

LEISURE GUIDE

FREE!

Winter 2026

Find Your Fit!

The City of Saskatoon offers
a variety of fitness options
ideal for people 50+.

p 3



City of
Saskatoon

Find us online!

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



View the current Leisure Guide online

saskatoon.ca/leisureguide



Browse and register for Registered Programs with Leisure Online

saskatoon.ca/leisureonline



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

dropinschedule.saskatoon.ca



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

saskatoon.ca/communityassociations



Respect is expected.

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

Let's all choose kindness in every interaction.

Service
SASKATOON



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

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

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



Mark your calendars!

- ✓ Registration for Winter programs begins Sunday, November 30, 2025.
- ✓ 2026 Spring/Summer Leisure Guide will be available Monday, March 2, 2026 and registration will begin Sunday, March 15, 2026 at 6:00 p.m.

Wheelchair Accessibility and Individuals with Special Needs

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

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



Winter Leisure Guide cover photo taken at Lawson Civic Centre featuring drop-in Chair Yoga. Visit saskatoon.ca/fitover50 or refer to pages 13-14 and 28-31 for more information about gentle and beginner programs suited for older adults looking to maintain a healthy lifestyle.

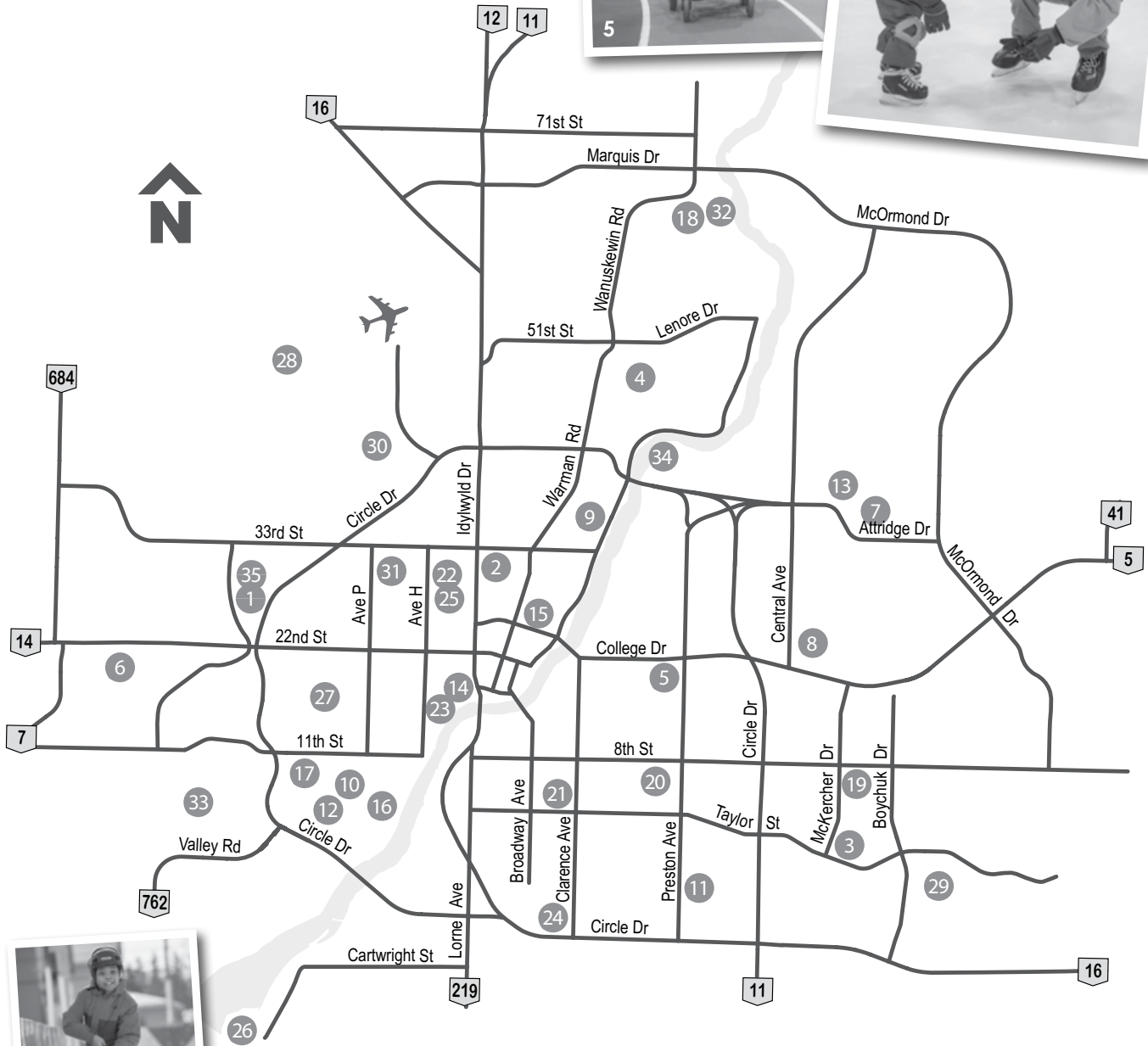
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RECREATION MAP

Find Your Fun!

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



Visit saskatoon.ca/recreation for more information on these great amenities!

INDOOR LEISURE CENTRES

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

ICE SKATING

- 8 **ACT ARENA**.....34
107-105th Street East
- 9 **ARCHIBALD ARENA**.....34
1410 Windsor Street
- 1 **COSMO ARENA**.....34
3130 Laurier Drive
- 10 **GORDIE HOWE KINSMEN ARENA**.....34
1405 Avenue P South (*Rentals only*)
- 11 **LIONS ARENA**.....34
2205 McEown Avenue
- 12 **CLARENCE DOWNEY SPEED**.....35
SKATING OVAL
Dudley Street & Avenue R South
.....

OUTDOOR RINKS

Saskatoon's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy. Visit pages 38-43 or check your Community Association's website or Facebook page for more information.

OTHER ATTRACTIONS

- 13 **SASKATOON FORESTRY FARM**.....36
PARK & ZOO, 1903 Forestry Farm Park Drive
- 14 **OUTDOOR FITNESS CIRCUIT**
AT RIVER LANDING
- 15 **NUTRIEN PLAYLAND AT KINSMEN PARK**.....
945 Spadina Crescent East Closed for
the season.
- 16 **GORDON HOWE CAMPGROUND**.....
1640 Avenue P South (off 11th Street) Closed for
the season.

GOLF COURSES

- 17 **HOLIDAY PARK GOLF COURSE**
1630 Avenue U South (off 11th Street) Closed for
the season. Groomed
Ski Trails!
- 18 **SILVERWOOD GOLF COURSE**
3503 Kinnear Avenue
- 19 **WILDWOOD GOLF COURSE**.....
4050 8th Street East Groomed
Ski Trails!

OUTDOOR POOLS

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

DOG PARKS

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

Find Your Fun!

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

Leisure Centres offer fun and fitness for all ages and abilities. Learn more about Drop-in and Registered Program opportunities on pages 12-33 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 wallyball court or go for a skate - all under the same roof. Cosmo has both Registered and Drop-in Programs for adults and children, space for meetings or birthday parties and the Carlyle King Branch Library** is a popular stop.

HOURS OF OPERATION*

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

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

*Closed on statutory holidays. *Facility hours are subject to change.*

Check out Drop-in Program times at dropinschedule.saskatoon.ca.

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

FACILITY FEATURES

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



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

HARRY BAILEY AQUATIC CENTRE (HBC)



1110 Idylwyld Drive North • saskatoon.ca/harrybailey



Harry Bailey Aquatic Centre is currently closed 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 dropinschedule.saskatoon.ca.

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

FACILITY FEATURES

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



Give the Gift of Fun!

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

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

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

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



LEISURE CENTRES

saskatoon.ca/admissions

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 dropinschedule.saskatoon.ca.

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

FACILITY FEATURES

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



SASKATOON FIELD HOUSE (SFH)



2020 College Drive • 306.975.3354 • saskatoon.ca/fieldhouse

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

HOURS OF OPERATION*

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

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

*Facility hours are subject to change. Check out Drop-in Program times at dropinschedule.saskatoon.ca.

FACILITY FEATURES

- 6-lane, 200 metre Indoor Track
- Indoor Courts • Dance Studio • Lockers
- Fitness & Weight Room • WiFi available
- Steam Room/Sauna • Multi-Purpose Rooms
- Child Minding Room • 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 dropinschedule.saskatoon.ca.*

FACILITY FEATURES

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



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.

dropinschedule.saskatoon.ca

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

To learn more about admission options, visit saskatoon.ca/admissions 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 [†]	\$10.50	\$6.30	FREE	\$21.00
Bulk Tickets (10) [†]	\$89.50	\$53.50	FREE	\$179.00

Rates effective until December 31, 2025. Visit saskatoon.ca/admissions for 2026 admission rates. Prices include applicable taxes.

What is a Bulk Ticket?

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

Last Hour Promotion

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

Child Minding

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

General Admission is non-refundable.

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

GIFT CARDS

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

CHILD MINDING

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



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

Rates effective until December 31, 2025. Visit saskatoon.ca/admissions for 2026 admission 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.



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)	\$63.00	\$37.80	\$126.00
2-Week Trial Pass	\$31.50	\$18.90	\$63.00

Rates effective until December 31, 2025. Visit saskatoon.ca/admissions for 2026 admission rates. Prices include applicable taxes.



LeisureCard Reward Programs

PICK YOUR PERK

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

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

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

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

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

**some facility-specific restrictions apply.*

REFER A FRIEND

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

Some restrictions apply.

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

2-Week Trial Pass

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

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

Corporate LeisureCard

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

For more information visit saskatoon.ca/corporateleisurecard.

Weight Room Orientation

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

Child Minding

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

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



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 306-975-3378 or email leisureaccess@saskatoon.ca.

** Family passes are available while supplies last.*

Drop-in Programs

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

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

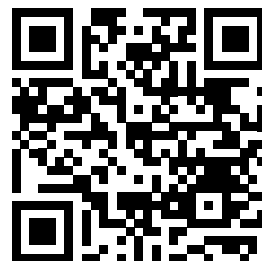
Winter Drop-in Programs run from January 1 to March 31. Check out Drop-in Program times and locations at **dropinschedule.saskatoon.ca**.

*Search for
Drop-in Programs
Online!*



Search for drop-in program information, including facility, fitness and weight room hours, public swim sessions and fitness programs on Leisure Online at **dropinschedule.saskatoon.ca**.

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





SWIMMING

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

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

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

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

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

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

New! Sensory-Friendly Swims
Offers a calm and welcoming environment for individuals and families who prefer reduced noise and stimulation. Everyone is welcome to enjoy a relaxed and inclusive swim experience. **LCC**

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

RECREATION & SPORT

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

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

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

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

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

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

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

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

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

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

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

Find Your Fit **FREE!**

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

Sessions will be offered at Lakewood Civic Centre, Lawson Civic Centre, Shaw Centre and Saskatoon Field House. Visit page 30 for more information.

GENERAL FITNESS CLASSES

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

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

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

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

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

THE FINE PRINT

Instructor-led Fitness Classes Must be 16 and older to participate in an instructor-led fitness program. A separate admission fee (General Admission, Bulk Ticket or LeisureCard) is required for each instructor-led fitness class.

Fitness & Weight Room 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).

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

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



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

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

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

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

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

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

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

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

Step Fast-paced cardio workout using a step platform to lead you through dynamic routines that boost rhythm, coordination and endurance. **LWC**

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

GENTLE FITNESS CLASSES

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

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

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

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



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

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

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

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

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

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

Save with the Corporate LeisureCard

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

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



Registered Programs

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

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

Registration for Winter programs begins **Sunday, November 30 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, November 30 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.
- 3 Consider registering at other Leisure Centres if your nearest location isn't available.

How to Register continued on next page. ➤

PHONE 306.975.2800

Phone registrations for Winter programs start on Sunday, November 30 at 6:00 PM. Call 306-975-2800 during the following dates and times only:

Sunday, November 30 – 6:00 PM to 9:00 PM*

Monday, December 1 – 8:00 AM to 1:00 PM

Tuesday, December 2 – 8:00 AM to 1:00 PM

To register by phone after December 2 contact any Leisure Centre (see pages 6-9).

* NOTE: This excludes Private & Semi-Private swim lessons (page 25) and Multi-level Swim Lessons for Families (page 22), which will open on **Monday, December 1**.

VISIT A FACILITY

Walk-in registrations for Winter programs begin Monday, December 1 at 6:30 AM at the following locations:

Cosmo Civic Centre*, 3130 Laurier Drive

Lakewood Civic Centre, 1635 McKercher Drive

Lawson Civic Centre, 225 Primrose Drive

Saskatoon Field House, 2020 College Drive

Shaw Centre, 122 Bowlit Crescent

* Walk-in registration begins at 9 AM.

THE FINE PRINT

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

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

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

Prices All registered program prices include applicable taxes.

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

PROGRAMS & ACTIVITIES

LIFESAVING SOCIETY SWIM LESSONS

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



Swim Lesson Schedule Options

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

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

New! Youth Swim Lessons • Twice per week for 4 weeks

Private swim lessons • Semi-private swim lessons

Multi-Level Swim Lessons for Families

Adult swim lessons

LESSON LEVEL DESCRIPTIONS

PARENT AND TOT (PARENTED)

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

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

LESSON LEVEL DESCRIPTIONS

PRESCHOOL (UNPARENTED)

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

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

SWIMMER (UNPARENTED)

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

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



LESSON LEVEL DESCRIPTIONS

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

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.
Rookie/ Ranger Patrol	8+ yrs. Rookie/Ranger Patrol is a combined level program that will have swimmers develop better strokes and Lifesaving Sport skills. First aid focused on assessment of conscious and unconscious victims, contacting EMS and treatment of shock and obstructed airway procedures will be covered.
Ranger Patrol	8+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving swim, (200 m) timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.
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 defense methods, victim removals and rolling over and supporting a victim face up in shallow water.

New! YOUTH SWIMMER (UNPARENTED)

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

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

ADULT SWIMMER

The Adult Swimmer Program is for beginners who may be starting out or swimmers who 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 every level.

Adult Swimmer 1	16+ yrs. Designed for beginner swimmers with little to no experience. Participants will become comfortable in and around water by learning foundational skills including opening their eyes, exhaling and holding their breath underwater, treading water, floats and kicking through water on their front and back.
Adult Swimmer 2	16+ yrs. Participants will build on their foundational skills and increase their confidence by exploring underwater and deeper water skills. They'll improve their front and back crawl, learn additional strokes and lifesaving kicks.



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

See page 10.

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

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
LAKEWOOD CIVIC CENTRE 1635 McKercher Drive											
<i>Classes cancelled on Feb 14, 15, 16, 17, 18, 19 & 20.</i>											
Parent & Tot 1 (Ages 4-12 mos)											
Jan 5-Mar 2	M	09:45 AM-10:15 AM	8	\$74.00	LW1700-02	Jan 9-Mar 6	F	06:20 PM-06:50 PM	8	\$74.00	LW1715-28
Jan 5-Mar 2	M	05:55 PM-06:25 PM	8	\$74.00	LW1700-03	Jan 10-Mar 7	Sa	09:35 AM-10:05 AM	8	\$74.00	LW1715-29
Jan 6-Mar 3	Tu	03:00 PM-03:30 PM	8	\$74.00	LW1700-04	Jan 10-Mar 7	Sa	11:00 AM-11:30 AM	8	\$74.00	LW1715-30
Jan 7-Mar 4	W	10:20 AM-10:50 AM	8	\$74.00	LW1700-05	Jan 10-Mar 7	Sa	11:45 AM-12:15 PM	8	\$74.00	LW1715-31
Jan 7-Mar 4	W	04:30 PM-05:00 PM	8	\$74.00	LW1700-06	Jan 10-Mar 7	Sa	12:10 PM-12:40 PM	8	\$74.00	LW1715-32
Jan 8-Mar 5	Th	10:20 AM-10:50 AM	8	\$74.00	LW1700-07	Jan 11-Mar 8	Su	05:30 PM-06:00 PM	8	\$74.00	LW1715-01
Jan 8-Mar 5	Th	01:15 PM-01:45 PM	8	\$74.00	LW1700-08	Jan 11-Mar 8	Su	06:05 PM-06:35 PM	8	\$74.00	LW1715-02
Jan 8-Mar 5	Th	05:05 PM-05:35 PM	8	\$74.00	LW1700-09	Jan 11-Mar 8	Su	06:40 PM-07:10 PM	8	\$74.00	LW1715-03
Jan 9-Mar 6	F	10:20 AM-10:50 AM	8	\$74.00	LW1700-10	Jan 11-Mar 8	Su	08:15 PM-08:45 PM	8	\$74.00	LW1715-04
Jan 10-Mar 7	Sa	09:00 AM-09:30 AM	8	\$74.00	LW1700-11	Preschool 2 (Ages 3-5 yrs)					
Jan 11-Mar 8	Su	06:20 PM-06:50 PM	8	\$74.00	LW1700-01	Jan 5-Mar 2	M	09:10 AM-09:40 AM	8	\$74.00	LW1720-03
Parent & Tot 2 (Ages 12-24 mos)						Jan 5-Mar 2	M	04:30 PM-05:00 PM	8	\$74.00	LW1720-04
Jan 5-Mar 2	M	06:34 PM-07:00 PM	8	\$74.00	LW1705-02	Jan 5-Mar 2	M	05:20 PM-05:50 PM	8	\$74.00	LW1720-05
Jan 6-Mar 3	Tu	10:20 AM-10:50 AM	8	\$74.00	LW1705-03	Jan 5-Mar 2	M	05:55 PM-06:25 PM	8	\$74.00	LW1720-06
Jan 6-Mar 3	Tu	05:40 PM-06:10 PM	8	\$74.00	LW1705-04	Jan 6-Mar 3	Tu	09:45 AM-10:15 AM	8	\$74.00	LW1720-07
Jan 8-Mar 5	Th	02:25 PM-02:55 PM	8	\$74.00	LW1705-05	Jan 6-Mar 3	Tu	02:25 PM-02:55 PM	8	\$74.00	LW1720-08
Jan 9-Mar 6	F	09:10 AM-09:40 AM	8	\$74.00	LW1705-06	Jan 6-Mar 3	Tu	05:20 PM-05:50 PM	8	\$74.00	LW1720-09
Jan 9-Mar 6	F	04:45 PM-05:15 PM	8	\$74.00	LW1705-07	Jan 6-Mar 3	Tu	05:25 PM-05:55 PM	8	\$74.00	LW1720-10
Jan 10-Mar 7	Sa	09:40 AM-10:10 AM	8	\$74.00	LW1705-08	Jan 6-Mar 3	Tu	06:00 PM-06:30 PM	8	\$74.00	LW1720-11
Jan 11-Mar 8	Su	05:30 PM-06:00 PM	8	\$74.00	LW1705-01	Jan 6-Mar 3	Tu	07:00 PM-07:30 PM	8	\$74.00	LW1720-12
Parent & Tot 3 (Ages 24-36 mos)						Jan 7-Mar 4	W	04:45 PM-05:15 PM	8	\$74.00	LW1720-13
Jan 5-Mar 2	M	05:05 PM-05:35 PM	8	\$74.00	LW1710-02	Jan 7-Mar 4	W	05:40 PM-06:10 PM	8	\$74.00	LW1720-14
Jan 6-Mar 3	Tu	01:15 PM-01:45 PM	8	\$74.00	LW1710-03	Jan 7-Mar 4	W	07:15 PM-07:45 PM	8	\$74.00	LW1720-15
Jan 6-Mar 3	Tu	06:25 PM-06:55 PM	8	\$74.00	LW1710-04	Jan 8-Mar 5	Th	09:45 AM-10:15 AM	8	\$74.00	LW1720-16
Jan 7-Mar 4	W	09:10 AM-09:40 AM	8	\$74.00	LW1710-05	Jan 8-Mar 5	Th	01:50 PM-02:20 PM	8	\$74.00	LW1720-17
Jan 7-Mar 4	W	05:40 PM-06:10 PM	8	\$74.00	LW1710-06	Jan 8-Mar 5	Th	04:30 PM-05:00 PM	8	\$74.00	LW1720-18
Jan 9-Mar 6	F	05:45 PM-06:15 PM	8	\$74.00	LW1710-07	Jan 8-Mar 5	Th	05:15 PM-05:45 PM	8	\$74.00	LW1720-19
Jan 10-Mar 7	Sa	10:15 AM-10:45 AM	8	\$74.00	LW1710-08	Jan 8-Mar 5	Th	06:45 PM-07:15 PM	8	\$74.00	LW1720-20
Jan 11-Mar 8	Su	06:40 PM-07:10 PM	8	\$74.00	LW1710-01	Jan 8-Mar 5	Th	07:30 PM-08:00 PM	8	\$74.00	LW1720-21
Preschool 1 (Ages 3-5 yrs)						Jan 9-Mar 6	F	05:45 PM-06:15 PM	8	\$74.00	LW1720-22
Jan 5-Mar 2	M	10:20 AM-10:50 AM	8	\$74.00	LW1715-05	Jan 10-Mar 7	Sa	10:15 AM-10:45 AM	8	\$74.00	LW1720-23
Jan 5-Mar 2	M	05:10 PM-05:40 PM	8	\$74.00	LW1715-06	Jan 10-Mar 7	Sa	12:20 PM-12:50 PM	8	\$74.00	LW1720-24
Jan 5-Mar 2	M	05:50 PM-06:20 PM	8	\$74.00	LW1715-07	Jan 11-Mar 8	Su	05:30 PM-06:00 PM	8	\$74.00	LW1720-01
Jan 6-Mar 3	Tu	09:10 AM-09:40 AM	8	\$74.00	LW1715-08	Jan 11-Mar 8	Su	07:40 PM-08:10 PM	8	\$74.00	LW1720-02
Jan 6-Mar 3	Tu	01:50 PM-02:20 PM	8	\$74.00	LW1715-09	Preschool 3 (Ages 3-5 yrs)					
Jan 6-Mar 3	Tu	04:35 PM-05:05 PM	8	\$74.00	LW1715-10	Jan 5-Mar 2	M	04:35 PM-05:05 PM	8	\$74.00	LW1725-03
Jan 6-Mar 3	Tu	05:05 PM-05:35 PM	8	\$74.00	LW1715-11	Jan 5-Mar 2	M	06:15 PM-06:45 PM	8	\$74.00	LW1725-04
Jan 6-Mar 3	Tu	05:55 PM-06:25 PM	8	\$74.00	LW1715-12	Jan 6-Mar 3	Tu	07:20 PM-07:50 PM	8	\$74.00	LW1725-05
Jan 6-Mar 3	Tu	06:25 PM-06:55 PM	8	\$74.00	LW1715-13	Jan 7-Mar 4	W	05:05 PM-05:35 PM	8	\$74.00	LW1725-06
Jan 6-Mar 3	Tu	06:45 PM-07:15 PM	8	\$74.00	LW1715-14	Jan 7-Mar 4	W	05:55 PM-06:25 PM	8	\$74.00	LW1725-07
Jan 7-Mar 4	W	09:45 AM-10:15 AM	8	\$74.00	LW1715-15	Jan 7-Mar 4	W	07:00 PM-07:30 PM	8	\$74.00	LW1725-08
Jan 7-Mar 4	W	04:30 PM-05:00 PM	8	\$74.00	LW1715-16	Jan 8-Mar 5	Th	04:40 PM-05:10 PM	8	\$74.00	LW1725-09
Jan 7-Mar 4	W	05:55 PM-06:25 PM	8	\$74.00	LW1715-17	Jan 8-Mar 5	Th	05:40 PM-06:10 PM	8	\$74.00	LW1725-10
Jan 7-Mar 4	W	06:25 PM-06:55 PM	8	\$74.00	LW1715-18	Jan 8-Mar 5	Th	07:15 PM-07:45 PM	8	\$74.00	LW1725-11
Jan 8-Mar 5	Th	09:10 AM-09:40 AM	9	\$74.00	LW1715-19	Jan 9-Mar 6	F	05:10 PM-05:40 PM	8	\$74.00	LW1725-12
Jan 8-Mar 5	Th	03:00 PM-03:30 PM	8	\$74.00	LW1715-20	Jan 10-Mar 7	Sa	09:05 AM-09:35 AM	8	\$74.00	LW1725-13
Jan 8-Mar 5	Th	04:35 PM-05:05 PM	8	\$74.00	LW1715-21	Jan 10-Mar 7	Sa	12:20 PM-12:50 PM	8	\$74.00	LW1725-14
Jan 8-Mar 5	Th	05:05 PM-05:35 PM	8	\$74.00	LW1715-22	Jan 11-Mar 8	Su	06:05 PM-06:35 PM	8	\$74.00	LW1725-01
Jan 8-Mar 5	Th	05:40 PM-06:10 PM	8	\$74.00	LW1715-23	Jan 11-Mar 8	Su	07:40 PM-08:10 PM	8	\$74.00	LW1725-02
Jan 8-Mar 5	Th	06:25 PM-06:55 PM	8	\$74.00	LW1715-24	Preschool 4 (Ages 3-5 yrs)					
Jan 9-Mar 6	F	09:45 AM-10:15 AM	8	\$74.00	LW1715-25	Jan 8-Mar 5	Th	06:35 PM-07:05 PM	8	\$74.00	LW1730-01
Jan 9-Mar 6	F	04:35 PM-05:05 PM	8	\$74.00	LW1715-26	Jan 10-Mar 7	Sa	11:35 AM-12:05 PM	8	\$74.00	LW1730-02
Jan 9-Mar 6	F	05:55 PM-06:25 PM	8	\$74.00	LW1715-27	Preschool 5 (Ages 3-5 yrs)					
						Jan 10-Mar 7	Sa	11:00 AM-11:30 AM	8	\$74.00	LW1735-01
						Swimmer 1 (Ages 6+)					
						Jan 5-Mar 2	M	04:30 PM-05:00 PM	8	\$74.00	LW1740-05
						Jan 5-Mar 2	M	05:40 PM-06:10 PM	8	\$74.00	LW1740-06
						Jan 5-Mar 2	M	06:30 PM-07:00 PM	8	\$74.00	LW1740-07
						Jan 6-Mar 3	Tu	04:45 PM-05:15 PM	8	\$74.00	LW1740-08
						Jan 6-Mar 3	Tu	05:05 PM-05:35 PM	8	\$74.00	LW1740-09
						Jan 6-Mar 3	Tu	05:40 PM-06:10 PM	8	\$74.00	LW1740-10
						Jan 6-Mar 3	Tu	06:45 PM-07:15 PM	8	\$74.00	LW1740-11
						Jan 7-Mar 4	W	04:30 PM-05:00 PM	8	\$74.00	LW1740-12



Find programs and register online at
leisureonline.saskatoon.ca

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

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
Jan 7-Mar 4	W	05:05 PM-05:35 PM	8	\$74.00	LW1740-13	Jan 7-Mar 4	W	06:40 PM-07:10 PM	8	\$74.00	LW1745-07
Jan 7-Mar 4	W	05:55 PM-06:25 PM	8	\$74.00	LW1740-14	Jan 7-Mar 4	W	07:00 PM-07:30 PM	8	\$74.00	LW1745-08
Jan 7-Mar 4	W	06:40 PM-07:10 PM	8	\$74.00	LW1740-15	Jan 8-Mar 5	Th	06:00 PM-06:30 PM	8	\$74.00	LW1745-09
Jan 7-Mar 4	W	07:15 PM-07:45 PM	8	\$74.00	LW1740-16	Jan 8-Mar 5	Th	06:55 PM-07:25 PM	8	\$74.00	LW1745-10
Jan 7-Mar 4	W	07:35 PM-08:05 PM	8	\$74.00	LW1740-17	Jan 9-Mar 6	F	05:10 PM-05:40 PM	8	\$74.00	LW1745-11
Jan 8-Mar 5	Th	04:30 PM-05:00 PM	8	\$74.00	LW1740-18	Jan 10-Mar 7	Sa	09:35 AM-10:05 AM	8	\$74.00	LW1745-12
Jan 8-Mar 5	Th	05:05 PM-05:35 PM	8	\$74.00	LW1740-19	Jan 10-Mar 7	Sa	10:15 AM-10:45 AM	8	\$74.00	LW1745-13
Jan 8-Mar 5	Th	07:20 PM-07:50 PM	8	\$74.00	LW1740-20	Jan 11-Mar 8	Su	06:05 PM-06:35 PM	8	\$74.00	LW1745-01
Jan 9-Mar 6	F	04:35 PM-05:05 PM	8	\$74.00	LW1740-21	Jan 11-Mar 8	Su	08:15 PM-08:45 PM	8	\$74.00	LW1745-02
Jan 9-Mar 6	F	05:20 PM-05:50 PM	8	\$74.00	LW1740-22	Swimmer 3 (Ages 6+)					
Jan 9-Mar 6	F	06:30 PM-07:00 PM	8	\$74.00	LW1740-23	Jan 5-Mar 2	M	06:25 PM-06:55 PM	8	\$74.00	LW1750-03
Jan 10-Mar 7	Sa	09:40 AM-10:10 AM	8	\$74.00	LW1740-24	Jan 6-Mar 3	Tu	04:30 PM-05:00 PM	8	\$74.00	LW1750-04
Jan 10-Mar 7	Sa	10:50 AM-11:20 AM	8	\$74.00	LW1740-25	Jan 6-Mar 3	Tu	06:00 PM-06:30 PM	8	\$74.00	LW1750-05
Jan 10-Mar 7	Sa	11:10 AM-11:40 AM	8	\$74.00	LW1740-26	Jan 7-Mar 4	W	04:30 PM-05:00 PM	8	\$74.00	LW1750-06
Jan 10-Mar 7	Sa	11:45 AM-12:15 PM	8	\$74.00	LW1740-27	Jan 7-Mar 4	W	06:40 PM-07:10 PM	8	\$74.00	LW1750-07
Jan 11-Mar 8	Su	06:05 PM-06:35 PM	8	\$74.00	LW1740-01	Jan 7-Mar 4	W	07:35 PM-08:05 PM	8	\$74.00	LW1750-08
Jan 11-Mar 8	Su	06:55 PM-07:25 PM	8	\$74.00	LW1740-02	Jan 8-Mar 5	Th	04:30 PM-05:00 PM	8	\$74.00	LW1750-09
Jan 11-Mar 8	Su	07:40 PM-08:10 PM	8	\$74.00	LW1740-03	Jan 9-Mar 6	F	06:20 PM-06:50 PM	8	\$74.00	LW1750-10
Jan 11-Mar 8	Su	08:15 PM-08:45 PM	8	\$74.00	LW1740-04	Jan 10-Mar 7	Sa	09:05 AM-09:35 AM	8	\$74.00	LW1750-11
Swimmer 2 (Ages 6+)						Jan 10-Mar 7	Sa	11:10 AM-11:40 AM	8	\$74.00	LW1750-12
Jan 5-Mar 2	M	04:40 PM-05:10 PM	8	\$74.00	LW1745-03	Jan 10-Mar 7	Sa	12:25 PM-12:55 PM	8	\$74.00	LW1750-13
Jan 6-Mar 3	Tu	04:30 PM-05:00 PM	8	\$74.00	LW1745-04	Jan 11-Mar 8	Su	05:30 PM-06:00 PM	8	\$74.00	LW1750-01
Jan 6-Mar 3	Tu	07:20 PM-07:50 PM	8	\$74.00	LW1745-05	Jan 11-Mar 8	Su	07:25 PM-07:55 PM	8	\$74.00	LW1750-02
Jan 7-Mar 4	W	05:20 PM-05:50 PM	8	\$74.00	LW1745-06	Lakewood Civic Centre Swimmer lesson listings continued on page 21.					



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.

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Parent & Tot 2 (Ages 12-24 mos)

Mar 9-23	M/W	04:35 PM-05:05 PM	5	\$52.00	LW1914-01
Mar 25-31	Tu-W	04:30 PM-05:00 PM	5	\$52.00	LW1914-02

Parent & Tot 3 (Ages 24-36 mos)

Mar 9-23	M/W	06:25 PM-06:55 PM	5	\$52.00	LW1915-01
Mar 10-24	Tu/Th	05:10 PM-05:40 PM	5	\$52.00	LW1915-02
Mar 10-24	Tu/Th	06:25 PM-06:55 PM	5	\$52.00	LW1915-03
Mar 25-31	Tu-W	05:05 PM-05:35 PM	5	\$52.00	LW1915-04

Preschool 1 (Ages 3-5 yrs)

Mar 9-23	M/W	04:30 PM-05:00 PM	5	\$52.00	LW1916-01
Mar 9-23	M/W	05:15 PM-05:45 PM	5	\$52.00	LW1916-02
Mar 9-23	M/W	05:45 PM-06:15 PM	5	\$52.00	LW1916-03

Mar 10-24	Tu/Th	04:30 PM-05:00 PM	5	\$52.00	LW1916-04
Mar 10-24	Tu/Th	05:50 PM-06:20 PM	5	\$52.00	LW1916-05
Mar 10-24	Tu/Th	06:30 PM-07:00 PM	5	\$52.00	LW1916-06
Mar 10-24	Tu/Th	07:00 PM-07:30 PM	5	\$52.00	LW1916-07
Mar 10-24	Tu/Th	07:45 PM-08:15 PM	5	\$52.00	LW1916-08
Mar 25-31	Tu-W	04:30 PM-05:00 PM	5	\$52.00	LW1916-09
Mar 25-31	Tu-W	05:40 PM-06:10 PM	5	\$52.00	LW1916-10

Preschool 2 (Ages 3-5 yrs)

Mar 9-23	M/W	05:10 PM-05:40 PM	5	\$52.00	LW1917-01
Mar 10-24	Tu/Th	05:40 PM-06:10 PM	5	\$52.00	LW1917-02
Mar 10-24	Tu/Th	07:05 PM-07:35 PM	5	\$52.00	LW1917-03
Mar 25-31	Tu-W	05:05 PM-05:35 PM	5	\$52.00	LW1917-04

Preschool 3 (Ages 3-5 yrs)

Mar 9-23	M/W	05:50 PM-06:20 PM	5	\$52.00	LW1918-01
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Swimmer 1 (Ages 6+)

Mar 9-23	M/W	04:40 PM-05:10 PM	5	\$52.00	LW1921-01
Mar 9-23	M/W	05:40 PM-06:10 PM	5	\$52.00	LW1921-02
Mar 9-23	M/W	06:20 PM-06:50 PM	5	\$52.00	LW1921-03
Mar 10-24	Tu/Th	04:40 PM-05:10 PM	5	\$52.00	LW1921-04
Mar 10-24	Tu/Th	05:05 PM-05:35 PM	5	\$52.00	LW1921-05
Mar 10-24	Tu/Th	05:45 PM-06:15 PM	5	\$52.00	LW1921-06
Mar 10-24	Tu/Th	07:10 PM-07:40 PM	5	\$52.00	LW1921-07
Mar 10-24	Tu/Th	07:35 PM-08:05 PM	5	\$52.00	LW1921-08
Mar 25-31	Tu-W	05:40 PM-06:10 PM	5	\$52.00	LW1921-09
Mar 25-31	Tu-W	06:50 PM-07:20 PM	5	\$52.00	LW1921-10

Swimmer 2 (Ages 6+)

Mar 9-23	M/W	05:05 PM-05:35 PM	5	\$52.00	LW1922-01
Mar 10-24	Tu/Th	06:35 PM-07:05 PM	5	\$52.00	LW1922-02
Mar 10-24	Tu/Th	07:40 PM-08:10 PM	5	\$52.00	LW1922-03
Mar 25-31	Tu-W	06:15 PM-06:45 PM	5	\$52.00	LW1922-04
Mar 25-31	Tu-W	06:50 PM-07:20 PM	5	\$52.00	LW1922-05

Swimmer 3 (Ages 6+)

Mar 9-23	M/W	06:15 PM-06:45 PM	5	\$52.00	LW1923-01
Mar 10-24	Tu/Th	04:35 PM-05:05 PM	5	\$52.00	LW1923-02
Mar 25-31	Tu-W	06:15 PM-06:45 PM	5	\$52.00	LW1923-03

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

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
<i>Lakewood Civic Centre Swimmer lesson listings continued from page 20.</i>						Preschool 1 (Ages 3-5 yrs)					
Swimmer 4 (Ages 6+)						Jan 5-Mar 16	M	10:10 AM-10:40 AM	10	\$92.50	LC1717-01
Jan 5-Mar 2	M	04:30 PM-05:15 PM	8	\$97.25	LW1755-02	Jan 5-Mar 16	M	05:45 PM-06:15 PM	10	\$92.50	LC1717-02
Jan 7-Mar 4	W	05:05 PM-05:50 PM	8	\$97.25	LW1755-03	Jan 5-Mar 16	M	06:20 PM-06:50 PM	10	\$92.50	LC1717-03
Jan 8-Mar 5	Th	05:10 PM-05:55 PM	8	\$97.25	LW1755-04	Jan 6-Mar 17	Tu	10:45 AM-11:15 AM	10	\$92.50	LC1717-04
Jan 9-Mar 6	F	04:30 PM-05:15 PM	8	\$97.25	LW1755-05	Jan 6-Mar 17	Tu	04:30 PM-05:00 PM	10	\$92.50	LC1717-05
Jan 10-Mar 7	Sa	10:10 AM-10:55 AM	8	\$97.25	LW1755-06	Jan 6-Mar 17	Tu	05:05 PM-05:35 PM	10	\$92.50	LC1717-06
Jan 11-Mar 8	Su	05:30 PM-06:15 PM	8	\$97.25	LW1755-01	Jan 6-Mar 17	Tu	06:20 PM-06:50 PM	10	\$92.50	LC1717-07
Swimmer 5 (Ages 6+)						Jan 7-Mar 18	W	11:50 AM-12:20 PM	10	\$92.50	LC1717-08
Jan 6-Mar 3	Tu	04:35 PM-05:20 PM	8	\$97.25	LW1760-02	Jan 8-Mar 19	Th	10:40 AM-11:10 AM	10	\$92.50	LC1717-09
Jan 7-Mar 4	W	05:05 PM-05:50 PM	8	\$97.25	LW1760-03	Jan 8-Mar 19	Th	04:35 PM-05:05 PM	10	\$92.50	LC1717-10
Jan 8-Mar 5	Th	07:10 PM-07:55 PM	8	\$97.25	LW1760-04	Jan 8-Mar 19	Th	05:55 PM-06:25 PM	10	\$92.50	LC1717-11
Jan 10-Mar 7	Sa	10:10 AM-10:55 AM	8	\$97.25	LW1760-05	Jan 8-Mar 19	Th	06:20 PM-06:50 PM	10	\$92.50	LC1717-12
Jan 11-Mar 8	Su	06:40 PM-07:25 PM	8	\$97.25	LW1760-01	Jan 9-Mar 20	F	10:10 AM-10:40 AM	10	\$92.50	LC1717-13
Swimmer 6 (Ages 6+)						Jan 9-Mar 20	F	04:35 PM-05:05 PM	10	\$92.50	LC1717-14
Jan 5-Mar 2	M	05:05 PM-05:50 PM	8	\$97.25	LW1765-02	Jan 9-Mar 20	F	05:40 PM-06:10 PM	10	\$92.50	LC1717-15
Jan 6-Mar 3	Tu	05:10 PM-05:55 PM	8	\$97.25	LW1765-03	Jan 9-Mar 20	F	06:15 PM-06:45 PM	10	\$92.50	LC1717-16
Jan 7-Mar 4	W	07:15 PM-08:00 PM	8	\$97.25	LW1765-04	Jan 10-Mar 21	Sa	10:00 AM-10:30 AM	10	\$92.50	LC1717-17
Jan 8-Mar 5	Th	06:25 PM-07:10 PM	8	\$97.25	LW1765-05	Jan 10-Mar 21	Sa	10:35 AM-11:05 AM	10	\$92.50	LC1717-18
Jan 10-Mar 7	Sa	11:35 AM-12:20 PM	8	\$97.25	LW1765-06	Jan 10-Mar 21	Sa	11:55 AM-12:25 PM	10	\$92.50	LC1717-19
Jan 11-Mar 8	Su	06:40 PM-07:25 PM	8	\$97.25	LW1765-01	Jan 18-Mar 15	Su	05:30 PM-06:00 PM	8	\$74.00	LC1715-01
Rookie Patrol (Ages 8+)						Jan 18-Mar 15	Su	06:20 PM-06:50 PM	8	\$74.00	LC1715-02
Jan 6-Mar 3	Tu	06:40 PM-07:40 PM	8	\$111.25	LW1770-01	Preschool 1/2 (Ages 3-5 yrs)					
Jan 8-Mar 5	Th	05:40 PM-06:40 PM	8	\$111.25	LW1770-02	Jan 5-Mar 16	M	11:55 AM-12:25 PM	10	\$92.50	LC1927-01
Jan 10-Mar 7	Sa	09:10 AM-10:10 AM	8	\$111.25	LW1770-03	Jan 6-Mar 17	Tu	11:15 AM-11:45 AM	10	\$92.50	LC1927-02
Ranger Patrol (Ages 8+)						Jan 7-Mar 18	W	10:05 AM-10:35 AM	10	\$92.50	LC1927-03
Jan 6-Mar 3	Tu	07:00 PM-08:00 PM	8	\$111.25	LW1775-01	Jan 9-Mar 20	F	09:35 AM-10:05 AM	10	\$92.50	LC1927-04
Jan 8-Mar 5	Th	07:00 PM-08:00 PM	8	\$111.25	LW1775-02	Preschool 2 (Ages 3-5 yrs)					
Jan 10-Mar 7	Sa	11:35 AM-12:35 PM	8	\$111.25	LW1775-03	Jan 5-Mar 16	M	09:35 AM-10:05 AM	10	\$92.50	LC1722-01
Star Patrol (Ages 8+)						Jan 5-Mar 16	M	04:30 PM-05:00 PM	10	\$92.50	LC1722-02
Jan 5-Mar 2	M	05:45 PM-06:45 PM	8	\$111.25	LW1780-01	Jan 5-Mar 16	M	05:10 PM-05:40 PM	10	\$92.50	LC1722-03
LAWSON CIVIC CENTRE 225 Primrose Drive						Jan 5-Mar 16	M	05:55 PM-06:25 PM	10	\$92.50	LC1722-04
<i>Classes cancelled on Feb 14, 15, 16, 17, 18, 19 & 20.</i>						Jan 6-Mar 17	Tu	10:10 AM-10:40 AM	10	\$92.50	LC1722-05
Parent & Tot 1 (Ages 4-12 mos)						Jan 6-Mar 17	Tu	04:35 PM-05:05 PM	10	\$92.50	LC1722-06
Jan 5-Mar 16	M	10:45 AM-11:15 AM	10	\$92.50	LC1702-01	Jan 6-Mar 17	Tu	05:40 PM-06:10 PM	10	\$92.50	LC1722-07
Jan 5-Mar 16	M	04:30 PM-05:00 PM	10	\$92.50	LC1702-02	Jan 6-Mar 17	Tu	06:30 PM-07:00 PM	10	\$92.50	LC1722-08
Jan 7-Mar 18	W	09:35 AM-10:05 AM	10	\$92.50	LC1702-03	Jan 7-Mar 18	W	11:20 AM-11:50 AM	10	\$92.50	LC1722-09
Jan 8-Mar 19	Th	10:05 AM-10:35 AM	10	\$92.50	LC1702-04	Jan 8-Mar 19	Th	10:05 AM-10:35 AM	10	\$92.50	LC1722-10
Jan 9-Mar 20	F	10:45 AM-11:15 AM	10	\$92.50	LC1702-05	Jan 8-Mar 19	Th	04:30 PM-05:00 PM	10	\$92.50	LC1722-11
Jan 10-Mar 21	Sa	11:10 AM-11:40 AM	10	\$92.50	LC1702-06	Jan 8-Mar 19	Th	05:45 PM-06:15 PM	10	\$92.50	LC1722-12
Parent & Tot 2 (Ages 12-24 mos)						Jan 9-Mar 20	F	10:05 AM-10:35 AM	10	\$92.50	LC1722-13
Jan 6-Mar 17	Tu	05:55 PM-06:25 PM	10	\$92.50	LC1707-01	Jan 9-Mar 20	F	04:30 PM-05:00 PM	10	\$92.50	LC1722-14
Jan 7-Mar 18	W	10:10 AM-10:40 AM	10	\$92.50	LC1707-02	Jan 9-Mar 20	F	05:05 PM-05:35 PM	10	\$92.50	LC1722-15
Jan 8-Mar 19	Th	05:20 PM-05:50 PM	10	\$92.50	LC1707-03	Jan 9-Mar 20	F	06:20 PM-06:50 PM	10	\$92.50	LC1722-16
Jan 8-Mar 19	Th	05:50 PM-06:20 PM	10	\$92.50	LC1707-04	Jan 10-Mar 21	Sa	10:00 AM-10:30 AM	10	\$92.50	LC1722-17
Jan 9-Mar 20	F	05:55 PM-06:25 PM	10	\$92.50	LC1707-05	Jan 10-Mar 21	Sa	11:10 AM-11:40 AM	10	\$92.50	LC1722-18
Jan 10-Mar 21	Sa	12:30 PM-01:00 PM	10	\$92.50	LC1707-06	Jan 10-Mar 21	Sa	12:00 PM-12:30 PM	10	\$92.50	LC1722-19
Parent & Tot 2/3 (Ages 12-36 mos)						Jan 18-Mar 15	Su	05:45 PM-06:15 PM	8	\$74.00	LC1720-01
Jan 5-Mar 16	M	11:15 AM-11:45 AM	10	\$92.50	LC1924-01	Jan 18-Mar 15	Su	06:40 PM-07:10 PM	8	\$74.00	LC1720-02
Jan 8-Mar 19	Th	10:40 AM-11:10 AM	10	\$92.50	LC1924-02	Preschool 3 (Ages 3-5 yrs)					
Jan 9-Mar 20	F	11:15 AM-11:45 AM	10	\$92.50	LC1924-03	Jan 5-Mar 16	M	11:50 AM-12:20 PM	10	\$92.50	LC1727-01
Parent & Tot 3 (Ages 24-36 mos)						Jan 5-Mar 16	M	05:05 PM-05:35 PM	10	\$92.50	LC1727-02
Jan 5-Mar 16	M	05:10 PM-05:40 PM	10	\$92.50	LC1712-01	Jan 6-Mar 17	Tu	10:40 AM-11:10 AM	10	\$92.50	LC1727-03
Jan 6-Mar 17	Tu	10:05 AM-10:35 AM	10	\$92.50	LC1712-02	Jan 6-Mar 17	Tu	05:05 PM-05:35 PM	10	\$92.50	LC1727-04
Jan 6-Mar 17	Tu	05:05 PM-05:35 PM	10	\$92.50	LC1712-03	Jan 7-Mar 18	W	12:25 PM-12:55 PM	10	\$92.50	LC1727-05
Jan 7-Mar 18	W	10:40 AM-11:10 AM	10	\$92.50	LC1712-04	Jan 8-Mar 19	Th	05:10 PM-05:40 PM	10	\$92.50	LC1727-06
Jan 8-Mar 19	Th	06:30 PM-07:00 PM	10	\$92.50	LC1712-05	Jan 8-Mar 19	Th	06:30 PM-07:00 PM	10	\$92.50	LC1727-07
Jan 10-Mar 21	Sa	11:45 AM-12:15 PM	10	\$92.50	LC1712-06	Jan 9-Mar 20	F	11:20 AM-11:50 AM	10	\$92.50	LC1727-08
						Jan 9-Mar 20	F	04:30 PM-05:00 PM	10	\$92.50	LC1727-09
						Jan 10-Mar 21	Sa	10:35 AM-11:05 AM	10	\$92.50	LC1727-10
						Jan 18-Mar 15	Su	05:10 PM-05:40 PM	8	\$74.00	LC1725-01
						Jan 18-Mar 15	Su	06:05 PM-06:35 PM	8	\$74.00	LC1725-02
						Jan 18-Mar 15	Su	06:55 PM-07:25 PM	8	\$74.00	LC1725-03
						Preschool 4 (Ages 3-5 yrs)					
						Jan 6-Mar 17	Tu	04:30 PM-05:00 PM	10	\$92.50	LC1732-01

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

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
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*Looking for a fun aquatic program
for children ages 3-5?*

*Check out Lil' Movers Swim & Play available at
Lawson Civic Centre. Refer to page 26 to learn more.*

Jan 9-Mar 20	F	05:10 PM-05:40 PM	10	\$92.50	LC1732-02
Jan 10-Mar 21	Sa	11:20 AM-11:50 AM	10	\$92.50	LC1732-03
Jan 18-Mar 15	Su	07:30 PM-08:00 PM	8	\$74.00	LC1730-01

Preschool 4/5 (Ages 3-5 yrs)

Jan 5-Mar 16	M	10:40 AM-11:10 AM	10	\$92.50	LC1930-01
Jan 6-Mar 17	Tu	11:20 AM-11:50 AM	10	\$92.50	LC1930-02
Jan 7-Mar 18	W	11:15 AM-11:45 AM	10	\$92.50	LC1930-03
Jan 9-Mar 20	F	10:40 AM-11:10 AM	10	\$92.50	LC1930-04

Preschool 5 (Ages 3-5 yrs)

Jan 5-Mar 16	M	05:55 PM-06:25 PM	10	\$92.50	LC1737-01
Jan 8-Mar 19	Th	06:55 PM-07:25 PM	10	\$92.50	LC1737-02

Swimmer 1 (Ages 6+)

Jan 5-Mar 16	M	11:20 AM-11:50 AM	10	\$92.50	LC1742-01
Jan 5-Mar 16	M	05:20 PM-05:50 PM	10	\$92.50	LC1742-02
Jan 5-Mar 16	M	05:45 PM-06:15 PM	10	\$92.50	LC1742-03
Jan 5-Mar 16	M	06:15 PM-06:45 PM	10	\$92.50	LC1742-04
Jan 6-Mar 17	Tu	04:30 PM-05:00 PM	10	\$92.50	LC1742-05
Jan 6-Mar 17	Tu	05:10 PM-05:40 PM	10	\$92.50	LC1742-06
Jan 6-Mar 17	Tu	05:40 PM-06:10 PM	10	\$92.50	LC1742-07
Jan 6-Mar 17	Tu	06:15 PM-06:45 PM	10	\$92.50	LC1742-08
Jan 6-Mar 17	Tu	07:05 PM-07:35 PM	10	\$92.50	LC1742-09
Jan 7-Mar 18	W	10:45 AM-11:15 AM	10	\$92.50	LC1742-10
Jan 8-Mar 19	Th	11:15 AM-11:45 AM	10	\$92.50	LC1742-11
Jan 8-Mar 19	Th	04:35 PM-05:05 PM	10	\$92.50	LC1742-12
Jan 8-Mar 19	Th	05:15 PM-05:45 PM	10	\$92.50	LC1742-13
Jan 8-Mar 19	Th	05:45 PM-06:15 PM	10	\$92.50	LC1742-14
Jan 8-Mar 19	Th	06:20 PM-06:50 PM	10	\$92.50	LC1742-15
Jan 9-Mar 20	F	04:30 PM-05:00 PM	10	\$92.50	LC1742-16
Jan 9-Mar 20	F	05:05 PM-05:35 PM	10	\$92.50	LC1742-17
Jan 9-Mar 20	F	05:45 PM-06:15 PM	10	\$92.50	LC1742-18
Jan 10-Mar 21	Sa	10:00 AM-10:30 AM	10	\$92.50	LC1742-19
Jan 10-Mar 21	Sa	10:45 AM-11:15 AM	10	\$92.50	LC1742-20
Jan 10-Mar 21	Sa	11:25 AM-11:55 AM	10	\$92.50	LC1742-21
Jan 10-Mar 21	Sa	11:45 AM-12:15 PM	10	\$92.50	LC1742-22
Jan 10-Mar 21	Sa	12:20 PM-12:50 PM	10	\$92.50	LC1742-23

Swimmer 2 (Ages 6+)

Jan 5-Mar 16	M	04:35 PM-05:05 PM	10	\$92.50	LC1747-01
Jan 5-Mar 16	M	05:40 PM-06:10 PM	10	\$92.50	LC1747-02
Jan 6-Mar 17	Tu	05:45 PM-06:15 PM	10	\$92.50	LC1747-03
Jan 6-Mar 17	Tu	06:50 PM-07:20 PM	10	\$92.50	LC1747-04
Jan 8-Mar 19	Th	04:40 PM-05:10 PM	10	\$92.50	LC1747-05
Jan 8-Mar 19	Th	05:05 PM-05:35 PM	10	\$92.50	LC1747-06
Jan 9-Mar 20	F	05:40 PM-06:10 PM	10	\$92.50	LC1747-07
Jan 9-Mar 20	F	06:30 PM-07:00 PM	10	\$92.50	LC1747-08
Jan 10-Mar 21	Sa	10:00 AM-10:30 AM	10	\$92.50	LC1747-09
Jan 10-Mar 21	Sa	12:20 PM-12:50 PM	10	\$92.50	LC1747-10

Swimmer 3 (Ages 6+)

Jan 5-Mar 16	M	04:35 PM-05:05 PM	10	\$92.50	LC1752-01
Jan 6-Mar 17	Tu	04:30 PM-05:00 PM	10	\$92.50	LC1752-02
Jan 6-Mar 17	Tu	05:40 PM-06:10 PM	10	\$92.50	LC1752-03
Jan 8-Mar 19	Th	05:10 PM-05:40 PM	10	\$92.50	LC1752-04
Jan 10-Mar 21	Sa	10:10 AM-10:40 AM	10	\$92.50	LC1752-05
Jan 10-Mar 21	Sa	10:35 AM-11:05 AM	10	\$92.50	LC1752-06

Swimmer 4 (Ages 6+)

Jan 5-Mar 16	M	04:30 PM-05:15 PM	10	\$121.50	LC1757-01
Jan 6-Mar 17	Tu	05:05 PM-05:50 PM	10	\$121.50	LC1757-02
Jan 8-Mar 19	Th	05:40 PM-06:25 PM	10	\$121.50	LC1757-03
Jan 9-Mar 20	F	06:15 PM-07:00 PM	10	\$121.50	LC1757-04
Jan 10-Mar 21	Sa	12:00 PM-12:45 PM	10	\$121.50	LC1757-05

Swimmer 5 (Ages 6+)

Jan 5-Mar 16	M	05:05 PM-05:50 PM	10	\$121.50	LC1762-01
Jan 8-Mar 19	Th	04:30 PM-05:15 PM	10	\$121.50	LC1762-02
Jan 9-Mar 20	F	05:05 PM-05:50 PM	10	\$121.50	LC1762-03
Jan 10-Mar 21	Sa	11:10 AM-11:55 AM	10	\$121.50	LC1762-04

Swimmer 6 (Ages 6+)

Jan 8-Mar 19	Th	06:25 PM-07:10 PM	10	\$121.50	LC1767-01
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Multi-Level Swim Lessons for Families

Designed for families with more than one child seeking Life Saving Society swim lessons; this option accommodates multiple swim levels within a single class. Registrants can choose their preferred time slot by phone. Simply inform us of your children's swim levels, and we'll ensure they receive instruction at the same time. Registrations are accepted by phone only beginning Monday, December 1. Call 306-975-7873 to register.

LAWSON CIVIC CENTRE 225 Primrose Drive

Classes cancelled on Feb 18.

Preschool 1 - Swimmer 3

Jan 7-Mar 18	W	04:35 PM-05:05 PM	10	\$92.50	LC1511-01
Jan 7-Mar 18	W	05:10 PM-05:40 PM	10	\$92.50	LC1511-02
Jan 7-Mar 18	W	05:50 PM-06:20 PM	10	\$92.50	LC1511-03
Jan 7-Mar 18	W	06:25 PM-06:55 PM	10	\$92.50	LC1511-04

Swimmer 4 - 6

Jan 7-Mar 18	W	05:50 PM-06:35 PM	10	\$121.50	LC1514-01
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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
SHAW CENTRE 122 Bowlt Crescent						<i>Not sure what swim level would suit your child?</i>					
Classes cancelled on Feb 6, 7, 14, 17, 19 & 20.						Refer to pages 16-18 for lesson level descriptions.					
Parent & Tot 1 (Ages 4-12 mos)											
Jan 6-29	Tu/Th	04:35 PM-05:05 PM	8	\$74.00	SC1700-01	Jan 10-Mar 14	Sa	09:10 AM-09:40 AM	8	\$74.00	SC1740-09
Jan 9-Mar 13	F	05:40 PM-06:10 PM	8	\$74.00	SC1700-02	Jan 10-Mar 14	Sa	10:25 AM-10:55 AM	8	\$74.00	SC1740-10
Jan 10-Mar 14	Sa	09:00 AM-09:30 AM	8	\$74.00	SC1700-03	Jan 10-Mar 14	Sa	11:00 AM-11:30 AM	8	\$74.00	SC1740-11
Parent & Tot 2 (Ages 12-24 mos)						Feb 10-Mar 12	Tu/Th	05:20 PM-05:50 PM	8	\$74.00	SC1740-12
Jan 6-29	Tu/Th	06:15 PM-06:45 PM	8	\$74.00	SC1705-01	Feb 10-Mar 12	Tu/Th	06:30 PM-07:00 PM	8	\$74.00	SC1740-13
Feb 10-Mar 12	Tu/Th	05:50 PM-06:20 PM	8	\$74.00	SC1705-02	Feb 10-Mar 12	Tu/Th	07:10 PM-07:40 PM	8	\$74.00	SC1740-14
Parent & Tot 3 (Ages 24-36 mos)						Swimmer 2 (Ages 6+)					
Jan 9-Mar 13	F	04:00 PM-04:30 PM	8	\$74.00	SC1710-01	Jan 6-29	Tu/Th	05:25 PM-05:55 PM	8	\$74.00	SC1745-01
Jan 10-Mar 14	Sa	10:50 AM-11:20 AM	8	\$74.00	SC1710-02	Jan 6-29	Tu/Th	06:50 PM-07:20 PM	8	\$74.00	SC1745-02
Feb 10-Mar 12	Tu/Th	06:35 PM-07:05 PM	8	\$74.00	SC1710-03	Jan 6-29	Tu/Th	07:30 PM-08:00 PM	8	\$74.00	SC1745-03
Preschool 1 (Ages 3-5 yrs)						Jan 9-Mar 13	F	04:00 PM-04:30 PM	8	\$74.00	SC1745-04
Jan 6-29	Tu/Th	04:35 PM-05:05 PM	8	\$74.00	SC1715-01	Jan 9-Mar 13	F	04:35 PM-05:05 PM	8	\$74.00	SC1745-05
Jan 6-29	Tu/Th	05:10 PM-05:40 PM	8	\$74.00	SC1715-02	Jan 9-Mar 13	F	06:00 PM-06:30 PM	8	\$74.00	SC1745-06
Jan 6-29	Tu/Th	06:00 PM-06:30 PM	8	\$74.00	SC1715-03	Jan 10-Mar 14	Sa	09:35 AM-10:05 AM	8	\$74.00	SC1745-07
Jan 6-29	Tu/Th	06:50 PM-07:20 PM	8	\$74.00	SC1715-04	Jan 10-Mar 14	Sa	10:55 AM-11:25 AM	8	\$74.00	SC1745-08
Jan 9-Mar 13	F	05:10 PM-05:40 PM	8	\$74.00	SC1715-05	Feb 10-Mar 12	Tu/Th	04:35 PM-05:05 PM	8	\$74.00	SC1745-09
Jan 9-Mar 13	F	06:15 PM-06:45 PM	8	\$74.00	SC1715-06	Feb 10-Mar 12	Tu/Th	06:00 PM-06:30 PM	8	\$74.00	SC1745-10
Jan 10-Mar 14	Sa	09:00 AM-09:30 AM	8	\$74.00	SC1715-07	Feb 10-Mar 12	Tu/Th	05:25 PM-05:55 PM	8	\$74.00	SC1745-11
Jan 10-Mar 14	Sa	09:50 AM-10:20 AM	8	\$74.00	SC1715-08	Swimmer 3 (Ages 6+)					
Jan 10-Mar 14	Sa	11:30 AM-12:00 PM	8	\$74.00	SC1715-09	Jan 6-29	Tu/Th	05:45 PM-06:15 PM	8	\$74.00	SC1750-01
Jan 10-Mar 14	Sa	11:35 AM-12:05 PM	8	\$74.00	SC1715-10	Jan 6-29	Tu/Th	07:10 PM-07:40 PM	8	\$74.00	SC1750-02
Feb 10-Mar 12	Tu/Th	04:40 PM-05:10 PM	8	\$74.00	SC1715-11	Jan 9-Mar 13	F	04:00 PM-04:30 PM	8	\$74.00	SC1750-03
Feb 10-Mar 12	Tu/Th	05:55 PM-06:25 PM	8	\$74.00	SC1715-12	Jan 9-Mar 13	F	05:45 PM-06:15 PM	8	\$74.00	SC1750-04
Feb 10-Mar 12	Tu/Th	06:50 PM-07:20 PM	8	\$74.00	SC1715-13	Jan 10-Mar 14	Sa	09:35 AM-10:05 AM	8	\$74.00	SC1750-05
Feb 10-Mar 12	Tu/Th	07:10 PM-07:40 PM	8	\$74.00	SC1715-14	Jan 10-Mar 14	Sa	11:25 AM-11:55 AM	8	\$74.00	SC1750-06
Preschool 2 (Ages 3-5 yrs)						Feb 10-Mar 12	Tu/Th	06:25 PM-06:55 PM	8	\$74.00	SC1750-07
Jan 6-29	Tu/Th	05:45 PM-06:15 PM	8	\$74.00	SC1720-01	Swimmer 4 (Ages 6+)					
Jan 6-29	Tu/Th	06:35 PM-07:05 PM	8	\$74.00	SC1720-02	Jan 6-29	Tu/Th	04:35 PM-05:20 PM	8	\$97.25	SC1755-01
Jan 9-Mar 13	F	04:00 PM-04:30 PM	8	\$74.00	SC1720-03	Jan 6-29	Tu/Th	06:20 PM-07:05 PM	8	\$97.25	SC1755-02
Jan 9-Mar 13	F	04:35 PM-05:05 PM	8	\$74.00	SC1720-04	Jan 9-Mar 13	F	05:10 PM-05:55 PM	8	\$97.25	SC1755-03
Jan 9-Mar 13	F	05:45 PM-06:15 PM	8	\$74.00	SC1720-05	Jan 10-Mar 14	Sa	09:00 AM-09:45 AM	8	\$97.25	SC1755-04
Jan 10-Mar 14	Sa	09:45 AM-10:15 AM	8	\$74.00	SC1720-06	Jan 10-Mar 14	Sa	10:10 AM-10:55 AM	8	\$97.25	SC1755-05
Jan 10-Mar 14	Sa	10:15 AM-10:45 AM	8	\$74.00	SC1720-07	Feb 10-Mar 12	Tu/Th	04:35 PM-05:20 PM	8	\$97.25	SC1755-06
Feb 10-Mar 12	Tu/Th	05:15 PM-05:45 PM	8	\$74.00	SC1720-08	Feb 10-Mar 12	Tu/Th	06:00 PM-06:45 PM	8	\$97.25	SC1755-07
Feb 10-Mar 12	Tu/Th	06:00 PM-06:30 PM	8	\$74.00	SC1720-09	Swimmer 5 (Ages 6+)					
Preschool 3 (Ages 3-5 yrs)						Jan 6-29	Tu/Th	04:35 PM-05:20 PM	8	\$97.25	SC1760-01
Jan 6-29	Tu/Th	05:10 PM-05:40 PM	8	\$74.00	SC1725-01	Jan 9-Mar 13	F	06:20 PM-07:05 PM	8	\$97.25	SC1760-02
Jan 6-29	Tu/Th	07:10 PM-07:40 PM	8	\$74.00	SC1725-02	Jan 10-Mar 14	Sa	10:10 AM-10:55 AM	8	\$97.25	SC1760-03
Jan 9-Mar 13	F	04:35 PM-05:05 PM	8	\$74.00	SC1725-03	Feb 10-Mar 12	Tu/Th	04:35 PM-05:20 PM	8	\$97.25	SC1760-04
Jan 9-Mar 13	F	05:10 PM-05:40 PM	8	\$74.00	SC1725-04	Swimmer 6 (Ages 6+)					
Jan 10-Mar 14	Sa	10:20 AM-10:50 AM	8	\$74.00	SC1725-05	Jan 6-29	Tu/Th	05:25 PM-06:10 PM	8	\$97.25	SC1765-01
Feb 10-Mar 12	Tu/Th	05:25 PM-05:55 PM	8	\$74.00	SC1725-06	Jan 9-Mar 13	F	05:45 PM-06:30 PM	8	\$97.25	SC1765-02
Feb 10-Mar 12	Tu/Th	07:25 PM-07:55 PM	8	\$74.00	SC1725-07	Feb 10-Mar 12	Tu/Th	05:10 PM-05:55 PM	8	\$97.25	SC1765-03
Preschool 4 (Ages 3-5 yrs)						Rookie Patrol (Ages 8+)					
Jan 6-29	Tu/Th	07:25 PM-07:55 PM	8	\$74.00	SC1730-01	Jan 6-29	Tu/Th	05:45 PM-06:45 PM	8	\$111.25	SC1770-01
Jan 9-Mar 13	F	06:35 PM-07:05 PM	8	\$74.00	SC1730-02	Jan 10-Mar 14	Sa	09:10 AM-10:10 AM	8	\$111.25	SC1770-02
Preschool 5 (Ages 3-5 yrs)						Ranger Patrol (Ages 8+)					
Jan 10-Mar 14	Sa	11:00 AM-11:30 AM	8	\$74.00	SC1735-01	Jan 9-Mar 13	F	04:35 PM-05:35 PM	8	\$111.25	SC1775-01
Feb 10-Mar 12	Tu/Th	04:45 PM-05:15 PM	8	\$74.00	SC1735-02	Star Patrol (Ages 8+)					
Swimmer 1 (Ages 6+)						Feb 10-Mar 12	Tu/Th	07:00 PM-08:00 PM	8	\$111.25	SC1780-01
Jan 6-29	Tu/Th	04:35 PM-05:05 PM	8	\$74.00	SC1740-01						
Jan 6-29	Tu/Th	05:10 PM-05:40 PM	8	\$74.00	SC1740-02						
Jan 6-29	Tu/Th	06:20 PM-06:50 PM	8	\$74.00	SC1740-03						
Jan 6-29	Tu/Th	06:55 PM-07:25 PM	8	\$74.00	SC1740-04						
Jan 9-Mar 13	F	04:00 PM-04:30 PM	8	\$74.00	SC1740-05						
Jan 9-Mar 13	F	04:35 PM-05:05 PM	8	\$74.00	SC1740-06						
Jan 9-Mar 13	F	05:10 PM-05:40 PM	8	\$74.00	SC1740-07						
Jan 9-Mar 13	F	06:20 PM-06:50 PM	8	\$74.00	SC1740-08						

LIFESAVING SOCIETY SWIM LESSON LISTINGS (YOUTH SWIMMER)

Date	Day(s)	Time	#Classes	Fee	Code	Date	Day(s)	Time	#Classes	Fee	Code
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New! Designed for beginner swimmers aged 9 to 15 with little to no swimming experience. This program teaches basic swimming skills, develops various strokes, and promotes water smart education. Build confidence and become a proficient swimmer!

LAKEWOOD CIVIC CENTRE 1635 McKercher Drive

Classes cancelled on Feb 15, 16, 17, 18 & 19.

Youth Swimmer 1

Jan 5-Mar 2 M 05:15 PM-05:45 PM 8 \$74.00 LW1542-01

Youth Swimmer 2

Jan 7-Mar 4 W 06:25 PM-06:55 PM 8 \$74.00 LW1543-02

Jan 11-Mar 8 Su 07:25 PM-07:55 PM 8 \$74.00 LW1543-01

Youth Swimmer 3

Jan 6-Mar 3 Tu 07:35 PM-08:05 PM 8 \$74.00 LW1544-01

Jan 8-Mar 5 Th 05:50 PM-06:20 PM 8 \$74.00 LW1544-02

**LAWSON CIVIC CENTRE** 225 Primrose Drive

Classes cancelled on Feb 16.

Youth Swimmer 1

Jan 5-Mar 16 M 06:55 PM-07:25 PM 10 \$92.50 LC1534-01

Youth Swimmer 2

Jan 5-Mar 16 M 06:30 PM-07:00 PM 10 \$92.50 LC1535-01

Youth Swimmer 3

Jan 5-Mar 16 M 06:20 PM-06:50 PM 10 \$92.50 LC1536-01

SHAW CENTRE 122 Bowlit Crescent**Youth Swimmer 1**

Jan 6-29 Tu/Th 07:25 PM-07:55 PM 8 \$74.00 SC1542-01

Youth Swimmer 1/2

Jan 10-Mar 14 Sa 11:35 AM-12:05 PM 8 \$74.00 SC1545-01

Youth Swimmer 2

Feb 10-Mar 12 Tu/Th 06:35 PM-07:05 PM 8 \$74.00 SC1543-01

Youth Swimmer 3

Jan 9-Mar 13 F 06:35 PM-07:05 PM 8 \$74.00 SC1544-01

LIFESAVING SOCIETY SWIM LESSON LISTINGS (ADULT SWIMMER)

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

Classes cancelled on Feb 15.

Adult Swimmer 1

Jan 11-Mar 8 Su 08:00 PM-08:45 PM 8 \$122.00 LW1901-01

Adult Swimmer 2

Jan 11-Mar 8 Su 08:00 PM-08:45 PM 8 \$122.00 LW1902-01

LAWSON CIVIC CENTRE 225 Primrose Drive

Classes cancelled on Feb 14, 16, 17 & 18.

Adult Swimmer 1

Jan 5-Mar 16 M 06:30 PM-07:15 PM 10 \$152.50 LC1907-01

Jan 6-Mar 17 Tu 06:15 PM-07:00 PM 10 \$152.50 LC1907-02

Jan 7-Mar 18 W 11:55 AM-12:40 PM 10 \$152.50 LC1907-03

Jan 10-Mar 21 Sa 10:35 AM-11:20 AM 10 \$152.50 LC1907-04

Adult Swimmer 2

Jan 6-Mar 17 Tu 06:15 PM-07:00 PM 10 \$152.50 LC1909-01

SHAW CENTRE 122 Bowlit Crescent**Adult Swimmer 1**

Feb 10-Mar 12 Tu/Th 07:05 PM-07:50 PM 8 \$122.00 SC1901-01

Adult Swimmer 2

Jan 10-Mar 14 Sa 11:00 AM-11:45 AM 8 \$122.00 SC1902-01



Find programs and register online at
leisureonline.saskatoon.ca

ADDITIONAL SWIM LESSON OPTIONS

*Note: registration for Private & Semi-Private swim lessons and Multi-level Swim Lessons for Families will open on **Monday, December 1.***

Private Swim Lessons

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

Youth 1 session \$39.75 • 3 sessions \$116.50 • 5 sessions \$189.75

Adult 1 session \$44.25 • 3 sessions \$125.75 • 5 sessions \$205.25

Semi-Private Swim Lessons

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

Youth 1 session \$29.75 • 3 sessions \$85.25 • 5 sessions \$139.00

Adult 1 session \$34.75 • 3 sessions \$98.50 • 5 sessions \$160.00

Timesaving swim lesson options are available!

Multi-Level Swim Lessons for Families

Designed for families with more than one child seeking Lifesaving Society swim lessons; this option accommodates multiple swim levels within a single class. Available at Lawson Civic Centre. Refer to page 22 for more information.

5-Day Lesson Sets

These condensed sets are ideal for participants who don't have the time to dedicate to a full lesson set, need to brush up on one or two skills to finish a level or just want to get more comfortable in the water. Available at Lakewood Civic Centre. Refer to page 20 for more information.

FREE COMMUNITY PROGRAMMING

PROGRAMS & ACTIVITIES

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.

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.

Sutherland Curling Club (141 Jessop Ave)

Curling Jan 26 M 09:00 AM-12:00 PM CD1639-01

ACT Arena (107 105th Street East)

Broomball Jan 26 M 01:00 PM-04:00 PM CD1639-02

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.

Cosmo Civic Centre (3130 Laurier Drive)

Yoga Feb 17 Tu 09:00 AM-12:00 PM CD1380-01

Handball Feb 18 W 01:00 PM-04:00 PM CD1380-04

Beading Feb 19 Th 01:00 PM-04:00 PM CD1380-06

Momentum Martial Arts (2301 Faithfull Avenue #3)

Martial Arts Feb 17 Tu 01:00 PM-04:00 PM CD1380-02

Marian Gymnastics (337 Edson Avenue)

Gymnastics Feb 18 W 09:00 AM-12:00 PM CD1380-03

Kreative Mum (1724 Quebec Avenue #8)

Arts and Crafts Feb 19 Th 09:00 AM-12:00 PM CD1380-05

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/guardian at all times while on the ice. Please dress warm.

Cosmo Arena (3130 Laurier Drive)

Monday, February 16 • 1:00 PM-4:00 PM



Winter Play Program

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

This is a drop-in program. Sessions will be cancelled if the temperature reaches -25°C or below with the windchill.

Hampton Village Rec Unit (1023 Hampton Circle)

Saturday, January 24 • 1:00 to 4:00 p.m.

Brevoort Park Rec Unit (3 Webb Crescent)

Saturday, January 31 • 1:00 to 4:00 p.m.

Massey Place Rec Unit (3110 Massey Place)

Saturday, February 7 • 1:00 to 4:00 p.m.

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. Watch for movie listings being announced on dropinschedule.saskatoon.ca. Drop-in; pre-registration is not required.

Cosmo Civic Centre (3130 Laurier Drive)

Friday, March 13 • 2:00 PM-5:30 PM

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 6-Mar 3	Tu	04:15 PM-04:45 PM	\$76.50	AC1352-01
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Cosmo Arena

Jan 7-Mar 4	W	04:15 PM-04:45 PM	\$76.50	CA1352-01
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Jan 8-Mar 5	Th	04:15 PM-04:45 PM	\$76.50	CA1352-02
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Lions Arena

Jan 5-Mar 2	M	04:15 PM-04:45 PM	\$76.50	LI1352-01
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MINI MOVERS PROGRAMS

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

Mini Movers Active Games

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

Cosmo Civic Centre

Jan 11-Feb 8	Su	10:30 AM-11:15 AM	\$47.00	CC1402-01
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Mar 1-29	Su	10:30 AM-11:15 AM	\$47.00	CC1402-02
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Lakewood Civic Centre

Jan 11-Feb 8	Su	10:15 AM-11:00 AM	\$47.00	LW1402-01
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Feb 28-Mar 28	Sa	09:15 AM-10:00 AM	\$47.00	LW1402-02
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Lawson Civic Centre

Jan 11-Feb 8	Su	01:30 PM-02:15 PM	\$47.00	LC1402-01
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Jan 16-Feb 13	F	01:10 PM-01:55 PM	\$47.00	LC1402-02
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Feb 22-Mar 22	Su	02:30 PM-03:15 PM	\$47.00	LC1402-03
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Shaw Centre

Jan 10-Feb 7	Sa	09:15 AM-10:00 AM	\$47.00	SC1402-01
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Feb 28-Mar 28	Sa	09:15 AM-10:00 AM	\$47.00	SC1402-02
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Bonus December Programming!

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

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

LIL' MOVERS PROGRAMS

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

Lil' Movers Active Games

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

Lakewood Civic Centre

Jan 10-Feb 7	Sa	10:15 AM-11:00 AM	\$47.00	LW1401-01
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Feb 28-Mar 28	Sa	11:15 AM-12:00 PM	\$47.00	LW1401-02
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Lawson Civic Centre

Jan 11-Feb 8	Su	02:30 PM-03:15 PM	\$47.00	LC1401-01
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Feb 22-Mar 22	Su	03:30 PM-04:15 PM	\$47.00	LC1401-02
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Feb 27-Mar 27	F	02:10 PM-02:55 PM	\$47.00	LC1401-03
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Shaw Centre

Jan 10-Feb 7	Sa	10:15 AM-11:00 AM	\$47.00	SC1401-01
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Feb 28-Mar 28	Sa	10:15 AM-11:00 AM	\$47.00	SC1401-02
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Lil' Movers Swim & Play

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

Lawson Civic Centre

Jan 8-Mar 19*	Th	11:15 AM-12:00 PM	\$96.00	LC1177-01
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Jan 9-Mar 20**	F	11:55 AM-12:40 PM	\$96.00	LC1177-02
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*Cancelled Feb 19. **Cancelled Feb 20..

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 10-Feb 7	Sa	09:15 AM-10:00 AM	\$47.50	LW1364-01
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Feb 28-Mar 28	Sa	10:15 AM-11:00 AM	\$47.50	LW1364-02
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Mar 1-29	Su	10:15 AM-11:00 AM	\$47.50	LW1364-03
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Lawson Civic Centre

Jan 11-Feb 8	Su	03:30 PM-04:15 PM	\$47.50	LC1364-01
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Jan 16-Feb 13	F	02:10 PM-02:55 PM	\$47.50	LC1364-02
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Feb 22-Mar 22	Su	01:30 PM-02:15 PM	\$47.50	LC1364-03
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Feb 27-Mar 27	F	01:10 PM-01:55 PM	\$47.50	LC1364-04
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Find programs and register online at
leisureonline.saskatoon.ca





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 6-Mar 3	Tu	04:00 PM-04:45 PM	\$99.00	AC1305-01
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Cosmo Arena

Jan 7-Mar 4	W	04:00 PM-04:45 PM	\$99.00	CA1305-01
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Jan 8-Mar 5	Th	04:00 PM-04:45 PM	\$99.00	CA1305-02
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Lions Arena

Jan 5-Mar 2	M	04:00 PM-04:45 PM	\$99.00	LI1305-01
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CHILDREN SPORT

Flag Football

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

Saskatoon Field House

Jan 4-Feb 1	Su	10:15 AM-11:15 AM	\$66.00	FH1313-01
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Feb 22-Mar 29*	Su	09:00 AM-10:00 AM	\$66.00	FH1313-02
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*Cancelled Mar 8.

Kicks for Kids

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

Lakewood Civic Centre

Jan 11-Feb 8	Su	11:15 AM-12:15 PM	\$66.00	LW1323-01
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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 4-Feb 1	Su	09:00 AM-10:00 AM	\$66.00	FH1367-01
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Feb 22-Mar 29*	Su	10:15 AM-11:15 AM	\$66.00	FH1367-02
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*Cancelled Mar 8.

Sport Mash-up

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

Cosmo Civic Centre

Jan 11-Feb 8	Su	09:15 AM-10:15 AM	\$60.00	CC1363-01
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Mar 1-29	Su	09:15 AM-10:15 AM	\$60.00	CC1363-02
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Lakewood Civic Centre

Jan 10-Feb 7	Sa	11:15 AM-12:15 PM	\$60.00	LW1363-01
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Mar 1-29	Su	11:15 AM-12:15 PM	\$60.00	LW1363-02
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Shaw Centre

Jan 10-Feb 7	Sa	11:15 AM-12:15 PM	\$60.00	SC1363-01
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CAMPS

Sport & Splash Camp

7-12 yrs. Run, jump, kick, throw, skip, slide, dive and dash. A perfect full-day camp for kids who like to have fun and keep active. Campers will participate in a daily recreational swim and try their hand at a variety of non-competitive sports, games and activities.

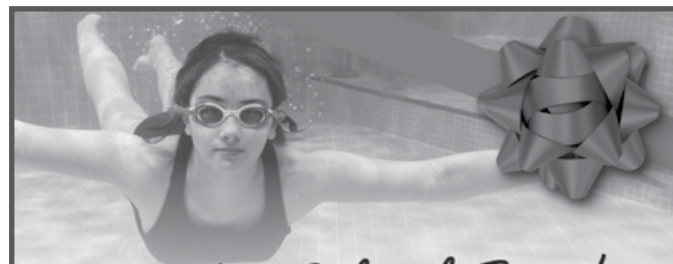
Shaw Centre

Feb 17-20	Tu-F	09:00 AM-04:00 PM	\$175.25	SC1359-01
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Extended Drop-off & Pick-up Care is available for children registered in the Sport & Splash Camp who need to be dropped off early or picked up late.

Shaw Centre

Feb 17-20	Tu-F	08:00 AM-09:00 AM 04:00 PM-05:00 PM	\$32.00	SC1312-01
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Give the Gift of Fun!

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

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

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

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



LEISURE CENTRES

saskatoon.ca/admissions

YOUTH PERSONAL & GROUP EXERCISE TRAINING

Personal Training

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

3 Sessions	\$138.50
Lakewood Civic Centre	LW1349-01
Lawson Civic Centre	LC1349-01
Saskatoon Field House	FH1349-01
Shaw Centre	SC1349-01

Youth Weight Room Card Session

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

1-hour session	\$41.50
Lakewood Civic Centre	LW1381-01
Lawson Civic Centre	LC1381-01
Saskatoon Field House	FH1381-01
Shaw Centre	SC1381-01

Youth Introduction to Weight Room Training

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

Lakewood Civic Centre				
Jan 10-24	Sa	02:30 PM-03:30 PM	\$52.25	LW1658-01
Mar 14-28	Sa	02:30 PM-03:30 PM	\$52.25	LW1658-02
Shaw Centre				
Jan 13-27	Tu	04:00 PM-05:00 PM	\$52.25	SC1658-01



Youth Small Group Training

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

Saskatoon Field House

Jan 11-Mar 8* Su 12:00 PM-12:45 PM \$163.00 FH1652-01

*Cancelled Feb 15.

Shaw Centre

Feb 24-Mar 19 Tu/Th 04:00 PM-04:45 PM \$163.00 SC1652-01

New! Youth Swimmer Swim Lessons are now available for ages 9-15 years. For more information visit pages 18 and 24.

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.

Cosmo Civic Centre				
Jan 10-24	Sa	09:15 AM-10:15 AM	\$42.00	CC1320-01
Saskatoon Field House				
Jan 5-19	M	08:00 PM-09:00 PM	\$42.00	FH1320-01
Jan 5-19	M	09:00 PM-10:00 PM	\$42.00	FH1320-02
Jan 31-Feb 14	Sa	01:00 PM-02:00 PM	\$42.00	FH1320-03
Jan 31-Feb 14	Sa	02:00 PM-03:00 PM	\$42.00	FH1320-04
Feb 4-25*	W	08:00 PM-09:00 PM	\$42.00	FH1320-05
Feb 4-25*	W	09:00 PM-10:00 PM	\$42.00	FH1320-06
Mar 9-23	M	08:00 PM-09:00 PM	\$42.00	FH1320-07
Mar 9-23	M	09:00 PM-10:00 PM	\$42.00	FH1320-08
Mar 15-29	Su	11:00 AM-12:00 PM	\$42.00	FH1320-09
Mar 15-29	Su	12:00 PM-01:00 PM	\$42.00	FH1320-10

*Cancelled Feb 11.



Find programs and register online at
leisureonline.saskatoon.ca

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.

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 14-28 W 05:30 PM-06:30 PM \$15.00 LW1327-01

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 4-18 Su 01:00 PM-02:00 PM \$15.00 FH1330-01

ADULT PERSONAL & GROUP EXERCISE TRAINING

Personal Training

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

3 Sessions

\$174.50

Lakewood Civic Centre

LW1346-01

Lawson Civic Centre

LC1346-01

Saskatoon Field House

FH1346-01

Shaw Centre

SC1346-01

Adult Introduction to Weight Room Training

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

Saskatoon Field House

Jan 13-27 Tu 07:00 PM-08:00 PM \$52.25 FH1655-01

Shaw Centre

Jan 24-Feb 7 Sa 01:00 PM-02:00 PM \$52.25 SC1655-01

Adult Small Group Training

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

Saskatoon Field House

Jan 12-Feb 9* M/Th 07:00 PM-07:45 PM \$163.00 FH1653-01

Feb 23-Mar 19 M/Th 07:00 PM-07:45 PM \$163.00 FH1653-02

*Cancelled Feb Jan 22.

Shaw Centre

Jan 17-Mar 14 Sa 09:30 AM-10:15 AM \$163.00 SC1653-01



FIT OVER 50 PERSONAL & GROUP EXERCISE TRAINING

Fit Over 50 Personal Training

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

3 Sessions

\$174.50

Lakewood Civic Centre

LW1657-01

Lawson Civic Centre

LC1657-01

Saskatoon Field House

FH1657-01

Shaw Centre

SC1657-01

Fit Over 50 Introduction to Weight Room Training

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

Lakewood Civic Centre

Feb 21-Mar 7 Sa 10:30 AM-11:30 AM \$52.25 LW1656-01

Lawson Civic Centre

Feb 11-25 W 05:30 PM-06:30 PM \$52.25 LC1656-01

Shaw Centre

Jan 21-Feb 4 W 10:00 AM-11:00 AM \$52.25 SC1656-01

Fit Over 50 Small Group Training

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

Lakewood Civic Centre

Jan 5-30 M/F 01:00 PM-01:45 PM \$163.00 LW1654-01

Mar 2-27 M/F 01:00 PM-01:45 PM \$163.00 LW1654-02

Lawson Civic Centre

Jan 29-Feb 19 Th 05:45 PM-06:30 PM \$82.50 LC1520-01

Feb 26-Mar 19 Th 05:45 PM-06:30 PM \$82.50 LC1520-02

Saskatoon Field House

Jan 29-Mar 19 Th 10:30 AM-11:15 AM \$163.00 FH1654-01

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



GENERAL FITNESS

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

Strollin' & Polin'

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

Poles are provided and are optional during this program.

Saskatoon Field House

Jan 5-30*	M/W/F	01:15 PM-02:15 PM	\$53.50	FH1365-01
Feb 2-27**	M/W/F	01:15 PM-02:15 PM	\$53.50	FH1365-02
Mar 2-27***	M/W/F	01:15 PM-02:15 PM	\$53.50	FH1365-03

*Cancelled Jan 9 & 23. **Cancelled Feb 11 & 16. ***Cancelled Mar 4 & 20.

New! Group Cycle

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

Lakewood Civic Centre

Jan 6-Feb 3	Tu	12:15 PM-01:00 PM	\$56.00	LW4565-01
Feb 24-Mar 31	Tu	12:15 PM-01:00 PM	\$56.00	LW4565-02

New! Baby & Me Fitness Yoga

Discover a nurturing space where caregivers and babies can bond and move together. This gentle yoga class blends mindful movement with connections supporting physical and emotional well-being for both you and your little one. Meet other new parents, share experiences, and enjoy a moment of calm in a welcoming community.

Shaw Centre

Jan 6-Feb 10	Tu	09:15 AM-10:00 AM	\$46.00	SC1572-01
Feb 24-Mar 31	Tu	09:15 AM-10:00 AM	\$46.00	SC1572-02

Baby & Me Aqua Fitness

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

Lawson Civic Centre

Jan 6-Feb 10	Tu	10:50 AM-11:35 AM	\$68.25	LC1562-01
Jan 15-Mar 12	Th	10:50 AM-11:35 AM	\$90.75	LC1563-01
Feb 24-Mar 31	Tu	10:50 AM-11:35 AM	\$68.25	LC1562-02

Shaw Centre

Jan 5-Feb 9	M	09:45 AM-10:30 AM	\$68.25	SC1562-01
Jan 7-Feb 11	W	09:45 AM-10:30 AM	\$68.25	SC1562-02
Feb 18-Mar 25	W	09:45 AM-10:30 AM	\$68.25	SC1562-04
Feb 23-Mar 30	M	09:45 AM-10:30 AM	\$68.25	SC1562-03

*Child Minding*

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

See page 10 or visit dropinschedule.saskatoon.ca for hours.

Baby and Me Muscle Fusion

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

Saskatoon Field House

Jan 6-Feb 3*	Tu/Th	10:45 AM-11:30 AM	\$60.00	FH1338-01
Feb 24-Mar 19	Tu/Th	10:45 AM-11:30 AM	\$60.00	FH1338-02

*Cancelled Jan 22.

Shaw Centre

Jan 9-Mar 6	F	09:45 AM-10:30 AM	\$60.00	SC1338-01
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Baby and Me Strollfit

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

Cosmo Civic Centre

Jan 6-Feb 10	Tu	09:30 AM-10:15 AM	\$45.50	CC1570-01
Feb 24-Mar 31	Tu	09:30 AM-10:15 AM	\$45.50	CC1570-02

Saskatoon Field House

Jan 5-28	M/W	10:45 AM-11:30 AM	\$60.00	FH1339-01
Feb 23-Mar 18	M/W	10:45 AM-11:30 AM	\$60.00	FH1339-02

Find Your Fit

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

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

Visit saskatoon.ca/leisureonline to reserve your spot in advance. Drop-in guests are also welcome.

Saskatoon Field House

Mon, Jan 5: 6:00 PM-7:30 PM • Wed, Jan 7: 6:00 PM-7:30 PM

Lakewood Civic Centre

Tue, Jan 6: 6:00 PM-7:30 PM • Thu, Jan 15: 6:00 PM-7:30 PM

Shaw Centre

Mon, Jan 12: 9:00 AM-10:30 AM • Tue, Jan 13: 6:00 PM-7:30 PM

Lawson Civic Centre

Sun, Jan 25: 11:00 AM-12:30 PM • Wed, Feb 25: 6:45 PM-8:15 PM

FREE!*Bonus December Programming!*

During the holiday season additional public swimming, public skating and open gym times are offered at our leisure facilities. Visit dropinschedule.saskatoon.ca for additions to the drop-in schedule.

SPECIALIZED WELLNESS PROGRAMS

PROGRAMS & ACTIVITIES



The First Step Program™

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

Saskatoon Field House

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

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

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

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

Minds in Motion®

A community-based fitness and social activity program incorporating physical activity and mental stimulation for those with early symptoms of Alzheimer's disease and other dementias to enjoy with a family member or friend. Develop new friendships in a relaxed atmosphere with others living similar experiences. *New!* Participants have the option to walk the track for 30 minutes following the program. For more information, call 1-800-263-3367, email mindsinmotion@alzheimer.sk.ca, or visit alzheimer.ca/sk. To register call the Saskatoon Field House at 306-975-3354.

Saskatoon Field House

Jan 27-Mar 31	Tu	01:30 PM-03:30 PM	\$30.00	FH1510-01
Jan 29-Apr 2	Th	01:30 PM-03:30 PM	\$30.00	FH1510-02

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

Neuro (Stroke) and Parkinson's Exercise Program

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

Saskatoon Field House

Neuro (Stroke) Exercise

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

Parkinson's Exercise

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

TRAINING & CERTIFICATION PROGRAMS

PROGRAMS & ACTIVITIES

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

Full attendance is mandatory for training and certification programs.

FIRST AID & CPR CERTIFICATION

Red Cross Standard First Aid & CPR and AED Course

Learn Standard First Aid, CPR and AED skills in this certification course.

Manual is provided for use during the class. 100% attendance is mandatory.

Cosmo Civic Centre

Jan 31 & Feb 1	Sa/Su	09:00 AM-05:30 PM	\$166.50	CC1609-01
Feb 18 & 19	W/Th	09:00 AM-05:30 PM	\$166.50	CC1609-02

Red Cross Standard First Aid & CPR and AED Recertification

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

Cosmo Civic Centre

Feb 7	Sa	09:00 AM-05:30 PM	\$98.75	CC1610-01
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LIFESAVING & GUARDING

Lifesaving Society Bronze Star

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

Lakewood Civic Centre

Jan 9-Mar 6*	F	05:30 PM-07:00 PM	\$142.50	LW1605-01
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*Cancelled Feb 20.

Lifesaving Society Bronze Medallion

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

Lawson Civic Centre

Jan 18-Feb 15	Su	05:00 PM-09:00 PM	\$187.25	LC1604-01
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Lakewood Civic Centre

Mar 10-26	Tu/Th	04:30 PM-08:15 PM	\$187.25	LW1604-01
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Learn more about the steps to Become a Lifeguard on page 32.



BECOME A LIFEGUARD!

As a City of Saskatoon Lifeguard you will...

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

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

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

STEPS TO BECOMING A LIFEGUARD

- 1 LIFESAVING SOCIETY BRONZE MEDALLION
Pre-requisites: 13 years old or Lifesaving Society Bronze Star
 - 2 LIFESAVING SOCIETY BRONZE CROSS
Pre-requisites: Lifesaving Society Bronze Medallion
 - 3 STANDARD FIRST AID/CPR-C AED
Pre-requisites: None
 - 4 LIFESAVING SOCIETY NATIONAL LIFEGUARD AWARD (NLA)
Pre-requisites: 15 years old, Standard First Aid & CPR "C" or Aquatic Emergency Care, Lifesaving Bronze Cross
- LIFESAVING SOCIETY COMBINED SWIM FOR LIFE & LIFESAVING INSTRUCTOR PROGRAM
Pre-requisites: 15 years old, Lifesaving Society Bronze Cross Award (need not be current)

Lifesaving Society Bronze Cross

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

Lawson Civic Centre

Feb 22-Mar 22 Su 04:30 PM-09:00 PM \$187.25 LC1603-01

Lakewood Civic Centre

Mar 9, 16 & 23 M 04:00 PM-07:00 PM \$187.25 LW1603-01

Mar 11, 18 & 25 W 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 \$47.52 (applicable taxes included). 100% attendance is mandatory.

Shaw Centre

Feb 17-21 Tu-Sa 09:00 AM-06:30 PM \$286.00 SC1606-01

Lifesaving Society National Lifeguard Recertification

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

Shaw Centre

Jan 18 Su 09:00 AM-01:00 PM \$92.00 SC1607-01

Mar 8 Su 09:00 AM-01:00 PM \$92.00 SC1607-02

Combined Lifesaving Society Lifesaving Instructor Course

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

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

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

*Mentorship required to become Examiner

Lawson Civic Centre

Feb 14 Sa 09:00 AM-06:00 PM \$442.00 LC1601-01

Feb 17-20 Tu-F 08:45 AM-07:15 PM



Find programs and register online at leisureonline.saskatoon.ca



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:
 - a GROUP EXERCISE FUNDAMENTALS COURSE
Plus one or more GROUP SPECIALTY COURSES:
 - Total Body Conditioning
 - Step and Choreography
 - Group Cycle
 - Fitness Yoga
 - b AQUATIC EXERCISE COURSE
 - c EXERCISE FOR OLDER ADULTS COURSE

How to Become a Certified Fitness Instructor

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

Virtual Session

Jan 7	W	06:00 PM-07:30 PM	FREE	VT1318-01
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SPRA Exercise Theory Course

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

Cosmo Civic Centre

Jan 21, 28 & Feb 4*	W	06:00 PM-09:00 PM	\$336.50	CC1613-01
Jan 31 & Feb 7	Sa	09:00 AM-05:00 PM		

*Virtual sessions

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

Mar 1	Su	09:00 AM-05:00 PM	\$127.25	FH1612-01
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SPRA Group Exercise Fundamentals Course

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

Saskatoon Field House

Feb 27	F	05:00 PM-09:00 PM	\$235.00	FH1614-01
Feb 28	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 pre-course information can be picked up from the host site one week prior to course start date. Fee does not include manual cost of \$75.86 or practical exam fee of \$50 payable to course instructor on exam day (applicable taxes included).

Saskatoon Field House

Mar 13	F	05:00 PM-09:00 PM	\$286.25	FH1625-01
Mar 14 & 15	Sa/Su	09:00 AM-05:00 PM		

Note: SPRA Aquatic Exercise Course, Group Cycle Specialty, Fitness Yoga Specialty and Step and Choreography Specialty Courses will be offered in upcoming seasons. Watch for more details!

EMPLOYMENT OPPORTUNITIES

Qualified Instructors Wanted

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

SEASONAL FUN!



Get out and play this winter!

Does the cold and snow have you hiding inside? Embrace the frosty weather and enjoy everything it has to offer! Saskatoon has great programs and amenities for all 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 dropinschedule.saskatoon.ca. For more information on Learn-to-Skate programs refer to pages 26 and 27.

ACT Arena

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

Archibald Arena

1410 Windsor Street • 306-975-3313 • Closes March 18

Cosmo Arena

3130 Laurier Drive • 306-975-3370 • Closes March 21

Lions Arena

2205 McEown Avenue • 306-975-3306 • Closes March 22

Gordie Howe Kinsmen Arena (available for rentals until March 22)

1405 Avenue P South • 306-975-3310



ADMISSIONS Prices include applicable taxes.

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

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

RENTALS

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

ICE SKATING

SEASONAL FUN!

CLARENCE DOWNEY SPEED SKATING OVAL

Dudley Street & Avenue R South in Gordie Howe Sports Complex

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

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

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

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



OUTDOOR RINKS

Saskatoon's Community Associations own and operate over 50 outdoor rinks throughout the city for the public to enjoy. Visit pages 38-43 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.

* Maintained by the Saskatoon Nordic Ski Club.

Did you know?

Some Community Associations coordinate the placement and grooming of ski trails in neighbourhood parks across the city. Visit saskatoon.ca/ski for locations.

SEASONAL FUN!

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.

Take Home Your Favourite Zoo Animal

Purchase your 2026 Zoo Season Pass at the Zoo Gift Shop before December 25 and receive 2025 rates and a FREE plush animal! Visit saskatoon.ca/zooseasonpass for more details.

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.

Saskatoon Zoo Foundation

The Saskatoon Zoo Foundation raises funds for capital projects and improvements within the Zoo while connecting citizens to nature. Help us build the bears a new home by visiting the BHP Enchanted Forest Holiday Light Tour November 15-January 4. For more information visit or to sponsor a display go to saskatoonzoofoundation.ca.

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.

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

Discover our award-winning, curriculum-based environmental education programs for schools and organizations, exciting birthday parties, adventurous wild camps, engaging public programs, and Young Naturalists' family programs at saskatoonzoosociety.ca. Register today!

Zoo Crew PD Days (5-12 yrs)

Dec 29	M	09:00 AM-04:00 PM	\$55
Dec 30	Tu	09:00 AM-04:00 PM	\$55
Dec 31	W	09:00 AM-04:00 PM	\$55
Jan 26	M	09:00 AM-04:00 PM	\$60
Mar 13	F	09:00 AM-04:00 PM	\$60
Jun 8	M	09:00 AM-04:00 PM	\$60
Jun 26	F	09:00 AM-04:00 PM	\$60

Winter Break Zoo Camp (7-12 yrs)

Feb 17-20	Tu-F	09:00 AM-04:00 PM	\$TBD
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Spring Break Zoo Camp (7-12 yrs)

Apr 7-10	Tu-F	09:00 AM-04:00 PM	\$TBD
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Summer Zoo Camp (7-12 yrs)

Registration opens Mar 2 (members) & Mar 9 (non-members).
Jul & Aug M-F 09:00 AM-04:00 PM \$TBD

SEASONAL FUN!

DOG PARKS



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

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.

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



RENTAL OPTIONS

FIND YOUR SPACE!

Find Your Space!

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

Learn more about rental options for any occasion at saskatoon.ca/facilityrentals.



Check out the Recreation Facility Options guide at 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 • 306-975-2945
Lawson Civic Centre • 306-975-2951
Saskatoon Field House • 306-975-3354
Shaw Centre • 306-975-7772

* Harry Bailey Aquatic Centre is closed for facility upgrades.

Rental space is available outside of scheduled programming.

AMENITIES & STAFF CHARGES

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

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

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

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

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

PARKS, SPORTS FIELDS & ATTRACTIONS

Rink & Sports Field Rentals

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

For more information:

Contact the Allocations Office at 306-975-3366 or allocations@saskatoon.ca to book a sport field or indoor rink.

Unique Facility Rental & Booking Opportunities

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

For more information:

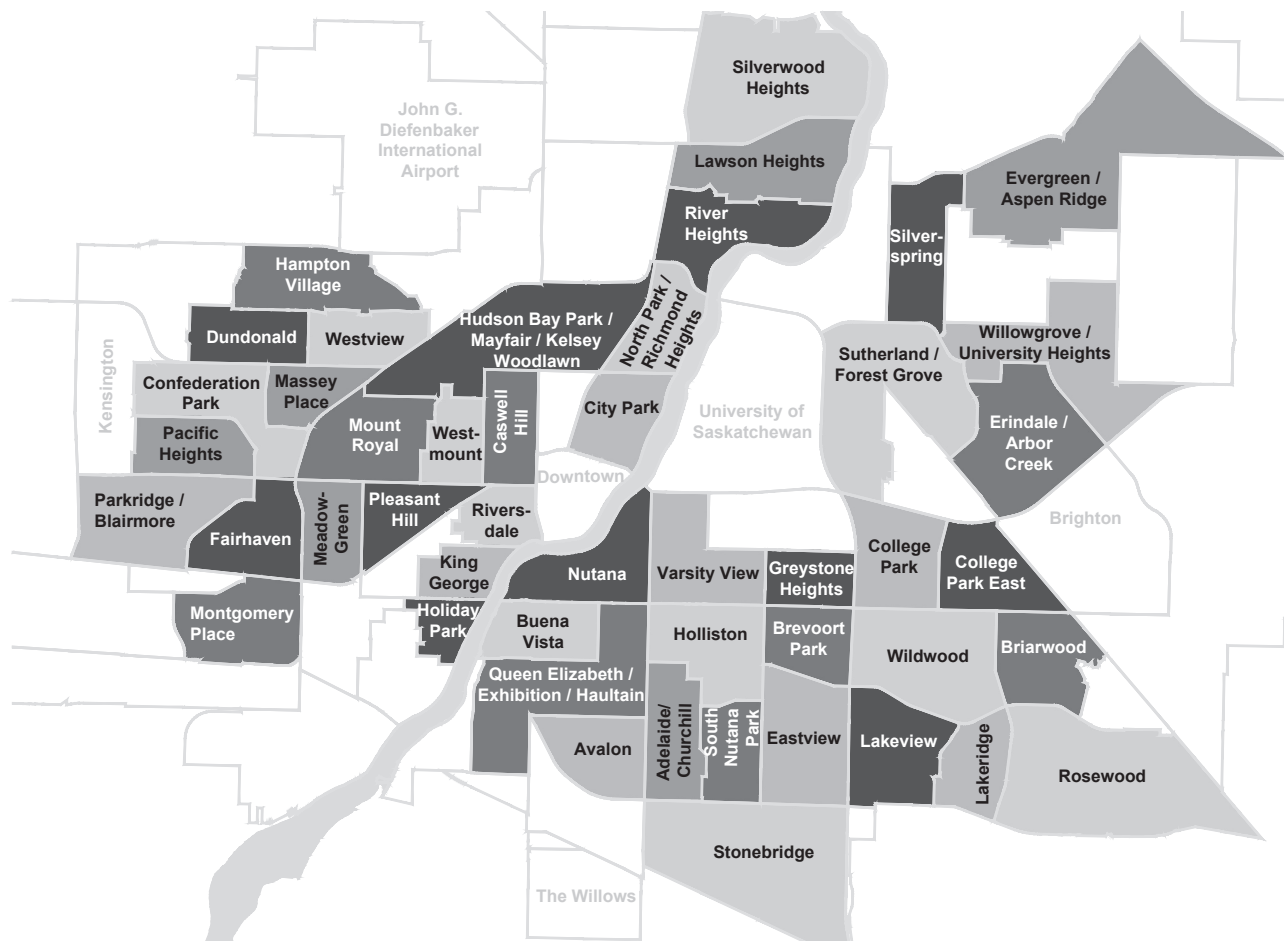
Contact the Special Events Office at 306-986-3079 or specialevents@saskatoon.ca to book a special event or for assistance in selecting a location that is right for your event.



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

- **Affordable programs for all ages and abilities.** To find the perfect program for you or your family visit saskatoon.ca/communityassociations or refer to your Community Association's newsletter, website or Facebook page.
- **Outdoor rinks.** Enjoy free skating at over 50 Community Association owned and operated outdoor rinks throughout Saskatoon. Visit saskatoon.ca/outdoorrinks 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.



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

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

ADELAIDE PARK / CHURCHILL

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

Programs include: ALL AGES: Bingo & Games Night • ADULT: Yoga • Pilates • Pickleball • Zumba • YOUTH: Art Class • Hip Hop • Babysitting Course • Activities • CHILDREN: Dance Fusion • Floor Hockey • PRESCHOOL: Rhythmic Movement • Kindersoccer • Creative Movement to Music

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: \$15 per individual/family
Web: www.brevoortpark.ca
Email: indoorcoordinator@brevoortpark.ca
Facebook: www.facebook.com/brevoortpark
Outdoor Rink(s): Brevoort Park School, 2809 Early Drive

Programs include: ALL AGES: Karate • ADULT: Pickleball • All Levels Yoga • Gentle Yoga • Zumba • Meditation (online) YOUTH: Drawing and Cartooning • Hip Hop • Metis Beading • Basketball Shooting Clinic • CHILDREN: • Ballet • Ballet/Jazz Combo • PRESCHOOL: Ballet • PARENT & CHILD: Karate

BRIARWOOD

Online registration: See Website/Facebook for details
Annual membership: \$15 per household
Web: www.briarwoodca.com
Email: briarwoodpresident@gmail.com
Facebook: Briarwood Community Association, Saskatoon
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 Facebook / Website for more 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 • Spanish • Pickleball • Boot Camp • Social Dance • Book Club • Volleyball • 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 • Yoga • YOUTH: Open Gym

CITY PARK

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

Programs include: ADULT: Yoga • Men's Basketball • Badminton/Pickleball • 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.



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* • Badminton • YOUTH: Teen Open Gym • CHILDREN: TBA • PARENT & CHILD: TBA

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: ADULT: Wine and Paint Night • YOUTH: Teen Girl Open Gym • Babysitting • CHILDREN: Intro to Gymnastics • PRESCHOOL: Kindersport • And more!

EAST COLLEGE PARK

Online registration: See Website/Facebook for details
Annual membership: \$15 per individual/family
Web: www.ecpark.ca
Email: ecpcbboardmember@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

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
Web: www.erindalearborecreek.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

Online 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: jtrifel@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: ADULT: Pickleball • All Levels Yoga • YOUTH: Basketball • CHILDREN: Dance • Art • Karate

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: Pickleball • Yoga • Bootcamp • Floor Hockey • Volleyball • Spanish • Daytime Cards, Games & Coffee* • Daytime Karate / Self-Defence • YOUTH: Kickboxing • Basketball • Youth Connection • CHILDREN: Dance • Kickboxing • PRESCHOOL: Dance • Kindersoccer • Daytime Storytime Dance Party • And more!

HOLIDAY PARK

Online 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: Floor Hockey • Open Gym • CHILDREN: Floor Hockey • PRESCHOOL: Little Movers

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: ADULT: Beginner Yoga • Yin Yoga • Intermediate Yoga • Zumba • Men's Floor Hockey • Low Impact Aerobics • CHILDREN: Soccer • Reading Buddies*

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: ADULT: Drop-in Floor Hockey • Tai Chi • Essentrics • Gentle Yoga • Zumba • Art Class • YOUTH: Co-ed Boot Camp • CHILDREN: Art & Crafts • Co-ed Sports Mash • PRESCHOOL: Creative Movement

KING GEORGE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.kgcommunity.org
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: ADULT: Yoga • YOUTH: Youth Makerspace* • CHILDREN: Open Gym* • PARENT & CHILD: Family Fun Nights*

LAKERIDGE

Online registration: www.lakeridgecommunity.ca/online-registration.html
In-person registration: See Facebook / Website for more details
Annual membership: \$15 per individual/family
Web: www.lakeridgecommunity.ca
Email: youthprograms@lakeridgecommunity.ca
Facebook: www.facebook.com/groups/280543754515282/
Outdoor Rink(s): St. Luke School, 275 Emmeline Road
Programs include: ADULT: Co-Ed Basketball • Yoga • Fitness • Pickleball • Volleyball
CHILDREN AND YOUTH: Little Yogis • Volleyball • PARENT & CHILD: Family Gym

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!

*FREE programs

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: Pickleball • Volleyball • Floor Hockey • Zumba • Yoga • YOUTH: Teen Open Gym • Karate • CHILDREN: Karate • And more!

COMMUNITY RECREATION GROUP OF MEADOWGREEN

In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.crgmeadowgreen.com
Email: crgmca@saskatoon.ca
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 Mix • Water Colour Club • Muscle Sculpt • Yoga Slow Flow (Various Levels) • Pickleball • Cardio, Strength, Balance • Line Dance • CHILDREN / YOUTH: Art • Hula Hoop Fitness • PRESCHOOL: Open Gym

MOUNT ROYAL

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: <https://mrca.ca/>
Email: MountRoyalPrograms@gmail.com
Facebook: www.facebook.com/MRCA.Saskatoon
Outdoor Rink(s): Howard Coad School, 431 Avenue T North

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



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

NORTH PARK / RICHMOND HEIGHTS

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

Programs include: ADULT: Yoga • Pickleball • Bootcamp • PARENT & CHILD: Gym Time

NUTANA

Online registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.nutana.ca
Email: programming@nutana.ca
Facebook: www.facebook.com/nutanacomunityassociation
Outdoor Rink(s): Ecole Victoria School, 639 Broadway Avenue
Idylwyld Park, 225 Poplar Crescent

Programs include: ADULT: Yoga for Runners & Others • Yoga with Meditation • Animal Flow® • Strength, Sweat, & Stretch • Cardio Kickboxing • Volleyball • Badminton • Art Hive • Myths, Folktales, & Modern Life YOUTH: Soccer • Basketball • Little Yogis FAMILY: Open Family Gym ALL AGES: Ukulele • Guitar

PACIFIC HEIGHTS

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.pacificheights.ca
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: Boot Camp • Yoga • Strength Class • Floor Hockey • YOUTH: Basketball • CHILDREN: Floor Hockey • PARENT & CHILD: Kindersoccer • And more!

PARKRIDGE

In-person registration: See Website/Facebook for details
Annual membership: No membership fee is required
Web: www.parkridgecommunity.ca/
Email: indoorcoordinator.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 • Pickleball

PLEASANT HILL

In-person registration: Registration available at first program class
Annual membership: No membership fee is required
Email: phcprograms@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.

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.

QUEEN ELIZABETH / HAULTAIN (WEST HALF) / EXHIBITION

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

Programs include: ADULT: Beginner Yoga • Zumba • STRONG by Zumba • Aerobics • Adele's Bolly Moves • 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 Facebook for details
In-person registration: See Facebook for details
Annual membership: No membership fee required
Email: rhcprogramming@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.

Cross Country Skiing

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

SILVERWOOD HEIGHTS

Online registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.silverwoodcommunity.org
Email: programming@silverwoodcommunity.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* • ALL AGES: *Family Fitness* • ADULT: *Butts and Guts* • *Low Impact* • *Core with a Little More* • *Zumba* • *Volleyball* • *Tabata Tone* • *Pickleball* • *Yoga* • *Women's Fitness* • YOUTH: *Basketball* • *Stay Safe* • *Babysitting* • CHILDREN: *Soccer* • *Basketball* • *Floor Hockey* • *Song and Dance* • *Ballet/Jazz* • PRESCHOOL: *Soccer Fun* • *Creative Dance* • *Movement and Music* • PARENT & CHILD: *Sports Fun*

SOUTH NUTANA PARK

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

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

STONEBRIDGE

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual/family
Web: www.ourstonebridge.ca
Email: ourstonebridge.programs@gmail.com
Facebook: www.facebook.com/Stonebridge-Community-Association-SCA-115857088499813/

Programs include: ADULT: *Badminton* • *High Fitness* • *Zumba* • YOUTH: *Babysitting Course* • *Stay Safe!* • CHILDREN: *Dance* • PRESCHOOL: *Dance*

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
Facebook: www.facebook.com/SFGCA
Outdoor Rink(s): Forest Grove School, 201 115th Street East
Sutherland School, 1008 Egbert Avenue
Bishop Filevich School, 125 105th Street West

Programs include: ALL AGES: *Family Yoga* • ADULT: *Aerobics* • *Basketball* • *Hula Hooping* • *Kettlebell* • *Kickboxing* • *Pilates* • *Volleyball* • *Zumba* • YOUTH: *Babysitting* • *Tai Chi* • *Yoga* • CHILDREN: *Basketball* • *Soccer* • *Floor Hockey* • PRESCHOOL: *Sports ABC's*

VARSITY VIEW

Online registration: See Website/Facebook for details
In-person registration: See Website/Facebook for details
Annual membership: \$10 per individual or \$20 per family
Web: www.vvcasaskatoon.com
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
Email: westview.programs@gmail.com
Facebook: www.facebook.com/WestviewHome
Outdoor Rink(s): Wesmount Community School, 411 Avenue J North
Tue & Thu 6-9 PM / Sun 2-5 PM

Programs include: ADULT: *Yoga*

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* • And more!

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' INDEX

Promote your community-based sport, culture and recreation programs and classes with us! Thousands of copies of the City of Saskatoon Leisure Guide are distributed throughout the city as well as found online.

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WWW.SASKATOONLASERS.CA

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- Domestic Violence Court Case Workers
- Intimate Partner Violence Outreach
- Parenting Education SK
- Teen and Young Parent
- Walk In Counselling
- Youth Exposed to Violence
- Promoting Youth Resilience

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FITNESS CENTRE Cardio & strength training machines. Mon-Fri 5 - 9pm & Sat/Sun 10am - 4pm.

Pricing for 3 programs above: \$6.60 Drop-in, \$16.50 Family, \$55 Punch card. Details online, in person or by phone.

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A City of Saskatoon service. Leisure Card or drop-in fee.



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INDOOR PLAYGROUP Huge play spaces full of riding cars & toys! \$6.60/child; 10 punch card \$55. Mon-Fri 9:30 - 11:45am. Adults & under 1 are free. [f](#) [ig](#)

TODDLER BIRTHDAY PARTIES Mon-Fri 9am - 1pm \$65/party unlimited kids! In conjunction with Indoor Playgroup.

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Sports & Programs or call for the latest details.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400

www.saskatoonsoccer.com





Events

Looking for ways to beat boredom and keep busy on a budget? Saskatoon Public Library offers hundreds of free events and programs for all ages!

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Teens

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Counselling
RPG Club
Teen Advisory Group
Teen Art Collective

Kids

Dance Parties
Discovery Club
Family Fun Club
Family Movies
Storytimes

...and much more!

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

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DATES: Mon-Fri Feb 16-20

TIMES: 10:00-4:00

AGES: 8 and up

COST: \$360

**INCLUDES ALL SUPPLIES &
MATERIALS.**

REGISTER AT:

WWW.WETPAINTPOTTERY.COM



EASTER BREAK ART CAMP

DATES: Mon-Fri Apr 6-10

TIMES: 10:00-4:00

AGES: 8 and up

COST: \$360

**INCLUDES ALL SUPPLIES &
MATERIALS.**

REGISTER AT:

WWW.WETPAINTPOTTERY.COM

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SASKATOON YOUTH SOCCER INC.



Outdoor Season (Apr - Jun 2026):

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

Registration (Feb - early Mar 2026):

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.

Birth Years	Outdoor Season (Apr-Jun) Age Groups	Register (Feb-Mar) with:
2022 & 2023	Under-4 Parent-Tot Timbits Program	Saskatoon Youth Soccer Inc.
2021	Under-5 Timbits	Community Association
2019 & 2020	Under-7 Timbits or Zone Development	Community or Zone Association
2017 & 2018	Under-9 Community or Zone Development	Community or Zone Association
2015 & 2016	Under-11 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2013 & 2014	Under-13 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2011 & 2012	Under-15 Zone City or Alliance League	Zone of Residence (boundaries in effect)
2009 & 2010	Under-17 Zone City or Alliance League	Zone Association of choice
2007 & 2008	Under-19 Zone City or Alliance League	Zone Association of choice
2013-2016	Saskatoon Alliance Academy (U11-U13)*	Saskatoon Youth Soccer Inc.
2009-2013	Saskatoon Alliance PSL League (U15-U17)**	Saskatoon Youth Soccer Inc.

* Contact SYSI for further details pertaining to Saskatoon Alliance Academy registration and details.

** Provincial Soccer League (PSL) tryouts for Saskatoon Alliance teams will be held Jan 17-18, 2026 and runs between April to July with games commencing in May. If team qualifies for Club Nationals; training and fundraising continues through to October.

www.saskatoonyouthsoccer.ca

admin@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



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CODE NINJAS ACADEMIES
Develop future-ready tech skills for
kids aged 5-14 through creative,
hands-on challenges.

 SCAN TO
LEARN MORE



CAMPS

CODE NINJAS CAMPS
Explore exciting topics like Minecraft,
robotics, Roblox, video game
development, and much more!

 SCAN TO
LEARN MORE

EMPOWER THEIR FUTURE TODAY!
CODE NINJAS SASKATOON | Tel: 639-525-2633

 CodeNinjasSaskatoon

universityheightsskca@codeninjas.com
142 # 1844 McOrmond Drive
Saskatoon, SK S7S0A5



School's back. But this time it's fun!



**Saskatoon Seniors
Continued Learning**

Curiosity never retires

- ✓ Non-credit, university level courses for age 55+
- ✓ Offered on U of S campus & online
- ✓ No homework or exams - just the joy of learning!

Winter classes begin January 12, 2026!

Join us for courses in Politics, History, Literature,
Philosophy, Science, the Arts and more!

**Full course schedule will be
available online after November 5**

**Registration opens
December 1, 2025**

Annual Membership - \$5.00
Courses - \$60.00 each

**Use this code for a
Free Membership!**
LEISURE2026WINTER

**For more details and
to register, visit:**

 www.artsandscience.usask.ca/noncredit/sscl

Contact Us:
saskatoonseniorscl@gmail.com | 306-343-6773



**Occupational
Therapy Services**

**Speech-Language
Pathology Services**

**Reading
Intervention Services**

Could these signs mean something more?

- Tongue peeking between the teeth when the mouth is closed.
- Some speech sounds come out unclear or distorted.
- Dry mouth, snoring or noisy breathing during sleep.
- Mouth resting open, even when relaxed.
- Lips that don't fully seal when swallowing.

Myofunctional Therapy is a focused workout for the muscles that help you speak, eat, and breathe!

These exercises improve how your tongue, lips, and face work together - boosting speech clarity, breathing habits and oral coordination. It can help with:

- Oral resting posture.
- Tongue thrust correction.
- Clearer enunciation
- Better chewing, swallowing and nasal breathing

And More...

Our talented team of therapists have training & experience with the following:

- Speech, Voice, Stuttering & Fluency
- Language Comprehension & Expression
- Fine Motor Skill Development
- Play Skills: turn taking, sharing, etc.
- ADHD Coaching, Attention, Memory & Executive Functioning Skills
- Phonics, Decoding, Phonemic & Phonological Awareness
- Dyslexia & Dysgraphia

And More...

Group Registration Now Open:

- Social Explorers (parent & tot)
- Kids Chat & Kids Chat Jr.
- Awesome Augmentative Communicators
- Social Detectives
- Social Ninjas
- Breakfast Social Language Club
- Adult Social Language Connection

And More...

To learn more about our services or to register for a program check out our website at www.thesln.com!

Unlock your potential, gain confidence and express your unique self to the world!

306-933-3222
hello@thesln.com

110 - 410 Jessop Avenue
Saskatoon, S7N 2S5

www.thesln.com
facebook.com/theslnca

Services may be covered and/or partially covered by your extended health care benefits. Other funding options may be accessed in Saskatoon on a case by case basis.



Short Learn-to-Skate Program

Regular Season Program

All ages and skill levels,
We have a group for you!

LIONS ARENA

Half season (Sept-Dec) or
Full season (Sept- Mar)

Group 1: Learn to Skate
(Options: 1 day/week or 2 days/week)

Group 2: Learn to Speed Skate

All skate types welcome (incl. hockey skates)

LIONS ARENA - Cost \$133

Jan. 2026, Tues & Thurs from 5pm-5:45pm for 4 weeks
(Skaters must be age 4+ and able to stand unassisted)



FOR MORE INFORMATION AND TO
REGISTER ONLINE VISIT OUR WEBSITE:
[https://sispeedskating.com/
saskatoonlionsspeedskatingclub](https://sispeedskating.com/saskatoonlionsspeedskatingclub)

JANUARY 2026						
S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

We rent speed skates!

Adult Long Track Program

No prior experience required
Everyone welcome

CLARENCE DOWNEY OVAL

See our website for dates, times and
more information on adult programs!

Questions?

membership@sispeedskating.com

GREAT COACHING! GREAT FUN! NO ONE SITS ON THE BENCH!

SASKATOON YOUTH SOCCER INC.



Outdoor Season (Apr - Jun 2026):

Mini U5 – U9: Season runs start of May to end of June (8 games)

Youth U11 – U19: Season runs late-April to end of June (8-10 games)

Registration (Feb - early Mar 2026):

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.

Birth Years

2022 & 2023

2021

2019 & 2020

2017 & 2018

2015 & 2016

2013 & 2014

2011 & 2012

2009 & 2010

2007 & 2008

2013-2016

2009-2013

Outdoor Season (Apr-Jun) Age Groups

Under-4 Parent-Tot Timbits Program

Under-5 Timbits

Under-7 Timbits or Zone Development

Under-9 Community or Zone Development

Under-11 Zone City or Alliance League

Under-13 Zone City or Alliance League

Under-15 Zone City or Alliance League

Under-17 Zone City or Alliance League

Under-19 Zone City or Alliance League

Saskatoon Alliance Academy (U11-U13)*

Saskatoon Alliance PSL League (U15-U17)**

Register (Feb-Mar) with:

Saskatoon Youth Soccer Inc.

Community Association

Community or Zone Association

Community or Zone Association

Zone of Residence (boundaries in effect)

Zone of Residence (boundaries in effect)

Zone of Residence (boundaries in effect)

Zone Association of choice

Zone Association of choice

Saskatoon Youth Soccer Inc.

Saskatoon Youth Soccer Inc.

* Contact SYSI for further details pertaining to Saskatoon Alliance Academy registration and details.

** Provincial Soccer League (PSL) tryouts for Saskatoon Alliance teams will be held Jan 17-18, 2026 and runs between April to July with games commencing in May. If team qualifies for Club Nationals; training and fundraising continues through to October.

www.saskatoonyouthsoccer.ca

admin@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





**BECOME
A
MEMBER
FOR
FREE**



**CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN**

**Canadian Parents for
French (CPF)
is a nationwide,
research-informed,
volunteer
organization that
champions the
opportunity to learn
and use French
for all those who
call Canada home.**

**Canadian Parents
for French -
Saskatchewan
is the Provincial
Branch of CPF.**

**Visit cpf.ca for the membership form
& free resources.**

Follow us on social media!



Saskatoon Squirrels
Junior Forest Wardens



Junior Forest Wardens (JFW) is an exciting and educational opportunity for young people and their families to have fun, develop skills, and get educated in the many diverse aspects of our natural environment. JFW is all about outdoor adventure, challenge and leadership.



FUN FOR ALL AGES
Ages as of October 15th
Program open to children and youth ages 6-18, and with families.



We accept new families throughout the year!



Contact Us! club.exec.squirrels@ajfwa.ca

Join the Adventure

<https://saskatoonwildlifefederation.com/clubs/>

Kindermusik
with Prelude Studios

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

www.preludesaskatoon.com



NOW ENROLLING
GROUP MUSIC + MOVEMENT CLASSES!

Kindermusik

JOIN THE YMCA OF SASKATOON TODAY

- No Locked in Contracts
- Full Array of Fitness Facilities
- Free Y Thrive Training
- Fitness Classes
- Lane Swimming & Aquafit
- Discounts on Personal Training
- Guest Passes and much more

GREATER TOGETHER



Shine On  Saskatoon
ymcasaskatoon.org





SASKATOON LIONS SPEED SKATING CLUB
ESTABLISHED 1942

Short Learn-to-Skate Program

All skate types welcome (incl. hockey skates)

LIONS ARENA - Cost \$133

Jan. 2026, Tues & Thurs from 5pm-5:45pm for 4 weeks
(Skaters must be age 4+ and able to stand unassisted)



FOR MORE INFORMATION AND TO REGISTER ONLINE VISIT OUR WEBSITE:
<https://slspeedskating.com/>
saskatoonlionsspeedskatingclub

JANUARY 2026						
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We rent speed skates!

GREAT COACHING! GREAT FUN! NO ONE SITS ON THE BENCH!

Family packs



\$60

2 CHILD & 2 ADULT





PRAIRIE FENCING CLUB

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

Please visit our website for
information and registration:

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



Alerces Spanish Preschool & Kindergarten

30 months to 5 years old

Everyday Program: Full time & Part time

Forest, Yoga & Art Studio

Learn through play

www.alerces.ca

office@alerces.ca

306-975-0033

2617 Clarence Ave. South

Open House January 15, 2026.



**REGISTRATION
OPENS DEC 1, 2025**

MORE INFORMATION
WWW.SASKATOONLASERS.CA

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.

School's back.

**But this
time it's fun!**



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Contact Us:

saskatoonseniorscl@gmail.com | 306-343-6773



GATHER YOUR HERD!



Scan Here!



4 Tickets only

\$99

Register for Music Lessons Today!

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



721 43rd St East | (306) 500-7541
saskatoonlessons@long-mcquade.com

617 8th St East | (306) 700-2933
saskatoonsouthlessons@long-mcquade.com

SPRING ART CAMPS

Imaginations run wild in our week-long February and Easter break art camps! Join us as we create amazing projects in a variety of art mediums such as pottery painting, canvas painting, mixed media, collage and so much more.

FEBRUARY BREAK ART CAMP

DATES: Mon-Fri Feb 16-20

TIMES: 10:00-4:00

AGES: 8 and up

COST: \$360

**INCLUDES ALL SUPPLIES &
MATERIALS.**

REGISTER AT:

WWW.WETPAINTPOTTERY.COM



EASTER BREAK ART CAMP

DATES: Mon-Fri Apr 6-10

TIMES: 10:00-4:00

AGES: 8 and up

COST: \$360

**INCLUDES ALL SUPPLIES &
MATERIALS.**

REGISTER AT:

WWW.WETPAINTPOTTERY.COM

DROP-IN PAINTING IS AVAILABLE 7 DAYS A WEEK FOR ALL AGES!

DON'T FORGET TO CHECK OUT ALL THE OTHER AMAZING THINGS TO DO IN OUR STUDIO:

POTTERY PAINTING

CANVAS PAINTING

SPLATTER PAINTING

WOOD SIGN PAINTING

BIRTHDAY PARTIES

CUSTOM POTTERY-TO-GO KITS

WEDNESDAY WORKSHOPS

THURSDAY LADIES NIGHT DEALS

FRIDAY DATE NIGHT DEALS

GLASS FUSING WORKSHOPS

SATURDAY DATE NIGHT DEALS

SPECIAL EVENTS

Find us on social media @wetpaintpottery





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**Speech-Language
Pathology Services**

**Reading
Intervention Services**

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Unlock your potential, gain confidence and express your unique self to the world!

306-933-3222
hello@thesln.com

110 - 410 Jessop Avenue
Saskatoon, S7N 2S5

www.thesln.com
facebook.com/theslnca

Services may be covered and/or partially covered by your extended health care benefits. Other funding options may be accessed in Saskatoon on a case by case basis.

Try it Out

Adult Introductory Nordic Ski Lessons

Have you ever wanted to try cross country skiing but have no experience and no equipment.

These lessons are designed for you. The Saskatoon Nordic Ski Club will provide lessons, equipment, and a great space to learn outside.

Lessons will be held Mondays 6:00 to 8:30p.m.
December 2025 to March 2026

Stay tuned to our Facebook page
<https://www.facebook.com/saskatoonnordicski>
for more information about registration.



Chasing the  DREAM
Starts Here ...



FOR BOYS & GIRLS
BORN 2008 TO 2021

2026 MINOR BASEBALL REGISTRATION

On Line Registration available
January 2026

Stay tuned for more information on
registration in New Year.

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

(Saskatoon (Zone 6) Residents Only)

Check out our website for more info!!

www.baseballsaskatoon.com

Become an Umpire!! - www.sdbua.ca



5

Kumon

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

Book your child's appointment today!

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

Canadian Ways Power Skating and Skills



Weekly Skills Sessions

Professional Days Off Sessions

Christmas Holiday School

February Break School

Easter School

Quest Spring Hockey Tournament Teams
and Development Teams

Individual and small group sessions.

Team Power Skating and Skills Sessions

Community Schools

Register here: Canadianways.com



Explore Close to Home

DISCOVER WINTER IN SASKATCHEWAN

PROVINCIAL PARKS

  #SaskParks
saskparks.com



 **LEARN TO SKATE**

GLIDE INTO FUN



FOR ALL AGES

ALL SKILL LEVELS

START SKATING



CanlanSports.com
Visit our website to find the right program for your child.  Sport for Life

Looking for a place to play?



YOUTH & ADULT SOCCER LEAGUES & PROGRAMS

THE home of soccer for all ages & abilities!

Visit saskatoonsoccer.com & our social media for details.

FIELD & ROOM RENTALS Our two facilities offer hardcourt, indoor & outdoor turf surfaces, beach volleyball/soccer courts & boardrooms - ideal for a variety of sports & events. Call to discuss your requirements - we'd love to help!

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

150 Nelson Road

Saskatoon Sports Centre

Come check out our NEW industry leading, elite turf!

WALKING SOCCER Drop-in, non-competitive, ideal for mobility issues. Instructor on site. Great for socializing. Tuesdays 10:30am - 12pm; Fridays 2:30 - 4pm.

LUNCH TIME DROP-IN SOCCER Gather co-workers, friends & family for a midday game. Mon-Fri 10am - 1pm

FITNESS CENTRE Cardio & strength training machines. Mon-Fri 5 - 9pm & Sat/Sun 10am - 4pm.

Pricing for 3 programs above: \$6.60 Drop-in, \$16.50 Family, \$55 Punch card. Details online, in person or by phone.

TERRY FOX WALKING TRACK *Check details with City* A City of Saskatoon service. Leisure Card or drop-in fee.



219 Primrose Drive

Sprung floors on all fields provide 65% less joint fatigue.

INDOOR WALKING PROGRAM Weather-free space to keep fit. Mon-Fri, 8am - 2pm; \$5.50 drop-in, \$38.50/mo, \$132/season

INDOOR PLAYGROUP Huge play spaces full of riding cars & toys! \$6.60/child; 10 punch card \$55. Mon-Fri 9:30 - 11:45am. Adults & under 1 are free.  

TODDLER BIRTHDAY PARTIES Mon-Fri 9am - 1pm \$65/party unlimited kids! In conjunction with Indoor Playgroup.

PICKLEBALL Variety of programs on the best 16 courts in town! For details & to register go to saskatoonpickleballinc.ca.

Please check our website under **Sports & Programs** or call for the latest details.

bookings@saskatoonsoccer.com 306-975-3423

info@saskatoonsoccer.com 306-975-3400

www.saskatoonsoccer.com





**BECOME
A
MEMBER
FOR
FREE**



**CANADIAN
PARENTS
FOR FRENCH
SASKATCHEWAN**

**Canadian Parents for
French (CPF)
is a nationwide,
research-informed,
volunteer
organization that
champions the
opportunity to learn
and use French
for all those who
call Canada home.**

**Canadian Parents
for French -
Saskatchewan
is the Provincial
Branch of CPF.**

**Visit cpf.ca for the membership form
& free resources.**

Follow us on social media!

