

# ADULT RECREATION PROGRAMS

## REGISTERED PROGRAMS

half targets muscle strengthening and postnatal core specific work. It is recommended moms be six weeks postpartum (8+ for caesarean).

### Saskatoon Field House

Apr 10-May 3 Tu/Th 10:45 AM-11:30 AM \$52.00 FH2339-01  
May 8-31 Tu/Th 10:45 AM-11:30 AM \$52.00 FH2339-02

### Mommy and Me Muscle Fusion

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

### Saskatoon Field House

Apr 9-May 7 M/W 01:30 PM-02:15 PM \$52.00 FH2338-01  
**Shaw Centre**

Apr 10-May 3 Tu/Th 01:15 PM-02:00 PM \$52.00 SC2338-01

### New! Suspension Circuit Training

Hang with us in a unique whole body workout! Increase your fitness ability and strength through different circuits and positions using straps hung from the wall and your bodyweight.

### Shaw Centre

Apr 10-May 10 Tu/Th 09:05 AM-10:05 AM \$79.50 SC2373-01  
Apr 16-May 16 M/W 01:00 PM-02:00 PM \$79.50 SC2373-02

### Introduction to BOSU® Fitness

Go beyond traditional forms of training by learning how to add the BOSU® ball to your workouts! BOSU® balls or half balls are known industry wide for training balance, enhancing flexibility and delivering an awesome cardio workout. Expand your movement capabilities, reshape your body and strengthen your mind. Limited space available, register today!

### Shaw Centre

Apr 30-May 14 M 07:00 PM-08:00 PM \$35.50 SC2319-01

## ARTS, CULTURE & RECREATION

### Chinese Fusion Cooking

Learn how to prepare Chinese fusion dishes. This class includes preparation of Korean fried noodles, Japanese mirin pork chops with tomato and Vietnamese pineapple shrimp.

### Cosmo Civic Centre

May 6 Su 05:00 PM-08:00 PM \$72.75 CC2307-04

### Thai Cooking

Learn to create some delicious Thai food. This class includes vermicelli soup, curry chicken and pad Thai noodle.

### Cosmo Civic Centre

Apr 22 Su 05:00 PM-08:00 PM \$72.75 CC2307-02

### Thai Cooking

Learn to create some delicious Thai food. This class includes coconut chicken soup, silver shrimp salad and basil chicken with cashew nuts.

### Cosmo Civic Centre

May 13 Su 05:00 PM-08:00 PM \$72.75 CC2307-05

### Sushi Making

Learn the fundamentals of Sushi making. This class includes preparation of sushi rolls, teriyaki chicken and tempura.

### Cosmo Civic Centre

Jun 3 Su 05:00 PM-08:00 PM \$72.75 CC2307-07

### Greek Cooking

Learn to prepare delectable Greek dishes. The class includes preparation of greek salad, stuffed pork and grecian chicken.

### Cosmo Civic Centre

Apr 29 Su 05:00 PM-08:00 PM \$72.75 CC2307-03

### Vietnamese Cooking

Learn to prepare delectable Vietnamese dishes. This class includes Chicken Salad, Vietnamese Fried Rice and Pineapple Shrimp.

### Cosmo Civic Centre

May 27 Su 05:00 PM-08:00 PM \$72.75 CC2307-06

### Vietnamese Cooking

Learn to prepare delectable Vietnamese dishes. This class includes preparation of fresh cold rolls,

Vietnamese spring rolls and stir-fried rice noodles.

### Cosmo Civic Centre

Apr 15 Su 05:00 PM-08:00 PM \$72.75 CC2307-01

### Vegetarian Cooking

Learn how to prepare unique and delicious vegetarian meals. This class includes hot & sour soup, vegetarian fresh rolls and vegetarian Singapore noodles.

### Cosmo Civic Centre

Jun 10 Su 05:00 PM-08:00 PM \$72.75 CC2307-08

### Digital Photography

Learn the basics of digital photography. Class will include: how a digital camera works, types of digital cameras, image storage and the basic principles of photography. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

### Lakewood Civic Centre

Apr 19-26 Th 07:00 PM-09:00 PM \$54.00 LW2309-01

### Advanced Digital Photography

Learn advanced digital photography techniques. Class will include: review of basic digital photography techniques, understanding pixel size and aperture, introduction to night photography and common obstacles which influence photo quality. There will be a chance to receive feedback on your photography skills and problem solving in a group setting. Participants require a digital camera (with manual).

### Lakewood Civic Centre

May 3-10 Th 07:00 PM-09:00 PM \$64.00 LW2303-01

## FAMILY FUN

### Active Families

A program for parents/caregivers and their children to learn basic skills for being more active; physically, mentally and emotionally in a welcoming environment. Come ready to work up a sweat and help your children learn the benefits of physical activity. Ages 2-5 years of age. Parent/caregiver participation is required. One registration may include up to two adults and two children.

### Shaw Centre

Apr 14-May 12 Sa 09:15 AM-10:00 AM \$55.75 SC2300-01

*Can't find the perfect registered program for you?*

*Exercise and have fun at your own convenience by taking advantage of public swim times and drop-in fitness classes. Options are available for all ages and lifestyles!*

*Check out pages 12-27 for information on Leisure Centres, admission rates and drop-in schedules.*

# SPECIALIZED WELLNESS PROGRAMS

## REGISTERED PROGRAMS



**THE FIRST STEP**  
PROGRAM

### The First Step Program™

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

### Saskatoon Field House

Apr-Aug Tu, Th, Sa Mornings  
Tu, Th Evenings

### 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

Stroke Exercise  
Apr-Aug Tu, Th 01:00 PM-02:30 PM  
Parkinson's Exercise  
Apr-Aug M, W, F 02:00 PM-03:15 PM

*The First Step Program™ and the Stroke and Parkinson's Exercise Program are provided in partnership with the City of Saskatoon, LiveWell and Saskatchewan Health Authority.*