatoon.com  
**Facebook:** @CPRAYXE  
**Twitter:** @CPRAYXE

**Outdoor Rink(s):** Dr. Gerhard Hertzberg Park, 131 Campion Crescent

**Programs include:** Programs include: ADULTS: Yoga • Tai Chi • Drop-in basketball • PARENT & CHILD: Family open gym • Youth: Learn to play basketball

For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.



## CONFEDERATION PARK

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.confedparksask.ca](http://www.confedparksask.ca)  
**Email:** [info@confedparksask.ca](mailto:info@confedparksask.ca)  
**Facebook:** [www.facebook.com/confedparksask](https://www.facebook.com/confedparksask)  
**Outdoor Rink(s):** Bishop Roborecki School, 24 Pearson Place  
Thu 6-8 PM / Sat & Sun 1-3 PM

**Programs include:** ADULT: International Cooking • Zumba • Basketball • Pickleball • Learn to Pickleball\* • Badminton • YOUTH: Youth Drop-in (multi-sport)

## DUNDONALD

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.dundonald.ca](http://www.dundonald.ca)  
**Email:** [indoorprograms@dundonald.ca](mailto:indoorprograms@dundonald.ca)  
**Facebook:** [www.facebook.com/dundonaldcommunityassociation](https://www.facebook.com/dundonaldcommunityassociation)  
**Outdoor Rink(s):** Dundonald School, 162 Wedge Road  
Wed & Fri 7-9 PM / Sun 2-4 PM

**Programs include:** ADULT: Wine and Paint Night • YOUTH: Drop-in Girls Basketball • SMBA Basketball • Youth Pickleball • CHILDREN: SMBA Basketball • Intro to Gymnastics • PRESCHOOL: Kindersport

## EAST COLLEGE PARK

**Online registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** [www.ecpark.ca](http://www.ecpark.ca)  
**Email:** [ecpcbboardmember@gmail.com](mailto:ecpcbboardmember@gmail.com)  
**Facebook:** [www.facebook.com/eastcollegepark](https://www.facebook.com/eastcollegepark)  
**Outdoor Rink(s):** St. Augustine School, 602 Boychuk Drive

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## EASTVIEW

**Online registration:** See website/Facebook for details  
**In-person registration:** In person by request  
**Annual membership:** \$10 per individual/family  
**Web:** [www.myeastview.ca](http://www.myeastview.ca)  
**Email:** [info@myeastview.ca](mailto:info@myeastview.ca)  
**Facebook:** [www.facebook.com/eastviewcommunity](https://www.facebook.com/eastviewcommunity)  
**Outdoor Rink(s):** Alvin Buckwold School, 715 East Drive  
Pope John Paul II School, 3035 Arlington Avenue

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## ERINDALE / ARBOR CREEK\*\*

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.erindalearborkreek.org](http://www.erindalearborkreek.org)  
**Email:** [eacca@erindalearborkreek.org](mailto:eacca@erindalearborkreek.org)  
**Facebook:** [www.facebook.com/EACCA-Saskatoon](https://www.facebook.com/EACCA-Saskatoon)  
**Twitter:** @EACCASaskatoon  
**Instagram:** @eaccask  
**Outdoor Rink(s):** Quinn Stevenson Memorial, 225 Kenderdine Road  
Mon & Wed 4-6 PM / Sat 10 AM-12 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## EVERGREEN / ASPEN RIDGE\*\*

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** [www.earca.ca](http://www.earca.ca)  
**Email:** [indoor.coordinator@earca.ca](mailto:indoor.coordinator@earca.ca)  
**Facebook:** [www.facebook.com/saskatoonevergreen](https://www.facebook.com/saskatoonevergreen)  
**Outdoor Rink(s):** Funk Park, 628 Manek Road

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## FAIRHAVEN

**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** <https://www.fairhavencommunity.ca/>  
**Email:** [info@fairhavencommunity.ca](mailto:info@fairhavencommunity.ca)  
**Facebook:** [www.facebook.com/Fairhavencommunityassociation](https://www.facebook.com/Fairhavencommunityassociation)  
**Outdoor Rink(s):** Fairhaven School, 495 Forrester Road  
Thu 6-8 PM / Sat 1-3 PM / Sun 3-5 PM

**Programs include:** ADULT: Co-ed Volleyball • Seniors Pickleball • CHILDREN: Soccer

## GREYSTONE HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.thegreystone.ca](http://www.thegreystone.ca)  
**Email:** [jtrifel@shaw.ca](mailto:jtrifel@shaw.ca)  
**Facebook:** [www.facebook.com/greystoneheights](https://www.facebook.com/greystoneheights)  
**Outdoor Rink(s):** Greystone School, 2721 Main Street  
Fri 6-8 PM / Sat & Sun 12-2 PM & 7-9 PM / Sun 2-4 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## HAMPTON VILLAGE

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.saskhvca.com](http://www.saskhvca.com)  
**Email:** [contact@saskhvca.com](mailto:contact@saskhvca.com)  
**Facebook:** [www.facebook.com/hamptonvillage](https://www.facebook.com/hamptonvillage)  
**Outdoor Rink(s):** St. Lorenzo Ruiz School, 1023 Hampton Circle  
Thu 6-8 PM / Sat & Sun 2-4 PM

**Programs include:** ADULT: Pickleball • Yoga • Bootcamp • Floor Hockey • Volleyball • Spanish • Daytime Cards, Games & Coffee\* • Daytime Karate / Self-Defence • YOUTH: Kickboxing • Basketball • Youth Connection • CHILDREN: Dance • SYS Soccer • PRESCHOOL: Dance • Kindersoccer • Daytime Storytime Dance Party

## HOLIDAY PARK

**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** [www.holidayparksaskatoon.ca](http://www.holidayparksaskatoon.ca)  
**Email:** [holidaypark.programs@gmail.com](mailto:holidaypark.programs@gmail.com)  
**Facebook:** [www.facebook.com/hpca306](https://www.facebook.com/hpca306)  
**Outdoor Rink(s):** St. John School, 1205 Avenue N South  
Mon 6-8 PM / Thu 5:30-7:30 PM / Sun 12:30-2:30 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's search tool at [saskatoon.ca/communityassociations](http://saskatoon.ca/communityassociations) to find the best neighbourhood programs for your interests, age and location.

## HOLLISTON

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** www.hollistoncommunityassociation.com  
**Email:** hollistonca@hotmail.com  
**Facebook:** www.facebook.com/HollistonCA  
**Outdoor Rink(s):** Holliston School, 1511 Louise Avenue  
Tue & Thu 7-9 PM / Sat 10 AM-12 PM / Sun 3-5 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## HUDSON BAY PARK / MAYFAIR / KELSEY WOODLAWN

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** https://hudsonmayfairkelsey.wordpress.com/  
**Email:** hbpkmwindoor@gmail.com  
**Facebook:** www.facebook.com/hbpkmkw  
**Outdoor Rink(s):** Henry Kelsey School, 16 Valens Drive  
Wed 7-9 PM / Sat & Sun 1-3 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## KING GEORGE

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** www.kgcommunity.org/programs  
**Email:** kgcask@gmail.com  
**Facebook:** www.facebook.com/kgcask  
**Outdoor Rink(s):** King George School, 721 Avenue K South  
Mon & Wed 6-8 PM / Sun 2-4 PM

**Programs include:** ADULT: Yoga • YOUTH: Youth Makerspace\* • CHILDREN: Open Gym\* • PARENT & CHILD: Family Fun Nights\*

## LAKERIDGE

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** www.lakeridgecommunity.ca  
**Email:** youthprograms@lakeridgecommunity.ca  
**Facebook:** www.facebook.com/lakeridgecommunityassociation  
**Outdoor Rink(s):** St. Luke School, 275 Emmeline Road

**Programs include:** ADULT: Zumba • Rec. Basketball • Yoga • YOUTH: Basketball • Soccer • Learn to Play Volleyball • CHILDREN: Dance

## LAKEVIEW

**Online registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** www.lakeviewca.com  
**Email:** info@lakeviewca.com  
**Facebook:** www.facebook.com/LCASaskatoon  
**Outdoor Rink(s):** Lakeview Park, 203 Whiteshore Crescent

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

### Outdoor Community Rinks

Community Associations own and operate over 50 community rinks for the public to enjoy. These rinks also offer specific times when supervised skating can occur without sticks or pucks. Check out your Community Association's website or Facebook page for details on supervised skate times, or visit [saskatoon.ca/outdoorrinks](http://saskatoon.ca/outdoorrinks) for more information. HAVE FUN!

\*FREE programs

## LAWSON HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** Email [programs@lawsonheights.ca](mailto:programs@lawsonheights.ca) if unable to register online  
**Annual membership:** \$10 per individual/family  
**Web:** www.lawsonheights.ca  
**Email:** [programs@lawsonheights.ca](mailto:programs@lawsonheights.ca)  
**Facebook:** www.facebook.com/lawsonheights  
**Programs include:** ADULT: Badminton • Pickleball • YOUTH: Basketball • Soccer • A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## MASSEY PLACE

**Online registration:** www.masseyplace.org/programs  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** www.masseyplace.org  
**Email:** [organizer@masseyplace.org](mailto:organizer@masseyplace.org)  
**Facebook:** facebook.com/MasseyPlaceCommunity.Saskatoon.SK  
**Outdoor Rink(s):** Vincent Massey School, 1001 Northumberland Avenue  
Thu 6-8 PM / Sat & Sun 1-3 PM

**Programs include:** ADULT: Pickleball • Volleyball • Floor Hockey • Zumba • Yoga • YOUTH: Volleyball • Karate • CHILDREN: Karate • And more!

## COMMUNITY RECREATION GROUP OF MEADOWGREEN

**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** www.crgmeadowgreen.com  
**Email:** [crgmca@saskatoon.ca](mailto:crgmca@saskatoon.ca)  
**Outdoor Rink(s):** WP Bate School, 2515 18th Street West  
Tue & Thu 5-7 PM / Sun 1-3 PM

**Programs include:** ADULT: Drop-in Soccer\* • Sepak Takraw/Volleyball\* • YOUTH: Floor Hockey League\* • CHILDREN: Soccer Skills & Games\*

## MONTGOMERY PLACE

**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** www.montgomeryplace.ca  
**Email:** [programs@montgomeryplace.ca](mailto:programs@montgomeryplace.ca)  
**Facebook:** www.facebook.com/MPCASK  
**Outdoor Rink(s):** Montgomery School, 3220 Ortona Street  
Fri 6:30-8:30 PM / Sat & Sun 1-4 PM

**Programs include:** ADULT: Cardio Step • Water Colour Club • Muscle Sculpt • Yoga (Various Levels) • Pickleball • Zumba • YOUTH: Basketball • Hula Hooping • CHILDREN: Art • PRESCHOOL: Open Gym

## MOUNT ROYAL

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** www.mountroyalxe.ca  
**Email:** [MountRoyalPrograms@gmail.com](mailto:MountRoyalPrograms@gmail.com)  
**Facebook:** www.facebook.com/MRCA.Saskatoon  
**Outdoor Rink(s):** Howard Coad School, 431 Avenue T North

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.



For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.



## NORTH PARK / RICHMOND HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** <https://www.nprh.ca/program-descriptions>  
**Email:** [nprhcommunityassociation@gmail.com](mailto:nprhcommunityassociation@gmail.com)  
**Facebook:** [www.facebook.com/nprhca](http://www.facebook.com/nprhca)  
**Outdoor Rink(s):** North Park Wilson School, 1505 9th Avenue North  
Tue & Thu 6-8 PM / Sat 1-3 PM

**Programs include:** ADULT: Yoga • Pickleball • Pilates • Karate

## NUTANA

**Online registration:** Aug 19-Sept 13  
**Annual membership:** \$10 per individual/family  
**Web:** [www.nutana.ca](http://www.nutana.ca)  
**Email:** [programming@nutana.ca](mailto:programming@nutana.ca)  
**Facebook:** [www.facebook.com/nutanacommunityassociation](http://www.facebook.com/nutanacommunityassociation)  
**Outdoor Rink(s):** Ecole Victoria School, 639 Broadway Avenue  
Idylwyld Park, 225 Poplar Crescent

**Programs include:** ADULT: Yoga for Runners & Others • Yoga with Meditation • Animal Flow® • Strength, Sweat, & Stretch • Volleyball • Badminton • Cardio Kickboxing YOUTH: Soccer • Yoga for Kids FAMILY: Family Gym

## PACIFIC HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** [www.pacificheights.ca](http://www.pacificheights.ca)  
**Email:** [info@pacificheights.ca](mailto:info@pacificheights.ca)  
**Facebook:** [www.facebook.com/pacificheightsca](http://www.facebook.com/pacificheightsca)  
**Outdoor Rink(s):** Lester B. Pearson School, 3732 Centennial Drive  
Mon & Wed 7-9 PM / Sat 2-4 PM

**Programs include:** ADULT: Boot Camp • Yoga • Strength Class • Floor Hockey • YOUTH: Basketball • CHILDREN: Floor Hockey • PARENT & CHILD: Kindersoccer

## PARKRIDGE

**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** [www.parkridgecommunity.ca](http://www.parkridgecommunity.ca)  
**Email:** [parkridge.indoorprograms@gmail.com](mailto:parkridge.indoorprograms@gmail.com)  
**Facebook:** [www.facebook.com/parkridge.saskatoon](http://www.facebook.com/parkridge.saskatoon)  
**Outdoor Rink(s):** St. Marguerite School, 1235 McCormack Road  
Mon & Wed 6:30-8:30 PM / Sat 2-4 PM

**Programs include:** ADULT: Yoga • Varied Activity Nights

## PLEASANT HILL

**In-person registration:** Registration available at first program class  
**Annual membership:** No membership fee is required  
**Email:** [phcaprograms@gmail.com](mailto:phcaprograms@gmail.com)  
**Facebook:** [www.facebook.com/pleasanthillcommunityassociation](http://www.facebook.com/pleasanthillcommunityassociation)

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our Facebook for more information.

## Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's search tool at [saskatoon.ca/communityassociations](http://saskatoon.ca/communityassociations) to find the best neighbourhood programs for your interests, age and location.

## QUEEN ELIZABETH / HAULTAIN (WEST HALF) / EXHIBITION

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.qexca.ca](http://www.qexca.ca)  
**Email:** [programs@qexca.ca](mailto:programs@qexca.ca)  
**Facebook:** [www.facebook.com/qexca](http://www.facebook.com/qexca)  
**Outdoor Rink(s):** Achs Park, 102 Elm Street  
Sat & Sun 12-3 PM  
Queen Elizabeth School, 1905 Eastlake Avenue

**Programs include:** ADULT: Badminton • Pickleball • Beginner Yoga • Zumba • STRONG by Zumba • PRESCHOOL: Tiny Tots Soccer

## RIVERSDALE

**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Web:** [www.riversdalecommunityassociation.com](http://www.riversdalecommunityassociation.com)  
**Email:** [riversdaleca@gmail.com](mailto:riversdaleca@gmail.com)  
**Facebook:** [www.facebook.com/riversdalecommunityassociation](http://www.facebook.com/riversdalecommunityassociation)  
**Outdoor Rink(s):** Princess Alexandra School, 210 Avenue H South  
Tue & Thu 6-8 PM / Sun 1-3 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## RIVER HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee required  
**Web:** [www.riverheights.sk.ca](http://www.riverheights.sk.ca)  
**Email:** [rhcprogramming@gmail.com](mailto:rhcprogramming@gmail.com)  
**Facebook:** [www.facebook.com/RiverHeightsCommunityAssociation](http://www.facebook.com/RiverHeightsCommunityAssociation)  
**Outdoor Rink(s):** Ecole River Heights School, 60 Ravine Drive  
Tue & Thu 6-8 PM / Sat 12-3 PM

**Programs include:** ADULT: Badminton • Yoga • YOUTH: Badminton • Flag Football Skills • Basketball • Let's Move: Physical Activity Evenings

## ROSEWOOD

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** [www.myrosewood.ca](http://www.myrosewood.ca)  
**Email:** [programs@myrosewood.ca](mailto:programs@myrosewood.ca)  
**Facebook:** [www.facebook.com/myrosewoodca](http://www.facebook.com/myrosewoodca)

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## SILVERSPRING\*\*

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.silverspringcommunity.ca](http://www.silverspringcommunity.ca)  
**Email:** [indoorcoordinator@silverspringcommunity.ca](mailto:indoorcoordinator@silverspringcommunity.ca)  
**Facebook:** [www.facebook.com/SilverspringCommunityAssociation](http://www.facebook.com/SilverspringCommunityAssociation)  
**Outdoor Rink(s):** Silverspring Park, 610 Konihowski Road  
Wed 7-9 PM / Sat & Sun 2-4 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## Cross Country Skiing

Some Community Associations sponsor the placement and grooming of ski trails in neighbourhood parks across the city. Visit [saskatoon.ca/ski](http://saskatoon.ca/ski) for locations. HAVE FUN!

**\*\*These Community Associations share programs**

## SILVERWOOD HEIGHTS

**Online registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.silverwoodcommunity.org](http://www.silverwoodcommunity.org)  
**Email:** [programming@silverwoodcommunity.org](mailto:programming@silverwoodcommunity.org)  
**Facebook:** [www.facebook.com/SHCAshines](http://www.facebook.com/SHCAshines)  
**Outdoor Rink(s):** Sister O'Brien School, 451 Silverwood Road  
Silverwood Heights School, 403 Silverwood Road  
St. Angela School, 302 Russell Road  
Wed 5-7 PM / Sat & Sun 12-2 PM

**Programs include:** ALL AGES: Family Fitness • ADULT: Butts and Guts • Low Impact • Core with a Little More • Zumba • Volleyball • Piloxing • Tabata Tone • Pickleball • Yoga • Women's Fitness • YOUTH: Basketball • Stay Safe • Babysitting • Teen Fit • CHILDREN: Soccer • Basketball • Floor Hockey • Song and Dance • Ballet/Jazz • PRESCHOOL: Soccer Fun • Creative Dance • Movement and Music • PARENT & CHILD: Sports Fun

## SOUTH NUTANA PARK

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per household  
**Web:** [www.snpc.ca](http://www.snpc.ca)  
**Email:** [snpc.programs@gmail.com](mailto:snpc.programs@gmail.com)  
**Facebook:** [www.facebook.com/snpc](http://www.facebook.com/snpc)  
**Outdoor Rink(s):** Ecole Canadienne Francaise, 2410 Wellington Avenue  
Wed 4-6 PM / Sat & Sun 10 AM-12 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## STONEBRIDGE

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.ourstonebridge.ca](http://www.ourstonebridge.ca)  
**Email:** [ourstonebridge.programs@gmail.com](mailto:ourstonebridge.programs@gmail.com)  
**Facebook:** [www.facebook.com/stonebridgeyxe](http://www.facebook.com/stonebridgeyxe)  
**Outdoor Rink(s):** Alexander MacGillivray Young Park, 155 Stonebridge Common  
Tues 6-8pm / Sat & Sun 10am-12pm

**Programs include:** YOUTH: Basketball • CHILDREN: Basketball • Soccer • A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## SUTHERLAND / FOREST GROVE

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.sutherlandforestgrove.ca](http://www.sutherlandforestgrove.ca)  
**Email:** [contact@sutherlandforestgrove.ca](mailto:contact@sutherlandforestgrove.ca)  
**Facebook:** [www.facebook.com/SFGCA](http://www.facebook.com/SFGCA)  
**Outdoor Rink(s):** Forest Grove School, 201 115th Street East  
Sutherland School, 1008 Egbert Avenue  
Bishop Filevich School, 125 105th Street West

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## VARSITY VIEW

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual or \$20 per family  
**Web:** [www.vvcasaskatoon.com](http://www.vvcasaskatoon.com)  
**Email:** [bgiles@sasktel.net](mailto:bgiles@sasktel.net)  
**Facebook:** [www.facebook.com/VarsityView](http://www.facebook.com/VarsityView)  
**Outdoor Rink(s):** Brunskill School, 101 Wiggins Avenue North  
Tue & Thu 6-8 PM / Sat 12-2 PM

**Programs include:** ADULT: Yoga • Badminton • Shine Fitness • Dance • Photography • Conversational Italian & Spanish • YOUTH: Tae Kwon Do • CHILDREN: Tae Kwon Do • Art • PRESCHOOL: Tae Kwon Do • Soccer • Basketball

## WESTMOUNT

**In-person registration:** See website/Facebook for details  
**Annual membership:** No membership fee is required  
**Email:** [westmountcommunitiyassociation@gmail.com](mailto:westmountcommunitiyassociation@gmail.com)  
**Facebook:** [www.facebook.com/westmountcommunity](http://www.facebook.com/westmountcommunity)  
**Outdoor Rink(s):** Westmount Community School, 411 Avenue J North  
Tue & Thu 6-9 PM / Sun 2-5 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## WESTVIEW HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$10 per individual/family  
**Web:** [www.westviewhome.net](http://www.westviewhome.net)  
**Email:** [westview.programs@gmail.com](mailto:westview.programs@gmail.com)  
**Facebook:** [www.facebook.com/WestviewHome](http://www.facebook.com/WestviewHome)  
**Outdoor Rink(s):** Caroline Robins School, 1410 Byers Crescent  
Sat & Sun 1-3 PM / Thu 6-8 PM

**Programs include:** ADULT: Zumba • Yoga • Pickleball • Women's Woodworking • Baked Glass Art • Paint Night • YOUTH: Volleyball • Basketball • Baked Glass Art • Youth Night • CHILD: Soccer

## WILDWOOD

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** [www.ourwildwood.ca](http://www.ourwildwood.ca)  
**Email:** [programs@ourwildwood.ca](mailto:programs@ourwildwood.ca)  
**Facebook:** [www.facebook.com/WildwoodSaskatoon](http://www.facebook.com/WildwoodSaskatoon)  
**Outdoor Rink(s):** Bishop Pocock School, 227 Avondale Road  
Tue & Thu 6-8 PM / Sun 2-4 PM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.

## WILLOWGROVE / UNIVERSITY HEIGHTS

**Online registration:** See website/Facebook for details  
**In-person registration:** See website/Facebook for details  
**Annual membership:** \$15 per individual/family  
**Web:** [www.WUHCA.ca](http://www.WUHCA.ca)  
**Email:** [contact@wuhca.ca](mailto:contact@wuhca.ca)  
**Facebook:** [www.facebook.com/WUHCA](http://www.facebook.com/WUHCA)  
**Outdoor Rink(s):** Wallace Park, 903 Stensrud Road  
Thu 4-6 PM / Sat & Sun 9-11 AM

**Programs include:** A variety of fun programs are being planned for all ages. Please refer to our website for more information.



For complete, up-to-date program listings and registration information, please refer to your Community Association's newsletter, website or Facebook page.

# ADVERTISERS' INDEX

*Promote your community-based sport, culture and recreation programs and classes with us! Thousands of copies of the City of Saskatoon Leisure Guide are distributed throughout the city as well as found online. To advertise in the next Leisure Guide, call The StarPhoenix at 306-203-3419.*

## ART

Remai Modern ..... 61

## ASSOCIATIONS & CLUBS

Nutrien Wonderhub ..... 60, 67

Saskatoon Open Door Society ..... 47

Saskatoon Squirrels Jr. Forest Wardens..... 62

## CRAFTS & HOBBIES

Saskatoon Public Library Learning Programs & Fun .... 56, 57

Emmanuel Anglican Church & The Refinery ..... 50

Saskatoon Clayworks..... 50

## DANCE

Concordia Junior Alpenrose Dancers..... 68

Karousels Dance Club ..... 71

River City Squares ..... 54

Saskatoon Salsa Dance Co ..... 62

U of S Ballroom Dance Club ..... 48

## HEALTH & PERSONAL WELLNESS

Saskatoon Council on Aging ..... 59

## MARTIAL ARTS

Ferrer Martial Arts ..... 71

Midwest Karate..... 49

## MUSIC

96 Highlander Pipes..... 66

Ensemble Music Studio..... 70

Long & McQuade Music Lesson Centre ..... 53

Magic City Chorus..... 48

Saskatoon Academy of Music ..... 70

Saskatoon Men's Chorus ..... 47

Saskatoon Symphony Society ..... 64

## SCHOOLS & LEARNING

Canadian Parents for French Sask ..... 52, 63

Code Ninja Saskatoon ..... 66

Kumon Math & Reading Centre ..... 50

Oxford Learning Saskatoon ..... 70

Prelude Studios Saskatoon ..... 54

Saskatoon Seniors Continued Learning ..... 68

## SPORTS & RECREATION

Astra Soccer Academy ..... 48

Fly Studios YXE ..... 71

Karmaburn Yoga ..... 62

Maximum Gymnastics ..... 66

Prairie Fencing Club ..... 53

Prairie Fire Cheerleading..... 53

South Corman Park Judo Club ..... 53

Saskatoon Figure Skating Club ..... 51

Saskatoon Green Network ..... 55, 72

Saskatoon Lions Speed Skating Club ..... 54

Saskatoon Ringette Association ..... 68

Saskatoon Soccer Centre..... 59

Saskatoon Track & Field Club ..... 58, 69

Saskatoon Youth Soccer..... 49

## WATER SPORTS

Saskatoon Aqualenes..... 54

Saskatoon Water Polo ..... 50

The Diving Centre ..... 47



**LEARN TO SCUBA DIVE**

All the adventure, fun and excitement of the underwater world can be yours when you become a certified diver.

**PADI Open Water Courses**

- Scuba Courses start and finish every month
- Includes Crew Pack (Manual, ERDPML, log book) equipment for pool sessions.
- There is an E Learning option
- Course tuition is tax deductible
- Certify with PADI, The World's Largest training agency.

Not sure? Try a "Discover Scuba" | **\$99.99**

**THE DIVING CENTER**

17-844 51st Street Saskatoon  
306.652.9090  
thedivingcenter@sasktel.net

[www.thedivingcenter.ca](http://www.thedivingcenter.ca)

[Find us on facebook.](#)



Photo by Marion Driedger, Dec. 2022

***This Fall, SING with SMC!***

**SASKATOON MEN'S CHORUS** is a group of about thirty tenors and basses who meet Tuesday evenings at 7:30 from September through April to share their love of singing in a lively atmosphere, while learning a wide variety of music, from J.S. Bach to Gordon Lightfoot, and beyond.

Led by the artistic team of Deborah Buck, Randy Klassen and Karen Reynaud, SMC presents two popular concerts a year. Choir experience is an asset, but anyone is welcome, regardless of background.

***Why not join us?***

For more information visit [www.saskatoonmenschorus.ca](http://www.saskatoonmenschorus.ca), or find us on Facebook.



**Saskatoon  
Open Door  
Society**

5<sup>th</sup> Annual  
**THREADS**  
CULTURAL CONVERSATIONS

*Weaving the tapestry of community,  
one thread at a time.*



An immersive online celebration of cultural diversity through storytelling,  
artistic expression and exchange of ideas from voices around Canada and the world.

Featured guests include



**Danii Kehler**  
Indigenous Artist &  
Advocate



**Yann Martel**  
Award-Winning  
Author



**Alice Kuipers**  
Internationally  
Acclaimed Novelist



**Lyndon Linklater**  
Anishinabe/Nehiyaw  
Traditional Knowledge  
Keeper



**Khodi Dill**  
Writer and Anti-racist  
Educator

**October 7 - 8**

Registration is FREE and easy at  
**[threads2025.ca](http://threads2025.ca)**

For inquiries, please email [threads\\_registrations@sods.sk.ca](mailto:threads_registrations@sods.sk.ca)



Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

## Learn to Dance!



U of S

### Ballroom Dancing Club

Learn a variety of dances

Choose from five skill levels

Evening classes are Sunday to Thursday

A practice session is included

Everyone 17 years of age and over is welcome!

No partner required

Registration opens Aug. 1, 2025 on [www.uofsbdc.com](http://www.uofsbdc.com)

Classes Begin September 7th

Questions? Contact 306 652 2575 or [info@uofsbdc.com](mailto:info@uofsbdc.com)

60 Years of Dance Instruction

## MAGIC CITY CHORUS

invites YOU  
to

Guest Night

# Abraca-dazzle

Seeking singers to join us for a  
fantastical night of 4-part harmony

Women's a cappella singing ~ Ages 14+ welcome!

September 23, 2025 6:30pm

Saskatoon, SK

For more information, contact  
[membership@magiccitychorus.com](mailto:membership@magiccitychorus.com)

[www.magiccitychorus.com](http://www.magiccitychorus.com)



# ASTRA Soccer Academy

## Reach Your Full Potential

### About

ASTRA Soccer Academy is recognized by the Canadian Soccer Association as achieving the highest standards in youth soccer programming and earned the National Youth Club License designation in 2022. This means that regardless of your child's age or experience in soccer, we have a developmentally appropriate program that aims to ignite a passion for the game of soccer while also teaching the skills that are necessary to enjoy a lifetime of soccer. ASTRA programs are not zoned, meaning that players from all over Saskatoon and surrounding areas can enjoy the benefits of ASTRA Soccer Academy training!

### Programs - Indoor 2025/2026

Under 7 (2019 & 2020) - Grassroots - Phase 1 Oct-Dec, Phase 2 Jan - Mar

Under 9 (2017 & 2018) - Developmental & Skill Centre Programs - Oct - Mar

Under 11 (2015 & 2016) - Developmental & Skill Centre Programs - Oct- Mar

Under 13 (2013 & 2014) - Competitive (2 days per week) - Oct - Mar

Under 13 (2013 & 2014) - Performance (3 days per week) - Oct - July

Under 15 (2011 & 2012) - Competitive Programs (2 days per week) - Oct - Mar

Under 15 (2011 & 2012) - Performance (4.5 days per week) - Oct - July

Under 17/19 (2007-2010) - Performance (4.5 days per week) - Oct-July

\*Tryouts for Under 13, Under 15, and Under 17/19 are held the last week in August

### Camps - Indoor 2025/2026

December, February and April Camps open to U7, U9, U11, U13 and U15 age groups.

**AstraSoccer.ca**

**[info@astrasoccer.ca](mailto:info@astrasoccer.ca) or 306-291-6839**







- Life Skills • Self Defense • Respect
- Classes for men, women & children of all ages
- Free trial class

**506 Duchess Street**  
**Located in City Park**



# KARATE



**306-382-7434**

[www.midwestkarate.com](http://www.midwestkarate.com)

## SASKATOON YOUTH SOCCER INC.

### Indoor Season 2025-26:

**Register in July to August 24 - register early to avoid late fees**

Mini U5 – U9: Oct 18 – Mar 8 (12 games)

Youth U11 – U13: Oct 19 – Mar 1 (15 games Alliance & 12 games City League)

Youth U15 – U19: Nov 1 – Mar 1 (13 games Alliance & 10 games City League)

### Registration:

Register with Zone Association or Community according to birth year.

Community & Zone coordinates registration, coaches, equipment, and practices.

SYSI coordinates league schedule and operations.

| Birth Year | Age Group   | Register With:                                  |
|------------|-------------|---|
| 2022-23    | Parent-Tot  | Saskatoon Youth Soccer Inc.                     |
| 2021       | Under-5     | Community Association                           |
| 2019-20    | Under-7     | Zone of Residence (boundaries) or any Community |
| 2017-18    | Under-9     | Zone of Residence (boundaries) or any Community |
| 2015-16    | Under-11    | Zone of Residence (boundaries)                  |
| 2013-14    | Under-13    | Zone of Residence (boundaries)                  |
| 2011-12    | Under-15    | Zone of Residence (boundaries)                  |
| 2007-10    | Under-17-19 | Zone Association of choice                      |



**saskatoonyouthsoccer.ca**

Tentative Game Days, Registration, and  
Contact Information for Community and  
Zone Associations available online.



**150 Nelson Road**  
Saskatoon,  
Saskatchewan  
S7S 1P5



**co-operators**



**What:** Free Summer Drop-In Soccer for All Ages

**When:** Mon to Fri ~ July 2nd to Aug 21st

Visit our website for a program schedule after June 27

**Where:** City of Saskatoon Playground Sites

For more info: [www.SaskatoonYouthSoccer.ca](http://www.SaskatoonYouthSoccer.ca) Or call: **306-975-3413**







## SASKATOON PIRATES WATER POLO JOIN WATER POLO!

Learn to swim programs for ages 6-9, youth water polo for ages 10-18, and adult programs for 19+.

At Water Polo Saskatoon, we offer a fun, supportive space where athletes thrive and enjoy the dynamic world of water polo, fostering growth, sportsmanship, and a passion for the sport.



2025-2026  
REGISTRATION  
OPENING SOON



**MORE INFO**

✉ [waterpolosaskatoon@gmail.com](mailto:waterpolosaskatoon@gmail.com)

🌐 [saskatoonwaterpolo.com](http://saskatoonwaterpolo.com)

@saskatoonwaterpolo

## Emmanuel Anglican Church with The Refinery Arts & Spirit Centre 607 & 609 Dufferin Avenue, Saskatoon, SK

Grow with us...nurture your mind, body and spirit at Emmanuel with The Refinery. We are excited to offer a variety of classes, workshops and community events to choose from. All are truly welcome.

Please visit [www.emmanuelrefinery.org](http://www.emmanuelrefinery.org) for class and event details and to register online, or call us at (306) 653-3549, we're happy to help.

**SASKATOON Clayworks**

Pottery classes  
evenings  
and weekends

[www.saskatoonclayworks.com](http://www.saskatoonclayworks.com)

## 5 **Kumon**

Centers in Saskatoon offer **Math** and **English** subjects

Book your child's appointment today!

**Individually owned and operated.** This Ad is sponsored by the **Stonebridge** center to provide continuous awareness about the Kumon program and availability in Saskatoon.



## SPRING, SUMMER, FALL AND WINTER PROGRAMS AVAILABLE

Skate Saskatoon

ACT Arena -107, 105th Street, Saskatoon, SK



**CanSkate** Having taught millions CanSkate is the best learn-to-skate program in Canada.

Designed for beginners of all ages. CanSkate helps improve basic skating skills for figure skating, hockey, ringette, or speed skating, while promoting fitness and fun.

We work with a nationally tested curriculum that focuses on balance, control, and agility while empowering skaters to hone essential skills, in a safe and friendly environment.

**PowerSkate** If you're looking to take your skating game to the next level with a high-energy program designed specifically for hockey and ringette players, PowerSkate is for you.

Focused on key skills like balance, control, agility, power, and speed, PowerSkate features progressive drills taught by NCCP-certified Skate Canada coaches.

**StarSkate STAR 1-5** Led by NCCP-certified Skate Canada coaches, the STAR 1-5 curriculum is Canada's premier figure skating program. It lays the groundwork for future champions in singles, pairs, ice dance, and synchronized skating by introducing participants to all the figure skating essentials.

**STAR 6-Gold** for skaters who have completed the STAR 1-5 curriculum. It pushes your skills to the next level, building on what you've already learned while introducing exciting advanced elements. Group packages are available for StarSkate and Competitive skaters that enhance performance and accelerate improvement.



**Synchronized** Synchronized skating, or "synchro," is a dynamic team discipline where groups of eight or more skaters move as one, executing beautifully fluid circles, blocks, lines, wheels and intersections to music. Open to all ages and skill levels, it celebrates unity and teamwork on and off the ice.

FOR ADDITIONAL INFORMATION VISIT  
[WWW.SKATESASKATOON.COM](http://WWW.SKATESASKATOON.COM)  
[OFFICE@SKATESASKATOON.COM](mailto:OFFICE@SKATESASKATOON.COM)







CANADIAN  
PARENTS  
FOR FRENCH  
SASKATCHEWAN



MEMBERS  
JOIN  
FOR  
FREE

### *Canadian Parents for French (CPF)*

is a nationwide, research-informed, volunteer organization that furthers bilingualism by promoting opportunities to learn and use French for all those who call Canada home.

#### *CPF advocates for:*

- Universal Access
- Accountability for Student Achievement
- Recognized Proficiency Levels
- Effective Programs

Visit [sk.cpf.ca](http://sk.cpf.ca) for access to the free resources and membership form.

Fête du Soleil 

Exploring Nature...  
en français!



Daily nature walks  
happening now...  
join us virtually!







## PRAIRIE FENCING CLUB

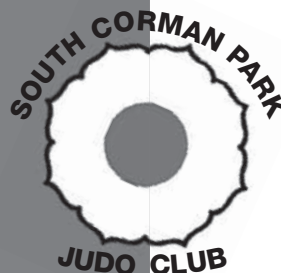
**New fencers are  
welcome to join our  
youth and adult classes!**

Please visit our website for  
information and registration:

<https://leagues.teamlinkt.com/prairiefencingclub>

## JUDO CLASSES – AFFORDABLE RATES

**JOIN US FOR FUN  
AND LEARNING**



Call, Text, or Email for  
Days & Times of Classes

**1 month free trial**

Call or text: 306-227-3287  
Email: [g.m@sasktel.net](mailto:g.m@sasktel.net)

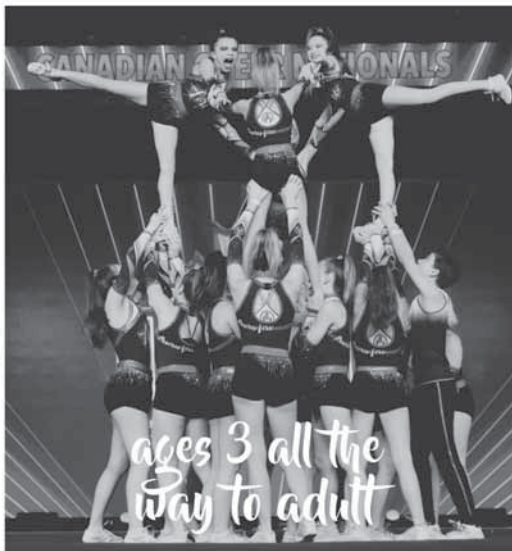
Member of Judo Saskatchewan  
Member of Judo Canada



jump  
perform  
tumble  
stunt  
dance

**TRY CHEERLEADING TODAY!**

pre-competitive programs  
competitive programs  
tumbling classes  
private tumbling lessons



**REGISTER TODAY**

**PRAIRIE FIRE  
CHEERLEADING**  
20 years of  
excellence

Piano • Guitar • Drums • Strings • Brass • & more!

## Register For Music Lessons Today.

### Why Choose Long & McQuade?

Music lessons for all ages, stages, and styles.  
Professional instructors make learning fun.  
Convenient lesson times for busy families.  
No registration fees. Affordable instrument rentals.



**Long & McQuade**  
MUSICAL INSTRUMENTS  
[long-mcquade.com](http://long-mcquade.com)

721 43rd St. E  
(306) 500-7541  
[saskatoonlessons@long-mcquade.com](mailto:saskatoonlessons@long-mcquade.com)

**CALL, TEXT OR EMAIL!**

617 8th St. E  
(306) 700-2933  
[saskatoonsouthlessons@long-mcquade.com](mailto:saskatoonsouthlessons@long-mcquade.com)

# SASKATOON AQUALENES ARTISTIC SWIMMING CLUB



## GYMNASTICS DANCE SWIM

**WE DO ALL THREE  
AT THE SAME TIME**  
WHILE HOLDING OUR BREATH!



Open to ages 5 - Adult

RECREATIONAL, PROVINCIAL & NATIONAL STREAM TEAMS

Register Online [www.saskatoonaqualeenes.com](http://www.saskatoonaqualeenes.com)  



## Basic Modern Square Dance Lessons



Be assured that **NO** prior square dance experience or partner is required. Try it! Discover the laughter-filled enjoyment that square dancing offers, and experience how it enhances your physical and mental health.

**Tuesdays-September 16 to December 16, 2025**  
7:30 pm to 9:30 pm

**River City Squares at McClure United Church Hall**  
4025 Taylor Street E., Saskatoon

Caller: Eldon Neudorf Dress: Casual, with comfortable shoes.

Join us for two introductory evenings on September 16 and 23

Cost: \$5 per introductory night; \$112 for the Term (13 dances)

For more information contact:

**Eldon at 306-253-4453 or Vera at 306-683-0266**

Saskatchewan Square and Round Dance Federation Inc.

Supported by

[www.sksquaredance.ca](http://www.sksquaredance.ca)

**"Dance for the Health of It!"**



**Kindermusik**  
with Prelude Studios

Turn up the joy with Kindermusik classes - where your child can grow, connect, and shine! For ages 0-7.

[www.preludesaskatoon.com](http://www.preludesaskatoon.com)



**SASKATOON LIONS  
SPEED SKATING CLUB**  
ESTABLISHED 1942

## Short Learn-to-Skate Program

### Regular Season Program

All ages and skill levels - we have a group for you!

**LIONS ARENA**

Half season (Sept- Dec) or Full season (Sept- Mar)

Group 1 (Learn to Skate)

Group 2 (Learn to Speed Skate)



We rent speed skates!

All skate types welcome (incl. hockey skates)

**LIONS ARENA - Cost \$133**

Two days per week for 4 weeks

January 7, 9, 14, 16, 21, 23, 28 & 30<sup>th</sup> 5:30-6:15pm

Skaters must be 4+ & able to stand unassisted

FOR MORE INFORMATION AND TO REGISTER

ONLINE VISIT OUR WEBSITE:

[www.slspeedskating.com](http://www.slspeedskating.com)



### Adult Long Track Program

No prior experience required

Everyone welcome

**CLARENCE DOWNEY OVAL**

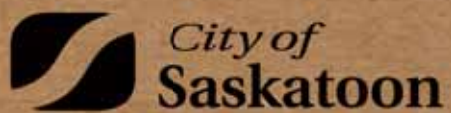
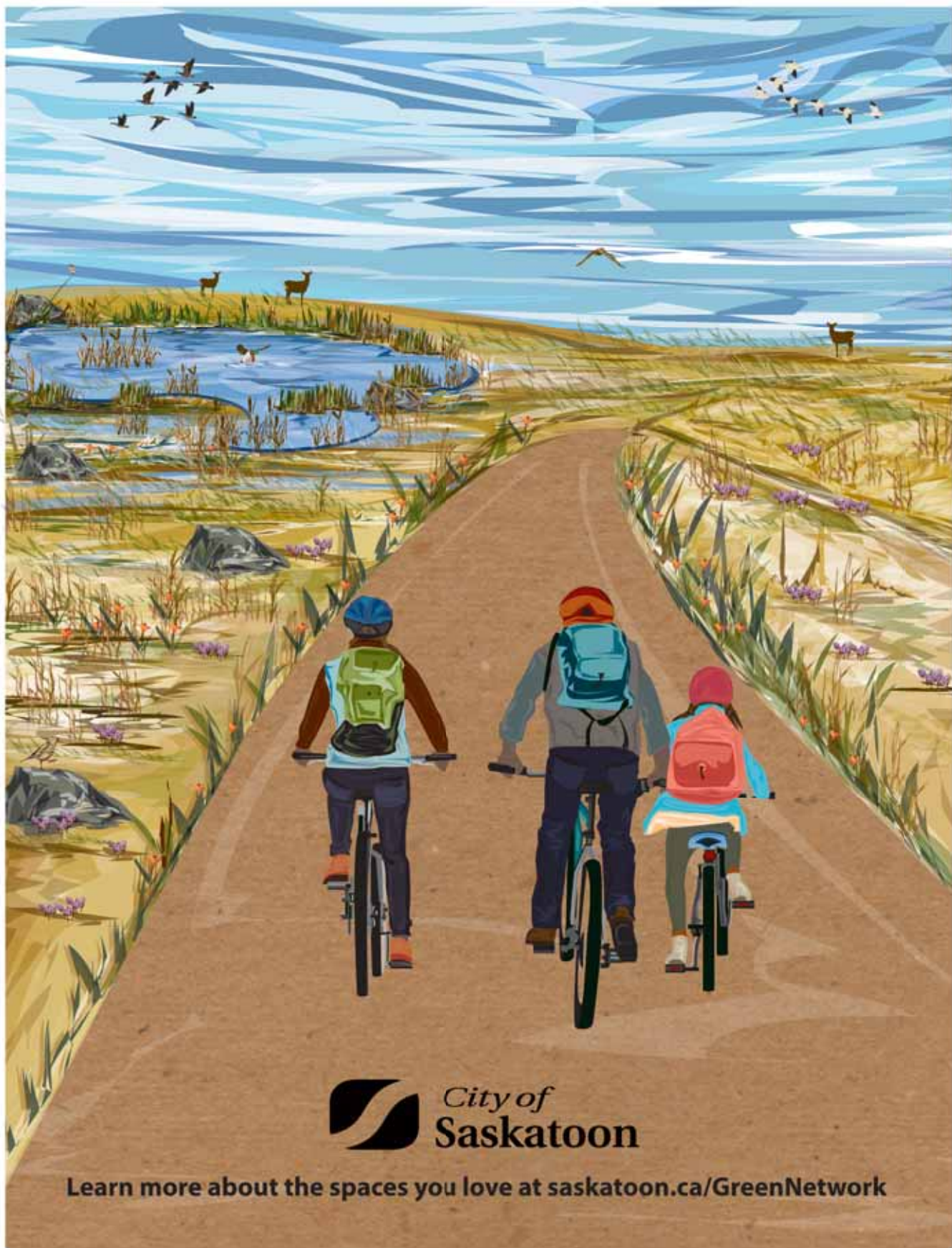
Dates & times to be announced  
(Dec- Feb)

Questions?

[membership@slspeedskating.com](mailto:membership@slspeedskating.com)

GREAT COACHING! GREAT FUN! NO ONE SITS ON THE BENCH!





Learn more about the spaces you love at [saskatoon.ca/GreenNetwork](https://saskatoon.ca/GreenNetwork)



# Local History



Local History at Frances Morrison Central Library is dedicated to preserving prairie history, with a focus on Saskatoon.

## Photo Collection

Local History is home to thousands of photos that document the evolution of life in and around Saskatoon. Many photos have been scanned and are available to view online.

**[saskatoonlibrary.ca/local-history](http://saskatoonlibrary.ca/local-history)**

### One-on-One

Need help with a research project or want to dive into genealogical research? Let our Local History experts help you out during one-on-one appointments!

### Events

We host Local History slideshows, book clubs and many other events throughout the year. Visit the events calendar on our website for more information.

### Newspapers & Obituaries

We have a large newspaper collection dating back to 1907, as well as a large database of obituaries.

### Donate

We're always looking for donations of historic materials and current materials that will help document what it's like to live in Saskatoon today for future generations!



## The Gallery

The Gallery at Frances Morrison Central Library showcases emerging and established local artists. Stop by anytime the library is open to admire the amazing talent in our city's artistic community!

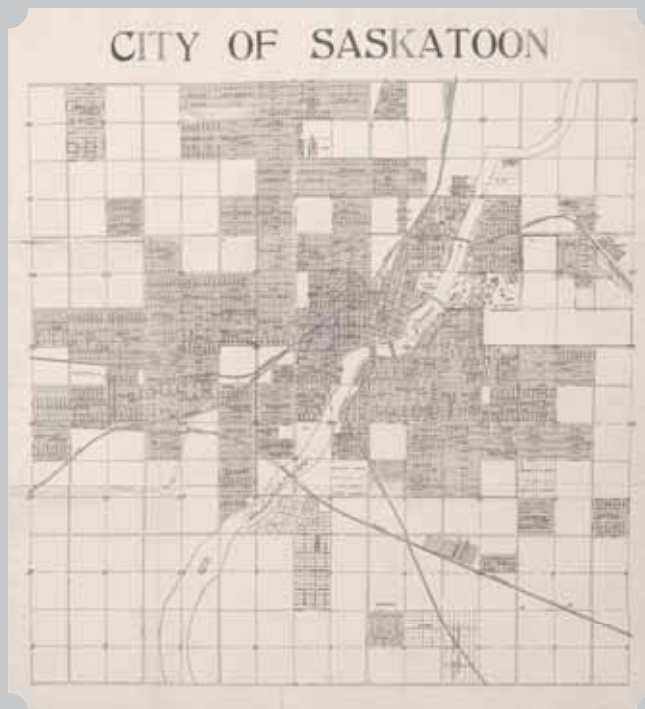
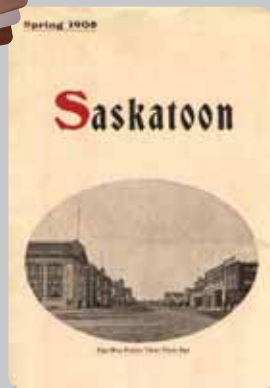
**[saskatoonlibrary.ca/gallery](http://saskatoonlibrary.ca/gallery)**

Exhibition applications are accepted throughout the year, and The Gallery Curatorial Committee meets regularly to consider all proposals.

Interested in having your work exhibited in The Gallery?  
Visit our website for more information!



**SASKATOON  
PUBLIC LIBRARY**



**WAKE — THE FUNERAL SERVICE** of Aenes Mary Wake, who died on December 28, 1909, was held from the Chapel of the Saskatoon Funeral Home on Tuesday, December 22nd at 1:30 p.m. conducted by Rev. C. McMurtry. Pallbearers were: Dale Wake, Tim Wake, Wayne McKeown, Frank McKeown, David Horn, Henry Mason. Interment took place in Woodlawn Cemetery. 12-26-c



We're social! Follow us.





# Saskatoon Track & Field Club

**A Club for All Athletes From Developmental to High Performance**



"We had all three of our kids at STFC this year and it has been an amazing experience for each of them! The coaches made it fun and made each child feel so welcome. What was most incredible, has been watching them learn and grow as athletes and people. They talk about inspiring role models who train alongside them. They want to improve. They set goals for the future. They are excited to see where next year takes them! We are truly grateful to STFC for the experience!" J. Miller



23 of 48 spots on Saskatchewan's 2025 Canada Summer Games Track & Field Team were earned by STFC Athletes

**Cross Country Program**  
Begins Late August - Gr 9-12  
Early September - Gr 6-8  
Visit our Website for Details



**Savannah Sutherland**  
NCAA Athlete of the Year  
2024 Olympian



**Michael Hussey**  
U20 Canadian Record  
600m - 1:18.17s



**Michelle Harrison**  
2024 Olympian



**Jake Neufeld**  
2025 FISU Summer Games Team - Decathlon

## Events offered

Sprints  
Hurdles  
Long Jump  
Triple Jump  
High Jump  
Pole Vault  
Shot Put  
Discus  
Javelin  
Weight  
Endurance  
Running

**Josh Tam**  
U18 National Decathlon  
Pole Vault Record 4.20m

## Track & Field and Cross Country

Training for all athletes starting at 8yrs old with all Levels of Ability

Indoor Season Sessions are held at the Saskatoon Fieldhouse

Outdoor Sessions are held at Gordie Howe Sports Complex

Visit our Website to Register  
[www.saskatoontrackclub.com](http://www.saskatoontrackclub.com)





SASKATCHEWAN'S LARGEST  
SHOWCASE FOR 55 PLUS



## SPOTLIGHT ON SENIORS

TUES OCT 7, 2025  
9 AM TO 3 PM  
TCU PLACE - 35 22ND ST. E  
ADMISSION: \$15  
PAY AT DOOR, CASH ONLY



Products \* Services \* Demos

\*Refreshments & Snacks

\*Prize Draws\* Music & entertainment

Lunch Available for purchase



Creating Your Own Path

GET IN TOUCH

www.scoa.ca

306.652.2255 | admin@scoa.ca

WANT TO EXHIBIT?

Contact Lindsay at TCU Place

306.975.7529

ledighoffer@tcuplace.com

Saskatoon Council on Aging Presents

**ZOOMER  
Idol**

Oct 24, 2025

Western Development  
Museum, Saskatoon

Cocktails 5 pm - 6 pm

Dinner 6 pm - 7 pm

Performances

7 pm - 9pm

Tickets \$110

tax receipts issued

**The British  
Invasion**

Talented  
Finalists 50+  
perform!

Prize for best  
costume, come as  
your favourite pop  
or rock star!

Tickets visit scoa.ca or phone 306.652.2255

Looking for a place to play?



SASKATOON  
**SOCCER CENTRE** INC.

Built BY soccer, FOR soccer

### YOUTH & ADULT SOCCER LEAGUES & PROGRAMS

THE home of soccer for all ages & abilities!

Visit saskatoonsoccer.com & our social media for details.

**FIELD & ROOM RENTALS** Our two facilities offer hardcourt, indoor & outdoor turf surfaces, beach volleyball/soccer courts & boardrooms - ideal for a variety of sports & events. Call to discuss your requirements - we'd love to help!

**BIRTHDAY PARTIES/TEAM WINDUPS** We supply the field (your choice of sports), you pick the food & bring the cake!

150 Nelson Road



Saskatoon  
Sports Centre

Come check out our new industry leading, elite turf!

**WALKING SOCCER** Drop-in, non-competitive, ideal for mobility issues. Instructor on site. Great for socializing. Wednesdays 10:30am - 12pm; Fridays 2:30 - 4pm.

**LUNCH TIME DROP-IN SOCCER** Gather co-workers, friends & family for a midday game. Mon - Fri 10am - 1pm

**FITNESS CENTRE** Cardio & strength training machines. Mon - Fri 5 - 9pm & Sat/Sun 10am - 4pm.

Pricing for 3 programs above: \$6.60 Drop-in, \$16.50 Family Drop-in, \$55 Punch card. Details online, in person or by phone.

**TERRY FOX WALKING TRACK** \*Check details with City\* A City of Saskatoon service. Leisure Card or drop-in fee.



SASKATOON KINSMEN/HENK RUY'S  
SOCCER CENTRE



219 Primrose Drive

Sprung floors on all fields provide 65% less joint fatigue.

**INDOOR WALKING PROGRAM** Weather-free space to keep fit. Mon - Fri, 8am - 2pm; \$5.50 drop-in, \$38.50/mo, \$132/season

**INDOOR PLAYGROUP** Huge play spaces full of riding cars & toys! \$6.60/child; 10 punch card \$55. Mon - Fri 9:30 - 11:45am. Adults & under 1 are free.

**TODDLER BIRTHDAY PARTIES** Mon - Fri 9am - 1pm \$65/party unlimited kids! In conjunction with Indoor Playgroup.

**PICKLEBALL** Variety of programs on the best 16 courts in town! For details & to register go to saskatoonpickleballinc.ca.

Please check our website under Sports & Programs or call for the latest details.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400

www.saskatoonsoccer.com





## Discover Saskatchewan's only children's museum!

As a non-profit organization, Nutrien Wonderhub brings children and families together to create, learn, and play. Designed for children ages 0-9, Wonderhub offers a safe and inclusive space where children learn through play while immersing themselves in unique exhibits, educational programs, and experiences you can't get anywhere else.



## Become a Member!

- Enjoy unlimited access to Nutrien Wonderhub
- 10% off birthday party room rentals
- 15% off in the gift shop year-round
- Annual member sales with 20% off in the gift shop
- Special pricing on select programs and events
- Advance access to register for special events, Wonder Camps, and more!



## Wonderhub Preschool

An engaging, play-based learning program designed specifically for children aged 3 to 5. While at Wonderhub Preschool, children will explore our hands-on exhibits, participate in outdoor play and exploration, participate in play-based literacy and numeracy activities, and more!

**Registration is now open for September 2025.**

Learn more at [wonderhub.ca](https://wonderhub.ca)



@wonderhubsk

Nutrien Wonderhub 950 Spadina Crescent E | Saskatoon, SK S7K 3H6 | 306-249-3574



Free Art Classes

Thursdays, 4–6 PM

# Youth Art Night at Remai Modern

It's FREE  
We have  
SNACKS



Join us every Thursday from 4–6 PM in the museum's Cameco Learning Studio. This free weekly program is designed for youth ages 14–20. Classes are led by dedicated Program Guides, each with a diverse set of artmaking skills.

This program is free to attend, with no registration required. All supplies will be provided, and we have snacks too!

For the artmaking schedule and more information, email [outreach@remaimodern.org](mailto:outreach@remaimodern.org) or call 306.975.8144.

Youth Art Night takes place all year long!

Youth Art Night is presented by TD Bank Group through the TD Ready Commitment.

**rRemai  
mModern**



**TD READY  
COMMITMENT**

Scan this code to  
learn more about  
Youth Art Night





# YOGA & STRENGTH

12-Week Mind-Body-Soul Transformation

**BE FIT,  
BE CALM,  
BE STRONG  
WITH US**



Includes: Yoga, Body Sculpt, Mindset, Community  
SEPTEMBER - NOVEMBER  
Mondays & Thursdays 6:30 PM



JOIN NOW

119-105 Street East Bay B, Saskatoon  
www.karmaburnyoga.com  
karmaburnyoga@gmail.com



**\$600**  
For Full Program  
(Payment plan available)

## Saskatoon Squirrels

### Junior Forest Wardens

Junior Forest Wardens (JFW) is an exciting and educational opportunity for young people and their families to have fun, develop skills, and get educated in the many diverse aspects of our natural environment. JFW is all about outdoor adventure, challenge and leadership.



### FUN FOR ALL AGES

Ages as of October 15th

Pathfinders: ages 6-8

Trailblazers: ages 9-11

Adventurers: ages 12-14

Challengers: ages 15-17

Wanderers: JFW siblings under 6

Alumni: 18 and over



Contact Us!

WWW.AJFWA.CA

club.exec.squirrels@ajfwa.ca

Join the  
Adventure



# SASKATOON SALSA

Latin dance classes for kids  
ages 3 to 17, adults of all ages

- RECREATIONAL
- PERFORMANCE
- COMPETITIVE



306-374-3039



admin@saskatoonsalsa.com



www.saskatoonsalsa.com





CANADIAN  
PARENTS  
FOR FRENCH  
SASKATCHEWAN



MEMBERS  
JOIN  
FOR  
FREE

### *Canadian Parents for French (CPF)*

is a nationwide, research-informed, volunteer organization that furthers bilingualism by promoting opportunities to learn and use French for all those who call Canada home.

#### *CPF advocates for:*

- Universal Access
- Accountability for Student Achievement
- Recognized Proficiency Levels
- Effective Programs

Visit [sk.cpf.ca](http://sk.cpf.ca) for access to the free resources and membership form.



Exploring Nature...  
en français!



Daily nature walks  
happening now...  
join us virtually!





SASKATOON SYMPHONY ORCHESTRA PRESENTS **SSO95**

# The Future is Music



## Four Seasons

Sept 13, 2025  
@ Knox United Church

## Tosca

Sept 27, 2025  
@ TCU Place



## SSO Book & Music Sale

Thurs-Sun, Oct 16-26, 2025

## The Space Between

Oct 25, 2025  
@ TCU Place



## True North

Nov 8, 2025  
@ TCU Place

## National Geographic Live In Concert Secrets of the Whales

Nov 22, 2025  
@ TCU Place



## YXE Divas Xmas

Dec 6, 2025  
@ TCU Place

## Handel's Messiah

Dec 12, 2025  
@ Knox United Church



## Sing-Along Messiah

Dec 13, 2025  
@ Knox United Church

## The Music of Led Zeppelin with Kashmir

Jan 14, 2026  
@ TCU Place



## Beauty and the Beast

In Concert  
Jan 24, 2026  
@ TCU Place



## Bach & Khayyam

Feb 5, 2026  
@ Broadway Theatre

## Everything is Romantic

Feb 14, 2026  
@ TCU Place



## Spring Fever

Mar 7, 2026  
@ TCU Place

## Night Seasons

Mar 28, 2026  
@ TCU Place



## A Change is Gonna Come

Apr 11, 2026  
@ TCU Place

## SSO Book & Music Sale

Thurs-Sun, April 23-May 10, 2026



## The Traveller

May 2, 2026  
@ TCU Place

## James Ehnes

In Recital  
May 6, 2026  
@ St. John's Anglican Cathedral



## Finding Light

May 30, 2026  
@ Knox United Church

[WWW.SASKATOONSYMPHONY.ORG](http://WWW.SASKATOONSYMPHONY.ORG)



# *Attention Advertisers!*

# Get in the Guide!

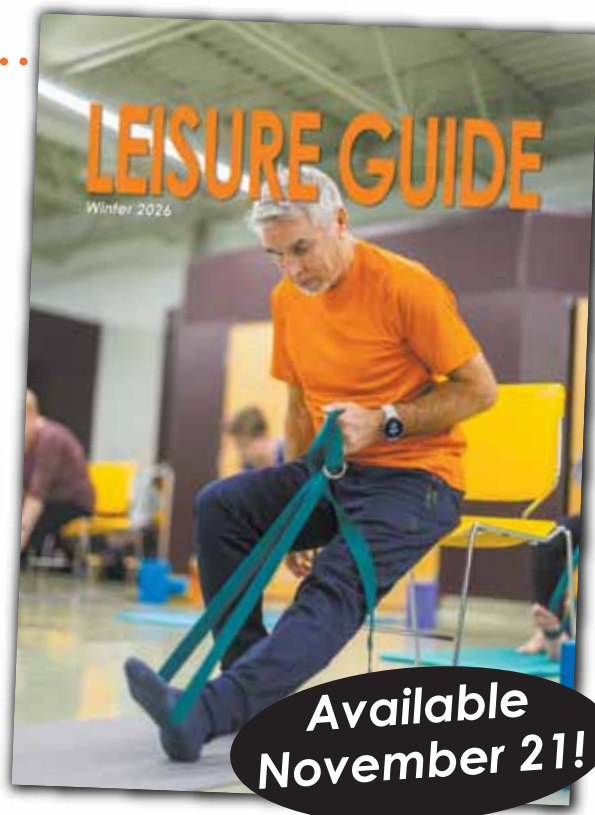
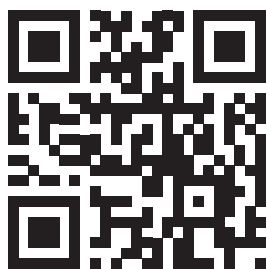
The Leisure Guide is Saskatoon's go-to source for sport, culture and recreation information. Reach a wider audience by advertising your community programs in the City of Saskatoon Leisure Guide. With 30,000 copies available for pick up throughout the city and an online readership of over 10,000 views per season, the Leisure Guide offers a strong platform to promote your programs to the community.

---

## **Book Today!**

Contact the StarPhoenix  
at 306-203-3419 or visit  
**[getintheguide.com](http://getintheguide.com)**

*Deadline:*  
*Friday, October 10, 2025*



**[saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide)**





"Ceud m'le failte ..."

## 96th Highlanders Pipes & Drums

Saskatoon's premier youth pipe band

**Free Lessons**

with Family Membership

Ages  
8 - 21

The 96th Highlanders Pipes & Drums youth band is a non-profit organization whose objective is to preserve and promote appreciation of Scottish heritage through Highland piping and drumming.

For more information  
or to register, please contact us at

[info@96th.ca](mailto:info@96th.ca)

[www.96th.ca](http://www.96th.ca)



## EXPLORE A WORLD WHERE KIDS WRITE THE CODE

Back to School means back to fun.  
Come explore our new world where  
kids learn through playing!

Back to School Special. Offer expires Sept 25

**15% OFF**  
ON  
**CREATE**

**10% OFF**  
ON  
**CREATE LITE**

**10% OFF**  
ON  
**JUNIOR**



**Code Ninjas University Heights**  
142 #1844 McOrmond  
Drive Saskatoon,  
SK S7S 0A5



SCAN CODE OR  
CALL TO LEARN MORE  
**639-525-2633**



**Here at Marian  
– Its more than  
just amazing  
gymnastics!**

We help build confidence, strength, flexibility, and resilience all while having fun. With knowledgeable coaches and a supportive environment, athletes develop great gymnastics skills and grow into well-rounded, active individuals.



Check out our programming &  
learn more about what we  
offer on our website!

[www.mariangym.com](http://www.mariangym.com)

**MARIAN**  
GYMNASTICS

@MarianRecreationGymnastics

## We offer:

Classes like:

- 10 month Fusion or performance program
- Training for tumbling & Stretch and Strength class
- Gym Combo
- Gym-Mini pre competitive x2 a week program!

AND SO MUCH MORE!



Gymnastics  
programming  
for all abilities  
from ages 1 -  
adult!



Women's  
Artistic  
Competitive  
Gymnastics



Drop-ins!  
Preschool,  
Family, Teens  
& Adults!



Birthday  
Parties &  
Bookings!



## Discover Saskatchewan's only children's museum!

As a non-profit organization, Nutrien Wonderhub brings children and families together to create, learn, and play. Designed for children ages 0-9, Wonderhub offers a safe and inclusive space where children learn through play while immersing themselves in unique exhibits, educational programs, and experiences you can't get anywhere else.

### Become a Member!

- Enjoy unlimited access to Nutrien Wonderhub
- 10% off birthday party room rentals
- 15% off in the gift shop year-round
- Annual member sales with 20% off in the gift shop
- Special pricing on select programs and events
- Advance access to register for special events, Wonder Camps, and more!



### Wonderhub Preschool

An engaging, play-based learning program designed specifically for children aged 3 to 5. While at Wonderhub Preschool, children will explore our hands-on exhibits, participate in outdoor play and exploration, participate in play-based literacy and numeracy activities, and more!

**Registration is now open for September 2025.**

Learn more at [wonderhub.ca](https://wonderhub.ca)



@wonderhubsk

Nutrien Wonderhub 950 Spadina Crescent E | Saskatoon, SK S7K 3H6 | 306-249-3574





**School's back.**

**But this  
time it's fun.**



**Saskatoon Seniors  
Continued Learning**

*Curiosity never retires*

**Fall classes begin September 8:**

- Turkiye's Illustrious Cultural History
- Whole Lotta Soul: How Black Popular Music Emerged from 1950s R&B to Evolve into Soul and Funk
- The Inhumanity of Humanity
- Introduction to Cybersecurity and Digital Threats (online only)
- The Wheel Keeps Turning: A History of Canadian-American Relations from Colonial Era to Trump
- Canada, Cannabis and Consumption Sites: Drug Use & Policy in Canada
- Canadian and American Nationalism in Literature and Folklore
- China and the New World Order

—plus the **12<sup>th</sup> Annual President's Lecture Series** featuring U of S professors and guests speaking "On Democracy".

- ✓ Non-credit, university level courses for age 55+
- ✓ Offered on U of S campus & online
- ✓ No exams, assignments, or books to buy - just the joy of learning!

**Registration opens  
August 18, 2025**

Annual Membership - \$5.00  
Courses - \$60.00 each

**For more details and  
to register, visit:**

[www.artsandscience.usask.ca/noncredit/sscl.php](http://www.artsandscience.usask.ca/noncredit/sscl.php)



**Contact Us:**

saskatoonseniors@gmail.com | 306-343-6773

**Are you looking for a FUN & AFFORDABLE Dance Activity?**  
We have just the classes you are looking for. Join the Juniors on Tuesday Evenings.

**German Dancing for Adults**



For more Information or to join us for an  
Introductory Lesson contact us at  
[concordiaalpenroseyx@gmail.com](mailto:concordiaalpenroseyx@gmail.com)

**German Dancing for Ages 3-18**



For more Information & Free  
Introductory Lesson contact us at  
[cjad2014@hotmail.com](mailto:cjad2014@hotmail.com)



**Are you looking for:**

- ✓ Something to keep your child active?
- ✓ A program that meets your child at their skill level?
- ✓ An opportunity to join the BEST community around?
- ✓ A chance to work with strong and empowering Women and Men?

**Then you want to join RINGETTE!**

Come check out the **FASTEST GAME ON ICE**, working with all levels of skating and game experience. Registration for new members is open NOW. Check out

[www.saskatoonringette.com](http://www.saskatoonringette.com)  
**for all the details.**

Check the website for dates!  
A free session to anyone  
interested in trying it out.

**RINGETTE ROCKS!**





# Saskatoon Track & Field Club

**A Club for All Athletes From Developmental to High Performance**



"We had all three of our kids at STFC this year and it has been an amazing experience for each of them! The coaches made it fun and made each child feel so welcome. What was most incredible, has been watching them learn and grow as athletes and people. They talk about inspiring role models who train alongside them. They want to improve. They set goals for the future. They are excited to see where next year takes them! We are truly grateful to STFC for the experience!" J. Miller



23 of 48 spots on Saskatchewan's 2025 Canada Summer Games Track & Field Team were earned by STFC Athletes

**Cross Country Program**  
Begins Late August - Gr 9-12  
Early September - Gr 6-8  
Visit our Website for Details



**Savannah Sutherland**  
NCAA Athlete of the Year  
2024 Olympian



**Michael Hussey**  
U20 Canadian Record  
600m - 1:18.17s



**Michelle Harrison**  
2024 Olympian



**Jake Neufeld**  
2025 FISU Summer Games Team - Decathlon

## Events offered

Sprints  
Hurdles  
Long Jump  
Triple Jump  
High Jump  
Pole Vault  
Shot Put  
Discus  
Javelin  
Weight  
Endurance  
Running

**Josh Tam**  
U18 National Decathlon  
Pole Vault Record 4.20m

**Track & Field and Cross Country**  
Training for all athletes starting at 8yrs old with all Levels of Ability  
Indoor Season Sessions are held at the Saskatoon Fieldhouse  
Outdoor Sessions are held at Gordie Howe Sports Complex

**Visit our Website to Register**  
[www.saskatoontrackclub.com](http://www.saskatoontrackclub.com)







629 1st Ave N, Saskatoon, SK

306-934-2424

admin@saskatoonacademyofmusic.com

www.saskatoonacademyofmusic.com

## Music Lessons In-person & Online

PIANO, VOICE, VIOLIN, FIDDLE, CELLO,  
GUITAR, BASS, WOODWINDS, BRASS,  
DRUMS, MUSIC THEORY

Your local one-stop shop for lessons,  
instruments, & materials

## Enroll Now for September

### WANTED

Adults who can't play  
the Piano  
A few hours of your time can  
lead you to fun and relaxation.

**Adult  
& Senior Courses**  
Daytime  
& Evenings

## Group Piano Classes

Ensemble Piano Studio - 1011 Broadway Ave.  
**COST: \$140.00**  
**for 10 weeks**      **306-361-3559**

[www.ensemblepianostudio.ca](http://www.ensemblepianostudio.ca)

**10**  
WEEK  
PROGRAM

## Invest in Your Child's Future

... with Oxford Learning!

All Ages. All Grades. All Subjects.

**Now Enrolling!**

Saskatoon  
306.651.2223  
1022 Louise Avenue



[oxfordlearning.com](http://oxfordlearning.com)

Proudly Canadian

**Available  
November 21!**

*Attention Advertisers!*

# Get in the Guide!

The Leisure Guide is Saskatoon's go-to source for sport, culture and recreation information. Reach a wider audience by advertising your community programs in the City of Saskatoon Leisure Guide. With 30,000 copies available for pick up throughout the city and an online readership of over 10,000 views per season, the Leisure Guide offers a strong platform to promote your programs to the community.



**Book Today!** Contact the StarPhoenix at 306-203-3419  
or visit [getintheguide.com](http://getintheguide.com)

Deadline: Friday, October 10, 2025

[saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide)





**BALLROOM DANCING - Cued**  
*Live Lively - Dance!*

**"NEW DANCERS CLASS"**

Basic - Two Step, Waltz

Fridays - Sept. 26 to Dec. 12, 2025

7:00 - 8:00 p.m.

VIEW - [www.cuedballroomdance.com](http://www.cuedballroomdance.com)

"What is Choreographed Ballroom Dance" (Viscanti)

*Good for your health - mind, balance, posture, exercise*

**Karousels Dance Club**  
**Saskatoon**



**For Information 306-664-2775**



**TADYAKAMAO WORLD ACADEMY**

Bullyproof your children!

Self defense and fitness for men and women

Our Martial Arts improve concentration, self discipline,  
and coordination in children and adults.

When these qualities are enriched it often enhances  
other skills needed in school and everyday life.

We offer classes for Tadyakamao kickboxing,  
Sikaran and Kali

Special offer \$50 one-month beginner's course

Now accepting new students.

Please call or message us

306 700 0281 or 306 384 7243

Facebook: Tadyakamao World Academy and

Sikaran Ferrer



**SILKS**

**SLING**

**LYRA**

**HAMMOCK**

**AERIAL**

**BEGINNERS WELCOME!**

**Fly Studios YXE**



**Alternative Fitness Classes**

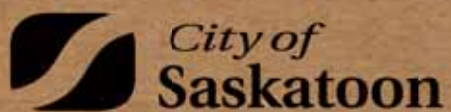
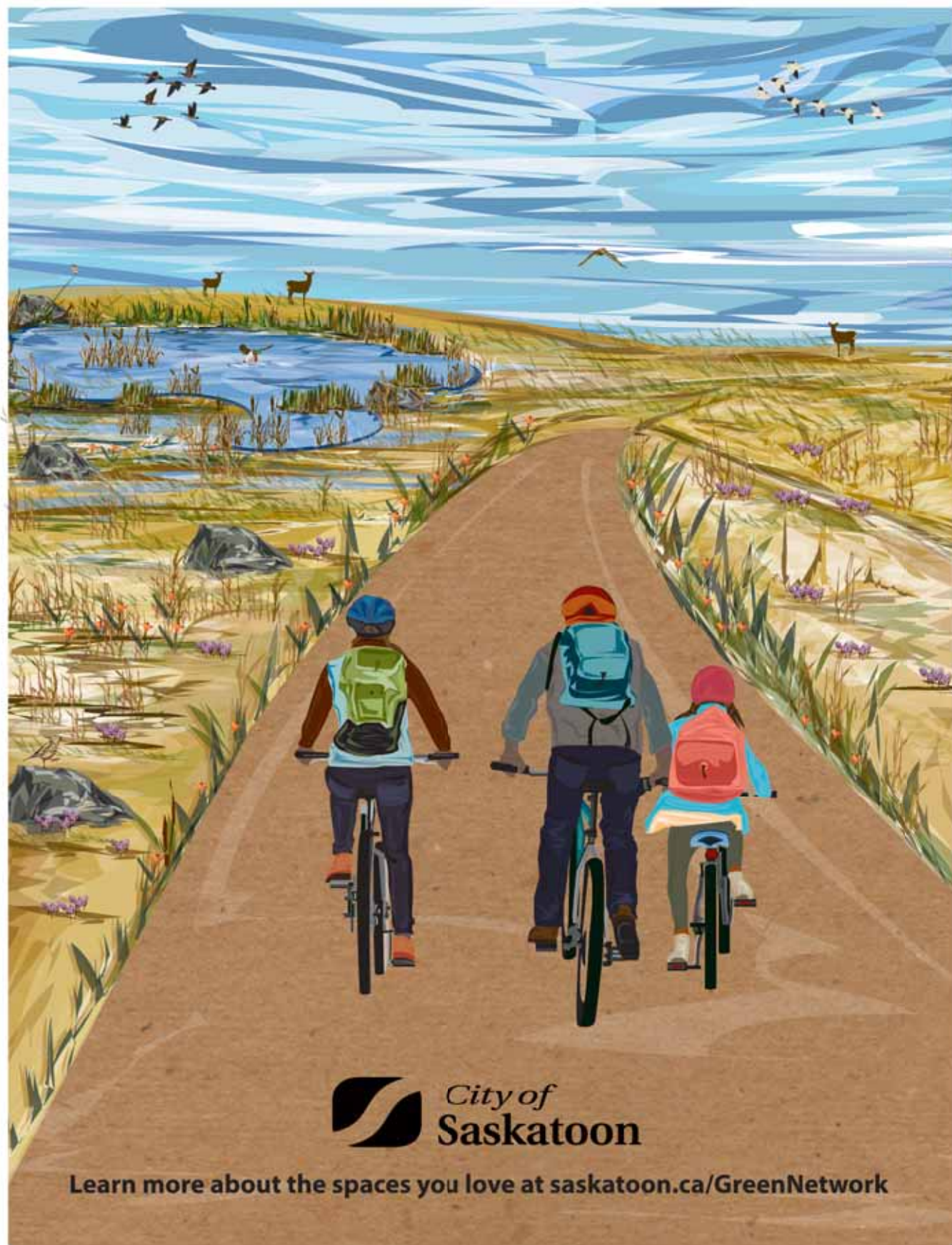
**ADULTS & KIDS AGES 5 +**

**ALL GENDERS**

**[WWW.FLYSTUDIOSYXE.COM](http://WWW.FLYSTUDIOSYXE.COM)**

**[ADMIN@FLYSTUDIOSYXE.COM](mailto:ADMIN@FLYSTUDIOSYXE.COM)**

**#2 - 3603 MILLAR AVE • 306-979-9933**



Learn more about the spaces you love at [saskatoon.ca/GreenNetwork](https://saskatoon.ca/GreenNetwork)