

CHILDREN RECREATION PROGRAMS

REGISTERED PROGRAMS

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

Oct 9-Nov 27 Tu 04:00 PM-04:45 PM \$86.25 AC4305-01

Cosmo Arena

Oct 10-Nov 28 W 04:00 PM-04:45 PM \$86.25 CA4305-01

Oct 11-Nov 29 Th 04:00 PM-04:45 PM \$86.25 CA4305-02

CHILDREN SPORT

Flag Football

7-9 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

Sep 23-Oct 28 Su 10:45 AM-11:45 AM \$57.50 FH4313-01

Nov 4-Dec 16 Su 12:00 PM-01:00 PM \$57.50 FH4313-02

Sport Mash-up

6-10 yrs. Basketball, soccer, floor hockey, track and field, 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 each week.

Shaw Centre

Sep 15-Oct 13 Sa 11:15 AM-12:15 PM \$52.25 SC4363-01

Oct 27-Nov 24 Sa 10:15 AM-11:15 AM \$52.25 SC4363-02



Birthday Party Packages

Birthday party fun made easy. Relax while our party host leads children's activities in one of our themed party rooms. Your party experience includes a loot bag for each child and an unsupervised swim during our regular public swim time.

Up to 10 people \$197.25 • Up to 15 people \$254.50 • Up to 20 people \$318.25

Lakewood Civic Centre

Parties are available on Saturdays or Sundays from 01:30 PM-03:00 PM with public swim available from 01:00 PM-05:00 PM. Choose from the following themes: Hawaiian Luau, Pirate or Princess. Call 306-975-2944 to book.

Shaw Centre

Parties are available Saturdays from 01:00 PM-02:30 PM with public swim available from 01:00 PM-09:00 PM. Choose from the following themes: Under the Sea or Calling all Superheroes. Call 306-975-7744 to book.



LEISURE CENTRES

Kicks for Kids

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

Lakewood Civic Centre

Sep 8-Oct 13 Sa 11:15 AM-12:15 PM \$57.50 LW4323-01

Oct 21-Nov 25 Su 11:15 AM-12:15 PM \$57.50 LW4323-02

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 will need to bring their own ball glove.

Saskatoon Field House

Sep 23-Oct 28 Su 12:00 PM-01:00 PM \$57.50 FH4367-01

Nov 4-Dec 16 Su 10:45 AM-11:45 AM \$57.50 FH4367-02

New! Drop & Shop

6-12 yrs. This holiday season entrust your children with certified leaders who will supervise a number of child-friendly activities including arts and crafts, giving you the opportunity to get away and get your shopping done!

Lawson Civic Centre

Dec 8 Sa 01:00 PM-03:00 PM \$0.00 CD4627-01

Dec 15 Sa 01:00 PM-03:00 PM \$0.00 CD4627-02

Lakewood Civic Centre

Dec 22 Sa 01:00 PM-03:00 PM \$0.00 CD4627-03

FREE!

YOUTH RECREATION PROGRAMS

REGISTERED PROGRAMS

YOUTH SPORT

New! Multi-Sport Sampler FREE!

10-14 yrs. A great opportunity for youth to engage in physical activity while developing new and improved skills in a wide variety of sport activities

Cosmo Civic Centre

Sep 4-18 M/Tu 07:00 PM-09:00 PM \$0.00 CD4626-01

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 LW4347-01

Lawson Civic Centre LC4347-01

Saskatoon Field House FH4347-01

Shaw Centre SC4347-01

6 1-Hour Sessions

\$241.25

Lakewood Civic Centre LW4348-01

Lawson Civic Centre LC4348-01

Saskatoon Field House FH4348-01

Shaw Centre SC4348-01

3 1-Hour Sessions

\$120.75

Lakewood Civic Centre LW4349-01

Lawson Civic Centre LC4349-01

Saskatoon Field House FH4349-01

Shaw Centre SC4349-01

Group Fitness Training

\$98.25

15-18 yrs. 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 FH4316-01

Shaw Centre SC4316-01

YOUTH WEIGHT TRAINING

Weight Training

\$54.75

13-18 yrs. Learn the proper use of the cardio and weight training equipment at the leisure facility of your choice. You will leave with a personalized program.

Lakewood Civic Centre LW4372-01

Lawson Civic Centre LC4372-01

Saskatoon Field House FH4372-01

Shaw Centre SC4372-01

NEIGHBOURHOOD

DROP-IN YOUTH CENTRES

The neighbourhood youth centres provide a gathering place for youth to learn healthy lifestyles through sports, recreation and cultural activities. Two leaders provide a fun and active atmosphere while sharing crafts, games and other activities. Everyone is welcome to attend and drop-in programs are free to all participants. Bring your friends and hang out, play a sports or participate in other games and activities.

Please refer to the Community Association listings on pages 43-65 for Youth Centre locations and other youth programming opportunities in your neighbourhood.