

# YOUTH RECREATION PROGRAMS

REGISTERED PROGRAMS

## YOUTH CONSULTATION CLASSES

### 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.

**11 1-Hour Sessions \$442.25**

Lakewood Civic Centre LW3347-01  
Lawson Civic Centre LC3347-01  
Saskatoon Field House FH3347-01  
Shaw Centre SC3347-01

**6 1-Hour Sessions \$241.25**

Lakewood Civic Centre LW3348-01  
Lawson Civic Centre LC3348-01  
Saskatoon Field House FH3348-01  
Shaw Centre SC3348-01

**3 1-Hour Sessions \$120.75**

Lakewood Civic Centre LW3349-01  
Lawson Civic Centre LC3349-01  
Saskatoon Field House FH3349-01  
Shaw Centre SC3349-01

### Group Fitness Training \$98.25

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), youth groups and clubs.

Saskatoon Field House FH3316-01  
Shaw Centre SC3316-01

## YOUTH WEIGHT TRAINING

### Weight Training \$54.75

13-18 yrs. Learn the proper use of the cardio and weight training equipment at the Leisure Centre of your choice. You will leave with a personalized program. (1-hour program).

Lakewood Civic Centre LW3372-01  
Lawson Civic Centre LC3372-01  
Saskatoon Field House FH3372-01  
Shaw Centre SC3372-01

## SPORT & SPLASH CAMP

Run, jump, kick, throw, slide, dive and dash. Sport & Splash Camp is available for children and youth ages 7-13. Extended drop-off and pick up is available for those who need to be dropped off early or picked up late. Refer to the Children Recreation Programming section on page 43 for more information

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*Check out the 'Where to Hang' map on page 12, and Mè Ta Wè Tân Programs on page 6 for more Youth programming.*




# 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  in the Youth and Adult Programs sections on pages 43-45 and in the Leisure Centre drop-in program section on pages 16-27 to find a program that is right for you.

### 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**

Apr 7-21	Sa	12:00 PM-01:00 PM	\$31.75	FH2320-01
Apr 7-21	Sa	01:00 PM-02:00 PM	\$31.75	FH2320-02
Apr 28-May 12	Sa	12:00 PM-01:00 PM	\$31.75	FH2320-05
Apr 28-May 12	Sa	01:00 PM-02:00 PM	\$31.75	FH2320-06
May 15-29	Tu	06:00 PM-07:00 PM	\$31.75	FH2320-03
May 15-29	Tu	07:00 PM-08:00 PM	\$31.75	FH2320-04
May 17-31	Th	06:00 PM-07:00 PM	\$31.75	FH2320-07
May 17-31	Th	07:00 PM-08:00 PM	\$31.75	FH2320-08

### 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**

Jun 5	Tu	06:15 PM-06:45 PM	\$0.00	SC2168-01
Jun 13	W	06:15 PM-06:45 PM	\$0.00	SC2168-02

### Learn to Fitness Yoga

No 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.

**Lawson Civic Centre**

Apr 14-28	Sa	10:00 AM-11:00 AM	\$15.00	LC2327-01
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*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.

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**Saskatoon Field House**

Apr 7-21	Sa	02:15 PM-03:15 PM	\$15.00	FH2327-01
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**Shaw Centre**

Apr 20-May 4	F	07:00 PM-08:00 PM	\$15.00	SC2327-01
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### 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**

Apr 8-22	Su	01:30 PM-02:30 PM	\$15.00	FH2330-01
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### Learn to Spin

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**

Apr 8-22	Su	01:30 PM-02:30 PM	\$15.00	FH2333-01
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**Shaw Centre**

Apr 15-29	Su	09:15 AM-10:15 AM	\$15.00	SC2333-01
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### Learn to Step

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

**Saskatoon Field House**

Apr 29-May 13	Su	01:00 PM-02:00 PM	\$15.00	FH2334-01
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*Need help registering for these programs? p. 29*

**Did You Know?**

All City of Saskatoon Fitness Consultants 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 Leisure Centres by visiting our CSEP Fitness Consultants, 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 Centre of your choice.

**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 • Flexibility
- Muscular Endurance • Muscular Strength

**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

**Semi-Private Training \$231.50/person**  
(6 sessions-register together)  
Lakewood Civic Centre LW3356-01  
Lawson Civic Centre LC3356-01  
Saskatoon Field House FH3356-01  
Shaw Centre SC3356-01

**Semi-Private Training \$408.50/person**  
(11 sessions-register together)  
Lakewood Civic Centre LW3355-01  
Lawson Civic Centre LC3355-01  
Saskatoon Field House FH3355-01  
Shaw Centre SC3355-01

**Personal Training \$151.75**  
(3 Sessions)  
Lakewood Civic Centre LW3346-01  
Lawson Civic Centre LC3346-01  
Saskatoon Field House FH3346-01  
Shaw Centre SC3346-01

**Personal Training \$304**  
(6 Sessions)  
Lakewood Civic Centre LW3345-01  
Lawson Civic Centre LC3345-01  
Saskatoon Field House FH3345-01  
Shaw Centre SC3345-01

**Personal Training \$549.75**  
(11 Sessions)  
Lakewood Civic Centre LW3344-01  
Lawson Civic Centre LC3344-01  
Saskatoon Field House FH3344-01  
Shaw Centre SC3344-01

**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 LW3353-01  
Lawson Civic Centre LC3353-01  
Saskatoon Field House FH3353-01  
Shaw Centre SC3353-01

**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 CC3317-01  
Harry Bailey Aquatic Centre HB3317-01  
Lakewood Civic Centre LW3317-01  
Lawson Civic Centre LC3317-01  
Saskatoon Field House FH3317-01  
Shaw Centre SC3317-01

**Adult Basic Weight Training \$60**  
For the absolute beginner. 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 LW3302-01  
Lawson Civic Centre LC3302-01  
Saskatoon Field House FH3302-01  
Shaw Centre SC3302-01

**Group Fitness Training \$118.25**  
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 FH3315-01  
Shaw Centre SC3315-01

**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  
Apr 10-Jun 12 Tu 07:15 PM-08:15 PM \$113.25 CC2350-01

**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  
Apr 4-27 M/W/F 01:10 PM-02:10 PM \$46.75 FH2365-01

**Pelvic Floor Workshop**  
Providing moms with a social and educational atmosphere to connect, feel empowered, and feel confident before starting an exercise program. A pelvic floor specialist will provide beneficial information and answer your questions so that you can feel at ease about postpartum physical activity. New to fitness? That's okay, this workshop is beneficial for all moms postpartum.  
Saskatoon Field House  
Apr 5-19 Th 01:30 PM-02:30 PM \$31.75 FH2340-01

**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

*Love to swim?  
With the purchase of a  
LeisureCard you can enjoy  
unlimited access to public swim  
times at outdoor pools and indoor  
Leisure Centres. p. 15*

Child Minding p. 14  
Available at Lakewood Civic Centre,  
Saskatoon Field House and Shaw Centre.



# 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™

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.*