

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

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

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.

Saskatoon Field House

Apr 7-21	Sa	02:15 PM-03:15 PM	\$15.00	FH2327-01
Shaw Centre				
Apr 20-May 4	F	07:00 PM-08:00 PM	\$15.00	SC2327-01

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

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
Shaw Centre				
Apr 15-29	Su	09:15 AM-10:15 AM	\$15.00	SC2333-01

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

Need help registering for these programs? p. 29