

ADULT RECREATION PROGRAMS

REGISTERED PROGRAMS

SMART START BEGINNER FITNESS

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. It was created with the beginner in mind and for those who have not been active for some time. Smart Start programs help you get active through education, skill development and motivation. We're here to support your participation in physical activities until you are ready to try it on your own!

Look for the Smart Start symbol **S** in the Youth and Adult Programs sections on pages 35-37 and in the Leisure Centre drop-in program section on pages 10-21 to find a program that is right for you.

S Learn to Fitness Yoga

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

Lawson Civic Centre

Oct 13-27 Sa 04:00 PM-05:00 PM \$15.00 LC4327-01

Saskatoon Field House

Sep 8-22 Sa 02:15 PM-03:15 PM \$15.00 FH4327-01

Shaw Centre

Oct 12-26 F 07:00 PM-08:00 PM \$15.00 SC4327-01

S Learn to Step

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

Saskatoon Field House

Sep 8-22 Sa 02:30 PM-03:30 PM \$15.00 FH4334-01

S Learn to Group Cycle

No need to stop biking just because of cooler weather. An indoor ride can be just as thrilling as outdoor when you are taught how to pace, visualize and ride as a team. Hills, drills, core and technique are all included.

Saskatoon Field House

Sep 9-23 Su 01:45 PM-02:45 PM \$15.00 FH4333-01

Shaw Centre

Oct 14-28 Su 09:15 AM-10:15 AM \$15.00 SC4333-01

New! **S** Learn to Suspension Circuit Train

Learn the basics in a safe environment. An adaptable workout using your body weight to work against a challenging system of suspended straps. Increase energy and strength while improving your balance, coordination and posture. 45 minutes of instruction with 15 minutes for further exploration.

Shaw Centre

Oct 13-27 Sa 11:00 AM-12:00 PM \$15.00 SC4628-01

S Learn to Pole Walk

A fun, rewarding class designed to teach the basics of pole walking in a safe learning environment. Increase energy, decrease tension, increase upper body strength, all while increasing balance, coordination and posture. Great for all fitness levels!

Saskatoon Field House

Oct 1-5 M/W/F 01:30 PM-02:30 PM \$15.00 FH4330-01

S Introduction to Lane Swimming

With a skill analysis, lane swim etiquette education and tips for stroke improvement you will feel completely prepared to start your lane swimming fitness regimen.

Shaw Centre

Nov 29 Th 06:15 PM-06:45 PM \$0.00 SC4168-01

Our **LEARN TO CLASSES** are truly designed with the beginner in mind. Each program includes three 45-minute sessions with an additional 15 minutes provided after each class to ask the instructor your individual questions. This program is designed to help you become comfortable and educated in the group fitness activities that you are interested in - giving you the skills and confidence to participate in our regular drop-in fitness classes. You will be provided with:

- Detailed instruction
- Handouts with pictures and descriptions of moves and poses,
- Fitness education and
- A progressive fitness program to prepare you for further participation.

S Introduction to Pickleball

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

Saskatoon Field House

Oct 16-30 Tu 06:00 PM-07:00 PM \$31.75 FH4320-01

Oct 16-30 Tu 07:00 PM-08:00 PM \$31.75 FH4320-02

Oct 20-Nov 3 Sa 02:00 PM-03:00 PM \$31.75 FH4320-03

Oct 20-Nov 3 Sa 03:00 PM-04:00 PM \$31.75 FH4320-04

Nov 10-24 Sa 02:00 PM-03:00 PM \$31.75 FH4320-05

Nov 10-24 Sa 03:00 PM-04:00 PM \$31.75 FH4320-06

PERSONAL/GROUP FITNESS CONSULTATIONS

Each personal training session includes a one-hour personal consultation. Before we can begin helping you achieve your goals, we will first need to meet with you to discuss your specific needs and requirements.

The **PERSONAL CONSULTATION** is an opportunity for you and your trainer to meet, build rapport, gather information as it relates to your physical health and wellness and process the information to develop an action plan. You and your trainer will discuss the following topics:

- Medical history • Exercise history
- Specific goals (short and long term)
- Developing an action plan for your success

OPTIONAL FITNESS ASSESSMENT: We offer an optional fitness assessment as a component of your personal training program*. The assessment will help determine your current level of fitness and identify areas of strength and improvement, providing you with a baseline from which you can set realistic and measurable goals. It will include:

- Height and Weight (BMI)
- Resting Heart Rate and Blood Pressure
- Body Composition Analysis
- Muscular Endurance
- Muscular Strength
- Flexibility

TRAINING SESSION: You are now ready to start your exercise program and begin your new fitness lifestyle! Your fitness consultant will have designed a program that keeps your goals, current fitness status and lifestyle needs in mind.

*Fitness assessments available at SFH and SCC only

S Semi-Private Training \$231.50/ person

(6 sessions-register together)

Lakewood Civic Centre

LW4356-01

Lawson Civic Centre

LC4356-01

Saskatoon Field House

FH4356-01

Shaw Centre

SC4356-01

S Semi-Private Training \$408.50/ person

(11 sessions-register together)

Lakewood Civic Centre

LW4355-01

Lawson Civic Centre

LC4355-01

Saskatoon Field House

FH4355-01

Shaw Centre

SC4355-01

S Personal Training \$151.75

(3 Sessions)

Lakewood Civic Centre

LW4346-01

Lawson Civic Centre

LC4346-01

Saskatoon Field House

FH4346-01

Shaw Centre

SC4346-01

S Personal Training \$304

(6 Sessions)

Lakewood Civic Centre

LW4345-01

Lawson Civic Centre

LC4345-01

Saskatoon Field House

FH4345-01

Shaw Centre

SC4345-01

S Personal Training \$549.75

(11 Sessions)

Lakewood Civic Centre

LW4344-01

Lawson Civic Centre

LC4344-01

Saskatoon Field House

FH4344-01

Shaw Centre

SC4344-01

S Revamp Your Workout \$80.50

So you've been working out for a while but have yet to reach your goal? Maybe it's time to change it up. Our fitness consultants have the experience and creativity to put the burn back into your workout to get the results you want. (1-hour consultation & 1-hour training)

Lakewood Civic Centre

LW4353-01

Lawson Civic Centre

LC4353-01

Saskatoon Field House

FH4353-01

Shaw Centre

SC4353-01

S Home Fitness \$80.50

Want the privacy and flexibility of working out in your own home? Our fitness consultants will design you a program with minimal equipment and maximum results. (1-hour consultation & 1-hour training).

Cosmo Civic Centre

CC4317-01

Harry Bailey Aquatic Centre

HB4317-01

Lakewood Civic Centre

LW4317-01

Lawson Civic Centre

LC4317-01

Saskatoon Field House

FH4317-01

Shaw Centre

SC4317-01

S Adult Basic Weight Training \$60

For the absolute beginner. This is a machine based program to ensure maximum safety and ease of use. A great start to your life long fitness journey. (1-hour program)

Lakewood Civic Centre

LW4302-01

Lawson Civic Centre

LC4302-01

Saskatoon Field House

FH4302-01

Shaw Centre

SC4302-01

Group Fitness Training \$118.25

Get fit how you want, when you want! Revive your workout with a choice of Fitness Yoga, Spin, Boot Camp or Core Body; you pick the date and time. Register for this one-hour group fitness program to improve overall fitness and conditioning, develop fundamental skills and have fun! Book one session or book multiple sessions up to 20 people. Available to sports teams (cross-training), employee fitness and groups.

Saskatoon Field House FH4315-01
Shaw Centre SC4315-01

FITNESS & HEALTH

Pilates®

This program focuses on the core postural muscles which help keep the body balanced. In particular, it will improve flexibility, balance and posture as well as tone and strengthen the entire body. This is a low impact exercise program with results in five weeks and a great class to fit your healthy lifestyle.

Cosmo Civic Centre
Sep 4-Dec 18 Tu 07:15 PM-08:15 PM \$113.25 CC4350-01

Strollin' & Polin'

Take in and enjoy the many benefits of pole walking. Join this friendly social program for those 50+, as your instructor leads you through a warm-up, walking and strength and stretch component during this hour-long session. Poles are provided and are optional during this program.

Saskatoon Field House
Oct 10-31 M/W/F 01:10 PM-02:10 PM \$46.75 FH4365-01
Nov 2-23 M/W/F 01:10 PM-02:10 PM \$46.75 FH4365-02
Nov 26-Dec 17 M/W/F 01:10 PM-02:10 PM \$46.75 FH4365-03

Mommy and Me Strollfit

Perfect for new parents and their babies. This walking based program focuses on a cardio workout while incorporating muscle strengthening exercises to tone your body. The first half of the class involves walking the track with your baby while the second half targets muscle strengthening and postnatal core specific work. It is recommended moms be 6 weeks postpartum (8+ for caesarean).

Saskatoon Field House
Oct 9-Nov 1 Tu/Th 10:45 AM-11:30 AM \$52.00 FH4339-01
Nov 6-29 Tu/Th 10:45 AM-11:30 AM \$52.00 FH4339-02

Child Minding p. 8

Available at Lakewood Civic Centre,
Saskatoon Field House and Shaw Centre.

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 6 weeks postpartum (8+ weeks for caesarean).

Shaw Centre
Sep 18-Oct 11 Tu/Th 01:15 PM-02:00 PM \$52.00 SC4338-01
Oct 23-Nov 15 Tu/Th 01:15 PM-02:00 PM \$52.00 SC4338-02

Did You Know?

All City of Saskatoon Weight Room Attendants are certified through the Canadian Society of Exercise Physiology (CSEP). CSEP is a national organization that promotes a professional and ethical approach in the physical activity, fitness and lifestyle appraisal industry. Enhance your experience at any of the six Leisure Centres by visiting our CSEP Weight Room Attendants with CPT (Certified Personal Trainer) or CEP (Certified Exercise Physiologist) certifications:

CSEP CPT - Certified Personal Trainer *The CPT certification recognizes individuals with formal post-secondary training in physical activity/exercise prescription focusing on Health-Related physical fitness.*

CSEP CEP - Certified Exercise Physiologist *The CEP certification is the only advanced health and fitness practitioner certification. It embodies a wide scope of practice, including training apparently healthy individuals and exercise related clinical knowledge for independent functioning individuals with disabilities or chronic diseases for whom physical activity is advocated as a form of therapy.*

What is an Exercise Equipment Orientation (EEO)?

With the purchase of a LeisureCard, receive a complimentary 20-minute, scheduled orientation which includes:

- A lesson on how to operate cardio machines
- An introduction to proper etiquette in the weight room to make you feel at ease
- A quick facility tour to become familiar with your surroundings
- Answers to all of your questions

For more information or to schedule an EEO, please contact the leisure facility of your choice.

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
Oct 15-29 M 07:00 PM-08:00 PM \$35.50 SC4319-01

ARTS, CULTURE & RECREATION

Asian Fusion

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
Nov 18 Su 05:00 PM-08:00 PM \$72.75 CC4307-10

New! Christmas Baking

Get in the festive spirit with this class for all baking abilities. Learn how to create delicious delights to share this holiday season, including chocolate peanut butter drops, cheesecake and Christmas cookies.

Cosmo Civic Centre
Nov 4 Su 05:00 PM-08:00 PM \$72.75 CC4307-08

New! Comfort Classics

Take comfort food to the next level. Learn how to impress your friends with a fresh, classic lasagna, homemade from-scratch buns and a flourless chocolate torte.

Cosmo Civic Centre
Nov 20 Tu 06:00 PM-09:00 PM \$72.75 CC4307-11

Can't find the perfect registered program?

Exercise and have fun at your own convenience by taking advantage of public swim times and drop-in fitness classes. p. 10-21

New! Flavours of Mexico

Bring the authentic taste of Mexico home. Learn to craft tortilla soup, enchiladas verdes, pibil pork and habanero salsa without having to book any flights.

Cosmo Civic Centre
Sep 11 Tu 06:00 PM-09:00 PM \$72.75 CC4307-01

New! Flavours of Mexico II

The flavours of Mexico travel to Saskatoon with this class that includes pablano cream, tostadas de tinga de pollo and a creamy caramel flan.

Cosmo Civic Centre
Oct 23 Tu 06:00 PM-09:00 PM \$72.75 CC4307-06

New! Flavours of Mexico III

In this class you will learn to prepare classic dishes from Mexico using easily-found ingredients, including lime soup, pozole and morita salsa.

Cosmo Civic Centre
Nov 26 M 06:00 PM-09:00 PM \$72.75 CC4307-13

New! French Pastry

A unique pastry class experience without having to travel to Paris! Learn the skills to create show-stopping French delicacies, including macarons and cream puffs.

Cosmo Civic Centre
Oct 14 Su 05:00 PM-08:00 PM \$72.75 CC4307-03

New! Soups & Stews

Warm up the cold winter months with some soul-comforting soups and stews. Learn how to make beef stew, loaded potato and hearty vegetable beef soups.

Cosmo Civic Centre
Nov 25 Su 05:00 PM-08:00 PM \$72.75 CC4307-12

New! Southern Cooking

Savour the flavours of the Southern US with this fun class. Learn to make a whole fried chicken from scratch, cheesy grits and sweet and savoury hush puppies.

Cosmo Civic Centre
Oct 16 Tu 06:00 PM-09:00 PM \$72.75 CC4307-04

Thai Cooking

Come and create some delicious Thai food. This class includes instruction for creating vermicelli soup, curry chicken and pad thai noodles.

Cosmo Civic Centre
Sep 30 Su 05:00 PM-08:00 PM \$72.75 CC4307-02

ADULT RECREATION PROGRAMS

REGISTERED PROGRAMS

New! Ukrainian Cooking

This class will teach you how to hotuvaty (cook) several Ukrainian dishes. Traditional recipes include perogies (several varieties of filling with dough from scratch), cabbage rolls and borscht soup.

Cosmo Civic Centre

Nov 6 Tu 06:00 PM-09:00 PM \$72.75 CC4307-09

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

Oct 28 Su 05:00 PM-08:00 PM \$72.75 CC4307-07

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

Oct 21 Su 05:00 PM-08:00 PM \$72.75 CC4307-05

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

Oct 18-25 Th 07:00 PM-09:00 PM \$54.00 LW4309-01

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

Nov 15-22 Th 07:00 PM-09:00 PM \$64.00 LW4303-01

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

Sep-Dec Tu, Th, Sa Mornings
Tu, Th Evenings

Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatoon Health Region 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
Sep-Dec Tu, Th 01:00 PM-02:30 PM
Parkinson's

Minds in Motion®

This 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 friend or family member. Develop new friendships in a relaxed atmosphere with others living similar experiences. Class limited to 22 participants. For more information call 306-683-6322. To register call 306-975-3354.

Saskatoon Field House

Sep 25-Dec 11 Tu 01:30 PM-03:30 PM \$35 FH4505-01
Sep 27-Nov 15 Th 06:00 PM-08:00 PM \$25 FH4504-01

Minds in Motion® is provided in partnership with the City of Saskatoon, Minds in Motion, the Alzheimer Society of Saskatchewan and Community Initiatives Fund.

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



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.

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

Available for purchase at all the participating facilities and City Hall (2nd Floor Recreation & Community Development reception).

saskatoon.ca/admissions



LEISURE CENTRES