

## REGISTERED PROGRAMS

## YOUTH RECREATION PROGRAMS

### UPCOMING EVENTS

Watch for more information for these events online at [saskatoon.ca/events](http://saskatoon.ca/events) or call 306-975-3378.

#### Fall Freestyle

Celebrate fall in style! Drop in for this FREE skatepark event for youth and families. Music, pizza, demonstrations and fun!

Saturday, September 8

01:00 PM-04:00 PM

Lions Skate Park

622 Spadina Crescent West (Victoria Park)

#### Fast & Female Champ Chat

FREE event for girls ages 8-14 to be inspired by Olympians, Paralympians and elite female athletes to stay active in sports and have fun! Includes

an inspirational chat with athlete ambassadors, physical activity sessions, yoga, time for autographs and more! All fitness levels welcome. Visit [fastandfemale.com/programs/sask92018](http://fastandfemale.com/programs/sask92018) to register online after August 13. Presented in partnership with Sask Sport Inc.

Sunday, September 9

11:00 AM-04:00 PM (on-site registration 10:30 AM)

SaskTel Soccer Centre

150 Nelson Road

#### Girls In Motion

FREE one-day event to inspire girls ages 10-14 to live healthy, active lives. Physical activities facilitated by qualified instructors. For more information contact 306-975-3378. Register by calling any Leisure Centre (see pages 12-21 for contact information).

Friday, November 9

09:00 AM-04:00 PM

Shaw Centre

122 Bowtl Crescent

#### Taking to the Court

FREE one-day event for boys ages 10 to 14 to get active and learn and practice a mix of sports. For more information contact 306-975-3378. Register by calling any Leisure Centre (see pages 12-21 for contact information).

Friday, November 9

09:00 AM-04:00 PM

Cosmo Civic Centre

3130 Laurier Drive

*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*

## DROP-IN & REGISTERED PROGRAMS

## MÈ TA WÈ TÀN PROGRAMS



*Mè Ta Wè Tàn programs are a fun way for all ages to get active in sport, recreation and culture. Connect with others with similar interests and experience something new in a comfortable environment. For more information about Mè Ta Wè Tàn programs call 306-975-3378.*

#### Functional Fitness Boot Camp FREE!

This drop-in program combines intervals of high intensity cardio with conditioning exercises using weights, bands, benches and balls. High energy and a willingness to sweat are a must.

White Buffalo Youth Lodge 602-20th Street West  
Sep 10-Dec 10 M 06:00 PM-07:00 PM

#### Drop-in Volleyball FREE!

14-29 yrs. Basic volleyball skills will be taught by certified coaches.

Saskatoon Indian & Métis Friendship Centre

168 Wall Street

Sep-Dec Th 06:30 PM-08:30 PM

#### Beading Workshop

Learn how to make beaded jewellery and moccasins. Bring your own supplies and get help with your beading projects. To register call 306-975-3378 or email [aboriginalleadership@saskatoon.ca](mailto:aboriginalleadership@saskatoon.ca).

Oct 14

Su

10:30 AM-04:30 PM

Location TBA

FREE!

#### Self Defence for Women & Girls FREE!

This self-defence course is a comprehensive program of realistic self-defence tactics and techniques for women and girls.

White Buffalo Youth Lodge

Sep 11-Nov 20

Tu

602-20th Street West  
06:30 PM-07:30 PM

Cancelled Oct 31

FREE!

#### Drop-in Basketball

14-29 yrs. An opportunity to practise the skills of the game and increase physical fitness.

White Buffalo Youth Lodge

Sep-Dec

W

602-20th Street West  
08:00 PM-10:30 PM

Cancelled Oct 31

FREE!

#### Pow Wow Song & Dance

Come and join in the singing, dancing and drumming at the Saskatoon Indian & Métis Friendship Centre. Everyone welcome and all ages can participate.

Saskatoon Indian & Métis Friendship Centre

168 Wall Street

TBA

FREE!

#### Indigenous Traditional Games FREE!

12 yrs +. Learn how to play traditional Indigenous games.

White Buffalo Youth Lodge

602-20th Street West

Dates & times TBA

#### Run Club

Learn how to run at your own pace. Everyone is welcome and all ages can participate.

St. Mary's Wellness & Education Centre

168 Wall Street

Sep 13-Dec 13

Th

06:00 PM-07:00 PM

FREE!

#### MÈ TA WÈ TÀN YOUTH CENTRES FREE!

The Mè Ta Wè Tàn community 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. Bring your friends and hang out!

#### Forest Grove - 10 to 14 yrs

Forest Grove School

TBA

501 115th Street East

#### King George - 10 to 14 yrs

King George School

TBA

721 Avenue K South

#### Pleasant Hill - 10 to 14 yrs

St. Mary Wellness & Education Centre

TBA

337 Avenue O South

#### Westmount - 10 to 14 yrs

Westmount Community School

TBA

411 Avenue J North

*Did you know?  
Mè Ta Wè Tàn is Cree  
for 'Let's Play'!*