



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, Indoor Rinks, Golf Courses, Saskatoon Forestry Farm Park & Zoo, Gordon Howe Campground and Nutrien Playland at Kinsmen Park.

Bulk Tickets Get 10 tickets for less than the price of 8! Split up or give as a pack for drop-in access to any Leisure Centre.

Available for purchase at all the participating facilities.

saskatoon.ca/admissions





We've gone digital!

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

- Browse and register for Registered Programs with Leisure Online

saskatoon.ca/leisureonline

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

saskatoon.ca/leisureonline

Connect with your neighbourhood Community Association to see what they have to offer this season

saskatoon.ca/communityassociations



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.



Mark your calendars!

Registration for Winter programs begins Sunday, December 3, 2023.

2024 Spring/Summer Leisure Guide will be available Friday, March 1, 2024.

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.



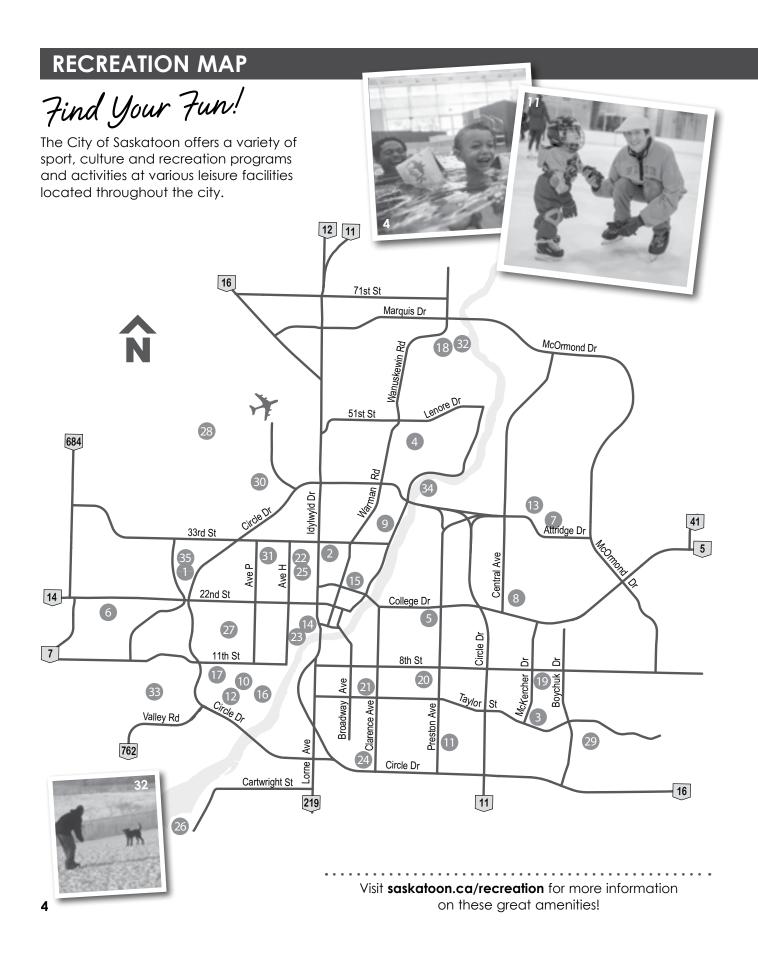
Winter 2024 Leisure Guide cover photo taken at Lion's Arena. Refer to page 32 or visit saskatoon.ca/indoorrinks for information about public and parent & tot skate times, Learn-to-Skate programs, rentals and more!

WHAT'S INSIDE...

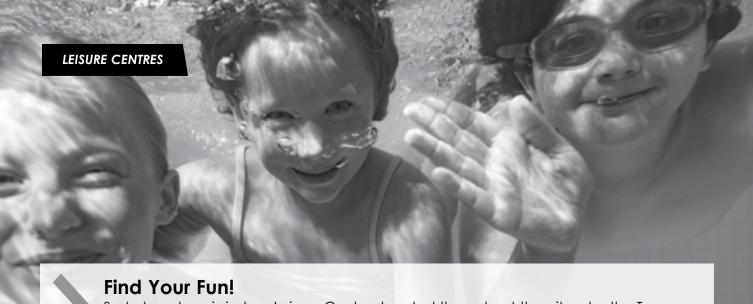
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Get in the Guide!

Interested in advertising your community-based sport, culture or recreation organization? Call the Saskatoon StarPhoenix at 306-491-0953.



INE	OOOR LEISURE CENTRES	GC	OLF COURSES Closed for the season.
1	COSMO CIVIC CENTRE 6 3130 Laurier Drive	17	HOLIDAY PARK GOLF COURSE 1630 Avenue U South (off 11th Street) Groomed Ski Trails.
2	HARRY BAILEY AQUATIC CENTRE Closed for facility upgrade facility upgrade facility upgrade facility upgrade	18	SILVERWOOD GOLF COURSE 3503 Kinnear Avenue
3	LAKEWOOD CIVIC CENTRE	19	WILDWOOD GOLF COURSE 4050 8th Street East Groomed Ski Trails!
4	LAWSON CIVIC CENTRE 8 225 Primrose Drive	OU	TDOOR POOLS Closed for the season.
5	SASKATOON FIELD HOUSE 8 2020 College Drive	20 21	GEORGE WARD POOL 1915 5th Street East LATHEY POOL 815 Taylor Street East
6	SHAW CENTRE 9 122 Bowlt Crescent	22 23	MAYFAIR POOL 1025 Avenue F North RIVERSDALE POOL 822 Avenue H South
7	TERRY FOX TRACK 9		OG PARKS
ICE	SKATING	24	AVALON South end of Broadway at Glasgow Street
8	ACT ARENA 32 107-105th Street East	25	CASWELL Avenue F North and 31st Street West
9	ARCHIBALD ARENA 32 1410 Windsor Street	26	CHIEF WHITECAP Access via Saskatchewan Crescent off of
1	COSMO ARENA 32 3130 Laurier Drive	27	Cartwright Street FRED MENDEL
10	GORDIE HOWE KINSMEN ARENA 32 1405 Avenue P South (Rentals only)	28	Avenue W South and 17th Street West HAMPTON
11	LIONS ARENA 32 2205 McEown Avenue	29	North on Range Road 3060, near the airport HYDE South and of Unda Park, adiabant to
12	CLARENCE DOWNEY SPEED		South end of Hyde Park, adjacent to Boychuck Drive
	Dudley Street & Avenue R South	29	HYDE (SMALL DOGS ONLY) North end of Hyde Park adjacent to Boychuck Drive
	OUTDOOR RINKS Saskatoon's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy.	30	PAUL MOSTOWAY Richardson Road east of McClocklin Road
	Visit pages 36-41 or check your Community Association's website or Facebook page for more information.	31	PIERRE RADISSON Between 32nd Street and 33rd Street at Faulkner Crescent
ОТI 13	HER ATTRACTIONS SASKATOON FORESTRY FARM34	32	SILVERWOOD Access off Kinnear Avenue or the east end of Adilman Drive
14	PARK & ZOO, 1903 Forestry Farm Park Drive OUTDOOR FITNESS CIRCUIT	33	SOUTHWEST Off Valley Road, near Cedar Villa Estates
15	AT RIVER LANDING NUTRIEN PLAYLAND AT KINSMEN PARK 945 Spadina Crescent East Closed for the season.	34	SUTHERLAND BEACH West off Central Avenue just north of Attridge Drive
16	GORDON HOWE CAMPGROUND 1640 Avenue P South (off 11th Street) Closed for the season.	35	CHARLOTTETOWN (SMALL DOGS ONLY) Off Bennet Place, near Cosmo Civic Centre





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 12-31 or visit saskatoon.ca/leisurecentres.



LEISURE CENTRES

COSMO CIVIC CENTRE (CCC)









3130 Laurier Drive • 306.975.3344 • saskatoon.ca/cosmo

Workout in the fitness and weight room, hit the walleyball 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 saskatoon.ca/leisureonline.

**Visit saskatoonlibrary.ca for library hours and programming information.

FACILITY FEATURES

- Gymnasium
 Fitness
 Weight Room
 Rink
- Racquetball & Walleyball Court
 Lockers
- Meetings Rooms
 Theatre
 Library
- Multi-Purpose Room
 WiFi available
- Vending Machines



HARRY BAILEY AQUATIC CENTRE (HBC)







1110 Idylwyld Drive North • saskatoon.ca/harrybailev



Harry Bailey Aquatic Centre closed on March 31, 2023 for a major facility upgrade. Visit saskatoon.ca/harrybailey for project updates.

LAKEWOOD CIVIC CENTRE (LWC)









1635 McKercher Drive • 306.975.2944 • 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 saskatoon.ca/leisureonline.

**Visit saskatoonlibrary.ca for library hours and programming information.

FACILITY FEATURES

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





LAWSON CIVIC CENTRE (LCC)









225 Primrose Drive • 306.975.7873 • 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 saskatoon.ca/leisureonline.

**Visit saskatoonlibrary.ca for library hours and programming information.

FACILITY FEATURES

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





Lawson Civic Centre will be closed for building maintenance from Tuesday, December 5 to Monday, December 25, 2023, inclusive. The Rusty Macdonald Branch Library will remain open.

SASKATOON FIELD HOUSE (SFH)













2020 College Drive • 306.975.3354 • saskatoon.ca/fieldhouse

Focus on health and wellness with fitness equipment, a track, sports 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 saskatoon.ca/leisureonline.

FACILITY FEATURES

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



saskatoon.ca/facilityrentals

SHAW CENTRE (scc)













122 Bowlt Crescent • 306.975.7744 • 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 saskatoon.ca/leisureonline.

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
- Large Playground*** Multi-Purpose Fields***
- WiFi Available

***Outdoors



TERRY FOX TRACK (TFT)

150 Nelson Road (inside the Saskatoon Sports Centre) 306.975.3354 • 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.

LEISURE CENTRES

ADMISSION RATES & MORE

All general, Bulk Ticket and Leisure Card 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** 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 (19+)	Youth (6-18 yrs)	Preschool (0-5 yrs)	Family
Single Admission $^{\scriptscriptstyle \dagger}$	\$10.25	\$6.15	FREE	\$20.50
Bulk Tickets (10) [†]	\$79.50	\$47.50	FREE	\$159.00

Rates effective until December 31, 2023. Visit saskatoon.ca/admissions for current rates. Prices include applicable taxes.



What is a Bulk Ticket?

Buy 10 general admissions for the price of eight! 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 Mindina

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

General Admission is non-refundable.

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 saskatoon.ca/leisureonline.



	First Child	Each Additional Child
General Admission	\$3.70/hr	\$2.20/hr
Bulk Ticket (10 hours)	\$30.00	\$18.00

Rates effective until December 31, 2023. Visit saskatoon.ca/admissions for current rates. 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.

 $^{^\}dagger$ Terry Fox Track: General Admission is \$4.35. Bulk Tickets are \$34.65. Prices include applicable taxes.













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 (19+)	Youth (6-18 yrs)	Family
LeisureCard* (Monthly Rate)	\$52.00	\$31.20	\$104.00
2-Week Trial Pass	\$26.00	\$15.60	\$52.00

Rates effective until December 31, 2023. Visit saskatoon.ca/admissions for current rates. Prices include applicable taxes.



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.



Weight Room Orientation

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



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.



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 \$52 PerkCard. Give as a gift or keep for yourself. The promotional \$52 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.

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. Application forms are also available at any Leisure Centre. For further information about the Leisure Access Program call 306-975-3383 or email leisureaccess@saskatoon.ca.

^{*} Family passes are available while supplies last.

LEISURE CENTRE DROP-IN PROGRAMS



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)

Winter Drop-in Programs run from January 1 to March 31. Check out Drop-in Program times and locations at **saskatoon.ca/leisureonline**.

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 **saskatoon.ca/leisureonline**.

NOTE: Some drop-in programs have limited space and patrons are required to reserve a spot either online at **saskatoon.ca/leisureonline** or by phoning the Leisure Centre that offers the program. Drop-in programs requiring a reservation are noted on Leisure Online and can be booked up to 2 days in advance. New sessions open for booking at 7:00 a.m. each day.

Online reservations can be cancelled online by logging into your Leisure Online account and selecting My Account/Cancel a Reserved Drop-in Program. Reservations may also be cancelled by calling any Leisure Centre during regular hours of operation (pages 6-9).

LEISURE CENTRE DROP-IN PROGRAMS





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 Preschool 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. **SFH**

Basketball An opportunity to play pickup 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, SCC

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, LWC, LCC

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

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

Bonus Programming!

During the holiday season additional public swimming, public skating and open gym times are offered at our leisure facilities.

Visit saskatoon.ca/leisureonline for additions to the drop-in schedule.

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**

Walleyball Walleyball court rentals are available in one-hour blocks for \$19.60/hour. Call Cosmo in advance to reserve a court. CCC

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

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

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.

Preschool Policy 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.

PROGRAMS & ACTIVITIES

LEISURE CENTRE DROP-IN PROGRAMS

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, SFH, SCC

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. SFH, SCC

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

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, SFH, SCC

Step Improves cardio endurance with step combinations. LWC

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



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, LCC, SFH, SCC

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

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

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

Find Your Fit

FREE! Find your Fit at the City of Saskatoon Leisure Centres! Everyone is welcome to join us for a 90-minute session to learn about the Drop-in and Registered fitness and aquatic programs, flexible admission options, personal training and an overview of the unique facilities. 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 27 for more information.



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

saskatoon.ca/leisureonline

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 six Leisure Centres, plus the City's outdoor pools, indoor rinks and Terry Fox Track.

14 Visit saskatoon.ca/corporateleisurecard to learn more or register.



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 Winter programs begins Sunday, December 3 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

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Online registration begins Sunday, December 3 at 6:00 PM.



Be Prepared!

- 1 To use Leisure Online you will require a username and password. Visit 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.
- 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 Winter programs start on Sunday, December 3 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, December 3 – 6:00 PM to 9:00 PM* Monday, December 4 – 8:00 AM to 1:00 PM Tuesday, December 5 – 8:00 AM to 1:00 PM

To register by phone after December 5, contact any Leisure Centre (see pages 6-9).

* NOTE: This excludes Private & Semi-Private swim lessons (page 28), which will open on Monday, December 4.

VISIT A FACILITY

Walk-in registrations for Winter programs begin Monday, December 4 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 Bowlt 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.

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; please refer to the transfer chart below, before making your class selection.



Note: Lifesaving Society Swim Lesson Levels are not equivalent to Red Cross Swim Lesson Levels. Example: Swimmer 1 is not a direct equivalent to Swim Kids 1.

If your child is under 3 years of age:	
Register in Lifesaving Society:	
Is 4 to 12 months old	Parent & Tot 1
Is 12 to 24 months old	Parent & Tot 2
Is 24 to 36 months old	Parent & Tot 3

If your child is 3	-5 years of age:
Has completed Red Cross Swim:	Register in Lifesaving Society:
No previous swimming experience	
Parent & Tot Levels (Starfish, Duck, Sea Turtle)	Preschool 1
Sea Otter	
Salamander	Preschool 2
Sunfish	Preschool 3
Crocodile	Preschool 4
Whale	Preschool 5

If your child is 6 years of age or older:	
Has completed Red Cross Swim:	Register in Lifesaving Society:
No previous swimming experience	
Sea Otter	
Salamander	Swimmer 1
Sunfish	
Swim Kids 1	
Crocodile	Swimmer 2
Swim Kids 2	Swiffiner 2
Whale	Swimmer 3
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 4
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Rookie Patrol (8+ yrs)
Swim Kids 9	Ranger Patrol (8+ yrs)
Swim Kids 10	Star Patrol (8+ yrs)

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 3	24-36 months	Designed for the 2 to 3-year-old and their caregiver. Focus on independent entries, assisted floats and glides.

PRESCHOOL (UNPARENTED)

The Preschool Program gives children a head start on learning to swim. Preschool Programs develop an appreciation and healthy respect for the water before these kids get in too deep. In our five basic aquatic progressions we work to ensure 3 to 5 year olds become comfortable in the water and have fun developing a foundation of water skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Preschool levels.

Drocchool 1	3-5 yrs. We encourage the parent to participate until their
FIESCHOOL I	, , , ,
	child lets them know they can do it themselves. These
	preschoolers will have fun learning to get in and out of
	the water. We'll help them jump into chest deep water.
	They'll float and glide on their front and back and learn to
	get their faces wet and blow bubbles underwater.

Preschool 2 3-5 yrs. These preschoolers learn to jump into chestdeep water by themselves, and get in and get out wearing a personal flotation device (PFD). They'll submerge and exhale underwater. Wearing a PFD they'll glide on their front and back.

Preschool 3	3-5 yrs. These youngsters will try both jumping and a	
	sideways entry into deep water while wearing a personal	
	flotation device (PFD). They'll recover objects from the	
	bottom in waist-deep water. They'll work on kicking and	
	gliding through the water on their front and back.	

Preschool 4	3-5 yrs. Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a personal flotation device (PFD) and gliding and kicking on their side.

Preschool 5	3-5 yrs. These youngsters get more adventuresome with a forward roll entry wearing a personal flotation device (PFD) and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

SWIMMER (UNPARENTED)

Swimmer 2

Swimmer 3

Swimmer 4

Swimmer 5

Swimmer 6

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate swimmers 6 years of age and older, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Swimmer levels.

Swimmer 1 6+ yrs. These beginners will become comfortable jumping into water with and without a personal flotation device (PFD). They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

6+ yrs. These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a personal flotation device (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).

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.

6+ yrs. These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

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.

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'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.



LESSON LEVEL DESCRIPTIONS

Rookie Patrol	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.
Ranger Patrol	8+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, 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. Skill drills develop a strong lifesaving foundation.
Star Patrol	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 defence methods, victim removals and rolling over and supporting a victim face up in shallow water.
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ADULT SWIMMER

The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Water Smart® education is part of all levels. Instructors should be prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.

Adult Swimmer 1	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.
Adult Swimmer 2	16+ yrs. Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water.

Swim Lesson Schedule Options

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

Five day swim lesson options • Once per week for 8-10 weeks
Twice per week for 4 weeks • Private swim lessons • Semi-private swim lessons
Adult swim lessons

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOO	DD CI	VIC CENTRE 16	35 McK	ercher D	rive	Parent & Tot	3 (Ages	s 24-36 mos)			
Classes cand	elled o	n Feb 17, 18, 19, 2	0 21	22 & 23		Jan 7-Mar 3	Su	06:40 PM-07:10 PM	8	\$71.00	LW1710-01
Oldooco carro	onea o	111 00 11, 10, 10, 2	0, 21,	LL U 20.		Jan 8-Mar 4	М	05:05 PM-05:35 PM	8	\$71.00	LW1710-02
Parent & Tot	1 (Age	s 4-12 mos)				Jan 9-Mar 5	Tu	01:15 PM-01:45 PM	8	\$71.00	LW1710-03
Jan 7-Mar 3	Su	06:20 PM-06:50 PM	8	\$71.00	LW1700-01	Jan 9-Mar 5	Tu	06:25 PM-06:55 PM	8	\$71.00	LW1710-04
Jan 8-Mar 4	M	10:20 AM-10:50 AM	8	\$71.00	LW1700-02	Jan 10-Mar 6	W	09:10 AM-09:40 AM	8	\$71.00	LW1710-05
Jan 8-Mar 4	M	05:55 PM-06:25 PM	8	\$71.00	LW1700-03	Jan 10-Mar 6	W	05:40 PM-06:10 PM	8	\$71.00	LW1710-06
Jan 9-Mar 5	Tu	03:00 PM-03:30 PM	8	\$71.00	LW1700-04	Jan 12-Mar 8	F	05:45 PM-06:15 PM	8	\$71.00	LW1710-07
Jan 10-Mar 6	W	10:20 AM-10:50 AM	8	\$71.00	LW1700-05	Jan 13-Mar 9	Sa	10:15 AM-10:45 AM	8	\$71.00	LW1710-08
Jan 10-Mar 6	W	04:30 PM-05:00 PM	8	\$71.00	LW1700-06	Preschool 1	(Ages 3	-5 vrs)			
Jan 11-Mar 7	Th	10:20 AM-10:50 AM	8	\$71.00	LW1700-07	Jan 7-Mar 3	Su	05:30 PM-06:00 PM	8	\$71.00	LW1715-01
Jan 11-Mar 7	Th	01:15 PM-01:45 PM	8	\$71.00	LW1700-08	Jan 7-Mar 3	Su	06:05 PM-06:35 PM	8	\$71.00	LW1715-02
Jan 11-Mar 7	Th	05:05 PM-05:35 PM	8	\$71.00	LW1700-09	Jan 7-Mar 3	Su	07:25 PM-07:55 PM	8	\$71.00	LW1715-03
Jan 12-Mar 8	F	10:20 AM-10:50 AM	8	\$71.00	LW1700-10	Jan 7-Mar 3	Su	08:15 PM-08:45 PM	8	\$71.00	LW1715-04
Jan 13-Mar 9	Sa	09:00 AM-09:30 AM	8	\$71.00	LW1700-11	Jan 8-Mar 4	M	09:45 AM-10:15 AM	8	\$71.00	LW1715-05
Parent & Tot	2 (Δαρ	s 12-24 mas)				Jan 8-Mar 4	М	05:10 PM-05:40 PM	8	\$71.00	LW1715-06
Jan 7-Mar 3	Su	05:30 PM-06:00 PM	8	\$71.00	LW1705-01	Jan 8-Mar 4	М	05:50 PM-06:20 PM	8	\$71.00	LW1715-07
Jan 8-Mar 4	M	06:30 PM-07:00 PM	8	\$71.00	LW1705-01	Jan 9-Mar 5	Tu	09:10 AM-09:40 AM	8	\$71.00	LW1715-08
Jan 9-Mar 5	Tu	10:20 AM-10:50 AM	8	\$71.00	LW1705-02	Jan 9-Mar 5	Tu	01:50 PM-02:20 PM	8	\$71.00	LW1715-09
Jan 9-Mar 5	Tu	05:40 PM-06:10 PM	8	\$71.00	LW1705-03	Jan 9-Mar 5	Tu	04:35 PM-05:05 PM	8	\$71.00	LW1715-10
Jan 11-Mar 7	Th	03:00 PM-03:30 PM	8	\$71.00	LW1705-05	Jan 9-Mar 5	Tu	05:05 PM-05:35 PM	8	\$71.00	LW1715-11
Jan 12-Mar 8	F	09:10 AM-09:40 AM	8	\$71.00	LW1705-06	Jan 9-Mar 5	Tu	05:55 PM-06:25 PM	8	\$71.00	LW1715-12
Jan 12-Mar 8	F	04:30 PM-05:00 PM	8	\$71.00	LW1705-07	Jan 9-Mar 5	Tu	06:25 PM-06:55 PM	8	\$71.00	LW1715-13
Jan 13-Mar 9	Sa	09:40 AM-10:10 AM	8	\$71.00	LW1705-07	Jan 9-Mar 5	Tu	06:45 PM-07:15 PM	8	\$71.00	LW1715-14
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LIFESAVING SOCIETY SWIM LESSON LISTINGS (PARENT & TOT, PRESCHOOL & SWIMMER)

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

New! 5-Day Lesson Sets

5-day lesson sets are available at Lakewood Civic Centre this winter. 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.

Parent & Tot	3 (Ages	s 24-36 mos)			
Mar 11-25	Ň/W	04:35 PM-05:05 PM	5	\$50.00	LW1915-01
Mar 11-25	M/W	06:25 PM-06:55 PM	5	\$50.00	LW1915-02
Mar 12-26	Tu/Th	05:10 PM-05:40 PM	5	\$50.00	LW1915-03
Mar 12-26	Tu/Th	06:25 PM-06:55 PM	5	\$50.00	LW1915-04
Preschool 1 (Ages 3	-5 yrs)			
Mar 11-25	M/W	04:30 PM-05:00 PM	5	\$50.00	LW1916-01
Mar 11-25	M/W	05:15 PM-05:45 PM	5	\$50.00	LW1916-02
Mar 11-25	M/W	05:45 PM-06:15 PM	5	\$50.00	LW1916-03
Mar 12-26	Tu/Th	04:30 PM-05:00 PM	5	\$50.00	LW1916-04
Mar 12-26	Tu/Th	05:50 PM-06:20 PM	5	\$50.00	LW1916-05
Mar 12-26	Tu/Th	06:30 PM-07:00 PM	5	\$50.00	LW1916-06
Mar 12-26	Tu/Th	07:00 PM-07:30 PM	5	\$50.00	LW1916-07
Mar 12-26	Tu/Th	07:45 PM-08:15 PM	5	\$50.00	LW1916-08
Preschool 2 (_		
Mar 11-25	M/W	05:10 PM-05:40 PM	5	\$50.00	LW1917-01
Mar 12-26	Tu/Th	05:40 PM-06:10 PM	5	\$50.00	LW1917-02
Mar 12-26	Tu/Th	07:05 PM-07:35 PM	5	\$50.00	LW1917-03
Preschool 3 (-5 yrs)	_		
Mar 11-25	M/W	05:50 PM-06:20 PM	5	\$50.00	LW1918-01
Mar 12-26	Tu/Th	05:15 PM-05:45 PM	5	\$50.00	LW1918-02
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Jan 10-Mar 6	W	04:30 PM-05:00 PM	8	\$71.00	LW1715-16
Jan 10-Mar 6	W	05:55 PM-06:25 PM	8	\$71.00	LW1715-17
Jan 10-Mar 6	W	06:25 PM-06:55 PM	8	\$71.00	LW1715-18
Jan 11-Mar 7	Th	09:10 AM-09:40 AM	8	\$71.00	LW1715-19
Jan 11-Mar 7	Th	01:50 PM-02:20 PM	8	\$71.00	LW1715-20
Jan 11-Mar 7	Th	04:35 PM-05:05 PM	8	\$71.00	LW1715-21
Jan 11-Mar 7	Th	05:45 PM-06:15 PM	8	\$71.00	LW1715-22
Jan 11-Mar 7	Th	06:25 PM-06:55 PM	8	\$71.00	LW1715-23
Jan 11-Mar 7	Th	07:30 PM-08:00 PM	8	\$71.00	LW1715-24
Jan 12-Mar 8	F	09:45 AM-10:15 AM	8	\$71.00	LW1715-25
Jan 12-Mar 8	F	04:35 PM-05:05 PM	8	\$71.00	LW1715-26
Jan 12-Mar 8	F	05:05 PM-05:35 PM	8	\$71.00	LW1715-27
Jan 12-Mar 8	F	06:20 PM-06:50 PM	8	\$71.00	LW1715-28
Jan 13-Mar 9 Jan 13-Mar 9	Sa Sa	09:35 AM-10:05 AM 11:00 AM-11:30 AM	8 8	\$71.00 \$71.00	LW1715-29 LW1715-30
Jan 13-Mar 9	Sa	11:45 AM-12:15 PM	8	\$71.00	LW1715-30 LW1715-31
Jan 13-Mar 9	Sa	12:10 PM-12:40 PM	8	\$71.00 \$71.00	LW1715-31 LW1715-32
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Preschool 2		05.20 DM 06.00 DM	0	¢74.00	11/4720 04
Jan 7-Mar 3	Su Su	05:30 PM-06:00 PM	8 8	\$71.00	LW1720-01
Jan 7-Mar 3 Jan 8-Mar 4	Su M	07:40 PM-08:10 PM 09:10 AM-09:40 AM	8	\$71.00 \$71.00	LW1720-02 LW1720-03
Jan 8-Mar 4	M	04:30 PM-05:00 PM	8	\$71.00 \$71.00	LW1720-03 LW1720-04
Jan 8-Mar 4	M	05:20 PM-05:50 PM	8	\$71.00	LW1720-04 LW1720-05
Jan 8-Mar 4	M	05:55 PM-06:25 PM	8	\$71.00	LW1720-03
Jan O-Iviai 4	IVI	03.33 F W-00.23 F W	0	φ11.00	LVV 1720-00

Jan 9-Mar 5

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09:45 AM-10:15 AM

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05:20 PM-05:50 PM

05:25 PM-05:55 PM

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LW1720-07

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LW1720-09

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Mar 11-25	M/W	04:40 PN			5	\$50.00	LW1921-01
Mar 11-25	M/W	05:40 PN			5	\$50.00	LW1921-02
Mar 11-25	M/W	06:20 PN			5	\$50.00	LW1921-03
Mar 12-26	Tu/Th	04:40 PN			5	\$50.00	LW1921-04
Mar 12-26	Tu/Th	05:05 PN			5	\$50.00	LW1921-05
Mar 12-26	Tu/Th	05:45 PN			5	\$50.00	LW1921-06
Mar 12-26	Tu/Th	07:10 PM			5	\$50.00	LW1921-07
Mar 12-26	Tu/Th	07:35 PN	Л-08:05	PM	5	\$50.00	LW1921-08
Swimmer 2	(Ages 6+)					
Mar 11-25	M/W	, 05:05 PN	Л-05:35	PM	5	\$50.00	LW1922-01
Mar 12-26	Tu/Th	06:35 PN	Л-07:05	PM	5	\$50.00	LW1922-02
Mar 12-26	Tu/Th	07:40 PN	И-08:10	PM	5	\$50.00	LW1922-03
Swimmer 3	(Anes 6+	١					
Mar 11-25	M/W	, 06:15 PN	<i>I</i> -06·45	РМ	5	\$50.00	LW1923-01
Mar 12-26	Tu/Th	04:35 PN			5	\$50.00	LW1923-02
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Jan 10-Mar 6	W	04:45 PI	M-05:15	PM	8	\$71.00	LW1720-12
Jan 10-Mar 6	W	05:40 PI	M-06:10	PM	8	\$71.00	LW1720-13
Jan 10-Mar 6	W	06:25 PI	M-06:55	PM	8	\$71.00	LW1720-14
Jan 10-Mar 6	W	07:15 PI	M-07:45	PM	8	\$71.00	LW1720-15
Jan 11-Mar 7	Th	09:45 AM	M-10:15	AM	8	\$71.00	LW1720-16
Jan 11-Mar 7	Th	02:25 PI			8	\$71.00	LW1720-17
Jan 11-Mar 7	Th	04:30 PI	M-05:00	PM	8	\$71.00	LW1720-18
Jan 11-Mar 7	Th	05:10 PI	M-05:40	PM	8	\$71.00	LW1720-19
Jan 11-Mar 7	Th	06:00 PI			8	\$71.00	LW1720-20
Jan 11-Mar 7	Th	07:35 PI			8	\$71.00	LW1720-21
Jan 12-Mar 8	F	05:45 PI			8	\$71.00	LW1720-22
Jan 13-Mar 9	Sa	09:00 AM			8	\$71.00	LW1720-23
Jan 13-Mar 9	Sa	10:15 AM			8	\$71.00	LW1720-24
Jan 13-Mar 9	Sa	12:20 PI	M-12:50	PΜ	8	\$71.00	LW1720-25
Preschool 3	3 (Ages 3	-5 yrs)					
Jan 7-Mar 3	` Su	06:05 PI	M-06:35	PM	8	\$71.00	LW1725-01
Jan 7-Mar 3	Su	07:40 PI	M-08:10	PM	8	\$71.00	LW1725-02
Jan 8-Mar 4	M	04:35 PI	M-05:05	PM	8	\$71.00	LW1725-03
Jan 8-Mar 4	M	06:15 PI	M-06:45	PM	8	\$71.00	LW1725-04
Jan 9-Mar 5	Tu	07:20 PI	M-07:50	PM	8	\$71.00	LW1725-05
Jan 10-Mar 6	W	05:05 PI	M-05:35	PM	8	\$71.00	LW1725-06
Jan 10-Mar 6	W	05:55 PI	M-06:25	PM	8	\$71.00	LW1725-07
Jan 10-Mar 6	W	07:00 PI	M-07:30	PM	8	\$71.00	LW1725-08



Find programs and register online at

leisureonline.saskatoon.ca

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Jan 11-Mar 7	Th	04:35 PM-05:05 PM	8	\$71.00	LW1725-09	Jan 9-Mar 5	Tu	04:30 PM-05:00 PM	8	\$71.00	LW1750-04
Jan 11-Mar 7	Th	05:40 PM-06:10 PM	8	\$71.00	LW1725-10	Jan 9-Mar 5	Tu	06:00 PM-06:30 PM	8	\$71.00	LW1750-05
Jan 11-Mar 7	Th	07:00 PM-07:30 PM	8	\$71.00	LW1725-11	Jan 10-Mar 6	W	04:30 PM-05:00 PM	8	\$71.00	LW1750-06
Jan 12-Mar 8	F	05:10 PM-05:40 PM	8	\$71.00	LW1725-12	Jan 10-Mar 6	W	06:40 PM-07:10 PM	8	\$71.00	LW1750-07
Jan 13-Mar 9	Sa	09:05 AM-09:35 AM	8	\$71.00	LW1725-13	Jan 10-Mar 6	W	07:35 PM-08:05 PM	8	\$71.00	LW1750-08
Jan 13-Mar 9	Sa	12:20 PM-12:50 PM	8	\$71.00	LW1725-14	Jan 11-Mar 7	Th	06:45 PM-07:15 PM	8	\$71.00	LW1750-09
Preschool 4	Ages 3	-5 yrs)				Jan 12-Mar 8	F	04:35 PM-05:05 PM	8	\$71.00	LW1750-10
Jan 11-Mar 7	Th	06:30 PM-07:00 PM	8	\$71.00	LW1730-01	Jan 13-Mar 9	Sa	09:05 AM-09:35 AM	8	\$71.00	LW1750-11
Jan 13-Mar 9	Sa	11:35 AM-12:05 PM	8	\$71.00	LW1730-02	Jan 13-Mar 9	Sa	10:10 AM-10:40 AM	8	\$71.00	LW1750-12
Preschool 5	Ages 3	-5 vrs)				Jan 13-Mar 9	Sa	12:25 PM-12:55 PM	8	\$71.00	LW1750-13
Jan 13-Mar 9	Sa	11:00 AM-11:30 AM	8	\$71.00	LW1735-01	Swimmer 4 (
Swimmer 1 (A				*******		Jan 7-Mar 3	Su	05:30 PM-06:15 PM	8	\$93.50	LW1755-01
Jan 7-Mar 3	Su	06:05 PM-06:35 PM	8	\$71.00	LW1740-01	Jan 8-Mar 4	M	04:30 PM-05:15 PM	8	\$93.50	LW1755-02
Jan 7-Mar 3	Su	06:40 PM-07:10 PM	8	\$71.00	LW1740-01	Jan 10-Mar 6	W	05:05 PM-05:50 PM	8	\$93.50	LW1755-03
Jan 7-Mar 3	Su	06:55 PM-07:25 PM	8	\$71.00	LW1740-02	Jan 11-Mar 7	Th	05:10 PM-05:55 PM	8	\$93.50	LW1755-04
Jan 7-Mar 3	Su	07:40 PM-08:10 PM	8	\$71.00	LW1740-04	Jan 12-Mar 8	F	06:15 PM-07:00 PM	8 8	\$93.50	LW1755-05
Jan 7-Mar 3	Su	08:15 PM-08:45 PM	8	\$71.00	LW1740-05	Jan 13-Mar 9	Sa	10:55 AM-11:40 AM	0	\$93.50	LW1755-06
Jan 8-Mar 4	М	04:30 PM-05:00 PM	8	\$71.00	LW1740-06	Swimmer 5 (_		
Jan 8-Mar 4	М	05:15 PM-05:45 PM	8	\$71.00	LW1740-07	Jan 7-Mar 3	Su	06:40 PM-07:25 PM	8	\$93.50	LW1760-01
Jan 8-Mar 4	М	05:40 PM-06:10 PM	8	\$71.00	LW1740-08	Jan 9-Mar 5	Tu	04:35 PM-05:20 PM	8	\$93.50	LW1760-02
Jan 8-Mar 4	М	06:30 PM-07:00 PM	8	\$71.00	LW1740-09	Jan 10-Mar 6	W	05:05 PM-05:50 PM	8	\$93.50	LW1760-03
Jan 9-Mar 5	Tu	04:45 PM-05:15 PM	8	\$71.00	LW1740-10	Jan 11-Mar 7	Th	07:05 PM-07:50 PM	8	\$93.50	LW1760-04
Jan 9-Mar 5	Tu	05:05 PM-05:35 PM	8	\$71.00	LW1740-11	Jan 12-Mar 8	F	05:05 PM-05:50 PM	8 8	\$93.50	LW1760-05
Jan 9-Mar 5	Tu	05:40 PM-06:10 PM	8	\$71.00	LW1740-12	Jan 13-Mar 9	Sa	10:55 AM-11:40 AM	0	\$93.50	LW1760-06
Jan 9-Mar 5	Tu	06:45 PM-07:15 PM	8	\$71.00	LW1740-13	Swimmer 6 (
Jan 9-Mar 5	Tu	07:35 PM-08:05 PM	8	\$71.00	LW1740-14	Jan 7-Mar 3	Su	06:40 PM-07:25 PM	8	\$93.50	LW1765-01
Jan 10-Mar 6	W	04:30 PM-05:00 PM	8	\$71.00	LW1740-15	Jan 8-Mar 4	M	05:05 PM-05:50 PM	8	\$93.50	LW1765-02
Jan 10-Mar 6	W	05:05 PM-05:35 PM	8	\$71.00	LW1740-16	Jan 9-Mar 5	Tu	05:10 PM-05:55 PM	8	\$93.50	LW1765-03
Jan 10-Mar 6	W	05:55 PM-06:25 PM	8	\$71.00	LW1740-17	Jan 10-Mar 6	W	07:15 PM-08:00 PM	8	\$93.50	LW1765-04
Jan 10-Mar 6	W	06:40 PM-07:10 PM	8	\$71.00	LW1740-18	Jan 11-Mar 7	Th	07:10 PM-07:55 PM	8	\$93.50 \$93.50	LW1765-05
Jan 10-Mar 6 Jan 10-Mar 6	W	07:15 PM-07:45 PM 07:35 PM-08:05 PM	8 8	\$71.00 \$71.00	LW1740-19 LW1740-20	Jan 12-Mar 8 Jan 13-Mar 9	F Sa	05:55 PM-06:40 PM 11:35 AM-12:20 PM	8 8	\$93.50 \$93.50	LW1765-06 LW1765-07
Jan 11-Mar 7	Th	04:30 PM-05:00 PM		\$71.00	LW1740-21				O	φ30.00	LVV 1703-07
Jan 11-Mar 7	Th	04:45 PM-05:15 PM	8	\$71.00	LW1740-21	Rookie Patro			0	0400 75	11111770 04
Jan 11-Mar 7	Th	05:05 PM-05:35 PM	8	\$71.00	LW1740-23	Jan 9-Mar 5	Tu	06:40 PM-07:40 PM	8	\$106.75	LW1770-01
Jan 11-Mar 7	Th	07:20 PM-07:50 PM	8	\$71.00	LW1740-24	Jan 11-Mar 7	Th	05:55 PM-06:55 PM	8 8	\$106.75 \$106.75	LW1770-02
Jan 12-Mar 8	F	04:30 PM-05:00 PM	8	\$71.00	LW1740-25	Jan 13-Mar 9	Sa	09:10 AM-10:10 AM	0	\$100.75	LW1770-03
Jan 12-Mar 8	F	05:10 PM-05:40 PM	8	\$71.00	LW1740-26	Ranger Patro			_	A	
Jan 12-Mar 8	F	05:40 PM-06:10 PM	8	\$71.00	LW1740-27	Jan 9-Mar 5	Tu	07:00 PM-08:00 PM	8	\$106.75	LW1775-01
Jan 13-Mar 9	Sa	09:40 AM-10:10 AM	8	\$71.00	LW1740-28	Jan 11-Mar 7	Th	06:25 PM-07:25 PM	8	\$106.75	LW1775-02
Jan 13-Mar 9	Sa	10:10 AM-10:40 AM	8	\$71.00	LW1740-29	Jan 13-Mar 9	Sa	11:35 AM-12:35 PM	8	\$106.75	LW1775-03
Jan 13-Mar 9	Sa	10:50 AM-11:20 AM	8	\$71.00	LW1740-30	Star Patrol (A					
Jan 13-Mar 9	Sa	11:45 AM-12:15 PM	8	\$71.00	LW1740-31	Jan 8-Mar 4	М	05:45 PM-06:45 PM	8	\$106.75	LW1780-01
Swimmer 2 (A	•		-								
Jan 7-Mar 3	Su	07:25 PM-07:55 PM	8	\$71.00	LW1745-01		- 11 -11 -1				
Jan 7-Mar 3	Su	08:15 PM-08:45 PM	8	\$71.00	LW1745-02			CENTRE 225 Pri			
Jan 8-Mar 4	M	04:40 PM-05:10 PM	8	\$71.00 \$71.00	LW1745-03	Classes cand	elled on	Feb 17, 19, 20, 21,	22 & 2	3.	
Jan 9-Mar 5	Tu	04:30 PM-05:00 PM 07:20 PM-07:50 PM	8 9	\$71.00 \$71.00	LW1745-04 LW1745-05						
Jan 9-Mar 5 Jan 10-Mar 6	Tu W	07.20 PM-07.50 PM 05:20 PM-05:50 PM	8 8	\$71.00	LW1745-05 LW1745-06	Parent & Tot					
Jan 10-Mar 6	W	06:40 PM-07:10 PM	8	\$71.00	LW1745-07	Jan 6-Mar 16	Sa	10:10 AM-10:40 AM	10	\$88.75	LC1702-01
Jan 10-Mar 6	W	07:00 PM-07:30 PM	8	\$71.00	LW1745-08	Jan 8-Mar 18	М	09:35 AM-10:05 AM	10	\$88.75	LC1702-02
Jan 11-Mar 7	Th	05:20 PM-05:50 PM	8	\$71.00	LW1745-09	Jan 8-Mar 18	М	10:00 AM-10:30 AM	10	\$88.75	LC1702-03
Jan 11-Mar 7	Th	05:40 PM-06:10 PM	8	\$71.00	LW1745-10	Jan 8-Mar 18	M	04:30 PM-05:00 PM	10	\$88.75	LC1702-04
Jan 12-Mar 8	F	06:20 PM-06:50 PM	8	\$71.00	LW1745-11	Jan 10-Mar 20	W	09:35 AM-10:05 AM	10	\$88.75	LC1702-05
Jan 13-Mar 9	Sa	09:35 AM-10:05 AM	8	\$71.00	LW1745-12	Jan 11-Mar 21	Th	10:05 AM-10:35 AM	10	\$88.75	LC1702-06
Jan 13-Mar 9	Sa	10:15 AM-10:45 AM	8	\$71.00	LW1745-13	Jan 12-Mar 22	F	10:40 AM-11:10 AM	10	\$88.75	LC1702-07
Swimmer 3 (A	Ages 6+	-)						12 - 24 mos)	40	000 7 5	1.04707.04
Jan 7-Mar 3	Su	05:30 PM-06:00 PM	8	\$71.00	LW1750-01	Jan 6-Mar 16	Sa	11:30 AM-12:00 PM	10	\$88.75	LC1707-01
Jan 7-Mar 3	Su	06:05 PM-06:35 PM		\$71.00	LW1750-02	Jan 8-Mar 18	M	11:10 AM-11:40 AM	10 10	\$88.75	LC1707-02
Jan 8-Mar 4	М	06:25 PM-06:55 PM	8	\$71.00	LW1750-03	Jan 9-Mar 19 Jan 10-Mar 20	Tu W	05:55 PM-06:25 PM 10:10 AM-10:40 AM	10 10	\$88.75 \$88.75	LC1707-03 LC1707-04
20						Jan 11-Mar 21	Th	11:15 AM-11:45 AM	10	\$88.75	LC1707-04 LC1707-05
20						Jan 1 Mai 21			. •	700.10	

Jan 11-Mar Jan 11-Mar Jan 12-Mar Jan 12-Mar	r 21 r 22	Th Th	05:20 PM-05:50 PM									
Jan 12-Mar Jan 12-Mar	r 22	Th	00.20 00.00	10	\$88.75	LC1707-06	Jan 11-Mar 21	Th	10:05 AM-10:35 AM	10	\$88.75	LC1722-18
Jan 12-Mar		111	05:55 PM-06:25 PM	10	\$88.75	LC1707-07	Jan 11-Mar 21	Th	04:30 PM-05:00 PM	10	\$88.75	LC1722-19
		F	11:15 AM-11:45 AM	10	\$88.75	LC1707-08	Jan 11-Mar 21	Th	05:45 PM-06:15 PM	10	\$88.75	LC1722-20
Dava 4 0	r 22	F	05:55 PM-06:25 PM	10	\$88.75	LC1707-09	Jan 11-Mar 21	Th	06:30 PM-07:00 PM	10	\$88.75	LC1722-21
Parent &	Tot 3 (Anes	24 - 36 mos)				Jan 12-Mar 22	F	10:05 AM-10:35 AM	10	\$88.75	LC1722-22
Jan 6-Mar		Sa	10:45 AM-11:15 AM	10	\$88.75	LC1712-01	Jan 12-Mar 22	F	04:30 PM-05:00 PM	10	\$88.75	LC1722-23
Jan 8-Mar		M	10:45 AM-11:15 AM	10	\$88.75	LC1712-02	Jan 12-Mar 22	F	05:05 PM-05:35 PM	10	\$88.75	LC1722-24
Jan 8-Mar		M	05:10 PM-05:40 PM	10	\$88.75	LC1712-03	Jan 12-Mar 22	F	06:20 PM-06:50 PM	10	\$88.75	LC1722-25
Jan 9-Mar		Tu	10:05 AM-10:35 AM	10	\$88.75	LC1712-04	Preschool 3	(Ages 3	-5 vrs)			
Jan 9-Mar		Tu	05:05 PM-05:35 PM	10	\$88.75	LC1712-05	Jan 6-Mar 16	Sa	09:35 AM-10:05 AM	10	\$88.75	LC1727-01
Jan 10-Mar		W	10:35 AM-11:05 AM	10	\$88.75	LC1712-06	Jan 8-Mar 18	M	11:55 AM-12:25 PM	10	\$88.75	LC1727-02
Jan 10-Mar		W	04:30 PM-05:00 PM	10	\$88.75	LC1712-07	Jan 8-Mar 18	M	05:05 PM-05:35 PM	10	\$88.75	LC1727-03
Jan 11-Mar		Th	10:40 AM-11:10 AM	10	\$88.75	LC1712-08	Jan 9-Mar 19	Tu	10:45 AM-11:15 AM	10	\$88.75	LC1727-04
Jan 11-Mar		Th	06:30 PM-07:00 PM	10	\$88.75	LC1712-09	Jan 10-Mar 20	W	12:20 PM-12:50 PM	10	\$88.75	LC1727-05
				10	ψ00.70	201712 00	Jan 10-Mar 20	W	05:20 PM-05:50 PM	10	\$88.75	LC1727-06
Preschoo				40	000 75	104747.04	Jan 11-Mar 21	Th	05:10 PM-05:40 PM	10	\$88.75	LC1727-07
Jan 6-Mar		Sa	09:00 AM-09:30 AM	10	\$88.75	LC1717-01	Jan 12-Mar 22	F	11:15 AM-11:45 AM	10	\$88.75	LC1727-08
Jan 6-Mar		Sa	09:35 AM-10:05 AM	10	\$88.75	LC1717-02	Jan 12-Mar 22	F	04:30 PM-05:00 PM	10	\$88.75	LC1727-09
Jan 6-Mar		Sa	10:55 AM-11:25 AM	10	\$88.75	LC1717-03				10	ψοσ.7 σ	201727 00
Jan 8-Mar		М	10:10 AM-10:40 AM	10	\$88.75	LC1717-04	Preschool 4					
Jan 8-Mar		М	10:35 AM-11:05 AM	10	\$88.75	LC1717-05	Jan 6-Mar 16	Sa	10:20 AM-10:50 AM	10	\$88.75	LC1732-01
Jan 8-Mar		M	11:45 AM-12:15 PM	10	\$88.75	LC1717-06	Jan 9-Mar 19	Tu	04:30 PM-05:00 PM	10	\$88.75	LC1732-02
Jan 8-Mar		M	05:45 PM-06:15 PM	10	\$88.75	LC1717-07	Jan 10-Mar 20	W	11:10 AM-11:40 AM	10	\$88.75	LC1732-03
Jan 8-Mar		М	06:20 PM-06:50 PM	10	\$88.75	LC1717-08	Jan 10-Mar 20	W	05:45 PM-06:15 PM	10	\$88.75	LC1732-04
Jan 9-Mar		Tu	10:40 AM-11:10 AM	10	\$88.75	LC1717-09	Jan 12-Mar 22	F	05:10 PM-05:40 PM	10	\$88.75	LC1732-05
Jan 9-Mar		Tu	11:20 AM-11:50 AM	10	\$88.75	LC1717-10	Preschool 5	(Ages 3	-5 vrs)			
Jan 9-Mar		Tu	04:30 PM-05:00 PM	10	\$88.75	LC1717-11	Jan 8-Mar 18	M M	06:30 PM-07:00 PM	10	\$88.75	LC1737-01
Jan 9-Mar		Tu	05:05 PM-05:35 PM	10	\$88.75	LC1717-12	Jan 11-Mar 21	Th	06:55 PM-07:25 PM	10	\$88.75	LC1737-02
Jan 9-Mar		Tu	06:20 PM-06:50 PM	10	\$88.75	LC1717-13					,	
Jan 9-Mar		Tu	06:50 PM-07:20 PM	10	\$88.75	LC1717-14	Swimmer 1 (10		1 04740 04
Jan 10-Mar		W	11:45 AM-12:15 PM	10	\$88.75	LC1717-15	Jan 6-Mar 16	Sa	09:00 AM-09:30 AM	10	\$88.75	LC1742-01
Jan 10-Mar		W	11:55 AM-12:25 PM	10	\$88.75	LC1717-16	Jan 6-Mar 16	Sa	09:45 AM-10:15 AM	10	\$88.75	LC1742-02
Jan 10-Mar		W	04:35 PM-05:05 PM	10	\$88.75	LC1717-17	Jan 6-Mar 16	Sa	10:25 AM-10:55 AM	10	\$88.75	LC1742-03
Jan 10-Mar		W	05:05 PM-05:35 PM	10	\$88.75	LC1717-18	Jan 6-Mar 16	Sa	10:45 AM-11:15 AM	10	\$88.75	LC1742-04
Jan 10-Mar		W	05:55 PM-06:25 PM	10	\$88.75	LC1717-19	Jan 6-Mar 16	Sa	11:20 AM-11:50 AM	10	\$88.75	LC1742-05
Jan 10-Mar		W	06:20 PM-06:50 PM	10	\$88.75	LC1717-20	Jan 8-Mar 18	M	12:20 PM-12:50 PM	10	\$88.75	LC1742-06
Jan 11-Mar		Th	10:40 AM-11:10 AM	10	\$88.75	LC1717-21	Jan 8-Mar 18	M	05:20 PM-05:50 PM	10	\$88.75	LC1742-07
Jan 11-Mar		Th	11:15 AM-11:45 AM	10	\$88.75	LC1717-22	Jan 8-Mar 18	M	05:45 PM-06:15 PM	10	\$88.75	LC1742-08
Jan 11-Mar		Th	04:35 PM-05:05 PM	10	\$88.75	LC1717-23	Jan 8-Mar 18	M	06:15 PM-06:45 PM	10	\$88.75	LC1742-09
Jan 11-Mar		Th	05:55 PM-06:25 PM	10	\$88.75	LC1717-24	Jan 8-Mar 18	M	06:55 PM-07:25 PM	10	\$88.75	LC1742-10
Jan 11-Mar		Th	06:20 PM-06:50 PM	10	\$88.75	LC1717-25	Jan 9-Mar 19 Jan 9-Mar 19	Tu	04:30 PM-05:00 PM	10	\$88.75	LC1742-11
Jan 12-Mar		F	10:05 AM-10:35 AM	10	\$88.75	LC1717-26		Tu	05:10 PM-05:40 PM	10 10	\$88.75	LC1742-12
Jan 12-Mar		F	10:40 AM-11:10 AM	10	\$88.75	LC1717-27	Jan 9-Mar 19	Tu	05:40 PM-06:10 PM	10	\$88.75	LC1742-13
Jan 12-Mar		F	04:35 PM-05:05 PM	10	\$88.75	LC1717-28	Jan 9-Mar 19 Jan 9-Mar 19	Tu	06:15 PM-06:45 PM	10	\$88.75 \$88.75	LC1742-14 LC1742-15
Jan 12-Mar		F	05:40 PM-06:10 PM	10	\$88.75	LC1717-29	Jan 10-Mar 20	Tu W	07:05 PM-07:35 PM 10:45 AM-11:15 AM	10 10	\$88.75	LC1742-15 LC1742-16
Jan 12-Mar		F	06:15 PM-06:45 PM	10	\$88.75	LC1717-30	Jan 10-Mar 20	W	04:30 PM-05:00 PM	10	\$88.75	LC1742-10 LC1742-17
Preschoo	ol 2 (Ag	ges 3-	5 yrs)				Jan 10-Mar 20	W	05:10 PM-05:40 PM	10	\$88.75	LC1742-17 LC1742-18
Jan 6-Mar	16	Sa	09:00 AM-09:30 AM	10	\$88.75	LC1722-01	Jan 10-Mar 20	W	05:55 PM-06:25 PM	10	\$88.75	LC1742-19
Jan 6-Mar	16	Sa	09:35 AM-10:05 AM	10	\$88.75	LC1722-02	Jan 10-Mar 20	W	06:30 PM-07:00 PM	10	\$88.75	LC1742-19
Jan 6-Mar	16	Sa	10:10 AM-10:40 AM	10	\$88.75	LC1722-03	Jan 11-Mar 21		04:35 PM-05:05 PM	10	\$88.75	LC1742-21
Jan 8-Mar	18	M	11:20 AM-11:50 AM	10	\$88.75	LC1722-04	Jan 11-Mar 21	Th Th	05:20 PM-05:50 PM	10	\$88.75	LC1742-21 LC1742-22
Jan 8-Mar	18	M	04:30 PM-05:00 PM	10	\$88.75	LC1722-05	Jan 11-Mar 21	Th	05:55 PM-06:25 PM	10	\$88.75	LC1742-22 LC1742-23
Jan 8-Mar	18	M	05:10 PM-05:40 PM	10	\$88.75	LC1722-06	Jan 11-Mar 21	Th	06:20 PM-06:50 PM	10	\$88.75	LC1742-23 LC1742-24
Jan 8-Mar	18	M	05:55 PM-06:25 PM	10	\$88.75	LC1722-07	Jan 12-Mar 22	F	04:30 PM-05:00 PM	10	\$88.75	LC1742-24 LC1742-25
Jan 9-Mar	19	Tu	10:10 AM-10:40 AM	10	\$88.75	LC1722-08	Jan 12-Mar 22	F	05:05 PM-05:35 PM	10	\$88.75	LC1742-25 LC1742-26
Jan 9-Mar	19	Tu	11:15 AM-11:45 AM	10	\$88.75	LC1722-09	Jan 12-Mar 22	F	05:45 PM-06:15 PM	10	\$88.75	LC1742-20 LC1742-27
Jan 9-Mar	19	Tu	04:35 PM-05:05 PM	10	\$88.75	LC1722-10	Jan 12-Mar 22	F	06:30 PM-07:00 PM	10	\$88.75	LC1742-27 LC1742-28
Jan 9-Mar	19	Tu	05:05 PM-05:35 PM	10	\$88.75	LC1722-11				10	ψυυ./ υ	LU1142-20
Jan 9-Mar	19	Tu	05:40 PM-06:10 PM	10	\$88.75	LC1722-12	Swimmer 2 (•		4.5	***	
Jan 9-Mar	19	Tu	06:30 PM-07:00 PM	10	\$88.75	LC1722-13	Jan 6-Mar 16	Sa	09:00 AM-09:30 AM	10	\$88.75	LC1747-01
Jan 10-Mar	r 20	W	10:00 AM-10:30 AM	10	\$88.75	LC1722-14	Jan 6-Mar 16	Sa	11:20 AM-11:50 AM	10	\$88.75	LC1747-02
Jan 10-Mar	r 20	W	11:20 AM-11:50 AM	10	\$88.75	LC1722-15	Jan 8-Mar 18	М	04:35 PM-05:05 PM	10	\$88.75	LC1747-03
Jan 10-Mar	r 20	W	05:10 PM-05:40 PM	10	\$88.75	LC1722-16	Jan 8-Mar 18	М	05:40 PM-06:10 PM	10	\$88.75	LC1747-04
Jan 10-Mar	r 20	W	06:30 PM-07:00 PM	10	\$88.75	LC1722-17	Jan 8-Mar 18	M	05:55 PM-06:25 PM	10	\$88.75	LC1747-05
												21

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Jan 9-Mar 19	Tu	05:45 PM-06:15 PM	10	\$88.75	LC1747-06			, ,	0	0	
Jan 10-Mar 20 Jan 11-Mar 21	W Th	04:35 PM-05:05 PM 04:45 PM-05:15 PM	10 10	\$88.75 \$88.75	LC1747-07 LC1747-08		Not :	sure what s	wim le	wel	
Jan 11-Mar 21	Th	05:45 PM-06:15 PM	10	\$88.75	LC1747-08 LC1747-09		, ,,,,	01	. 1.0	12	
Jan 12-Mar 22	 F	05:40 PM-06:10 PM	10	\$88.75	LC1747-10		WOU	eld suit you	r cnuu	(<i>!</i>	
Swimmer 3 (A	aes 6+	·)						o page 16-18 for lesson			
Jan 6-Mar 16	Sa	09:10 AM-09:40 AM	10	\$88.75	LC1752-01		Neior	o pago to to to lor loss.			
Jan 6-Mar 16	Sa	10:10 AM-10:40 AM	10	\$88.75	LC1752-02	Feb 6-Mar 12	Tu/Th	04:40 DM 05:40 DM		Ф74 OO	SC1715-11
Jan 8-Mar 18	M	04:35 PM-05:05 PM	10	\$88.75	LC1752-03	Feb 6-Mar 12	Tu/Th Tu/Th	04:40 PM-05:10 PM 05:25 PM-05:55 PM		\$71.00 \$71.00	SC1715-11 SC1715-12
Jan 8-Mar 18	M	06:20 PM-06:50 PM	10	\$88.75	LC1752-04	Feb 6-Mar 12	Tu/Th	06:50 PM-07:20 PM		\$71.00	SC1715-12
Jan 9-Mar 19	Tu	04:30 PM-05:00 PM	10	\$88.75	LC1752-05	Feb 6-Mar 12	Tu/Th	07:10 PM-07:40 PM		\$71.00	SC1715-14
Jan 9-Mar 19 Jan 10-Mar 20	Tu W	05:40 PM-06:10 PM 05:45 PM-06:15 PM	10 10	\$88.75 \$88.75	LC1752-06 LC1752-07	Preschool 2	(Anne 3				
Jan 10-Mar 20	W	06:20 PM-06:50 PM	10	\$88.75	LC1752-07 LC1752-08	Jan 9-Feb 1	Tu/Th	05:25 PM-05:55 PM	И 8	\$71.00	SC1720-01
Jan 11-Mar 21	Th	05:10 PM-05:40 PM	10	\$88.75	LC1752-09	Jan 9-Feb 1	Tu/Th	06:00 PM-06:30 PM		\$71.00	SC1720-02
Swimmer 4 (A				******		Jan 9-Feb 1	Tu/Th	06:35 PM-07:05 PM		\$71.00	SC1720-03
Jan 6-Mar 16	Sa	11:00 AM-11:45 AM	10	\$116.75	LC1757-01	Jan 12-Mar 1	F	04:00 PM-04:30 PM	<i>l</i> 8	\$71.00	SC1720-04
Jan 8-Mar 18	M	05:05 PM-05:50 PM	10	\$116.75	LC1757-02	Jan 12-Mar 1	F	04:35 PM-05:05 PM		\$71.00	SC1720-05
Jan 9-Mar 19	Tu	05:05 PM-05:50 PM	10	\$116.75	LC1757-03	Jan 12-Mar 1	F	05:45 PM-06:15 PM		\$71.00	SC1720-06
Jan 10-Mar 20	W	05:05 PM-05:50 PM	10	\$116.75	LC1757-04	Jan 13-Mar 2	Sa	09:45 AM-10:15 AN		\$71.00	SC1720-07
Jan 10-Mar 20	W	05:40 PM-06:25 PM	10	\$116.75	LC1757-05	Jan 13-Mar 2	Sa Tu/Th	10:15 AM-10:45 AM 05:15 PM-05:45 PM		\$71.00	SC1720-08 SC1720-09
Jan 11-Mar 21	Th	05:05 PM-05:50 PM	10	\$116.75	LC1757-06	Feb 6-Mar 12 Feb 6-Mar 12	Tu/Th Tu/Th	06:00 PM-06:30 PM		\$71.00 \$71.00	SC1720-09 SC1720-10
Jan 12-Mar 22	F	06:15 PM-07:00 PM	10	\$116.75	LC1757-07	Feb 6-Mar 12	Tu/Th	06:25 PM-06:55 PM		\$71.00	SC1720-10
Swimmer 5 (A						Preschool 3			•	Ψσ	0020
Jan 6-Mar 16	Sa	09:35 AM-10:20 AM	10	\$116.75	LC1762-01	Jan 9-Feb 1	Tu/Th	05:10 PM-05:40 PM	Л 8	\$71.00	SC1725-01
Jan 6-Mar 16	Sa	10:45 AM-11:30 AM	10	\$116.75	LC1762-02	Jan 9-Feb 1	Tu/Th	07:10 PM-07:40 PM		\$71.00	SC1725-02
Jan 8-Mar 18	M	04:30 PM-05:15 PM	10	\$116.75	LC1762-03	Jan 12-Mar 1	F	04:35 PM-05:05 PM		\$71.00	SC1725-03
Jan 10-Mar 20 Jan 11-Mar 21	W Th	04:30 PM-05:15 PM 04:30 PM-05:15 PM	10 10	\$116.75 \$116.75	LC1762-04 LC1762-05	Jan 12-Mar 1	F	05:10 PM-05:40 PM		\$71.00	SC1725-04
Jan 12-Mar 22	F	05:05 PM-05:50 PM	10	\$116.75	LC1762-05 LC1762-06	Jan 13-Mar 2	Sa	10:20 AM-10:50 AM		\$71.00	SC1725-05
Swimmer 6 (A				ψσσ	20110200	Feb 6-Mar 12	Tu/Th	05:25 PM-05:55 PM	Л 8	\$71.00	SC1725-06
Jan 8-Mar 18	M	06:30 PM-07:15 PM	10	\$116.75	LC1767-01	Preschool 4					
				Ψσσ		Jan 9-Feb 1	Tu/Th	07:25 PM-07:55 PM		\$71.00	SC1932-01
						Jan 12-Mar 1	F O-	06:35 PM-07:05 PM		\$71.00	SC1932-02
SHAW CE	NTRE	122 Bowlt Crescent				Jan 13-Mar 2 Feb 6-Mar 12	Sa Tu/Th	11:00 AM-11:30 AM 04:45 PM-05:15 PM		\$71.00 \$71.00	SC1932-03 SC1932-04
Classes cance	elled on	Feb 20 & 22; Mar 7	7.						VI 0	φ11.00	30 1932-04
						Swimmer 1 (Jan 9-Feb 1	Ages bar Tu/Th	^r) 04:35 PM-05:05 PN	Л 8	\$71.00	SC1740-01
Parent & Tot	1 (Ages	s 4-12 mos)				Jan 9-Feb 1	Tu/Th	06:20 PM-06:50 PM		\$71.00	SC1740-01 SC1740-02
Jan 9-Feb 1	Tu/Th	04:35 PM-05:05 PM	8	\$71.00	SC1700-01	Jan 9-Feb 1	Tu/Th	06:55 PM-07:25 PM		\$71.00	SC1740-02
Jan 12-Mar 1	F	05:40 PM-06:10 PM	8	\$71.00	SC1700-02	Jan 9-Feb 1	Tu/Th	07:35 PM-07:55 PM		\$71.00	SC1740-04
Jan 13-Mar 2	Sa	09:00 AM-09:30 AM	8	\$71.00	SC1700-03	Jan 12-Mar 1	F	04:00 PM-04:30 PM	8 N	\$71.00	SC1740-05
Parent & Tot			_			Jan 12-Mar 1	F	04:35 PM-05:05 PM		\$71.00	SC1740-06
		05:55 PM-06:25 PM	8	\$71.00	SC1705-01	Jan 12-Mar 1	F	05:10 PM-05:40 PM		\$71.00	SC1740-07
		es 12-36 mos)				Jan 12-Mar 1	F	06:20 PM-06:50 PM		\$71.00	SC1740-08
Jan 9-Feb 1	Tu/Th	04:35 PM-05:05 PM		\$71.00	SC1926-01	Jan 13-Mar 2 Jan 13-Mar 2	Sa	09:10 AM-09:40 AM 10:25 AM-10:55 AM		\$71.00 \$71.00	SC1740-09 SC1740-10
Jan 12-Mar 1	F	04:00 PM-04:30 PM	8	\$71.00	SC1926-02	Jan 13-Mar 2	Sa Sa	11:00 AM-11:30 AM		\$71.00	SC1740-10 SC1740-11
Jan 13-Mar 2	Sa	10:50 AM-11:20 AM	8	\$71.00	SC1926-03	Feb 6-Mar 12	Tu/Th	05:20 PM-05:50 PM		\$71.00	SC1740-12
Parent & Tot						Feb 6-Mar 12	Tu/Th	06:30 PM-07:00 PM		\$71.00	SC1740-13
Feb 6-Mar 12		06:35 PM-07:05 PM	8	\$71.00	SC1710-01	Feb 6-Mar 12	Tu/Th	07:10 PM-07:40 PM	<i>l</i> 8	\$71.00	SC1740-14
Preschool 1 (_			Swimmer 2 (Ages 6	+)			
Jan 9-Feb 1	Tu/Th	04:50 PM-05:20 PM	8	\$71.00	SC1715-01	Jan 9-Feb 1	Tu/Th	05:25 PM-05:55 PM	<i>l</i> 8	\$71.00	SC1745-01
Jan 9-Feb 1	Tu/Th	05:10 PM-05:40 PM	8	\$71.00	SC1715-02	Jan 9-Feb 1	Tu/Th	06:50 PM-07:20 PM		\$71.00	SC1745-02
Jan 9-Feb 1	Tu/Th	06:00 PM-06:30 PM	8	\$71.00 \$71.00	SC1715-03	Jan 9-Feb 1	Tu/Th	07:30 PM-08:00 PM		\$71.00	SC1745-03
Jan 9-Feb 1 Jan 12-Mar 1	Tu/Th F	06:50 PM-07:20 PM 05:10 PM-05:40 PM	8 8	\$71.00 \$71.00	SC1715-04 SC1715-05	Jan 12-Mar 1	F	04:00 PM-04:30 PM		\$71.00	SC1745-04
Jan 12-Mar 1	F	06:15 PM-06:45 PM	8	\$71.00	SC1715-05 SC1715-06	Jan 12-Mar 1	F	04:35 PM-05:05 PM		\$71.00	SC1745-05
Jan 13-Mar 2	Sa	09:00 AM-09:30 AM	8	\$71.00	SC1715-07	Jan 12-Mar 1	F	06:00 PM-06:30 PM		\$71.00	SC1745-06
Jan 13-Mar 2	Sa	09:50 AM-10:20 AM	8	\$71.00	SC1715-08	Jan 13-Mar 2 Jan 13-Mar 2	Sa Sa	09:35 AM-10:05 AM 10:55 AM-11:25 AM		\$71.00 \$71.00	SC1745-07 SC1745-08
						Jan 13-Mai Z	Sa	10.00 AW-11.20 AW	1 0	Ψ11.00	301743-00
Jan 13-Mar 2	Sa	11:30 AM-12:00 PM	8	\$71.00	SC1715-09	Jan 13-Mar 2	Sa	11:55 AM-12:05 PN	1 8	\$71 00	SC1745-09
Jan 13-Mar 2 Jan 13-Mar 2 22	Sa Sa	11:30 AM-12:00 PM 11:35 AM-12:05 PM	8 8	\$71.00 \$71.00	SC1715-09 SC1715-10	Jan 13-Mar 2 Feb 6-Mar 12	Sa Tu/Th	11:55 AM-12:05 PM 04:35 PM-05:05 PM		\$71.00 \$71.00	SC1745-09 SC1745-10

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

Date	Day(s)	Time	#Classes	Fee	Code	Date
Feb 6-Mar 12	Tu/Th	06:00 PM-06:30 PM	8	\$71.00	SC1745-11	Jan 13-
Feb 6-Mar 12	Tu/Th	06:35 PM-07:05 PM	8	\$71.00	SC1745-12	Feb 6-N
Swimmer 3 (Aaes 6+	·)				Swimi
Jan 9-Feb 1	Tu/Th	05:45 PM-06:15 PM	8	\$71.00	SC1750-01	Jan 9-F
Jan 9-Feb 1	Tu/Th	07:25 PM-07:55 PM	8	\$71.00	SC1750-02	Jan 12-
Jan 12-Mar 1	F	04:00 PM-04:30 PM		\$71.00	SC1750-03	Jan 13-
Jan 12-Mar 1	F	05:45 PM-06:15 PM		\$71.00	SC1750-04	Feb 6-N
Jan 12-Mar 1	F	06:35 PM-07:05 PM		\$71.00	SC1750-05	Rooki
Jan 13-Mar 2	Sa	09:35 AM-10:05 AM	8	\$71.00	SC1750-06	Jan 9-F
Jan 13-Mar 2	Sa	11:25 AM-11:55 AM	8	\$71.00	SC1750-07	Jan 12-
Feb 6-Mar 12	Tu/Th	05:50 PM-06:20 PM		\$71.00	SC1750-09	Jan 13-
Feb 6-Mar 12	Tu/Th	07:25 PM-07:55 PM	8	\$71.00	SC1750-08	
Swimmer 4 (Ages 6+	·)				Star P
Jan 9-Feb 1	Tu/Th	04:35 PM-05:20 PM	8	\$93.50	SC1755-01	Feb 6-N
Jan 9-Feb 1	Tu/Th	06:35 PM-07:20 PM		\$93.50	SC1755-02	
Jan 12-Mar 1	F	05:10 PM-05:55 PM	8	\$93.50	SC1755-03	
Jan 13-Mar 2	Sa	09:00 AM-09:45 AM		\$93.50	SC1755-04	• • • •
Jan 13-Mar 2	Sa	10:10 AM-10:55 AM	8	\$93.50	SC1755-05	
Feb 6-Mar 12	Tu/Th	04:35 PM-05:20 PM	8	\$93.50	SC1755-06	
Feb 6-Mar 12	Tu/Th	06:00 PM-06:45 PM	8	\$93.50	SC1755-07	•
Swimmer 5 (Ages 6+	·)				
Jan 9-Feb 1 `	Tu/Th	04:35 PM-05:20 PM	8	\$93.50	SC1760-01	
Jan 12-Mar 1	F	06:20 PM-07:05 PM	8	\$93.50	SC1760-02	

Date	Day(s)	Time	#Classes	Fee	Code
	Duy(o)				
Jan 13-Mar 2	Sa	10:10 AM-10:55 AM	8	\$93.50	SC1760-03
Feb 6-Mar 12	Tu/Th	04:35 PM-05:20 PM	8	\$93.50	SC1760-04
Swimmer 6 (Ages 6+	·)			
Jan 9-Feb 1 `	Tu/Th	05:25 PM-06:10 PM	8	\$93.50	SC1765-01
Jan 12-Mar 1	F	05:45 PM-06:30 PM	8	\$93.50	SC1765-02
Jan 13-Mar 2	Sa	11:00 AM-11:45 AM	8	\$93.50	SC1765-03
Feb 6-Mar 12	Tu/Th	05:10 PM-05:55 PM	8	\$93.50	SC1765-04
Rookie/Rang	er Patro	I (Ages 6+)			
Jan 9-Feb 1	Tu/Th	05:45 PM-06:45 PM	8	\$106.75	SC1944-01
Jan 12-Mar 1	F	04:35 PM-05:35 PM	8	\$106.75	SC1944-02
Jan 13-Mar 2	Sa	09:10 AM-10:10 AM	8	\$106.75	SC1944-03
Star Patrol (A	aes 6+)			
Feb 6-Mar 12	Tu/Th	07:00 PM-08:00 PM	8	\$106.75	SC1780-01



Find programs and register online at

leisureonline.saskatoon.ca

LIFESAVING SOCIETY SWIM LESSON LISTINGS (ADULT)

	Date	Day(s)	Time	#Classes Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
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LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

 Adult Swimmer 1
 (Cancelled Feb 18)

 Jan 7-Mar 3
 Su
 08:00 PM-08:45 PM
 8
 \$117.25
 LW1901-01

 Adult Swimmer 2
 (Cancelled Feb 18)

 Jan 7-Mar 3
 Su
 08:00 PM-08:45 PM
 8
 \$117.25
 LW1902-01



LAWSON CIVIC CENTRE 225 Primrose Drive

Adult Swimmer 1 Jan 9-Mar 19 06:15 PM-07:00 PM 10 \$146.75 Tu LC1907-01 Jan 11-Mar 21 Th 06:30 PM-07:15 PM 10 \$146.75 LC1907-02 **Adult Swimmer 2** Jan 9-Mar 19 06:15 PM-07:00 PM LC1909-01 Tu 10 \$146.75

SHAW CENTRE 122 Bowlt Crescent

Adult Swimmer 1

Feb 6-Mar 12 Tu/Th 07:05 PM-07:50 PM 8 \$117.25 SC1901-01

ADDITIONAL SWIM LESSON OPTIONS

Note: registration for Private & Semi-Private swim lessons will open on **Monday, December 4**.

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, Lawson Civic Centre and Shaw Centre. Call any facility for more information or to register.

Youth 1 session \$38.25 • 3 sessions \$111.75 • 5 sessions \$182.50 Adult 1 session \$42.50 • 3 sessions \$121.00 • 5 sessions \$197.25

Semi-Private Swim Lessons

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

Youth 1 session \$28.75 • 3 sessions \$82.00 • 5 sessions \$133.50 Adult 1 session \$33.50 • 3 sessions \$94.50 • 5 sessions \$153.75

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				
Jan 9-Mar 5	Tu	04:15 PM-04:45 PM	\$73.50	AC1352-01
Cosmo Arena				
Jan 10-Mar 6	W	04:15 PM-04:45 PM	\$73.50	CA1352-01
Jan 11-Mar 7	Th	04:15 PM-04:45 PM	\$73.50	CA1352-02
Lions Arena				
Jan 8-Mar 4	М	04:15 PM-04:45 PM	\$73.50	LI1352-01

New! 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.

maring ram.				
Lakewood Civic	Centre			
Jan 6-Feb 3	Sa	10:15 AM-11:00 AM	\$45.00	LW1401-01
Feb 10-Mar 16	Sa	11:15 AM-12:00 PM	\$45.00	LW1401-02
Lawson Civic Co	entre			
Jan 14-Feb 11	Su	02:30 PM-03:15 PM	\$45.00	LC1401-01
Feb 25-Mar 24	Su	03:30 PM-04:15 PM	\$45.00	LC1401-02
Shaw Centre				
Jan 13-Feb 10	Sa	10·15 AM-11·00 AM	\$45.00	SC1401-01





Find programs and register online at

New! 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.

Lakewood Civic	Centre			
Jan 7-Feb 4	Su	10:15 AM-11:00 AM	\$45.00	LW1402-01
Feb 10-Mar 16	Sa	09:15 AM-10:00 AM	\$45.00	LW1402-02
Lawson Civic Co	entre			
Jan 12-Feb 9	F	11:45 AM-12:30 PM	\$45.00	LC1402-02
Jan 14-Feb 11	Su	01:30 PM-02:15 PM	\$45.00	LC1402-01
Feb 25-Mar 24	Su	02:30 PM-03:15 PM	\$45.00	LC1402-03
Shaw Centre				
Jan 13-Feb 10	Sa	09:15 AM-10:00 AM	\$45.00	SC1402-01
Feb 24-Mar 23	Sa	09:15 AM-10:00 AM	\$45.00	SC1402-02

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			
Jan 6-Feb 3	Sa	09:15 AM-10:00 AM	\$45.75	LW1364-01
Feb 10-Mar 16	Sa	10:15 AM-11:00 AM	\$45.75	LW1364-02
Feb 11-Mar 17	Su	10:15 AM-11:00 AM	\$45.75	LW1364-03
Lawson Civic C	entre			
Jan 14-Feb 11	Su	03:30 PM-04:15 PM	\$45.75	LC1364-01
Feb 16-Mar 22	F	11:45 AM-12:30 PM	\$45.75	LC1364-03
Feb 25-Mar 24	Su	01:30 PM-02:15 PM	\$45.75	LC1364-02

Stay Connected! Subscribe to the Leisure eNewsletter

Visit 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 three to four times a year and you can unsubscribe at any time.

CHILDREN RECREATION PROGRAMS

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				
Jan 9-Mar 5	Tu	04:00 PM-04:45 PM	\$95.25	AC1305-01
Lions Arena				
Jan 8-Mar 4	M	04:00 PM-04:45 PM	\$95.25	LI1305-01
Cosmo Arena				
Jan 10-Mar 6	W	04:00 PM-04:45 PM	\$95.25	CA1305-01
Jan 11-Mar 7	Th	04:00 PM-04:45 PM	\$95.25	CA1305-02

CHILDREN SPORT

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.

Lakewood Civic	Centre			
Jan 6-Feb 3	Sa	11:15 AM-12:15 PM	\$57.50	LW1363-01
Feb 11-Mar 17	Su	11:15 AM-12:15 PM	\$57.50	LW1363-02
Shaw Centre				
Feb 24-Mar 23	Sa	10:15 AM-11:00 AM	\$57.50	SC1363-01

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

Jan 7-Feb 4	Su	10:00 AM-11:00 AM	\$63.50	FH1313-01
Feb 25-Mar 24	Su	11:15 AM-12:15 PM	\$63.50	FH1313-02



Kicks for Kids

6-9 yrs. Recreational soccer fun! Learn new skills, practise drills and enjoy a fun game.

Lakewood Civic Centre

Jan 7-Feb 4 Su 11:15 AM-12:15 PM \$63.50 LW1323-01

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

Jan 7-Feb 4	Su	11:15 AM-12:15 PM	\$63.50	FH1367-01
Feb 25-Mar 24	Su	10:00 AM-11:00 AM	\$63.50	FH1367-02

YOUTH RECREATION PROGRAMS

PROGRAMS & ACTIVITIES

YOUTH PERSONAL TRAINING & FITNESS CONSULTATIONS

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 Lakewood Civic Centre Lawson Civic Centre Saskatoon Field House Shaw Centre	\$133.25 LW1349-01 LC1349-01 FH1349-01 SC1349-01
6 Sessions Lakewood Civic Centre Lawson Civic Centre Saskatoon Field House Shaw Centre	\$266.25 LW1348-01 LC1348-01 FH1348-01 SC1348-01
11 Sessions Lakewood Civic Centre Lawson Civic Centre Saskatoon Field House Shaw Centre	\$488.50 LW1347-01 LC1347-01 FH1347-01 SC1347-01

Introduction to Youth Weight Room Training

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. After the session you will leave with a Youth Weight Room Card that allows you to use the fitness and weight room without supervision.

1-hour session	\$39.75
Lakewood Civic Centre	LW1381-01
Lawson Civic Centre	LC1381-01
Saskatoon Field House	FH1381-01
Shaw Centre	SC1381-01

Youth Weight Training

13-18 yrs. Learn the proper use of the cardio and weight training equipment at the Leisure Centre of your choice. You will leave with a personalized program. Price includes GST.

1-hour session	\$60.25
Lakewood Civic Centre	LW1372-01
Lawson Civic Centre	LC1372-01
Saskatoon Field House	FH1372-01
Shaw Centre	SC1372-01

PROGRAMS & ACTIVITIES

FREE COMMUNITY PROGRAMMING

UPCOMING PROGRAMS & EVENTS

For more information about these FREE programs and events, visit leisureonline.saskatoon.ca or call 306-975-3378. Unless noted otherwise, pre-registration is required for these programs and events.

School Break Camp

10-14 yrs. Free! Join us during the school break for three days of sports and activities led by qualified instructors. Register for as many sessions as you would like. For more information contact 306-975-3378.

Cosmo Civic Centre (3130 Laurier Drive)

Futsal Feb 20 Tu 09:00 AM-12:00 PM CD1380-01 Feb 20 01:00 PM-04:00 PM CD1380-02 Learn to Métis Jigging Tu Archerv Feb 21 W 09:00 AM-12:00 PM CD1380-03

Table Tennis Saskatchewan (510 Cynthia Street)

Table Tennis Feb 21 W 01:00 PM-04:00 PM CD1380-04

Channel Performance (Bay D-119 105th Street East)

Feb 22 Th 09:00 AM-12:00 PM Parkour & Circus CD1380-05 Gymnastics & Circus Feb 22 Th 01:00 PM-04:00 PM CD1380-06

Multi Sport Sampler

7-14 yrs. Free! A great opportunity for children and youth to engage in physical activity while developing new and improved skills in a wide variety of sport activities.

Gordie Howe Sports Complex (1525 Avenue P South)

Learn to Baseball Jan 22 M 09:30 AM-12:30 PM CD1639-01 01:00 PM-04:00 PM CD1639-02 Disc Golf Jan 22 M

Family Day Skate

FREE! Bring your skates, safety gear and skate assist and enjoy skating with your family. Participants under the age of 6 must be accompanied by a parent/quardian at all times while on the ice. Please dress warm. Visit leisureonline.saskatoon.ca or call 306-975-2800 for more information.

Cosmo Arena (3130 Laurier Drive) Monday, February 19 • 1:00 PM-4:00 PM

Movies in the Gym

FREE! Fill your afternoon with laughter and come enjoy a free movie and popcorn on the big screen. It's a great way to spend time with your friends and family on the next day off of school. Toy Story will be shown from 2:00-3:30 PM and Onward will be shown from 4:00-5:30 PM. Drop-in; pre-registration is not required.

Cosmo Civic Centre (3130 Laurier Drive) Monday, March 4 • 2:00 PM-5:30 PM

WINTER PLAY PROGRAM

FREE! Each session is a great way for children to stay active while learning and developing skills in classic Canadian or Indigenous winter sports. All equipment is provided. Visit leisureonline.saskatoon.ca or call 306-975-2800 for more information.

Winter Wonderland Activities: Playday in the Park

6-12 yrs. Free! Each session is a great way for children and families to stay active and have fun enjoying the outdoors. All equipment will be provided.

Hampton Village Rec Unit (1023 Hampton Circle)

Saturday, January 27 • 1:00 to 4:00 p.m. College Park Rec Unit (131 Campion Crescent)

Saturday, February 3 • 1:00 to 4:00 p.m.

Westmount Park Rec Unit (310 Avenue L North) Saturday, February 10 • 1:00 to 4:00 p.m.

MÈ TA WÈ TÀN PROGRAMS





Mè Ta Wè Tàn programs are a fun way for all ages to learn more about Indigenous traditions and get active in sport, culture and recreation. Connect with others with similar interests and experience something new in a comfortable environment. All programs are FREE!

For more information on programs including dates and times, visit saskatoon.ca/metawetan or call 306-975-3378.

Functional Fitness Boot Camp

This drop-in program intervals of high intensity cardio with conditioning exercises using weights, bands, benches and balls. High energy and a willingness to sweat are a must.

St. Mary's Wellness & Education Centre (327 Avenue N South) Dates & Times TBA

Run Club

Learn how to run at your own pace. Everyone is welcome and all ages can

St. Mary's Wellness & Education Centre (327 Avenue N South) Dates & Times TBA

Beading Class

All levels welcome. Limited spots. Cosmo Civic Centre Dates & Times TBA

MÈ TA WÈ TÀN YOUTH CENTRES

Ages 10-14 yrs. The Mè Ta Wè Tàn community youth centres provide a gathering place for youth to learn healthy lifestyle through sport, recreation and cultural activities. Leaders provide a fun and active atmosphere while playing sports, games and other activities. Youth Centres are FREE and everyone is welcome to attend. Bring your friends and hang out!

King George Youth Centre

King George School (721 Avenue K South) Dates & times TBA

Did you know? Mè Ta Wè Tàn is Cree for 'Let's Play!'

ADULT RECREATION PROGRAMS

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.

Cosmo Civic Centre

Jan 13-27	Sa	09:15 AM-10:15 AM	\$35.00	CC1320-01
Saskatoon Fiel	ld House			
Feb 3-24	Sa	01:00 PM-02:00 PM	\$35.00	FH1320-01
Feb 3-24	Sa	02:15 PM-03:15 PM	\$35.00	FH1320-02
Mar 3-17	Su	10:00 AM-11:00 AM	\$35.00	FH1320-03
Mar 3-17	Su	11:15 AM-12:15 PM	\$35.00	FH1320-04

Learn to Group Cycle

No need to stop biking just because of cooler weather. 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.

Shaw Centre

Feb 25	Su	09:15 AM-10:15 AM	\$15.00	SC1333-01
Saskatoon Field	House			
Jan 28-Feb 11	Su	10:30 AM-11:30 AM	\$15.00	FH1333-01

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

Jan 7-21	Su	01:00 PM-02:00 PM	\$15.00	FH1330-01



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.

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, flexible admission options, personal training and an overview of the unique facilities. 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 <u>saskatoon.ca/leisureonline</u> to reserve your spot in advance. Drop-in quests are also welcome.

Lakewood Civic Centre

Jan 8	М	06:00 PM-07:30 PM	FREE	LW5817-01		
Jan 11	Th	06:00 PM-07:30 PM	FREE	LW5817-02		
Lawson (Civic Cen	tre				
Jan 16	Tu	06:45 PM-08:15 PM	FREE	LC5817-05		
Feb 21	W	06:45 PM-08:15 PM	FREE	LC5817-06		
Shaw Cer	ntre					
Jan 9	Tu	06:30 PM-08:00 PM	FREE	SC5817-01		
Jan 10	W	11:30 AM-01:00 PM	FREE	SC5817-02		
Saskatoon Field House						
Jan 2	Tu	05:30 PM-07:00 PM	FREE	FH5817-01		
Jan 4	Th	05:30 PM-07:00 PM	FREE	FH5817-02		

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.

Lakewood Civic Centre Jan 9-23 Tu

Jan 9-23	Tu	06:00 PM-07:00 PM	\$15.00	LW1327-01
Saskatoon Field House			·	
Jan 7-21	Su	10:30 AM-11:30 AM	\$15.00	FH1327-01
Shaw Centre			·	
Feb 23	F	07:00 PM-08:00 PM	\$15.00	SC1327-01
	•	555 00.00 i iii	Ψ.0.00	55.5E/ 01

ADULT PERSONAL TRAINING & FITNESS CONSULTATIONS

Each personal training session includes a one-hour Personal Consultation to discuss your specific needs and goals. This is an opportunity for you and your trainer to meet, build rapport and gather the information needed to develop an action plan.

Semi-Private Training

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

6 sessions	\$255.75*
Lakewood Civic Centre	LW1356-01
Lawson Civic Centre	LC1356-01
Saskatoon Field House	FH1356-01
Shaw Centre	SC1356-01
11 sessions	\$451.00*
Lakewood Civic Centre	LW1355-01
Lawson Civic Centre	LC1355-01
Lawson Civic Centre Saskatoon Field House	LC1355-01 FH1355-01

^{*}Price per person

ADULT RECREATION PROGRAMS

Personal Training

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 Lakewood Civic Centre Lawson Civic Centre Saskatoon Field House Shaw Centre	\$167.75 LW1346-01 LC1346-01 FH1346-01 SC1346-01
6 Sessions Lakewood Civic Centre Lawson Civic Centre Saskatoon Field House Shaw Centre	\$335.50 LW1345-01 LC1345-01 FH1345-01 SC1345-01
11 Sessions Lakewood Civic Centre Lawson Civic Centre Saskatoon Field House Shaw Centre	\$607.00 LW1344-01 LC1344-01 FH1344-01 SC1344-01

Revamp Your Workout

Have you been working out for a while but have yet to reach your goal? Maybe it's time to change it up! Our fitness consultants have the experience and creativity to put the burn back into your workout to get the results you want.

1 hour consultation & 1 hour training	\$89.00
Lakewood Civic Centre	LW1353-01
Lawson Civic Centre	LC1353-01
Saskatoon Field House	FH1353-01
Shaw Centre	SC1353-01

Home Fitness

Our fitness consultants will design a home training option that fits your needs and lifestyle with minimal equipment. Consultation and training will occur at the Leisure Centre of your choice.

1 hour consultation & 1 hour training	\$89.00
Cosmo Civic Centre	CC1317-01
Lakewood Civic Centre	LW1317-01
Lawson Civic Centre	LC1317-01
Saskatoon Field House	FH1317-01
Shaw Centre	SC1317-01

Adult Basic Weight Training

For the absolute beginner. A machine based program to ensure maximum safety and ease of use. A great start to lifelong fitness.

1 hour program	\$66.00
Lakewood Civic Centre	LW1302-01
Lawson Civic Centre	LC1302-01
Saskatoon Field House	FH1302-01
Shaw Centre	SC1302-01

GENERAL FITNESS

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

Mommy 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

Child Minding

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

See page 10 or visit saskatoon.ca/leisureonline for hours.

the Mommy & 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).

Saskatoon Field House

Jan 15-Mar 11 M 11:00 AM-11:45 AM \$57.50 FH1338-01

Mommy 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). Saskatoon Field House

Jan 9-Feb 6 Tu/Th 10:45 AM-11:30 AM \$57.50 FH1339-01 Feb 27-Mar 21 Tu/Th 10:45 AM-11:30 AM \$57.50 FH1339-02



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

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



Find programs and register online at leisureonline.saskatoon.ca

The First Step Program™

This program offers supervised exercise and education components for individuals looking to make exercise a regular part of their life and is designed for those with pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease. For more information or to register call 306-975-3121.



Jan-Mar Tu, Th, Sa Mornings Tu, Th Evenings

The First Step Program™ is provided in partnership with the City of Saskatoon, LiveWell 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. For more information, contact Connie at 1-800-263-3367, by email at mindsinmotion@alzheimer.sk.ca, or visit alzheimer.ca/sk. To register call the Saskatoon Field House at 306-975-3354.

Saskatoon Field House

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

01:00 PM-02:30 PM

Saskatoon Field House

Neuro (Stroke) Exercise Jan-Mar Tu, Th

02:45 PM-03:45 PM

Parkinson's Exercise Jan-Mar M, W, F

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

Sa/Su 09:00 AM-05:30 PM CC1609-01 Feb 3 & 4 \$137.50 Feb 21 & 22 Sa/Su 09:00 AM-05:30 PM CC1609-02 \$137.50

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

CC1610-01 Jan 14 09:00 AM-05:30 PM Su 09:00 AM-05:30 PM \$77.25 CC1610-02 Feb 10

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 \$41.95 (applicable taxes incuded), which is also required for Bronze Medallion and Bronze Cross. 100% attendance is mandatory.

Lakewood Civic Centre

Jan 12-Mar 8 05:30 PM-07:00 PM \$111.25 LW1605-01

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 \$41.95 (applicable taxes included). 100% attendance is mandatory.

Lawson Civic Centre

Jan 7-Mar 3 05:30 PM-08:00 PM \$134.75 LC1604-01 Lakewood Civic Centre Mar 12-28 Tu/Th 04:30 PM-08:15 PM \$134.75 LW1604-01

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 \$41.95 (applicable taxes included). 100% attendance is mandatory.

Lawson Civic Centre

Jan 7-Mar 3 05:15 PM-08:00 PM \$134.75 LC1603-01 **Lakewood Civic Centre** Mar 11, 18 & 25 04:00 PM-07:00 PM \$134.75 LW1603-01 M Mar 13, 20 & 27 04:00 PM-08:30 PM

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 \$45.15 (applicable taxes included). 100% attendance is mandatory.

Sliaw Cellue				
Feb 9 & 16	F	05:30 PM-09:30 PM	\$193.25	SC1606-01
Feb 10 & 17	Sa	09:00 AM-06:30 PM		
Feb 11 & 18	Su	09:00 AM-06:30 PM		
Feb 19-23	M-F	09:00 AM-06:30 PM	\$192.25	SC1606-02

PROGRAMS & ACTIVITIES

TRAINING & CERTIFICATION PROGRAMS





BECOME A LIFEGUARD!

As a City of Saskatoon Lifequard 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
- LIFESAVING SOCIETY BRONZE CROSS Pre-requisites: Lifesaving Society Bronze Medallion
- STANDARD FIRST AID/CPR-C AED Pre-requisites: None
- 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 National Lifeguard Recertification

Pre-requisite: Proof of National Lifequard 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

Jan 7 09:00 AM-01:00 PM \$72.00 SC1607-01 09:00 AM-01:00 PM SC1607-02 Feb 25 \$72.00 Su

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 \$99.75 (applicable taxes included). *Mentorship required to become Examiner

Lakewood Civic Centre

05:00 PM-10:00 PM LW1601-01 Mar 15 & 22 \$276.00 Mar 16 & 23 Sa 08:00 AM-05:00 PM Mar 17 & 24 08:00 AM-05:00 PM Su

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.

STEPS TO BECOMING A CERTIFIED SPRA FITNESS INSTRUCTOR

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

TRAINING & CERTIFICATION PROGRAMS

PROGRAMS & ACTIVITIES

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

Jan 2 Tu 06:00 PM-07:30 PM FREE VT1318-01

SPRA Exercise Theory Course

16 yrs+. A 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 \$72.45 (applicable taxes included).

Cosmo Civic Centre

Jan 19 & 26 F 06:00 PM-10:00 PM \$323.25 CC1613-01 Jan 20 & 27 Sa 09:00 AM-05:00 PM



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 \$56.70 (applicable taxes included).

Saskatoon Field House

Feb 9 F 06:00 PM-10:00 PM \$226.00 FH1614-01 Feb 10 Sa 09:00 AM-05:00 PM

SPRA Exercise for Older Adults Course

16 yrs+. Pre-requisite: SPRA Exercise Theory Course. This 20-hour course will increase your knowledge and confidence level leading a group exercise class for older adults on land. An individualized practical component must

be completed following the course for certification. Course manual and precourse information can be picked up from the host site one week prior to course start date. Fee does not include manual cost of \$82.95 or practical exam fee of \$50 payable to course instructor on exam day (applicable taxes included).

Saskatoon Field House

Mar 8 F 06:00 PM-10:00 PM \$275.25 FH1625-01

Mar 9 & 10 Sa/Su 09:00 AM-05:00 PM

SPRA Total Body Conditioning Specialty Course

16 yrs+. Pre-requisite: SPRA Group Exercise Fundamentals Course. This 8-hour practical-based course covers specific information for planning and developing classes that contain a cardio component and use of portable equipment such as free weights, body bars/barbells, stability balls, tubing/bands, BOSU[®] and medicine balls. Practical exam fee of \$50 is not included in registration fee and is payable on exam day (applicable taxes included).

Saskatoon Field House

Feb 11 Su 09:00 AM-05:00 PM \$122.25 FH1612-01

Note: SPRA Aquatic Exercise, Step and Choreography, Group Cycle and Fitness Yoga 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 the local Community Associations for recreation, art and cultural programming. If you are interested in being placed in the registry, contact instructors@saskatoon.ca or call 306-975-3378 for information.

Mè Ta Wè Tàn Centre Program Leaders Wanted

Mè Ta Wè Tàn Programs are offered at various locations in the community and provide sport and recreation programming with a focus on Indigenous culture for children and youth.

RESPONSIBILITIES: Planning play activities, organizing and delivering sport and recreational activities for children and youth. Programming play activities include sports, games, arts & crafts and other activities.

QUALIFICATIONS: Preference is given to applicants with experience working with children and youth and/or programming in sports. One year's post-secondary education in a related field is required. High Five certification is preferred. First Aid and CPR Level C is required. Training is provided.

HOURS OF WORK: Work hours vary depending on work assignment; however, most youth centres are open between 6-9 pm weekdays.

Contact the Indigenous Recreation Programmer at kathleen.stone@saskatoon.ca or call 306-975-3378 for information

Stay Connected! Subscribe to the Leisure eNewsletter

Visit **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 three to four times a year and you can unsubscribe at any time.





ages and interests. Gather the family for an afternoon of skating, take a scenic stroll around the Zoo, try cross country skiing or even play in the snow with your dog. We've got you covered so you can break free from your winter hibernation!

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.

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. WiFi is available at all locations.

For more information on public skating and Parent and Tot times visit <u>saskatoon.ca/dropinonline</u>. For more information on Learn-to-Skate programs refer to pages 24 and 25.

ACT Arena

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

Archibald Arena

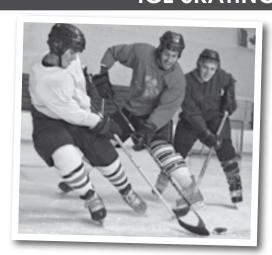
1410 Windsor Street • 306-975-3313 • Closes March 15 Cosmo Arena

3130 Laurier Drive • 306-975-3370 • Closes March 19

Lions Arena

2205 McEown Avenue • 306-975-3306 • Closes March 17

Gordie Howe Kinsmen Arena (available for rentals only until March 23) 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
\$6.35	\$4.25	FREE	\$12.70	FREE

Cash, 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.

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 12:00 PM-03:30 PM & 04:30 PM-08:00 PM

Saturday & Sunday 10:15 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 36-41 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. The Saskatoon Nordic Ski Club no longer offers lessons out of Kinsmen Park, and now offers them at Holiday Park Golf Course and Gordie Howe Complex. For more information visit their website at saskatoonnordicski.ca.

PRIMARY TRAILS

Holiday Park Golf Course*

Access at Avenue U South Outside loop 3.5 km double classic track & skating lane.

Wildwood Golf Course*

Access at 4050 8th Street East A 2.5 km trail set for classic skiing and a 5.5 km trail set for both classic and skate skiing.

Kinsmen Park*

Access at Spadina Crescent West by the Mendel Building. 2.7 km single track set for both classic and skate skiing.

Lower Meewasin Park

Access at Pinehouse and Whiteswan Drives Loop 4.8 km single classic track.

Upper Meewasin Park

Access at Pinehouse and Whiteswan Drives Loop 3.4 km single classic track.

Meewasin Park to Adilman buffer

Access at east end of Adilman Drive or Meewasin Park 2 km single classic track.

Victoria Park

Access at Spadina Crescent and Saskatoon Rowing Club parking lot 1.0 km single classic track.

Diefenbaker Park

Access at Ruth Street & St. Henry Avenue 2.6 km single classic track.

Forest Park

Access at Lowe Road, Nelson Road & Forest Drive 3.0 km single classic track. Connecting link to Silverspring Park.



If you enjoy walking in areas where there are ski trails, please respect skiers and avoid groomed trails. Ski trails include the wider packed section for skate skiing alongside the parallel tracks. Footprints can damage the ski tracks and skating lanes, making skiing difficult and less enjoyable. Dogs are not permitted on ski trails.



Did you know? Some Community Associations coordinate the placement and grooming of ski trails in neiahbourhood parks across the site Visit trails in neighbourhood parks across the city. Visit saskatoon.ca/ski for locations.

* Maintained by the Saskatoon Nordic Ski Club.

SASKATOON FORESTRY FARM PARK & ZOO



1903 Forestry Farm Park Drive • 306-975-3382 • saskatoon.ca/zoo

WINTER HOURS

ZOO 10:00 AM-04:00 PM PARK 07:30 AM-04:30 PM

Closed December 25.

WINTER ADMISSIONS

Admission to the Zoo is by donation until March 31.

The Saskatoon Forestry Farm Park & Zoo is a pet-free park.

The fun doesn't stop just because the temperature drops! Admission to the Zoo is by donation from November 1 to March 31 each year. While the grizzly bears enjoy some restful sleep during the winter months, many of our other animals thrive in the cooler weather including our Arctic wolves.

Zoo

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

Forestry Farm Park

Discover walking trails, a naturally-themed playground, picnic sites 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.

BHP Enchanted Forest Holiday Light Tour

25th Anniversary of the BHP Enchanted Forest Holiday Light Tour runs November 18-January 7 with two Walk Nights on November 16 & 17. Zoo sponsorship opportunities are available, call 306-975-2250 or contact jills@saskatoonzoofoundation.ca. Donate today and help us continue to build for the future.

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 for information.

Zoo Gift Shop

Take home your favourite zoo animal and purchase your 2024 Zoo Season Pass at the new Zoo Gift Shop! The Zoo Gift shop opens for the holiday season Friday, November 24. Visit <u>saskatoon.ca/zoo</u> for more information.

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

Visit <u>saskatoonzoosociety.ca</u> to register and learn more about our award-winning, curriculum-based environmental education programs available for all grades, birthday parties and Young Naturalists' nature programs for families.

Zoo Crew PD Days (5-12 yrs)

Jan 22	М	09:00 AM-04:00 PM	\$50
Mar 4	M	09:00 AM-04:00 PM	\$50
Jun 3	M	09:00 AM-04:00 PM	\$50
Jun 28	F	09:00 AM-04:00 PM	\$50

January Break Zoo Camp (7-12 yrs)

Jan 2-5 Tu-F 09:00 AM-04:00 PM \$250

Winter Break Zoo Camp (7-12 yrs)

Feb 20-23 Tu-F 09:00 AM-04:00 PM \$250

Easter Break Zoo Camp (7-12 yrs)

Apr 2-5 Tu-F 09:00 AM-04:00 PM \$250

Summer Zoo Camp (7-12 yrs)

Registration opens Mar 18 (members) & Mar 25 (non-members).

Jul & Aug M-F 09:00 AM-04:00 PM \$250-\$300/week

SEASONAL FUN!

DOG PARKS



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 Scoop the Poop! Find a dog park near you on pages 4-5 or visit saskatoon.ca/dogparks.

Mew! DOG PARKS FOR SMALL DOGS Two new Dog Parks dedicated for small dogs are now open. Dogs must be under 40 cm (16") at the shoulder and less than 9 kg (20 lbs). The new Dog Parks for Small Dogs are located at Charlottetown Park and Hyde Park. For more information visit saskatoon.ca/dogparks.

PET LICENSE Your pet license is like an all-access pass to Saskatoon's Dog Parks and events. Purchase or renew online at saskatoon.ca/petsonline.











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.



Pick up a copy of the Recreation Facility Rental Options guide at any Leisure Centre or 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 Harry Bailey Aquatic Centre* • 306-975-3003 Lakewood Civic Centre • 306-975-2944 Lawson Civic Centre • 306-975-2951 Saskatoon Field House • 306-975-3354 Shaw Centre • 306-975-7772

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, 2023 to August 31, 2024; GST extra)

RENTAL SPACE	HOURLY FEE*	ссс	LWC	LCC	нвс	SFH	scc
Small Meeting Room	\$21.90	•	•		$>\!\!\!<$	•	•
Large Meeting Room	\$32.80	•			$>\!\!<$		•
Multi-Purpose Room	\$32.80	•	•	•	$>\!\!<$	•	•
Theatre	\$32.80	•			$>\!\!<$		
Gymnasium	\$54.70	•	•		><		•
Competitive Pool	\$230.30				Diving Boards 8 Lanes		
	\$287.80				> <		Diving Boards 50m, 10 Lanes
Leisure Pool	\$153.70		Waterslide 25m, 4 Lanes	Wave Pool 25m, 4 Lanes	25m, 6 Lanes		
Warm Up Pool	\$115.30				><		25m, 6 Lanes
Family Pool	\$115.30				><		Waterslide & Watertoys
Indoor Track	\$153.70				><	200m 6 Lanes	
	\$76.85				> <	o Eurico	165m 3 Lanes
Sports Court	\$38.50				><	•	
Walleyball Court	\$20.50^	•			><		
Track Warm-Up Area	\$43.80				><	•	

Additional charges are added to after hours rentals. Inquire for details. ^Price includes applicable taxes.

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.

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:

For more information regarding rink, sports field, other unique facility rentals or assistance in selecting a location that is right for your event, contact the Allocations Office at allocations@saskatoon.ca.

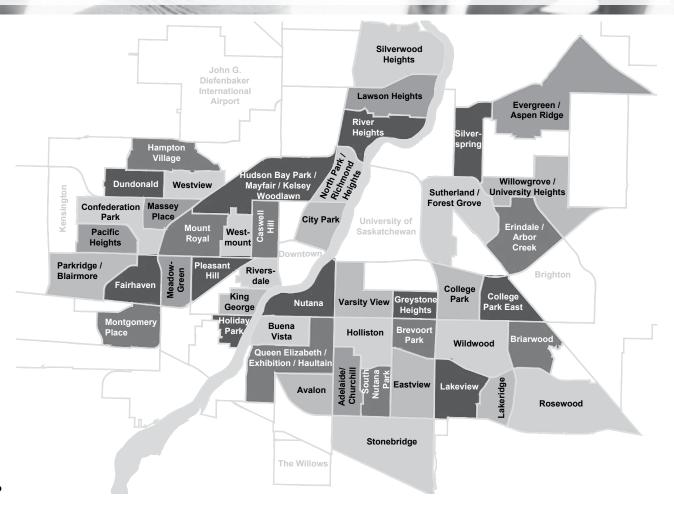
^{*} Harry Bailey Aquatic Centre is closed for facility upgrades.



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 or refer to your Community Association's newsletter, website or Facebook page.
- Outdoor rinks. Enjoy free skating at 54 Community Association owned and operated outdoor rinks throughout Saskatoon. Visit 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.

To discover more about Community Associations and their program offerings, visit saskatoon.ca/communityassociations or call 306-975-3378.



COMMUNITY ASSOCIATIONS

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@adelaidechurchill.ca

Facebook: www.facebook.com/adelaideparkchurchillcommunityassociation

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 Rink, 2606 Broadway Avenue

Mon & Wed 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.

BREVOORT PARK

Online registration: See Website/Facebook for details In-person registration: See Website/Facebook for details Annual membership: \$10 per individual/family 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: briarwoodpresident@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 • Zumba • Pickelball • Boot Camp • Social Dance • Book Club • Volleyball • CHILDREN: Drop-in Soccer* • Soccer • PRESCHOOL: 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: caswellprograms@gmail.com
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 • Karate • YOUTH: Karate

CITY PARK

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

Programs include: ADULT: Yoga • Men's Basketball • Badminton/Pickleball • Write your Life

Stories • PARENT & CHILD: 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 household

Web: www.collegeparksaskatoon.com
Email: indoor@collegeparksaskatoon.com

Facebook: @CPRAYXE
Twitter: @CPRAYXE

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

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.



*FREE programs 37

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
Email: info@confedparksask.ca

Facebook: 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* • English Conversation Circle • YOUTH: Youth Drop-in (multi-sport) • Babysitting Course • Home Alone Course • CHILDREN: Recreational Soccer • Cookie Decorating • PARENT & CHILD: Family Open Gym (parents stay & play)

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

Email: indoorprograms@dundonald.ca

Facebook: www.facebook.com/dundonaldcommunityassociation/

Outdoor Rink(s): Dundonald School, 162 Wedge Road Wed & Fri 7-9 PM / Sun 2-4 PM

Programs include: YOUTH: Girls Drop-in Basketball • Babysitter Course • Stay at Home Course • Youth Pickleball • CHILDREN: 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

Email: ecpcaboardmember@gmail.com
Facebook: 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
Email: info@myeastview.ca

Facebook: 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: \$15 per individual/family www.erindalearborcreek.org

Email: eaccaindoorprograms@outlook.com
Facebook: www.facebook.com/EACCA-Saskatoon

Twitter: @EACCASaskatoon

Instagram: @eaccask

Outdoor Rink(s): Quinn Stevenson Memorial Rink, 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: https://earca.ca

Email: indoor.coordinator@earca.ca

Facebook: www.facebook.com/saskatoonevergreen

Outdoor Rink(s): Funk Park, 628 Manek Road Thu 6-8 PM / Sat & Sun 2-4 PM Programs include: ADULT: Yoga • YOUTH: Basketball • Soccer

FAIRHAVEN

In-person registration: See Website/Facebook for details

Annual membership: \$10 per individual/family

Web: www.fairhavencommunity.ca/wordpress
Email: indoor@fairhavencommunity.ca

Facebook: 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

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
Email: itrifel@shaw.ca

Facebook: 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
Email: allocations@saskhvca.com
Facebook: 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: Yoga • Bootcamp • Floor Hockey • Co-ed Volleyball • Daytime Self-Defense* • Daytime Cards, Games & Coffee* • YOUTH: Co-ed Basketball* • CHILDREN: Cheer • Dance • PRESCHOOL: Dance • Kindersoccer • PARENT & CHILD: Storytime Dance

HOLIDAY PARK

In-person registration: See Website/Facebook for details

Annual membership: No membership fee is required

Web: www.holidayparksaskatoon.ca

Email: holidaypark.programs@gmail.com

Facebook: www.facebook.com/hpca306

Outdoor Rink(s): Holiday Park Community Rink
St. John School, 1205 Avenue N South

Programs include: ADULT - Pickleball • Yoga • YOUTH - Basketball • Dodgeball • Open

Gym • CHILDREN - Kids Sports • Open Gym • Basketball

Search Online for Community Association Programs Across Saskatoon

Check out the City of Saskatoon's search tool at 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: hbpmkwindoor@gmail.com
Facebook: www.facebook.com/hbpmkw
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 www.kgcommunity.org

Email: kgca.indoorprograms@yahoo.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: A variety of fun programs are being planned for all ages. Please refer to

our website for more information.

LAKERIDGE

Online registration: See Website/Facebook for details In-person registration: See Website/Facebook for details Annual membership: \$15 per individual/family

Web: www.lakeridge.community.ca

Web: www.lakeridgecommunity.ca
Email: youthprograms@lakeridgecommunity.ca

Facebook: www.facebook.com/lakeridgecommunityassociation

Outdoor Rink(s): St. Luke School, 275 Emmeline Road

Programs include: A variety of fun programs are being planned for all ages. Please refer to

our website for more information.

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 for more information. HAVE FUN!

LAWSON HEIGHTS

Online registration: See Website/Facebook for details

In-person registration: Email programs@lawsonheights.ca if unable to register online

Annual membership: \$10 per individual/family
Web: www.lawsonheights.ca
Email: programs@lawsonheights.ca
Facebook: www.facebook.com/lawsonheights
Outdoor Rink(s): St. George School, 748 Redberry Road
Wed 4-6 PM / Sat 2-4 PM / Sun 4-6 PM

Programs include: ADULT: Badminton • Pickleball

MASSEY PLACE

Online registration: See Website / Facebook for details In-person registration: See Website / Facebook for details

Annual membership: \$10 per individual/family
Web: www.masseyplace.org
Email: organizer@masseyplace.org

Facebook: www.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: Zumba • Volleyball • Floor Hockey • Pickleball • YOUTH: Youth

Drop-in (multi-sport)* • CHILDREN: Karate

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

Outdoor Rink(s): WP Bate School, 2515 18th Street West

Tue & Thu 4-6 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

 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 • Red Cross Stay Safe • Red Cross Babysitters

Course • CHILDREN: Art • Basketball • 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 www.mountroyalyxe.ca
Email: MountRoyalYXE@gmail.com
Facebook: www.facebook.com/MRCAYXE

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.

*FREE programs Facebook page. 39

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 www.nprh.ca/program-descriptions Inprh.programs@gmail.com 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: A variety of fun programs are being planned for all ages. Please refer to our

website for more information.

NUTANA

Online registration: See Website/Facebook for details In-person registration: See Website/Facebook for details

Annual membership: \$10 per individual/family
Web: www.nutana.ca
Email: programming@nutana.ca

Facebook: www.facebook.com/nutanacommunityassociation
Outdoor Rink(s): Ecole Victoria School, 639 Broadway Avenue
Idylwlyd Park, 225 Poplar Crescent

Programs include: ADULT: All levels Yoga • Gyrokinesis • Volleyball • Badminton • YOUTH:

Soccer • Basketball • PRESCHOOL: Soccer • FAMILY: Yoga Dance • 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 www.pacificheights.ca

Email: info@pacificheights.ca

Email: info@pacificheights.ca
Facebook: 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: Strength Class • Boot Camp • Yoga • Floor Hockey • Learn to Knit / Crochet • YOUTH: Basketball • CHILDREN: Floor Hockey • PARENT & CHILD: Kindersoccer • Family Open Gym

PARKRIDGE

In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.parkridgecommunity.ca/
treasurer.pca.sk@gmail.com

Facebook: www.facebook.com/parkridge.saskatoon

Outdoor Rink(s): St. Marguerite School, 1235 McCormack Road

Mon & Wed 7-9 PM / Sun 2-4 PM

Programs include: ADULT: Yoga, Bootcamp YOUTH: Art

PLEASANT HILL

In-person registration: Registration available at first program class

Annual membership: No membership fee is required phcaprograms@gmail.com

Facebook: www.facebook.com/pleasanthillcommunityassociation

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 for more information. HAVE FUN!

QUEEN ELIZABETH / HAULTAIN (WEST HALF) / EXHIBITION

Online registration: See Website/Facebook for details In-person registration: See Website/Facebook for details

Web: www.qexca.ca
Email: programs@qexca.ca
Facebook: www.facebook.com/qexca
Outdoor Rink(s): Achs Park, 102 Elm Street
Sun 12-3 PM & Wed 3-5 PM

Annual membership: \$10 per individual/family

Queen Elizabeth School, 1905 Eastlake Avenue

Programs include: ADULT: Beginner Yoga • Zumba • Badminton • Pickleball • 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

Email: riversdaleca@gmail.com

Facebook: www.facebook.com/riversdalecommunityassociation **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 www.riverheights.sk.ca

Email: rhcaprogramming@gmail.com

Facebook: www.facebook.com/RiverHeightsCommunityAssociation

Outdoor Rink(s): Ecole River Heights School, 60 Ravine Drive

Tues & Thurs 6-8 PM / Sat 12-3 PM

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

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
Email: programs@myrosewood.ca
Facebook: 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: https://silverspringcommunity.ca/

Email: indoorcoordinator@silverspringcommunity.ca
Facebook: 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.

Search Online for Community Association Programs Across Saskatoon

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

SILVERWOOD HEIGHTS

Online registration: See Website/Facebook for details Annual membership: \$10 per individual/family Web: www.silverwoodcommunity.org Email: programming@silverwoodcommunitv.org

Facebook: www.facebook.com/SHCAshines

Outdoor Rink(s): Sister O'Brien School, 451 Silverwood Road

Silverwood Heights School, 403 Silverwood Road St. Angela School Rink, 302 Russell Road Wed 5-7 PM / Sat & Sun 12-2 PM

Programs include: SENIOR: Forever in Motion • Senior's Hub Club • 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.snpca.ca

Email: snpca.programs@gmail.com Facebook: www.facebook.com/snpca

Ecole Canadienne Fracncaise, 2410 Wellington Avenue Outdoor Rink(s):

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

Email: ourstonebridge.programs@gmail.com

www.facebook.com/Stonebridge-Community-Association-Facebook:

SCA-115857088499813/

Programs include: ADULT: Shine Dance Fitness • Yoga • Pilates • Barre Fitness • YOUTH: Basketball • CHILDREN: Basketball • Soccer • Art • PRESCHOOL: Ballet • Hip Hop • Jazz •

Kindersoccer • PARENT & CHILD: Gym Time

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 Email: contact@sutherlandforestgrove.ca www.facebook.com/SFGCA Facebook:

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 See Website/Facebook for details In-person registration: \$10 per individual or \$20 per family Annual membership:

Web: www.vvcasaskatoon.com Email: bgiles@sasktel.net Facebook: 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 • Conversational 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

westmountcommuntiyassociation@gmail.com Email: Facebook: www.facebook.com/westmountcommunity

Outdoor Rink(s): Wesmount 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 Email: westview.programs@gmail.com Facebook: 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 • YOUTH: Cheer • Art • Introductory Basketball • Introductory Volleyball • Babysitting Course • Stay Home Safe • CHILDREN: Kids Dance

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 Email: programs@ourwildwood.ca

Facebook: www.facebook.com/WildwoodSaskatoon Outdoor Rink(s): Bishop Pocock School, 227 Avondale Road

Tue & Thu 6-8 PM / Sun 2-4 PM

Programs include: We have a variety of programs being planned for this winter. Please check out our social media for details.

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

Email: contact@wuhca.ca Facebook: 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

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 204-291-7306.

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Classical Music Studio Ms. Laura (Goldak) Tremblay Performer's Licentiate LTCL

Performer's Licentiate LTCL
Performer's Associate ATCL
Trinity College of Music London UK
Yamaha C2x Grand Piano
North End Saskatoon

Learn Introductory - Grade 10
Royal Conservatory Toronto CA

Associate Trinity College London UK in tradition of Ms. Sheila Shinkewski & Dr. Lyell Gustin

Essentials: acoustic piano & weekly ear-training group-session (gratis)

Phone Ms. (Goldak) Tremblay 306-717-3520 or 306-651-7200 to schedule in-person interview with parent/guardian present for students younger than 18

Sat. 9 am - 7 pm **Sun.** 1 pm - 7 pm **Ear-Training Sun.** 8 - 8:45 pm











Try It Out - Adult Introductory Nordic Ski Lessons

Have you ever wanted to try out cross country skiing but have no experience and no equipment. These lessons are designed to give you both.

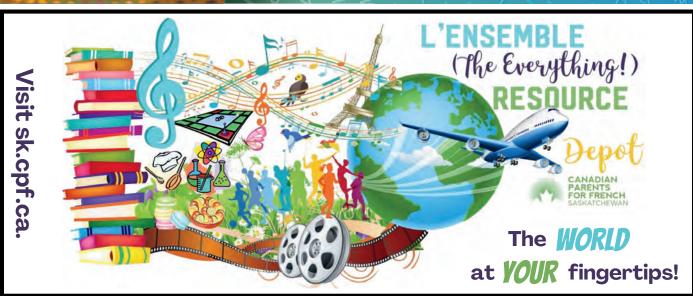
The Saskatoon Nordic Ski Club will provide ski equipment and a brief introduction to how to ski and you will have an opportunity to practice outside.

Lessons will be held on Mondays, excluding statutory holidays, 6:00 to 8:30 p.m., from December 2023 to March 2024 or whenever there is enough snow.

Stay tuned through our Facebook page,

https://www.facebook.com/saskatoonnordicski, for more information about when the lessons start and how you can register.





Join the Saskatoon Nordic Ski Club!



Enjoy cross-country skiing this winter – it is a safe, outdoor, and active sport for all ages and abilities

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- · We offer youth and adult cross country ski lessons
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- We run a high performance training program and hold fun, competitive races.
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As a member of the Saskatoon Nordic Ski Club, you will:

- · Get notifications of club events
- · Support expertly groomed trails
- · Access high level coaches
- Connect with other local cross-country skiers
- · Support advocacy for our winter sport

For more information about our programs and membership: www.SaskatoonNordicSki.ca

info@saskatoonnordicski.ca saskatoonnordicski on facebook

Introduction to Encaustic Painting

Make & Take • Painting with hot bees' wax

\$95 per class • All supplies included 10:00am – 2:00pm

Class Dates: Dec 6, Dec 9, Jan 10, Jan 13, Jan 24, Jan 27, Feb 7, Feb 10, Feb 21, Feb 24, March 6, Mar 9, Mar 20, Mar 23, April 3, April 6

Sandra Afseth at pendulum@shaw.ca

13, 24, ril 6

Itansh Method and Mitzvah Technique

Based on the Alexander Technique and Feldenkrais Method, Itcush Method (IM) is a unique discipline of fitness and health that brings permanent positive structural changes to the body.

These methods are excellent for improving posture, increasing mobility and reducing tension, chronic pain and injury.

IM works to break unhealthy postural patterns that interfere with general health and well-being.

These exercises are designed for all ages and fitness levels. Bring back the mobility and movement you had as a child.

"We are not born to ache so much" Nehemia Cohen

Kathy Morgan is a certified IM and MT teacher and is available for private sessions, classes, lecture demonstrations and workshops. Call, Text or Email: 306-731-7352 | km.morgan@hotmail.com

Classes TBA for Winter 2024 on website.

Check out www.kmbodywork.com
for more information



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

Please visit our website for information and registration: https://leagues.teamlinkt.com/prairiefencingclub

Choreographed Ballroom Dancing

Good for your health - mind, balance, posture, exercise https://cuedballroomdance.com/practice-it/

"New Dancers Class"

7:00 - 8:00 p.m.

Basic - Two Step, Waltz FRIDAYS

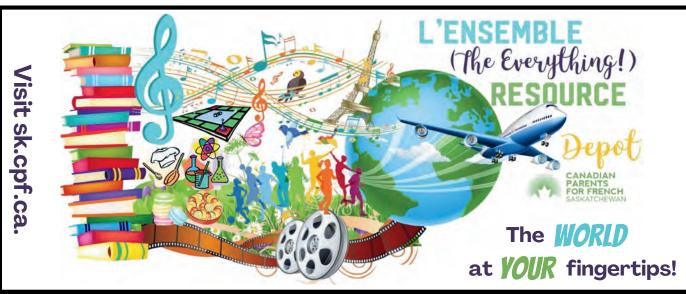
February 2 to April 19, 2024

Karousels Dance Club

ALBERT COMMUNITY CENTER 610 Clarence Ave. S., Saskatoon (South Door - Second Floor)

52 Sask Lotteries

Information 306-664-2775









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 for class and event details and to register online, or call us at (306) 653-3549, we're happy to help.

SASKATOON YOUTH SOCCER INC.



Outdoor Season (Apr - Jun 2024):

Mini U5 – U9: Season runs start of May to end of June (8 games) Youth U11 – U19: Season runs mid-April to end of June (8-10 games)

Registration (Feb - early Mar 2024):

Register with Community or Zone Association according to birth year.

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

Zone coordinates registration, coaches, equipment, and player development.

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2020 & 2021	Under-4 Parent-Tot Timbits Program	Saskatoon Youth Soccer Inc.
2019	Under-5 Timbits	Community Association
2017 & 2018	Under-7 Timbits or Zone Development	Community or Zone Association
2015 & 2016	Under-9 Community or Zone Development	Community or Zone Association
2013 & 2014	Under-11 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2011 & 2012	Under-13 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2009 & 2010	Under-15 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2007 & 2008	Under-17 Zone City or Alliance League	Zone Association of choice
2005 & 2006	Under-19 Zone City or Alliance League	Zone Association of choice
2005-2014	Saskatoon Alliance Academy (U11-U19)*	Saskatoon Youth Soccer Inc.
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^{*} Contact SYSI for further details pertaining to Saskatoon Alliance Academy registration and details.

www.saskatoonyouthsoccer.ca

info@saskatoonyouthsoccer.ca or 306-975-3413

Tentative Game Days, Registration Dates, and Contact Information for Community and Zone Associations will be updated on our website as early as Feb 1st for Outdoor Season and June 1st for Indoor Season



^{**} Provincial Soccer League (PSL) tryouts for Saskatoon Alliance teams will be held Jan 20-21, 2024 and runs between April to July with games commencing mid-May. If team qualifies for Club Nationals; training and fundraising continues through to October.





We have two fabulous facilities to meet all your sport, cultural and recreational needs.

YOUTH & ADULT SOCCER LEAGUES & PROGRAMS THE home of soccer in Saskatoon for players of all skill levels.

Programs for every age from 2 - 70+. 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 wide variety of sports & events. Call to discuss your requirements - we'd love to help!

* NEW! You can now browse our schedules online. Tap 'Centre Schedules' on our website & pick a facility to view.

BIRTHDAY PARTIES/TEAM WINDUPS We supply the field (your choice of sports), you pick the food & bring the cake!

Saskatoon Sports Centre



150 Nelson Road

DROP-IN WALKING SOCCER Non-competitive, ideal for mobility issues. Instructor on site. Great way to stay active and socialize with others. Weds 10:30_{am} - 12_{pm}, Fri 3 - 4_{pm}; \$6/person, \$50 punch card DROP-IN SOCCER Gather co-workers, friends & family for a midday game. All ages & abilities are welcome to take part in the beautiful game. Mon - Fri 11_{am} - 2_{pm}; \$6/person, \$50 punch card FITNESS CENTRE Cardio & strength training machines. Mon - Fri 5 - 9_{pm} & Sat/Sun 10_{am} - 4_{pm}. \$6 drop-in. TERRY FOX WALKING TRACK Check details with City. A City of Saskatoon service. Drop-in fee or Leisure Card.

219 Primrose Drive



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Our top-tier facilities were built BY soccer, FOR soccer and we are proud of our grassroots beginning.

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







FOR BOYS & GIRLS BORN 2006 TO 2019

2024 MINOR BASEBALL REGISTRATION

On Line Registration available January 2024

Stay tuned for more information on registration in New Year.

- **Blue Jays**
- A's
- Braves
- Royals (All Girls)
- **Cardinals**

(Saskatoon (Zone 6) Residents Only)

Check out our website for more info!! www.baseballsaskatoon.com





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www.thedivingcenter.ca

Emmanuel Anglican Church with The Refinery Arts & Spirit Centre

607 & 609 Dufferin Avenue, Saskatoon, SK

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Sandra Afseth at pendulum@shaw.ca



639-525-2633 1844 McOrmond Dr #142 Saskato<u>on SK S7S 0A5</u>





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- Support advocacy for our winter sport

For more information about our programs and membership:

www.SaskatoonNordicSki.ca info@saskatoonnordicski.ca saskatoonnordicski on facebook



ASTRA Soccer Academy

Reach Your Full Potential

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 2023/2024

Under 3 (2021 & 2022) - HappyFeet Program - 6 Week Blocks Offered Year-Round

Under 5 (2019 & 2020) - HappyFeet Program - 6 Week Blocks Offered Year-Round

Under 7 (2017 & 2018) - Grassroots - Jan - Mar

Under 9 (2015 & 2016) - Developmental & Skill Centre Programs - Jan - Mar

Under 11 (2013 & 2014) - Developmental & Skill Centre Programs - Jan - Mar

Under 13 (2011 & 2012) - Supplemental Skill Programs (1 day per week) - Jan - Mar

Under 15 (2009 & 2010) - Supplemental Skill Programs (1 day per week) - Jan - Mar Under 17 (2007 & 2008) - Supplemental Skill Programs (1 day per week) - Jan - Mar

Adult Programs (18+) - See website for details about adult training and 5v5 league play

Camps - Indoor 2023/2024

December 27th-28th - Check website for details February 20th - 23rd - Check website for details

April 2nd - 5th - Check website for details

AstraSoccer.ca info@astrasoccer.ca or 306-291-6839







12 WEEK SESSION STARTING JANUARY 8, 2024

No recitals, dress codes, or costumes
 Make up classes permitted
 Family discounts

WePlay WeLearn WeGrow WeMove

Adult Fitness



Prenatal Classes



Postnatal Fitness



Music Together



Dance & Tumbling



CAMPS WITH WE MOVE SK

- New Themes Weekly
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- Sports
- Dance
- Yoga
- Tumbling
- Hip Hop
- Games
- Arts & Crafts
- Mini Golf
- Outdoor Games& Picnics

SAVE 15%

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Must book & complete full payment by May 15th, 2024 to qualify.

Only valid with Summer Camp Registration. KIDS PD DAY + SCHOOL BREAK CAMPS

> SUMMER CAMPS: JUL. 2 - AUG. 30

> > AGES 3 & UP

Half Day & Full Day Options Available

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Code Clubs
Dance Parties
Discovery Clubs
Family Storytimes

Teens

DIY Crafts Homework Help Rainbow-ish Book Club

Adults

Accessible
Adult Storytime
Book Clubs
Conversation Circles (ELL)
Legal Research Help
Local History Events
One-on-One Tech Help

Peer Support Sharing Circle Rapid Access Counselling Stress Busters Writer-in-Residence Workshops



Browse all events and create your personalized events guide anytime: saskatoonlibrary.ca/events



Discovery Passes

Explore great attractions across Saskatoon for free with a Discovery Pass from the library! Simply check out your pass and then enjoy free admission to one of our fantastic partner organizations.

Learn more and check the availability of Discovery Passes online: saskatoonlibrary.ca/discovery-passes



Wanuskewin

Receive free family admission to the Visitor Centre and Trail System, including exhibits and galleries; programs; public dances and music presentations; trails; tipi village; playground; bison herd; and snowshoes.



Western Development Museum

Receive free admission to Saskatchewan's largest human history museum and its galleries for one family. Passholders can visit as often as they like during the borrowing period.



Nutrien Wonderhub

to Saskatoon's children's museum for up to six individuals over the age of one (children under one year are free). Enjoy programs and exhibits that foster creativity, curiosity and a lifelong love of learning.



YMCA

Receive one free adult day pass or one family day pass per loan period, providing access to all drop-in fitness programs; squash and racquetball courts; family and lane swim; cardio and weight rooms; and open gym time.







Built BY soccer, FOR soccer

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219 Primrose Drive



INDOOR WALKING PROGRAM Sprung floors provide a comfortable walking surface with 65% less joint fatigue. All ages are welcome - bring your little ones in a stroller. Mon - Fri, 8am-2pm; \$5 drop in, \$35/mo, \$120/season INDOOR PLAYGROUP Huge 14,000ft² play space full of riding cars, toys, balls & sometimes even a bouncy castle! Join in on the fun for \$6/child; 10 punch card \$50. Adults & under 1 are free. Mon - Fri 9:30-11:45am.

TODDLER BIRTHDAY PARTIES Mon - Fri 9am-1pm \$60/party. Guests \$6 each. In conjunction with Indoor Playgroup. PICKLEBALL Mon - Fri programs plus Prime Time leagues on 8 new rubberized courts. Various times to choose from. Register at saskatoonpickleballinc.ca. Our partnership with SPI has been so successful that another upgraded field will be ready Fall 2024! Watch for an additional 8 pickleball courts and new programming to enjoy!

In the 1990s, the local soccer community had a dream to grow the sport through the operation of their own facilities. In 1993,Saskatoon Soccer Centre Inc. (SSCI) was registered as a non-profit corporation. Representatives of Saskatoon Adult Soccer Inc. (SASI) & Saskatoon Youth Soccer Inc. (SYSI) established a committee to raise funds and construct a centre primarily for the sport of indoor soccer, which opened its doors in 1998. In 2005, the soccer family did it again, building a second facility.

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SASKATOON YOUTH SOCCER INC.



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2011 & 2012	Under-13 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2009 & 2010	Under-15 Zone City or Alliance League	Zone of Residence (boundaries in effect)
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www.saskatoonyouthsoccer.ca

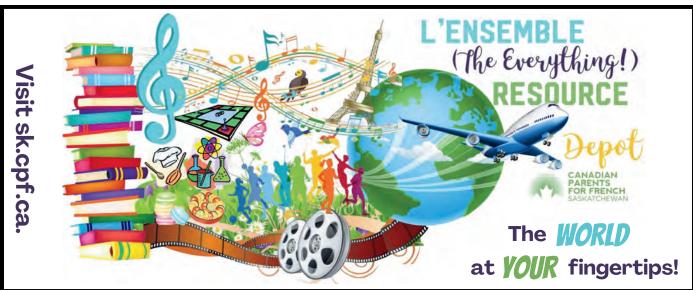
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- We maintain cross country ski trails at Wildwood and Holiday Park Golf Courses and Kinsmen Park in the city as well as Eb's Trails in beautiful Nisbet Forest near Duck Lake.
- We run a high performance training program and hold fun, competitive races.
- We have a blind and visually impaired skier program with experienced guides.

Join Us

As a member of the Saskatoon Nordic Ski Club, you will:

- Get notifications of club events
- · Support expertly groomed trails
- · Access high level coaches
- · Connect with other local cross-country skiers
- · Support advocacy for our winter sport

For more information about our programs and membership:

www.SaskatoonNordicSki.ca info@saskatoonnordicski.ca saskatoonnordicski on facebook