

## Smart Start Beginner Fitness

Registration must be done at least **one week** prior to start of class. See below for information on how to register.



### Finally, a workout that works!

Smart Start adult beginner fitness programs can help you take the guesswork out of physical activity, making it easier to develop a fitness plan that works for you.

#### Smart Start Introductory classes

These classes will introduce you to the basics before starting your own fitness regime or program.

- Introduction to Pickleball **SFH**
- Introduction to Lane Swimming **SCC**

#### Smart Start Learn To Classes

Designed with the beginner in mind, our Learn To Classes include three 45-minute sessions with an additional 15-minutes provided after each class to ask the instructor your individual questions.

- Learn to Fitness Yoga **LCC, SFH, SCC**
- Learn to Group Cycle **SFH, SCC**
- Learn to Pole Walk **SFH**
- Learn to Step **SFH**
- Learn to Suspension Circuit Train **SCC**

#### Get Motivated with a Personal Trainer

A fitness consultant will keep your goals, current fitness status and lifestyle needs in mind while developing a training program that is right for you. For more information about personal training options call 306-975-7808.

For more information on Smart Start programs call 306-975-7808. Registration information can be found on page 15 of the Winter Leisure Guide or at [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).



For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Winter Leisure Guide, call 306-975-7808 or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).

## New! Find Your Fit

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

All sessions below run from 07:00 PM–8:00 PM.

#### Harry Bailey Aquatic Centre

Wednesday, January 9

#### Lakewood Civic Centre

Tuesday, January 15

#### Shaw Centre

Thursday, January 17

#### Saskatoon Field House

Tuesday, January 22

#### Lawson Civic Centre

Thursday January 24

## Walking Tracks

Set your pace at one of the City indoor tracks no matter the weather.

Hamm Walking Track (Shaw Centre): Three-lane, 165 m

Saskatoon Field House: Six-lane, 200 m

Terry Fox Track (SaskTel Sports Centre): Two-lane, 365 m

### How to register

In this flyer and in the Leisure Guide, you will find a variety of fitness, lifestyle and water safety programs that require pre-registration and may require payment of a class fee to participate.

#### Phone or visit the Leisure Centre of your choice:

<b>Cosmo Civic Centre</b> 3130 Laurier Dr.	306-975-3344
<b>Harry Bailey Aquatic Centre</b> 1110 Idylwyld Dr.	306-975-3321
<b>Lakewood Civic Centre</b> 1635 McKercher Dr.	306-975-2944
<b>Lawson Civic Centre</b> 225 Primrose Dr.	306-975-7873
<b>Saskatoon Field House</b> 2020 College Dr.	306-975-3354
<b>Shaw Centre</b> 122 Bowlf Cres.	306-975-7744

#### Leisure Online at [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca)

With Leisure Online, you are able to search and register online for programs at your convenience 24/7. Signing up for your favourite City of Saskatoon programs is easier than ever.

>> The City has launched a new leisure registration system to better serve you. Visit [leisureonline.saskatoon.ca](http://leisureonline.saskatoon.ca) or contact any Leisure Centre (see above for contact information) to setup or log in to your account and prepare to pick your programs for registration!

Winter 2019

# FIT OVER 50 PROGRAMS

A guide to physical activity for people 50+

## The First Step Program™

Health Canada recommends that adults take part in 150 minutes (or 30 minutes, 5 days/week) of moderate to vigorous physical activity per week. Regular physical activity has been proven to prevent chronic conditions like cancer, type 2 diabetes and heart disease, make us stronger, give us energy, decrease stress and prolong independence as we age.

If you're new to exercise or things have changed in your health and you would like extra supervision or guidance then The First Step Program is the place for you to start. The First Step Program is a supervised exercise and education program for people who want to make exercise a regular part of their life. This program is run in partnership with the Saskatchewan Health Authority and City of Saskatoon.

If you are not familiar with regular exercise, or if your health concerns have discouraged regular exercise, you'll find First Step an important move towards improving your quality of life.

**How does it work?** The program has a two point approach to wellness: education and exercise. Before you start, an exercise specialist will assess your individual needs and help you develop a plan to start exercising safely for your abilities. You'll also learn about goal setting, the benefits of physical activity, nutrition, weight control, stress management and healthy lifestyle habits.

**When does it run?** The First Step Program runs mornings and evenings on Tuesday and Thursday and Saturday mornings at the Saskatoon Field House. The initial program is three months long, and you can start at any time of the year. After you've completed the program, you can stay on as a graduate, or use what you've learned to exercise on your own.



What's inside?

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Registered Programs

Smart Start Beginner Fitness

Spotlight on Fitness: The First Step Program™

**How do I get started?** Participants can talk to their doctor about a referral, or refer themselves to the program. An application form is needed prior to starting the program. To have one mailed to you call 306-975-3121, or you can print an application form at [saskatoon.ca/firststep](http://saskatoon.ca/firststep).

Refer to the spotlight section on the following page to learn more about the program from Catherine Shore, First Step Program Coordinator.



# LEISURE CENTRES

COSMO CIVIC CENTRE • HARRY BAILEY AQUATIC CENTRE • LAKEWOOD CIVIC CENTRE  
LAWSON CIVIC CENTRE • SASKATOON FIELD HOUSE • SHAW CENTRE

## Drop-in Fitness Programs

Drop in for fun and fitness at the City of Saskatoon Leisure Centres! Access drop-in programs with a paid admission, City of Saskatoon LeisureCard or Bulk Tickets. Interested? Refer to pages 12-14 of the Winter Leisure Guide for dates and times or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).

**Assisted Chair Yoga** Incorporates strength and flexibility components with yoga based movements using chair support. **LWC, LCC, SCC**

**Aqua Motion I/Gentle Aqua Motion** Uses a variety of equipment and exercises in waist to chest deep water. No swimming ability is required. **LWC, LCC, SCC**

**Aqua Walk** Tones muscles and improves cardio health. Should have some knowledge of exercise techniques. Self-directed. **LWC, LCC\*, SCC**  
\*Deep Water Aqua Walk also available.

**Aqua Zumba®** Improve muscular and aerobic fitness while having fun dancing to Latin music in the pool. **LWC**

**Beginner Fitness Yoga** Introduces fundamental strength conditioning and flexibility components with yoga-based movement. **LWC, LCC, SFH, SCC**

**Forever...in motion Aquatic** Strengthen muscles and improves mobility utilizing the bouyancy of waist to chest-deep water. **LCC**

### Drop-in Online

Get the latest drop-in schedule information at [saskatoon.ca/dropinonline](http://saskatoon.ca/dropinonline). Search by leisure facility, program name, instructor, week, day and/or time to find activities that interest you!

## Registered Programs

Register at least one week prior to start of class. Refer to the back of this brochure for information on how to register.

**ƆStrollin' & Polin'** Enjoy the many benefits of pole walking in this friendly, social program. Your instructor will lead you through a warm-up, walking, and strength and stretch components. Poles are optional and are provided.

### Saskatoon Field House

Jan 2-30	M/W/F	01:10 PM-02:10 PM	\$46.75	FH1365-01
Feb 1-27	M/W/F	01:10 PM-02:10 PM	\$46.75	FH1365-02
Mar 1-27	M/W/F	01:10 PM-02:10 PM	\$46.75	FH1365-03

**For more information about locations, dates and times for all Fit Over 50 programs, please refer to the Winter Leisure Guide, call 306-975-7808, or visit [saskatoon.ca/leisureguide](http://saskatoon.ca/leisureguide).**

**Forever...in motion II** Learn functional exercises that will challenge you while improving your health. **SCC**

**Functional Fitness** Utilizes stretching exercises and mild aerobic activity. **CCC**

**Low Impact** Easy to follow low impact cardio workout. Suitable for all fitness levels. **SFH**

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

**Pickleball** Combines elements of tennis, badminton and ping pong. Racquets not provided. Must be booked in advance. **SFH, CCC**

**Walk & Sculpt** A brisk walk followed by a muscle strengthening routine. **LWC**

*...and many more!*

### Save with Bulk Tickets & LeisureCards!

**BULK TICKETS** Buy 10 for the price of 8! Bulk Tickets never expire, are transferable and make great gifts.

**LEISURECARD** Get unlimited access to all seven Leisure Centres, plus the City's four outdoor pools and Cosmo Skating Rink. It's the best discount admission option for those who visit a Leisure Centre more than two times per week.

Learn more at [saskatoon.ca/admissions](http://saskatoon.ca/admissions).



## Spotlight on Fitness: The First Step Program™



The First Step Program makes exercising easy. Catherine Shore is one of the coordinators and shares her favourite part is "interacting with the participants, having fun, and helping them find ways that work best for them."

You start by scheduling a one-on-one sit down meeting at the Saskatoon Field House with a program coordinator to discuss injuries or concerns. Following the one-on-one meeting, which takes approximately one hour, you schedule a time to start exercising and are paired with an exercise specialist for your first session. "You start off with cardiovascular training such as walking, biking or a machine that is best suited to you. Once settled a strength component is added in", explains Shore. "After the initial workout session, you will be prescribed a routine to follow."

Instructors coach the workout and answer questions, and modify exercises if you have an injury or need to adjust the intensity. Classes run Tuesdays, Thursdays, and Saturdays at a variety of times. You have the opportunity to drop-in anytime during the 3 hour window classes are offered.

"The First Step Program strives to be supportive and welcoming environment, but you also have the opportunity to bring a support person join you in program", says Shore. If you feel more comfortable having a family member or friend join in exercise they can for a reduced fee. If large groups aren't for you, let the exercise specialists know and we can recommend quieter times to attend or have you complete the strength exercises on your own.

Once you graduate, you are able to continue on your own, and you can even keep exercising with the group. For more info about the program, refer to the front of this flyer.



## LEISURE CENTRES

Cosmo Civic Centre (CCC)	306-975-3344
Harry Bailey Aquatic Centre (HBC)	306-975-3321
Lakewood Civic Centre (LWC)	306-975-2944
Lawson Civic Centre (LCC)	306-975-7873
Saskatoon Field House (SFH)	306-975-3354
Shaw Centre (SCC)	306-975-7744

[saskatoon.ca/leisurecentres](http://saskatoon.ca/leisurecentres)