

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